



## Patrick Henner Forsyth

November 25, 2020

Patrick Henner Forsyth, age 22, born and raised in Cary, NC, passed away on Wednesday, November 25, 2020. He is survived by his parents, Greg and Peggy (Henner) Forsyth, his brothers, Michael (Denver, CO) and Jack Forsyth (Apex, NC), many adoring aunts, uncles, cousins, and friends. Patrick graduated from Athens Drive High School in 2016 and enjoyed playing soccer, lacrosse, and paintball. Patrick was such a naturally gifted person – smart, compassionate, funny, athletic, handsome – and was an infectious personality to be around. He was a very social person from a young age and always had friends around him – people gravitated towards Patrick and he immensely valued their presence around him. The day before his death, he told his family how sad he was that he was not going to see them for Thanksgiving, but was very excited for Christmas when we could all be together and was incessantly asking what he could get everyone for Christmas – that was Patrick. He would have certainly been an entrepreneur later in life and was a natural born salesperson. At age 10, Patrick was gifted a paintball gun that cost \$150 and within about six months, he had traded and sold the thing about six times to turn it into a \$1,500 paintball gun – that was Patrick. He always had an innate ability to figure things out for himself and stopped at nothing to accomplish what he wanted. Whenever he put his mind towards something, whether it be relationships, school, work, or fitness, he found success. It is so sad that Patrick was taken from the world so young because he surely would have done great things.

And then there were drugs...Patrick was killed by a long and hard-fought battle with opioid addiction. Unfortunately, the same mindset that excelled Patrick in the positive aspects of his life was the same mindset that addiction bestowed on him towards drugs – it consumed him and stopped at nothing. At times when drugs were present in Patrick's life, they took complete control and had no regard for his wellbeing. For someone so young, Patrick had hit rock bottom so many times as a function of his disease and his resolve to bounce back was nothing short of incredible: physically – at his lowest point he weighed 130 pounds (he is 6'2" tall)...before he died he weighed 185 pounds and was chiseled like a Greek God, a function of countless hours in the gym focusing on improving his physical wellbeing (he was so proud of his progress and would often joke with his brothers that he

might not be the oldest, but he was the strongest – that was Patrick); emotionally – at his lowest point he had alienated loved ones and positive influences from his life in innumerable ways...before he died he was talking to friends and family frequently with love and openness and we could not have been more proud of the person he was becoming – that was Patrick; mentally – at his lowest point he was letting drugs consume every decision made in his life...before he died he was almost nine months into a rehabilitation and therapy program to take back control of his life from his crippling illness – that was Patrick. Patrick had been fighting for his sobriety for nearly four years to include numerous rehabilitation and treatment programs and during this time only relapsed for a short number of months – he was so committed to bettering himself and finding a way to beat this illness - that was Patrick. Watching Patrick go through this process with so much commitment and perseverance was inspiring beyond belief, and if he was able to find a way to win this battle then there was nothing he could not accomplish in this world. The harsh reality about addiction is that each time an addict relapses, the drugs either kill them or take back complete control, or in the best case scenario, they have the opportunity to go back to step one in the rehabilitation and treatment process and start the hardest fight of their life all over again. There is no “cure” for addiction as there are with many other diseases, and treatment rates are exceptionally low compared to many other diseases, requiring addicts for all intents and purposes to be “mistake-free” to beat their illness, much with only their own resolve to rely on. That would be an incredible burden for anyone, let alone a 22 year-old – in no other area of society is there an expectation that someone so young will not make mistakes. Unfortunately, the consequences of an addict’s mistakes are literally life or death. It is a shame that people battling addiction are defined by their disease in society so much more so than other diseases, but if you look over the course of history, victims of illnesses that are widely supported and celebrated by society today, and rightfully so, were viewed inferiorly in the past. Unfortunately, that is how many view addicts today – tweakers, junkies, druggies – that was not Patrick, and that is not addicts. Fighting and beating this illness takes so much strength from the victim and requires a support community around them like none other - negative stigmas around this illness only block positive progress from being made to help those battling the disease. Like most diseases, this disease does not discriminate against demographics and it plagues all types of people. If Patrick’s memory can help an addict seek treatment or not find shame in confronting their illness, help a friend or family member continue to support an addict in their daily fight for survival, or help remove the negative stigma in society around addiction – to continue progress and save lives – his impact will continue to be felt long after his physical presence left us and his plan to leave this world a better place than when he got here will be clear.

