

Revelations

Spring 2019 Newsletter

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

A Hidden Gem — Queen of Heaven Cemetery



Chapel at Queen of Heaven Cemetery now enhanced with new columbarium niches.

Queen of Heaven Cemetery truly is a hidden gem, located in the Town of Lockport on the border of Erie and Niagara Counties with Tonawanda Creek as the boundary. This beautiful, rural cemetery offers a number of options for today's Catholics.

The lovely Chapel at Queen of Heaven Cemetery has been enhanced with a niche wall containing 63 single and double niches. Located next to the altar, this columbarium features both marble and glass fronts for the placement

of cremated remains. Each glass niche has special LED lighting to illuminate the interior.

Situated in one of Western New York's most scenic and pastoral cemeteries, the St. Francis of Assisi Natural Burial Garden is located in a perfect setting to remind us of the teachings of St. Francis. More and more Catholics are now opting for the simple beauty and grace of a natural burial. The Garden is bordered by woods on one side and by Tonawanda Creek on another. Unique to some natural burial sites, St. Francis features both full graves and cremation plots. The area is maintained to promote an undisturbed natural setting, including wild flowers and local natural grasses that differs from other sections of the cemetery. A simple granite stone marker will memorialize each grave.

Queen of Angels Cremation Garden is the main feature in the central mall area of Queen of Heaven Cemetery. A statue of Our Lady enhanced by two Trumpeting Angels is the centerpiece of this garden. This garden also features monument and flush memorial cremation plots, as well as memorial cremation benches.

Situated on Tonawanda Creek Road just two miles east of Transit Road, Queen of Heaven Cemetery is minutes from the City of Lockport, Pendleton, Getzville, Clarence, Clarence Center and Swormville. Queen of Heaven Cemetery continues to faithfully serve those in Niagara and Erie counties. Please take some time to stop by and visit this picturesque setting.



St. Francis of Assisi Natural Burial Garden, Queen of Heaven Cemetery. Western New York's first green burial option.

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

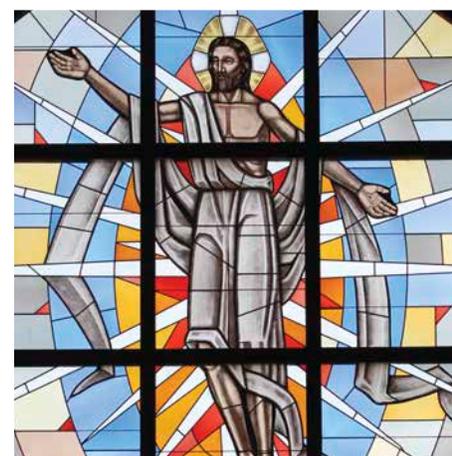
Queen of Heaven

6843 Tonawanda Creek Rd., Lockport
716.433.0941

Representing

St. Adalbert

6200 Broadway St., Lancaster
716.681.3090



Website

buffalocatholiccemeteries.org

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cathcemsbflo@buffalodiocese.org

Facebook

facebook.com/catholiccemeteriesbuffalo

Grief and Anxiety

By Marianne Hubert, Director of Grief Support Services

Many people who are grieving from the loss of a loved one experience anxiety during their grieving process. Anxiety is a sense of fear. It is a feeling of dread or a general sense of uneasiness. It is also a state of agitation and distress that can physically and emotionally affect you.

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Anxiety is a common part of the grieving process. Unfortunately, it is a stage of grief that is not always recognized. It is understandable that death makes us anxious. Losing someone we love puts us in a vulnerable place. Loss changes our day-to-day lives. We become anxious about how our loss of a loved one may affect our future. You may begin to worry about other loved ones, which forces us to confront our own mortality. There can be feelings of a loss of safety, a loss of connection, or even a loss of control in your life, which can form panic or excessive worrying about what will come next. Trouble sleeping or taking care of ourselves can also put us at higher risk for anxiety, leading to poor physical health.

