



NEWSLETTER

“BEREAVED, HELPING THE BEREAVED LEARN TO LIVE WITH GRIEF”

ISSUE 3

www.bfodurham.net

September 2021

The Board of Directors' Corner

Memorial Tree

In 2008, to commemorate BFO Durham Region's 15th Anniversary, a tree was planted in the memorial forest in Newcastle. Some of you reading this will remember the Sunday afternoon when we held a small ceremony to dedicate the tree to all our children. A sapling of about 5ft tall had been planted and a sign placed beside it.

I had the opportunity recently to visit the memorial forest and see how the BFO tree had grown. It was heartwarming to see our tree had grown larger than all the others around it. I also noticed it had the most branches and they crisscrossed each other as you looked up into the tree. The tree had grown into a beautiful fitting memorial for all our angels. The forest itself is very peaceful and there are trails through the natural woods leading down to the lakeshore.

The BFO tree can be found by following the path that leads through the trees directly from the parking lot at the foot of Cobble Dick Road south of Highway 2 (Samuel Wilmot nature area). The tree will be on your left as you go around the curve. A great area to visit if you are in need of some relaxing peaceful time in nature.

Gary Goswell



OCTOBER 2021

Infant Loss Drop-In: ZOOM Monday 4th, 7-9 p.m.

Thanksgiving Monday 11th October **Office Closed**
Sibling Loss Drop-In: ZOOM Tuesday, 12th—7-9 p.m.
Evening Drop-In Thursday 14th, 7-9 p.m.

Afternoon Drop-In: Monday 18th, 1-3 p.m.

Reconnect Drop-In: Monday 25th, 7-9 p.m.
Evening Drop-In Thursday 28th, 7-9 p.m.

NOVEMBER 2021

Infant Loss Drop-In: ZOOM Monday 1st, 7-9 p.m.

Sibling Loss Drop-In: ZOOM Tuesday, 9th—7-9 p.m.
Evening Drop-In Thursday 11th, 7-9 p.m.

Afternoon Drop-In: Monday 15th, 1-3 p.m.
Afternoon Drop-In: Thursday 18th, 1-3 p.m.

Angel Tree of Light Ceremony: 7.30 p.m.
(Video available Thursday 25th)

Reconnect Drop-In: Monday 29th, 7-9 p.m.

DECEMBER 2021

Infant Loss Drop-In: ZOOM Monday 6th, 7-9 p.m.
Evening Drop-In Wednesday 8th, 7-9 p.m.

Sibling Loss Drop-In: ZOOM Tuesday, 14th—7-9 p.m.

Getting Through the Holidays Drop-In
Wednesday 15th 7-9 p.m.

OFFICE CLOSED

Dec 20th – Jan 3rd

Continued on page 2

"THE WILLINGNESS TO VOLUNTEER IS A SELFLESS ACT"

THE FOLLOWING VOLUNTEERS CONTINUE TO SUPPORT BFO DURHAM ON A DAILY BASIS

ONE-ON-ONE AND GROUP SUPPORT FACILITATORS -

Jane Carter, Charlotte Brisco, Sharon Sears, Denise Love, Angela White, Denise Robinson, Yvette Byrne–Menard, Donna Dickson, Chris Garvey, Rebecca Alley-Wilson, Tammy Johnson, Gary Goswell, Caroline Goswell, Wayne Wanamaker, Sherry Lancaster, Sherry Mitchell, Penny-Claire Tilley, Joe Tilley, Andrea Onley, Jonathan Onley, Greg Wright, Brad Brown, Karen Beckett, Kelly Fitzpatrick, Rocco Granato, Kathie Hill, Kirsty Sinclair, Linda Haines, Debby Kelly, Wendy Topham, Linda Watson, Megan Muir, Ken New, Karin New, Karen Fish, Marjorie Whitehouse, Bev Campbell, Adele, Eric & Elizabeth Davidson, Tanya Fowler-MacLeod, Aimee Pepper, Vanessa Longhurst, Anna Quattrocchi, Cora Silininkas, Jenn Carter, Neil Anderson, Randy Boissoin, Brian Evans, Regan Kelly, Cathy Kelly, Mike Kelly and Cindy Serensits, Chantelle Gaudette

LIBRARIAN - Denise Love

OFFICE VOLUNTEERS - Denise Love, Marlene Charewicz, Bev Campbell, Vanessa Longhurst, Karen Fish

ANNIVERSARY LETTERS - Office Volunteers

WEB SITE - Ronda Evans, Linda Watson, Adele Davidson

NEWSLETTER – Adele Davidson

MOTHERS' RETREAT - Susan Hendricks and Joyce MacIntyre

BFO DURHAM BOARD OF DIRECTORS - Gary Goswell, Marian Rehr, Wayne Wanamaker, Sharon Sears, Chris Garvey, Kirsty Sinclair & Bev Campbell

HONORARY BFO DURHAM BOARD DIRECTOR - Margaret Fortune

JANUARY 2022

Infant Loss Drop-In: **ZOOM** Monday 3rd, 7-9 p.m.

Sibling Loss Drop-In: **ZOOM** Tuesday, 11th—7-9 p.m.
Evening Drop-In Wednesday 12th, 7-9 p.m.

Afternoon Drop-In: Monday 17th, 1-3 p.m.

Evening Drop-In Thursday 27th, 7-9 p.m.

Reconnect Drop-In: Monday 31st, 7-9 p.m.



A MESSAGE FROM YOUR EDITOR

Hello everyone,
I'm still sending you all my virtual ((Hugs)) as we are in the now familiar restricted physical contact due to Covid-19.
I hope you have all been safe and well during our lovely summer and that as many as possible have received their vaccinations.
As you will see in the updated poster, I delayed the draw for the king-sized hand-made knitted blanket till next spring as, I think, due to the limited visits allowed to the office, people weren't getting the chance to see the blanket, therefore only a couple of tickets have been sold so far and I want the blanket to raise as much money as possible 😊
We have in-person meetings available. Attendance is limited so please phone the office to register your place. Virtual (ZOOM) meetings are also available. Please check the calendar and our website.

