

What Brings You Joy?

Here was a list I posted before the Corona Challenge:

Then, the list included: laughing with my family and friends. Being with people I adore. Explorations in town and around the world. Being in, on or near water. Visiting gardens. Filling my car with flowers and plants to add to our back yard. Growing our own vegetables. Discovering new ways to do almost anything/like growing tomatoes in gutters or hanging them upside down from trees. Photographing everything. Creating something.

Now, given our current health crisis, a bit of ingenuity is required to access and enjoy many of these options. Clearly it's still possible. Several of us have been sharing HAPPY HOUR and YOGA via Zoom. I'm filling my garden with *ideas* I want to implement once the stay at home order is lifted. Photography continues to fill my soul, whether in my own backyard or walking my dog through other flowering neighborhoods.

Keep your list going and growing. Let's expand our repertoire to include more of these memorable, often magical, moments. Imagine the impact this might have on our lives and on the lives of those around us.

"Let anyone who comes to you go away feeling better and happier. Every one should see goodness in your face, in your eyes, in your smile. Joy shows from the eyes. It appears when we speak and walk. It cannot be kept closed inside us. It reacts outside. Joy is very infectious."

Mother Teresa