We never get over the loss of a loved one. Anxiety can complicate our grief process. However, there are people and techniques that will help bring about a peaceful means to control anxiety that occurs with grief.

Many mental health professionals suggest that anxiety should be added to the stages of grief. In an excerpt from an article taken from the book, *Anxiety: The Missing Stage of Grief*, written by Claire Bidwell Smith, a licensed therapist who specializes in grief, she notes that Elisabeth Kübler-Ross' book entitled, *On Death and Dying*, published in 1969, presented five stages of grief that was actually intended for people facing their own deaths. It was later that Kübler-Ross went on to apply these same five stages to people who had lost a loved one. However, Bidwell Smith notes that "I'm not sure they work as well. Losing a loved one is not the same as losing your life. Grief thrusts us into an uncertain world where anxiety often reigns supreme. Yet, anxiety is the very element missing from Kübler-Ross' stages. The five stages were originally written for people who were dying, not people who were grieving, and because of this, the stages don't organically fit the emotions that a person experiences following a loss."

Signs of grief anxiety may include tension, restlessness, panic attacks, and sleep problems. It's always important to consult your medical doctor. Some suggestions for coping with anxiety include talking to someone who has also experienced grief and anxiety, deep breathing, yoga, meditation, fun activities and companionship. Remember, we are here to help with our comprehensive grief support network, including strategies for coping with grief and anxiety.

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.



Through the Lens

Clockwise from left:

Grief support participant tours Our Lady of Victory Basilica.

Grief support participants enjoys an evening out at a local restaurant.

Kelly Strade of Joyful Rescue holds "Poppi" at the Pet Remembrance Service at Mount Olivet Cemetery.

Military Funeral at St. Adalbert's Cemetery.

Marianne Hubert, Fr. Bill Quinlivan and Carmen Colao at St. Martin of Tours Catholic Cemetery Presentation.

Spring Cleanup

Please remove any decorations you wish to keep for next year before March 15, 2019.

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

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



Catholic Cemeteries Mass Schedule

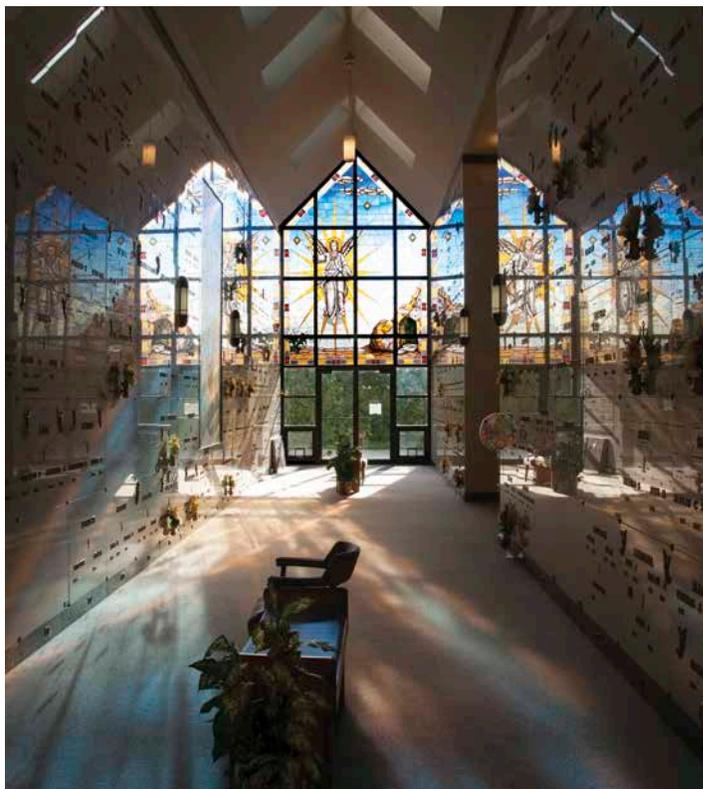
Date	Mass	Time	Location
Saturday, March 30, 2019	Monthly Mass	9:00 AM	Mount Olivet Resurrection Chapel Mausoleum Holy Cross Holy Trinity Chapel Mausoleum
Saturday, April 27, 2019	Monthly Mass	9:00 AM	Mount Olivet Resurrection Chapel Mausoleum Holy Cross Holy Trinity Chapel Mausoleum
Saturday, May 25, 2019	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 27, 2019	Memorial Day Mass	10:00 AM	Queen of Heaven Queen of Heaven Chapel St. Adalbert's Cemetery St. Adalbert's Chapel
Saturday, June 29, 2019	Monthly Mass	9:00 AM	Mount Olivet Resurrection Chapel Mausoleum Holy Cross Holy Trinity Chapel Mausoleum
Saturday, July 27, 2019	Monthly Mass	9:00 AM	Mount Olivet Resurrection Chapel Mausoleum Holy Cross Holy Trinity Chapel Mausoleum
Saturday, August 24, 2019	Monthly Mass	9:00 AM	Mount Olivet Resurrection Chapel Mausoleum Holy Cross Holy Trinity Chapel Mausoleum
Saturday, September 28, 2019	Monthly Mass	9:00 AM	Mount Olivet Resurrection Chapel Mausoleum Holy Cross Holy Trinity Chapel Mausoleum