We would love to include items (photos or articles) from our members and you can submit them any time to the office (bfodurham@bellnet.ca) or directly to myself glasscup_19@hotmail.com

((Hugs))
Adele

FACILITATOR TRAINING 2021

On behalf of Bereaved Families of Ontario – Durham region we would like to congratulate and welcome our new facilitators. These moms and dads and siblings completed their training under the leadership of Gary Goswell and Jane Carter.

Please welcome Neil Anderson, Randy Boissoin, Brian Evans, Regan Kelly, Cathy Kelly, Mike Kelly and Cindy Serensits.



Cards by Anna is a local card business run by BFO's very own Anna Moreino. Starting out making cards for her friends and family, Anna began selling handmade custom cards through social media last year. Card prices range from \$3-\$7, but for BFO, Anna is offering cards purchased in exchange for a donation of any amount. Single cards are available at the office and Card bundles of 6 or more can be purchased through Anna and will allow for a portion of proceeds to be donated to BFO.

To purchase cards, you can reach her on social media or by emailing her.

Instagram: @cards_byanna

Facebook: Cards by Anna

Email: annatudino43@hotmail.com



100 MEN OF CLARINGTON

On Wednesday September 1st, 2021 Bereaved Families of Ontario – Durham Region were selected to present to 100 men of Clarington as one of three charities nominated for the evening.

Chris Garvey, a facilitator and Board Member for Bereaved Families of Ontario – Durham Region presented on our behalf. Chris spoke from his heart, in loving memory of his son Blake, and was chosen by the members of 100 Men of Clarington as the charity of choice for the evening which so far totals over \$3000.00 with more to follow.

We send a big thank you to Chris Garvey for representing BFO-Durham!

Help raise funds for BFO Durham AND keep yourself, children & anyone you know safe with our Facemasks

A huge THANK-YOU to BFO members Caroline Goswell and Anna Moreino for taking time to make adult and children sized facemasks to help us raise funds and keep each other safe, and to Cindy Serensits for donating some of the fabric used to make the masks.

The masks are available at the office for a small donation.



FROM THE DESK OF YOUR EXECUTIVE DIRECTOR

Dear Friends:

I hope this note finds you all safe and well. As a fourth wave of Covid 19 still sadly looms large, we continue to engage both ongoing support for our families in need, and all required precautions and adherence to provincial government restrictions. **Starting immediately, anyone entering Bereaved Families of Ontario – Durham Region must be fully (twice) vaccinated and be prepared to show proof of same, along with a secondary proof of personal identification.** This has been mandated by the provincial government to keep all of us as safe as possible. We will however continue to support anyone who is not fully vaccinated by telephone and zoom support.

This fall we have two new Mom's groups. One in the afternoon and one in the evening. Our Children's group will commence after Thanksgiving. We are currently working on a Dad's group that still has openings for anyone wishing to join.

Our facilitator training was concluded this month and we're happy to welcome seven new facilitators, namely: Neil Anderson, Randy Boissoin, Brian Evans, Regan Kelly, Cathy Kelly, Mike Kelly and Cindy Serensits.

I look forward as always to our wonderful Angels' Tree of Light ceremony on November 25th. To keep everyone safe, we will apply the same protocols as last year, by viewing the event on line and on our website. Hopefully next year we can all be together again, like we used to be.

We will again have our special drop-in, "Getting Through the Holidays". Do kindly remember that pre-registration is required for those wishing to participate.

Until next time, please stay safe and know that Bereaved Families of Ontario – Durham Region is here to support you through these uncertain times.

Jane Carter

DONATIONS IN LOVING MEMORY OF

PHILLIP WILKINSON

From Joyce and Bill Foreman

SAM RATOVICIUS

From: Jim and Lise Vanhaverbeke

DAWSON CATALANO

From: Jennifer Catalano

JAMES THOMAS MCGANN

From: Fritz and Cathy Wiener

SPECIAL RECOGNITION DONATIONS

Shirley and Wayne Miller made a special donation to honour **BLAKE GARVEY**

Adele and Eric Davidson made a special donation in memory of their daughter **Violet's 24th Birthday**

Randy Ling from Arbor Memorial Inc. made a special donation to BFO-D.

CORPORATE DONATIONS

Wendy Starr from **BUY & SELL LOVE DURHAM**

MILLER PAVING

100 MEN CLARINGTON

How I Moved From Surviving The Loss Of My Child To Mindful Living

In the first years following the death of my son, I would talk about surviving the death of my child. I was learning to cope with daily life following the catastrophic loss and the use of the word 'survive' pretty much summed up my grey, anguished existence.

I'd somehow managed -- through agonizing pain and suffering -- to slowly patch together a shattered self.

As the months turned to years, I felt stronger and more resilient. I'd been on my knees, and now this new me could also stand up. I'd comfort myself with the thought that even though I wasn't sure who this new self was, at least she was functioning.

In coping with daily challenges, I grew a grief muscle that helped me carry the weight of my loss. By saying I'd 'survived' I was acknowledging that I was now 'living' what tentatively resembled a normal life.

But this 'normal' life was a far cry from what I'd known as life before my son was killed. The sadness was indescribable; the hurt ran so deep that it dragged me down no matter the time of day. Hope had no space in my grief. From the outside, my life looked OK but inside my heart, my life was reduced to a monochrome existence.

At times I wondered whether this post-loss life could be experienced as more than just survival. It seemed an impossibility. I couldn't imagine a future where light warmed my days and laughter was received with an open heart.

