



# BEREAVED FAMILIES OF ONTARIO-DURHAM REGION

## NEWSLETTER

*"Bereaved helping the bereaved learn to live with grief"*

ISSUE 2

[www.bfodurham.net](http://www.bfodurham.net)

2015

### 17TH ANNUAL WALK TO REMEMBER

### CALENDAR OF EVENTS

Sunday, March 1, 2015 marked the 17th annual Walk to Remember event for Bereaved Families of Ontario-Durham Region. Registration began at 9:15 a.m. at the Five Points Mall on Taunton Road East, in Oshawa. After Donna Davidson took us through a warm-up, the walk began at 10 a.m.

This memorable day included fun for the whole family. There were refreshments available for all participants and The Bellas provided live music as people walked in memory of their lost loved ones. Princess Parties by Simone sent three princesses and a spidey man to the event to provide the children in attendance with some entertainment.

Thanks to the help from our generous community, walkers, volunteers, donors and sponsors, BFO-DURHAM SURPASSED ITS FUNDRAISING GOAL OF \$10,000. The support from this annual fundraising event funds and ensures BFO-Durham's program stability. **(See Page 6 for photos)**

Brad and Debbie Brown donated this year's walk banner, in loving memory of their son Alan Brown. It reads "Donated In Loving Memory of Alan Brown. Loved and Missed by all and a Huge Leaf Fan".

Colleen Timmins donated her son Gregory's artwork in his memory. She has generously donated an owl print sketched by Gregory for many years now. Cathy and Fritz Wiener donated the refreshments in loving memory of their son Karl. Denise Robinson and Phil Warne donated the button maker in memory of their son Jeffrey.

#### A SPECIAL THANK YOU TO THOSE WHO DONATED GIFTS FOR THE TOP PLEDGE EARNERS

Mark Geens from LaFarge Canada, in memory of Dennis Zoelman; Comfortwave Heating & Cooling Ltd.; Armstrong Funeral Home; Barnes Funeral Home; McIntosh-Anderson-Kellam Funeral Home; Garvey Family, in memory of Blake Garvey.

#### THANK YOU TO OUR TOP PLEDGE EARNERS

Bonnie Lane	\$1,600.00
Garvey Family	\$1,340.00
Bob Munshaw	\$1,305.00
Sherry Mitchell and Family	\$1,161.00
Evelyn and Al Amurao	\$ 955.00

#### AND LAST, BUT NOT LEAST, THANK YOU TO OUR HARD WORKING VOLUNTEERS

The Sears Family and Friends; Debbie Brown; Alexis LoveGordon, Marian Rehr, Heather Love, Margaret Christie, Connor Curzon, Marlene Charewicz, Kyle Stephenson, Angela White, Brendan Whitters, Denise Love, John Gordon, Beth Bryan

#### JUNE 2015

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

**Sibling Loss Drop-In**  
Monday 8th, 7-9 p.m.

**Afternoon Drop-In**  
Monday 15th, 1-3 p.m.

**Evening Drop-In**  
Wednesday 25th, 7-9 p.m.

**Reconnect Drop-In for I/L**  
Monday 29th, 7-9 p.m.

#### JULY 2015

**CANADA DAY**  
Wednesday 1st—Office Closed

**Infant Loss Drop-In**  
Monday 6th, 7-9 p.m.

**Evening Drop-In**  
Wednesday 8th, 7-9 p.m.

**Afternoon Drop-In**  
Monday 20th, 1-3 p.m.

**Evening Drop-In**  
Thursday 23rd, 7-9 p.m.

**Reconnect Drop-In for C/L**  
Monday 27th, 7-9 p.m.

**RIDE TO REMEMBER**  
Wednesday 28th

(INFORMATION ON WEB SITE AND ON PAGE 8 OF THIS NEWSLETTER)

(SEE PAGE 4 FOR AUGUST AND SEPTEMBER CALENDAR DATES)

## A MESSAGE FROM YOUR EDITOR

Spring has finally arrived and like all seasons, it will have its share of emotional triggers for the newly bereaved — graduations, Mother's Day, Father's Day, planning for summer vacations, favourite flowers and just waking up. For those of you who have been on your grief journey for awhile, not only do you welcome the beauty of spring again, but you also see your children in everything that is beautiful in spring. It is your way of carrying them with you throughout the seasons.

With Spring comes the month of May which is a bittersweet month for me. I have been blessed with two wonderful granddaughters, both born in May, a year apart and I am so thankful for them. Just thinking about them puts a smile on my face.

On the other hand, I know that May has been and continues to be a very difficult month for our whole family, from the loss of our nephew and son, Kevin O'Donnell, our nephew Glenn Morland, our sister Lucette and brother-in-law Jacques.

Every May I find myself struggling to put thoughts to paper, and this year is no different. I can only imagine what it must feel like for you to get through Mother's Day. I hope you find comfort in reading this newsletter, especially the piece on page 6 "Being the Mother of a Child Who Died — On Mother's Day".

