



# BONewsletter

## A WAY TO PEACE

"We cannot merely pray to You, oh God, to end war;  
For we know that you have made the world in a way  
That man must find his own path to peace  
Within himself and with his neighbour."  
Jack Riemer

It is my firm conviction that you and I, as part of a large membership in BON, together we have the potential to be the most influential factor in heightening grief awareness in the general population of Ontario. And I want to state very clearly that I believe that the grief awareness movement is an important key to world peace.

The theme for this year's BON conference on October 2, 3 and 4 is "Expanding Grief Awareness." Whether you are consciously a part of the grief awareness movement you are, in fact, a part of this movement by virtue of your membership in BON and/or just by reading this newsletter. There are three key benefits that arise from consciously developing grief awareness in ourselves and in others.

First, every one of us in the grief awareness movement knows that grief work can lead to a heightened sense of appreciation for life. People who truly value life, simply do not want to kill life. Second, we are all aware that grief work can unblock the emotional and spiritual heart so that life energy flows freely in and out of the individual. The vision of a world filled with people abundantly experiencing and expressing love, life, energy, caring and sharing is inspirational to say the least. In such a world, there simply would not be any need for war. Finally, each of us, whose heart has been

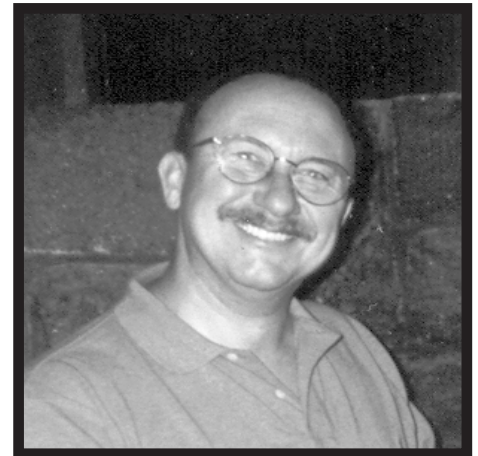
burdened or broken by loss, knows that there exists a choice, either to shut down one's heart to life, or to open the heart up to love, and to live again. Grief work is the deciding factor between these two options. Only those who have felt grief themselves and who have worked through it can truly feel empathy and compassion for others. When people can feel another person's pain, they simply do not want to cause more pain.

In an interview during the late 1980s with Rabbi Zalman Schachter, Ram Dass asked the author for his comments on the Israeli-Palestinian conflict. Zalman replied slowly, thoughtfully, and with deep feeling, "Oy..., Oy..., such a problem! Before we can learn to live together, we must learn to grieve together."

I believe therein lies the key. Grief awareness leads to life appreciation, love expression and compassion. Does it not follow that lack of grief awareness causes disregard for life, self-centeredness and emotional detachment from the impact of one's actions on others?

Individually, we are all moving the grief awareness movement forward the best that we can. However, from the twin perspectives of "There is strength in numbers" and "United we stand, divided we fall" we are simply more effective if we work together. I invite you to participate with me in this vision of a vibrant, evolving Bereavement Ontario Network, as a vital vehicle in the expanding grief awareness movement.

If you aren't a member, please join BON. If you are a member - use the directory,



contribute to the newsletter, let your regional representative know about your work and local bereavement related events, enlist new members, watch for the website and utilize it, volunteer, and plan now to attend this year's conference.

Together, in BON, we can cause an expanding grief awareness movement to become a driving force for personal, national and global peace!

*Richard J. Paul, Chair*

### IN THIS ISSUE

BON Board of Directors .....	2
Bon Mission Statement .....	2
About BONewsletter .....	2
BON 12th Annual Meeting & Conference .....	3
The 2002 Conference Plans .....	4
Local Family Leads Fundraiser To Find a Cure For Inflammatory Bowel Disease .....	4
News From Across The Regions .....	5
Welcome To New BON Members ...	7
A Time To Believe .....	7
Movie Reviews .....	8
Walking the Labyrinth .....	8

## BOARD OF DIRECTORS

*Chair*  
Richard Paul

*Past Chair*  
Dr. John Morgan

*Vice Chair*  
Susan McCoy

*Secretary*  
Ellie Deveau

*Treasurer*  
Rev. Grant Churcher

*Executive Secretary*  
Mary Jane Ritchie

### REGIONAL REPRESENTATIVES:

**K1:** Dundas/Frontenac/Glengarry/Lanark/  
Leeds-Grenville/Ottawa-Carlton/Prescott-Russell/  
Renfrew/Stormont  
Sandra Thompson