Was it even possible to do anything other than exist when your child had died?

Add to that, I was so lost and hurt that I wasn't even sure I wanted the hope of a future. It felt like a betrayal of my boy, my grief and my love.

I also needed my grief space around me — real life in the real world was too brash and unkind to face without my 'survival' shield. I truly believed I was too broken to do anything else other than continue trudging through life in hard-earned survival mode.

The idea that healing was possible struck me as illusionary and at times, when in the troughs of despair, utterly bewildering and even wrong.

Yet I knew that what I was doing was little more than putting one foot in front of the other. And that, I understood, was not a life.

But how do we, the catastrophically broken, carry the weight of grief in a way that doesn't make us buckle and yet allows for joy as we tentatively open our hearts again?

How do we move from surviving to mindful living?

There's no road map for this. We're all so different that what one person finds helpful may not be true for another.

Add to that, our stories of loss are unique. But I do believe there are pointers on the horizon that we can look towards if we manage to lift up our weary heads.

Through our tears, we may be able to keep these pointers in view. And if we can do that, it probably means that we're open to moving beyond our constant state of survival and on to a mindful life in grief.

I don't know if my horizon pointers will help other loss parents to look beyond their today. I share them in the hope that perhaps you too may discern a future where the pain of loss can reside in the same space as love, joy, and compassion.

MY HORIZON POINTERS

Believe Healing Is Possible:

When we're surviving we cannot imagine a future where we experience peace and connection. Our grief is imbued with constant, grating sorrow and it's all we can do to keep going. It's as if grief negates the possibility of these positive feelings. Yet these emotions can and do co-exist when we allow our hearts to heal. I have learned that it IS possible to feel love and joy even as I hold space for my sadness and practice self-compassion. To believe healing is possible is key because it's the first mindful step we take when purposefully integrating our grief into our future.

Let Go Of Your Old Self:

Allow yourself to become a new you. Putting together the old, pre-loss you is not going to work in the long term. Too many pieces are missing. Something else is going to have to fill the spaces where the old you died. And that something is going to grow out of the love that's held inside your grief. It's the grief that's going to show you how to re-imagine yourself and allow for growth and transformation. Grief is love, and it's our greatest teacher.

Continued on page 7

There Are No Time Limits:

When my son Alex was killed, the part of me that was not immediately eradicated in that first, violent blow was quite soon crushed by the weight of my grief in the weeks thereafter. My body became a husk, my mind crazed like a computer reboot gone frighteningly wrong.

Learning to survive took A LONG TIME.

Equally, learning to let go of my survival mode, TOOK EVEN LONGER. Try not to measure your journey in grief within a linear time frame. Emotions don't work like that and neither does healing. Leave the stop-watch at the door, and step over your fear of the unknown with no expectations as to how long this is going to take.

A lifetime is a pretty good guess, so time is irrelevant. No one traveling this road needs the added stress of other people's expectations regarding time limits, and you certainly don't need to put pressure on yourself.

Ignore those who tell you that you should be 'over it by now' — your journey, your loss, your healing.

[Published in [Still Standing Magazine](#) 2019]

How to set up for a Free ZOOM Meeting

ZOOM is VERY easy to use

For our BFO meetings, there will be a link provided that you just click and voila you are there. Make sure you have your audio on (so everyone can hear you), you do NOT have to connect a video if you don't want to be seen – but let's face it... we want to see and hear each other during this stressful time.

Create your FREE account: <https://zoom.us/freesignup/>

Do you need an account to use Zoom?

A Zoom account is not required if you are strictly joining Zoom Meetings as a participant. If someone invites you to their meeting, you can join as a participant without creating an account. However, if the host has restricted joining meetings using [authentication profiles](#), then the participant will need a Zoom account to access the meeting

A Zoom account is only required if you need to create your own meetings and send invitations to participants. Having a Zoom account allows you to create your own [Instant Meetings or Schedule Meetings](#). An account also allows you to access your personal settings, where you can [update your profile](#) or [upgrade your plan](#) at any time.

How do I signup for Zoom?

You can sign up for a free Zoom account at zoom.us/signup.

How much does Zoom cost?

A basic Zoom license is **free**. [Learn more about available Zoom plans and pricing.](#)

Joining a Meeting

How do I join a Zoom meeting?

You can join a meeting by clicking the [meeting link](#) or going to join.zoom.us and entering in the meeting ID. [Learn more about joining a meeting.](#)

How do I join computer/device audio?

On most devices, you can join computer/device audio by clicking Join Audio, Join with Computer Audio, or Audio to access the audio settings. [Learn more about connecting your audio.](#)

Can I Use Bluetooth Headset?

Yes, as long as the Bluetooth device is compatible with the computer or mobile device that you are using.

Do I have to have a webcam to join on Zoom?

While you are not required to have a webcam to join a Zoom Meeting or Webinar, you will not be able to transmit video of yourself. You will continue to be able to listen and speak during the meeting, share your screen, and view the webcam video of other participants.

The **memorial butterflies** sold by BFO Durham Region are now available to order in an **outdoor version**. Each butterfly will come mounted on a metal spike along with a plaque with the name and dates of your loved one. They can be purchased for the same price as those on our memorial wall in the BFO Durham Office \$100.

