

Joy's Ingredients

Savor what is simple –
fresh, folded laundry,
a rack of clean dishes,
the full Flower moon
waltzing on a mellow breeze.

Co-mingle strawberry preserves
with soft butter on toast,
send birthday invitations with promises
of balloons and tickles,
lull a baby in the curve of your neck.

Stroll slow and a car passes,
a hound's auburn head stretches long
from the passenger's side window –
ears flapping, tongue flapping.
That dog is smiling!

Raise praise in an alleluia
for singing mountains,
a stream quartet rests into river,
new green grass speckled in violets
under drizzle, fog, and dusk.

Blow bubbles, kiss someone,
smile at that man embracing
Fruit Loops, milk, and a newspaper
behind you at checkout –
ingredients for a day named Joy.