

Revelations

Spring 2018 Newsletter

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

Nature Sanctuary at Assumption Cemetery

By Chip Mussen

Bishop Joseph A. Burke granted permission in 1955 to purchase 161 acres of land on Grand Island for future cemetery use. Assumption of the Blessed Virgin Mary Cemetery was consecrated by him the following year.

A seventeen acre portion of that parcel has been actively managed as one of the six Catholic Cemeteries of the Diocese of Buffalo. Surrounded by 144 undeveloped acres of beautiful woods and wetlands, the rural setting of this spacious cemetery on Whitehaven Road has always enhanced its rustic appeal.

The Western New York Land Conservancy approached Catholic Cemeteries in 2016 about the possibility of purchasing an unusable parcel of land. The majority of the undeveloped acreage was not suitable for future cemetery use because of its designation as wetlands. The Land Conservancy set out to raise the money necessary to purchase this undeveloped property to create the Margery Gallogly Nature Sanctuary.



Margery Gallogly Sanctuary photo of Assumption property.
Photo by Ana Hernandez Balzac

“Pope Francis has called on the Church, and the world, to acknowledge the urgency of our environmental challenges and to join him in embarking on a new path.”

Pope Francis has called on the Church, and the world, to acknowledge the urgency of our environmental challenges and to join him in embarking on a new path. We are working with the Land Conservancy to do just that. With donations from the Niagara River Greenway Ecological Standing

Committee and the Gallogly Family Foundation, the Land Conservancy has secured enough funding to proceed with the purchase. We expect this to take place in early 2018. The sale will protect the land as a conservation property and will help ensure that the cemetery is forever located in a peaceful and tranquil setting, surrounded by a vast and inspiring forest. The sale of the land will also help to buffer the cemetery from encroaching development.

This land is one of the largest undeveloped, privately-owned properties left on Grand Island, and one of the largest remaining forests in the entire Niagara River watershed. The oaks and hickories are being described as that of a “new plant community” which is very unique.

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Mount Olivet
4000 Elmwood Ave., Kenmore
716.873.6500

Holy Cross
2900 South Park Ave., Lackawanna
716.823.1197

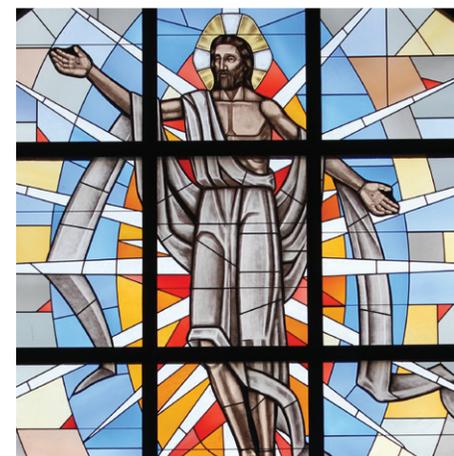
Holy Sepulchre
3063 Harlem Rd., Cheektowaga
716.892.3063

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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Journeying Through Grief— Mind, Body, Spirit and Heart

By Marianne Hubert, Director of Grief Support Services

The death of a loved one is an incredibly painful and stressful experience that effects your entire being. As we journey through grief, our mind, body, spirit and heart can be affected negatively. Seeking out a new normal becomes a grieving step that is unique to everyone.

Your mind is affected by grief and can leave you feeling mentally exhausted. You may lack the mental ability you normally have to concentrate, finding even everyday tasks difficult to remember and/or carry out. It can be frightening to not remember important information, and you may feel as though you are walking through a fog. Some mental reactions to bereavement can include anxiety, fatigue, depression, sadness, guilt, anger and even shame. Some may maintain a feeling of disbelief, others may become preoccupied with memories of their deceased loved one, while you may just yearn for the one you lost to return. It is different for everyone. While it is difficult to do any kind of intellectual thinking, it can often help talking about what you are going through with someone else. Reading, writing or journaling can also assist in the healing process, helping you find that new “normal.”

Along with feeling mentally exhausted, your body can experience physical reactions as well. You may feel as though you are forced to push yourself extra hard just to make it through the day. With your sleep being regularly interrupted, you may feel chronically tired, and this can affect your interactions with family members, friends, and even work functionality. You may experience a lack of appetite, especially if the one you lost did all of the cooking and kept you on a healthy nutritional path. Be sure to listen to your body. This is extremely important! Breathing techniques, identifying stressors and releasing anxiety (which may include seeking out physical assistance) can be beneficial to helping your body heal.