(A tax receipt for \$60 will be issued for each purchase)

To place your order please call Bereaved Families of Ontario at 905-579-4293

Butterfly Memorial

Every butterfly is individually handcrafted by local artist Yvan Leclerc

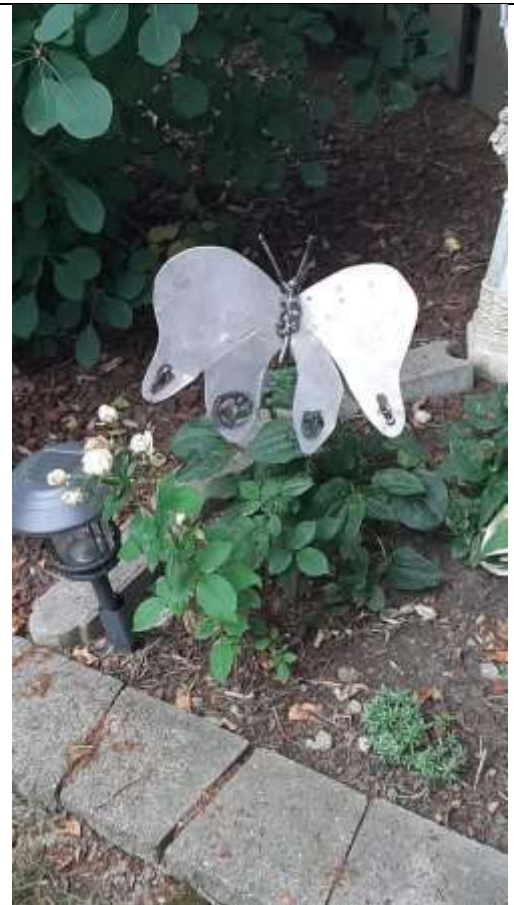
Your Butterfly can be purchased for

\$100

Includes an engraved plaque with the first and last name and years

For every butterfly purchased \$60 will go to Bereaved Families of Ontario (Durham Region)

A charitable donation receipt will be provided.



CONGRATULATIONS

BFO-DURHAM WOULD LIKE TO CONGRATULATE:

Steven and Lissa Gallant on the birth of their son, Cooper Harrison Hunter Gallant, born on May 9th, 2021. Cooper weighed 6lbs 14oz. Brother to Hunter Joseph Gallant

Joyce and Bill Foreman on their 70th Wedding Anniversary.

New Zoom 'Retreat' Programme for Facilitators and Members

Monday, October 25, 2021

I bet most of us have blown soap bubbles as kids – or even maybe as adults – and they can be so magical and fun. Sometimes multiple bubbles are sent out and join to form one larger, interconnected bubble. Whoever thought that Zoom could be a magic bubble maker for us, but it has!

Over the past year BFO has been offering Zoom 'retreats' to mothers who have attended the weekend retreats at the Villa St. Joseph led by facilitators Joyce MacIntyre and Susan Hendricks. These will continue every other month but if there is sufficient interest, the programme will expand to offer other sessions for facilitators and those who have never attended the weekend long retreat.

Care to give it a try? The first meeting is tentatively scheduled for **Monday October 25, 2021**. These two-hour Zoom gatherings are a way to maintain the connection between members and their children with candle lighting and discussion of issues associated with our present lives and ongoing grief. Sharing is guided by BFO's usual group rules of safety, confidentiality and respect.

The evening retreat will go forward **IF** we have a **minimum of eight mothers** who wish to attend. The maximum number has yet to be set. Zoom administration is handled by the BFO Office, so please call (905) 579-4279 by October 8th to indicate your attendance. For further information, please feel free to email susan.hendricks@ymail.com.

Adult (18+) Sibling Loss

We continue to try to reach out to all adult (18+) siblings who may be looking for support and guidance.

Every 2nd Tuesday of the month, we hold a Zoom drop-in between 7 and 9pm

If you, or anyone you know, may be interested in this support, please contact the office so that you can be included on the zoom invite list.

Angels Tree of Light 2021

The Angel Tree committee met last month to begin preparations for this year's ceremony. Regretfully, due to the ongoing Covid 19 situation, the decision was made to present the Angels Tree of Light ceremony, virtually, again this year. The ceremony will be filmed & the completed video will be available to view on the BFO-Durham website on Thursday Nov 25th. While it is sad that we are not able to gather in person for this special memorial to our Angels, we are able to share this special ceremony virtually with friends and family, near and far. Angel Tree donation forms are available in this Newsletter. Caroline Goswell (Chair, Angel Tree Committee)



BEREAVED FAMILIES OF ONTARIO-DURHAM REGION

948 Simcoe Street North, Oshawa, ON L1G 4W2

THURSDAY, NOVEMBER 25TH, 2021

The Angels' Tree of Light Memorial Service

The holiday season can be a difficult time for families who have lost a loved one. Once again we will decorate a tree with clear lights and Angels in our loved ones' memory. Your loved one's name will be written on an Angel and will be displayed on a plaque beside the tree. **To ensure the name of your Angel is listed in the Programme, your order and donation must be received at our office by October 28th.**

Regretfully, due to the ongoing Covid 19 situation, the decision was made to present the Angels Tree of Light ceremony, virtually, again this year. The ceremony will be filmed & the completed video will be available to view on the BFO-Durham website on **Thursday, November 25th**. The Programme will also be available on the website for downloading & printing.

Angels will be available at the BFO-Durham Region office for pickup starting **Monday, November 29th**.

Phone: 905-579-4293 Toll Free: 1-800-387-4870 Fax: 905-579-7403

Email: bfodurham@bellnet.ca Website: www.bfodurham.net

NAME OF LOVED ONE:

Please print name as you wish it to appear on the angel and plaque

If you wish to purchase additional angel(s), please list below:

.....
.....

MY NAME IS:

Address:

Town/City: Prov: Postal Code:

Phone: Email:

MY DONATION IS: \$ 25.00.....
\$ 50.00
\$ 75.00
\$100.00
Other \$.....