**K2:** Addington/Haliburton/Hastings/  
Lennox/Northumberland/Peterborough/  
Prince Edward/Victoria  
vacant

**L1:** Durham/Simcoe/York  
Catherine Root

**L2:** Halton/Hamilton-Wentworth/Peel  
Dr. Raj Hathiramani

**L3:** Haldimand-Norfolk/Lincoln/Niagara  
Vacant

**M:** Toronto  
Martin Frith  
William Cooke

**N1:** Elgin/Essex/Lambton/Kent  
Deborah Ayotte

**N2:** Brant/Middlesex/Oxford/Waterloo  
Clayton Healey

**N3:** Bruce/Dufferin/Grey/Huron/Perth/Wellington  
Trudy Litster

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

**P2:** Algoma/Manitoulin/Sudbury  
vacant

**P3:** Kenora/Rainy River/Thunder Bay  
Vacant

~~~~~  
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 for K2, L3, and P2, and P3. 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:*

Editor: Ellie Deveau

Layout: Laurie Mitchell

Distribution: Mary Jane Ritchie

---

# THE BEREAVEMENT ONTARIO NETWORK 12<sup>TH</sup> 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.

## THIS YEAR'S BON CONFERENCE – 'EXPANDING GRIEF AWARENESS' PROMISES MUCH FOR YOU AND THOSE YOU CARE FOR.

When flight attendants give their safety talk at the beginning of long flights they tell passengers travelling with infants or disabled companions that, in the event of an emergency and the oxygen face masks drop down, it is essential that the able-bodied adult place the mask over their own face before trying to provide oxygen to their child or companion. The logic may not be immediately obvious to those of us who are natural-born caregivers. The first response of people who care, is to offer whatever help they can, or is needed, to whoever they see in need. But, let's face it, during decompression on an airplane if you black out from lack of oxygen as you struggle to fit the air-mask over your child or companion - then you both could die.

The instruction of the flight attendants is a good analogy for life. We do need to take care of ourselves, and sometimes first, in order to continue offering our care to others. The spring of our caring can and will go dry if we continually dip into it for others and never allow our well to be replenished.

This year we have the entire Geneva Park to ourselves. Imagine, just revelling in the healing cottage-like atmosphere of Geneva Park, surrounded by water, at the

height of autumn's glory, partaking in the best Bereavement Ontario Network Conference, EVER! The rich diversity of speakers, activities, participants and food will renew you, every which way.

Physical, emotional and spiritual replenishing are available to all of our members, and everyone else who comes to Geneva Park on October 2, 3, and 4, 2002. Put it in your day-planner now. (It's a whole week before Thanksgiving this year.)

### 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)

## LOCAL FAMILY LEADS FUNDRAISER TO FIND A CURE FOR INFLAMMATORY BOWEL DISEASE

Helena Stahls, Donna Lee's mother, and Chair of the 3<sup>rd</sup> annual "JUST gotta SKATE" fundraiser knows how urgent it is to find a cure for inflammatory bowel disease (IBD). Her late daughter Donna Lee suffered from Crohn's disease for over 15 years. After many years of pain and suffering, Donna committed suicide on December 15<sup>th</sup>, 1999, leaving behind her husband, two little girls, her brother and her dad and mom. Donna also left behind many friends, extended family and colleagues.

Donna was a skating coach with the City of Mississauga for many years. She also skated professionally overseas with "Holiday on Ice." No matter how ill Donna was, she always found the energy to volunteer with the Brownies and was a Girl Guide leader. Donna also participated in the Crohn's and Colitis Foundation of Canada's (CCFC) annual fundraising events such as the 'Heel 'n' Wheel-a-Thon' and the M&M Meat Shops Charity BBQ Day, in order to raise funds for research for Crohn's disease and ulcerative colitis.

Crohn's disease and ulcerative colitis are the two most common forms of IBD. Crohn's disease involves inflammation of any part of the gastrointestinal tract, while ulcerative colitis involves only the large bowel. It is estimated that 100,000 Canadians suffer the pain of these diseases. Symptoms include severe diarrhea, abdominal pain, and weight loss, decreased appetite, extreme fatigue, nausea, vomiting and slowed growth in children. Many people also suffer from depression living with this chronic disease.

The family is committed to keeping Donna's memory alive by holding an annual skating event with proceeds going to the Crohn's and Colitis Foundation of Canada. This year's goal is to raise more than \$5,000 and to create a Summer Student Scholarship Legacy in Donna's name.

