

Revelations

Fall 2018 Newsletter

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

Sacred, Even In Death

Printed with the permission of the Catholic Cemeteries Conference 2018.
Article by Jean Parietti

For 21 years after her death, the ashes of Helen Elizabeth Sally held a place of honor in the home of her son and daughter-in-law. A decorative ceramic container holding her remains sat on their dresser, alongside a photo of a deceased uncle and other memorable items.

Then, several months ago, George and Darlene Zanas saw something that changed their view of that arrangement: a full-page advertisement in the local Catholic newspaper explaining the Church's teaching about cremated remains.

"What prompted us to get going, really, was reading the back page of the magazine," George said of the ad placed by the Archdiocese of Seattle's Associated Catholic Cemeteries.

After seeing the ad in more than one issue, reading it multiple times and discussing it, he and Darlene realized it wasn't proper to keep his mother's remains at home any longer, George said. And there was the uncertainty about what would happen to his mother's ashes when George and Darlene passed on.

So in June, the couple—members of St. Michael Parish in Snohomish—began working with the archdiocese's Holyhood Cemetery in Shoreline to find just the right spot for Helene's final resting place. On Aug. 23, during a Catholic committal service, George placed the ceramic container with his mother's remains into the niche that he and Darlene had so carefully chosen.

"It feels so much better that she's in a place that she should be, not sitting on our dresser," George said. "It makes us feel good about her. She would have liked this."

A Sacred Place

In October 2016, when the Vatican released "To Rise With Christ," its instruction about burial and cremation, many Catholics thought the Church was saying something new.

But basic Church teaching hasn't changed. "Following the most ancient Christian tradition, the Church insistently recommends that the bodies of the deceased be buried in cemeteries or other sacred places," the instruction reads.

Although burial is preferred, the Church has allowed cremation since 1963—as long as it's not chosen for reasons contrary to Christian doctrine. The Church prefers the body to be present at the funeral Mass, with cremation afterward.



The statue of Our Lady surrounded by two trumpeting Angels is the centerpiece of the new Queen of Angels Cremation Garden at Queen of Heaven Cemetery.

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Mount Olivet
4000 Elmwood Ave., Kenmore
716.873.6500

Holy Cross
2900 South Park Ave., Lackawanna
716.823.1197

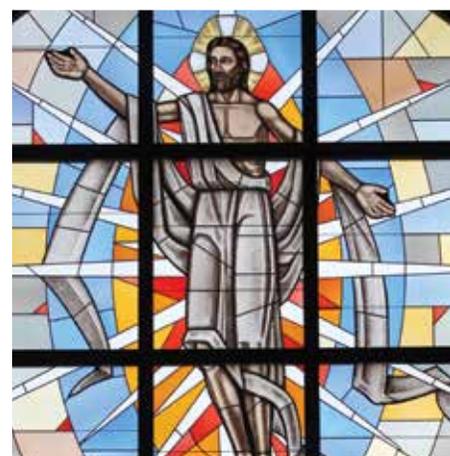
Holy Sepulchre
3063 Harlem Rd., Cheektowaga
716.892.3063

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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When You Are Still Grieving...

By Marianne Hubert, Director of Grief Support Services

Grief is a difficult journey. It is probably the worst journey anyone will ever experience. For a grieving person, being told by well-meaning people that, "You need to move on," or "You need to get on with your life," or "You can have another child," or "Your loved one wouldn't want you to be sad," are like fingernails scratching on a chalkboard. No one ever moves on or gets over the death of a loved one. Having another child does NOT replace the child that one has lost regardless of any age or circumstance.

One may acclimate to the changes that come about from the loss of a loved one. In time, they may discover ways to adapt. As stated so many times before, each person's grief is unique. How one handles or responds to their grief is also unique. The circumstances leading to the death of a loved one, the relationship one had with their loved one, and one's own emotional state of mind and physical health affects their grieving. Everyone goes through various degrees and levels of grief. Many refer to Kubler Ross' Five Stages of Grief theory, which refers to the various stages of emotions that occur after a loss and includes: denial, anger, negotiation, depression and finally—acceptance. It is important to note that, not only are these stages interchangeable, they can occur in any order and reoccur at various times according to the individual's life (as many of my grief support participants have shared). Such events as birthdays, anniversaries, holidays are all triggers for these emotional reactions.