You may feel yourself become angry with God, or you may blame God for taking your loved one from your life. Grief, can affect your spirit, and while it's difficult to gain insight into faith or strengthening your relationship with God, it can be helpful to deepen your prayer life. Although you may find it difficult to pray, meditative and contemplative prayer can be useful tools that will help you grow in the grief journey toward an even stronger relationship with the God of love, mercy and compassion. Focusing on your spiritual well-being is essential as you strive towards your new “normal.”

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Through the Lens

Clockwise from left:

Grief support participant assembles her Memory picture at a Scrapbooking of Memories Lecture Series.

Grief support participants enjoy an afternoon outing with a stop at Oliver's Ice Cream and Candy store.

Rev. Robert Yetter gives a Homily at the Christmas Mass at Holy Cross Cemetery.

Laura Lawless and student, Anthony, lead the music at the Christmas Mass at Holy Cross Cemetery.

Grief support participants gather around Sr. Johnice of the Response to Love Center after her presentation on the Healing Benefits of Volunteering.



It is never about forgetting that love.

Finally, grief affects your heart. Losing a loved one can cause your heart to feel broken. Your heart aches. It's a void that cannot be filled, and these changes that have been forced upon you are permanent. You may fear that you will never know happiness again. It is crucial that you do something positive for yourself. This is not a betrayal of your loved one, but a testimony to the love you shared. So many people who are grieving feel guilty about having

happiness, about laughing, because they miss their loved one so much. It is never about forgetting that love. The happiness you shared is a positive response that acknowledges the great love that you now miss. Doing something about your grief will help you heal your broken heart, giving you your new "normal," where your heart will be open to cherish beloved memories and experience a new wholeness again.

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.

Catholic Cemeteries Mass Schedule

Date	Mass	Time	Location
Saturday, March 24, 2018	Monthly Mass	9:00 AM	Mount Olivet Resurrection Chapel Mausoleum Holy Cross Holy Trinity Chapel Mausoleum
Saturday, April 28, 2018	Monthly Mass	9:00 AM	Mount Olivet Resurrection Chapel Mausoleum Holy Cross Holy Trinity Chapel Mausoleum
Saturday, May 26, 2018	Memorial Day Mass	10:00 AM	Mount Olivet Holy Family Chapel Mausoleum Gate of Heaven All Saints Chapel Mausoleum Holy Cross Holy Cross Chapel Mausoleum Holy Sepulchre St. Francis of Assisi Chapel Mausoleum
Monday, May 28, 2018	Memorial Day Mass	10:00 AM	Queen of Heaven Queen of Heaven Chapel St. Adalbert's Cemetery St. Adalbert's Chapel
Saturday, June 30, 2018	Monthly Mass	9:00 AM	Mount Olivet Resurrection Chapel Mausoleum Holy Cross Holy Trinity Chapel Mausoleum
Saturday, July 28, 2018	Monthly Mass	9:00 AM	Mount Olivet Resurrection Chapel Mausoleum Holy Cross Holy Trinity Chapel Mausoleum
Saturday, August 25, 2018	Monthly Mass	9:00 AM	Mount Olivet Resurrection Chapel Mausoleum Holy Cross Holy Trinity Chapel Mausoleum
Saturday, September 29, 2018	Monthly Mass	9:00 AM	Mount Olivet Resurrection Chapel Mausoleum Holy Cross Holy Trinity Chapel Mausoleum

Introducing Catholic Cemeteries Newest Family Service Counselor, Sarah Janusz



You could say that helping people runs in the family for Sarah Janusz. Sarah is following in the footsteps of her father, Jim Janusz, a recently retired Family Service Counselor for Catholic Cemeteries. Sarah is our newest Family Service Counselor but is not “new” to Catholic Cemeteries. She has worked in the office of Mt. Olivet for 14 years, working closely with families, Funeral Directors and other cemetery staff. This second generation Family

Service Counselor takes a great deal of pride in her new position. She explained how rewarding it is to help people make decisions with something as challenging as their own future burial needs or the final resting place of a loved one. “It’s something most people don’t understand,” said Sarah. “Everything I’ve done at Catholic Cemeteries has prepared me for this new challenge, and given the opportunity, I wouldn’t change a thing...” We wish Sarah well in her new role as she looks forward to serving in the “Family Tradition.”

Nature Sanctuary *Continued from front page*

It is also home to animals that include passing migratory songbirds and blue-spotted salamanders. The property includes almost a mile of Little Sixmile Creek, a tributary of the Niagara River. The forest landscape was carved by the last glaciers and massive pre-historic floods, leaving behind vast wooded wetlands reminiscent of cypress forests in the bayous of the Southeast. This forest also provides important ‘ecosystem services’ to the entire region.

