



Bereaved Families of Ontario

Bereaved Families of Ontario—York Region

Vision: To ensure that every individual grieving a death has access to caring and compassionate support.



FALL 2011 NEWSLETTER

A journey of a thousand miles begins with but a single step. Chinese proverb.

Christmas Memories

When snowflakes dance on winter winds and colored lights shine Christmas cheer,

*When children's laughter fills the air and family gathers from far and near,
I try to celebrate with them and not let my hurting show,
But the empty spaces within my heart, at this season, seems to grow
'Till oftentimes it fills the days and many nighttimes too, with aching thoughts and memories of Christmases I spent with you.
Yes, memories do hurt, it's true but I have this feeling too.*

I'm so glad I hold these memories, for with them I hold part of you. So for now I'll wipe away the tears and join with loved ones dear to celebrate this Christmas time, for I know that, in my heart, you're here.

*Sandy Siewers
In memory of Cassandra*

I will Light Candles this Christmas
by: Howard Thurman



I will light Candles this Christmas;
Candles of joy despite all sadness,
Candles of hope where despair keeps watch,
Candles of courage for fears ever present,

Candles of peace for tempest-tossed days,
Candles of grace to ease heavy burdens,
Candles of love to inspire all my living,
Candles that will burn all the year long.

You can clutch the past so tightly to your chest that it leaves your arms too full to embrace the present.

