

## PLEASURE BEYOND MEASURE

*A poem written by Verna Kwiatkowski at Sky View,  
in response to social worker Diane Gitelson's request  
that we think about what currently brings us pleasure.*

Like Maria in *The Sound of Music*, I can't name everything  
That brings me much pleasure, that makes my heart sing.  
But I can name a few things that readily come to mind.  
It's time, now, to list them. "Seek, and you will find."

I like good conversations, and a smile; a hand wave; a nod;  
Visits from family; visits from friends; and the constant presence  
of God.

I like watching good movies on television, tape, or DVD,  
And reading by Audiobooks – What joy that brings to me!

Writing and giving services brings me so much pleasure,  
As do the essays, the articles, and the poems that I treasure.

I like having time to think; I muse about all sorts of things.  
Past, present, and future blends – What insight my musing brings!

The view from our windows: the Hudson River, the skies,  
The birds in the cage downstairs – all bring pleasure to my eyes.

I appreciate clever wit and the hearty laughter it gives.  
I like learning something new; my thirst for knowledge lives!

I like finding God at work in all sorts of situations,  
And being cared for by people from many different nations.

I enjoy building friendships and reclining in my chair,  
Keeping touch by email and spending time in prayer.

As I said at the beginning, this is the START of my list.  
If I tried to list everything, something would be missed!  
Lest I belabor the point, and end up sounding sappy,  
I'll simply end by saying this: I am happy!