

# Shawn Russell Bowden

SEPTEMBER 25, 2018

Shawn Russell Bowden passed on September 25, 2018 at the young age of 33, after a lifelong battle with Freidrich's Ataxia. Shawn had an indomitable spirit and immense courage inspiring those around him, as his disease progressed. He enjoyed many activities before becoming bound to his wheelchair. As a

younger man he enjoyed sockeye salmon fishing, riding his bike, basketball and card collecting. He truly enjoyed the time he spent at Canuck Place in Vancouver. Later in his life he enjoyed his computer, music, watching movies and his BC Lions football team. During his life Shawn liked to travel. He enjoyed the company of his two dogs; Zoey and Dusty.

He had a great smile that would light up any room and he could always muster up a quick quip when the opportunity presented itself. He never complained about his circumstance and faced every challenge with incredible courage and dignity.

Now, he is finally at rest; free of his wheelchair and his illness. He can now run in the clouds and enjoy the freedom of movement that so many of us take for granted. Tears swell in my eyes as I write this. He has left a huge hole in our lives, but our sadness is lessened knowing he passed the way he desired and in peace. We will always miss you Shawn and you will never be forgotten.

You are invited to leave a personal message of condolence for the family.



## Messages of Condolence

Sorry for the passing of your loved one. May the Father of tender mercies and the God of all comfort be with your family, (Revelation 21:4, Acts 24:15).

— **R. Veinotte**

So sorry for your loss big hugs ☺ ☺ ☺ So beautifully written ☺

— **Tia**

We're honoured and moved as a few of us still remember Shawn at Canuck Place Hospice, many years ago.

His spirit and smile live on, in our memories and beyond, forever.

We are deeply sorry for your loss of Shawn.

— **Barbro Ekelund, @ Canuck Place Children's Hospice from April 2001 to November 2018, Vancouver**

I remember Shawn well from his many times staying at Canuck Place. He was an intelligent thoughtful boy and young man, with a wicked sense of humour. His exploits to get his many tattoos were legend amongst the kids.

If our job is to live life well and as fully as possible with our skills and talents, Shawn did his job excellently well. Fly high, Shawn. You don't need to go skydiving now; you can go anywhere! ☺

— **Helen Ekelund**



<https://www.myalternatives.ca/obituaries/bowden-shawn-russell>

Printed on June 3, 2026