

TRANSCRIPT FOR PODCAST EPISODE 130-SAY "THANK YOU"
PART I

I'm Jill Baughan, and you're listening to the podcast called Find Joy...No Matter What.

This is Episode 130.

If you're in a tough place right now, your joy may seem like it's hiding--or gone.

I understand. But it's still there, I promise, just waiting to be resurrected. And this podcast is designed to help you do just that...no matter what else is going on in your life.

For just a few minutes each week, I'll tell you a story. --one that just might inspire a way to uncover a piece of joy you might be looking for.

Then we'll consider how it might speak to your life, because even though you'll hear quite a few of my stories during our time together, I believe you'll find your own in every one of mine.

Then I'll offer a benediction to send you into your day--or into your night.

So. If you're up for doing joy shots with a friend today...have a listen.

An artist named Lori Portka did a thing.

And this thing turned me inside out with joy and inspiration. I'm betting it'll have the same effect on you.

Lori worked for two years to make 100 paintings to say thank you to and for 100 people who had a positive impact on her life. *I consciously gave the gift of time, love and creativity,* she said.

The list of people I made paintings for includes some of my dearest, closest family and friends. It also includes well-known authors, musicians, and spiritual teachers. I've known some of these people for a lifetime and others much less. Still others I only know through the messages they put out into the world and have never met them in person.

Regardless of how I came to know these people, they have all touched me in some positive way and influenced my life to create the person I am today.

And Lori said thank you to them in an exhibition of all 100 painting at the Cazenovia College Art.

Who did she include?

One of the paintings I made, she says, was for my beautiful hairdresser, Jasmine. When I go into that salon, I look forward to it. I love getting my hair done because I feel like she welcomes me at the door with just pure love. And I just know I'm going to be loved and cared for when I go there. I feel differently about myself since I've started to see her and I have this level of acceptance of myself that I know has changed. Just from the loving, genuine care she gives me.

I made a painting for Tony who is the auto mechanic where we live. There is a very authentic feeling that you get from Tony that you just absolutely know you can trust him. And I don't have any problem at all taking my car in there by myself. It's a garage full of guys, they're great. I never feel like he's adding anything on; in fact I feel like he's looking out for us in trying to save us money. I feel like he's completely keeping us safe.

So one of the paintings I made was for Amy. I had never met her, but I knew of her story, which affected me so deeply. Her story about her daughter, Rosie, when her baby passed, and how she worked her way through grief. In her email she said to me she felt like she was the luckiest woman in the world, that she got to hold her baby and be with her while she was alive, even though it was such a short period. On a personal level, I do have experience with people passing, because my father died when I was in high school. And my family just really had a hard time handling it and I remember thinking there has to be another way we could view this. And so there was something about Amy's story that she is able to find a place of gratitude in all of that is one of the most beautiful things I've ever heard. And it's changed for me the way I think about just how we can accept our lives.

The exhibition was apparently amazing. And Lori was surprised by how emotional people were when they viewed her tributes to so many people.

I would have loved to have been there.

But here's the next best thing: a review by Tom Dwyer. He takes us there with his beautiful words when he says:

Under most circumstances it would only be realistic to think that "A Hundred Thank Yous" might be enough. Right? This past weekend friends, family, fellow artists and many admirers Lori Portka had never known before the 2 o'clock opening of her one-lady show at the Cazenovia College Art Gallery, couldn't be blamed if they thought otherwise.

Entering the gallery was like walking into a rainbow, with the proverbial gold in plain sight. For many months Lori's family, friends and fellow Cazenovia Artisans had been anticipating

this day right along with her. All were familiar with her colorful, whimsical illustrations overflowing with happiness, gratitude, kindness and love.

Still, as each entered the gallery, all of a sudden a hundred pieces of art, each saying thank you to someone Lori deemed important in her life, was suddenly real and all but overwhelming. One person at a time, the immensity of her self-imposed task was realized.

The white walls of Reisman Hall served as the perfect backdrop for Lori's selfless act of gratitude, allowing each colorful creation to stand on its own, yet somehow still connect those around it. Guest slowly circumnavigated the hall, enjoying each of the 100 paintings. Some were drawn by the collection on one wall or another, others to a single expression from Lori's heart, most taking time to read Lori's thoughts and feelings about her gratitude for a special person who has touched her life (neatly posted below each painting). It was difficult to pull away.

There were "thank yous" to some of those same friends and family who now enjoyed this amazing collection. Lori had displayed paintings that said thank you to fellow bloggers whose "advise and support" have "motivated and encouraged" her own art as well a nationally respected authors and even President and Mrs. Obama.

Each painting was destined to become special in a certain someone's life, yet as you rounded the hall the specialness, the magnitude, the creativity and indeed the impact of Lori's total effort slowly formed their own thank you.

It has been a project she dedicated to her father, who passed away in 1985 yet still occupies a special place in her life. He "would have been one of the first people on my list" of thank yous, she wrote on her blog. And, while it's tempting to celebrate the completion of her "hundred thank yous" project, it's doubtful many people left Reisman Hall thinking that anything had come to an end.

So what about you? Is there someone in your life today you really need to thank in a special way? A member of the waitstaff of a restaurant you frequent? A close friend? An acquaintance? A fellow employee? The Amazon delivery person? A healthcare worker who has helped you? A neighbor who looks out for you? A sibling? A parent? A child? A caregiver for someone you love?

If you were to challenged to say "thank you" to 100 people in your life today, who would be on your list?

Now that I think about it, wouldn't it be a great idea to begin an ongoing list of people who would love a thank you from you--and make expressing your gratitude to everyone on that list in the next year.

You don't have to be an artist. Maybe it's writing note of gratitude, learning someone's love language and responding to it, baking a simple thank-you treat, giving something that grows, planting something that will live on.

Maybe you'd like to give someone a joy box. I have a free download on my website and in the show notes that can show you how to create a personalized box of joy to say thank you to someone who would love to receive your affirmation. It can be big or small or somewhere in between.

The way you choose to say thank you is secondary to the fact that you do it. Today, if possible.

And so, my friend,

May you find all kinds of ways to thank all kinds of people for all kinds of things,

And may you keep your antennae up from here on for folks who would be overjoyed to know they lifted you up,

And may you remember to be just as creative in thanking God for so many reasons to give thanks.

Thanks so much for joining me.

If you know people who might need to express a little gratitude to someone special, I invite you to share this podcast with them, and subscribe yourself on iTunes, or wherever you listen to podcasts. Or you can go to my website at jillbaughan.com, click on a podcast episode and sign up to receive episodes in your inbox. Just don't miss an episode, because I so look forward to being with you again soon.

Say thank you, friend. And always, always remember, if you go looking for joy, you'll most likely find it.

Till next time...

NOTES:

Make a Joy Box for Someone You Care About: <https://jillbaughan.com/joy-box/>

Bartholomew, Andrew and Hailey. <http://365grateful.com>

Bartholomew, Hailey and Andrew. "365 Grateful: Lori's Story."
<https://vimeo.com/121724954>

Portka, Lori.
<https://loriportka.com/a-hundred-thank-yous/>