Join the fun on Sunday, April 28<sup>th</sup> from 1:00pm – 4:00 pm at Iceland Arena in Mississauga. Lots of chances to win great door prizes! Great music by DJ Boyd Gruhl! Meet the St. John Ambulance Therapy Dogs, Sneezy the

Clown and special guest skaters, Matt Bueno, who placed 12<sup>th</sup> at the Canadians in men's seniors and Ice Infiniti Junior Synchronized Skating Team. Ice Infiniti brought home the gold after competing in the Spring Cup Competition that was held in Milan, Italy, February 2002.

Help the family attain their goal by making a donation, or obtaining pledges and attending the event. Participants of all ages are encouraged to bring their skates and join the family in a fun day! Pledge forms can be picked up at any arena in Mississauga or by calling 905-625-8785. Donations to the Donna Lee Zampieron (nee Stahls) Summer Student Scholarship Legacy can be made through the CCFC by calling 416-920-5035 or via the CCFC web site at [www.cfc.ca](http://www.cfc.ca) starting on April 15<sup>th</sup>.

For further information about this event please contact Helena Stahls at 905-625-8785.

Additional information about the Crohn's and Colitis Foundation of Canada (CCFC) can be obtained by calling Sylvie Labrosse at 416-920-5035 x 18 or at the CCFC web site at [www.cfc.ca](http://www.cfc.ca).

# NEWS FROM ACROSS THE REGIONS

## L1 Region

Simcoe County is again adrift in snow ...perhaps the last hurrah of the season. We have had such a mild winter and until yesterday we dreamed of early daffodils.

Since Eleanor Watt left for newer challenges, Brenda Smith is our new Pain and Symptom Management Coordinator for Simcoe County. Brenda is fast getting to know who's who and has planned a Palliative Care Workshop for April 24, 2002 at Georgian College. In the morning, keynote speakers will give us information about ALS. In the afternoon, Dr. Charmaine Jones from Hospice Windsor will talk about *Dying at Home*. Then Kelly Walker, author of *Dancing on the Ark*, will speak about *Facing Change in Uncertain Times*.

Hospice Orillia is having "A Spring Gala," a gourmet fundraising dinner and dance. Barb Richards from "A Touch of Class" will auction work donated by local artists and artisans. This event will take place on March 23, 2002 at the Hawke Ridge Golf and Country Club.

Hospice Huronia has a new administrator, Heather Graham, who has climbed into Annalise's shoes when she left to pursue a different facet of her career. Kathy Gordon is relatively new to the Hospice team as well. They are both getting to know the organization and are providing support to clients and families who are faced with losses. They provide an eight week bereavement group program to the Penetang/Midland community.

**Catherine Root**  
**L1 Regional Rep.**

## M Region

Welcome to our new Board Member for M Region

Martin Frith  
Inner Resources  
35 Church St. Ste. 506  
Toronto, ON M5E 1T3  
Phone: 416-362-9162  
Fax: 416-362-9162  
E-mail: [martinfrith@sympatico.ca](mailto:martinfrith@sympatico.ca)

Sandy Freedhoff has had to step down from her responsibilities as co-regional representative for M region while she meets the demands of extra care for loved ones. We are missing Sandy's vibrant energy and enthusiasm while

wishing her ongoing strength for her journey. We are fortunate to have long time BON member Martin Frith step into this vacancy. Martin brings passion for the work and a wealth of board experience to this role. We feel very fortunate to have him.

Martin and I will continue the work begun by Liz White, Brain Feron and Sandy to increase M region membership and to host a worthwhile series of local events for members. Martin is also going to work with Mary Jane to have the data used to produce the membership directory, accessible on-line. We would be quite interested to hear how the other regions manage mailing lists for local events.

Last November, Ned Levitt shared with our region the story he had shared with delegates at the last BON conference – his journey of grief following the death of his daughter Stacey. It was an outstanding evening. Ned presented a documentary film of their story before opening the time for discussion. The combination of the depth of Ned's loss matched with his ability as a communicator made for an insightful, inspiring presentation. Stacey's family published a beautiful book of her poetry and this provided a touchstone for the evening. We highly recommend Ned as presenter for any group that wishes to engage in the journey of grief.

