



BONewsletter

Upcoming Events

Bereavement Ontario Network's 13th Annual Conference

Living After Death

September 17, 18, & 19, 2003

Geneva Park Conference Centre, Orillia, Ontario

Please mark your calendar for this conference.

If you are not on our mailing list, please call (905) 639-2344

or e-mail:

bonet@idirect.com

(For more information please see page 3)

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Life Appreciation

We convince ourselves that life will be better after we get married, have a baby, then another. Then we are frustrated that the kids aren't old enough and we'll be more content when they are. After that we're frustrated that we have teenagers to deal with. We think our life will be complete when our spouse gets it together, when we get a nice car, when we are able to go on a vacation, when we retire. The truth is there's no better time to be happy than right now. If not now, when? Life will always be filled with challenges.



Alfred D. Souza said, *"For a long time it had seemed to me that life was about to begin – real life. But there was always some obstacle in the way, something to be gotten through first, some unfinished business, time still to be served, a debt to be paid. Then life would begin. At last it dawned on me that these obstacles were my life."*

There is no way to happiness—happiness is the way. Treasure every moment you have. And, treasure it more because you share it with someone special, special enough to spend your time with...and remember that time waits for no one...

So, stop waiting until you finish school, until you go back to school, until you lose ten pounds, until you gain ten pounds, until you have kids, until your kids leave home, until you start work, until you retire, until you get married, until you get divorced, until Friday night, until Sunday morning, until you get a new car or home, until your car or home is paid off, until spring, until summer, until fall, until winter, until the first or fifteenth, until your song comes on, until your ship comes in, until you die to decide that there is no better time than right now to be happy... Happiness is a journey, not a destination.

*"Work like you don't need the money,
Love like you've never been hurt,
And dance like no one's watching."*

Bill Bates, the founder and director of Life Appreciation Training Seminars, Inc. trains funeral directors and related professions on how to assist the bereaved to appreciate: the life of the deceased, their own lives, and life in general through the funeral process. Richard Paul is currently becoming trained to lead Life Appreciation Training seminars. For more information contact Bill Bates at 800-877-8905, www.lifeappreciation.com or Richard at 705-724-2024, richard.paul@sympatico.ca

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Vacant

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To contact your regional representative please refer to the  
BON Directory or call the BON office at  
905-639-2344.

We greatly appreciate the support of our readers in locating  
new regional representatives. Would you be interested in joining  
us?

## BEREAVEMENT ONTARIO NETWORK

### *Mission Statement*

*Bereavement Ontario Network is a network  
of individuals, groups, and organizations  
which, through the exchange of ideas,  
resources, and energy, is dedicated to  
helping the bereaved and the dying.*

Bereavement Ontario Network (BON) is a diverse group of  
organizations and individuals across Ontario that work in the  
field of grief and bereavement as professionals and volunteers.

BON provides opportunities to access, in a reciprocal manner,  
the knowledge, experience, wisdom, and sensitivity of other  
members in Ontario. You can use BON to access this support  
for your clients and yourself.

Membership in the Bereavement Ontario Network is open to  
individuals, volunteer organizations, small business, and  
corporations. If your work brings you in contact with bereaved  
individuals, BON can help you to help them.

BON offers an annual conference, a directory of members,  
this newsletter, an interactive website, and the services of  
volunteer regional representatives. These representatives are  
available to answer questions and to refer you to available  
resources within your region.

### About the BONewsletter

The BONewsletter belongs to you! We encourage your  
contributions by submitting articles, book reviews, and  
audiovisual reviews. Let us know about news in your region,  
any upcoming events, as well as your comments and  
suggestions. Tell us about a great website that we can  
share with everyone in the BON "Network" across Ontario.

We accept previously published articles that are  
accompanied by written permission to reprint.

The BONewsletter committee reserves the right to edit all  
contributions for clarity, punctuation, spelling, grammar, and  
syntax.