Beautiful Areas of Appreciation By Mark Kuligowski

I'm fortunate to be able to visit my grandfather, who is entombed at Resurrection Chapel Mausoleum at Mount Olivet Cemetery.

It's the special place that he himself chose to be remembered. True, I do some marketing work for Catholic Cemeteries which affords me the opportunity to visit frequently, but in doing so, I have come to appreciate and respect everything that goes into the decision making process regarding Catholic burial. My grandmother, who is still with us, has a place to share stories about my grandfather with my daughters and me as well. But, what would have happened if he had not made his burial arrangements ahead of time?

I know two things for certain—our family was grieving, and, the smallest decisions were made with a lack of rational thought process. This, even when most of the details were already pre-planned. I cannot imagine what could have happened if we had to make burial arrangements. His pre-planning allowed us the time to be with each other and the extended family, and it also allowed his legacy to have more than word of mouth and pictures. This beautiful place starts right when you drive in, and continues everywhere you walk throughout every type of burial location. It's a place that has a commitment to maintaining the beauty and respecting not only those buried, but those that will continue to walk through these sacred grounds for lifetimes to come.



New—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.

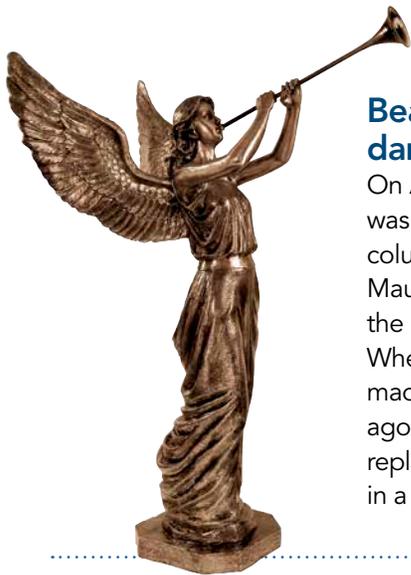
It's time to plan

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.

