



BONewsletter

THE BEREAVEMENT ONTARIO NETWORK 12TH ANNUAL MEETING AND CONFERENCE

EXPANDING GRIEF AWARENESS PERSONAL, PROFESSIONAL, NATIONAL, UNIVERSAL

OCTOBER 2, 3, AND 4, 2002

This conference celebrates 12 years of the Bereavement Ontario Network! Geneva Park, Orillia, surrounded by forest and almost completely surrounded by Lake Couchiching, provides a peaceful, relaxing and welcoming setting for our Annual Conference. Immersed in Muskoka's full autumn glory you cannot help but connect with nature and all its splendours—a beautiful lake, glorious trees, and quiet surroundings. You will find yourself surrounded by an environment that offers you the opportunity to reflect, regenerate, and revitalize. For those who come, the serene and comfortable surroundings promote a welcoming familiarity,



even for those who have come for the first time.

The BON Annual Conference brings together people from a wide variety of vocations and backgrounds who are in contact with bereaved individuals. The opportunity to network with others and to participate in workshops in a unique setting has participants returning year after year. Please pass this newsletter on to someone

you think will consider attending this year. We hope you will take the opportunity to make this year's BON conference—make it a gift you give to yourself and to your clients!

About our Keynote Speakers:

- **Laura Sky**, filmmaker, will open our conference with *How Can We Love You?* a compelling documentary that explores issues faced by women living with a life threatening illness, the meaning of life and hope, death and dying, and the concerns of those who love and care for them.
- **Dr. John Morgan**, international speaker and founder and coordinator of the King's College Centre for Education about Death and Bereavement will discuss insights from 35 years of death education.
- **Dr. Michèle Chaban**, social worker and clinical thanatologist, will explore the nature of consciousness as someone is dying and will offer evidence that the subjective experience of dying provides us with a great deal of clinical insight during the dying process and in bereavement.
- **Bob Koehler**, motivational speaker, through his humour and empathy, will teach us how to take control of our lives and rediscover the joy in accepting challenges and taking risks.



Conference Workshops Include:

- Communicating Through Puppetry
- Death in the Critical Care Unit
- Victim Services: A Stepping Stone to Healing
- Trauma—The Terror, the Turmoil, the Transformation
- The Human Side of Caring
- Honouring Death
- Suicide Prevention: Tools for Survival
- Supporting Families in Transition
- Critical Event Response Teams
- Foundations of Bereavement
- Chaplaincy the Challenge
- The Many Faces of Loss and Grief: Marfan Syndrome
- Movies that Move Us
- Homelessness: The Losses and the Grief

Join us as we...

Take a walking historical tour of Geneva Park.
Use the Labyrinth as a walking meditation.

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Vacant

P1: Cochrane/Nipissing/Muskoka/
Parry Sound/Timiskaming
Joan Burnett

P2: Algoma/Manitoulin/Sudbury
vacant

P3: Kenora/Rainy River/Thunder Bay
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)

The BONewsletter is published three times each year.

Deadlines for submissions:

Winter/Spring: February 1

Summer/Fall: June 1

Post Conference: November 1

*Your Newsletter Committee:*

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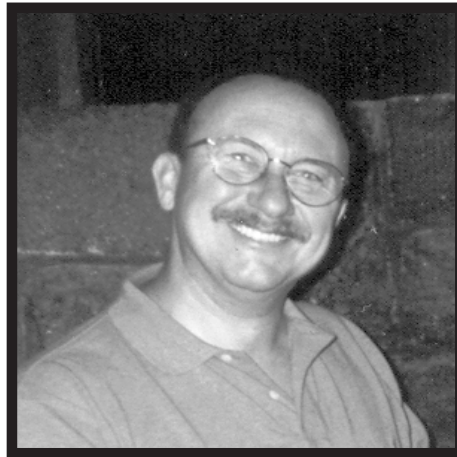
# The Business Of “Not Being Dead”

On the CBC Radio One program, This Morning, they occasionally run a segment called “This Is Art.” This eclectic radio column run by a guy named, who else but Art, explores all types of music from around the world and across time. During one episode Art played a recording of an African Funeral Song that could only be described as upbeat, even joyful. He pointed out the spontaneous laughter, which peppered the performance of the young women singing the chants. His next observation made me laugh out loud as I was driving along. He said, “And why not? Really everyone’s job at the funeral is to get on with the business of ‘not being dead’.”

