

Catholic Cemeteries

All Souls Day Field Mass

November 2, 2018

To Grieve Is To Heal



Nothing can be more traumatic than the loss of someone most dear to us. It could be a spouse, child, parent, relative or friend. None of us wants to think about the death of someone we love, but it is a part of life we all must encounter.

Grief is the process of making the fact of a death real and learning how to live with it.

Yes—grief hurts. Grief takes time, (mourning), and effort. It is a way of expressing our emotions over the loss. Countless numbers of books, articles and information pamphlets have been written on the subject.

The stages of the grieving process and the feelings we experience are both normal and eventually helpful to our recovery. We must also know that the process will have its progressions and regressions.

The first stage is shock, anger and denial. Shock will create a numbness and will envelop the individual. This person may experience odd physical sensations and he/she will comprehend intellectually what has happened, but on a different level, the person who has suffered this loss will be denying the death.

Anger is a normal response. One may have it in any degree, depending on the personality of the individual and the circumstances. The important point here is that anger needs to be expressed in a controlled manner and it is not uncommon that the person suffering a loss may need assistance with their anger.

Denial remains with different individuals for different lengths of time. Some even leave certain possessions of the deceased just as they were for weeks or longer periods of time.

People should do what feels right for themselves as they gradually move towards an acceptance of the passing.

The second stage is sadness and depression. It constitutes the realization of the loss. It is a time when memories instantly bring tears to the eyes. This phase brings with it anxiety and fear, for something painful has occurred. It is marked by a kind of

searching, a yearning for the bereaved to hear or see their departed loved one. They even question the death. There is a feeling that all of life slows down and there is little energy in them.

There is also a sense of emptiness. It is acceptable to feel this way for a while. Remember – feelings are part of the healing process.

The third stage of the grieving and healing process is understanding and acceptance. As time goes on, the person now accepts that this death has occurred and has come to recognize that a loss has taken place.

The individual here comes to a gradual realization that – ‘I can make it.’ The mourner recognizes that they have survived the death – the death that months previously they never thought they would manage.

Time alone will not heal grief. The person must deal with it and work through it. What time will do is afford that individual the ability to heal.

To ease your grief, drawing from pleasant memories may help you. Though individuals will accept the passing of their loved one, they can assist themselves by utilizing the happy memories of days past and use these thoughts to begin to enrich their lives again.

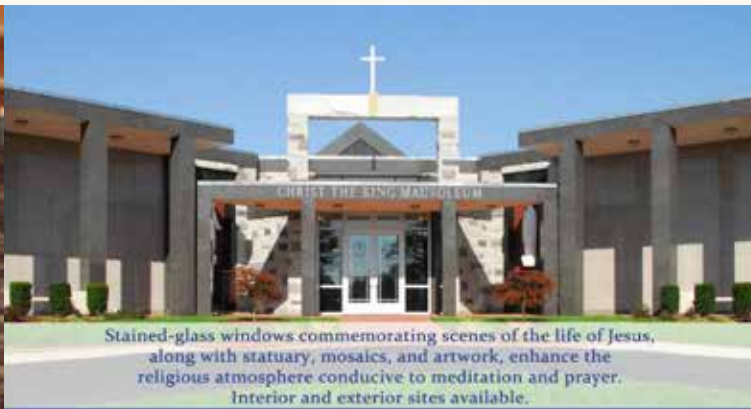
The final stage is to ‘move on’, to re-organize. Life will start to have some color again. It is important here to come to know that life is not the same again – it will not be the way it once was – but that life can again be worth living.

Memories of the deceased will remain – as they should – but life will also go on – as it should.

Finally, as Catholic Christians, let us also remember that we believe that death is not the end to life, but a passage to a new and even greater one. While we have suffered a true personal loss, let this promise of eternal life and Our Lord Jesus Christ bring us hope and comfort.

Remember the following –

- grief takes time.
- it is a process that must be experienced as one travels the road to heal.
- at the wake, seeing the body of the person who has passed on helps immeasurably in moving through the process of grieving, as it is a time to receive love and encouragement.
- a funeral is for the living, not the dead – it is a vehicle that allows us to find strength, support and healing - it is important to gather with friends and family at the cemetery for it helps the mourners find the end of one relationship with the deceased, and to begin a new one based on remembrance and hope of the resurrection to a reunion.
- faith in God will help - experts in this field of study have stated that faith is a powerful aid in coping with bereavement.
- bereaved individuals often form local groups for friendship, consolation, and the sharing of thoughts.
- find a way to assist others.
- and pray – pray for the power to heal and the strength to endure.



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Remembering Your Loved Ones on All Souls Day



(November 2nd)



During the month of November, the Church encourages us to remember all those who have gone to their eternal reward.

Our dearly departed are always close to us in the new life they share with God.

Through our faith, let us be ever conscious of their spiritual presence.

Let us pray to honor their memory.

Office Hours

Our Cemeteries are open to visit
 7 days a week, 8:00 AM—5:00 PM.

Office hours are Monday to Friday

9:00 AM—5:00 PM and Saturdays 9:00 AM—1:00 PM.

Community Mausoleum visiting hours

are 9:00 AM—4:00 PM.

Note: Holy Cross office hours are Monday to Friday

8:00 AM—4:30 PM and Saturdays 9:00 AM—1:00 PM



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www.ccbklyn.org