

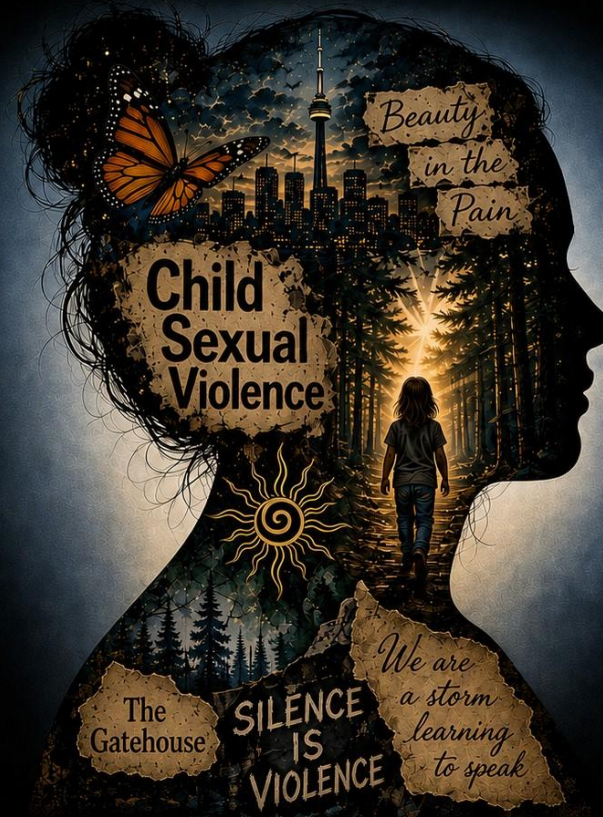
THE COLLAGE COLLECTION

BREATHING THE NIGHT OUT



BRINGING THE NIGHT INTO LIGHT

Where the Emotions Live



GHRIAN SHINE

TABLE OF CONTENTS

Introduction

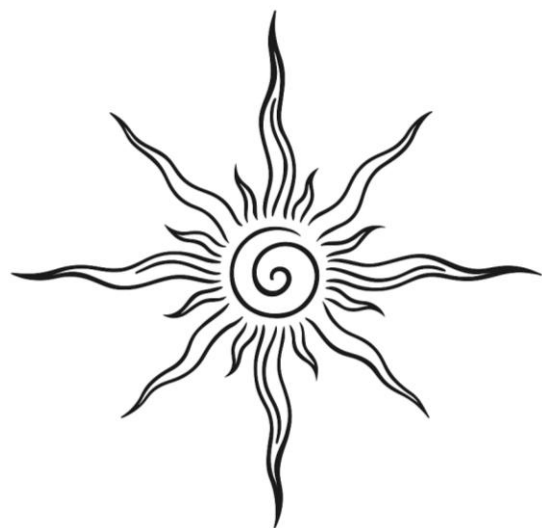
1 Heirloom	19 Under the Microscope	37 A Good Enough Plan
2 Not Everyone Gets to Be Happy	20 Boots Pointing Downstream	38 Medicine
3 Touchstone	21 Brownies	39 Comb-Over
4 Try Harder	22 Hide the Scissors	40 Zero Respect
5 You're Here to Work	23 Let's Make a Toast	41 Fork in Ass
6 Growing Up Small	24 Huffing	42 The Beauty Queen of Regent Park
7 Speedy Little Bitch	25 Baby	43 Pudding, Panhandling, and Pimps
8 Meal Ticket	26 Baked Beans and Fire	44 Training for What?
9 Sweet as Sugar	27 Numb	45 Love and Loyalty
10 Oh, Ya, That	28 Innocent Until Proven Guilty	46 In and Out
11 Cookies and Northern Lights	29 Half-Empty	47 Confessions
12 The Quiet One	30 But I Love Baloney	48 No Moon
13 Flower Power	31 Merry Christmas!	49 My Dallas Family
14 What Cha Ma Call It	32 Spinning	50 Betty Jean, You, Billy Goof
15 The Washing Machine	33 Developing Nicely	51 Grizz the Good
16 Rat's Nest	34 Flying Kotex	52 Ben the Ugly
17 What the Fuck	35 Damsel in Distress	53 Real Magic
18 Coffee and Toast	36 Hemorrhoid	54 Slippery Slope

