


Revelations

Spring 2020 Newsletter

 **Catholic Cemeteries**
Diocese of Buffalo
Put your faith in us.

You Can Honor Your Loved Ones with Living Memorials such as Trees

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A cemetery is a place that inherently evokes emotion from all those who visit. Whether it a person's first visit or their hundredth, a visit to their loved one is surely an emotional one. Something that can help families during this time is coming together to memorialize their loved one with something that will live on for years to come — a tree.



Trees are natural and comforting and something that people love. They can be simple, yet incredibly powerful reminders of the person they stand for. They give back to the environment and they are not only a joy to the family of the deceased but to everyone that passes by. We ask you to consider these steps if you are interested in planting trees in remembrance of your loved ones. If you do, you will have beautiful living memorials that will encourage your family to visit again and again.

1. Make It a Family Event — We encourage you to include everyone in the family. This tree is going to be a perennial marker and reminder of the person that was so loved, a beautiful piece of nature that should be enjoyed by your family for many years.

You should make this a family celebration. Possibly gather again for the planting of the memorial tree. Surround it with love to flourish in its new home.

2. Personality and Maintenance — The tree should be reflective of the person it memorializes, so encourage families to take some time and reflect on the type of tree they'd like to plant. Did their loved one have a favorite tree? What was their personality like ... bubbly and outgoing?

Maybe choose a bright flowering tree that will burst with blooms every year. Capturing the personality of the loved one in the chosen tree will make it that much more special.

Another thing to consider when choosing a tree is maintenance. Native trees tend to require less maintenance and typically need less attention when it comes to their care. Of course, planning for longevity is important as this tree should be around for many generations to enjoy. We commonly offer four different trees for families to choose from including medium sized ornamental trees the Prairifire Crabapple and the Japanese Lilac Tree. We also offer medium sized shade trees such as the Greenspire Littleleaf Linden and the Autumn Flame Red Maple Tree. These trees are good choices for our cemeteries and our weather. Please consult with our Cemetery Managers to ensure the proper tree is planted in the appropriate location.

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Mount Olivet
4000 Elmwood Ave., Kenmore
716.873.6500

Holy Cross
2900 South Park Ave., Lackawanna
716.823.1197

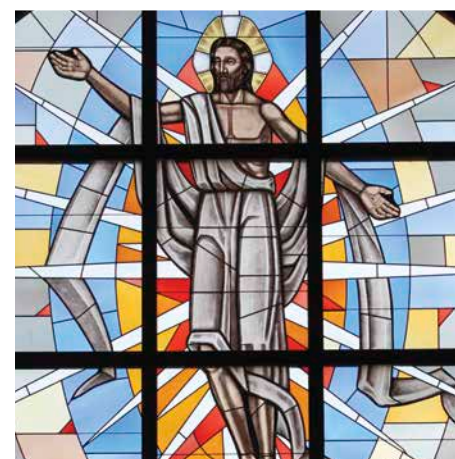
Holy Sepulchre
3063 Harlem Rd., Cheektowaga
716.892.3063

Gate of Heaven
500 Riverdale Ave., Lewiston
716.282.5084

Assumption
Whitehaven Rd., Grand Island
716.873.6500

Queen of Heaven
6843 Tonawanda Creek Rd., Lockport
716.433.0941

Representing
St. Adalbert
6200 Broadway St., Lancaster
716.681.3090



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Facebook
facebook.com/catholiccemeteriesbuffalo

Springtime Grief

By Marianne Hubert, Director of Grief Support Services

After many months of dark, cold and snowy days where many of us just want to huddle by a fire for the warmth and security it gives, we start noticing the daylight lasts a little longer and the sun comes out a little more often. YES! Springtime is just around the corner! For those grieving the loss of a loved one, the holidays of winter have been handled.

Hopefully the spring season will start to produce a little more energy and enthusiasm in us. This is a time period eagerly awaited and anticipated by many. Some that have been on their grief journey may embrace the cool spring air and new found sunshine and feel better with a sense of new hope.