~Jan Glidower~

What's Inside



Fall Stress-busters
P. 3



Loved and Remembered
P. 6-7



Book Review
P. 5, 8



What is your support like? p. 2

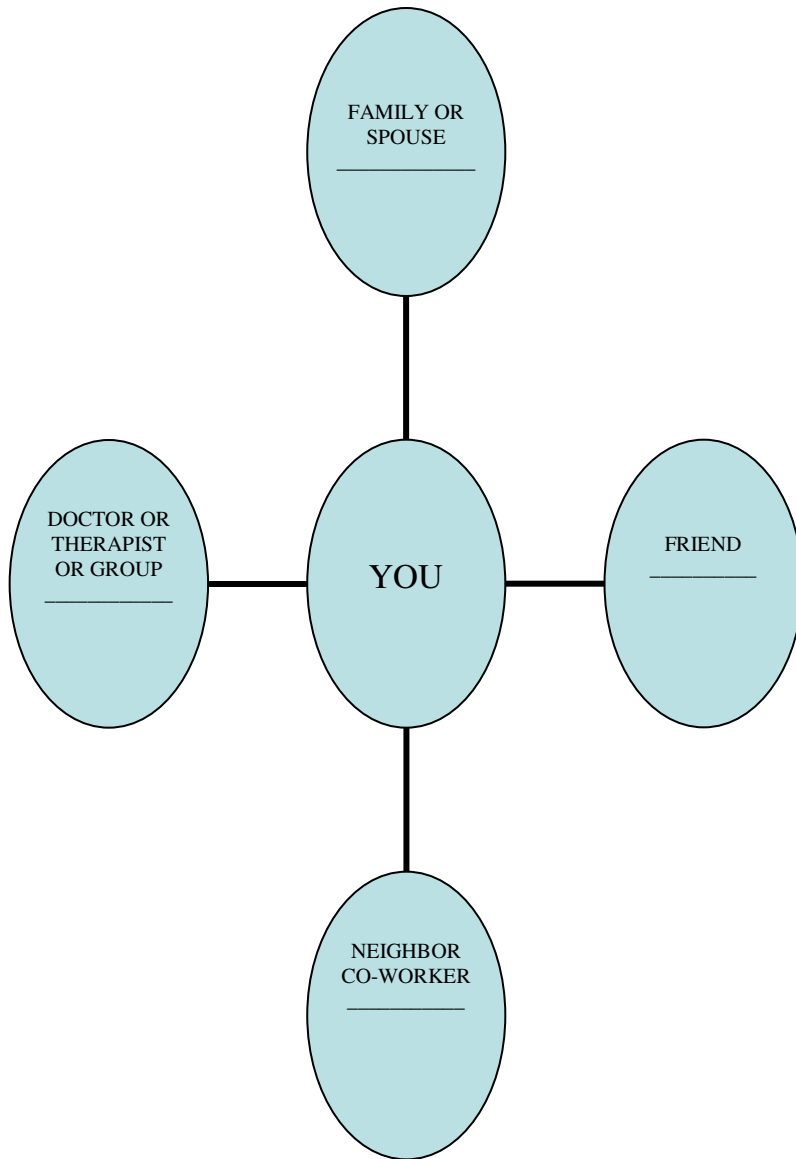


Dates To Remember
P. 10

*So long as we live,
they too shall live
and love for they
are part of us, as we
remember them. ~
Gates of Prayer*

WHAT DOES YOUR SUPPORT LOOK LIKE?

When someone is grieving the loss of a loved one it can be very helpful to reach out for support. Some may say it is a sign of weakness; I say that it is a sign of strength and courage. When you have had a significant loss, it can help when others are supporting you in various ways. Identify the key people in your life who can help you. It could be a family member, friend, doctor, therapist/counsellor, support group, neighbour, co-worker, community agency, or church family. As well, identify each of their strengths in order to determine which areas they may help you the most. Often the bereaved are concerned about overburdening those they rely on. It can be helpful to rotate between people that provide you with a particular type of support; that way you are not turning to the same person all of the time. List the person's name below and identify how they can support you .

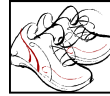


Here are some ways that people can support you

- Non-judgmental listening
- Give a hug
- Join you in any physical exercise
- Do stress relievers with you
- Clean any part of your house or do laundry
- Cook a meal or bring fruit and veggie trays
- Go with you on errands
- Distract you with something fun
- Send a card, email or encouraging note
- Research bereavement resources for you
- Assist you with any executor duties and/or the funeral/visitation, viewing etc.
- Cutting the lawn, gardening or snow removal
- Watching your children and being a support to them
- Encourage you to seek support
- Helping you to make a “to do” list, prioritize and break things down into small steps
- Create a friend or neighborhood schedule to help rotate cooking, cleaning etc.
- Help with repairs, car issues, or teach them a new skill set.

FALL STRESS RELIEVERS

Go Hiking and Enjoy the Fall Foliage



Play in a pile of leaves



Enjoy a warm cup of Hot Chocolate or Apple Cider

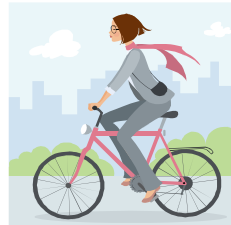
GO BIRD WATCHING



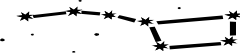
Go Apple Picking
Make Apple Sauce
or Candied Apples



Go for a scenic car ride or bicycle ride



Stargaze at night and enjoy the crisp fall air



Have a small bonfire/



Go to a pumpkin patch
Pick a pumpkin
Make pumpkin pie
Carve a pumpkin



Easy crock-pot comfort foods: soup, chili, stew etc.



Bake cookies, pies or any kind of a loaf.

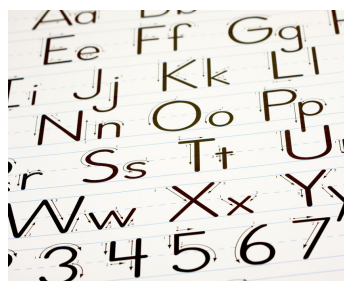


Make a homemade bird-

Check out your community's different Fall events or Festivals



Go through the alphabet and for each letter, name something you are thankful for Or make a list of ten.



Light a relaxing scented candle: cinamon, pumpkin spice, sugar cookie, etc

Relieve Your Stress



Take pictures of colorful fall foliage.

Take a Moment to Breathe



Another wonderful turnout for the 4th Annual Memorial Butterfly Release & Optimists Club of Aurora, Picnic in the Park

Thank you to our tremendous volunteers, sponsors and Town of Newmarket for the support of this annual event. Hundreds of beautiful butterflies were released by friends and family in memory of loved ones at Fairy Lake Park in Newmarket on Saturday, September 24th.