Please send your submissions as a typed copy to:  
BON  
5014 New Street, Suite 414  
Burlington, ON L7L 6E8

If your submission is 2 pages or less you may e-mail it to:  
[bonet@idirect.com](mailto:bonet@idirect.com)

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*Your Newsletter Committee:*  
Editor: Ellie Deveau  
Layout: Laurie Mitchell  
Distribution: Mary Jane Ritchie

# Bereavement Ontario Network's 13<sup>th</sup> Annual Conference

## *Living After Death*

September 17, 18, & 19, 2003  
Geneva Park Conference Centre,  
Orillia, Ontario

### Plenary Speakers Include



John K. Saynor  
Darcy Nichols  
Tom Harpur  
Kelly Walker

### Workshop Topics

Communicating Through Puppetry  
Basic and Advanced Theories of Grief  
Movies that Move Us, The Sequel!  
The Balancing Act

Post Trauma Group Diffusing/Debriefing Techniques  
Thriving after entering a Witness Protection Program  
Surviving the Death of an Adult Child  
The Before, During and After of Mourning  
Loving and Losing your Pet  
Writing for Release  
Neonatal Loss



Please mark your calendar for this conference.  
If you are not on our mailing list, please call (905) 639-2344  
or e-mail: [bonet@idirect.com](mailto:bonet@idirect.com)

# Book Reviews

## Lotus in the Fire, the Healing Power of Zen

On the last Monday morning in August of 1995, I received a phone call from Ian, a friend and the practice leader of the Toronto Zen Centre. Ian said, “Jim is in St. Mike’s hospital and *has to* see you.” As it turned out, Jim’s need was two-fold: one, to say a possible final farewell to a friend and spiritual brother, and two—since my day job involves operations management of cemeteries and crematoria—to discuss some details of ‘final arrangements.’

Jim’s brothers warned me, “Don’t hug him! He’ll bruise!” After a few minutes, his brothers headed down to the cafeteria. Jim immediately stood up and motioned for an embrace. “Acute Myeloid Leukemia” he explained. “And it’s already very advanced and aggressive; they pretty much have to kill me to attempt to save me.” Jim said something to the effect of “we can’t control what happens to us, but we can control how we respond to it.”

Jim’s story is not an easy one to read, but in its very challenge and difficulty lies its deep value and meaning. This story may challenge much of our own assumptive world at some levels. But if we work in the midst of death, dying and bereavement, shouldn’t we be willing to allow our assumptive worlds to be turned upside down now and then? After all, those persons we relate to have often had their assumptive worlds virtually crushed.

One of the fathers of Western Zen Buddhism, Roshi Philip Kapleau, says the following with regard to Jim’s book. “Bedard courageously reveals a journey into the deepest terrors of grave illness, awesome pain, and imminent death. When he emerges it is with a treasure that enriches us all. What his ordeal makes clear is that determined spiritual practice can free us from

illness. Not that it makes illness go away; rather, it brings us to a place of such dignity, faith, strength, and humility that we find ourselves already free. This is a brave, wise, and inspiring book that I recommend to all.”

Jim is still very much with us. Besides holding down a full-time job, he gives talks, readings and workshops, while guiding meditation practitioners through The Dharma Fellowship of Peterborough. Sometimes people criticize the subtitle of Jim’s book, *the healing power of Zen*, thinking that the words imply that meditative practice ensures survival. But if the deepest meaning of healing entails survival, then we are all in serious trouble—are we not all *terminal*?

We sometimes find people coming to meditation to *cure grief*, to get past it. What they are really looking for is a short cut or a quick fix to avoid feeling the pain of loss that lies just under the surface. A genuine meditative practice will eventually lead us right into the heart of grief, where we come face to face with two of the fundamental teachings of *suffering* and *impermanence*. But there is a way through and beyond, if we stay with it and allow ourselves to experience it directly.

There is a large wooden block (*Han*) hanging outside of every meditation hall (*zendo*) in Zen centres and monasteries around the world, upon which are inscribed words like this:

Great is the matter of birth and death.  
Life slips quickly by.  
Time waits for no one.  
Wake up! Wake up!  
Don’t waste a moment.

