

September 2023

President-Elect's Message...

Liz Lietz

Michigan Reading Association

Follow this and additional works at: <https://scholarworks.gvsu.edu/mrj>

Recommended Citation

Lietz, Liz (2023) "President-Elect's Message...," *Michigan Reading Journal*: Vol. 56: Iss. 1, Article 4.
Available at: <https://scholarworks.gvsu.edu/mrj/vol56/iss1/4>

This work is brought to you for free and open access by ScholarWorks@GVSU. It has been accepted for inclusion in Michigan Reading Journal by an authorized editor of ScholarWorks@GVSU. For more information, please contact scholarworks@gvsu.edu.

President-Elect's Message...

by **Liz Lietz, MRA President-Elect**

Think about your favorite classroom moment from last year. Was it trying a new lesson that went so well you'll keep it for next year? Watching a student make a breakthrough after working really hard through setbacks? Maybe it was a book you shared that became a class favorite, or a fun staff activity. It could be the satisfaction you felt as you packed up from one school year and prepared to begin another.



Liz Lietz

Whatever it was, take 15 seconds and sit with the feelings this memory brings you. You might even close your eyes for this part.

Think about where you felt that memory in your body. Did you smile? Did you get that swell of pride in your chest, or the weight lifted off your shoulders just a little?

You may categorize these feelings as happiness, but they could be something a little different—you may have been feeling JOY!

Experts have determined that joy and happiness are not just synonyms for the same emotion. Joy is an inner feeling. Happiness is an outward expression. Joy endures hardship and trials and connects with meaning and purpose. A person pursues happiness but chooses joy. In the face of adversity, our joy can sustain us and keep us moving forward toward what we know is right and good.

This year, my goal is to help us reconnect to the JOY we feel in schools, and beyond. I hope you will consider sharing your JOYFUL moments with other MRA members by writing about your experiences for the *Michigan Reading Journal*, participating in online events, and submitting a session proposal for our 68th annual conference, taking place March 15-17, 2024, in Lansing, Michigan. Our theme this year is “Discovering JOY!”

Together, let's honor our own accomplishments, as well as those of our students, colleagues and communities. It's time to Discover JOY!

Looking Forward,

Liz Lietz
MRA President-Elect