It is important to recognize the symptoms of grief because there are physical responses that may emerge such as fatigue, weight gain or loss, body pain and insomnia, to name a few.

It is equally important to give yourself permission to grieve. As time goes on, one may begin to feel somewhat at peace with their life situation. They begin to acclimate to a "new" normal. Then one of the emotional trigger events occurs. They feel like their grief is beginning all over again. Some things that may help in the healing process, and bring about some peace, include attending a support group and seeking out caring friends who are good listeners. They may not know how to help you, but a listening ear is very helpful for telling your story or expressing your feelings. Relying on your faith environment is also beneficial. It is important to take care of your physical needs as well. Keeping medical appointments is so very important. Begin to look at the positive aspects of your life. Review the good things that are in your life. Give yourself permission to enjoy life. A grief support



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Through the Lens

Clockwise from left:
Members of Grief Support gather for a Dutch Treat dinner at the Family Tree Restaurant

Students from local colleges pose for pictures after a grief support sharing session at Mt. Olivet Cemetery

Sharon Voigt distributes Carnations to those attending the Music and Memories Remembrance Service at Mt. Olivet

Grief Support Participants gather around Catholic Health Faith Community Parish Nurse, Yvonne Askew, after her presentation on "Healing the Mind" at St. Aloysius Gonzaga satellite location

Praying the Lord's Prayer during Memorial Day Mass at Holy Cross Cemetery

When You Are Still Grieving...

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participant commented that it had not been that long since her loss, but she was laughing and feeling good at a recent meeting. All reassured her it was okay to be happy. Finally, if grief becomes so severe that it begins to encompass you, seeking out a professional to assist you is an important step toward healing.

I recently read an excerpt by Patrick O'Malley, Ph.D, What To Do If You're Still Grieving from the book, Getting Grief Right. What struck me was the emphasis on writing or telling your grief story, because it "exposes the beauty, pain and complexity of your emotions." Dr. O'Malley states that he encourages his clients to write or tell their story in three chapters or parts. The first being about the attachment to their loved one. The second involves the circumstances surrounding the death of their loved one and rituals that followed. And, the third chapter tells about life after loss, which will be on going. Dr. O'Malley makes the point that while the final chapter has a beginning, it really has no ending. "The third chapter is dynamic. It will change over time, but it will not end" like a book or a movie. Seeing it on paper, or hearing your own words tell the story, may help bring about a realization of the loss of a loved one and begin to come to a new wholeness.

Through good friends, prayer and God, a person may begin the healing process. That is why Catholic Cemeteries offer a comprehensive grief support program, where participants can come and share their experiences and discuss their conflicting emotions in a safe, Christ centered, compassionate, non-judgmental environment, while experiencing techniques that can assist them through their grieving process.

To learn more about our grief support programs or to request an informational packet, call 873-6500.

Catholic Cemeteries Mass Schedule

Date	Mass	Time	Location
Saturday, October 27, 2018	All Souls Mass	10:00 AM	Mount Olivet Resurrection Chapel Mausoleum Holy Cross Holy Trinity Chapel Mausoleum
Saturday, November 24, 2018	Monthly Mass	9:00 AM	Mount Olivet Ascension Chapel Mausoleum Holy Cross Holy Trinity Chapel Mausoleum
Thursday, December 27, 2018	Christmas Mass	5:30 PM	Mount Olivet Resurrection Chapel Mausoleum Gate of Heaven Holy Angels Chapel Mausoleum
Friday, December 28, 2018		5:30 PM	Holy Cross Holy Cross Chapel Mausoleum Holy Sepulchre St. Francis of Assisi Chapel Mausoleum
Saturday, January 26, 2019	Monthly Mass	9:00 AM	Mount Olivet Ascension Chapel Mausoleum Holy Cross Holy Trinity Chapel Mausoleum
Saturday, February 23, 2019	Monthly Mass	9:00 AM	Mount Olivet Ascension Chapel Mausoleum Holy Cross Holy Trinity Chapel Mausoleum

Sacred, Even In Death

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As cremations have become more commonplace in the U.S. (studies show about 50 percent of people who die are cremated), many Catholics may not know what the Church says about the proper disposition of cremated remains.