Just remember that you are not alone in your grieving journey. Volunteers are always available for you to reach out to, to listen and to share these same feelings with you. Afternoon and evening drop-ins will continue throughout the summer. Please check the calendar of events in this newsletter or on our website for more information.

The 5th annual Ride to Remember will be on Tuesday, July 28th this year. If you are not a rider, you are welcome to join us at Wixan's Bridge, 65 Brock Street West for the after-ride where you can enjoy dinner along with a silent auction, 50/50 draw, etc. all accompanied by live entertainment.

Have a safe summer.

~MICHELINE BALL, EDITOR

## "NO ACT OF KINDNESS, NO MATTER HOW SMALL, IS EVER WASTED"

### **THE FOLLOWING VOLUNTEERS CONTINUE TO SUPPORT BFO-DURHAM ON A DAILY BASIS:**

**ONE-ON-ONE AND GROUP SUPPORT FACILITATORS** - Jane Carter, Charlotte McMorrow, Margaret Fortune, Magda Zoelman, Nichole Dickhoff, Denise Love, Jackie Foster, Denise Robinson, Angela White, Cheryl Clarke, Jan Mclean, Kathryn Holden, Yvette Byrne-Menard, Louise O'Donnell, Lisa Fogg, Rebecca Alley-Wilson, Denise Calbery, Donna Christie, Vicki Davis D'Abreau, Sherene Donovan, Gary Goswell, Jennifer Carter and Kevin Goswell

**LIBRARIAN** - Denise Love, Assistants — Alexis LoveGordon, Debbie Brown

**OFFICE VOLUNTEERS** - Denise Love, Marlene Charewicz, Bev Campbell, Angela White, Debbie Brown, Beth Bryan

**ANNIVERSARY LETTERS** - Office Volunteers

**WEB SITE** - Ronda Evans

**NEWSLETTER** - Micheline Ball

**MOTHERS` RETREAT** - Susan Hendricks and Joyce MacIntyre

**BFO-DURHAM BOARD OF DIRECTORS** - Gary Goswell, Louise O'Donnell, Marian Rehr, Margaret Fortune, Jane Carter, Micheline Ball



### **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!**

## REFLECTIONS FROM YOUR EXECUTIVE DIRECTOR



### YOUR EXECUTIVE DIRECTOR—SHARON SEARS

Spring, with all its changes is finally here. Just like our emotions, spring brings a rise and fall in temperatures. Some days are bright and beautiful, while others are dark and grey. Though sometimes it feels like there is never an easy time for bereaved parents, some of us are grateful for the nicer weather so we can get out of the house and feel the warmth of the sun. This offers what seems like a little peace that we so badly miss when the cold weather has kept us locked inside.

At BFO-Durham we are so fortunate to have such special volunteers who put on fundraisers in the spring and summer which gather us all together. On May 24<sup>th</sup> Denise Robinson, Pamela Johnston, Caroline Jewson, Phil Warne, Michelle Warne and many other Team Jeff volunteers put on the 7th annual Run/Walk/Bike to Remember, in memory of Denise and Phil's son, Jeffrey Warne. The sunny day was filled with exercise, food, games and great music; it was a wonderful way to share in memories of our children. We are so thankful to all the Run to Remember volunteers who have raised over \$60,000 for BFO Durham over the past 7 years. Your support has helped us so much and is greatly appreciated.

Check page 8 for all information on the 5th Ride to Remember.

Our volunteers are so important to BFO Durham Region and we are so grateful for each and every one of you! In April, we held Facilitator training and would like to extend our congratulations to our 8 new facilitators — Chris Garvey, Wayne Wanamaker, Janice Hicks, Beth Bryan, Marlene Rose, Cara Tunney, Chantal McNeil and Sherry Lancaster who completed the training in memory of their children. I want to thank Gary Goswell and Louise O'Donnell for their dedication in providing outstanding training to our new BFO-D facilitators.

BFO Durham would like to thank all of our volunteers for their hard work, constant support and dedication in loving memory of their children! Gandhi once said *"THERE ARE NO GOODBYES FOR US. WHEREVER YOU ARE, YOU WILL ALWAYS BE IN MY HEART"*. Every day we move forward together at BFO Durham, we strive to create a place where memories can be shared so that we can honour those we hold so dearly in our heart. Take care.

~ SHARON

## "WHEN YOU SEE A BUTTERFLY"

WHEN YOU SEE A BUTTERFLY, THINK OF ME.  
WHEN YOU SEE A SHADOW, DON'T BE AFRAID.  
WHEN YOU SEE A LIGHT, THINK OF GOOD THINGS.  
BUT WHEN YOU SEE A BUTTERFLY, THINK OF ME.

