

contentment

realizing that true happiness does not depend on material conditions

half-full or half-empty?

Contentment: n 1: the state, quality, or fact of being satisfied 2: being comforted 3: not desiring something more or different

Contentment is not the absence of pleasure, but fosters true happiness by recognizing true joy in what we already do have, rather than overlooking that joy in the anxious pursuit of what we do not have.

Contentment is the quality that helps determine which pursuits are really important. Contentment is arresting those desires that would exhaust your energies on allurements with little redeeming value.

Contentment is keeping in check desires of little consequence in order to invest one's limited ener-

gies and resources in what is truly important.

Contentment enables living in poverty, because by contentment a person learns to find his joy in positive pursuits rather than elusive material accumulation. However, contentment must be kept in check with responsibility.

Contentment is not the exclusion of any purchase for oneself. Rather, it is keeping self-indulgent desires in check within what is reasonable and responsible.

There is much to be said for those who can "bloom where they are planted." Excel within your strengths and abilities, applying character to each project you begin.

"...to diminish expectation is to increase enjoyment.."

– Burney Frances

"When you can think of yesterday without regret and tomorrow without fear, you are near contentment."

– unknown

"To the contented, even poverty is joy. To the discontented, even wealth is a vexation."

– Chinese Proverb

contentment vs. covetousness

Contentment is:

- Being thankful for what you do have.
- Not complaining about what you don't have.
 - Not always asking for "one more".
- Valuing people above things.
- Wanting less and giving more.

make the most of it!



The character quality of contentment is refocusing on one's true wealth. Family, friends, faith, time, and fellowship are treasures that financial ruin cannot take away. Contentment is enjoying these true riches today rather than sacrificing them to pursue empty riches that do not really satisfy.

Sometimes we confuse excitement with contentment and true happiness. New and exciting things we acquire or experience eventually lose their excitement, but true happiness never goes away.

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From the Executive Director:

Congratulations to Max Wilson, Terry Boyle, Tom Benaka and Phil Spaulding, the Champions of Character recognized by Safe Streets Coalition and Topeka City of Character. These people are making a difference in Topeka by volunteering at the Topeka Police Department, promoting drug prevention programs and cleaning up neighborhoods. If you would like to nominate someone who demonstrates good character that significantly improves the health, safety or quality of life in the community, download a nomination form from our

website at www.cjonline.com/character.

Thanks to Kansas Sand and Concrete, Inc. for their donation to Topeka City of Character. Send your donation to our office for newsletter recognition and to keep our program going after funding from the U.S. Department of Education expires in September.

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As we mentioned in our last letter, our funding will be up in September. As a way to cut costs so we may continue to encourage good character throughout Topeka, we are going to start e-mailing our newsletter to whomever would be willing to accept it via e-mail instead of post mail.

If you would like us to e-mail the newsletter to you from now on, please send your e-mail address and mailing address to tcoc@sbcglobal.net or leave it on our voice mail at (785) 233-3699. Thank you!

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Good character is the key to success!