However, seasonal reminders of loss may occur and the spring months can still be quite difficult for those who have lost a loved one and are still grieving that loss. Even springtime in all its rich beauty and excitement and plans for the summer can create a sense of sadness for those



grieving the loss of a loved one. Those grieving a loss may even feel a little more isolated and alone. It is very difficult to see others happy and making plans and moving forward when you are grieving. Some may feel resentment towards those who are anticipating a family vacation, spring holiday or other special event. They hold memories of springtime with their deceased loved ones.

Where one may have felt normal with all who experience the dull drums of winter, now feelings of resentment and the dread of spring excitement and plans of others may set off their grief in a painful way. It's important to allow yourself to feel the various emotions. It's okay to feel sad and a sense of loss is normal, but it is also important to allow yourself to let go of feelings of guilt and allow yourself to experience joy and happiness, too. So, it's okay to laugh and cry as you celebrate special times.

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Through the Lens

From left to right, top to bottom:

Msgr. Francis Weldgen makes a point at the All Soul's Mass homily at Mount Olivet Cemetery.

Carolyn Zimmerman encourages participants to try a new instrument during a Drum Circle at Mt. Olivet Cemetery

Participant at the Pet Remembrance Service looks over the variety of urns offered for beloved pets

Grief Support Participants enjoyed a winter afternoon lunch at the Elma Grille Restaurant after a morning at the Marilla Country Store

Grief Support participants listened to Licensed Counselor Michelle Marabella's presentation on Dreams and Grief at St. Aloysius Gonzaga Grief Support satellite location

Participants light their candles at the Candlelight Remembrance Service at Mt. Olivet Cemetery

Grief Support participants enjoy a Pot Luck Holiday Dinner at St. Aloysius Gonzaga Grief Support satellite location

Young Candlelight Remembrance participant selects an ornament from Family Service Counselor John Sanborn at Mt. Olivet Cemetery

Spring months can be difficult for a grieving person. However, spring doesn't have to instill a sense of grief from the pain of losing a loved one. Instead, one can embrace the spring time of the year with techniques, strategies and activities that can validate their grief, but also encourage a new start along with the new season. Why not plant a Memory Garden to honor your loved one. Being outdoors can help clear our minds of the terrible "If only I ... "

and "I should have... " or "I could have..." and bring peaceful thoughts.

A good idea is to use early spring to clear up the mess that the fall left behind and was covered by the snow. Or, how about using spring to clean up or declutter! Clean your car or start with a small closet and move to the bedroom, basement and other parts of the house.

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Catholic Cemeteries Mass Schedule

Date	Mass	Time	Location
(Cancelled)	Monthly Mass	9:00 AM	Mount Olivet Resurrection Chapel Mausoleum Holy Cross Holy Trinity Chapel Mausoleum
(Cancelled)	Monthly Mass	9:00 AM	Mount Olivet Resurrection Chapel Mausoleum Holy Cross Holy Trinity Chapel Mausoleum
(Cancelled)	Memorial Day Mass	10:00 AM	Mount Olivet Holy Family Chapel Mausoleum Holy Cross Holy Cross Chapel Mausoleum Holy Sepulchre St. Francis of Assisi Chapel Mausoleum
(Cancelled)	Memorial Day Mass	10:00 AM	Queen of Heaven Queen of Heaven Chapel St. Adalbert's Cemetery St. Adalbert's Chapel
Saturday, June 27, 2020	Monthly Mass	9:00 AM	Mount Olivet Resurrection Chapel Mausoleum Holy Cross Holy Trinity Chapel Mausoleum
Saturday, July 25, 2020	Monthly Mass	9:00 AM	Mount Olivet Resurrection Chapel Mausoleum Holy Cross Holy Trinity Chapel Mausoleum
Saturday, August 29, 2020	Monthly Mass	9:00 AM	Mount Olivet Resurrection Chapel Mausoleum Holy Cross Holy Trinity Chapel Mausoleum
Saturday, September 26, 2020	Monthly Mass	9:00 AM	Mount Olivet Resurrection Chapel Mausoleum Holy Cross Holy Trinity Chapel Mausoleum

Please check buffalocatholiccemeteries.org or call 873-6500 to confirm dates and times.

