

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.