PAYABLE BY:Cheque to BFO-Durham Region
..... VISA
..... Mastercard
..... Interac (at office only)
..... E-Transfer (to bfodurham@bellnet.ca)

Credit Card #:
(Minimum Credit Card Donation is \$25.00)

Expiry Date: Year _____ Month _____

BLANKET DRAW

Tickets are priced at \$5 each or 5 tickets for \$20

The draw will take during the Spring Dance in April 2022
(this is to enable plenty of time/opportunity to raise funds)

Tickets are available at the office (948 Simcoe St N, Oshawa) or

by email/e-transfer to Adele Davidson (glasscup_19@hotmail.com) –
please provide Name & Contact phone number so we can complete the draw ticket on your behalf.

All proceeds go to help fund BFO Durham Region



The blanket has been hand-knitted and kindly donated by Adele Davidson

It is **XL-KingSize** – measuring **118"**(9ft 10") x **106"**(8ft 10") (5 panels x 4 panels)

Unspeakable grief: breaking the silence around terminations for medical reasons



'At the 20-week scan, what can go wrong? You just find out whether you're having a girl or a boy.' Illustration: Sarah Tanat-Jones/The Guardian

In the UK, at least 5,000 pregnancies a year are terminated after a scan for foetal anomalies. The grief and guilt of parents can endure for years - and they often feel unable to openly discuss their experience

Silma and **Binit** had been married for two years when they found out they were expecting a “planned, unplanned” baby in December 2019. “We weren’t actively trying, but we knew we wanted to have a baby the following year,” says Silma, sitting in her garden in London. “So we were ecstatic. Really, really happy.” Everything was normal at the 12-week scan in January, and they felt ready to tell their friends, family and colleagues. Silma is a pharmacist at a busy London hospital; Binit works in finance.

Fast forward to March 2020; the day before the couple’s 20-week scan was scheduled, lockdown was announced. The local hospital they had booked in with had already been badly hit by Covid admissions, as well as staff shortages as medics were redeployed or self-isolating. “It was all a bit of a panic,” says Silma, “so I went in on my own, thinking – how naive it was of me to think this – I was there to find out if it was a boy or a girl. I didn’t even want to know, particularly. I had just always thought that’s what the 20-week scan was about.” Binit, who was not allowed to accompany Silma, was waiting outside. He is a softly spoken man who says as much about his feelings with his eyes and his silences as with his voice; he is clearly still traumatised by the memory of that wait.

This article was submitted by one of our members and the full article can be read at: <https://www.theguardian.com/lifeandstyle/2021/aug/09/unspeakable-grief-breaking-the-silence-around-terminations-for-medical-reasons>

Brent Foster Ride to Remember 2021



As the Covid 19 pandemic continues to challenge our sense of normal we all have to look forward with a positive outlook. This is nothing new for those familiar with BFO where a new normal is what the programs and facilitators are assisting those dealing with loss, try to achieve.

Once again the Ride to Remember had to be cancelled. Our regular attendees are a hearty bunch who have come out year after year even in inclement weather to help raise funds and bring awareness to such a worthwhile organization as BFO. But with social gatherings off the table again this year, the organizers of Ride to Remember arranged an online auction to raise funds because the tragedy of loss does not stop just because there is a pandemic.

Thankfully, even with the economic challenges of the shutdown this past summer, our sponsors came through and provided donations for our second online auction. It does not match the exhilaration of hearing 100 motorcycles fire up all at once but the enthusiasm of our participants enjoying a little distraction from the day to day challenges of Covid allowed us to raise some much needed funds to help BFO Durham be there for those in need. On September 12th, Brent Foster's birthday, a donation of \$8200 was presented by Ride to Remember organizers Donna and Lorne to Jane of BFO.

We can't emphasize enough our appreciation for the dedication of our sponsors as well as the individual donations under such difficult circumstances. With businesses shut down and a lack of a clear path forward at that time it speaks to the generosity of people we are so lucky to have in our community.

We are looking forward, once again, to being able to stage our 10th anniversary Ride to Remember next July. And just a reminder – you don't have to Ride, to Remember – all are welcome. Hope to see you there.



'Danielle's gift bags'



My name is Karen Beckett and I lost my beautiful daughter, Danielle, suddenly and tragically August 24, 2014, exactly one week before her 25th birthday. In that instant my life as I knew it would never be the same. My heart shattered into a million pieces and I became a bereaved mother.

As any mom who has lost a child can tell you, a bereaved mother walks one of the hardest, most heartbreaking roads anyone will ever have to walk. It is one full of unimaginable loss and such an indescribable grief. A bereaved mother may sometimes find it difficult to take care of herself, especially in the early days when her grief is so raw. She can experience incredible anxiety, sleeplessness, and a lack of energy. This I know all too well.

Six months after I lost Danielle, I attended a "mothers' group" offered at BFO and it truly was a turning point for me in my grief. I made lifelong friends that are still a big support to me now and I know they always will be. There is a sisterhood among bereaved mothers and in some small way I wanted to try and help my sisters in grief.

“Even as I rocked on my knees, howling I detected soft breathing behind the roaring. I leaned in, listened. It was the murmuring of ten million mothers, backward and forward in time and right now, who had lost children. They were lifting me, holding me. They had woven a net of their broken hearts, and they were keeping me safe there. I realized that one day I would take my rightful place as a link in this web, and I would hold my sister-mothers when their children died. For now my only task was to grieve and be cradled in their love.”

-Excerpt from CARAVAN OF NO DESPAIR

In Danielle's memory, I will again be donating gift bags full of various comfort and self-care items to moms who are attending a "mothers' group" for the very first time. The bags will feature the book *You Are The Mother Of All Mothers*, a beautiful gift book to uplift the hearts and souls of bereaved mothers, no matter the age or cause of death, no matter the story. This year I am happy to announce I will be collaborating with a fellow bereaved mama and owner of Spirit Wear Jewelry, a lovely shop on Etsy, who will make beautiful hand crafted bracelets. They will be designed with chakra beads to help bring balance and grounding as well as essential oil diffusing beads. I will also include some lavender oil for the relaxing benefits from this essential oil.