Poems and prose like the one, which begins, “Do not stand at my grave and weep. I am not there I do not sleep,” or Miss Me But Let Me Go which says, “I want no rites in a gloom-filled room. Why cry for a soul set free?” irritate me to no end because they are so centered around “the dead guy.” Sure the person who died is free, free, free. But, these poems completely disregard or disenfranchise the survivor’s need to grieve and the healing power of the grieving process, especially crying.

This is the concern I have for people who want to feel life’s joy and life’s bliss, but do not want to grieve, to feel life’s pain and life’s sorrow, as Kahlil Gibran described in the Prophet. He suggested that these people would enter into “a seasonless world, where you will laugh, but not all of your laughter and you will weep, but not all of your tears.” I experienced this “seasonless world” for five years after my father’s death in 1980. It was really only through learning about grief ostensibly when helping others that I started doing my own grief work and eventually shook off the seasonless world of not grieving.

We often see this limited, unbalanced view of life in modern memorial services, which only “celebrate the life” and do not acknowledge the loss, the pain, and the grief. In some ways memorial services are no different than the offensive funerals they seek to replace. You know the funerals, the ones that never mention the name of the deceased, but only dwell on religion. The difference is that the “religion” of the modern memorial service is “life without pain, without grief.”



Our awareness of death and grief is what gives life its immediacy, its preciousness, its joys, and its sorrows. The effort of cutting off the lows in life also paradoxically cuts off the peak experiences as well. I often say, “think of a Sine Wave, if you were to shrink the valleys you would end up shrinking the peaks in equal portion.” This is the experience I had, and this compels me to promote grief awareness, so that others may make more informed decisions and have a more conscious grief experience.

The book, The Celestine Prophecy, was read widely, but is often panned as not being first-rate literature and as simply being a re-write of Buddhism.

However, I still found gems of inspiration in the ideas it offered. Without the intention of “giving away the ending” the book offers a parable for the purpose of spiritual growth on earth and, perhaps as a metaphor, describes the result of spiritual evolution for the individual in that the being becomes more animated, more alive, than we normally are.

To me, this is the purpose of integrating Grief Awareness into the common conscious mind of our society – to balance human life and to advance spiritual growth. I have played with the concept of the Tetley Tea Bag as an allegory for what I am talking about. Do you remember those commercials? The cartoon Tetley tea bag character has arrows waving through the “flow through Tetley tea bag” to make the perfect tea. I offer for your consideration the concept that the human being who develops and uses grief awareness does not become emotionally and spiritually blocked up from unrieved life losses. Their being evolves into a “flow through spiritual tea bag,” fully experiencing life’s pain, sorrow, peace, and pleasure. From this perspective, I believe grief awareness is essential to spiritual growth.

Bereavement Ontario Network (BON) is the figurative meeting ground for people from all walks of life who value Grief Awareness. Our annual conference at Geneva Park is the literal meeting ground for all of us who are Expanding Grief Awareness on the path to personal spiritual growth. Make it a point to be there October 2, 3 and 4 to enhance your grief awareness and celebrate your appreciation of life. Together we will embrace the joyous business of not being dead.

**Richard J. Paul, Chair**

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***In the beginner’s mind there are many possibilities,  
In the expert’s mind there are few.***

***Shunryu Suzuki, Zen Mind, Beginner’s Mind***

# Living with Cancer...The Gilda's Club Program

**Living with cancer? Come as you are.** This is an important philosophical belief at Gilda's Club Greater Toronto, a free, not for profit community that provides a place where **men, women, children and teens touched by any kind of cancer, along with their families and friends, can join with others to build social and emotional support as an adjunct to their treatment of choice.** Membership is for anyone who has been touched by cancer. Our philosophy is based on the belief that when cancer happens it happens to the whole family and support network. No one should have to face cancer alone. Gilda's Club is named in honour of the late comedian Gilda Radner, who in describing the support she received in her own life, called for such places to be made available to all people living with cancer.

