Examples of fronted adverbials for writing:

Many years before, he recalls…

Once, when he was a boy…

Earlier in his life, during the war…

Just one year ago, when his wife was still living…

Good language choices for writing:

tender

loving

longing

sorrowful

comforting

brutal

sacrifice

horror

playful

gratitude

pleasure

sweetness

tragic

guilty/guilt

regret

loss

mournful

experience