“To Rise with Christ” reiterates what has been found in the Order of Christian Funerals for many years: A Catholic’s cremated remains must be laid to rest in a cemetery or other sacred place – not scattered, kept at home, divided among family members or made into jewelry.

Properly Laid To Rest

When George Zanas’ mother, Helene, died in 1996 at age 87, he and Darlene weren’t sure what to do about laying her to rest.

Helen’s ashes spent the next 21 years on the couple’s dresser, until they saw that ad and took steps to have her interred at Holyrood Cemetery.

“The folks at Holyrood treated us great from the first visit,” George said. He and Darlene even picked out a niche for themselves next to Helene’s—making plans now so that their kids won’t have to face those decisions.

Today, Helene’s photo occupies the place of honor on the dresser where her ashes sat for all those years. “It doesn’t seem right to us anymore that we did it that way,” George said. “Now we feel like we’ve done it in the proper way.”

“Fur” ever in My Heart Pet Remembrance Service

As part of our grief support programs, we recognize the pain that accompanies the loss of a beloved pet and the need to have this heartache recognized. Through music, poems and stories we will celebrate the unconditional love they gave us.

**Mount Olivet Cemetery, Resurrection Chapel Mausoleum
Sunday, October 14 at 2:00 p.m.**

Reservations received by October 4 will have your pet’s name included in our program and read at the Service (*limit of 3 names*).

All people are welcome to join us, but please leave current pets at home. For more information or to make a reservation, call 873-6500.



Honor Your Loved Ones with a Living Memorial: Plant a Tree

Printed with the permission of the Catholic Cemeteries Conference 2018. Article by Brian Borkowicz

A cemetery is a place that inherently evokes emotion from all those who visit. Whether it’s 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 hundreds of 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.

Consider these steps for planting trees in remembrance of loved ones, and you will have beautiful, living memorials for generations to come.

Make It a Family Event—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 the family for many years. Everyone should gather for the planting of this memorial tree. Surround it with love to flourish in its new home.

Personality and Maintenance—The tree should be reflective of the person it memorializes. Take some time and reflect on the type of tree you would like to plant. Did your loved one

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Check Out Our Digs By Chip Mussen

New Cremation Garden at Mt. Olivet Cemetery in Kenmore

Construction will begin this fall on the **Our Lady of the Rosary Cremation Garden**. The first phase of this long term project will include a central columbarium that will be surrounded by two "L" shaped columbaria. The main Columbarium will feature 96 niches, and each of the "L" shaped Columbarium's will feature 112 niches. Each niche can accommodate two sets of cremated remains. There will be a walkway leading to the main columbarium in a tranquil garden setting. This garden will be situated on the north side of Ascension Mausoleum, where the stained glass window in the chapel, featuring the Ascension of Christ, will serve as a stunning backdrop. Other phases will include cremation graves, as well as future columbaria.



Rendering of the Our Lady of the Rosary Cremation Garden.



The high profile of the new mausoleum will welcome visitors with a "church like" feel.

Construction on St. Teresa of Calcutta Mausoleum nearing completion

Construction will be completed later this fall on the new St. Teresa of Calcutta Garden Mausoleum at St. Adalbert's Cemetery. Totally unique from the other mausoleum buildings at St. Adalbert's, this new mausoleum will have a much higher profile with six crypt levels. The building will have a peaked roof line to welcome visitors with a "church like" feel. The building will be supported by four corner pillars with overhangs offering protection from the elements. There will be 348 casket spaces and 240 niches for the placement of cremated remains. Each crypt and niche front will be adorned with a granite front panel. In honor of St. Teresa of Calcutta, a beautiful mosaic dedicated to her

lifelong commitment to the poor and underprivileged will be prominently displayed and enhance the beauty of this building. There will be crypts available right behind the mosaic.

Pre-construction pricing is currently available for both of these new projects, offering significant savings. Additional discounts will be available at the Open Houses at both Mt. Olivet and St. Adalbert Cemeteries. Please call 873-6500 for more details on these exciting new projects.

