



BEREAVED FAMILIES OF ONTARIO (BFO) KINGSTON REGION

March 2019

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Contact Us

<http://www.bfo-kingston.ca>

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HELLO FROM THE BFO OFFICE!

Well - we are, I hope, finally at the end of Winter and spring is on the horizon. With Spring comes the Butterfly Release. I hope we will see you on May 25 at Hospice Garden or June 1 at Glenhaven Memorial Gardens. If you haven't had the opportunity to attend in previous years; this is such a beautiful day to remember our loved ones at this special ceremony. Last year both memorial events had over 200 people attending to hear music, participate in kids' activities, sit with friends and release our butterflies. I had 10 family members here to Kingston to visit my mom at Glenhaven and share memories, stories and tears.

If you attended Dr. Webster public seminar last fall; you'll be interested to hear that Andrea Warnick (<https://kidsgrief.ca>) will be coming to Kingston to give a public seminar for those helping children and youth who are grieving. Please join us May 30th @ Providence Care Hospital for this informative and supportive talk: Kids Grieve Too: Supporting Children and Youth Grieving a Death. – Details further in the newsletter and online.

I am so thankful for this wonderful community and for these 2 years that I have been with Bereaved Families of Ontario – Kingston. Some of you I have met in person at events, in groups, others comment and share posts on Social Media. I hope you have found support and a caring community with BFO and I hope we see you at upcoming events.

Thank you to those of you who have provided support to BFO-Kingston and to the following organizations/foundations who have provided funding – allowing us to continue to provide our support free of charge.



UNITED WAY
Kingston Frontenac
Lennox and Addington

**ANNA & EDWARD C. CHURCHILL
FOUNDATION**
DAVIES FOUNDATION

Barb Mundell - Executive Director

... do good and lead a meaningful life



WINTER 2019

BFO OUT & ABOUT IN KINGSTON & AREA

100+ Women Who Care

Hospice Kingston Advisory Council

Community Foundation for
Kingston & Area Luncheon

One Roof – Youth Diversion

Compassionate Kingston –
Workshop

New Facilitator Training

Bereavement Services of Kingston
Meetings

United Way KFL&A Workshop

**If you know an organization or
community that would benefit to
hear more about BFO, please
contact the office and we will
reach out.**

2019 BUTTERFLY RELEASE

The Annual Butterfly Release will be held at Hospice Garden, City Park on May 25, 2019 and at Glenhaven Memorial Gardens on June 1, 2019.

We hope you'll join us at this beautiful memorial event to remember your loved ones. Butterflies purchased help BFO continue to grow and provide programs and support to the Kingston Community. An order form is provided on the final page of this newsletter and is available online through our website @ <http://bfo-kingston.ca>

CAN YOU GET PAST GRIEF AND BE HAPPY AGAIN?

Meghan O'Rourke, author of *The Long Goodbye*, explains the experience of grieving her mother's death and how and when she started to feel like herself again.

by Sarah Treleaven - Chatelaine Magazine

[Meghan O'Rourke](#), author of [The Long Goodbye](#), explains the experience of grieving her mother's death and how and when she started to feel like herself again.

Q: When and how did you first start noticing your grief lifting?

A: I noticed it lifting about 15 months after my mother died, in the spring of 2009. That was when I began to feel "like myself," at least some of the time. But I think it's important to say that the really crushing grief I felt after my mother's death — when I found it hard to sleep, or concentrate, or relax in any consistent way — ebbed at six months. I was still in the midst of grief's strange currents, but I was a little less at their mercy.

Q: What does feeling better mean in this context?

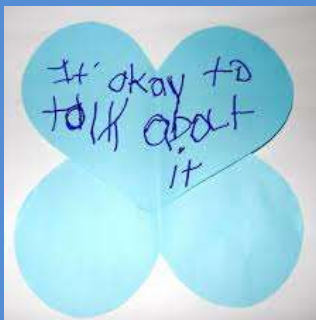
A: I don't think people exactly "get over" or "heal" from a loss. It's less like emerging from a period of illness, say, and more like learning to grow around the obstacle. I keep thinking that it's like a tree that has to grow around something in its way; the tree is different, but it still continues to live.

Q: Did you do anything in particular to help heal, or was time the major factor?

A: I came out of this experience feeling that there are no "fixes" — no shortcuts or solutions. (And would we want there to be, really? We're mourning someone we love.) But learning to be patient with yourself, to take time to sit with your feelings of loss — I think this is key to grieving. One problem is that in a hectic, fast-paced world it can be hard to take time to observe what's really going on with us. And let's face it, many of our emotions are subterranean. Our rational minds are like ships sitting on the surface of a great big sea. I found it was helpful to remember that, and to try to give myself a time of quiet every week, in order to just check in.

Q: Even when the grief started lifting, was it a struggle for you to allow yourself to feel happy at times?

