

Stensland, Sofie Evelyn

November 29, 2021



Sofie Evelyn Stensland

With deep-seated anguish, the family of **Sofie Evelyn Stensland** announce that she died suddenly on Wednesday, November 24th, 2021.

Sofie's life began in Nanaimo, BC on April 10th, 2000, with a move to Assiniboia, Saskatchewan in 2008 and a relocation to Moose Jaw, Saskatchewan in 2012. Sofie actively enjoyed gymnastics, swimming, dance and figure skating as a young girl. With an appreciation for the arts, particularly musical theatre, Sofie participated in numerous productions within the high school musical and RuBarb Productions Company. After graduating from Peacock Collegiate in 2018, Sofie attended Nord Universitat in Bodo, Norway for one year of additional studies before returning to Moose Jaw in 2019.

Sofie loved all animals and those who captured her heart and

shared her life were Flink, Trofast and her beloved Bella. Christmas was exciting for Sofie and she began listening to holiday tunes in July with her fellow Christmas enthusiast. Sofie loved to travel and was fortunate to leave her footprints in Norway, several United States, Mexico, Europe, and eight of ten Canadian provinces. These travel opportunities helped Sofie to recognize and feel compassion for those less fortunate. She practiced and promoted inclusivity wherever she was, as she believed in fairness and was dismayed by anything biased or unkind.

As a curious individual with a unique perspective on life, Sofie questioned all things and regarded the world around her with a ferocious zeal – a quality many do not possess. This allowed her to understand and approach life and people with inquisitiveness, enthusiasm and compassion. Her sense of wonder allowed those who knew her to be drawn to her enthralling and infectious desire of free spirit. Her wanderlust, to just *be* was a constant enticement for Sofie. She felt deeply and those who knew her were magnetically drawn to her unique blend of charm, humour and beauty. Her periods of profound darkness were palpable to those closest to her. Sofie struggled with, and courageously addressed, her mental health challenges with grace, insight and introversion.

She was predeceased by her beloved grandmothers: Nanny (E. Jean Johnston of Moose Jaw) and Bestemor (Esther Stensland of Leinesfjord, Norway). Sofie will be painfully and forever missed by her mother, Jana Garinger of Moose Jaw, Saskatchewan; father, Henry Stensland of Nordskot, Norway; brother, Bjørn Tomas Horsdal (Marte) of Oslo, Norway; sister, Carina Stensland (Truls) and nephew, Casper – all of Bodo, Norway. Also grieving the loss of Sofie are her aunts: Joni Leonard (Dave) of Saskatoon, Lill Hansen (Hans) of Leinesfjord, Norway, and Ellen Stensland Kråkenes (Bjørn Erik) of Harstad, Norway; numerous cousins including: Jeff Leonard of Saskatoon, Saskatchewan, Jaime Leonard (Kevin) of Regina, Saskatchewan, Arne Willy Hansen (Sissel), Tone Røbech (Terje) Bengt Hansen (Louisa) – all of Leinesfjord, Norway, and Christian, Andreas (Susanne, Ingvild (Knut Helge), Jonas (Therese), and Mathias (Sigrid) Kråkenes – all of Norway. She will be equally missed by numerous second cousins in Calgary, Alberta: Dave, Shelley, Jennifer, Ryan, Kiel

and Carlin Travis; and in Norway (especially Tora Sofie); as well as Sofie's special mom-friends: Shirley Duff of Victoria, British Columbia, Susan Elder of Moose Jaw, Saskatchewan, and Michele Jones of Kelowna, British Columbia. Grieving her absence, Sofie also leaves behind many special friends from throughout her lifetime, both in Canada and around the world.

Sofie, you died young. A beautiful woman. You are seen.

*For those suffering with mental health issues,
please ask for help.*

Don't withdraw, don't keep it inside.

Be heard, be seen, reach out. Know that people care.

A Private Family Service will be held to honour Sofie. As an expression of sympathy, donations in Sofie's name may be made to Free to Be Me Animal Sanctuary, Box 1685, Moose Jaw, SK S6H 7K7 or The Moose Jaw Humane Society, Box 1658 Station Main, Moose Jaw, SK S6H 7K7. Arrangements are entrusted to Moose Jaw Funeral Home, 268 Mulberry Lane. Michelle Ellis, Funeral Director 306-693-4550

1.



Jacky Zalopski on November 29, 2021 at 8:40 pm

My deepest condolences to Sofie's loved ones. My thoughts and prayers are with you all. May you rest in peace, Sofie.

[Reply](#)



Darlene and Kevin Skalicky on November 30, 2021 at 12:04 pm

Oh please know we are thinking of you at this sad time.

And comfort for the days to come. Sofie was a beautiful girl. We have many fond memories of her coming and visiting us Hugs to Jana and all who had their hearts touched by this beautiful girl

[Reply](#)

2.



Peggy Pearce from NRGH on November 29, 2021 at 11:25 pm

Oh Jana, I am heart sick to hear about Sophie. I have a photo of her from some ED gathering, with a tangled head of hair, wind chapped cheeks and a huge grin. She was so sparkling. I haven't got words to express my sorrow for your loss.

[Reply](#)

3.



Lorraine & Rick McLaren on November 29, 2021 at 11:55 pm

Jana, we are heartbroken to hear about Sofie. There are no words to be spoken but please know that our thoughts are with you.

[Reply](#)



Karen Meagher on November 30, 2021 at 8:21 am

We are so heartbroken to hear of Sofie's passing. She was a sweet girl and though she only intersected our lives for a short while, we do remember her fondly. Her creative mind and kindness will live on in everyone who experienced it.