Death and grief are two messengers who call upon us to *Wake up!*

**Jim Bedard**

## The Lovely Bones

When I first heard about the book, *The Lovely Bones*, by Alice Sebold I was told “if you read one book this summer, it should be this one.” The narrator of *The Lovely Bones* is 14-year-old Susie Salmon. The catch is that she is dead and she is telling her story from Heaven. Although the reader learns that there are other Heavens, and perhaps higher Heavens, Susie’s Heaven is one in which she is comfortable. It is from there that, in a matter-of-fact manner, Susie recounts her story of how she was raped and brutally murdered by her neighbour, Mr. Harvey.

Looking down from her Heaven, Susie watches over her grief-stricken family much like a guardian angel. Through her eyes we see how her mother, her father, her sister, her brother, and her grandmother each try to come to terms with their loss and how their lives have changed as they struggle to continue on.

As Susie leads us through the years after her death, we see that most of her school friends are the first to move on. We see her family begin to heal and we begin to feel better about Susie. She leads us from the dark period of her death to a lighter period where things begin to turn around, not only for Susie’s family but for Susie as well. As her family moves on, she too is ready to move on.

*The Lovely Bones* is a most interesting book. Susie’s Heaven is an acceptable, comfortable place. In fact, the entire novel as fiction, with one exception, is acceptable. What is more than acceptable, in fact, what is completely believable, is the loss, the pain, the grief and the healing experienced by Susie’s family.

**Noreen Stapley, Welland, Ontario**



# News From Across The Regions

## L1 Regional Report

This is my first submission and I look forward to hearing more from the region in the coming months.

From Hospice Orillia comes good news of a new Resource Directory listing all available bereavement resources in Orillia and the surrounding area. We have partnered with Information Orillia, a central database, to keep the information updated on their system. This is a user-friendly directory that has been distributed to all churches, pharmacies, funeral homes, health agencies, and the local hospital. Thank you to BON for its kind support of this effort.

Hospice Simcoe has started up a second Circle of Friends Group serving South Simcoe in offering support to those living with a life-threatening illness. The Teen Buddy Program just graduated its second class of teens supporting teens and we are gearing up for our spring volunteer training program that we offer with a local hospital and nursing home.

As you may be aware there will be no further King's College Conferences on Death, Dying, and Bereavement in London, Ontario. A new and similar conference will be held in La Crosse, Wisconsin this year. Registration is in keeping with King's College Conference rates, but we are challenged with the cost of travelling to Wisconsin to attend from May 25 to 28, 2003. If you would like more information, please contact me and we can coordinate a car pool. It is such a wonderful opportunity to network and learn from experts in grief work from around the globe.

Your accomplishments, dreams and wonders are welcomed. Please e-mail them to me at [hospisimkathi@bellnet.ca](mailto:hospisimkathi@bellnet.ca) or call (705)722-5995.

***Cheers, Kathi Kelly,  
L1 Regional Rep.***

## L3 Regional Report

The Bereavement Resource Council of Niagara will host the 13<sup>th</sup> Annual Bereavement Caregiver Seminar on Friday, May 9<sup>th</sup>, 2003 from 8:30am to 4:00pm, at Quality Hotel Parkway Convention Centre, 327 Ontario St., St. Catharines. The all day seminar costs \$75.00. For further information contact Emily Vaughan at 905-680-6400.

I extend a special thank you to all the congratulations that have been extended

to myself, for garnering a national nomination to the 2002 Award of Excellence in Hospital Palliative Care Association. My fellow nominees were Dr. Mike Harlos from Manitoba and the winner Dr. Jose Pereira was from Alberta.

In January, the documentary, "How Can We Love You?" was presented by Hospice Niagara followed by a panel discussion.

I look forward to connecting with all BON members in the L3 region. Please contact me about upcoming events and local happenings at 905-732-6111 ext. 3481 or 905-732-3969.