In February Liz White and I hosted a discussion on the use of film in presentations on bereavement or with groups. We showed clips from *Sleepless in Seattle*, *Shadowlands*, *Forest Gump*, *Waking Ned Devine*, and *A river Runs through It*. We considered how we might use this universal story-telling medium in our work.

### Upcoming Events:

We hold all regional meetings at the Church of the Redeemer on Bloor Avenue from 6:30pm to 9:00pm. We welcome your presence as well as any ideas you may have for upcoming events. Our next regional meeting is Wednesday March 20<sup>th</sup> when Susan McCoy will facilitate an evening called, "Trauma Touches us all."

On Monday, April 8<sup>th</sup> Zena Havelock and Emily Parker will host "The Challenges of Palliative Care."

Join us on June 13<sup>th</sup> at Windermere United Church for our Strawberry

Festival. We'll have our cake and eat it too as we host our year-end-wrap-up featuring entertainment with a look back and a look forward to 2003.

For more information contact William Cooke 416-762-0330;  
[wmcook@interlog.com](mailto:wmcook@interlog.com).

**William Cooke,**  
**M Regional Rep.**

## N1 Region

I would like to welcome all the new members who have joined BON in 2002. In the N1 region we have eight new members. Also a warm welcome back to the members who have renewed their membership. Each time I submit a regional report I urge members to write, fax, or e-mail to me. I am interested in hearing about the events or activities in your community and want to share your information with the other regions.



**Elizabeth Day, Chelsea Williams, Melissa Day and Brigitte Blackbird (standing in rear).**

I was very delighted to receive some pictures and a letter from Charlene Dodge and Darryl Blackbird telling me about a special event that took place in December 2001 in their community. Charlene and Darryl are from the Walpole Island Health Centre. They have been running the "Blue Christmas" sessions as part of their grief series for the past five years. Participants, wishing to honour their deceased loved ones, were invited to



**Francis Nahdee puts the finishing touches on one of the bulbs**

**Continued on Page 6**

## Continued from page 5

decorate blue Christmas bulbs and place them on a Christmas tree located in the mall. Thanks to Charlene, Darryl and everyone who took part in this event for sharing with us.

**Upcoming Events:** The Canadian Mental Health Bereavement Resources Program will hold their 10th Annual Candlelight service for those bereaved by suicide on May 09, 2002. On October 07, 2002 there will be a grief seminar featuring Dr. Alan Wolfelt, a noted author, educator, and practicing clinical thanatologist. Last year this event had more than 400 participants in attendance. Please contact me for further information on either of the above events at CMHA by phone 519-255-7440; or email: dayotte@cmha-weeb.on.ca; or by fax at 519-255-7817

**Deborah Ayotte,  
N1 Regional Rep.**

### N2 Region

Since my last report I have taken up new quarters in a downtown London business centre called "Station Park." After running my company from the basement of the house for six years it is time to put a corporate presence, and face, on Guildwood Progressive Gerontology Inc. The people who have been working with me during that time have understood the need to be prudent with expenses. The bullet was bit in a way last spring when I decided to do major renovations to the office. But there was still no way to get around the pickles and other preserves that my wife so carefully puts up. During a lunch date a few weeks ago, I learned that some space was going to become available and it was an opportunity too good to miss. I took a "test drive" for several days, passed the landlord's tests, and have now hung out my shingle at 252 Pall Mall Street, Suite #303 in London. The tests were not without difficulty as my work in death and bereavement caused a certain uneasiness with my future landlord; an all too common experience in our work. There are still some obstacles to get over. I am confident that these can be dealt with and the move will prove to be an intelligent one.

Breaking into the funeral home business continues to be an ambitious and challenging job. Those who have been involved in the project feel we have all earned a 4-year business degree in the last year. Some funeral homes can be a good investment. But in the chasing down of investors I have found just how ruled by the North American Death System most of us are. And with the experience has come the realization just how difficult our BON work is, and will be in the times ahead.