A: No, it was never a struggle to allow myself to feel happy; I was always grateful to feel happy. I



BFO Groups

Parents Night – 2nd Tuesday

March 12

April 9

May 14

June 11

Spousal-Partner – 2nd Thursday

March 14

April 11

May 9

June 13

Family Night – 3rd Tuesday

March 19

April 16

May 21

June 18

H.E.L.P. After Suicide- 4th Tuesday

March 26

April 23

May 28

June 25

Mourning Coffee @ 10:00 a.m.

March 26

April 23

May 28

June 25

BFO Groups are held

@ 993 Princess St, Unit 14

Kingston

think that this can be one of the misconceptions of grief (especially grieving a parent). Before my mom died, I just thought I'd be sad all the time. But from early on, there were many moments when I could laugh with my family or friends, especially when we were remembering my mom; what I felt was bittersweet, but there was sweetness at times, not just sorrow. After all I was mourning because I had loved her. And because she was my mother, I knew she would want me to thrive and be happy. I think this might be different if you had lost a spouse, and certainly for those who have lost a child. Losing a mother when you are an adult — even if you wanted her to live past 53 — is “natural” in the scheme of things; losing a child seems unnatural.

Q: Was there anything you found particularly helpful or comforting?

A: Writing was an anchor. The act of putting down on paper what had taken place was strangely solacing — even if it was an illusory kind of solace. It created a sense of order, and I needed that, as it seemed to me that the world was a very fragile place, and our position in it was precarious.

Q: Do you have any advice for someone mired in grief and who feels like things will never get better?

A: The most helpful thing anyone said to me was to be kind to myself. I found that after my mother died I kept feeling I should be doing a “better job” with all sorts of things. I felt I should already have gotten myself together — it had been three months! And so on. But grieving takes its own wayward path. So be patient and kind to yourself, if you can. And early on I realized I had to just take it one day at a time. I focused on getting through each day, and making sure that I spent free time only with the people who actually made me feel “good.”

<https://www.chatelaine.com/health/can-you-get-past-grief-and-be-happy-again/>

UPCOMING SEMINARS

**MARCH 27 DR. ROBERT NEIMEYER
– LOSS, GRIEF AND QUEST FOR MEANING**

Dr. Robert Neimeyer will discuss how individuals and families negotiate loss as they strive to manage emotional challenges of mourning and reconstruct a continuing bond with a loved one who is physically absent but psychologically present.

Wednesday, March 27, 2019 - 7:00-9:00 pm @ the Octave Theatre, École secondaire catholique Marie-Rivier, 711 Dalton Ave. Kingston



Tickets are \$10.00 per person and can be purchased @ <https://robertneimeyer.eventbrite.ca>

Robert A. Neimeyer, Ph.D. is one of the foremost authorities on grief and bereavement. He is a Professor of Psychology at the University of Memphis and on March 27th will be presenting; *Loss, Grief and Quest for Meaning*, discussing how individuals and families negotiate loss and manage the emotional challenges of mourning.



Sometimes
it's okay if the
only thing you
did today was
breathe.

goodlifequotes.com

We are Bereaved Families of Ontario – Kingston Region.

We provide programs, services and resources based on a mutual support model, to individuals, families, children, groups and communities. We are the Bereaved helping the Bereaved learn to live with grief. We can help the healing begin.

Grief changes your friendships.

For many, many people, it ends them.

Your loss intersects with often hidden or especially painful heartbreak in the people around you.

Your pain bumps up against their pain.

Even when your friends want to support you, we don't often have the skills --no matter how skilled we are-- to witness and withstand another's pain.

The injustice of these second losses makes grief itself that much more difficult.

Megan Devine
It's OK That You're Not OK
refugein grief.com

MAY 30 ANDREA WARNICK PUBLIC SEMINAR - KIDS GRIEVE TOO: SUPPORTING CHILDREN AND YOUTH GRIEVING A DEATH

The death of a significant person represents one of the most powerful disruptions in all aspects of a child's emotional existence. Yet few adults receive formal guidance on how to support children experiencing the dying or death of someone in their lives. This education session, which is designed for parents and anyone else who may be in the position to support a grieving child, will expose common myths and misconceptions about supporting grieving children and youth. It will also highlight resources and practical strategies that can be used in a variety of settings to help kids integrate the death into their lives in a healthy way. This workshop will include stories and important messages from children and their families that illustrate "best practice" guidelines for supporting the well-being of grieving children.