***Nancy Riou,  
L3 Regional Rep.***

## N1 Regional Report

A meeting for BON members from Region N1 will be held on Wednesday, May 7, 2003 from 7 pm to 9 pm at McKinlay Funeral Home, 459 St. Claire Street, Chatham. I look forward to meeting many BON members from Region N1 at this meeting.

The Rev. Connie Latam, BON member and grief counsellor, will be conducting an eight-week "Grief Recovery Workshop" in Wheatley. The sessions will be held weekly, with a tentative date to start on April 29<sup>th</sup>. This program is based on the John James & Russell Friedman model. For further information, contact Connie at (519) 825-3569.

Congratulations to Brian Parent, BON member and owner of "Families First Funeral Home" in Windsor, for the hugely successful Alan Wolfelt seminar. There were in excess of 700 participants. Brian reports he will be sponsoring another Alan Wolfelt seminar in the fall of 2004. Brian can be reached at (519) 969-5841.

Congratulations to Victim Services of Windsor & Essex County for achieving accreditation with The Association of Traumatic Stress Specialists. Victim Services is accepting applications for the fall 2003 crisis training program. This is a 40-hour basic crisis program. For further information, contact Victim Services at (519) 723-27811.

The Walpole Island Community Health Centre is sponsoring an "Honouring Women for Mother's Day" ceremony on Saturday morning, May 10<sup>th</sup>, at the Heritage Centre. On Saturday morning, June 14<sup>th</sup>, there will be a ceremony for Father's Day, also at the Heritage Centre. These events are non-

denominational and open to all people. On February 20<sup>th</sup>, the CHC held a "Create a Memory" workshop, in which participants made a memory book as part of grief work. The CHC annually holds a "Christmas Memory Tree" in the Walpole Island mall. For more information, call the CHC at (519) 627-0765.

The Bereavement Resource Council of Elgin holds monthly adult grief support groups on the last Thursday of every month at 7:30 pm, and a baby loss grief support group, on the last Wednesday of each month at 7:30 pm. Both groups are open to the public on a drop-in basis and are held at Metcalfe Gardens in St. Thomas. Closed support groups are held throughout Elgin County as required. Participants must pre-register and these groups are not available to the public on a drop-in basis. Teen and children's grief support groups are held on an as needed basis. BRCE will be conducting a facilitator training program in St. Thomas in the fall of 2003. Contact BRCE at (519) 633-2149 or 1-800-463-1810 or [www.elgin.net/brce](http://www.elgin.net/brce) or [brce@execulink.com](mailto:brce@execulink.com).

Congratulations to Katherine Scimmi, General Manager, McKenzie & Blundy Funeral Home, Sarnia on receiving her certification with Grief and Death Studies, Centre for Loss and Colorado State University.

***Mary Frances O'Hagan,  
N1 Regional Rep.***

## N2 Regional Report

In addition to a number of on-going bereavement services provided by local funeral homes and community agencies within the N2 region, here are a few 'tidbits' from our members.

A "Parenting Through Grief" workshop was held in Waterloo on February 22nd, for parents who are grieving and parenting grieving children. This full day interactive workshop included a panel discussion and covered topics such as The Grief Process, Developmental Stages, Life Transitions, and Self-Care. The workshop was facilitated by Dena Moitoso from People Needing People in Waterloo and Nancy Gingerich from Hospice of Waterloo Region. It was provided at no charge to the 35 parents who attended the workshop. It was sponsored and hosted by Waterloo Mennonite Brethren Church. This

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### *Continued from page 5*

workshop was initiated to kick-off an open, on-going parent support group meeting at Waterloo Mennonite Brethren Church on a monthly basis.

"How Can We Love You?" was shown at Emmanuel United Church in Waterloo, on February 25th, courtesy of BON and Marilyn Hollinger from the Life after Loss Centre.

A wonderful inter-generational game, specifically designed for use with children to assist them in processing their grief, was developed locally by Lorraine Weber. 'Commkey' is available by contacting Lorraine at [lweber@golden.net](mailto:lweber@golden.net).