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Plant a Tree Continued from page 4

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. If ornamentals are the family's preference, dogwoods, redbuds and crabapple trees are some good choices. Capturing the personality of your 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. Oaks, maples and beech trees are a few species that are known for their longevity.

Please consult with our Cemetery Supervisor to ensure the proper tree is planted in the appropriate location.

For more information on our tree donation program, please call the Cemetery office at 873-6500.





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.

Fall Cleanup

As the cold weather approaches, we need to prepare the grounds for winter. We ask that any decorations you wish to keep be removed from all graves by October 15, 2018. The two-week period between October 16th and 31st will be used to prepare for the winter season.

If you wish to place a winter decoration, you may do so on or after November 1st. If you are interested in purchasing one of our wreaths for winter placement, please call the Diocesan Cemeteries office after November 1st at 873-6500.



Friends of the Cemetery

The 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

Comfort for Those Who Mourn

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

Healing Through Meditation

Presenter, Dawn Iacono, Director of Parish Outreach at St. Leo the Great Church.

Tuesday, September 18, 7:00p.m., Mt. Olivet Cemetery

From scripture, to quieting one's inner self, to a hands-on expression, Dawn will lead us in a meditative journey. This experience is very helpful for one who has lost a loved one and is struggling with their loss.

Call early to reserve your spot. Registration is limited due to material, activities and space.



Angels In Our Midst

Presenter, Monica Saltarelli is an Adjunct Professor at Niagara University, as well as a religion teacher and Campus Minister Mt. Saint Mary Academy.

Monday, October 15, 4:00pm at St. Aloysius Gonzaga Church

Monica will discuss the various ways angels appear to us. From scripture to current day, angels have an impact in our life. This is especially true when a loved one has died. Monica will share some stories, handouts and visuals.

Handling the Holidays

The holiday season is not always greeted with happy anticipation. Grief may make it difficult to carry on as usual. Practical tips and strategies will be discussed for handling the holidays, to help you find your way through the season.

Monday, November 5, 4:00p.m. St. Aloysius Gonzaga Church

Presenter, Constance J. Perna, location manager of the Perna, Dengler, Roberts funeral home. Connie is an RN and second generation funeral director. She is also the coordinator and facilitator of her parish Bereavement Support Group.

Tuesday, November 20, 7:00p.m., Mt. Olivet Cemetery

Presenter, Deacon Charlie Esposito, serves as a Chaplain at Millard Suburban Hospital and as a Permanent Deacon at St. Peter & Paul, Williamsville.



Candlelight Remembrance Service

Sunday, December 2 at 2:00 pm

Your choice of two locations:

Mount Olivet Cemetery
Resurrection Chapel Mausoleum

Holy Cross Cemetery
Holy Cross Chapel Mausoleum

The holiday season is filled with memories of times spent with those we love. When they are no longer with us, those memories become a precious gift. This spiritually uplifting service is filled with music, scripture, prayers and the healing words from the chaplains at the Pastoral Care Department at Hospice Buffalo. Join us as we bring light to the Christmas season. Bring an ornament in memory of your loved one or take one that is provided to hang on the tree.

Reserve your spot by calling Mount Olivet at 873-6500 or Holy Cross at 823-1197.

Looking for Volunteers

Catholic Cemeteries is looking for volunteer groups and organizations to participate in our "Stone Raising" program. Over time, flat memorials that mark a grave sink into the ground. Raising these markers is a valuable, selfless service and is a great way to give back to the community. Tools and instructions are provided along with beverages and lunch.

If you or your organization is interested, please call us directly at 873-6500.



**Catholic
Cemeteries**

Diocese of Buffalo

4000 Elmwood Avenue
Kenmore, New York 14217

NONPROFIT ORG.
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Open Houses Saturday, 9am – 2pm

Mount Olivet Cemetery, Kenmore, September 22

St. Adalbert Cemetery, Lancaster, October 13

0% interest through 2023. Special discounts only available during our open houses.

Receive a \$50 Gift Card when you plan your burial arrangements.

Prior sales excluded. Some restrictions apply.