WHEN YOU SEE A CLOUD, DON'T BE AFRAID TO TRY AND GRAB IT.  
WHEN YOU SEE A RAINDROP, OPEN YOUR MOUTH AND LET IT FALL IN.  
WHEN YOU SEE A HAND TOUCH YOU, DON'T JUMP AWAY.  
WHEN YOU GET ALL TINGLY, LET THE FEELING LAST.  
WHEN YOU FEEL LOVED, CHERISH IT FOREVER.  
BUT WHEN YOU SEE A BUTTERFLY, THINK OF ME.

WHEN YOU FEEL LIKE NO ONE IS THERE, MAKE SURE YOU KNOW I AM.  
WHEN YOU FEEL LIKE I AM GONE FOREVER, MAKE SURE YOU FEEL LIKE I AM THERE.  
WHEN YOU THINK YOU HAVE GRIEVED TOO MUCH, I KNOW THERE IS ALWAYS ANOTHER TEAR, THINK OF ME.

FOR YOU KNOW I AM ALWAYS WITH YOU, IN EVERY WAY, SHAPE AND FORM.  
I AM ALWAYS THERE TO PROTECT YOU, EVEN THROUGH DANGEROUS STORMS.  
KNOW THAT I AM RIGHT BEHIND YOU,  
IN WHATEVER FATE DECIDES TO PUT YOU THROUGH.  
FOR I MAY BE GONE, BUT I AM AROUND.  
FOR WHEN YOU SEE A BUTTERFLY, KNOW THAT I AM ALWAYS THERE.





## UPCOMING EVENTS

## THE BOARD OF DIRECTORS' CORNER

### AUGUST 2015

#### **CIVIC HOLIDAY**

Office closed August 3rd

#### **Infant Loss Drop-In**

Monday 10th, 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 for I/L**

Monday 31st, 7-9 p.m.

### SEPTEMBER 2015

#### **LABOUR DAY**

Office closed September 7th

#### **Evening Drop-In**

Wednesday 9th, 7-9 p.m.

#### **Infant Loss Drop-In**

Monday 14th, 7-9 p.m.

#### **Afternoon Drop-In**

Monday 21st, 1-3 p.m.

#### **Evening Drop-In**

Thursday 24th, 7-9 p.m.

#### **Reconnect Drop-In for C/L**

Monday 28th, 7-9 p.m.

Dear Members

Usually we hold our Annual General Meeting around this time of the year, at which time we discuss our previous year's financial statement and answer any questions you may have. However, attendance has been very poor; often none, and we thought it may be better to present it electronically.

The Financial Statement for the year ending December 31, 2014 for the BFO-Durham Region has been submitted to the Canada Revenue Agency together with the Registered Charity Information Return as required by law within 6 months after the year ending. A copy of the Financial Statement has also been forwarded to our Provincial Office. This Financial Statement is available upon request. Please contact Sharon at the office to obtain a copy, if so desired.

The year 2014 has been very eventful.

We were able to provide training to new facilitators, which were badly needed, due to increased demand for drop-ins and groups. Gary, Louise and Sharon formed a terrific team, as usual. Drop-ins increased very much in attendance, due to many newly bereaved parents joining us. The Board discussed Family Support Nights, but decided to hold off for the time being, due to minimal attendance, when the drop-ins grew in popularity and were therefore increased in numbers. However, we will certainly hold a Family Support Night if many members express a wish for a particular subject. Please do not hesitate to express your view regarding a Family Support Night.

Generous donations and successful fundraising through several events provided us with the opportunity to renovate our family room and office. The previous furniture was 14 years old and sagging after much use and the office furniture was a mix of odd non-matched items. As a result of these renovations, the family room is airy, light with very comfortable furniture and more seating. The office also presents a modern, light environment. We are very pleased with the result and we have received many compliments. Throughout all the renovations, Sharon managed to provide her usual loving care to all our members.

Based on the reason that BFO-Durham Region exists, we certainly do not want to increase our membership, but reality tells us otherwise. We will continue to welcome new members with care and compassion.

If you have any questions regarding our programs or financial status, do not hesitate to contact the office. A board member will always be available to meet with you upon request.

~ MARIAN REHR, TREASURER

## 2015 VOLUNTEER TEA

On April 19th, BFO-D's Board of Directors hosted its annual Volunteer Tea in recognition of the many members who so selflessly contribute to the organization on a daily basis, whether by working in the office, facilitating drop-ins, ones-on-ones, groups or working on fundraisers. The main purpose of hosting the Volunteer Tea is to recognize the many volunteers for their contribution over the past year and to present the Volunteer of the Year Award and the Susan Hendrick's Award of Distinction. This year, Gary Goswell, Chairperson and Louise O'Donnell, Co-Chairperson presented the awards.