May 30th @ 7:00 p.m. Providence Care Hospital King St., West, Kingston
Tickets are \$10.00(+Fees, Taxes) and can be purchased at <https://bit.ly/2SNRszX>

MAY 31 ANDREA WARNICK TRAINING OPPORTUNITY FOR STAFF/VOLUNTEERS: SUPPORTING GRIEVING CHILDREN AND YOUTH

May 31st @ 9:00-4:00 – St. Lawrence College, 100 Portsmouth Avenue, Kingston
Tickets are \$20.00 (without lunch) and \$40.00 (with lunch) and can be purchased at <https://bit.ly/2C7utpS>

Speaker



Andrea Warnick is an educator, registered psychotherapist, nurse, and thanatologist. She specializes in ensuring that adults, children and youth have access to caring and informed support when experiencing the serious illness, dying, or death of someone close to them. She has learned through her 20 years of experience that such support goes a long way towards helping individuals of all ages integrate their grief in a way that allows them to thrive in life.



Social Media links

Canada Helps:
<https://www.canadahelps.org>

Search - Bereaved Families of Ontario
– Kingston Region

Facebook: @BFOKingston

If you would like to share your story or an article or poem you find moving or helpful, email or mail it to the BFO Office. Contributions other than your own must include the author and source. It is our hope that sharing will help all of us navigate our way through life with loss.

Contact Us

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Kingston ON K7L 1H3

SHOUT OUT TO OUR BFO BINGO VOLUNTEERS

WE APPRECIATE EVERY
KILOMETER YOU WALK AT
TREASURE CHEST BINGO.

THANK
YOU!



WHEN I'M GONE. {A LETTER}



*In honor of Alexa Rodheim Culter: -
<https://theelephantjournal.com>*

When I'm gone and the minutes turn into hours, and the hours turn into days, the heaviness inside your heart may seem too much to bear.

I know you will long to hear my voice sing the songs that I loved, see my face, sit beside me, tell me you love me, hear my laugh, or just have those simple conversations we once had.

I know that it probably hurts more than anything else ever has, and you feel like you just cannot go on.

I am sorry I had to go, but my body just couldn't do it anymore. There is nothing more that I wanted than to spend a lifetime with all of you. I fought with every ounce of my being because of the love we all share. What I want you to understand is that even though all of that physical stuff is gone from sight, our love will never cease to exist. The love that we share is what will carry you through. Our ties, our bond, and our love cannot be severed.

Love is the most powerful force on Earth and transcends all...even death.

Life will be different when I'm gone; you won't like it and you may want to fight it. You will want to scream out loud in agony, but when you pick yourself back up off the floor, like I expect you to, remember that love. Let that love emanate through your body. I am there, our love is there, I am just gone from sight.

You all are aware that I always had high expectations of myself and I have even higher expectations of you now that I am gone. When every cell in your being wants to give up and wallow because the sadness and pain are unbearable, I want you to take some time and allow yourself that, but then I need you to put two feet on the ground for me. When you cannot do it for yourself, do it for me. I no longer have that privilege.

You are going to want the world to stop turning, and you will want to holler at all of the people continuing their lives while you are stuck in this vast array of darkness, but when it is dark, I want you to wake up and watch the sun rise. Each day, when you feel like you cannot put one foot in front of the other, watch the sun slowly rise through the clouds and know that I am still there with you. When night falls and the sorrow rears its ugly head, go outside and look up at the stars and the moon and realize the intricacies of the universe and speak to me, I am there.

With the change of every season, think of me and find a way to honor my spirit. As the Spring showers start falling, the birds start singing, and the magnolia trees start blooming, take a moment to take it all in and appreciate the beauty. During the Summer, enjoy the warmth of the sun on your face, the flowers, the fresh cut grass, the insanely beautiful summer storms and rainbows. I will be in each of these things. As Fall begins to come around the corner...enjoy the crisp air, and as you watch the leaves fall from the trees, realize that this death will soon give



Grief is a mixture of heartache, fear and anxiety. To feel all of these is a normal response to life's hardest traumas. You're not going crazy, you're doing great. Keep fighting your way forward.

way to a rebirth to life. When the snow starts falling for the first time, go outside and let the snowflakes fall on your tongue, and enjoy each moment.

We are always connected, you just need to find a way to keep that connection...it may be through a ladybug, or a butterfly, or a song, or a beautiful sunset, or some crazy thing we did together, but it is there, and it will always be there. You now have the opportunity to expand your heart into something you didn't know existed; I have no doubt in your ability to do so.

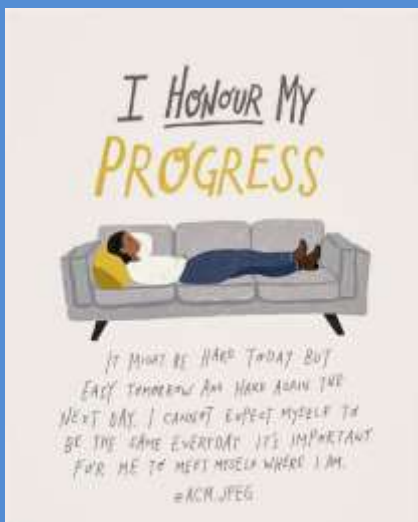
Most importantly, I need you all to live your lives with strength and love...two qualities that I showed as I lived my life. I need you all to live boldly, with passion and determination. I expect you to love with everything inside of your soul, unapologetically. Love is all we have to give of ourselves, and love is what is going to carry you through this unbearable pain. So when I am gone, love big, love fully with every piece of your heart, and don't leave anything ever left unsaid.