55 A Great Plan
56 Do You Have Cats?
57 A Gift
58 Queen Street Cool
59 Accidentally on Purpose
60 Branded
61 Banned
62 Slaying the Dragon

63 Hovering
64 OCD: A Skill Wrapped in a Curse
65 Into the Fire
66 Smiling Wide
67 What Integrity Looks Like
68 Gap Year
69 Beyond the Fog
70 Twin Moles

71 Frozen
72 Returning Home
73 Left Behind
74 High Enough to Die, Low Enough to Live
75 Breathing Through the Pain
76 The Pope Pays
77 Cloaked in Care
78 Healing in the Storm

This book is free. All I ask is that you share it forward.



Introduction

When I finished writing *Breathing the Night Out: A Story of Intergenerational Sexual Violence and Healing*, I thought I was finished.

I was wrong.

Writing saved my life.

Nothing has brought me closer to healing than writing this memoir and creating these collages.

They gave me somewhere to put my truth. They helped me make sense of what had happened to me.

But words were not enough.

Some things never are.

Long before this collection became a book of its own, these collages were helping me write the memoir.

When I could not find the words, I made collages.

They gave shape to emotions that would not fit on the page.

In many ways, these collages helped write the book.

Seventy-eight collages. One for every chapter, revealing the emotional landscape beneath the story.

The memoir and the collages grew together. One informed the other.

These collages were always part of the story.

When I could not afford to print them in the memoir, I gave them a home of their own.

Although they can be experienced separately, they were created to be experienced together.

Read a chapter in the memoir. If you do not have a copy, you can order one through my website at ghrianshine.com.

Then spend time with the collage that shares its title.

The memoir tells what happened. The collages show what it felt like. Together, they tell a fuller story.

These collages are not illustrations.

They are emotions, memories, questions, images, and words gathered from a life I spent years trying to understand.

Some hold grief, rage, shame, fear, and loss.

Others hold friendship, laughter, adventure, rebellion, and love.

Most hold a little of both.

I create my collages using photographs, words, and images gathered from many sources, including the internet and AI.

I am not looking for perfect images. I am looking for honest ones.

Except for me, everyone in these collages is fictional, disguised, altered, obscured, or represented symbolically.

My goal is not to identify anyone. My goal is to tell the emotional truth.

Some of the images in this collection may be difficult to look at.

Others may make you smile.

Some may remind you of your own life.

I did not create these collages to comfort.

I created them to tell my truth.

Trauma is messy.

Healing is messy too.

When I began this journey, I was a survivor.

Today, I am a Beloved Warrior fighting to end child sexual violence through education, justice, and a whole lot of love.

This book is part of that fight.

These collages are not here simply to be admired.

They are here to be felt.

Look for the beauty in the pain.

It's there.

Not because the pain itself is beautiful.

It isn't.

But even in the darkest chapters of our lives, there are moments of grace, connection, courage, and love.

They remind us that we are more than what happened to us.

They are part of the story too.

~ May the Long Time Sun Shine Upon You ~

Ghrian Shine

This book is free. All I ask is that you share it forward.

Chapter 1 – Heirloom



Chapter 2 – Not Everyone Gets to Be Happy



Chapter 3 – Touchstone





FAMILY BULLIES



1962-1966



I LOST MY VIRGINITY



Chapter 5 – You’re Here to Work



Chapter 6 – Growing Up Small



Chapter 7 – Speedy Little Bitch



Chapter 8 – Meal Ticket



Chapter 9 – Sweet as Sugar



Oh, Ya, That



Chapter 11 – Cookies and Northern Lights

Cookies and Northern Lights



Chapter 12 – The Quiet One



Chapter 13 – Flower Power



Chapter 14 – What Cha Ma Call It



Chapter 15 – The Washing Machine



Chapter 16 – Rat's Nest



Chapter 17 – What the Fuck

What Is Intergenerational Trauma?