In establishing office space, I have come to terms with waiting for the funeral home. A *grief management business* was to have been an integral part of the funeral operation/practice. However, I cannot wait for the goal of ownership to delay the offering of services which my associates and I can deliver to the community. This will take time but with this positioning in the city of London there will be room to bloom. As the BON representative for Middlesex, Oxford, Brant, and Waterloo counties, it is my hope to be able to realize the potential of this organization. With this new location, it may be possible "to greatly influence and enhance the delivery of bereavement support and education through the professional and volunteers who serve the bereaved in Ontario" (Richard Paul, 2002).

Bereavement Ontario Network has grown out of the need to offer support to the many who work in the trenches with the dying and those who experience varied losses. We are part of what has come to be known as *the grief awareness movement*. Yet, as I understand the history, there was an "eddy" of thought in the 1950s that moved in the absence of the understanding of death. The North American Death System shaped how the western world dealt with death and dying and, in turn, society shaped our death system. We have inherited, from those thinkers, a movement of shakers: *The death awareness movement*. For the past twenty years, the King's College International Conference on Death and Bereavement has been a gathering for education. From this experience, many have found a calling in what it is to give support to those who grieve. It has been a platform from which the leading clinicians in our field present their experiences and ideas. And, from those twenty years of meetings, a fragile flower grew—BON one of its stronger petals. A

flower needs to be watered if it is to survive. Death comes to all living things, as well as to ideas if they are not nurtured and cared for. The way I see it, the metaphoric flower is far from having lived through its life span. The opportunity may exist, someday, to transplant durable roots.

**Clayton Healey  
N2 Regional Rep.**

### N3 Region

Welcome to our new Board Member and regional rep for N3 Region

Trudy Litster  
Ninth Wave  
48 Second St.  
Orangeville, ON L9W 2C1  
Phone: 519-941-6093  
Fax: 519-941-0036  
E-mail: ninthwave@sympatico.ca

After enrolling our local Hospice in BON, I wondered about contacting other Hospices in this region. I tried to locate a central office but I found that there is no central agency for community Hospices. So I will gather addresses and contact each one individually. I have already contacted Guelph. As I volunteer for our local Hospice I know that hospices are moving toward including bereavement support along with palliative care support. I believe that these groups, if not already members, will add strength to our BON organization.

**Trudy Litster  
N3 Regional Rep**

### P1 Region

I am pleased to officially submit my first report as Region P1 Rep. In North Bay we have a very active committee sponsored by Near North Palliative Care Network, the Near North District School Board, and five local funeral homes: A. M. Paul Funeral Home, McGuinty Funeral Home, Hillside Funeral Service, Martyn Funeral Home, and T. L. Smith Funeral Home. This committee meets regularly to plan an evening community seminar and an all-day educational seminar each year. This year's topic is "Children and Grief" and is scheduled for October 2002. When our speaker and location are confirmed, I will get the information out to all of you.

In February, Near North Palliative Care Network hosted our second annual Memorial Service for volunteers and

**Continued on Page 7**

**Continued from page 6**

professional caregivers in the community. We initiated this get-together because we feel that "sometimes we forget how important it is to have closure and acknowledge our losses—both professionally and personally. This is an opportunity to support each other so that we can continue to do the good work we do."

The Almaguin Palliative Care Team in **Burks Falls** reports that their annual Tree of Remembrance service was very successful. People in the area look forward to this memorial service each year at Christmas time. Congratulations to all those involved in bringing this event to their community.

**Upcoming Events:**

In April, 2002, Stephens-Lessard Funeral Home in collaboration with Horizon-Timmins Palliative Care are pleased to be hosting seminars on grief with the internationally-renowned speaker Dr. John D. Morgan, from King's College Centre for Education and Bereavement. An evening community seminar will be held on April 4th entitled *How to Handle Your Grief*. On April 5th, an all-day educational seminar will be offered to professional and volunteer caregivers. Dr. Morgan's presentation is entitled *Helping the Grieving*. We invite all those interested to call Lynne at 705-268-4488 for a registration form.