Our thanks are extended to:

Sponsors:

Sapphire Sponsor – Roadhouse & Rose Funeral Home – Newmarket
Tilemaster – Aurora

Silver Sponsors:

Hempen Fine Jewellers – Newmarket - Taylor Funeral Home & Cremation Centre, Newmarket Chapel – Newmarket
Changes Boutique – Newmarket - Harvey's 17860 Yonge St. Newmarket - Ward Funeral Homes, Woodbridge

Contributors: Wes Player – Emcee, Rev. Mary Pataki – Blessing, Jim Cerswell & Peter Rutters - Dove Release, Mayor T. Van Bynen - Greetings, Inspirational Messages from Regional Councillor John Taylor, Diana Horrex-Inspirational Speaker, Sarah Mantle-Poetry Reading & Songs/Musician Ken McDonald

Optimist Club of Aurora: Thank you to the Optimist Team for providing the great Picnic in the Park in support of BFOYR.

Committee & Volunteers:

Elisabeth Hempen, Shirley Haefele, Brenda Eng, Debbie Taylor, Donna Stephens, Mike Nearing, Brittany deBeer, Diane Horrex, Sarah Mantle, Rev. Mary Pataki, Graham Gurney, Don Humeniuk, Gloria Watts

Children's Colouring "Good Work Award" - **Congratulations to 1st place artist Noemi C.**, age 8 winner of the Children's Butterfly Release Colouring Contest. Noemi's picture will be posted on the BFOYR web site. Other budding artists who received special mention included: Dahlia C. age 5, Chloe B. age 9, Camilla C. age 21 mths, Trevor H. age 3, Jasmine S. age 4, Arshan A. age 6, Olivia M. age 6, Colby G. age 7, Dakota G. age 9.

Thanks to all that attended and were part of the memorial release



World Candle Lighting Day

"Excitement is building as the 15th Worldwide Candle Lighting December 11, 2011 approaches. The Compassionate Friends Worldwide Candle Lighting unites family and friends around the globe in lighting candles for one hour to honor and remember children who have died at any age from any cause. As candles are lit at 7 p.m. local time, creating a virtual wave of light, hundreds of thousands of persons commemorate and honor the memory of children in a way that transcends all ethnic, cultural, religious, and political boundaries."

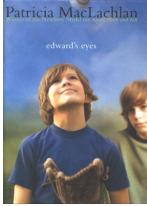
Newsletter & BFOYR Updates: If you wish to receive our newsletter or updates on groups/drop-ins and events please send us your email address at bfoyr_program@bellnet.ca.

If you are currently on our mailing list and you would like your name removed, please send us your name, address, email, phone number and indicate whether your loved one's name is on the Loved and Remember section of the newsletter. Thanks.



Thank you to all of our Amazing Volunteers!

Cheers for our volunteers: 1:1 initial meetings: Helen Jay, Gwen Broadmore, Diana Horrex, Donna Stephens, Maria Cansino, Peter Wong, Mary Pataki, Luletta Brown, Carr McLeod **Co-Facilitators:** Peter Wong, Bruce Sommerville, Mary Pataki, Susan Gerard, Lynn Jackson, Lurissa Kelland, Diana Horrex, Sara Cameron, Gwen Broadmore, Helen Jay, Maria Cansino, Annette Foux, Farida Oosman, Donna Stephens, Carr McLeod **Office Help:** Diane Head **PAC Members:** Lise Preston, Arlyn Balaban, Sally Philippon **Newsletter:** Brittany de Beer **Board Members:** Cathy Chouinard, Mimi McEvenue, Jodi Munroe, Shirley Haefele, Wendy Treacy, Brenda Weeks, Jason Reynolds and Carole Danard **Bingo:** Kathleen, Arvella, Jennifer, Carlene, Ma Carine, Darren, Karen, Phyllis, Diana, Brad, Jay



Book Review by Brittany de Beer

“Edward’s Eyes”

By: Patricia MacLachlan

Losing a loved one is a very difficult experience to go through.

“Edward’s Eyes” is a short novel that takes a close look at both sibling and child loss; how one family comes together to process and cope with their grief after the sudden loss of their youngest brother and son.