With intergenerational trauma, a parent indirectly exposes their children to their trauma through unregulated and unhealed trauma responses. This generational transmission often happens because the traumatized person is unaware of their symptoms and trauma responses, they are in denial, or they refuse to get mental health treatment.



Chapter 18 – Coffee and Toast



Chapter 19 – Under the Microscope



Chapter 20 – Boots Pointing Downstream



Chapter 21 – Brownies



Chapter 22 – Hide the Scissors



Chapter 23 – Let’s Make a Toast



Chapter 24 – Huffing

HUFFING



Chapter 25 – Baby



Chapter 26 – Baked Beans and Fire



Chapter 27 – Numb



[illegible]

Chapter 29 – Half-Empty



1970*

Chapter 31 – Merry Christmas!



Chapter 32 – Spinning



Chapter 33 – Developing Nicely



Chapter 34 – Flying Kotex



Chapter 35 – Damsel in Distress

Damsel in Distress



Chapter 36 – Hemorrhoid



Chapter 37 – A Good Enough Plan



Chapter 38 – Medicine



Chapter 39 – Comb-Over



Chapter 40 – Zero Respect



Chapter 41 – Fork in Ass



Chapter 42 – The Beauty Queen of Regent Park



Chapter 43 – Pudding, Panhandling, and Pimps



Chapter 44 – Training for What?



Chapter 45 – Love and Loyalty



Chapter 46 – In and Out



[illegible]

