

Joy is...

The laughter and wonder  
of children at play,

While learning and growing  
And finding their way.

The fluttery fullness  
You feel in your heart,

When you're witness  
To music, to nature, to art.

To help someone in need  
In any way that you're able,

Lending hands, or an ear,  
Or a place at your table.

It's the spirit of Christmastime  
A.n.t.i.c.i.p.a.t.i.o.n,

Surrounded by loved ones,  
In warm celebration

The deep gladness than stems from a faith in God's love,  
And in knowing that Jesus is sent from above.

~By Michele Braungard