At Gilda's Club the member is the expert and they access the program in a way that works uniquely for them. Each member works collaboratively with a program staff member to structure a personal plan for social and emotional support at Gilda's Club, using those parts of the program that

best serve the individual's needs and interests. Essentially, Gilda's Club provides a meeting place and the members create community.

Support and networking groups offer the opportunity to join with others in similar situations to share knowledge and experience. Lectures and workshops provide opportunities for acquiring new skills, tools, information and techniques to learn how to live with cancer. Social events are a time for the community to come together for fun, laughs and food!

Membership is free and it's easy. Those interested can simply call and sign up for a New Member Meeting where you will learn more about Gilda's Club, meet community members and staff and tour the clubhouse. If you would like someone to speak to your team or to schedule a group tour of the clubhouse please call 416-214-9898 ext. 505.

If you would like to see our calendar you can go to [www.gildasclubtoronto.org](http://www.gildasclubtoronto.org) or call 416-214-9898 to be put on our monthly mailing list.

## The Gilda's Club Program...

### Support Groups

- for those currently living with diagnosis
- for family and friends
- for new perspectives on bereavement

### Networking Groups

- Men's Networking
- Breast Cancer
- Teen
- Understanding Loss
- Parents

### Workshops

- Tai Chi, Yoga
- Art, origami
- Improvisation
- Healthy cooking
- Journaling

### Lectures

- Talking to your doctor
- Understanding Loss
- Reducing Stress
- Complimentary Treatments

### Social Events

- Potlucks
- Comedy Nights
- Game Nights
- Music Mania
- Holiday Parties
- and more.

## A Personal Invitation to You

On October 7, 2002 Mayor Diane Gagner of the Municipality of Chatham Kent will proclaim OCTOBER 15<sup>th</sup>, 2002 as Miscarriage and Infant Loss Remembrance Day in honour of all of our precious lost babies and their families. We are planning a Candlelight Vigil and Memorial at 7:00pm - 8:30pm with refreshments to follow. This is a non-denomination gathering and everyone is welcome. We would be honoured if you would consider this invitation.

It is our goal and our mission to provide a place of encouragement, hope, and healing for all who have been touched by the loss of an infant or pregnancy.

We have been diligently bringing this issue to the attention of government officials and asking them to proclaim this day Canada wide. We have received several responses, including one on behalf of Queen Elizabeth from Buckingham Palace.

For more information please feel free to contact us or visit our Website [www.rememberingourbabies.com](http://www.rememberingourbabies.com)

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75 Richmond St  
P.O.Box 28  
Chatham, ON  
Canada  
N7M 1N8  
(519) 351-2915

Registered Canadian Charity # 89287 0346 RR001



# NEWS FROM ACROSS THE REGIONS

## K1 Regional Report

Over the past year the Community Bereavement Support Program (CBSP) has expanded its' services to the community. Last September staff hours were increased from 24 hours to a full time equivalent position. Counselling services are now available at two sites, Hospice Kingston and ELO VON. This greater accessibility provides services to people who otherwise would not have such access.

The CBSP provides education and information about grief and bereavement to the community. Over the past 12 months we responded to 17 requests from educational institutions, volunteer programs, community agencies, and health care institutions. Support groups continue to be a success, 70 people participated in partner loss and parental loss groups.

In March 2002, the program received \$10,000.00 from the Community Health Improvement Grant, funded by ELO VON Foundation. This grant will be used to facilitate expansion of bereavement support in the Sydenham and Napanee areas. These communities will develop their own programs through resources and training provided by the grant. For further information contact Patrick Whalen Browne, MSW, counselor, and Deborah Darke, RN, coordinator.

