

## I Am Enough

I am enough to make it  
Through the night. I am enough  
To make it through the day.  
No matter my struggles  
And I have many struggles  
I know I'll be OK.  
I don't give in, I believe and have faith.  
I am enough.

You are enough to make it  
Through anything. You are enough  
To live through anything.  
You don't have to be perfect  
And it doesn't matter if you are smart  
Just open your eyes and open your heart.  
Find the strength and peace  
That we have inside our chests.  
Believe that it will stay there  
Until your very last breath.  
You are enough.

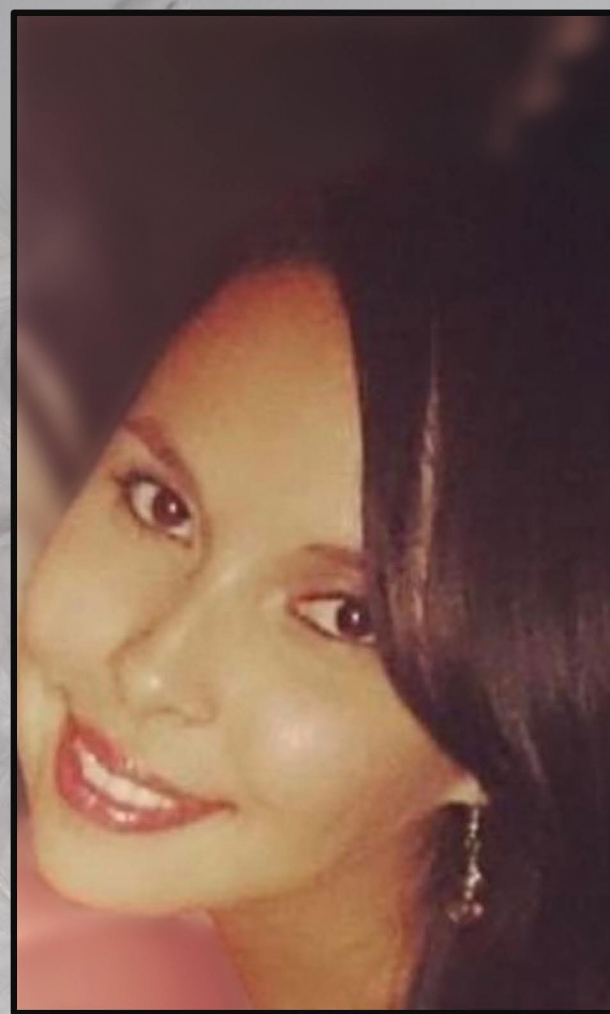
We are enough to make it  
Through the highs and make it  
Through the lows. We are enough  
To make it through the dark sky  
And the nights when tears fly.  
Don't give up I promise you  
It gets better  
and our dreams come true.  
We are enough.

I am enough to make it  
Through drugs, heartbreak and pain.  
I am enough to make it  
Through the cold and pouring rain.  
I am enough to make it  
Through anything with you my friend.  
I am enough to make it  
Because this is only the beginning it isn't the end.

- Author Unknown



Honoured to serve the family of Karly Frank  
To send a condolence, please visit our website or scan the QR Code  
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Forever in Our Hearts

*Karly Andrea Frank*  
*Sukitapyaki (Talented Woman)*

October 22, 1986 - July 17, 2023

Our beloved daughter Karly passed away suddenly on July 17, 2023. Karly suffered from drug addiction, and for years we feared that her addiction would claim her life. We are so very grateful that when she passed, she was at home safe with her family.

Karly was born on October 22, 1986 at St. Michael's hospital in Lethbridge. Her parents Lois and Harley Frank loved and welcomed her into the world where she was surrounded by her families from the Kainai and Siksika Nations. Karly grew up on the Blood Reserve then the family later moved to Calgary and then Lethbridge.

Karly was an adored daughter, sister, niece, cousin, friend, and mother. She loved her family more than anything else especially her children Kassy, Tayden, Maxximus, Avy and Bella. The children love their Many Grey Horses family, their father Cassidy, Debbie, Bernard and especially Daisy.