That is Patrick.

Patrick had more support and positive influences in his life than we could ever mention, but in particular his family will have everlasting gratitude to the Ransom family for taking him into their home and loving him as their own while he was in The Insight Program in Charlotte, NC. Patrick was given an abundance of tools, support, and emotional energy by the fantastic staff at The Insight Program, and then at SurfSide Structured Sober Living in Ventnor, NJ. Our hearts will forever be strong for the men and women that work these programs and willingly engage in one of life's toughest battles for so many people, most frequently complete strangers.

In lieu of flowers, a memorial fund in Patrick's name is being established and donations can be made through GoFundMe (<https://www.gofundme.com/f/patrick-h-forsyth-memorial-fund>), or if checks are preferable please reach out to Michael Forsyth at [michaelforsyth1992@gmail.com](mailto:michaelforsyth1992@gmail.com). We will use it as a way to help others in their fight against addiction that may not have the means to seek proper treatment.

A Mass of Christian Burial will be celebrated by Father John Durbin at St. Mary Magdalene's Catholic Church in Apex on Thursday, December 10th. The Eulogy will begin at 10:40 a.m. followed by the Mass at 11:00 a.m. Immediately following Mass, a private Rite of Committal will be held at St. Andrews Catholic Church. Unfortunately, at this time, we will not be able to have a visitation or gathering due to COVID-19.

# Cemetery Details

## St. Andrew the Apostle Catholic Church Columbarium

3008 Old Raleigh Rd  
Apex, NC 27502

# Previous Events

## Eulogy

DEC 10. 10:40 AM (ET)

St. Mary Magdalene Catholic Church  
625 Magdala Place  
Apex, NC 27502

## Funeral Mass

DEC 10. 11:00 AM (ET)

St. Mary Magdalene Catholic Church  
625 Magdala Place  
Apex, NC 27502

# Tribute Wall

AH

“ We were greatly saddened on the news of the loss of your son. Our thoughts and prayers are with you during this time and in the future.

*Agnes and Ron Henner*

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**Agnes Henner** - December 10, 2020 at 09:58 AM

MF

“ 1 file added to the album Patrick



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**Marguerite H Forsyth** - December 07, 2020 at 04:00 PM



“ Dear Peggy and family, my heart is broken to hear the news of Patrick's passing. Patrick loved my daughter Livi and they were super close. She had a special friendship and love for Pat. She spent time with him at Silvermist and said everyone called them brother and sister.

*Patrick encouraged her to push forward in life and mark a n ee pathway for herself. They were never able to catch up again after their time together at Silvermist but stayed in touch through texts and phone calls.*

*I will never forget he even called me when she was still struggling and encouraging me as her mother. We will never forget his love for our girl and his deep desire to fight this disease. You are in our prayers. We know that Patrick has been made whole again.*

*In love, Paige Combs*

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**Paige Combs** - December 06, 2020 at 11:57 AM



“ *Peggy I'm so sorry for your loss! Livi just called me. He was a beautiful soul and I know his struggle was difficult for all of you and him. My prayers are with you.*

*Scott from silvermist*



**Scott Burke** - December 06, 2020 at 11:19 AM

AB

“ *Patrick was the sweetest young man and I always enjoyed him hanging out here at the house with Aaron. He had a zest for life and was such a kind hearted person. Those many days of watching Patrick and Aaron play soccer are some of my favorite memories. There was pure joy in playing the game they loved. Patrick, you are missed young man. Rest In Peace and may the peace of Christ surround your loving family!!*

