

# The Importance of Friendship

Yesterday I was feeling out of sorts. Blah. Not physically sick but emotionally restless. I tried exercising and that didn't fix it. I ate healthy food all day to no avail. Typically I wake up each morning in a happy state ready to tackle the day with lots of focused energy. I was wandering around aimlessly trying to pin point what was bothering me.



Have you had one of those days where you are on the verge of weeping? Well, that was me. I felt like I was ready to have a good cry, yet I couldn't understand why.



That afternoon I got a call from my friend, Janie, who wanted to spontaneously meet me at [Whitfill Nursery](#) as she needed flowers for her garden. I LOVE Whitfill Nursery and enjoying a sunny day surrounded by plants, flowers and a dear friend sounded like what I needed.



Maybe I was missing all the wonderful activity from the holidays-where the house was filled with my children, their friends and laughter. Maybe I was just overtired..



But spending time with my dear friend filled my soul. As she loaded her cart with bedding plants, I took some of these photos. Nothing like the simplicity and beauty of nature to help reset your compass.



LIFE AT  
*Bella Terra*



I believe that situations and people cross your path when you need it most. We went into the Garden Shop at Whitfill where [Maya Angelou](#)'s words of wisdom jumped out at me.

## MAYA ANGELOU

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She said, "I've learned that whenever I decide something with an open heart, I usually make the right decision. I've learned that even when I have pains, I don't have to be one."

I've learned that every day you should reach out and touch someone. People love a warm hug, or just a friendly pat on the back. I've learned that I still have a lot to learn. I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

Janie had no idea that asking me to join her in flower



shopping would make me feel better. The warm greetings and conversation from both Janis and Patti at Whitfill help ease my weepiness. Being around the friends, flowers and sunshine was my soul food.

The saying at our house is "in order to be a good friend you have to have good friends". I feel so blessed to have dear friends who enter my life at the most random times, but always when needed. At the end of the day, companionship and great conversation was my medicine. This is balm for my soul.

Do something nice for a friend today. You never know if they need you.

*Mary*