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

**BON Members...**



Save a tree ...  
Communicate electronically  
E-mail: [bonet@idirect.com](mailto:bonet@idirect.com)

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

**L1 Region:**

Simone, Patricia  
MADD Canada  
6507C Mississauga Rd.  
Mississauga, ON L5N 1A6  
Phone: 905-813-6233  
Fax: 905-813-8920  
e-mail: [psimone@madd.ca](mailto:psimone@madd.ca)  
National Director of Victim Services for MADD Canada. MADD hopes to stop impaired driving and supports victims of this violent crime.

**M Region:**

**Our new corporate member:**

Cardinal Funeral Homes,  
Toronto, L.James Cardinal (President),  
Phyllis Russell - Bathurst Street Chapel  
416-603-1444  
Olja Yanick - Annette Street Chapel 416-762-8141  
Deborah Ross - Earle Elliott Chapel

Kathleen Deall  
84 Mt. Olive Drive  
Etobicoke, ON M9V 2C8  
Phone: (416) 740-1834

**WELCOME BACK TO OUR RENEWING MEMBERS:**

**L1 Region:**

Anschuetz, Barbara  
679 Davis Dr., Ste. 309  
Newmarket, ON L3Y 5G8  
Phone: 905-830-0819  
Fax: 905-830-0030  
Trauma/grief/individual psychotherapy.

Johnston, Linda  
Apt. 711, 125 Wellington St.W.  
Barrie, ON L4N 1L5  
Phone: 705-733-9360  
email: [linda.johnston2@sympatico.ca](mailto:linda.johnston2@sympatico.ca)  
Palliative Care Coordinator.

**L2 Region:**

Friends In Grief, Inc. (Hamilton)  
1030 Upper James St., Ste. 207  
Hamilton, ON L9C 6X6  
Contact: Margo Wotta, Executive Director  
Phone: 905-318-0059  
Fax: 905-318-2413  
Individual bereavement support; support groups; suicide support; monthly public educational forums; drop-in for newly bereaved; post bereavement social group.

**NOTE THESE CHANGES TO CONTACT INFORMATION IN THE BON DIRECTORY**

**Region M:**

Catherine Freer Palliative Care Information Centre  
27 Carlton St. Ste. 202  
Toronto, ON M5B 1L2  
New Information Line: 416-979-9779  
New Administration Line: 416-979-8890  
New Fax Number: 416-304-1479  
E-mail: [info@palliativecareinfo.com](mailto:info@palliativecareinfo.com)  
Web Site: [www.palliativecareinfo.com](http://www.palliativecareinfo.com)

Trinity Home Hospice  
25 King St. W., Ste. 1102,  
Toronto M5L 1G3  
E-mail: [blair.henry@thh.on.ca](mailto:blair.henry@thh.on.ca)

Near North Palliative Care Network (N/PS)  
269 Main St. West, Suite 202  
North Bay, ON P1B 2T8  
Contact: Joan Burnett, Program Administrator  
E-mail: [jburnett@onlink.net](mailto:jburnett@onlink.net)  
Merv Daniels, Chair, Bereavement Committee  
E-mail: [nnpccn@onlink.net](mailto:nnpccn@onlink.net)

## A TIME TO BELIEVE

In the Fall of 2001 on Sunday October 28th 2001 there was a memorial held for the victims of the violence in Kingston, at Martha's Table. There were between 80 and 100 in attendance from the surrounding area. This memorial was started in memory of Briar, a four year old girl, who was murdered at the hands of her Mother's boyfriend on October 17<sup>th</sup>, 1999 in Kingston. There was a most stirring presence of community and unity on that day. Though people from several generations were represented there was no generation gap. Instead, there was a

time of feeling, sharing, caring, and unspoken understanding. A powerful day and time that brought a community together. BON had many members present, including Susan McCoy who spoke of the Journey of Grief. Briar's aunt, Melissa Fawcett, closed her speech with the following:

A Time To Believe:  
"To believe is to know that every day is a new beginning. It is to trust that miracles happen and dreams really do come true. To believe is to see angels dancing among the clouds, to know the wonder of a stardust sky and the wisdom of the

man in the moon. To believe is to embrace the value of a nurturing heart, the innocence of a child's eyes and the beauty of an aging hand, for it is through their teachings we learn how to love. To believe is to find the strength and courage that lives within us when it is time to pick up the pieces and begin again. To believe is to know we are never alone, that life is a gift and this is our time to cherish it. To believe is to know that wonderful surprises are just waiting to happen, and all our hopes and dreams are within reach, if only we believe..."

## MOVIE REVIEWS

### Loving Completely —Without Complete Understanding: *A River Runs Through It*

**“I’ve told you all I know. If you push me far enough, all I really know is that he was a fine fisherman.”  
“You know more than that,” my father said. “He was beautiful.”  
(from a final scene, Norman, the elder son, and his father)**

