I am so terribly, terribly sorry to learn of Emma's death. Such things are not meant to happen and when they do one has to reach down deep for an understanding, or for comfort, or anything that will relieve the desolation and bewilderment. Emma is fine; whatever we may believe we can probably all agree that death releases pain and distress and fear. For myself I have this curious conviction that what awaits us all is the tremendous and all enveloping power of love, the tiniest particles of which we share with our wives and children and families while we can; and then it's off to some new adventure. It's those that remain that need cherishing and reassurance and time. If, at some subtle level, our thoughts help to make the unbearable bearable, then you have those, our compassion too and our prayers; and, of course, our confidence. Being a single parent wasn't probably what you had in mind but, as you say, your children are up for it and so, for certain, are you. Bless you