Hospice of Waterloo Region will again hold their summer day camp for children affected by a terminal illness or bereavement. Anyone aware of children who might benefit from a week of fun and connection with other kids in similar situations is invited to share this information. The camp takes place from August 11 to 15, 2003 at Kiwanis Park in Waterloo and is provided at no cost to families. For further information or to register please call Nancy Gingerich at (519) 743-4114.

On a more personal note, Darcy Nichols is back again in the working world after taking some time off to welcome a new family member. Congratulations to Bruce and Darcy on their wonderful new daughter, Lauren!

***Nancy Gingerich,  
N2 Regional Rep.***

### **N3 Regional Report**

Greetings from N3, close to the shores of beautiful Lake Huron! As area rep., I am new to the area but certainly not new to BON. As such, I would like all recipients of this newsletter in the N3 area to please drop me a line, say hello, and tell me what is going on so I can help spread it around. My email is [d.b.brown@hurontel.on.ca](mailto:d.b.brown@hurontel.on.ca)

One activity in our area is the "Victim Services Bruce Gray and Owen Sound". It is a program of crisis assistance provided by specially trained volunteers on call to all emergency service providers in Bruce and Gray Counties. It is a front line service that offers practical and emotional support to victims, but also provides assistance in securing longer term support. It was started in 1987 by the police in Owen Sound, as a special project sponsored by the Ministry of the Solicitor General. It has expanded to all of Gray County and, this past year, into Bruce County. Although Victim Services deals

with a wide variety of events and situations, many newly bereaved people, whether victims of car crashes, fire, or simply awakening to find their partner of many years has died beside them, have benefited from this immediate, on-site service. Your area might have a similar service. If you are unfamiliar with it, you might like to enquire and make sure your networking linkages are in place. For more information about the Victim Services Bruce Gray Owen Sound, with offices now in Owen Sound, Warton and Walkerton, please call 1-888-577-3111.

***Doug Brown,  
N3 Regional Rep.***

### **P1 Regional Report**

At **Near North Palliative Care Network, in North Bay**, we are meeting with the wonderful committee comprised of representatives from A. M. Paul Funeral Home, Hillside Funeral Service, Martyn Funeral Home, McGuinty Funeral Home, N/PS Catholic District School Board and Near North District School Board to plan our annual "Living with Loss" seminar. The spirit of collaboration and cooperation is evident with each person taking an active role with tasks assigned and completed between meetings. We also count on the continued sponsorship from T. L. Smith Funeral Home in Mattawa.

This year's seminar will be, **Caring for Self While Caring for Others, with Darcy Nichols, BSc., R.N., M.Ed., as facilitator**. It will be held on Thursday, Oct 23<sup>rd</sup> OR Friday, Oct. 24<sup>th</sup> 2003. Registration is \$25.00 for the day long seminar located at the Voyager Hotel, in North Bay.

The 8<sup>th</sup> Annual Regional Hospice Conference will be held in Bracebridge on May 10<sup>th</sup>, 2003 with guest speaker, Janet Napper, Executive Director, Hospice Association of Ontario.

We are pleased to advise everyone that negotiations are in full swing to bring the wonderful documentary, "How Can We Love You" to students and faculty of Canadore College and Nipissing University in North Bay. We have had a showing for the satellite Team of Near North Palliative Care Network in Sturgeon Falls and have scheduled showings in North Bay and Mattawa for hospice palliative care volunteers.

That's all for now folks. Hope to see you in October at Geneva Park.

***Joan Burnett,  
P1 Regional Rep.***

## Where is That Wascally Website?

[www.BereavementOntarioNetwork.ca](http://www.BereavementOntarioNetwork.ca) is the site that Bereavement Ontario Network has staked out as its little spot on the World Wide Web (WWW). It has had enthusiastic support from the Board and some members for its inception, but now it's up and we need your input!

Last week I received an inquiry from a person running a bereavement related agency in New Zealand through our website, so it is getting some attention.

If you believe in BON, check out the BON website today. We need your suggestions for improving our presence on the WWW. BON members give us your input, your constructive criticism, and your support! We can do a lot more to make your website a more valuable tool for you.

