



# Hiru no Hoshi

**No. 273**

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The image shows three children in silhouette, jumping joyfully in a field of tall grass. The background is a bright, golden sunset sky with scattered clouds. The child on the left is in mid-air with arms raised high. The child in the center is also jumping, with arms slightly out. The child on the right is standing on the ground, with arms raised in a celebratory gesture. The overall mood is one of happiness and freedom.

*“... human happiness is  
founded upon  
spiritual behavior.”  
‘Abdu’l-Baha*

It was a cool spring day in Okinawa. Riaz was the first one home from school, and as he walked into the house he heard little Anisa saying, "Finding happiness, finding happiness...." Riaz walked into the girls' room and saw her throwing toys out of the toy box as if she was searching for something, then looking in the closet and under the bed.

"What are you doing, Anisa?" Riaz asked.

"Finding happiness. I heard Mommy talking about the importance of finding happiness, so I thought I would do it."



"What do you think happiness is, silly girl?" Riaz asked, shaking his head.

"I don't know, maybe a puppy? Or a kitty? I hope it's a kitty!!" she answered as she continued to search. "Finding Happiness, finding happiness...."

"Mom! You have a very strange daughter!" Riaz yelled as he left Anisa to her search and went into the kitchen where Mother was to get a snack. "She is searching for happiness in her toy box and under the bed!!"



Just then Shahla dashed into the house, slamming the door, throwing her book bag on the floor and running into the kitchen. She ignored both Riaz and Mother as she started throwing open cupboards and drawers; pulling out utensils like a small bowl and a butter knife, and saying as she went, "Where are the bananas – oh there they are; where's the sugar – oh, ok, there it is; cinnamon, where is the cinnamon – ok, got it; crackers, Ritz crackers!!!! Oh, ok, got 'em!" Suddenly she stopped, looked around and, noticing Mother for the first time, said in a panic stricken voice, "MOM! Do we have any soy milk?"

"Yes dear, in the refrigerator," answered Mother.

"Oh. Thank goodness!" sighed Shahla as she went to get it from the refrigerator.

"Mom, you have two very strange daughters!" laughed Riaz. "What are you doing Shahla?" he asked.



"I'm making myself dessert for after dinner tonight," she said as she started putting Ritz crackers into a small bowl. "My friend's mom taught me how to make banana, Ritz cracker, soy milk dessert, and it's really good!"

"Wow, you are going through all that trouble, just for yourself? That sounds really selfish!" said Riaz, shaking his head.

Just then, Mona and Asma walked into the house and came into the kitchen as little Anisa rushed passed them mumbling, "...finding happiness, finding happiness." Riaz started laughing as Mona and Asma looked at each other with a puzzled expression.

Mother smiled, "I think if you two girls work together you could both get what you're looking for."

Everyone looked at Mother in surprise. Riaz said what the others were thinking, "Mom, what could these two crazy girls do that would make any sense?"

Mother reached into the cupboard and pulled out a large square pan and handed it to Anisa. "Anisa if you want to find happiness, help Shahla make *everyone* a nice dessert for dinner. And Shahla, if you make it for everyone, you will not only have a delicious dessert, but you will find happiness too!"



"Yeah, I know that!" shouted Riaz, "I love making Okinawan pottery, like we learned at school. It is no fun to just make it for myself, but to make it and give it away to someone who likes it, makes me feel really good!"

Asma added, "Yeah; think of artists. They paint pictures to hang up so everyone can see. No artist just paints a picture for himself! Everyone liking it is what makes the artist happy!"

"Musicians, too," suggested Mona. "They play so their music can make everyone happy – *not* just for themselves. What makes creating something fun is that others will enjoy it."

The older children looked at Mother, and they all nodded in agreement.

Shahla and Anisa looked at each other. Then Anisa looked at Mother,

"Happiness isn't a kitty? Or even a puppy?" she asked sadly.





Everyone laughed! And Mother gathered little Anisa up in her arms and said, "I am sorry, Anisa; this time happiness is not a little kitty. Maybe someday! I think taking care of a kitty would make me happy, too! But today, learn how to make something delicious, and watch how happy the whole family will become!"

"It is not just making stuff, but any kind of service to other people helps you find happiness, right Mom?" said Mona.

"Yeah," agreed Asma. "Isn't that what Baha'u'llah says is one of the purposes of why we are alive? That we were created to grow closer to God and to serve mankind."

"Yes, exactly, Asma!" agreed Mother. "Everything in nature needs to fulfill its purpose! When anything fulfills its purpose, that makes it happy! A flower blooming, a tree giving fruit..., humans growing closer to God, and serving each other – that's when they find happiness."

"So everyday, let's see what we can do to make everyone around us happy!" said Shahla. "Today, I will make everyone dessert!"

"Me too!" shouted Anisa.

So Shahla started showing Anisa how to layer the Ritz crackers in the pan. Then she showed her how to cut the bananas and layer them on the crackers.

The other kids watched for a few minutes. Then Mona said, "I can serve by helping Mom cook the dinner."

"I will set the table!" volunteered Asma.

"I know how I can serve," said Riaz. "I can help Anisa clean up the mess she left in her room while she was 'Finding Happiness!'"

"Thank you, Riri!" said Anisa, giving him a big smile.

"Hey that does work!" said Riaz in a surprised voice. "It makes me happy seeing Anisa smile at me!" With that, everyone laughed.