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



Check Out Our Digs By Chip Mussen

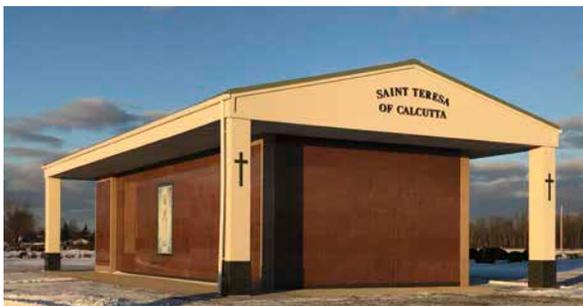


Beautiful new Trumpeting Angel Statue replaces statue damaged in wind storm

On April 5, 2018, there was a terrible wind storm in the Kenmore-Tonawanda area. Mt. Olivet was affected losing a few trees, many branches and most importantly a statue atop one of our columbaria. The Trumpeting Angel statue that has graced the columbarium in front of Resurrection Mausoleum "took flight" that day and was unfortunately damaged beyond repair. Its twin, gracing the columbarium about 50 feet away near Ascension Mausoleum, was thankfully undamaged. When looking into getting an identical replacement statue we found that they were no longer made in the bright white Kosmolux (reconstituted marble) that we originally purchased 15 years ago. Our only option was to upgrade to an identical statue in beautiful bronze. We will be replacing both statues so they continue to match. We will eventually use the undamaged statue in a future project at one of our other cemeteries.

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

Construction began this fall on the Our Lady of the Rosary Cremation Garden. The first step was the pouring of foundations this past fall for the columbaria. We then installed the first three columbaria in this long term project. The three units included a beautiful round topped columbarium that will be surrounded by two "L" shaped columbaria. Eventually we will install two more of the "L" shaped columbaria to create a square with the round topped columbarium in the center. The central columbarium will feature 96 niches and each of the "L" shaped Columbaria will feature 112 niches. Each niche can accommodate up to two sets of cremated remains. In the spring we will be installing a walkway leading to the columbaria, all in a tranquil garden-like setting. This garden will be situated on the north side of Ascension Mausoleum where the stunning stained glass window in the chapel featuring the Ascension of Christ will serve as a backdrop. Other phases will include cremation graves, future columbaria, family columbaria, benches as well as Memorial trees.



Construction on St. Teresa of Calcutta Mausoleum complete

Just before the snow began to fly, we finished construction on the new St. Teresa of Calcutta Garden Mausoleum at St. Adalbert's Cemetery. Unique from the other mausoleum buildings at St. Adalbert's, our new mausoleum boasts a higher profile than the other buildings at St. Adalbert's. It is covered by a peaked roof that will be supported by four corner pillars with overhangs. This new roof design not only welcomes visitors with a "Church like feel" it also offers protection from

the elements. A beautiful mosaic, one of the most captivating pieces of art in St. Adalbert's, was installed on the west side of the mausoleum. It honors St. Teresa of Calcutta and is dedicated to her lifelong commitment to the poor and underprivileged. There is space available right behind the mosaic. In all, 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 beautiful Capao Bonito Brazilian Red granite front panel. Pre-construction pricing is still available for both the Our Lady of the Rosary and St. Teresa projects offering significant savings. Additional discounts will be available at the upcoming Open Houses in April and May (see back cover for more details on the Open Houses). Please call 873-6500 for more details on these exciting new projects.

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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 at: buffalocatholiccemeteries.org/revelations-newsletter

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



How do you remember a life well lived?

By creating a beautiful, memorable and lasting memorial to preserve your memory or that of a loved one. For our families choosing cremation we have a wide selection of cremation urns to hold you or your loved one and keep their legacy alive. These beautiful urns come in a variety of unique colors, materials and designs as part of our Catholic cremation services. Ceramic, bronze, carved wood and even eco-friendly options are available. Both single and companion urns are offered.

For more information on any of these wonderful programs, please call our Cemetery office at 873-6500.

Friends of the Cemetery Donation Program

Catholic Cemeteries is continuing our successful 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. Create a lasting tribute with a memorial or cremation bench, memorialize a loved one with a plaque on one of our spectacular stained glass windows or create a living memorial by planting a Memorial Tree. Memorial bricks are also available at several of our cemeteries.

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.



We'd like to hear from you.