*A River Runs Through It* is more than an outstanding film. It is a masterfully told story of a father and two sons, of fly fishing to a four-count rhythm on a mighty Montana river, of heart-stopping natural beauty, of a senseless murder, of growing old, of seeing perfection in human form, and of being powerless to hold on to or change the one we love. It’s a film I’ve watched several times and have used in my work – with individuals, therapy groups, presentations and a weekend men’s retreat where we contrasted it to the parable of the prodigal son. It has proven to be an important film for those who mourn and for those who accompany those who mourn.

This film and others of its calibre are excellent companions on grief’s journey. Films are there when reading and talking are impossible. They convey feelings without having any themselves – they can’t be offended. They can be shared or viewed in solitude. They can be revisited again and again and again. Well-loved films provide predictable, controllable comfort in the face of uncontrollable times and events. We hear so much of film following September 11th – films that should not be shown, films that preserve a lost piece of history and films that our reviewer, therapist, or friends say we “must see.”

There are several qualities that make *A River Runs Through It* worthy of our attention. It is closely based on a well-crafted short story of the same name, narrated, like the movie, by its’ central character, author Norman McLean. In the film, the inner-voice of Norman is read by the director/producer, Robert Redford at his ‘cowboy with a big heart’ best. The story follows one full turn of a family’s life cycle. We see the brothers, Norman and Paul, first as boys, then as teenagers, then as young men, and finally in the closing scene on the river, as wise elders. The drama is situated and held within two larger unfolding stories: one is the natural world of the Big Blackfoot river, the other the theological world of their Presbyterian minister-fisherman-father who believed there was no clear line between religion and fly fishing and that “all first class fisherman on the Sea of Galilee were fly fishermen and that John, the favourite, was surely a dry-fly fisherman.”

The original musical score was composed by Mark Isham and it rises to the challenge of choreographing the rich human and natural history of the narrative. I was moved when I first heard it, recalling the soundtrack from the film adaptation of *On Golden Pond*. Both soundtracks contain several one and two

minute narrations that could be used in a workshop setting when brief meditative interludes are needed.

But beyond the river, and the artistry, and the drama, this story moves us to a message both spoken and portrayed: *that we can love completely, without complete understanding*. It is a message of liberation and hope. A tragic family death is neither explained, nor figured out, nor solved. But it is somehow understood and the elements of nature, theology, and music that have held us during the telling, are now received. This is what makes this film a masterpiece and companion for those who mourn. It is beautiful.

Eventually, all things merge into one, and a river runs through it. The river was cut by the world’s great flood and runs over rocks from the basement of time. On some of the rocks are timeless raindrops. Under the rocks are the words, and some of the words are theirs. I am haunted by waters. (final passage from the film and the book)

*A River Runs Through It*, Columbia Pictures 1992. Produced and directed by Robert Redford with Craig Sheffer, Brad Pitt and Tom Skerritt. Based on the story by Norman McLean, *A River Runs through It and other stories*, University of Chicago Press, 1976. Original Soundtrack by Mark Isham, Milan records, distributed by BMG, 1992

## WALKING THE LABYRINTH

The labyrinth is an ancient, walking meditation that helps you balance, heal and connect with your inner higher self.

There are three parts to the labyrinth walking experience:

- Letting go:** The walk into the centre quiets your thoughts and allows you to experience being present in your own body.
- Letting in:** Your arrival at the centre of the labyrinth connects you with divine guidance.
- Letting out:** The walk out takes you back to your life empowered and ready to transform your life and actions.



Join us this Fall at the BON Conference in Geneva Park and learn how to use this sacred walk as a spiritual journey. You will leave with an important spiritual tool to guide you through troubled times, help you make good decisions, aid in your healing, and illuminate the purpose of your life.