

Joy

April 2024

Poem About Joy

Joy is an experience of happiness, of emotion, of delight.

Joy gives pleasure, to rejoice, and to excite.

It gives us exultation, or elation, a feeling of exuberance, cheer, and exhilaration.

It offers pride and gratitude, how often have I felt ecstatic, or cheered up, or just glad?

Joy makes me jubilant, it puts a smile on my face and gives me contentment.

Joy can be contagious, inspiring others to feel the same. It can bring people closer together, creating a sense of unity and connection. It can be a source of strength and resilience, helping us to overcome difficult times.

Joy counteracts sadness, sorrow, grief, tears, anguish, despair and agony.

It promotes satisfaction, admiration, awe, and gratification.

Joy is bliss, it's love, passion, euphoria, and enthusiasm.

Now that I am older, joy is less about excitement for the future and more about a sense of calm, contentment, and appreciation for the present moment.

© Paul Membrey 2024

Joy

I awake each day and feel emotion,
And no, it has nothing to do with locomotion,
Life is a well-spring and so is sunshine,
Daylight, and anticipation,
Of events to come.

Friends to meet and greet, with empathy and interaction,
A shared experience and exchange of ideas,
When small achievements give us pleasure,
This is Joy – some success, some learning and some giving,
So we keep looking forward to family events, music, films, books,
Holidays and achievements.
The joy of Flowers, Animals Children Small Kindness , Words and Deeds
Are the many joyful events we treasure.

© Irene Derwent 2024

Joy

What is a joy to me
Maybe an anathema to you.
To find the joys on which we agree
Let us begin to list a few.

Waking up to a sunny spring day
With birds singing and blossom breaking.
Daffodils and tulips surely lead the way
And what about an early walk taking?

To walk in the countryside or by the sea
Must be high on our list.
Or sitting in a beautiful garden,
Reading a book with an unexpected twist..

All these are more joyful when spent
With old and dear friends or family.
Perhaps remembering a past incident
When words are not really necessary!

Time with our young gives lots of fun
And joy from watching them grow
Into caring and loving daughter or son
Towards their exciting tomorrow.

Then there is literature and music.
What joy and happiness they bring.
For minds and souls intrinsic
And making our hearts to sing!

But perhaps the greatest joy is love
And to love and be loved in return.
On my wish list it is all-things above
And the one joy for which we all yearn!

© Jackie Darling 2024

Where Joy Takes Me

In my heart where dreams of joy take a flight
It is a tapestry of life
Seeing the sun rise
Hearing the birds
Beauty of blossoms
Feeling love and warmth of my friends and loved ones
That is where this flight of joy takes me!

© Bennie Membrey 2024

Ode to Joy

A poem that is giving us a feeling of joy
Is not as easy as many may think.
The poor cerebellum as I'm wracking my brain
Is a task from which I can't possibly shrink
I really must tell um
Or write it on vellum
Consider the joys of a song.
Its tune may be catching
The words not quite matching
Or perhaps they just make you groan. (Feel you belong)

But Joy, joy glorious joy
A feeling that sometimes many annoy
But just take the trouble
In life's mean old bubble
To appreciate the comfort of glorious joy.

Another chorus

But joy, joy glorious fun
I wish that this song I had never begun
The rhymes may be dodgy
The music quite stodgy
And you'll be so happy whenever I'm done.

© Dennis Walby 2024

Skiplong

I loved skipping as a child, the thrill of speed, together all,
Round and round the hardwood floor hall.
Catching the air, feeling the distance move under our feet,
Not running, no, not running, yards and yards.
Danny next to me, smiling, the joy of moving free,
Five or six we are, skipping, hop, skip, hoping to be,
The world is open, life is open, space is open, all around,
Hair is loose, corkscrewed, light, dark, girls' and boys',
Skipping, skipping, round and round.

© thom Sefton 2024

What brings me joy

Drops of morning dew glistening on a freshly budded leaf,
Birds happily tweeting in the early morning sunshine,
The trees swaying so softly and gently in the breeze –
These are the things that bring me early daybreak joy.

Cups of coffee with friends at our favourite cosy, cafe
A quick chat with a neighbour & a friendly wave to a passerby,
Spending time down by the riverside, the swans drifting past –
These are the things that bring me morning joy.

Sitting out in our little garden, seeing fluffy clouds in the sky,
Stroking our crazy cat, feeling his beautiful soft fur on my fingers,
Playing ball with our Border Collie, watching his tail wag with delight –
These are the things that bring me afternoon joy.

Being thankful for a lovely evening meal enjoyed in our cosy home,
Getting snuggled into my favourite chair, the latest book in my hand.
Finally finishing that jigsaw, completing a cryptic crossword –
These are the things that bring me evening joy.

Getting into my favourite pyjamas, final hot drink of the day,
Diving into bed – remade today with lovely fresh linen,
Sending time thinking about the day & looking forward to tomorrow –
These are the things that bring me night time joy.

© Rosemary Brown 2024

Joy

Many things bring me great joy
Like spending time with someone dear
The feeling when the housework's done
Joy or relief I fear

My greenhouse is my special place
Where I can spend time on my own
And put my brain right out of gear
Tending to plants I've grown

I love to lay out in the sun
I love to laugh and sing
If only to amuse myself
And acting is my thing

When I've done well in any quiz
That gives me so much pleasure
And many kinds of dancing gives
Employment beyond measure

To plan a holiday or short trip
Is such a happy spell
Especially when the break includes
Family and friends as well

I love receiving some good news
It gives me such a blast
But reminiscing also brings
Joy over times gone past

© Jean Ellis 2024

A Whisper in the Wind

A note to my younger self

Don't waste the days of your life looking for Joy
It'll find you – like that Christmas with the special toy
Because Joy is like a visit from a wary blackbird
It's a secret in the wind that only you have heard
Joy may be the difference between a dog and a cat
But it'll take a cat for you to know where your heart's at

It's your first kiss that lifts you clear off your feet
It's your wife suggesting: "We really should give up meat"
Danny playing the pianos in Rushworth and Dreaper
Every time you feel the love of putting paint to paper
When you score that only goal on your school sports day
When you can finally pick up a guitar and you know how to play

It's the sweep of a lover's hair falling across your face
When you find that thing you thought was lost without trace
Like the first time you hear Dark Side of the Moon
Or that moment Miles' trumpet kicks in on 'Kind of Blue'
When you read of Arjuna seeing Krishna's Cosmic form
Or when a beast from the east puts you at the heart of a mighty storm

If you look it disappears, all traces soon disperse
It slips out of your vision like the Pleiades sisters
You'll not find it wading in seven pints of beer
Nor even in the days of a badly chosen career
So, listen for this whisper-in-the-wind and take it with a smile
Channel it, pass it on, then your days may be worth your while

© thom Sefton 2024