THE VOLUNTEER OF THE YEAR AWARD RECIPIENT IS **NICHOLE DICKHOFF**



THE SUSAN HENDRICK'S AWARD OF DISTINCTION RECIPIENTS ARE  
**JACKIE FOSTER AND DENISE ROBINSON**



THE 2015 ONTARIO VOLUNTEER SERVICE AWARD PINS WERE PRESENTED TO:

**5 YRS—CHARLOTTE McMORROW, KEN O'DONNELL;**

**10 YRS—CATHY WIENER, MARGARET FORTUNE; 15 YRS—JOYCE MCINTYRE, JOYCE SMITH**

## INSPIRATIONAL CORNER — A TRIBUTE TO JOYCE SCHNEIDER

*JOYCE SCHNEIDER, THE CONTRIBUTOR TO THIS INSPIRATIONAL CORNER, PASSED AWAY IN THE FALL OF 2014. SHE WAS A BEREAVED MOTHER WHO LOST HER SON, DAVID IN 1998 TO NON-HODGKINS LYMPHOMA. AS A MEMBER OF BFO-DURHAM FOR OVER 15 YEARS, JOYCE FACILITATED SUPPORT GROUPS, ONE-ON-ONES, WAS A PAST DIRECTOR OF THE BOARD AND CONTRIBUTED TO THIS INSPIRATIONAL CORNER FOR THE PAST 4 YEARS. AS A TRIBUTE TO JOYCE'S MANY CONTRIBUTIONS TO BFO-D, I WISH TO HONOUR HER MEMORY BY CONTINUING TO PUBLISH SOME OF THE PIECES SHE WROTE. JOYCE WILL BE GREATLY MISSED BY ALL.*

*"WE MISS YOUR SMILE AND CALMNESS. REST IN PEACE JOYCE, UNTIL WE MEET AGAIN."*

### "WHAT A MOTHER KNOWS

I had named him long before he was born. I was sure, with no physical proof, that he was a boy.

David's birth was mercifully so much easier than his sister Mary's had been two years before. After an intense but tolerable natural labour and delivery this time around, I found myself left with a strange abundance of energy.

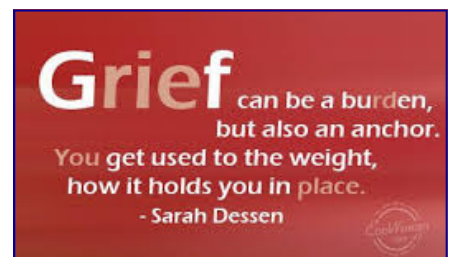
We lay there in the dark, drinking him in, whispering to each other how desperately we wanted Mary there with us. I remember feeling relaxed, but at the same time very aware. It was like I could feel the bond securing itself. And as I looked at my son, my response was not so much "How do you do" as "Oh, there you are, David!".

That night, after Michael had gone home and the hospital was dark, I found myself unaccountably unable to sleep. I had certainly worn myself out, and David was cocooned in the bassinet right beside me, sleeping soundly. And yet I was overtaken with anxiety, strange voices in my head urging me to get out of bed, get on with it. Time was a'wasting! Don't spend another moment just lying there!

I've often thought that maybe it was that pre-programmed part of me speaking, that part that knew that I would have only eleven years with this child on the earth. At any rate, I didn't sleep a wink. I breastfed David almost effortlessly, and he opened to me and his environment with pre-historic wisdom. He had certainly been here before. It didn't take me long to figure out that he was here to teach me. We understood and played our roles with an innate understanding of what had never been spoken.

Who can say how a mother comes to know what she knows? Truth is somehow planted in the psyche, like daffodil bulbs, good and deep. I've come to believe that we know our child long before either of us is born, that we meet in some sort of spiritual bullpen, and we make an agreement; we sign up for life together, however long, however short. You be the Mom, and I'll be the kid. And we'll teach each other about love.

I have never forgotten that strong sense of urgency on the night of David's birth. I'm thankful I paid attention to it. It was one of the signs that points to what a mother knows. And because of David, this mother knows a lot more about love now. She has been well taught."



## FAREWELL FROM OUR CO-OP STUDENT

I couldn't have chosen a better non-profit organization to complete my 14-week field placement at. I simply cannot believe that it's over! I gained invaluable experience as the event coordinator intern as I was very involved in a variety of important duties surrounding the Walk to Remember. It was great to be part of such a significant fundraising campaign.

I cannot thank Sharon enough for providing me with the amazing opportunity to be her intern. I've met many warm, kind and brave souls throughout my time here, and they are truly inspiring people. I hope to still be a part of the BFO-Durham team as I believe the organization holds a great purpose in society, and I wish to extend my support for the cause beyond the days of my internship. ~TAYLOR SUMMERS

## "BEING THE MOTHER OF A CHILD WHO DIED — ON MOTHER'S DAY"

BY CLAIRE MCCARTHY, M.D., PEDIATRICIAN, CHILDREN'S HOSPITAL BOSTON, HARVARD MEDICAL SCHOOL

I am the mother of a child who died. And that makes Mother's Day very hard. Recently I was talking to a mother whose child had just died.