1981

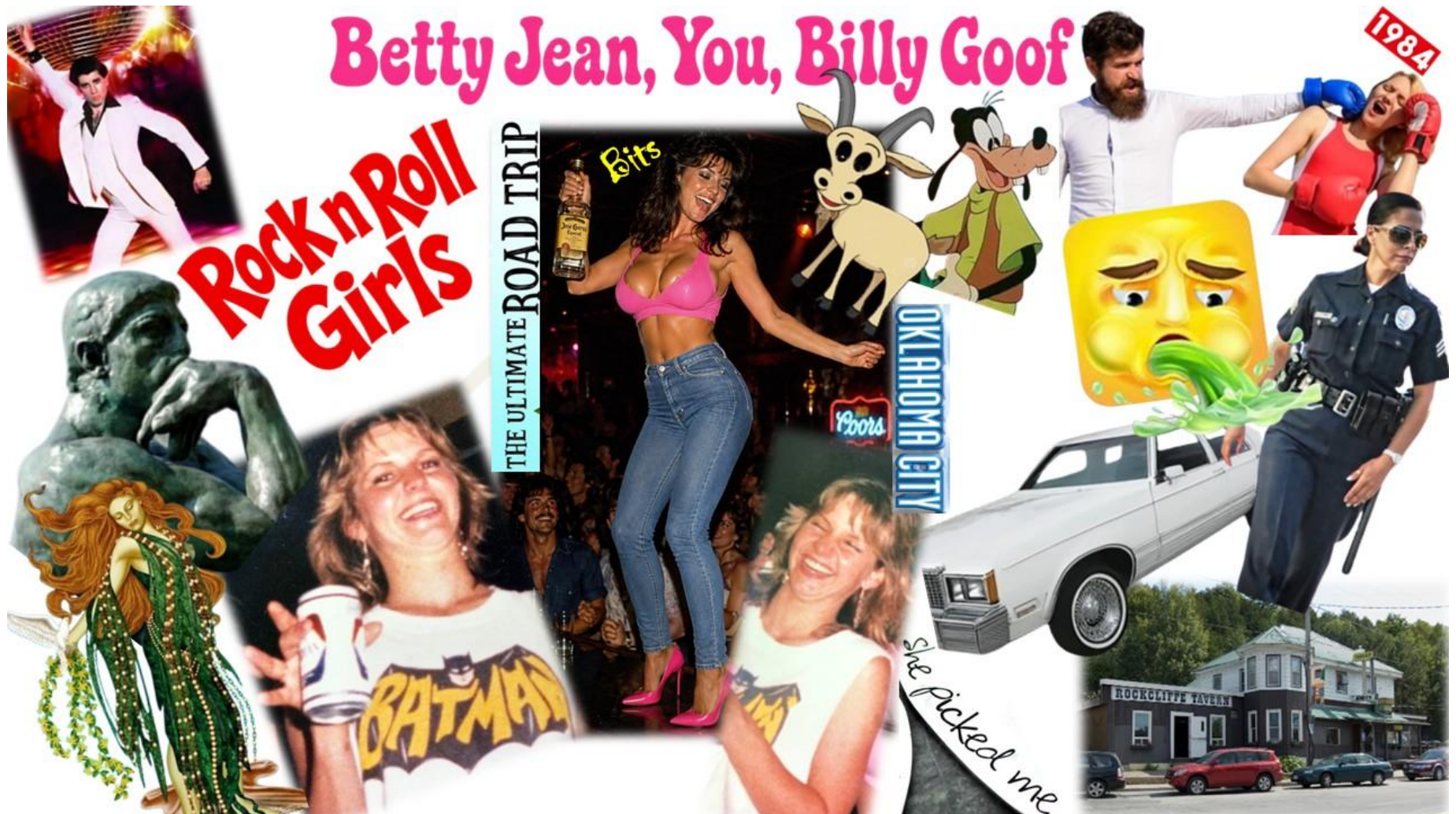
Chapter 48 – No Moon



Chapter 49 – My Dallas Family



Chapter 50 – Betty Jean, You, Billy Goof



Chapter 51 – Grizz the Good

Life doesn't get
any better than this



Chapter 52 – Ben the Ugly



Chapter 53 – Real Magic



Chapter 54 – Slippery Slope





Chapter 56 – Do You Have Cats?



Chapter 57 – A Gift



Chapter 58 – Queen Street Cool



Chapter 59 – Accidentally on Purpose



Chapter 60 – Branded



Chapter 61 – Banned

1994

Duty to Protect



Chapter 62 – Slaying the Dragon



Chapter 63 – Hovering



Chapter 64 – OCD: A Skill Wrapped in a Curse

OCD:

A Skill Wrapped in a Curse



Body Count



Staying
sober
One day at a time



WORST DATE EVER

Chapter 65 – Into the Fire



Chapter 66 – Smiling Wide

Smiling Wide

~~Do~~
GOOD
~~Work~~

I can't
do it



Opinion | Trailblazing aboriginal women forgotten: Goar

July 1, 2013 | 2 min read



Ghrian Shine "My message to all past and present trailblazing indigenous Canadian women is: thank you for your courage and determination to make a difference."

Family History

The Importance of Telling Your Story



Truth and Reconciliation
Commission of Canada

How Can I Be
Love Today?

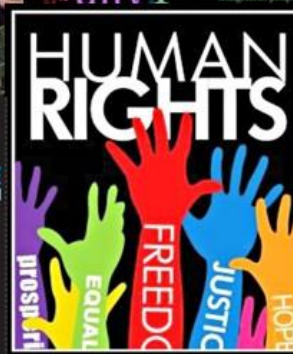


"The only thing necessary for the triumph of evil is for good people to do nothing" –John Stuart Mill 1867

CHURCH HURT



transgender prejudice
poverty dominant culture
LGBTQA social justice
racism equality
ally privilege
sexism



CARE RESPECT TEACH
EVERY CHILD MATTERS
BELIEVE CARE PRAISE EMPOWER
ENCOURAGE CARE REACH ENCOURAGE
PRAISE CARE REACH ENCOURAGE
STAND UP FOR CHILDREN
NO EXCUSE FOR CHILD ABUSE
BELIEVE EVERY CHILD MATTERS
MAKE A DIFFERENCE
PROTECT SHARE
CARE

Hurt people hurt people.