To all those who work with people facing loss and change, may you enjoy the warmth and the sun of the season.

**Sandra Thompson,  
K1 Regional Rep.**

## L1 Regional Report

It has been great to connect with so many of the members in L1 Region. Our BON members continue to be very busy and it is exciting to hear about the work they are doing and the innovative programs they have developed.

Let me share some of the news... Mary Caletti tells me that the bereavement support groups in St. Justin Martyr Church in Unionville continue to provide a program called *Healing in Time*. This is a non-denominational 8 week

structured group which runs three times a year.

Margaret Gordon, hospital chaplain for Southlake Regional Health Centre in Newmarket, facilitates a 5 week *Growing through Grief* support group for families of individuals who have died in the hospital.

Hospice Huronia has a new executive director, Heather Graham. Heather and Kathy Gordon continue with their new 10 week bereavement program, with the next session to begin September 24, 2002. Hospice Huronia also provides one-on-one grief support to individuals.

Ken Penrose, a BON member, has moved to Newmarket and provides bereavement workshops and support groups in the community.

Turner & Porter Funeral Homes are hosting a 6 week "COPEs" series with Dr. Bill Webster. There is no fee for this grief support program and the contact number is 416-767-6793.

Lise Preston has recently joined Hospice Evergreen as the Children's Program Coordinator. They offer a 10 week program called "Stormy Nights... Sunny Days" and is geared to children ages 5-13 years. The program runs in the fall and winter and is free. Lise has many resources concerning children's grief.

Joan Cameron from the VICARS program in York Region reports that their program that provides support when a sudden crisis arises in the community continues to be well received.

Donna Bere, executive director, Collingwood-Hospice Georgian Triangle, reports that they will be offering their weekly support groups again in September through until June. Both an afternoon and an evening program are available. They also run a Rainbows program in the Fall and Winter and have an extensive lending library specific to bereavement issues.

Betty Bignell, executive director from North Surham Hospice, was pleased to tell me that they received a Trillium

Grant to hire a bereavement coordinator to train volunteers for their adolescent program. Their new coordinator is Bev Berman, our long standing member from Uxbridge... Yeh Bev... congratulations! Wendy Lee from Hospice Orillia was pleased to have 16 participants in their workshop for individuals providing bereavement support. They plan to come together in September to do some networking about available community resources.

Joan Kennedy from Seasons Centre is excited about their new day camp program which includes art and music therapy as well as gross motor skills and talking about feelings. From July 8-12 the program was held half days for children ages 4-6 years. An all day camp was held from August 12-16 for children ages 7-12 years.

What tremendous energy is involved in all these programs. I have been honoured to get to know you and to represent you on the Board of BON. I hope to stay connected through the BON directory and my individual membership. My best to all of you.

**Catherine Root  
L1 Regional Rep.**

## N1 Regional Report

In the Windsor /Essex county we have been busy with several events. In May, we held our 10th annual Candlelight Service for those bereaved by suicide. Over two hundred people attended.

The Essex Region Conservation Authority, Meda Charitable Trust, and the Ontario Trillium Foundation held a special dedication of Memorial Woods. This forest was planted in memory of those who perished in the Highway 401 accident of September 3, 1999 and is a lasting tribute of thanks to the many people from the Windsor/Essex community and beyond who gave their assistance. The dedication was held on Saturday, July 13 2002.

On October 07, 2002 the Canadian Mental Health Association, Bereavement Resources Program and Families First Funeral Home will offer a community evening presentation

**Continued on Page 6  
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## Continued from page 5

featuring Dr. Alan Wolfelt, noted author and clinical thanatologist. For further information contact Deborah at 519-255-7440.

In the Sarnia/Lambton area Katherine Scimmi, General Manager of McKenzie & Blundy Funeral Home, reports that they will hold their annual Memorial Tree Planting on September 15, 2002 at 2:00 p.m. on WaWanosh Wet Lands.

On October 24, 2002 Rev. Harold Ivan Smith will present grief seminars to clergy, professionals, and the public. For more information on these events give Katherine a call at 519-344-3131.