Karly's aunts and uncles from the Manyfingers family are Dorine, Dolores, Wallace (Sherry), Maurice, Tony, and Crystal and Barry.

Her uncles and aunts on the Frank side are Randy (Anna Joyce), Kelly (Sharon), Phillip (Sheila), Vernon (Stephanie), Brian (Mary Pat), Colin (Vanessa), Bob (Tracey) Charlene (Ed).

Karly's best friends were her cousins Jewel Manyfingers, Trent Frank, Myles Frank, Dane Frank, Alex Soop, Casey Manyfingers, Allison Frank and Tricia Soop. She was so loved by her best good friends Tiffany Sweet Grass, Jayce Weasel Fat and Mary Creighton.

Karly was an extremely lovable child, and she was especially close to her two grandmothers Rita Frank and Dr. Helen Manyfingers. She is loved and will be missed by her brothers Mike, Ken and James. And her nephews, Riley, Thomas and Jack, and baby Elias. She had many friends on the Reserve and in Lethbridge including many who lived on the streets in Lethbridge.

Karly's Blackfoot name is Sukitapyaki (talented woman). She attended school in Lethbridge and when she was sixteen, she attended the Gonzaga Prep high school in Spokane, Washington. Karly ultimately completed her Bachelor of Science degree from the University of Lethbridge and then continued on to become a Registered Nurse.

Karly so loved to help her many patients but after an unfortunate accident, she was injured and was then introduced to the conniving world of opiates. This relationship would dominate the rest of her life.

It is impossible to capture a person's true spirit in an obituary. To some people, Karly was seen as weak when they would see her on the streets, all they would see was her addiction and they would judge her.

What a loss for them because if they knew the true Karly they would know that she was fearless but kind. She could make anyone laugh with her one-liners. She was hilarious and funny. She would talk to anyone and when you were in her company you appreciated her.

We live in a world that seems to harden itself against addicts and because of this we fail to help them every day. Karly reached out to social workers like Shannon and Adlee and we thank them so much for your care and love for our girl. Many of you advocated for her and believed in her until the very end.

After having Avy and Bella, Karly tried harder and more relentlessly to stay sober more than anyone we have seen. She relapsed when she lost custody of her children, a loss that was unbearable.

During the past two years, her addiction brought her to places of incredible darkness, and this darkness compounded itself by increasing her pain and shame. For ten days this summer, she was home and clean from her addictions. These wonderful days were filled with swimming, movies and family dinners.

We believed, as we always did, that she would overcome her disease and make the life for herself that we knew she worked so hard for. We believed this until the moment she took her last breath. Ultimately, her addiction stalked her and stole her once again. We would pay any price to have her back with us again.

If you or anyone you know is struggling with addiction, please know that every breath is a fresh start. Addiction is prevalent especially amongst our Indigenous people. But always remember that your families are praying and rooting for you. Know that we believe with all our hearts that you can and will make it. It is never too late.

Those wishing to contribute in Karly's honour can contact Mark Brave Rock of the Sage Clan in Lethbridge at 403-915-7650.



### Funeral Mass

St. Martha's Catholic Church  
355 Columbia Boulevard West, Lethbridge, AB  
Thursday, July 27, 2023 at 11:00 A.M.

**Celebrant** - Father William Monis

**Musician** - Christina Lohues

#### MUSICAL SELECTIONS

Entrance: *Only A Shadow*

Offertory: *The Lord is My Light*

Communion: *Be Not Afraid*

Recessional: *Amazing Grace*

#### READINGS

Ecclesiastes 3:1 - Crystal Many Fingers

Psalm 23

Romans 8:31-39 - May Pat Frank

John 14:1-7 - Fr. William Monis

Prayers of the Faithful - Trent Frank

### Feast

Following the Funeral Mass, family and friends are invited to further share this day in the St. Martha's Church Hall

### Interment

Following the Feast, Karly will be laid to rest in the Frank Family Plot  
Blood Reserve, AB

#### PALLBEARERS

Mike Frank - Ken Frank - James Frank  
Riley Frank - Thomas Frank - Alex Soop