"What about Mother's Day?" she asked, through tears. It was hard to know what to say, because it's a terrible day for those of us who have lost a child. Other days of the year you can maybe make it a few hours without thinking about your loss; other days of the year you can pretend that you are an ordinary person and that life is normal. But not on Mother's Day.

On Mother's Day it's in your face that your child is gone forever. On Mother's Day you can't pretend you are ordinary or that life is normal. All the hoopla, all the Hallmark hype, the handmade cards and flowers and family gatherings, make it almost excruciating.

Our town has a Mother's Day road race for which I am eternally grateful – especially because, in a demonstration of grace's existence, the start and finish are next to the cemetery where my son is buried. On my way I can visit his grave and say what I need to say and look yet again at the name we chose for him carved into stone. At the end of the race, they give all the mothers a flower; on my way home, I go back to the grave and lay my flower there. And then I move forward with the day.

See, that's the real challenge after losing a child: moving forward. It's almost impossible to envision in that moment of loss; how can life continue after something so horrible? But life does continue, whether we like it or not. There are chores to do and bills to pay; morning comes, again and again. So you pick yourself up and you live, but you are never the same. At first, we are different because of our raw sadness. But over time, the sadness moves from our skin into our bones. It becomes less visible, but no less who we are. It changes into a wisdom, one we'd give up in a heartbeat to have our child back. We who have lost children understand life's fragility and beauty. We who have lost children understand that so many things just aren't important. All that is important is those we love. All that is important is each other. Nothing else.

It can feel very lonely, being the parent of a child who died. Especially on Mother's Day or Father's Day. We feel so different from those around us, all those happy people with children the same age our child was, or would have been. But over the years, I've come to understand that I'm not alone at all.

There is a wonderful Buddhist story about a woman whose son gets sick and dies. She goes to the Buddha to ask him to bring her son back to life; I will, he says, if you bring me some mustard seed from the home of a family that has not known loss. She goes from house to house but can find no family that has not lost someone dear to them. She buries her son and goes to the Buddha and says: I understand now.

That is what I understand now. It doesn't make me miss my son any less, or Mother's Day any easier. But it helps me make sense of it; loss is part of life. There are no guarantees, ever. Our children, and all those we love, are gifts to us for however long we have them.

I understand now too that we are together in this, all of us, in joy and in loss. It's the connections we make with each other that matter – it's the connections we make that give life value and help us face each morning. As G.K. Chesterton wrote, "We are all in the same boat in a stormy sea, and we owe each other a terrible loyalty." Years ago, I chose words to say each time I go to my son's grave. It makes it easier to have a ritual. And over the years, the words have come to mean more to me. They aren't just about grief anymore. They are about who I am, what I have learned, and what I can give.

"I will always love you," I say. "And I will always be your mother."



~ Excerpt from "National Newsletter of the Bereaved Parents of the USA - A Journey Together"



# FUNDRAISERS/EVENTS PHOTO ALBUM

## WALK TO REMEMBER 2015



## ONTARIO VOLUNTEERS 2015



## BFO-DURHAM VOLUNTEER AWARDS 2015



## MOTHER'S RETREAT 2015



## 7TH ANNUAL RUN TO REMEMBER JEFF WARNE 2015



## "IF YOU LISTEN TO THE WIND YOU CAN STILL HEAR THEM PLAY!"



**TUESDAY JULY 28th, 2015 - 10:00 AM**

**EVERY YEAR THE PROCEEDS ARE DONATED TO BFO-DURHAM**

As the weather warms up, we are looking forward to Tuesday July 28th when the 5th annual Ride to Remember is ready to roll.

NEW FOR 2015 - We are ecstatic to have confirmation that KX96 will be assisting with a live simulcast at registration to promote our Ride to Remember fundraiser and bring recognition to The Bereaved Families Ontario- Durham Region. Biker TV [www.bikertv.ca](http://www.bikertv.ca) will also be in attendance and our event will be filmed for a possible upcoming show.

By visiting our web site, [www.ride-to-remember-brent.com](http://www.ride-to-remember-brent.com), you can register for the ride, purchase ride hats and t-shirts or indicate your attendance at the evening event. We are introducing an Early Bird draw for all participants who register prior to July 1<sup>st</sup>, 2015. The draw will take place at the evening festivities, announcing the winner of the Brinkmann Professional Red 3 Gas Burner Grill - Model 810-3331-F barbecue valued at \$300.00.

As for our 2015 motorcycle ride, we are excited to provide everyone with a leisurely 200 km route. We will be meeting in the Canadian Tire parking lot starting at 9 a.m. with the ride departing at 11 a.m. All police detachments who were involved with our 2014 event have communicated their intention to provide the assistance we require for 2015. We are humbled each year with the reaction witnessed by those offering right-of-way, as it is evident they wish us well.