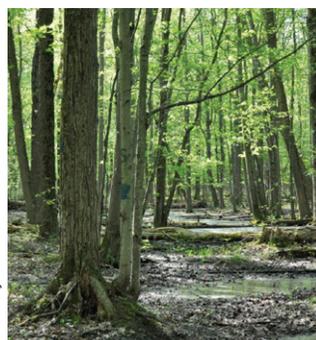


Photo by Ana Hernandez Balzac

The Land Conservancy is not just planning to protect what is currently there. They are planning the creation of a new parkspace that includes heavily forested land and green space that is located next to the Nike Base Park. Once the

preserve is fully operational, it will be readily accessible to residents of Western New York. The lands will be open to the public for snow shoeing, cross country skiing, hiking, and other activities.

“The preserve will be named after my grandmother who is an avid birdwatcher” said Kasey DeLuke of the Gallogly Family Foundation, and one of the newest Land Conservancy board members. “We are honored to be able to protect this majestic forest in her honor and create a legacy of conservation. Far into the future, children will be able to come here with their families to connect with nature.”

If you are interested in helping create the Margery Gallogly Nature Sanctuary, please contact the Land Conservancy at (716) 687-1225 or email info@wnylc.org. You can also donate now by sending a check with “Gallogly” in the memo line to the Western New York Land Conservancy, P.O. Box 471, East Aurora, NY 14052, or by donating online at www.wnylc.org.

A Special Life Deserves A Special Touch

Don’t leave your loved one’s grave unmarked. We carry many options to enhance a ground burial from simple flat markers to beautifully designed full-size monuments with many granite choices and designs in every price range.

For loved ones placed in one of our chapel mausoleums, many families choose to have a photo ceramic added to the crypt or niche front. This option allows you to select a picture of your loved one that will bring comfort each time you visit.

Crypt and niche fronts may also be adorned with bronze emblems or silk flowers. The Blessed Mother emblem (pictured right) is one of the many options to beautify your crypt front.

Call your Family Service Counselor or cemetery office for more details, or drop by and we will be happy to assist you.



Check Out Our Digs By Chip Mussen



Mausoleum honoring St. Teresa of Calcutta planned at St. Adalbert Cemetery

Construction of the new St. Teresa of Calcutta Garden Mausoleum is scheduled to begin this spring. There will be 348 casket spaces and 240 niches for the burial of cremated remains. Construction is expected to be completed in the fall. A beautiful mosaic of St. Teresa of Calcutta will adorn the building. **Pre-construction pricing is currently in effect offering significant savings.**

Cremation options have been expanded with the addition of eighty-eight new granite front niches that were added to Morning Star Garden Mausoleum last fall. Each niche will be memorialized with a bronze plaque. The lovely chapel near the office has undergone renovations including the addition of 72 single and double niches with both marble and glass fronts. Each glass niche has special LED lighting creating a heavenly glow. New carpeting and improved lighting throughout the Chapel complete the renovations.



Monument donated by Stone Art Memorial marks new burial area.

Special Ceremony With SUNY Buffalo at Assumption Cemetery

Back in the late nineteenth and early twentieth centuries, the Erie County Poorhouse operated along Bailey Avenue on property that is now part of the University of Buffalo South Campus. The Poorhouse was a refuge to many of

Buffalo's poor and middle class families. Human remains were discovered during a construction project in 2008 and then again in 2012. The University was granted permission to exhume the remains and in total they discovered 372 persons buried in the old Poorhouse cemetery. After nearly a decade of research by UB archaeologists and physical anthropologists, it was determined that the remains be given a dignified and respectful burial. Starting with a beautiful service in the University of Buffalo Newman Center and ending with students and faculty that were involved in the research project serving as pallbearers, the remains were reverently laid to rest at Assumption Cemetery on Wednesday, October 11, 2017.

Also at Assumption Cemetery, the new Blessed Mother Columbarium and Cremation Garden was dedicated. Located near the entrance of the cemetery, this is the first columbarium at Assumption. Entrance enhancements including a new information station will soon greet families visiting the cemetery.



More Burial Options at Queen of Heaven Cemetery

The lovely Chapel at Queen of Heaven Cemetery has been enhanced with a niche wall

containing 63 single and double niches with both marble and glass fronts for the placement of cremated remains. Each glass niche will have special LED lighting to illuminate the interior.

