

**Welcome Bliss**  
Diana Raab, PhD

There is joy when beginning a new day,  
flowers opening their hearts,  
evening dew drying in first sunlight,

giggles of children playing in parks,  
and lovers gone back to their spaces.

Think of your spirit—  
a source which grounds you each morning  
and never forget to honor with thanks—

then walk to your kitchen  
and thank piles of food on your table  
and your marriage to survival.

And before you go, let me remind you  
to thank all those who you meet today

as it might be your last chance and theirs too.  
I learned during my childhood  
joy and thanks must be shared

today and always remembered  
in the beginning of a day.