

TRANSCRIPT FOR PODCAST EPISODE 196-KEEP SOMETHING SPECIAL

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

This is Episode 196.

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.

Finally, 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.

In 1991, my friend Iris went to the movies at a Regal cinema, and bought a drink to go with her popcorn. The cup was red and white with a mean looking figure on the front, and –in honor of Arnold Schwarzenegger and the *Terminator 2* movie that had been recently released, Regal cinemas called this cup The Regalator. Cool cup, but what made it really special was the fact that you could keep bringing it back to the cinema indefinitely, and get a refill for just one dollar.

And did Iris ever bring it back. And back. And back. And 33 years later she's still bringing it back to the movies for her one dollar—yes, one dollar—refill.

Today, she keeps the plastic cup in a tote bag—after she washes it at home. Then, on the next visit to the movies, she carries it in the bag on the way to the theater because, you know, a lot can happen to a plastic cup lying around unprotected in a car.

Sometimes getting her refill requires a little explanation because the young people working the concessions were not alive in 1991, and do not remember *Terminator* movies or Arnold Schwarzenegger, for that matter, so explaining “Regalator dollar refillable cup” might necessitate a consultation with the manager. And really, you can't blame the kids for giving even sweet little Iris the side eye when she claims to have a 33-year-old plastic cup that magically holds a dollar drink. Sometimes the manager has had to show the kids where the old lids are, so she's taken to bringing her lid along, but Iris has never been denied her due.

And the Regal staff have been most accommodating.

Even when, one time, when she accidentally threw the cup away (gasp) in the Ladies' room with her non-refillable popcorn bucket. She realized what she had done shortly after she'd left the theater, hurried back in, explained to the staff what had happened, and asked if she could dig through the trash in the bathroom to find it. They remembered her (who could forget someone with a story like that?), gave her permission, and she trotted off to the bathroom to forage through the garbage for her Regalator. I would give a lot of money to see a video, but whatever. Anyway, she found her refill cup so she could continue her money-saving adventure, even to this day.

"I don't even know how much drinks cost now," she says. "If I don't have my cup with me, I don't get a drink. It's been worth every cent I paid for it."

How about you, friend?

Have you considered keeping something special around, just because the story behind it—and even the thing itself-- gives you some kind of joy?

I won't lie, at our house my husband, Ben, and I have had our most spirited disagreements over what to keep and what to get rid of; what is trash worthy and what is treasure. In fact, it's the thing we disagree about the very most in our entire married life.

He keeps stuff. Lots of stuff. We have a curio cabinet in our home that I dislike very much because to me, it's just a collection of random stuff. A cup and saucer. Some figurines. A few glass knick knacks. The significance of these is a mystery to me, and will likely be so forever.

On the other hand, there's a baby bib. A Virginia Tech baby bib with the name Benjamin Thomas embroidered on it. Our daughter and son-in-law gave it to Ben as a gift to let him know they were expecting a little boy—a little boy they were naming after him. Every time he looks at that bib—regardless of the fact that I think a curio cabinet is a weird place to put a baby's bib which, by the way, has never actually hung around a baby's neck—he remembers the amazing moment of that announcement, and the dopamine flows.

There's also an unremarkable-looking brass bell in the cabinet, But the brass bell reminds him of his grandfather who, when he was ill and couldn't speak, rang the bell to summon his wife when he needed something. Sounds sweet, and it was at first. By the end of a couple weeks, his grandmother used to say she was ready to throw both her husband and the bell out in the yard. The story makes Ben smile whenever he looks at it.

And, to be honest, I have my own favorite little momentos, like the plastic Tarzan from a McDonald's Happy meal that's been hanging around in our kitchen since 1997. Our daughter, then in high school, had some friends over one day, and one of them brought Tarzan in and thought it would be fun to suspend him from a light fixture. I liked it so much, I promised to leave him up, and that's what he's still doing, swinging away, bringing a sense of humor to our daily lives all these years later. The story makes me smile whenever I look at it.

So your “something special” may be perfectly useless, but if the sight of it makes your life just a little sweeter, haul it out and put it in plain view where you can see it on the regular.

Then again, maybe your “something special” is actually useful, and its usefulness makes your life just a little more delightful. If so, would you consider giving it a home out in the open? I mean, I think my friend should put her cup where she can see it every single day for the rest of her natural life.

And who cares what anybody else thinks of it?

For instance, you might laugh and think my friend Iris is a little crazy. But folks, her family estimates that, conservatively, based on the average number of movies she’s seen, that she has saved over \$1800 by taking care of her special cup. Talk about a joy shot. Arnold would be so proud.

And you employees of Regal Cinemas in Richmond, Virginia, because of your commitment to honoring your promise to Iris to refill her Regalator for the last 33 years, you can rest assured that as long as you’re showing movies...“She’ll be back.”

And so, my friend,

In this age of minimalist decorating and pressure to keep countertops bare and your living space immaculate and tasteful,

May you set a little something special in your daily path, no matter how nonsensical it looks to everyone else,

May you find delight in the mere sight of whatever sparks a great memory or a smile,

And may you let the story behind it bring you—and even others—joy.

Thanks so much for joining me.

If you know people who might benefit from the sight of a little sweetness, 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 a single one, because I so look forward to being with you again soon.

Keep a little something special; then set it out where you can smile at it. And always, always remember: if you go looking for joy, you'll most likely find it.

Till next time...