[Reply](#)



Leah Hunter NRGH on November 30, 2021 at 8:47 am

Jana, words cannot express this grief. Take care . Thinking of you in this most terrible time.

[Reply](#)

4.



Teddy-Ann Smith on November 30, 2021 at 8:38 am

Jana, I am so sorry for your loss. My heart breaks for you.

[Reply](#)

5.



Mickey & Lorne Heron on November 30, 2021 at 9:34 am

Dear Jana, no words can help with this tragic loss. But please accept our sincere condolences at this time of sorrow. Our thoughts and prayers are with you.

[Reply](#)



Joan on November 30, 2021 at 11:28 am

Dear Jana, I am so sorry to hear about your loss of Sophie. I know you must be devastated and I struggle to find the right words that may comfort you. May Sophie Rest in Peace and I hope you find your path to deal with your loss by remembering all the good times you and Sophie shared. Your friends and family are there for you Jana, Lean on them!

[Reply](#)

6.



Darlene Guy on November 30, 2021 at 11:03 am

Jana, I am so sorry for your loss. My heart goes out to you.

[Reply](#)

7.



Ron Jones on November 30, 2021 at 3:36 pm

Jana, Henry, & everyone else touched by this loss...there aren't any words that'll help, but I'm sending all the positive thoughts I can, your way...it's sad...

[Reply](#)

8.



Angela St. Onge on November 30, 2021 at 8:55 pm

Deepest condolences Jana. My heart and thoughts are with you and your beloved Sofie.

[Reply](#)

9.



Karen Smith-Williamson on November 30, 2021 at 10:02 pm

Dear Jana,

I am hurting deeply for you and your families as you try to come to terms with the tragic loss of your precious girl! She was so sweet every time I chatted with her. I remember choosing tiny little clothes for her baby shower. I was so excited for you. Then when she came to Central and we got to see her as a beautiful young woman in high school. She was kind, sweet and showed an interest in whatever we chatted about.

Bless her heart. She left imprints on the hearts of all the people that were touched by her life ♥️ We will remember your beautiful Sophie.

Take care Jana. Grief is intense...I pray for you during this very difficult time. ♥️

Love and hugs... your friend ♥️♥️

Karen and Family.

[Reply](#)

10.



Rachel Doucette on December 1, 2021 at 5:26 am

Even though I'm far away my thoughts are it's you. Jana
I'm so sorry for your loss.

[Reply](#)

11.



Cheryl Litvenenko on December 1, 2021 at 7:12 am

Thinking of you!

[Reply](#)

12.



Lee Garinger on December 1, 2021 at 10:36 am

Our prayers and thoughts are with you and your family. I
hope the great memories you share give you strength during
this difficult time.

[Reply](#)

13.



[DARLENE HRECHKA](#) on December 1, 2021 at 9:37 pm

SENDING MY DEEPEST CONDOLENCES TO YOU JANA

THINKING OF YOU AT THIS VERY SAD TIME.

[Reply](#)

14.



Leslie Deans on December 2, 2021 at 11:49 am

Oh Jana. My heart breaks for you and the loss of beautiful Sophie. Take care and surround yourself with all the people who love you. Sending love and light from Alberta.

Rest easy beautiful girl. ♥️

[Reply](#)

15.



Linda and Greg Foreman on December 2, 2021 at 1:55 pm

Jana, we are so very sorry to hear about Sofie. Our thoughts and prayers are with you during this difficult time.

[Reply](#)

16.



Sheldon & Jackie Holfeld on December 2, 2021 at 2:23 pm

Dear Jana & family,

We are so very sorry to hear this. Our hearts share in your heartbreak. Sending big hugs to everyone & praying

for God to bless you with comfort & strength during this very difficult time. Rest In Peace, dear Sophie ♥️

[Reply](#)

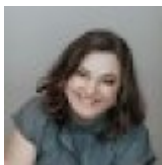


Andie on December 5, 2021 at 10:33 am

Jana, your sweet princess, her light on earth has dimmed but she is not dark... her brightness will continue to shine within you and all of those touched by her presence in the their lives. She was a warrior in her own way but even the bravest need respite and grow weary. And personally I would like to thank you for publicly honouring her mental health. I've always found you to be an amazing and dedicated mom to this soulful and sweet girl. I have nothing to ease your pain, you are strong and I care for you deeply. I'm so sorry this loss has brought itself into your heart.

[Reply](#)

17.



Carley Cooper, NRGH on December 2, 2021 at 2:43 pm

Jana

My heart goes out to you. Sending you much love at this difficult time.

[Reply](#)

18.



Michele vallieres on December 4, 2021 at 6:45 pm

Jana, I am so sorry for this loss...Sophie is in my heart and my memories of her time at ACCS
Smiles, kindness, caring, gentle and lovable to bits and pieces! I see her right now!
You, as well, have that special output of strength, joyfulness, present in the moment that is memorable.
Hugs... and more hugs
You both shine together ♥️💞♥️

[Reply](#)

19.



Trish Martynook on December 5, 2021 at 1:27 pm

Oh Jana my heart starts to cry every time I think about how much you loved and adored Sophie. I had few opportunities to spend time with her but I do remember her as being a shy, soft spoken, humble and kind young girl who wise beyond her years. You raised a beautiful soul mama; you must be feeling so proud of the woman she became. My thoughts and prayers are with you Jana and please, if there is anything – absolutely anything I can do to ease your load, please reach out. I'll be in touch soon and maybe we can arrange a visit. Love you Jana; take care.♥️♥️.

[Reply](#)

20.



Karen Schachtel on December 5, 2021 at 2:32 pm

Jana, I am so very sorry. My thoughts are with you.

[Reply](#)