Jake, the story’s narrator, loves his younger brother, Edward, more than anyone or anything in the world. As Jake first gazes into his new baby brother’s eyes -- eyes so blue and so full of life -- he feels a love and connection he has never experienced before. Eleven years later, however, Edward is killed in a tragic accident and Jake is forced to deal with the most difficult experience of his short lifetime. By finding strength in one another and their shared memories of Edward, Jake and his family are able to reach a place where they can laugh again.

Written by Newberry Medal winner Patricia MacLachlan, this uplifting and deeply touching book is appropriate for children aged 8-12, yet would be enjoyable for all ages. MacLachlan’s simple and skilful story telling is ideal for parent-child book sharing, or for a child to read on their own. I would recommend this short novel to any person and/or family who has experienced sibling or child loss.

Bereavement Services Coordinator Update

*The holiday season is upon us and so may come mixed emotions and various challenges. Please surround yourself with people, places and things that bring you comfort at this time of the year. Join us for one of our **Help for the Holiday Support Sessions** to talk about what the holidays look like for you and ways that you can cope or modify your traditions for this year. Please see the calendar on the back for dates.*

We want to thank our wonderful volunteer Helen Jay who has been with us several years. She is moving out of the vicinity but we will truly miss her and appreciate all of her dedication and support that she has given to BFOYR and others. We also want to give big thanks to our summer student Brittany deBeer for helping us so much. Thanks for all of your hard work.

We have completed our first Art Therapy Group at BFOYR with great success. Everyone loved the group and found it very helpful as part of their grief journey. Stay tuned for more Art Therapy groups in the near future.

Comfort comes from knowing that people have made the same journey. And solace comes from understanding how others have learned to sing again ~Helen Steiner Rice~

Bereaved Families of York Region will be having it’s Facilitator Training once again in the Spring of 2012. Did the above quote resonate with you? This is what we do. This is the hope that we give to others who are grieving the death of a loved one. This could be you. You could support, encourage and walk with someone through their grief journey. Please give me a call at the office to find out more details. I look forward to speaking with you.

Please take care of yourself, give yourself permission to grieve, permission to feel and permission to experience joy.

Christine Goguen ~ Bereavement Services Coordinator



The 19th Annual Memory
Tree of Light
Remembrance Service

Date: Tuesday, December 6, 2011

Time: 6:30 pm Registration

7:00 pm Ceremony

Location: TBA ~ Newmarket, ON

The Remembrance Service is a beautiful tribute to our loved ones as we remember all those who will be missed during this holiday season. Join us for this special occasion and time of reflection. Refreshments will be served following the conclusion of the program.

There will be a separate mail out/email with the details of the location in November. Please call the office for more details at 905-898-6265.



“Tear Soup: A Recipe for Healing After Loss”

By Pat Schwiebert & Chuck DeKlyen

Book Review by Brittany deBeer

“Tear Soup: A Recipe for Healing After Loss” tells the story of Grandy, an older and somewhat wise woman who has experienced a major loss in her life. Though this is a picture book it is not limited to an audience of children. Through beautiful story telling the authors turn soup making into a metaphor for healing after a major loss, the inside cover reading; “What is true about soup making, is also true about grieving.” Grandy fills her soup with her own loving memories - the ups and the downs, the good times and the bad. She teaches us that it is okay to mourn at our own pace and to freeze the left over soup, occasionally pulling some out of the ice box for a bowl.

Rather than focusing on death itself, the book centers around the healing process and the many different directions it can take. Author Pat Schwiebert is a registered nurse who has worked in bereavement support for over 30 years. She does an excellent job of normalizing the grief process and making it easy to understand for everyone, whether you are the one grieving or the one supporting a bereaved individual -- whether you are a child or an adult. The book also includes a helpful list of “Cooking Tips” which offer helpful pointers on what to do if you are the cook, the friend of the cook, a child cook, a male cook or a couple cooking together. This book is recommended to anyone who is going through a personal loss, families coping with a loss, and friends of those dealing with grief.

Dear Survivor: A Letter to You

It is said that death is part of life/ that it is the other side of birth.