Comfort for Those Who Mourn

Bereavement Lecture Series *Open to the community, no charge*

Seasonal Grief Relief

Monday, June 1, 4:00 p.m.

St. Aloysius Gonzaga Church

Laurie Johnston Stickney, Licensed Medical Social Worker and Bereavement Counselor with over 20 years experience in the field and a Professor at Niagara County Community College, will discuss strategies and techniques to alleviate emotional stress that may be brought about by Springtime grief. Laurie will look at the various springtime grief triggers and focus on ways to gain control of emotions and enjoy the season.



Grief Nutrition and Diet Speaker Maria Aguero displays healthy choices of food selections for grief support participants.

Start With Sleep

To be rescheduled, Mount Olivet Cemetery

Soda Kuczkowski has passionately worked in the field of clinical and behavioral sleep medicine and sleep health education for the past 14 years. She is the owner and founder of *Start With Sleep*, an integrative health education resource center and retail boutique that focuses on both behavioral and medical sleep challenges located in Buffalo, New York. They provide sleep health programming for hospitals, schools and corporate wellness initiatives, as well as provide support in the form of workshops, services and curated sleep tools. She is certified in maternity, child and adult sleep health.

Disruptions in sleep are common when grieving the loss of a loved one. We will discuss simple methods to cope with sleeplessness during grief and relaxation techniques to allow your body the time it needs to heal physically, emotionally and mentally.

Due to limited space, please call 873-6500 today to reserve a spot.

Longevity And Elder Law

To be rescheduled

Laurie Menzies, Longevity planner and attorney is personally

acquainted with the struggles seniors and their loved ones face as they age and may need care. In her role as an Elder Law Attorney, Laurie has worked with hundreds of families as they try to navigate a fragmented, confusing system that often leaves them overwhelmed.

In a career that she has dedicated exclusively to Elder Law and Estate Planning, Laurie embraces her experience as caretaker for her own parents prior to their passing. She addresses the critical need for

planning for the later years of life in her book, "Embracing Elderhood," with a thoughtful, practical and spiritual approach. Laurie will offer innovative ideas by introducing the concept of "longevity planning" as a way of moving forward holistically and with clarity. www.lauriemenzies.com

Processing Grief & Techniques To Manage Grief

To be rescheduled Mount Olivet Cemetery

Kelsey Bennett is trained in Eye-Movement Desensitization and Reprocessing (EDMR) and Mindfulness-Based Stress Reduction (MBSR), using numerous biofeedback techniques in her work. Kelsey has worked at Roswell Park Cancer Institute and is presently employed by Horizon Health Services. She also maintains a private practice in Williamsville.

By building self-compassion and awareness, Kelsey works with clients to allow their minds and bodies to heal themselves. When helping clients process grief and loss, Kelsey teaches clients how to be aware of their emotions and allow them to be present. She guides clients through where emotions live in the body, what they are trying to communicate, and techniques to manage them. Kelsey works to ensure that natural healing can take place by processing current and past losses in the cognitive, emotional, and physical domains.

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A comforting atmosphere allows one to reflect on the poems and the meaningful music.

Music & Memories

A Service to Remember Those We Love

The Music & Memories service will feature songs that will inspire and uplift all as we remember our loved ones through poems, scripture and other pieces which will be interspersed along with the reading of your loved ones names. Limit of three names by March 20th.