As the ride concludes back in Uxbridge, we will be met by family/friends/supporters at Wixan's Bridge, 65 Brock Street West. Here we will enjoy dinner along with a silent auction, 50/50 draw etc. accompanied by live entertainment. If you don't ride, please join us for the after-ride where all are welcome.

A draw is being held for a 48" Sony LED smart TV with tickets available for \$10 each from the BFO Office. Also if you are able to assist in any way on the day of the ride, please contact Sharon Sears and if anyone is aware of potential sponsors, please email [ride.to.remember.brent@gmail.com](mailto:ride.to.remember.brent@gmail.com) as 100% of all proceeds go directly to BFO-Durham.

~ JACKIE FOSTER

## "COME TO ME IN MY DREAMS TONIGHT"

*"I WISH, I WISH UPON A STAR FOR MY DREAMS TO CARRY ME TO WHERE YOU ARE. TO HEAR YOUR VOICE, TO SENSE YOUR TOUCH, TO FEEL YOU NEAR WOULD MEAN SO MUCH.*

*I KNOW YOU'RE NEVER FAR AWAY AND YOU'RE WITH ME EVERY SINGLE DAY. SO I'M WISHING NOW WITH ALL MY MIGHT, THAT YOU'LL COME TO ME IN MY DREAMS TONIGHT."*



### **BEREAVED FAMILIES OF ONTARIO — DURHAM REGION**

**1050 Simcoe Street North, 2nd Floor, Oshawa L1G 4W5**

**Tel: 905-579-4293 / Fax: 905-579-7403 / Toll Free: 800-387-4870**

**E-mail: [bfodurham@bellnet.ca](mailto:bfodurham@bellnet.ca) / Web Site: [www.bfodurham.net](http://www.bfodurham.net)**

**Charitable Registration #861619880RR0001**

#### **OFFICE HOURS**

**MONDAY TO THURSDAY — 10 A.M. TO 3 P.M. , CLOSED FRIDAY**



## DONATIONS

### IN LOVING MEMORY OF

**PHYLLIS TAYLOR**

Love Bill and Joyce Foreman

**CHARLOTTE YEO**

From Reiko Leyes

**CHARLOTTE YEO**

From the Baskiewicz family

**KARYN CHASE**

Love mom, Eileen Bagley

**JOYCE SCHNEIDER**

Love Joan Gallagher-Main

**SHANE ROGERS**

**WE RECEIVED \$1,000 FROM THE UNIFOR LOCAL 222**

**OUR THOUGHTS ARE WITH YOU AND YOUR FAMILIES**

## 16TH ANNUAL MOTHERS' RETREAT

### COMING HOME TO MYSELF: THE EXPERIENCE OF THE LONG-TERM BEREAVED MOTHER

*"Our love for our children and their love for us shall not perish, nor pass away or ever die. For love is immortal. It knows no season, nor comings or goings. It is and shall remain." (Excerpt from M.A. Don's article The Road to Healing)*

While all of us at BFO-Durham share the particular pain of losing a child, some of us who have lived this experience longer than others find that new or different issues have emerged with the passing of time, long term adaptation to loss and other changes in our lives. Some things we thought we had "handled" have now resurfaced as we face new challenges. And though we have learned much about the grief process over the years, it seems not much has been written about mothers whose bereavement extends beyond ten, fifteen or twenty years and we wondered, *"IS THIS WHAT EVERYONE FEELS THIS FAR ALONG THE WAY?"*

Having said that, BFO-Durham's 16<sup>th</sup> Annual Mothers' Retreat held this past May focused on those mothers who have been bereaved for a decade or more. Co-sponsored by BFO-Durham and the Villa St. Joseph in Cobourg, this year's retreat was determined by the specific needs of the participants and the input of veteran facilitators, Susan Hendricks and Joyce MacIntyre who are also long-term bereaved mothers.

Prior to the event, participants were asked to complete a questionnaire from which the themes were chosen for discussion over the three-day event. This year the retreat was divided into three sessions covering topics such as: Spirituality, Presence and Meaning Making; Grief Issues Over Time; and Aging and Additional and Secondary Losses.

A fourth session was Ancestral Connections. Soul Card Craft was the traditional Saturday evening craft. Participants made a collage of photos and images that represented their ancestors who influenced and/or had an impact on their lives. Participants learned that as bereaved mothers, their children are now one with their ancestors and can now be considered an ancestor.

As in past retreats, music played an integral role throughout the weekend. This year BFO-Durham was grateful to use the music of Ali Matthews, an award-winning Canadian Contemporary Christian musician and songwriter from Stratford, Ontario who has a special affinity for bereaved mothers. Matthews aspires to provide healing to the world and as such, she graciously provided two master recordings of unreleased songs for use during the retreat.

And of course, no BFO-Durham Mothers' Retreat is complete without sacred circle dancing. This year's event saw long-term bereaved mothers kicking up their heels and getting in touch with their spiritual selves through dance and prayer.

