

Are there Cheez-It's in Heaven?
(a dedication at a celebration of Life for Kathy)

Dear God, it's me, Monica with my feet on the floor-
Six feet above ground wondering what you have in store?
This life we all live, the Human Condition,
hasn't changed much as you help dreams come to fruition.

The 1000's of years-no Millions, I bet, we humans do struggle..the tragedies, the debt.
But One thing I know is that Faith is a muscle!
Like biceps or triceps, we humans have to hustle 🙏😓

The classes we take at the gym or in life
Open our eyes to our strength that lightens strife.
Life is not easy, no one said it to be so.
But the feeling after class-when our souls truly Glowed!?

Stability ball, stretchy bands, yoga and weights,
Those sweet Kathy (fitness) memories fully alive in my mind state.
Like you, she may have moaned, groaned or snickered:
"Another burpee? Or 'grampa walk'?"
"Yes 108 abs-let's go even quicker!"

One day at the Safeway I bumped into her cart.
We chatted & smiled as life strengthens heart to heart.
It was then her eyebrows raised as she attempted to divert..
PILES & BOXES of Cheez-Its
"THERE's A SALE!!" She did blurt.

Oh Kathy, sweet Kathy, as your trainer & friend-those Cheez-its DO fuel your muscles just a little-let's not pretend!

If they give you joy, and by the looks of it they do, may that joy last forever..even in Heaven right here with you.

Now, I ask you all to place one hand at your heart-
the other at navel below.

The Faith Muscle work out is easy, you ready?

Here we go:

Take One deep breath fill it up FULL of life,

Then let it all go, loud & strong

To release all your strife.🙏

This moment, here & now, is a time to celebrate;

Kathy's life..Your life, as we're here now so

Don't wait.

Live Fully, Love Unconditionally, eat those

Cheese-its and ENJOY!

Fuel your faith muscle, & your happy feet-

With God's grace we are employed.

Coach Monica