Mount Olivet Cemetery
Resurrection Chapel Mausoleum
(To be rescheduled)
Call 873-6500

Holy Cross Cemetery
Holy Cross Chapel Mausoleum
(To be rescheduled)
Call 823-1197

Cemetery Blueprints By Chip Mussen

Visit Our Lady of the Rosary Cremation Garden at Mt. Olivet Cemetery

Construction is complete on the first phase of Our Lady of the Rosary Cremation Garden in a tranquil garden-like setting. The first three columbaria in this long term project were installed along with drainage and sidewalks leading to the columbaria. The three units include a beautiful central columbarium that is surrounded by two "L" shaped columbaria all in a tranquil garden-like setting. Eventually two more of the "L" shaped columbaria will be installed to create a square enclosure with the main columbarium in the center. The central columbarium features 96 niches and each of the "L" shaped columbaria features 112 niches. Each niche can accommodate up to two sets of cremated remains. This garden is situated on the north side of Ascension Chapel Mausoleum where the stunning stained glass window in the chapel featuring the Ascension of Christ serves as a backdrop. Other phases will include cremation graves, additional columbaria, family columbaria and benches, as well as Memorial Trees.



St. Teresa of Calcutta Mausoleum Completed

St. Teresa of Calcutta Garden Mausoleum was recently completed at St. Adalbert's Cemetery. A beautiful mosaic, one of the most captivating pieces of art at St. Adalbert's, was installed on the west side of the mausoleum. You will see that this building is different from the other mausoleums at St. Adalbert's with a higher profile than the other buildings. It is covered by a peaked roof that is supported by four corner pillars. This new roof design not only welcomes visitors with a "Church like feel" it also offers protection from the elements. It honors St. Teresa of Calcutta and is dedicated to her lifelong commitment to the poor and underprivileged. There are crypt spaces available right behind the mosaic. In all, there are 348 casket spaces and 240 niches for the placement of cremated remains. Each crypt and niche front will be adorned with a beautiful Capao Bonito Brazilian Red granite panel.



More Cremation Options Planned

Catholic Cemeteries has added cremation options at several of our cemeteries. These include the Glass and Granite Front niches in Resurrection Chapel Mausoleum and Ascension Chapel Mausoleum at Mt. Olivet Cemetery in Kenmore, the new Glass Front niches in the Chapel at St. Adalbert Cemetery in Lancaster and the new cremation graves at Holy Cross Cemetery in Lackawanna in front of the wall in the Father Baker Cremation Garden. Mount Olivet also has the beautiful new Our Lady of the Rosary Columbarium. Future cremation projects will include more niches at Holy Family Chapel Mausoleum at Mt. Olivet and a columbarium at Holy Sepulchre Cemetery in Cheektowaga.

Call 873-6500 for details on these exciting new projects.

Comfort for Those Who Mourn *Continued from page 4*



Healthy Rhythms

**Drum Circle with Carolyn Zimmerman
Tuesday, June 16, 7:00 p.m. Mt. Olivet Cemetery**

With a focus on health and wellness, drumming has been shown to be a great way to release pent-up emotions and pain associated with grief. Call 873-6500 for more information, as well as to reserve a spot. Come and try out some of the newer instruments including the Bajinn!

Let's Go Paperless

Paperless Newsletters are a great way to stay organized while helping the environment. Instead of receiving a copy of Revelations in the mail, we will email your copy, along with updates and events, starting with the next issue. You can also read it on our website.

Send an email to Revelations@buffalodiocese.org with your street address and we'll take you off our mailing list and put you on our email list.



Friends of the Cemetery

Catholic Cemeteries is continuing its successful, "Friends of the Cemetery" donation program. With several options to choose from, the donation program is designed to allow families and friends to honor a loved one as well as contribute to the continued beautification of the cemetery. For more information, call 873-6500.

Referral Program

For those who have made arrangements in our Catholic Cemeteries, a referral program has been adopted whereby you can receive a thank you gift for each family member who makes a selection in any of our Cemeteries. It is important to discuss your purchase with family members who may also be interested in selecting burial space near yours. Call 873-6500 for more information.



**Inquire about the
advantages
of pre-planning.**

Call 873-6500 today.
We welcome your comments.