**Amy Baker** - December 06, 2020 at 08:24 AM

TO

“ *Patrick was one of the first people I've met when I moved here from Michigan. As soon as I met Patrick I knew me and him were going to get along and be very good life long friends. We always used to hangout and play lacrosse and do things together in the neighborhood until he moved away and I didn't see him as much, but we stayed connected through playing Xbox together and friendship never goes. I loved this kid like a brother he would always come over and help himself into our kitchen because he was family to us that's how comfortable he felt around me and my family as well how my family treated him like family. Patrick was loved and liked by so many people and it breaks my heart that one of my good friends has past away from a long hearted battle with addiction. We all have addictions and we all fight with them and Patrick was doing so very well. I'm so proud of his progress and I'm so very proud of all his accomplishments he has made in the 22 years he had on earth. I'll miss you patty until we meet again bro*

**Tyler Orr** - December 06, 2020 at 01:25 AM

DD

“ *I knew that Patrick was struggling with addiction....he spoke of it. I have not seen him in a few years. But his addiction did not and will not define his memory for me! His fight his charm and his kindness is the memory that stay with me! My heart breaks for the loss of this sweet young man!*

**donna diaz** - December 05, 2020 at 04:56 PM

CK

“ Hello Peggy and Gregg, I am deeply sorry for your loss of your beloved Patrick. My son Brent Karol was Patrick’s soccer Teammate many years ago through CASL, I believe it was Cobras. I’m so sorry that he had struggled with the disease of Addiction. Brent has also struggled with addiction, he currently has 2 1/2 months of sobriety, he went through in-patient dual diagnosis rehabilitation at Serenity Lodge in Santa Monica California. He is currently in Sober Living there doing Outpatient rehab.. I tell you this because you are not alone and the struggle is real and how hard it is to see the self destruction of the disease and what it has done and the intense pain it causes their families. I just wanted to let you know that your family is in my thoughts and prayers. May God grant your family the strength to get through this difficult time. May you hold on tight to all the wonderful memories that you have shared with Patrick and keep him alive in your hearts.

God Bless!  
Cindy Karol

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Cindy Karol - December 05, 2020 at 04:51 PM

MC

“ Pat was such a sweet soul in high school. He always knew the right words to use - whether jokes or just a simple compliment - to make you feel good when you were having a really bad day. I loved having class with him. May he rest and peace surrounded by people who always know the right words to say when he’s feeling down 💜

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mckenzie - December 05, 2020 at 12:48 AM

KA

“ Patty Noo 😞😞 oh my gosh, i am so sorry . I loved having class with you ! Your personality shined so bright ! Rip beloved

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kayla - December 04, 2020 at 07:28 PM

JR

“ Patrick lived with me for over a year and a half and it was the best year and a half of my life. In April 2018 me and my family welcome him into my house to undergo treatment in Charlotte North Carolina. I am 18 and at the time of him moving in I was only 15 years old. I was extremely immature and needed a positive role model to look up to. Patrick being the nearly 20-year-old was a amazing role model for the nearly 2 years he lived with me. He put up with my constant antics and constant annoyance and was the best older brother anyone could've asked for. We spent Christmas and Thanksgiving's together and he introduced me to what it's like to be a man. He helped me navigate talking to girls getting a girlfriend and sobriety. He told me what it's like to be a man and a leader. We spent countless hours in the gym and working on my schoolwork. He was a great influence on my younger brother and sister and a great hand around the house. One of my favorite memories is on Father's Day me and him went golfing, following this were the funniest memories I will ever have. Form me crashing the golf cart, to Patrick hitting me with one liners for four hours it is a day I will never forget.