Speak my name often, tell my story, and teach everyone who comes into your path. Close your eyes and open your spirit and you will feel me beside you...guiding you every step of the way. You all gave me the best life a girl could ask for.

Author: Jill Kottmeier

Editor: Emily Bartran

Photo: [Han Cheng Yeh/Flickr](#)



IN MEMORY OF OUR LOVED ONES...

APRIL

George Ambury
Robert Bedwell Sr.
Arianna Bouchard
Nancy Cartwright
Cassandra Cooper
Tayler Farrow Costa
Lyle Christian
Emme Marie Faith Gwalchmai
Kailey Marie Hall
Bryan Halladay
Rodney Harten
Edward Heidrick
Julie Kane
Samuel Eugene Knapp
Robert Lacombe
Chantel Lauzon
Candi Dawn Lawrence
Allen Leduc
Kevin Lodge
Keith MacInnes
Alexander Reed McArthur
James Edward Lawrence Meikle
Royce Miller
Bev Montague
Michael Nair

MAY

Brandon Alexander Alarie
Gerry Banks
Cam Baxter
Jerry Beaubien
Debbie Chamberlain
Linda Clark
Susie Collier
Bernice Cossitt
Lou Duguay
Jerry Freaque
Christopher Garrett
Kimberley Hamilton
Gord Howden
John Huntley
Anthony Stuart Jones
Robert Keates
Geraerd "Jerry" Kelly
Nora Kerr
Gregory MacFarlane
Emma MacMullin
Jordon William Martin
Shawn Martin
Lisa G. Martin-Le-Saux
Richard Miller
James Thomas Joseph Poulin

JUNE

Shanon Amell
Marion Anderson
Kevin Armstrong
Scotty Babcock
Dan Belanger
Kate Bogle
Georges Bourgon
Matt Cahill
Francis Carney
Edward Chartrand
Crystal Cunningham
Carolyn DaCosta
Samuel (Sam) Earl
Isabel Gagne
Shawn Goodberry
Barbara Gorman
Cory Justin Greenless
Braden Halliwell
Todd Gary Harris
Shelley Hollis
Laura Frances Hurd
Hayley Marie Irwin
Charlie Jones
Mark Kennedy
Wade Killingbeck



Sharon Oliver
Linda F. Pacheco
Bobby Parish
John Raposo
David Read
Ewan Alexander Ritchie
Harold C. Rogers
Jerry Stapley
Linda VanCoughnett
Adam Shane White
James W. Wilson
Kay Wolstenholme

Sarah
Elise Stokes
Julie Strassburger
Donna M. Touchette
Eva M. VanAlstine
Orville Villeneuve
Tristan Webb
David Worton

Tage Kolind
Bernice Lord
Jill Malbut
Joey Manuel
Ian Maytum
Mervyn McConnell
Kayla Moore
Roland Moore
Ralph Murano
Scott Sheldon Nadon
Erin Palmateer
Joe Paolino
Audrey Olive Perry
Robert Philip
Colin Pierce
Mitchell Pollard
John Robert
Dorothy Schiegel
Ken Sweet
David Vienneau
Kristen Warner
Michael Watts

BEREAVED FAMILIES OF ONTARIO – KINGSTON REGION

BUTTERFLY RELEASE 2019

Butterfly purchase: # ____ @ \$25.00 each

Venue: Hospice Gardens, City Park Glenhaven Memorial Gardens
 Cash (please drop off at office) Cheque (enclosed) Email me with a reminder!

Signature: _____
Name: _____ Address: _____
City: _____ Postal Code: _____ Phone: _____



BFO – KINGSTON DONATION 2019

I want to contribute to programs for Bereaved Families of Ontario – Kingston Region.

- Please find enclosed my **cheque** for \$ _____ (receipts issued for donations over \$10)
- I will be making a donation online through CanadaHelps.ca *
- I will be making a **one-time** donation of \$ _____ through CanadaHelps.ca
- I would like to begin a **monthly** contribute of \$ _____ through CanadaHelps.ca

<https://www.canadahelps.org/en/charities/bereaved-families-of-ontario-kingston-region/>

Tax receipts will be issued for donations – Our charitable registration number is 86521 1718 RR0001



If you would prefer to receive this newsletter by mail/email, or if you wish to have your name removed from our mailing list, please contact us:

613-634-1230

bfo@kingston.net