I have donated over a hundred bags to mamas over the last few years. I have received incredibly positive feedback from my family and friends. I had so many people generously give money towards the costs of the bags. Everyone wanted to help, not only because they love Danielle and they wanted to support me, but because they have seen what I go through on a daily basis and they also wanted to do something to help the moms who are grieving so profoundly. I am so grateful to be able to give these gifts to the moms who need them the most. As I put each bag together, I think of my beautiful daughter and I hoped she is smiling as she dances among the butterflies.

In loving memory of their daughter Violet (Babe) Davidson,
the Davidson family are pleased to announce
that the Fundraising Bracelets for
BFO Durham Region
are available at the office.
There are 4 colours to choose from at a price of just \$3 each



MARK THESE DATES ON YOUR CALENDAR:



Baby Loss Awareness Week

*Culminates with the global "Wave of Light" on
14th October at 7pm,
which is also recognised as
International Pregnancy & Infant Loss Remembrance Day.*



TCF "Worldwide Candle Lighting Day"
(December 12th 2021 7pm)

Your feed-back is very important!!

Please consider contributing to this Newsletter, which is a voice for the Bereaved. We endeavour to keep you as up to date as possible with all on-going information and would like your help; share your thoughts, ideas or requests through this venue. Recommend a book and write what you like about it. Share your story. Submit a poem, or tell of things that have helped you along your grief journey.

We thank you in advance for getting involved!

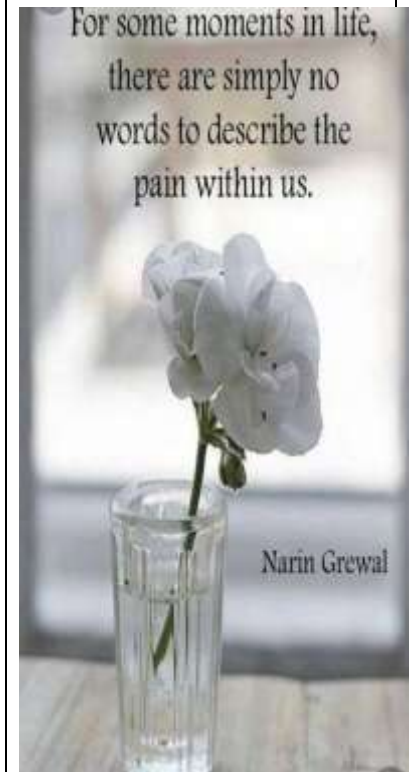
IMPORTANT NOTE TO ALL MEMBERS

During these uncertain times of the Covid-19 pandemic, please take a moment to **regularly check our Website (<https://www.bfodurham.net/>) and Facebook page (<https://www.facebook.com/region.bfodurham>) for updates and schedules.**

Whilst we are offering the virtual drop-ins, and yes, you are welcome to come and go as you need, PLEASE try to arrive (log-in) to the meeting at the scheduled starting time. This is especially important for the regular virtual drop-ins as, after maybe a 5 minute wait, those present in the meeting will be starting their stories and getting into the flow of the meeting.

One of the hardest things to deal with during the quarantine, is the lack of someone to talk to, especially if we're wanting to talk about our child or our feelings. Whilst the Zoom virtual meetings don't allow us to hug each other, it is the best option for knowing there will be empathetic ears to listen to you. You can even attend the virtual meetings just to listen to others - active participation is not needed. It has been suggested that you might want to have a stuffed toy with you – that way, when you want to hug or be hugged, you can hug your stuffy ☺

Jane is collating a list of emails to send out the Zoom meeting invites. If you would like to be included on this list, please email the office or message Jane/the office on Facebook. By creating this separate list it saves unnecessary bulk emails being sent out.



SAVE THE DATE

**ANGELS TREE OF LIGHT CEREMONY—
NOVEMBER 25, 2021**

ONGOING FUNDRAISERS

**Handcrafted Cards
BFO Bracelets
Handmade Knitted Blanket Raffle
Handcrafted material Face-masks**

BEREAVED FAMILIES OF ONTARIO — DURHAM REGION

948 Simcoe Street North, Oshawa L1G 4W2
Tel: 905-579-4293 / Fax: 905-579-7403 / Toll Free: 800-387-4870
E-mail: bfodurham@bellnet.ca / Web Site: www.bfodurham.net
Charitable Registration #861619880RR0001