The St. Francis of Assisi Natural Burial Garden was recently completed and is located in a perfect setting to remind us of the teachings of St. Francis. Many Catholics are opting for the simple beauty and grace of a natural burial. The Garden, bordered by woods, is situated near Tonawanda Creek, featuring 136 graves and 46 cremation plots. Each burial will take place in an area that is maintained to promote an undisturbed natural setting, including wild flowers and local natural grasses that will differ from other sections of the cemetery. Only a biodegradable casket or simple shroud can be used when the body is buried. The interment of cremated remains is permitted in an ecofriendly container. A simple granite stone marker will memorialize each grave. Situated on Tonawanda Creek Road just 2 miles east of Transit Road, Queen of Heaven Cemetery continues to faithfully serve Catholics in Niagara and Erie counties.

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



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.

Spring Cleanup

Please remove any decorations you wish to keep for next year before March 15th, 2018.

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.



Friends of the Cemetery

The Catholic Cemeteries is continuing its successful, "Friends of the Cemetery" donation program. Trees, benches, walkways, memorial walls and stained glass allow families and friends to honor a loved one, as well as contribute to the continued beautification of the cemetery.

Visit our newly designed website at: www.buffalocatholiccemeteries.org

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*

Journeying Through Grief... Mind, Body, Heart and Spirit

Healing the Mind

Catholic Health Faith Community
Parish Nurse, Yvonne Askew

Monday, March 19th 4:00pm; St. Aloysius Gonzaga Church

No two circumstances are the same and no two people grieve in the same way. Grief affects the mind. One may be confused, mentally exhausted, depressed or suffer from grief anxiety, sadness, guilt, or anger. Catholic Health Faith Community Parish Nurse, Yvonne Askew, will be addressing these elements that effect the mind during grief and offer new paths that can assist in the healing process.



Deacon Tim Maloney offers a reflection followed by Jim Janusz reading names of deceased loved ones at The Music & Memories Service at Mount Olivet Cemetery.

Healing the Body

Dietitian, Shannon Wilson MS, RDN, CDN

Tuesday, April 17th 7:00pm; Mt. Olivet Cemetery

The body can be greatly affected by grief. One may feel depressed, chronically tired, suffer from lack of appetite, or ignore valuable nutrition. They may even start to forget or decline medical appointments. Dietitian, Shannon Wilson, will focus on nourishing the body and addressing how certain food can be healing for the body. Some focus will be on elements that effect the body during grief, as well as, identify stressors and offer techniques that can assist in the healing process.

Healing the "Broken" Heart

Sister Donna Lord, Mercy Hospital Chaplain

Monday, May 7th 4:00pm St. Aloysius Gonzaga Church

Losing a loved one can result in a broken heart. Grief affects the heart. There is a void that cannot be filled. Speaker, Sister Donna Lord, GNSH, will focus on the testimony of

love shared and ways to honor that love as one strives towards healing of their broken heart. Please bring a 4x6 picture of your loved one.

Healthy Rhythms

Drum Circle with Carolyn Zimmerman

Tuesday, June 5th 7:00pm 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 your spot.

Attentiveness to the Spirit

Permanent Deacon, Ken Monaco of St. Amelia Parish

Tuesday, June 19th 7:00pm Mt. Olivet Cemetery

Grief prevents one from gaining insights into their faith. One's faith is important in the healing process and bringing about a new normal. Anger with God at the loss of a loved one may prevent one from entering into prayer and peace. Deacon, Ken Monaco, will explore loss of a loved one and share how, through grief, we can feel God's presence, while developing a new normal that will lead to a peaceful, healthy spiritual place.



Participants of grief support enjoy a fifth Tuesday "catered" pot luck dinner at Mt. Olivet Cemetery office.



A beautiful table of flowers and candles offers a peaceful display at the Music & Memories service at Holy Cross.

Music & Memories

A Service to Remember Those We Love

A comforting atmosphere for one to reflect on the poems, scripture and the meaningful music. The Music & Memories service will feature songs that will inspire and uplift all as we remember our loved ones through poems, scriptures and other pieces interspersed with the reading of your loved one's names. There is a limit of three names by April 12th.

Mount Olivet Cemetery

Resurrection Chapel Mausoleum
Thursday, April 26th at 6:30p.m.
Call 873-6500

Holy Cross Cemetery

Holy Cross Chapel Mausoleum
Saturday, April 28th at 1:00p.m.
Call 823-1197

Return Service Requested



Open House Saturdays, 9am – 2pm

Holy Cross Cemetery, Lackawanna, April 21 | Mount Olivet Cemetery, Kenmore, May 5
St. Adalbert Cemetery, Lancaster, May 19

10% Discount on burial options. 0% Interest through 2023.

Receive a \$50 Visa Gift Card when you purchase before May 31.

Prior sales excluded. Some restrictions apply.