From Kent County Charlene Dodge, of the Walpole Island Health Center reported that special events were held on Mother's Day and Father's Day where participants were invited to make crafts in memory of their loved ones.

**Deborah Ayotte,  
N1 Regional Rep.**

## N2 Regional Report

In discussion with Kerry Byers from Music Therapy of London, we talked about the BON conference at Geneva Park. We discussed how Geneva Park has proven to be beneficial in fostering the revitalization of those capacities that allow individual members to be more effective in their work. We agreed that if you do one thing to enhance your professional potential this year, it should be to participate in the BON conference. Perhaps we can car pool with some area members to ease the cost of transportation.

I attended an Alzheimer's Awareness Evening hosted by the Victorian Order of Nurses where Janyth Mowat, nurse practitioner and clinical nurse specialist in geriatrics at Parkwood Hospital spoke on the diagnosis of Alzheimer's disease. I am planning a meeting with Holly Watson, coordinator of client services, Palliative Care Volunteer Program to talk about BON and VON and the continuation of the Middlesex-Elgin Branch membership.

**Clayton Healey,  
N2 Regional Rep.**

## P1 Regional Report

BON member and chair, Richard Paul, has been actively promoting grief awareness and life appreciation through several events. In May he spoke to 160 delegates at the Peterborough Diocese Catholic Women's Conference in Haileybury on the subject of "Keeping the Door Open – on Our Church, Our Organization and Our Hearts." In June, he spoke at the annual Northeastern Region OPP Non-Commissioned Officers' Conference at Canadore College in North Bay on "Death Notification-Working in the Presence of Another's Pain."

At Near North Palliative Care Network, North Bay, we are meeting with the 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 alive and well. This year's seminar will be, *Assisting Children to Heal through their Losses*, with facilitator Rev. John K. Saynor, at Voyager Hotel, North Bay, on Thursday, October 24<sup>th</sup> or Friday, October 25<sup>th</sup>. Registration is \$25.00. There will be a 3 hour free evening seminar for the general public on Thursday, October 24<sup>th</sup>, 2002.

At our May meeting of the Near North Regional Hospice Committee, each hospice gave an overview of the bereavement support that they offer. Hospice Muskoka (contact: Sandra Winspear 705-646-7677) offers one-on-

one grief support and a 12 hour bereavement support training course for their volunteers. They have a bereavement support program for caregivers of palliative patients as well as a support group for widows and widowers. Hospice Huntsville (contact: Wanda Hunt 705-636-7818) has provided several evenings on grief education for their volunteers. Billings Funeral Home offers bereavement support in the community. Hospice West Parry Sound (contact: Ruth Lyte 705-746-9321 #6297) has no organized bereavement support program at present. Torrance Funeral Home provides an after loss program and Church Street Hospital runs a bereavement support group. Almaguin Palliative Care Team (contact: Mary Manuell 705-636-5893) now offers a 7 session grief support program. Their Annual Tree of Remembrance at Christmas is very successful. Near North Palliative Care Network (contact: Joan Burnett 705-497-9239) offers 4 one-on-one sessions for clients and then they are referred to a professional or to the grief support group which holds 7 sessions with 10 participants. A bereavement support program consisting of telephone contact and mail outs is provided for families of palliative care clients. Families are followed for 13 months after the death of their loved one.

I hope everyone is getting lots of time to soak up the sunshine and I look forward to seeing you in October in Geneva Park.

**Joan Burnett,  
P1 Regional Rep.**

When we honestly ask ourselves  
which persons in our lives mean the most to us,  
we often find it is those who,  
instead of giving much advice,  
solutions or cures, have chosen rather  
to share our pain and touch our wounds  
with a gentle and tender hand.

The friend who can be silent with us  
in a moment of despair or confusion,  
who can stay with us in an hour of grief  
and bereavement,  
who can tolerate not knowing, not curing,  
not healing, and face with us  
the reality of our powerlessness,  
that is the friend who cares.