Email us at:
cathcems@buffalodiocese.org

Visit our website at:
www.buffalocatholiccemeteries.org

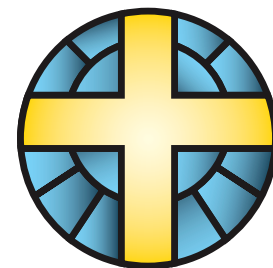
Honor Your Loved Ones *Continued from cover*

3. Give Direction — Each cemetery is different when it comes to planting trees for memorial purposes. Depending on a number of factors, we sometimes allow planting directly at the grave site. Most often there is a separate, designated area for planting memorial trees. When you come in to one of our seven Catholic Cemeteries, we will make it clear from the start where these areas are. If there are special stipulations for the types of trees, seasons when planting is allowed, maintenance expectation, etc. we will communicate all of this from the start to avoid any confusion or frustration in the future. We try to make this process as simple as possible for our families.

Trees are comforting and a great way to bring beauty and tranquility to our landscape, so consider planting a tree as a memorial. It's just one more thing we can offer our families, and it may be just the thing needed to help you through this difficult time.

It's Time to Plan

Life's most important moments are usually planned in advance. You spend hours planning your wedding, educating your children and planning for retirement. It's important to give the same critical thought to your burial arrangements. By making these decisions now, rather than at the time of need, you ease the burden on your loved ones during what will be an emotional and stressful time. In fact, there has never been a better time to plan your Catholic Burial with more options than ever before.



Inquire about the advantages of pre-planning your burial arrangements with Catholic Cemeteries. Call 873-5680 today.

Springtime Grief *Continued from page 2*

Getting involved in a new spring activity can be fun. A new activity will give you something to look forward to. Why not take a lesson in sewing, swimming, golf, tennis, yoga... anything new that will also help to take your mind off your grief. Even if it is just for a short time period that you are engaged in that new activity, it can be very beneficial and growth can take place from what you learn. Starting something new does not mean you have to leave your memories of your loved one behind, but they will help make some new happy memories.

Finally, why not go to a new place or attend an event that perhaps you and your loved one always wanted to experience. Go to that concert. See the special exhibit. From camping to taking a cruise to vacationing in a different country, fulfill the dream in memory of your loved one.

When we're grieving, sometimes all we want or need is a fresh start. You can't undo your loss, so the next best thing is to move forward. Spring is a time of "Rebirth." It's the perfect time of year to get a fresh start on anything. This spring, try embracing the changing season to help you through your grieving process.

Catholic Cemeteries offers a comprehensive grief support program. To learn more about these programs or to request an informational packet, call Marianne at 716-873-6500.

Pet Burial Arrangements

We share a special bond with our pets. They become part of our legacy—our lives.

Are you considering pet burial arrangements with your own? Find out if your domestic pet can be buried with you or their departed loved one. Visit our website for a link to our "Pet Burial" brochure, or call us at 873-6500 for more information.


Spring Cleanup

Please remove any decorations you wish to keep for next year before March 15th, 2020.

The two week period between March 16th and 31st will be used to prepare for the spring season.

You may place your spring and summer decorations on or after April 1st.





Our Holy Father, Pope Francis, composed a prayer asking Mary, Health of the Sick, to intercede for us during this pandemic. Please join us in prayer.

Mary – Mother of God and Health of the Sick, to whom we direct the Rosary under the loving gaze of St. Joseph, Protector of the Holy Family and our families – bring us to the luminous and transfigured Face of Christ and his Heart. And we ask that he especially protect our families, in particular, the sick and those who care for them: doctors, nurses and volunteers, who risk their lives in this service. Amen.

Our Catholic Cemetery family wants you to know that as an essential business resource during this difficult time, we're still helping families and conducting our work as much like normal as we can. We know that you are still counting on us to care for your loved one in our possession. We have instituted a COVID-19 policy that is in place not just to comply with government orders, but to protect you, our workers and the Funeral Directors. Please follow our web site at buffalocatholiccemeteries.org for changing rules and rescheduled dates.

