

**Song:** O Happy Day that fixed my choice  
SASB 365/Tune 37

**Days To Remember**

According to Readers Digest, April 2007, April is National Humour Month. Following are some fun holidays to celebrate during the month.

**Preparation:** Decorate the room with “Happy Face” items collected from Thrift Stores and Bargain Shops. Prepare name tags using Happy Face image.

Ask the ladies to wear a “Happy Face” item — suggested articles: Ties; T-shirts; Scarves; Pins; Rings; Necklaces; Bracelets.

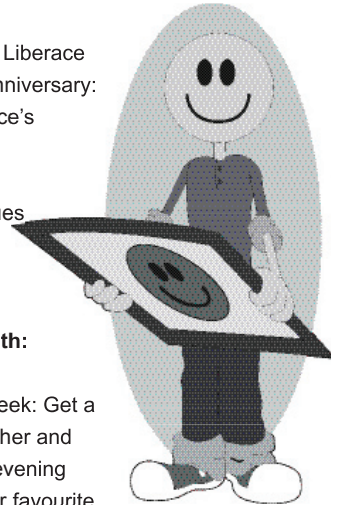
**Prizes:** Winners choose from assorted “Happy Face” items displayed on a table.  
**Refreshments:** Happy Face Cup Cakes served on Happy Face Napkins.

Welcome - A Smile  
A smile is something nice to see  
It doesn't cost a cent  
A smile is something all your own  
It never can be spent  
A smile is welcome anywhere  
It does away with frowns  
A smile is good for everyone  
To ease life's ups and downs (Anonymous)

**Happy Clothes**

At the beginning of the meeting, the welcome hostess is dressed with some “Happy Face” items such as a hat, necklace, pin, ring, bracelet, holding a mug/glass, pencil over the ear etc. During the singing of the song “O Happy Day”, all items are taken off and then each person is given a piece of paper and pen, and asked to write down as many as they can remember seeing on the hostess.

- **April 7th:** National Workplace Napping Day. This is a day for employees to ‘lie down and be counted’ in support of napping on the job.
- **April 12th:** Walk on your Wild Side Day: Go to work dressed in a fun costume, get a Masters Degree. Do something ‘they’ said you’d never do.
- **April 15th:** Liberace Museum Anniversary: Visit Liberace’s collection of pianos, cars, antiques and wardrobe.
- **April 20-26th:** National Karaoke Week: Get a group together and spend the evening singing your favourite songs.



**Chorus:** Happiness is to know  
the Saviour

**Happy Items**

Each person shares about the “Happy Face” item they are wearing.

**Happy Faces on the Internet**

On the internet there are thousands of sites

under “Happy Face”. (look up information on the internet and share — following are some that I used)

- The First Happy Face
- The Happy-face spiders
- The Happy Face Crater on Mars
- Women Put On a Happy Face

### Happy Thoughts

Have a “Happy Face” container with “jokes” in. Each member takes one out and reads it. These can be found in magazines, Readers Digest, local papers, etc.

### Happy Times

Have each person share a very special “happy time” in their life.

What puts a smile on your face today?

What is the funniest TV show/movie you have watched?

What is the funniest book you have read?

### Happy Reminders

Have numerous “Happy Face” items on a tray. Allow a few minutes to memorize the items, then cover them, ask the ladies write down as many as they can remember.

**Song:** Happy the home when God is there  
SASB 661/Tune 86

### Meditation: What’s in a Smile

The Bible tells us in Proverbs 15:13,15. “A happy heart makes the face cheerful, but heartache

crushes the spirit. All the days of the oppressed are wretched, but the cheerful heart has a continual feast. “

According to an article in the New York Times, there is a relationship between our facial expressions and our moods. Researchers found that saying the word “cheese” prompted a smile and pleasant feelings, while saying the word “few” resulted in a frown mid negative emotions.

Smiling isn’t the only way we can change the way we feel. Our attitude is important too. We can’t always control what happens to us, but we can choose our attitude in every situation. We can choose how we react, what we say and how we say it.

Scripture reminds us that having happiness requires us to fill our minds with thoughts that dwell on the good things of life, because, whatever we put into our minds will determine what comes out in our words and actions. Paul reminds us in Philippians 4:8 to fill our minds with thoughts that are true, noble, right, pure, lovely, admirable, excellent and praiseworthy. When we do this, we will have good attitudes, good responses, good actions. Let’s decide to have a positive attitude — take time to smile at someone by sharing a kind word.

**Song:** There is sunshine in my soul today  
SASB 387/Tune 830

### Prayer & Refreshments