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

The Power of Aromatherapy and Essential Oils

Tuesday, March 19, 7:00p.m. Mount Olivet Cemetery

Liz Schmitt, Director of Spa 400 Invision Health, along with an aromatherapy and essential oils expert, will give a presentation and demonstration on the healing benefits of aromatherapy and essential Oils.

Using essential oils can help with the emotions and the grieving process. During this presentation participants will learn about and sample essential oils and experience how essential oils may be helpful in their daily lives. Learn how essential oils are produced and about how they can improve your health and well-being. Some benefits include: assisting with relaxation and sleep, managing inflammation, relieving pain, boosting the immune system, healing skin irritations and decreasing anxiety.

Dream Interpretation

Monday, April 1, 4:00p.m. St. Aloysius Gonzaga

Michelle Marabella, LMHC is a licensed counselor who will discuss dreams and grief. She will look at the spiritual evidence of dreams. The focus will be on dreams as a form of storytelling. Dreams help reconcile our loss and bring about hope and peace for those grieving.

Massage Therapy and Grief

Tuesday, May 7, 7:00p.m. Mount Olivet Cemetery

Liz Schmitt, Director of Spa 400 of Invision Health, and massage therapists, will give a presentation and demonstration on Grief Massage Therapy. Special chairs will be brought in for the presentation. As an added benefit you will have the opportunity to try a neck and shoulder or hand massage from a licensed professional.

Grief massage therapy can be very beneficial for those who have experienced a loss. When you have suffered a loss of a loved one or are grieving over a change in your life, massage

can assist in helping you find peace and balance. The body holds on to past trauma, stress and anxiety. This presentation will help you to understand the benefits of massage during the grieving process. Massage therapy helps to relax the whole person by pinpointing stressors. Experience how grief massage may be helpful to you. Due to limited space, please call today to reserve a spot.



Participant presents her painted rock at our "Healing through Meditation" presentation with presenter, Dawn Iacono in the background.

Anxiety & Grief

Monday, May 20, 4:00p.m. St. Aloysius Gonzaga

Michelle Marabella, LMHC is a licensed counselor who specializes in anxiety disorders. Michelle will discuss anxiety and grief theories, triggers, and symptoms and present coping strategies and techniques.

Healthy Rhythms: Drum Circle with Carolyn Zimmerman

Tuesday, June 18, 7:00p.m. Mount 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. Come and try out some of the newer instruments including the Bajinn! Call 873-6500 for more information, as well as to reserve a spot.

Please check our website calendar for future "Lecture Series" as well as our grief services schedule throughout the year.



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

Music & Memories

A Service to Remember Those We Love

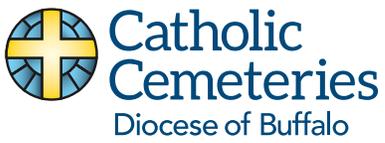
The Music & Memories service will feature songs that will inspire and uplift all as we remember our loved ones through poems, scripture and other pieces, which will be interspersed along with the reading of your loved one's names. Limit of three names.

Mount Olivet Cemetery

Resurrection Chapel Mausoleum
Thursday, April 11 at 6:30p.m.
Call 873-6500

Holy Cross Cemetery

Holy Cross Chapel Mausoleum
Saturday, April 13 at 1:00p.m.
Call 823-1197



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Family is forever.

Planning your burial arrangements with Catholic Cemeteries ensures your family will remain together—forever.

Open House

Saturdays, 9am–2pm
Holy Cross Cemetery, Lackawanna, April 13
St. Adalbert Cemetery, Lancaster, April 27
Mount Olivet Cemetery, Kenmore, May 11

Queen of Heaven Cemetery, Lockport
Wednesday, April 17, 3pm–7pm

0% interest financing through 2024.
Special discounts only available at the open house.
Prior sales excluded.

Receive a \$50 gift card when you pre-plan your burial arrangements now through June 30.