That evening, when Father came home from work he surprised everyone by saying, "I rented some Disney movies!"





All the children clapped and cheered.

Little Anisa ran up to Father and gave him a big hug, and said, "Daddy you found Happiness!"

Father looked at Mother in confusion. "What?"



Anisa explained. "Daddy, you made us all happy, so you found 'Happiness' for you!"

With that everyone laughed and started all at once to explain to Father what they had been learning about 'Happiness' that day.

Father, picking up little Anisa, said, "So you all learned today what 'Abdu'l-Bahá meant when He said, 'Human happiness is dependent upon spiritual behavior'. That means the more we share virtues, like kindness, love, patience, compassion, and mercy with others, the happier we become." All the children nodded in agreement.

Then they all sat down to a delicious dinner and dessert prepared in love and happiness by everyone.



## Quiz

1. What was Anisa doing when Riaz came home from school?  
\_\_\_\_\_
2. What did Shahla do as soon as she came home from school?  
\_\_\_\_\_
3. What did Mother suggest that Shahla and Anisa could do to find what they both wanted?  
\_\_\_\_\_
4. What makes an artist happy?  
\_\_\_\_\_
5. What makes a musician happy?  
\_\_\_\_\_
6. What makes a cook happy?  
\_\_\_\_\_
7. What did Baha' u'llah say was the reason we were created?  
\_\_\_\_\_
8. What makes us happy?  
\_\_\_\_\_
9. What did Father do that made everyone happy?  
\_\_\_\_\_
10. What can you do today.....tomorrow.....every day to make someone else happy?  
\_\_\_\_\_

**How did you do? Did you get them all right? The answers are on the Parents' Page.**





## Shahla's Dessert

### Ingredients and Materials:

Square baking pan (Glass works well)

Butter knife for cutting bananas

Saran wrap.

Box of Ritz Crackers (or other crackers)

Bananas, peeled and sliced

Cinnamon

Sugar (raw sugar gives extra taste)

Soy Milk

### Method:

Put a layer of Ritz crackers on the bottom of a square baking pan

Then put a layer of sliced bananas

Sprinkle with cinnamon and sugar

Add another layer of crackers

Add another layer of bananas, then cinnamon and sugar.

Make about 3 or 4 layers altogether.

End with a layer of Ritz crackers, cinnamon and sugar.

Pour soy milk over all the crackers to about half way up the side of the pan. Try to soak all of the crackers.

Cover with saran wrap and put in refrigerator at least an hour. Longer is better. Then eat and Find Happiness in sharing!





This kitty looks very happy! She must have been of service to someone. Who do you think she helped?

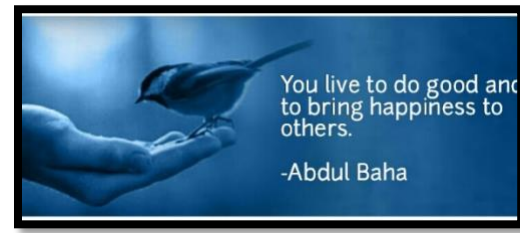
## CONNECT THE LETTERS

Connect the letters of the alphabet from A to Z. Then color in the cat.









## Parent's Page

Below are some quotes by 'Abdu'l-Baha' on Happiness for our meditation and discussion.

*And the honor and distinction of the individual consist in this, that he among all the world's multitudes should become a source of social good. Is any larger bounty conceivable than this, that an individual, looking within himself, should find that by the confirming grace of God he has become the cause of peace and well-being, of happiness and advantage to his fellow men? No, by the one true God, there is no greater bliss, no more complete delight....*

(‘Abdu’l-Bahá, *The Secret of Divine Civilization*, p. 2)

*Man is, in reality, a spiritual being, and only when he lives in the spirit is he truly happy.* (‘Abdu’l-Bahá, *Paris Talks*, p. 72)

*Happiness consists of two kinds; physical and spiritual. The physical happiness is limited; its utmost duration is one day, one month, one year. It hath no result. Spiritual happiness is eternal and unfathomable. This kind of happiness appeareth in one's soul with the love of God and suffereth one to attain to the virtues and perfections of the world of humanity. Therefore, endeavor as much as thou art able in order to illuminate the lamp of thy heart by the light of love.*

(‘Abdu’l-Bahá, *Tablets of ‘Abdu’l-Bahá* v3, p. 673-674)

*Happiness influenceth the preservation of health, but sorrow causes various diseases.*

(From a Talk of Abdu'l-Bahá, approved translation from the Bahá'í World Center of *Mahmud's Diary*, vol. 1, p. 129,

*If we are not happy and joyous at this season, for what other season shall we wait and for what other time shall we look?*

(‘Abdu’l-Bahá, *Bahá'í World Faith*, p. 351)

*True happiness depends on spiritual good and having the heart ever open to receive the Divine Bounty.*

(‘Abdu’l-Bahá, *Paris Talks*, p. 107)

### Answers to the Quiz:

1) Looking for something in the closet and under the bed. Finding Happiness. 2) Threw her book bag down and ran into the kitchen, searching for ingredients. 3) Make the dessert together for the whole family. 4) Everyone enjoying his artwork. 5) Everyone enjoying her music. 6) Everyone enjoying the food. 7) We were created to grow closer to God and to serve mankind. 8) Serving or helping others. 9) He brought home Disney movies. 10) ?



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