One of the Web Pages we have been stone-walled on is The Forum. The BON board requested that the website have an interactive capacity that 1) allowed the public to ask questions and see responses related to bereavement and 2) would give BON members access a private bulletin board/chat room where general requests, announcements, discussions, etc. could be accessed with a password. Unfortunately, every provider of this type of service wants payment through a credit card. BON, as a non-profit organization, has had trouble finding a credit card company that will grant it a credit card. If you have any suggestions on this particular issue, or anything related to the BON website, please contact Richard Paul at [richard.paul@sympatico.ca](mailto:richard.paul@sympatico.ca) or Grant Churcher at [churcher@vianet.ca](mailto:churcher@vianet.ca).

# Twelve Pieces of Paper

The next time you facilitate a group, consider using this exercise. You will find it to be very powerful...

Hand out bundles of 12 small pieces of paper to each participant.

Instruct participants to do the following:

1. On 3 of the pieces of paper, write the name of three people who are most important to you.
2. On the next 3 pieces, write 3 things you value or treasure the most.
3. On the next 3, write 3 activities, interests, or hobbies you most enjoy.
4. On the last 3, write the 3 traits or things about yourself that you are most proud of.
5. Place the 12 pieces of paper on front of you, face up.
6. Tell the participants: Imagine that you have not been feeling well for a while and must make some lifestyle adjustments. Select 3 pieces of paper and tear them up.
7. You have finally visited the doctor and have some test results back, it is not good news. Select 3 more pieces of paper and tear them up.
8. Time marches on and seems to be leaving you behind....or you may feel that time is speeding up and it won't let you off. You feel that you have lost control of the situation and are now losing control of your life. Select another 3 pieces of paper and tear them up.
9. Things are not getting any better, they say there's nothing they can do for you. Select 1 paper and tear it up.
10. You are becoming dependent on others to care for you and to help you with the activities of daily living. Turn your last 2 papers over so that they are face down.
11. Go around to each participant and randomly take away one of the last 2 papers he or she has left.
12. Take your last paper, look at it and then tear it up, you have died.

## REFLECTIONS AND DISCUSSION:

- How many people had a person as their last piece of paper?
- What is more important—things or people?
- What was the most difficult part of the exercise for you?
- What did you give up first—things or activities?
- What about your favourite things about yourself—how long did you try to hang on to them?



# Daily Survival Kit

This is a program idea and a discussion starter for bereavement groups that I have found very helpful. Since so many people are interested in the TV show "Survivor", I compare each of them to survivors. This is their mini-practical survival kit.

Gather these items that are needed for the Daily Survival Kit and arrange them on a tray for everyone to view:

Toothpick  
Rubber Band  
Band Aid  
Pencil  
Eraser  
Chewing gum  
Mint  
Candy kiss  
Tea bag

Why these items?

- Toothpick: to remind you to pick out the good qualities in others.
- Rubber band: to remind you to be flexible, things might not always go the way you want, but things will work out.
- Band aid: to remind you to heal hurt feelings, yours or someone else's.
- Pencil: to remind you to list your blessings everyday.
- Eraser: to remind you that everyone makes mistakes and it's okay.
- Chewing Gum: to remind you to stick with it and you can accomplish anything.
- Mint: to remind you that you are worth a mint.
- Candy kiss: to remind you that everyone needs a kiss or a hug everyday.
- Tea Bag: to remind you to relax daily and go over that list of blessings.

*Have fun and laugh!  
Marilyn Hollinger*

**BON Members...**



*Save a tree ...  
Communicate  
electronically*

*E-mail: [bonet@idirect.com](mailto:bonet@idirect.com)*

# Imagine All The People

*“Adopting an attitude of universal responsibility is essentially a personal matter. The real test of compassion is not what we say in abstract discussions but how we conduct ourselves in daily life.”*

His Holiness the Dalai Lama, “Imagine All the People”

The title of both the Dalai Lama’s book and this article is taken from the John Lennon song, “Imagine.” John Lennon’s song describes a utopia where there’s “...no need for greed or hunger, a fellowship of man” (you may read humanity for man, I am sure John Lennon would make it more inclusive if he were alive and writing that song today instead of 33 years ago).