Of special note was the closing "hugs and goodbyes" freestyle dance to Bob Marley's *ONE LOVE*. It was truly a moving moment and the perfect ending to a wonderful weekend.

~CHARLOTTE MCMORROW

## OUR CHILDREN REMEMBERED

*Loved, missed and never forgotten*

### JUNE

Christopher Logan Woods	June 1, 2005		
Taelyn Marie Peckford	June 2, 2010	Gunner Aaron Terry Mayhew	June 13, 2004
Susan Deborah Murray	June 2, 2010	Aubree Globe	June 13, 2014
Avery Skarlatakis	June 2, 2014	Christopher Dennis Penny	June 14, 1995
Laura Irene Macdonell	June 4, 1994	Corey Grentz	June 14, 2010
Timothy Shane McDonald	June 4, 2006	Michelle Marie Meagher	June 15, 2009
Alyssa Massie	June 5, 2010	Melissa Jean Wilson	June 18, 1990
Tessa Agelopoulos	June 6, 2007	David Gregory Schneider	June 20, 1998
Christina de Vries-Roach	June 6, 2004	Kohwyn Babcock	June 20, 2010
Nicholas David William Hutchison	June 6, 1999	Edward Erwin	June 21, 2003
Chloe Mounsey	June 6, 2007	Lorna Ellen Buzzell	June 22, 1998
Daniel Melanson	June 7, 2009	Paul David Carter	June 22, 1985
Angelo Mazzotta	June 8, 2010	Ian Booth	June 23, 2007
Kathy Phelan	June 8, 1985	Gillian Berthelot	June 23, 2010
Arpik Patel	June 8, 2012	Derrick Brooks	June 25 2010
Steven Dafoe	June 9, 2004	Melissa Logeman	June 25, 2012
Glen Michael Bruce Monro	June 9, 2002	Connor Battah	June 26, 2008
Maureen Wright	June 9, 2002	Christina Grace Glover	June 27, 1999
Todd McCann	June 9, 2013	Heather Goverde	June 27, 2004
Margaret Nemeth	June 10, 2003	Olivia Kowalchuk	June 27, 1993
Kimberly Ann Whitsitt	June 10, 1994	Michael Thomas Turner	June 27, 2014
Kelly Eileen Goswell	June 11, 1992	Frank Benczenleitner	June 30, 1989
Brooklyn Ilean Fogg-Conlin	June 12, 2009	Tanya Veinot	June 30, 2006

### JULY

Brian Haring	July 1, 1994	Lesley Blackmore	July 18, 2009
Leith Hawker	July 1, 1998	Carter James Duncan	July 18, 2004
Johanna Mary Faith Nesbitt	July 1, 1993	Peter Hansen	July 18, 2001
Ryan Munshaw	July 1, 2013	Keena John Dobbie	July 18, 2011
Shon Hart	July 2, 2006	Alyssa Dryden	July 18, 2011
Kathleen Wels	July 2, 1979	Michael Watson	July 19, 2008
Michael Campbell	July 3, 2009	Samantha Shirley Baird	July 21, 1999
Laurie (Foreman) Wilkinson	July 4, 1998	Trevaughn Miller	July 21, 2012
Paisley Eva Cane	July 5, 2012	Michael Fellows	July 21, 2013
Melissa Cody	July 6, 2013	Sarah Burnham	July 22, 2003
Juliette Francis	July 7, 2010	Samantha Brittney Babcock	July 23, 1993
Jaedin Davis	July 8, 2003	Bryan Matthew Gainer	July 23, 2000
Nicole Mummery	July 8, 2008	James Johnson	July 24, 2001
Jesse Comeau	July 11, 2009	Ashleigh Mariani	July 24, 2013
Joey Alton	July 12, 2008	Mark Van Den Oetelaar	July 27, 1963
Michael Potter	July 12, 2010	Beverly Warner	July 27, 2002
Craig Beers	July 13, 2003	Peter Ide	July 27, 2013
Christopher Swindell	July 13, 2000	Andrew Mason	July 28, 2002
Danny Tkalec	July 13, 2000	Andrew Gary McSweeney	July 28, 1994
Amanda Richardson	July 14, 2007	Sara Young	July 28, 1994
Lauren Nolan	July 14, 2009	Tamica Henderson	July 29, 2012
Mattieu Moriarity	July 15, 2003	Ryan Addison	July 30, 2005
Brandon Niblett	July 16, 2002	Shannon York	July 30, 2004
Derek Garner	July 15, 2007	Surinder Mehar	July 31, 1999
Sarah Davidson	July 17, 2014	Patricia (Trish) Peter	July 31, 2004
		Curtis Courneyea	July 31, 2013



