Joy

by

*Eyes Right*

**Springfield, VA–** Joy can flow from a swath of sources. It can stem from actions previously taken, such as getting married (or divorced), a prior purchase, or any number of events in one’s past. But there are also spontaneous happenings associated with some serendipitous activity – perhaps a team you are rooting for scoring late in a game for an unexpected victory.

I am listing some of my recent joys…many may be universal in that they are not unique; others are strictly personal and may even appear to be silly.

The silliest first, then no particular order….

Lying in bed with the lights out and socks on….taking off the socks, wrapping them together, then throwing them toward the opposite wall in the hopes of a bank shot bouncing them into a small waste can. I always wait to morning to check the results. If the socks are in the can, pure JOY!

Looking out our side window and seeing a wall of flower blooms (currently iris).

The first lick of an ice cream cone.

Photos of loved ones.

A dog wagging its tale upon seeing you.

The scent of a rose.

Memories of growing up on a farm in Kentucky.

A bolt-out-of- the blue email commenting favorably on one of my books.

As a teacher, finishing a lesson which seemed to go particularly well.

Driving through a bad storm without incident.

A phone call from a close friend.

Learning that a friend has had a favorable response to a medical procedure.

A wound healing.

Telling off a someone on the other end of an unsolicited telephone call trying to con me out of money.

Finishing a tax return.

Holding a baby.

Making the last mortgage (or car) payment.

Watching a daughter getting married.

A daily phone call from a relative or friend “just checking in.”

Realizing that you are not hurt after suffering a fall.

Listening to a favorite song.

Watching a plant begin to grow from seed.

Having lunch or dinner with friends.

Waking up each morning.

I thought you might like to know.

E-R