Dear Friends;

This newsletter is due to land in your inboxes on August 31st: International Overdose Awareness Day, a solemn day not usually associated with this month’s chosen topic. At first, it may appear incongruous to explore joy, given the day, and the times we’re living through. But true joy is not to be confused with the momentary happiness that could come across as trite, juxtaposed against this moment. Joy, as a deep and abiding principle, is where we find our purpose, our strength and our resolve.

At first glance, sadness may appear to be a direct challenge to joy – but it leads us most directly to empathy and compassion...and to recognizing our need for connection. Archbishop Desmond Tutu explains that eudemonic happiness is characterized by self-understanding, meaning, growth and acceptance including life’s inevitable suffering, sadness and grief.

Around the world today, testimonials of love and loss will be offered. Shared stories of precious ones lost and the enduring grief of those who mourn. We will hear of the beautiful gifts they brought to all of us who loved them, albeit for the tragically short time we had them. We will also hear of the promise of recovery...taken together, it’s the rich and embroidered texture of our shared human experience. Joy, pain, loss, hope and connection - all in stark relief.

Where we find our joy – in a moment, a person, a cause – is where we find our marching orders. It’s joy in action that heals, transforms and is defining.

All my best,

Maria

Discovering Joy

“Discovering more joy does not save us from the inevitability of hardship and heartbreak. In fact, we may cry more easily, but we will love more easily too.”

- Archbishop Desmond Tutu – The Book of Joy

What comes to mind when you close your eyes and ask yourself what brings you joy? Earlier this month Maria Coutant Skinner, our Executive Director, asked our staff to share with her what brings them joy. We thought we would share some of their messages with you. One McCall staff member’s joy is found simply by sitting near the ocean watching the waves. Another shared that joy for them is witnessing even small changes in their clients which helps to bring joy to a challenging job.

Joy can often seem fleeting or rare but the simple act of identifying what brings you joy can also bring you closer to it. We talked about joy during our monthly WZBG interview, and we asked Morning Talk Show host Dale Jones what brought him joy, his answer quickly brought a smile to his face; his grandchildren. If you missed that interview, please check out the link below. Like Dale, many of our staff shared that family and friends bring them joy. That joy can be something as small as a hug from a niece, a recollection of a special shared moment, or even a random check-in with a friend.

Sometimes joy is found in a place, many of our staff shared that being outside, in the forest, on a farm, or even on in a car on a long drive with no destination. Others find their greatest joy in being with their animals or listening to their favorite song, and maybe even adding in a little dance. We hope that you will take a moment to think about the things that bring you joy and share them with us and our readers. We’d love to hear from you, in fact, it would bring us great joy!

Did you Miss our WZBG Interview?

Click on this link to hear this month’s interview on WZBG 97.3 with Dale Jones and Maria Coutant Skinner, LCSW, Executive Director at the McCall Center for Behavioral Health. Tune in on the 3rd Wednesday of every month at 8:20 to hear us in real-time.

Make a difference in someone's life and support McCall today.

Our mission is to provide comprehensive integrated substance abuse and mental health treatment to help people lead healthier and more productive lives.

Your donation will directly support our prevention, recovery and community programs and help us provide clients with the support they need regardless of their ability to pay. Click here to donate today!