



Valerie Linnaea Bowles

May 17, 1978 - October 13, 2019

On October 13, 2019 Valerie Linnaea Bowles, our beloved daughter, granddaughter, sister and aunt, lost her 25-year long battle with an eating disorder at 41 years old. Valerie was born on May 17, 1978 in Salt Lake City, Utah. She was a life-long member of The Church of Jesus Christ of Latter-day Saints. Valerie's life was overshadowed by mental illness and her slow decline was devastating to all those who loved her. If only she could have seen herself through our eyes: Valerie was beautiful and sweet, fun and energetic; she loved the mountains, boating and fishing at the lake, animals and motorcycles. She was intelligent, creative and adventurous and loved to read and write. Valerie loved her nieces and nephews and always met them with her beautiful smile, hugs and kisses - and suckers for each to their endless delight! They absolutely adored her and saw effortlessly through her embattled surface to the bright center of love and kindness that so many overlooked. She was a beautiful, tragic sonnet too often misjudged by her battered cover. Despite her inner turmoil, Valerie brought us beauty, joy and love beyond what she could see in herself and she will be dearly missed. She is survived by her parents, Gil and Linnaea Bowles, sisters Andrea (Ryan) Custer and Meredith (Jeremy) Trimmer, brother Todd (Erin) Bowles and her nieces and nephews – Hunter, Brandon, Adam, Knox, Ashlyn, Krew, Cambri, Fade and Brynnlie. She was welcomed with great joy by her predeceased loved ones Grandma Ellen, Gramps and cousins Stephanie & Rachel Works and by her Beloved Savior Jesus Christ.

Memorial Services will be held on Saturday, October 19 from 2-3 PM at The Church of Jesus Christ of Latter-day Saints chapel at 1273 Regal View Drive, Saratoga Springs, Utah.

Val often expressed her desire to help others through sharing the story of her affliction and would find great comfort in knowing that her challenges might inspire others to ask for help or reach out to those that might be struggling. Our family is happy to share resources.

Events

OCT **Memorial Service** 02:00PM - 03:00PM

19

The Church of Jesus Christ of Latter-day Saints
1273 Regal View Drive, Saratoga Springs, UT, US