OFFICE HOURS

MONDAY TO THURSDAY — 10 A.M. TO 4 P.M. , CLOSED FRIDAY

OCTOBER

John Daniel Harvey	October 1, 1998	Dove Lancaster	October 16 2002
Matthew Gregory Hickey	October 2, 1996	Curtis MacKinnon	October 16, 2009
Victoria Krol	October 2, 2014	Nicole Wannamaker	October 16, 2009
Caitlin Taylor	October 2, 2016	Shane Rodgers	October 16, 2014
James Kingsley	October 3, 2015	Rebecca Rodriguez	October 17, 2013
Amy Huart	October 3, 2017	Gary Bambrough	October 18, 2008
Happy Bawa	October 3, 2019	David Cecil McNeil	October 20, 2013
Hope Bawa	October 3, 2019	Justin Lidstone	October 22, 2017
Christopher Gillmore	October 5, 2014	Brock Cody Kelly	October 23, 2014
Rachel Lakodaris	October 5, 2018	Adam Strecke	October 24, 2016
Tyler Bennett	October 5, 2020	Nicholas Storms	October 25, 2004
Philip Brown	October 6, 2002	Sarah Zwolinski	October 25, 2007
Shannon Palin	October 6, 2018	Derek Lyall	October 26, 1996
Henry Vandergaast	October 7, 2012	Calvin Burton	October 26, 2006
Journey Halupa	October 7, 2014	Pat Gostlin	October 26, 2008
Ryleigh Kizigenza	October 7, 2018	Ben Macnab	October 27, 2019
Brent Heasman	October 8, 1996	Bryan Frank	October 28, 2000
Heather Joan Butcher	October 8, 2002	Christopher Shannon	October 28, 2008
Amos Williams	October 8, 2006	Brittany Locke	October 28, 2018
Cynthia Lousie Amos	October 8, 2014	Logan Jeffrey Barkwell	October 29, 2001
Rita Stone	October 8, 2014	Karla Walton	October 29, 2012
Spencer Tillapaugh	October 8, 2014	Journey Stickney	October 29, 2013
Maggie Claire McGregor	October 2, 2015	Nicholas King	October 29, 2013
Joseph Glode	October 9, 1994	Amber Young	October 29, 2008
Lori Webb	October 9, 2013	Isa Nilsson-Byberg	October 30, 2010
Colleen Jenish	October 9, 2018	Nicholas (Nick) King	October 30, 2012
Gibson Maidansky	October 11 2010	Tara Ross	October 30, 2012
Joseph Trail	October 13, 2006	Lee Mitchell Service	October 31, 1999
Maria MacStravick	October 14, 2012	Patrick M. Beauregard	October 31,2003
Leonard Arp	October 15, 2009	Megan Grace Burchowycz	October 31, 2002
Lara Vandelangeryt	October 15, 2013	Cameron Hicks	October 31, 2014
Beverley Ewell	October 15, 2017	Kalli Stevens	October 31, 2017

MY CHILD DID EXIST

I've lost a child, I hear myself say,
 And the person I'm talking to just turns away.
 Now why did I tell them, I don't understand.
 It wasn't for sympathy or to get a helping hand.
 I just want them to know I've lost something dear,
 I want them to know my child was here.
 My child left something behind which no one can see,
 So, if I've upset you, I'm sorry as can be.
 You'll have to forgive me, I could not resist.
 I just want you to know that my child did exist.

NOVEMBER

Rori Hashe	November 2017	Theresa Michelle North	November 16, 1995
Scot J. Mailer	November 1, 1986	Tyron Bracken	November 17, 2010
Messiah Jackson-MacDonald	November 1, 2009	Charlotte Hannon	November 17, 2002
Liam Alexander Jan Meerdink	November 2, 2008	Jailene Bonnick	November 18, 2005
David Michael McCluskey	November 3, 1995	Jackson Nimec	November 18, 2016
Megan Lynn Craig	November 4, 1996	Erin Gladwell	November 19, 2000
Grace Johnson	November 4, 1996	Pauline Larocque	November 19, 2010
Kali Johnson	November 4, 1996	Kyle Sinclair	November 21, 2014
Jeffrey Cylkowski	November 4, 2020	Glen Allan Rowe	November 21, 1991
Amir Ghane	November 5, 2003	Austin Hill	November 22, 2015
Brook Lynn Rankin	November 5, 2011	Cody Ladd	November 22, 2015
Christine Lee Ouderkirk	November 7, 1998	Andrew MacMain Jr.	November 22, 2019
Abigail Watts	November 7, 2005	Michael James Dunne	November 24, 1993
John Camilleri	November 7, 2012	Joel Fletcher	November 24, 2011
Kenton Carnegie	November 8, 2005	Robert Jones	November 24, 2012
Racquel Granato	November 8, 2014	Ricky Otter	November 24, 2003
Stacey Rinaldi	November 8, 2017	Kylie Mawby	November 24, 2012
Tiffani Arscott	November 9, 2015	Pierce LoveGordon	November 25, 2006
Neil Brown	November 9, 2016	Jim Robbins	November 25, 2001
Anthony Karson Grant	November 10, 1998	Andrew Bond	November 27, 2006
Justin Russell	November 10, 2016	Brandon Michael Argante	November 27, 2013
Nathan Michael Fohshow	November 11, 2004	Kyle Christopher Fair	November 28, 1993
Simon Maddocks	November 11, 2009	David Preston	November 28, 2004
Freddie Bernales	November 11, 2016	Marley Grace Silcox	November 28, 2008
Connie Nock	November 12, 2010	Tiffany Atto	November 28, 2017
Carter David Dickhoff	November 12, 2008	Leigh Anne Donavan	November 29, 2001
Murray Charland	November 13, 2003	Sarah Lynn Hearn	November 29, 2012
Nicole Oultram	November 13, 2012	Tanya Lynn Lebrun	November 29, 2010
Hannah Larocque	November 14, 2007	Vanessa Pritchard	November 29, 2014
Joshua Larocque	November 14, 2007	Justin Blight	November 29, 2020
Ricky Otter	November 14, 2003	Roberta Eileen Campbell	November 30, 1952
Michael MacIntosh	November 15, 2007	Sylvia Ann Crowley	November 30, 1989
Jeffrey Moore	November 15, 2010		
Cody Gould	November 15, 1988		