~Rev. Henri Nouwen

## Great News to All Members of the Bereavement Ontario Network.

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. The companies collaborate in the development of resource libraries for care providing organizations. This fall they will be the primary bookstore for the annual Bereavement Ontario Network conference at Geneva Park. Purchases can be made through the internet, telephone or by fax. These companies can be contacted via their web sites, <http://www.canuckcare.com> and <http://www.robertpress.ca>.



### THE BON WEBSITE HAS LANDED!

[www.BereavementOntarioNetwork.ca](http://www.BereavementOntarioNetwork.ca)

The BON Website is up and running!

Scope out your listing in the directory; it is updated monthly. Some parts of the menu are still under construction, so keep checking in.

Especially look for the Conference information.

We still need relevant websites to link with, and we would love to hear your comments, anytime! [bonet@idirect.com](mailto:bonet@idirect.com)

## A WARM WELCOME TO THE FOLLOWING NEW BON MEMBERS:

### A Warm Welcome to the Following New BON Members:

#### **K 1 Region:**

Huneault, Hazel  
Administrative Assistant  
MADD Kingston  
Office A, 1525 Centennial Drive  
Kingston, ON K7L 4V2  
Phone: 613-634-2612  
Fax: 613-634-5884  
e-mail: [madd@kingston.net](mailto:madd@kingston.net)  
*Victim Services*

#### **L1 Region:**

Barrie Native Friendship Centre  
175 Bayfield Street  
Barrie, ON L4M 3B4  
Contact: Donna Dwinnell, R.N., Life  
Long Care Coordinator, or Tammy  
Cascagnette, Health Outreach Worker  
Phone: 705-721-7689  
Fax: 705-721-7418  
e-mail: [d.dwinnell@bnfc.ca](mailto:d.dwinnell@bnfc.ca) or  
[t.cascagnette@bnfc.ca](mailto:t.cascagnette@bnfc.ca)  
*Provides a variety of culturally based  
services to all ages through various  
programs aimed at improving the  
quality of life.*

Vital Innergy Inner Resource Centre  
444 Timothy Street  
Newmarket, ON L3Y 1P8  
Contact: Rev. Deborah Vaughan or  
Jean Porche  
Phone: 905-898-7373

#### **L2 Region:**

Debbie Davis Counselling Services  
42 Rockview Ave.  
Hamilton, ON L9A 5E2  
Contact: Debbie Davis  
Phone: 905-385-3586  
Fax: 905-574-7862  
e-mail: [ddavis@quickcliv.net](mailto:ddavis@quickcliv.net)  
*Bereavement, loss, and trauma.*

Nowlan, J. Patricia  
2136 Sixth Line  
Oakville, ON L6H 3N1  
Phone: 905-844-5249  
Fax: same  
*Student Chaplain.*

#### **L3 Region:**

Devine, Janet  
4468 Queensway Gardens  
Niagara Falls, ON L2E 6P7  
Phone: 905-354-2446  
e-mail: [ddevine17@cogeco.ca](mailto:ddevine17@cogeco.ca)

*Palliative care volunteer; co-facilitator  
of bereavement support groups for  
widows and widowers*

#### **M Region:**

Arthur, Kate  
University of St. Michael's College  
University of Toronto  
Ste. 2102, 50 Lombard St.  
Toronto, ON M5C 2X4  
Phone: 416-367-4603  
e-mail: [kate.arthur@utoronto.ca](mailto:kate.arthur@utoronto.ca)  
*Student in ethics with a research  
interest in death and dying.*

Bennett Pond Consulting - Art Therapy  
Services  
P.O. Box 61002, Eglinton West RPO  
Toronto, ON M6E 5A3  
Contact: Jennifer Bennett Pond, Art  
Therapist  
Phone: 416-460-6859  
e-mail: [bpartcart@hotmail.com](mailto:bpartcart@hotmail.com)  
*Professional member of the Ontario Art  
Therapy Association; facilitates  
individual, group and family art therapy  
to individuals of all ages facing  
loss, illness, death, or bereavement;  
speaker on art therapy.*

