

### *Discovering Joy*

*Joy is the reminder to smile –*

*A micro-expression that can happen  
in a split second and last a lifetime.*

*Joy comes after the first cry of a newborn baby –  
New parents evolving their unit to include a third.*

*Joy comes in the form of donuts and laughter with friends,  
Joy is all encompassing, and no one is left behind.*

*It is the purest of pleasures and happiness that cannot be compared.*

*Joy is the touch of my love's warm hand on my cold skin.*

*Waking to the morning's embrace,  
Basking in the glow of sunrise.*

*Joy is in the kiss, a sweet gesture of innocence.*

*Breakfast in bed and the urge to stay together a little longer.*

*Joy smells of family potlucks –*

*Mom's Thai fried egg noodles and sausage stuffing,  
Dad's hickory and brown sugar ribs,  
Gigi's Spanish rice and beans.*

*Joy tastes like split pea soup and lasagna only Grandma can make.*

*Chatter balances the room like a spitfire – as we gather at the dinner table.  
The embers of our hearty meals make for crackling conversations.*

*Joy is the sound of full belly's belching from carbonated beverages.*

*Joy beckons me to the doorstep of friendship,*

*Sharing smiles over coffee and tea,  
Eating dinner over drinks, maybe somewhere at a party,  
reminiscing old memories while creating new ones.*

*Joy can be found in more places than one,*

*When I first learned how to paint -*

*utter joy swept over me,*

*Thick globs of acrylic paint filled canvases.*

*Tracks of charcoal and chalk lined cardboard.*

*Watercolor expanded over textured paper.*

*Joy comes in the form of writing*

*as my letters grace these pages*

*with the forms of Joy's expressions.*

*Joy is.*