I believe that death can also give meaning to life,
a meaning that may escape you now while your grief is fresh and raw,
but which may someday bring a special quality of peace to your spirit.

As terrible as your loss seems now, you will survive it
even though that may seem unbelievable right now.

Once that happens, you will have touched upon
a new and incredible inner strength.

But for now you may be a mixture of thoughts and feelings.

Despair, longing, anger, guilt, frustration,
questions and even understanding, stumble over each other,
striving for but not quite reaching comprehensible sense and shape.

You seek relief—you need to heal.

It is a journey and you must work on it.

And so, cry.

The pain is real, but the tears are healing.

Often we must struggle through an emotion to find the relief beyond.

And so, talk.

Talk to each other about your loss and pain.

Don't hide or deny real feelings. Tell others that you need them.

The more you deny something or address it in silence,
the more it can claim destructive power over you.

And so, search.

Over and over, you will ask "Why"

It is a question you must ask.

Though you may never find an answer,

realize that it is still important

to wrestle with the "why" question for a time.

Eventually, you will be content to give up the search.

When you can willingly let go of the need to question "why"

it will lose its hold over you,

but it will take time.

And so, speak.

Speak as often and freely of your loved one as you need to.

He or she will always be a part of you.

Not to speak of the deceased denies his or her existence.

To speak of the deceased affirms his or her life.

Believe that in time, the pain of loss fades
and is replaced by precious memories to be shared.

And so, grieve.

This time of sorrow can be used

to draw a family together or pull it apart.

You may be one who needs to feel and express guilt
so that eventually you will gain a more balanced view

Dates To Remember Calendar



19th Annual Memory Tree of Light Remembrance Service

Date: Tuesday, December 6, 2011

Time: 6:30 pm Registration

7:00 pm Ceremony

Location: TBA ~ Newmarket, ON—A separate mail out/email will go out in November with specific location details. Please call the office at 905-898-6265 for more details.



2012 Battle of the Bands

~Please stay tuned for more details. ~

Tears soften the soul, clear the mind and open the heart.

~Unknown Author~

November and December Help for the Holiday Support Sessions

Please call the office for more details.

Wednesday, November 23rd at 1pm-3pm	Wednesday, December 14th at 7pm-9pm
Thursday, December 1st at 10am-12 noon	Monday, December 19th at 7pm-9pm
Wednesday, December 7th at 7pm-9pm	Thursday, December 22 at 10am-12noon
Monday, December 12th at 1pm-3pm	

Bereaved Families of Ontario—York Region respects your privacy. We protect your personal information and adhere to all legal requirements with respect to protecting your privacy. We do not rent, sell or trade our mailing lists or other personal information. We use your personal information to assist us in providing you with appropriate services, and to keep you up-to-date on the activities of BFOYR, including programs, services, special events, funding needs, opportunities to volunteer.

If at any time you wish to be removed from any of these contacts, please advise us by telephone at 905-898-6265 or via e-mail at bfoyr_program@bellnet.ca and we will gladly accommodate your request.

In The Community:

Part of BFOYR's mandate is to provide public education about bereavement issues, and to sensitize the community to the needs of the bereaved. Staff and volunteers are available for presentations and workshops for adults, children and teens on a variety of topics.

BEREAVED FAMILIES OF ONTARIO, YORK REGION AN ASSOCIATION OF FAMILIES WHO HAVE LOST A LOVED ONE THROUGH DEATH

Suite #203, 17070 Yonge St.
Newmarket ON L3Y 8Z4
Phone: 905-898-6265
Toll free 1-800-969-6904
Fax: 905-898-5870

Executive Director, Mary Beatson: bfoyr@bellnet.ca
Bereavement Services Coordinator:, Christine Goguen:
bfoyr_program@bellnet.ca
Community Development & Fundraising, Diane Humeniuk
bfoyr_info@bellnet.ca
Bereavement Support Coordinator: Maria Cansino
Website: www.bfoyr.com

Office Hours:
Monday through Friday 9:00 a.m.-4:00 p.m.
Evening appointments are available upon request.