DECEMBER

Trevor David Hunter	December 1, 2009	Sarah Dorrian	December 18, 1999
Scotty Pennachio	December 1, 1980	Alleya Wilson	December 18, 2009
Payton Joan Beaulieu	December 1, 2005	Daniel Frost	December 19, 2015
Grace Anne-Marie Beaulieu	December 2, 2005	Rebecca Anne Leslie Sears	December 19, 1995
Rachel Nicole Davidson	December 2, 1998	Brad R. Thomas	December 19, 1996
Madeleine Petrielli	December 2, 2016	Jason Maxwell Normoyle	December 19, 2002
Lauren Buckley	December 2, 2018	Dawn Lent	December 19, 2007
Andrew Joseph Weaver	December 3, 1999	Caitlin Meneely	December 29, 2017
Connor Campbell	December 3, 2010	Amanda Maja Vidulich	December 20, 2007
Nolan Michael McNeil	December 4, 2011	Tanya Fellows-Karstulovich	December 20, 2012
Dan Phelan	December 5, 1975	Chantal Dupuis	December 20, 2016
Grace Frysztaski	December 5, 2014	Christopher Webber	December 20, 2018
Thomas Timothy Morrison	December 6, 2013	Tristan Dixon	December 21, 2014
Debbie Meyers	December 7, 2012	Drake Farrell	December 21, 2009
Derek Penny	December 7, 2001	Kaiden Burroughs	December 22, 2015
Emma Skinner	December 7, 2007	Emily L. Mackie	December 22, 1992
Johnny Bloye	December 7, 2014	Trevor Kereluk	December 22, 2016
Nicholas Beatty	December 9, 2001	Keila Kizigenza	December 22, 2013
Connor Fox	December 10, 2010	Sheldeen Scholberg-Wilson	December 22, 2020
Scott Mackenzie	December 10, 2017	Iain Stirling	December 23, 2004
Mark Heggum	December 12, 1987	Thomas Donovan	December 24, 2003
Frank Fililo	December 12, 2012	Brenda Jo-Ann Perks	December 24, 1990
Jonathan Gayle	December 12, 2018	Brittany Mabee-Wilson	December 24, 2007
Mason Stamp	December 13, 2014	Danny Kent	December 24, 2012
Jeffrey Jonston	December 13, 2017	Christopher Thiele	December 26, 2018
Michelle Lynn Andrey	December 15, 1990	Brent James	December 27, 2018
Simon Mitchell	December 15, 1992	Colleen Garry	December 28, 2008
Johnny Pegg	December 15, 2009	Christy Zwaigenbaum	December 28, 1978
David Michael Hannah	December 15, 2000	Kimberly Margaret Elizabeth Hryniw	December 29, 1997
Victoria Newsham-Goulding	December 15, 2000	Esa Jadoon	December 29, 2016
Luc Breau	December 16, 2010	Candi Brake	December 29, 2016
Ian Morton	December 16, 2014	Susan Josephine Nyland-Davey	December 30, 1995
Gavin Daley	December 17, 2015	Amelia Linda Elms	December 30, 2009
Violet Davidson	December 17, 2016		

When a child dies, a parent is still tied to that child. Souls, tied together across universes. It doesn't matter the age when they passed. It doesn't matter how long ago it happened. It doesn't matter— none of it. Their souls are forever tied.

That's the love of a parent. That's the love that is more powerful than death. That's the heart that breaks and keeps breaking until their arms are filled again. It knows no discrimination based off of age, health, or time, it just is, and it always will be. Their souls are forever tied, and there's nothing that can break them.

That's the beauty of unconditional love.

JANUARY

Shelley Nadine Taylor	January 1, 1994	Sara Ann Madore	January 17, 2003
Ricky Van Den Oetelaar	January 1, 2006	Austin Blake Madore	January 17, 2003
Lisa Lebitka	January 1, 2012	Storm Gary Patrick Coad	January 18, 1997
Jacoub Favila	January 1, 2013	Nathan Michael Pennington	January 18, 2010
Jamie Woods	January 1, 2014	Christopher Amos	January 18, 2012
Madison Sevana Boyd	January 2, 2012	Layla Giberson	January 18, 2013
Christopher Thompson	January 2, 1988	Thomas King	January 18, 2016
Vanessa Larocque	January 2, 2009	Stephanie Joanna Coleman	January 19, 1996
Kyle Joseph Miller	January 2, 2009	Morgan Fitzgerald	January 19, 2007
Madison Sevana Boyd	January 2, 2012	Quinton Aquilina	January 20, 2019
Kayla Vandewalker	January 3, 2018	Alexsandra Kellie-Ann Hewitt	January 21, 1995
Victoria Thompson	January 4, 2005	Alexander Cade	January 22, 2004
Jose Eduardo Navas	January 4, 2011	Bill Robbins	January 22, 2016
Tianna Vieira	January 5, 2010	Antonio Thomas Cacciatore	January 23, 2010
Chantel Gauthier	January 6, 1994	Vanessa Robyn Rivard	January 24, 2007
Ashley Pittens	January 6, 2001	Daisy Woodworth	January 24, 2018
Michael Upshaw	January 6, 2002	Kelly Spencer	January 25, 2012
Rayam Imran	January 7, 2008	Blake Hoo	January 25, 2016
Derek Spicher	January 7, 2013	Graham Charles Clarke	January 26, 2007
Alastair Lahtinen	January 8, 2010	Jeffrey Warne	January 26, 2008
Jackson Bonchek	January 8, 2018	Justin Serensits	January 26, 2019
David Norrish	January 9, 2015	Jodie Dicks	January 26, 2020
Dominik Prusinski	January 9, 2017	David Matthew Gilbert	January 27, 2008
Stephen John Duthie	January 10, 2010	Eran Town	January 28, 2005
Duane MacIntyre	January 11, 1992	Branden Christopher Viarruel	January 29, 2009
Ron Davis	January 11, 2007	Wayne Edwards	January 29, 2009
Brandon Tyler Baron	January 12, 1992	David Stacey	January 29, 2015
Neil Warren Hembling	January 12, 2000	Angela Worona	January 31, 1995
Eerik Percival	January 13, 2002	Jorja Gorham	January 31, 2018
Owen Alexander Leitch	January 13, 2017		
Khristian Robinson	January 14, 2008		
Ricky Black	January 14, 1991		
Daniel Torreblanca	January 15, 2013		
Jonathan Domenic Volpe	January 15, 1995		
Breanna Cousins	January 15, 2002		

In this new year I
 promise to keep your
 memory alive by:
 Speaking your name.
 Telling your story.
 Loving you.