

## **A Grief Update for 2023...**

*March 28*

It has been 403 Days since I last held Katherine's hand as we walked to her last breath.

No it does not get any easier with this continuous grief. There are moments when memories, children and events draw my focus and attention but she is always here with me and we still walk with our hands and hearts holding each other. As I search each day for answers to questions beyond this world, I find some comfort in accepting a new reality.

This universe and life we live is only a small part of a much greater reality. Yes, we all shall die but we will not be gone. When Katherine left she gave me three gifts. The first was taking away all my fear of death. **Acceptance** of a transition (Life Continues), Like changing a coat for different weather our spirit or Soul joins another reality in this same universe. Kathy and I still share that universe but in different realms. Her second gift was the **Faith** in "It is what it is" and "It will be what it will be". This life we live here is not about destinations, it's about the journey, and who you share it with.

Her final gift was the **Trust and Hope** that we are not finished. We have an eternity to share and True Love can never be lost or destroyed.

So now each day is still one at a time, one foot in front of the other and sharing this journey with those of us still here on this planet but preparing for a magnificent reunion in the next reality. If I have any

doubts I just go outside and look up at Kathy and my next reality a  
Universe of infinite Tomorrows.

**I Love You**

**Katherine My Love**

**My Wife**

**My Life....**

**Your**

**Jerry**