**"WELL, I LOVE YOU TO EVERYWHERE AND BACK A MILLION TIMES, FOREVER!"**

## OUR CHILDREN REMEMBERED

*Loved, missed and never forgotten*

### AUGUST

Rick Swale	August 1, 2000	Xavier Edwards Barkley-MacMullen	August 20, 2013
Karyn Chase	August 2, 2010	Ryan J. Haber	August 21, 1999
Dallas Raé Fountain	August 3, 2010	Colin Humphrey	August 21, 2000
Jennifer Copithorn	August 4, 1998	Shawn Presley	August 21, 2000
Brent Foster	August 4, 2007	Murray Schoenau	August 21, 1990
Sydney Young	August 5, 2003	Greg Miles	August 22, 2008
Robert Blain	August 6, 2008	Jamil Mohamed	August 22, 2009
Daniel Caldwell	August 8, 2010	Tucker Taylor	August 22, 2008
Matthew Mitchell	August 8, 2014	Andrew Chaplin	August 23, 2008
Gary Smith	August 9, 2002	Emily Stow	August 23, 1999
Jessica Dale Whitney	August 9, 1998	Colton Tunney-Phillips	August 23, 2013
Mary Moshis	August 9, 2013	Geoffrey Dykstra	August 24, 2008
Lily Maria Kathleen Payne	August 10, 2007	Jeremy Finn	August 24, 2002
Dennis John Zoelman	August 11, 1993	Frank Aubrey Lessard	August 24, 1997
Kevin Kliss	August 11, 2011	Liberty Davenport	August 24, 2008
Peter Pervan	August 11, 2014	Danielle Thompson	August 24, 2014
Shayaan Aziz	August 13, 2010	Michael "Shane" Girard	August 25, 1993
Gregg Hayden	August 13, 2005	Paul Strasbourg	August 25, 2009
Frank Aubrey Lessard	August 14 1997	Jackie Woolridge	August 27, 1999
Christine Crossman	August 14, 2004	Kevin Duhaney	August 27, 2012
Ashton Payetta	August 14, 2010	Sean Robert Aylward	August 28, 2002
Jonathan Stewart	August 14, 2004	Luke Christopher Bachman	August 28, 1998
Jason Kaaz	August 14, 2010	Craig W.D. Green	August 28, 1995
Tiah Ephraim	August 16, 2008	Allesio Caccavella	August 28, 2011
Kale Garry Nichols	August 16, 2001	Steven Mayhew	August 29, 2000
Trisha Banton	August 19, 2009	Alan Brown	August 29, 2012
Mark Vandermeer	August 19, 2008	Constant Germano	August 30, 1993
Trevor Stephenson	August 20, 2000	Corey Fleetwood	August 30, 2012
Annette E. Stewart	August 20, 1989	Paul Anthony Jones	August 31, 1995
Cortney-Lynne Twiddy	August 20, 1994	Alex Novia	August 31, 2008
Tracy Scott	August 20, 2010	Adin Gould	August 31, 2012
Chris Karam	August 20, 2011		

### SEPTEMBER

Kelli Mitchell	September 1, 1996	Kelly G. Lomax	September 17, 1992
Jesse Lennox	September 1, 2014	Jake Vanzeyl	September 18, 1998
Adrienne Ferguson-Keller	September 2, 1992	Ryan William Sutherland	September 18, 2009
Amanda Ruby Mayock	September 2, 2005	Michael Crover	September 19, 1998
Jamie Lee Wiznuk	September 2, 2009	Kelly Darby	September 19, 1999
Ronald Pogue	September 2, 2012	Terah Elaine Dawkins	September 19, 2010
Jayla DeSouza	September 3, 2009	Paul Turansky	September 19, 2005
Alliyah Beckles	September 3, 2010	Andreas Bollmann	September 19, 2011
Michael Christopher Noseworthy	September 4, 2003	Darren O'Neil	September 20, 2011
Mark Forgette	September 5 2006	Curtis Bjerring	September 21, 2013
Charlotte Mazzotta	September 6, 2012	Julie Carter	September 22, 2000
Omar Ryan Sadler	September 7, 1996	Brian English	September 22, 2002
David Logan	September 7, 2010	Jacquelyn Mason	September 23, 2011
Ashley DeJong	September 9, 2002	Kerri-Lyn Adams	September 24, 2011
Natasha Foote	September 9 2008	David Wanamaker	September 25, 2012
Hope Skarlatakis	September 9, 2010	Sejoan Navaratnarajah	September 25, 2013
Leo Atkinson	September 10, 2003	Mike Maher	September 26, 2009
Todd Skinner	September 10, 2013	Rylee David O'Brien	September 27, 2011
Brody James Prebble-Cooper	September 11, 2006	Levi Allen	September 28, 2009
Laura Catherine Pellegrino	September 13, 1990	Lauren Allen	September 28, 2009
Karen Lato	September 13, 1992	Ashley Hamilton	September 28, 2012
Bryan Douglas Gordon	September 14, 2007	Cassandra Kumarsingh	September 29, 2006
		Andrea Nott	September 30, 2002