




SAVORING MOMENTS OF JOY



Many days lately seem to be too filled with “stuff.” I asked a young man yesterday how his day went, and he said, “It started bad and ended bad. It’s all work.” Sometimes I feel like this, and I’m sure you might, too.

Another young man at our company recently said, “I can’t believe that people a few doors away from me send e-mail messages instead of coming to talk to me face-to-face.” Seeing a smiling face can be a moment of joy!

I remember the words from a poem by William Wordsworth:

*The world is too much with us: late and soon,
Getting and spending, we lay waste our powers:*

*Little we see in Nature that is ours;
We have given our hearts away, a sordid boon!*

.....
For this, for everything, we are out of tune

Yesterday I felt like this, too. I had to break the pattern. There is a house in the woods where I sometimes go. The warm sun was streaming in the window. I pulled up a chair to shed my cares instantly and savor moments of joyful peace. It was as if the world stood still. There was not a sound to be heard. I tried to get in tune with myself and the world.

There are such little things that in our rush we might overlook that can bring joy. Picking one flower—even if it is a dandelion—can change the tide of our exhausting thoughts. Look around to see what natural joys you can discover.

The way you start your day can direct your thoughts to those of joy. How about giving your partner, child, or pet a good-morning hug instead of rushing out to the day's activity? This act of love can bring a feeling of warmth for both of you that can stay with you all day long. It's a moment of joy knowing that you are cherished. Tell "You" that you are loved and are a special treasure—a child of God.

Living alone, I have found a way to bring joy at the end of the day. I put on soft music and pick up Puss Cat in my arms. We sit on the rocking chair together, and I hum to the music. She relaxes in my arms. I feel her warmth and purring love, and it brings pure joy!

Above all, as you go through the day, remember to smile. The spark in your eyes is a message to everyone you meet that you know the joy of living.

At the end of the day, count up the moments of joy you experienced and appreciate all the good things that have happened. Be thankful for your gift of life and your opportunity to reach out to make a difference. Your gentle touch is a gift of joy! 🌸