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**Jack Ransom** - December 04, 2020 at 03:03 PM

DM

“ Turning this, at least partly into a means to help dispel social stigmas and not hiding from the truth is an incredibly brave and powerful act. My love and regards to his family and loved ones ❤️

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**Dylan Mead** - December 04, 2020 at 02:59 PM

KJ

“ " I've seen the needle and the damage done. There's a part of it in everyone." - Neil Young  
I too have lost loved ones to drugs. I am grateful to Patrick's family for turning this tragedy into a positive lesson that will help others.  
- Keith Jewett, teacher, ADMHS

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**Keith Jewett** - December 04, 2020 at 09:29 AM

CB

“ As long as there is breathe there is hope.....I would say this in every meeting I attended for three years. Insight saved my sons life and mine. I am you. I have a heart for addicts and so does my son. Will Guest Lindsay and Russo. I'm grateful to the family that took my son in. I'm grateful for the tools I learned as a parent of an addict. We lost two beautiful boys during our participation in the group always wondering if mine would be next. I pray for strength and wisdom and courage as you navigate life without him. I wish the parents of the kids that did not make it would form a grief group to share and grow and survive. You did all you can do to save your beautiful boy. I look at his smile and I weep. This is a mental health issue not a strong or weak issue. I have never met you but I can say I love you for sharing your sons battle in hopes of saving another. God Speed

Cheri Brewer - December 04, 2020 at 07:10 AM

TD

“ Thank you for sharing Patrick's story and struggle, it will open eyes and minds and will provide hope for those that feel helpless. Patrick sounds like an amazing young man that was surrounded by a loving and supportive family. He will change lives...that is Patrick. Love and prayers from afar.💕💕

Tami Oliver Dixon - December 03, 2020 at 09:33 PM

JF

Thank you for being so open about Patrick's addiction. No illness or earthly struggle should define us; the content of our being should and it is clear to me that Patrick was a remarkable young man. He experienced love and he gave it. I pray his life journey and his, and your, efforts to mitigate it will inspire the addicted and their friends, families and communities to seek treatment and to experience the requisite support and understanding needed to succeed. Thinking of Greg and sending love to you and yours during this time of transition.

john fisher - December 04, 2020 at 06:15 AM

CH

“ Patrick seemed to be a person who could perceive everyone's emotions when he entered a room. When he played with my son, William, as a little boy, he would give me that beautiful smile and I just couldn't help but hug him - and he would let me. That was Patrick. God bless you forever, Patrick.

Carolyn Hathaway - December 03, 2020 at 08:23 PM

PM

“ Greg I am so very sorry for the loss of your son Patrick. Words can't express my sorrow. I never met your son, but it sounds like he had so much going for him, amidst the struggles with his addiction. My condolences go out to you and your family and my thoughts and prayers as well.

Pat McDonald - December 03, 2020 at 08:11 PM

MB

“ Remember Patrick wearing my shoes when he was a little child and dressing up for Halloween as a teenager. Patrick was very easy to talk with and was interested in others. He would have made a good counselor. I will miss him very much.

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**Mary Beth** - December 03, 2020 at 06:11 PM

LT

My heart is grieving for you this morning, Greg, as I learn of this news. I thank you for your candid remarks about this disease. My prayer goes out to you and your family today as you go through the process of saying good bye to your son. I can't even imagine it. God-bless you all.  
Leighton Tesche

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**Leighton Tesche** - December 04, 2020 at 09:00 AM

MS

I am very sorry to hear this awful news. I am thinking about your family.  
Mike Seguin

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**Mike Seguin** - December 04, 2020 at 02:00 PM

EA

Knowing Patrick was truly a gift. He was such an outstanding young man with depth, kindness, humor, love for his family and friends. He was especially dear to me as my sister, Julie and her husband, Bill, were his maternal grandparents. Patrick was full of life and my special love for him was the love he had for Julie. She thrived being around him as she treated each of her children and grandchildren as if he/she was the one and only of their hearts. Patrick made Julie smile and laugh with joy, especially in her later days. My heart goes out to Peggy, Gregg, Michael and Jack. My admiration for all of you is never ending. Having worked in the recovery field for years has been a gift. I can't encourage family and friends enough to seek as much information as they can to learn everything about chemical dependency and addiction. I love each of you and my prayers are with you.  
Eileen Allin

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**Eileen Allin** - December 05, 2020 at 07:04 PM