

Picture Is Worth 1000 Words - A View From the Spouse

By Brian Crilly, husband of Heather Seddon

I remember taking this picture.

Not just the picture itself, but also the moment it happened.

I was tired, but trying my damndest to stay alert. I'd barely slept in two days. I was exhausted mentally and emotionally. But for the first time in two days it was quiet in the room.

I remember the feeling because it was like the first bit of calm after a hurricane, when you're still reeling from everything but it's calm.

Three years later I think back on what this has taught me.

- **Commitment:** It was then I truly understood the life I was signing up for and what it could entail. Yet I also learned who I was inside myself to stay strong.
- **Clarity:** Gone was the innocence of the job. Terrible things always happen to someone else, until you are the "someone else."
- **Faith:** Together we learned who we could have faith in, and that was each other. The depth of loyalty, perseverance, and willpower had never been tested as it was during this time and after.

There isn't much else to say about this picture other than it captures a moment in time when our future was uncertain in all ways but one: we would persevere for each other. Period.

I can say with absolute sincerity that I rise every morning with a sense of gratitude and feel thankful for the time we are allowed to have together. I know now that not only is tomorrow never truly promised, but it can be stolen from you in an instant.

I acknowledge the depth of pain and fondness with which I view this photo, the lessons I learned about myself and our relationship, and the inner strength which could not be unlearned by either of us if we tried.