A balanced, holistic view of life, and compassion for all beings, are, in my view, essential characteristics of every person living in a utopia. In my article, “The Law Of The Instrument” in the Spring, 2001 BONewsletter, I defined grief awareness as an essential component of a balanced, holistic, compassionate way of life. And what better way to advance grief awareness in our society than through the education system?

A small group of educators, funeral directors and other professionals have been working for over two years on developing a Loss & Grief Curriculum under the auspices of the Ontario Funeral Service Association (OFSA). The funeral directors are members of the OFSA and have become convinced that raising grief awareness and grief competency among the students in Ontario today will lead to a

more compassionate and emotionally balanced society tomorrow.

The purpose of the Change, Loss & Grief Curriculum Project is three fold: 1) expand knowledge; 2) enlighten attitudes; and 3) enhance skills related to personal loss and supporting others in their grief. Boards of Education (both Separate and Public) from five regions of Ontario have been enlisted to assist in the development of the curriculum and to provide schools to pilot test the Curriculum. Those regions are Nipissing/Parry Sound (JK, SK & 1), Niagara (Gr. 2 – Gr. 6), Toronto (Gr. 6 – Gr. 8), Lambton-Kent (Gr. 9 – Gr. 12), and Eastern Ontario.

***“Adopting an attitude of universal responsibility is essentially a personal matter. The real test of compassion is not what we say in abstract discussions but how we conduct ourselves in daily life.”***

Bereavement Ontario Network (BON) has a real presence on the steering committee for this project. Mr. Milton Orris is the project facilitator, Dr. John Morgan has been commissioned to write the introduction and coordinate the development of the curriculum and I have just been appointed Chair of the OFSA Steering Committee. In addition, Susan McCoy (BON’s Chair), Marny Atkinson, John Saynor, Yves Berthiaume, Leah Ferron and MaryLou Rainville are all BON members who sit on the Steering Committee. Across the Atlantic Ocean, The Candle Project, a children’s bereavement project based at St.

Christopher’s Hospice in South London, England visits schools as part of its outreach program. “It is part of the school’s pastoral care to educate that sad things happen and how to behave in response to those sad things happening,” says Frances Kraus of The Candle Project. “We need to start re-equipping people with the expertise and confidence to talk about death and dying,” says Gill Frances of England’s National Children’s Bureau. “Children are affected by death and have an entitlement to bereavement. We need to get this issue into the national consciousness and offer something specific to children in terms of support. There should be proper services that are properly funded and coordinated and bereavement should be in the school curriculum.”

As The Candle Project and the National Children’s Bureau work to advance grief awareness in England, OFSA is proceeding to develop a “Made in Ontario” curriculum for the same purpose here in Canada. All over the world there is a proactive movement to raise grief awareness and grief competency through schools. The global village will only benefit from children developing a balanced, holistic, compassionate way of life. Imagine all the people, living life in peace.

***Richard Paul,  
is Past Chair of BON and the funeral  
director/owner of  
Paul Funeral Home in  
Powassan, Ontario***



## Great News to All Members of BON!



Two Canadian companies that have an extensive range of books, videos, and other bereavement and trauma resources are offering a 10% discount on all purchases made by BON members. The companies: Canuckcare and Roberts Press offer more than 1000 resources and have agreements with most major publishers and producers. They have very competitive pricing together with a high level of personal service. The business owners, Christine DerNederlaanden of Roberts Press and Kent Laidlaw of Canuckcare have extensive backgrounds in the bereavement and trauma fields. AND, they are both active members of BON. They collaborate in the development of resource libraries for care providing organizations. Purchases can be made through the internet, telephone, or by fax. Contact these companies via their web sites, [www.canuckcare.com](http://www.canuckcare.com) and [www.robertspress.ca](http://www.robertspress.ca).