Stay Alive

Acts of LOVE



Spare the Rod,
Spoil the Child
Proverbs 13:24



What Integrity Looks Like



Chapter 68 – Gap Year



Chapter 69 – Beyond the Fog



Chapter 70 – Twin Moles



Chapter 71 – Frozen



Chapter 72 – Returning Home



VOLUNTEERING IS A
WORK OF HEART



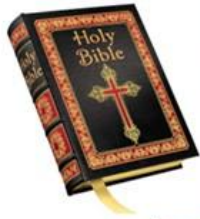
Chapter 73 – Left Behind



Chapter 75 – Breathing Through the Pain



Chapter 76 – The Pope Pays



Father Tom Walsh earned a living
raping children for 37 years, the
church knew, and the parents let him

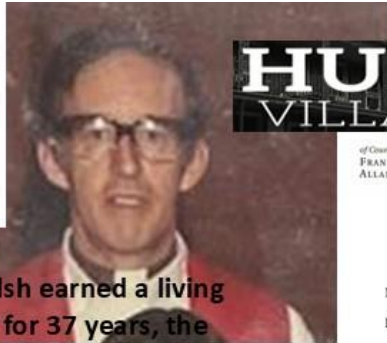
#DON'T PAY
WITH YOUR
LIFE



Bishop James
Leonard Doyle led
the Peterborough
Diocese 1976 - 2002



The business of raping children pays BIG \$\$



**HURT
VILLAGE**

of Counsel
FRANK G. FELKAI, Q.C. (1942-2018)
ALLAN G. HUTCHINSON

ROCHON | GENOVA LLP
BARRISTERS • ADVOCATES

In association with
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Refer to File No. 22075

May 26th, 2022

By E-mail – frjoemoran@peterboroughdiocese.org;
robynhenighan@peterboroughdiocese.org

WITHOUT PREJUDICE

Roman Catholic Diocese of Peterborough
350 Hunter St. W.
Peterborough, ON
K9H 2M4

Dear Father Moran and Ms. Henighan:

Re: [REDACTED]

We have been retained to represent [REDACTED] in relation to the sexual abuse she suffered as a youth at the hands of Father Tom Walsh ("Father Tom") in approximately July, 1981, while he was the Pastor at St. Francis of Assisi Parish in [REDACTED], Ontario (a Parish of the Roman Catholic Diocese of Peterborough [the "Church"]).

We understand Ms. [REDACTED] has been in contact with you by e-mail over the past couple of months to try to resolve her matter amicably but that, to date, no resolution has been achieved. As such, we have been retained by Ms. [REDACTED] to try to resolve this matter to her satisfaction, without the need to commence civil proceedings against the Church. We are hopeful the Church will take this opportunity to engage in a co-operative effort to avoid what would undoubtedly be a difficult, expensive and distressing process for both Ms. [REDACTED] and the Church. This is a critical stage of Ms. [REDACTED]'s healing process.



**TOXIC
ENABLERS**



Chapter 77 – Cloaked in Care



camh
mental health is health
resilience

True
colours

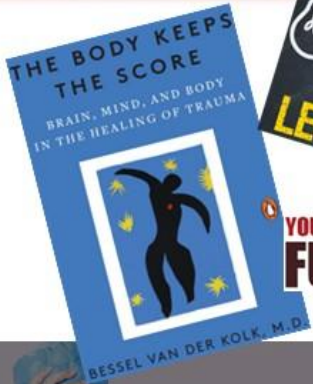
RESISTANCE

LESSONS LEARNED

YOUR
FUCKED UP.



*Cloaked
in
Care*



**Mental Health Act
Section 132 Rights**

Form 2

The Two-Minute Psychiatrist

BROKEN
HEALTHCARE



Hot
Topics

CAN YOU
PROVE
IT?



SD
ed by multiple



THE COLLAGE COLLECTION
BREATHING THE NIGHT OUT

BRINGING THE NIGHT INTO LIGHT

Where the Emotions Live

Thank you for walking through these pages with me.

For seeing the beauty in the pain.

For listening.

For witnessing.

For carrying the story forward.

With love, compassion and gratitude,

Ghrian Shine

Beloved Warrior



Please share this book forward

www.ghrianshine.com