#### **N2 Region:**

Gibson, Teresa  
110 Blythwood Rd.  
Waterloo, ON N2L 4A2  
Phone: 519-725-1620  
e-mail: [tree.saw@rogers.com](mailto:tree.saw@rogers.com)  
*Volunteer/Student.*

Jackson, Sherry A.  
715 Woodcrest Blvd.  
London, ON N6K 1P8  
Contact: Sherry Jackson  
Phone: 519-473-3120  
e-mail: [sherryjackson@hotmail.com](mailto:sherryjackson@hotmail.com)  
*Action/process counselling to address  
grief-related problems and issues and  
develop coping skills.*

#### **BON Members...**



Save a tree ...  
Communicate  
electronically

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

# MOVIE REVIEWS

## “Waking Ned Devine”

This is a column that I hope will become a regular feature of the BONewsletter – movie reviews of films that can be used in our work. In my work as a family therapist, I’ve found films to be a practical and accessible medium for people who are mourning. Film clips are helpful in therapeutic groups and they make presentations on bereavement more interesting. These reviews will contain suggestions on actual films, and will provide some suggestions on how films might be used. Dim the lights please...

In the last issue I reviewed, *A River Runs Through It*, is a prime example of a film overflowing with images that could be used within a bereavement group or as part of a presentation on themes such as: the search for meaning when someone dies; the death of a sibling; or when loving someone can’t stop him from dying. I have suggested this film to clients – who have watched it at home and then returned to discuss their impressions. People have been particularly drawn to the story’s prodigal son parallels, the Montana mountain setting and the music ( I have a copy of the sound track and have used the 1-3 minute segments as interludes in seminars – they are quite moving). It has been my observation that most people can watch a movie, even when they are too bereft to read a book or to talk about their loss. It is interesting to note that mourners are often given several suggestions of things to read – but rarely a film to watch.

This month’s pick is, *Waking Ned Devine*, and it’s another gem. The story takes place on the Isle of Skye in some of the most beautiful coastline ever created. It’s a warm and endearing tale of friendship, of ingenious social planning, and of asking life’s toughest questions, such as, “Would Ned have wanted his lottery winnings to go to his friends or to the government?” There are some very funny and memorable scenes, and if your teenagers won’t be too grossed-out seeing a naked eighty year old riding a motor bike like a possessed Hell’s Angel – then this is a film for everyone in the family who has the patience to figure out the accents.

And, if you ever find yourself having to lead a discussion on, “finding the body,” or for funeral directors, “preparing the body,” there’s a scene in this film that is sure to set your audience’s hearts to laughing – as well as you own. It’s a fine film with a fine ending – well worth seeing.

Liz White and myself are doing a workshop on films at the BON annual conference. We are collecting film ideas so please send us your suggestions to [wmcooke@interlog.com](mailto:wmcooke@interlog.com) or [lizwhiteinaction@rogers.com](mailto:lizwhiteinaction@rogers.com). Many Thanks!

See you at the movies!  
*William Cooke, Toronto.*



During last year’s BON Annual Conference Susan McCoy read the poem “One”. At the request of many participants the poem appears below:

## One

As the soot and dirt and ash rained  
down,  
We became one color.  
As we carried each other down the  
stairs of the burning building,  
We became one class.  
As we lit candles of waiting and  
hope,  
We became one generation.  
As the firefighters and police officers  
fought their way into the inferno,  
We became one gender.  
As we fell to our knees in prayer for  
strength,  
We became one faith.  
As we whispered or shouted words of  
encouragement,  
We spoke one language.  
As we gave our blood in lines a mile  
long,  
We became one body.  
As we mourned together the great  
loss,  
We became one family.  
As we cried tears of grief and loss,  
We became one soul.  
As we retell with pride of the  
sacrifice of heroes,  
We become one people.

We are  
One color  
One class  
One generation  
One gender  
One faith  
One language  
One body  
One family  
One soul  
One people

We are The Power of One.  
We are United.

