

Being agile may seem to be a strange advantage when in grief and yet it is just that, an advantage. It means that when overcome with sadness at a loss that seems incomprehensible the one thing that you can rely on is your strength. That strength gives you control.

This is where I find myself now in the wake of saying goodbye to my beloved Truly Scrumptious who opened my heart like no other.

Truly Scrumptious' memory will never fade. I find myself miles from anywhere lost in thought. Miles from anywhere by foot. I allow the beauty of nature to soothe, helped by the warmth of the sun, and how grateful I am for that.

One part of the Sunshines may not physically be with us but oh, my Truly Scrumptious has left behind an everlasting love and one that I will cherish forever.

Moving on without her is going to require all the strength I have. I will do my best to follow her example for Truly Scrumptious never lost her determined spirit. She would take a deep breath and just go.

RIP Truly Scrumptious until we are together again.