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Born a child of God.
Grown from child to woman,
wife to mother, now grandmother.
Her wide shoulders have carried the
weight of love and generosity.
Her large hands have managed the
balance of family and altruism.
Though naked and vulnerable,
she is covered and warmed
by the shawl of faith,
the love of those who know her.

Attenuated. . . stretched thin,
losing physical substance. . .
My friend has ALS
but this does not define her.
She is a Warrior Woman
with many names:

Mfadhili, benefactor

Mahaba, love and affection

Mpigani, warrior, fighter

--Alice Woodruff