



Sacred Places

Vol. 12 No. 1
Spring 2001

Thank You, Lord!

Written by Sheryl Routh
Reprinted by permission of Catholic Cemeteries, August 2000

I walked into the grocery store not particularly interested in buying groceries. I wasn't hungry. The pain of losing my husband of 37 years was still too raw. And this grocery store held so many sweet memories.

Rudy often came with me and almost every time he'd pretend to go off and look for something special. I knew what he was up to. I'd always spot him walking down the aisle with three yellow roses in his hand.

Rudy knew I loved yellow roses. With a heart filled with grief, I only wanted to buy my few items and leave, but even grocery shopping was different since Rudy had passed on.

Shopping for one took time, a little more thought than it had for two. Standing by the meat, I searched for the perfect small steak and remembered how Rudy loved steak.

Suddenly a woman came up beside me. She was blond, slim and lovely in a soft green pantsuit. I watched as she picked up a large pack of T-bones, dropped them in her basket, hesitated, and then put them back. She turned to go and once again reached for the pack of steaks.

She saw me watching her and she smiled. "My husband loves T-bones, but honestly, at these prices, I don't know."

I swallowed the emotion down my throat and met her pale blue eyes. "My husband passed away eight days ago," I told her. Glancing at the package in her hands, I fought to control the tremble in my voice. "Buy him the steaks. And cherish every moment you have together."

She shook her head and I saw the emotion in her eyes as she placed the package in her basket and wheeled away. I turned and pushed my cart across the length of the store to the dairy products. There I stood, trying to decide which size milk I should buy. A quart, I finally decided, and moved on to the ice cream section near the front of the store. If nothing else, I could always fix myself an ice cream cone.

I placed the ice cream in my cart and looked down the aisle toward the front. I saw first the green suit, then recognized the pretty lady coming towards me. In her arms she carried a package. On her face was the brightest smile I had ever seen. I would swear a soft halo encircled her blond hair. She walked toward me, her eyes holding mine. As she came closer, I saw what she held and tears began misting in my eyes.



"These are for you," she said and placed three beautiful long stemmed yellow roses in my arms. "When you go through the checkout line, the checker will know these are paid for." She leaned over and placed a gentle kiss on my cheek, then smiled again.

I wanted to tell her what she'd done, what the roses meant, but still unable to speak, I watched as she walked away. Tears clouded my vision. I looked down at the beautiful roses nestled in the green tissue wrapping and found it almost unreal. How did she know?

Suddenly the answer seemed so clear. I wasn't alone. "Oh, Rudy, you haven't forgotten me, have you?" I whispered, with tears in my eyes. He was still with me, and she was his angel.

Every day be thankful for what you have and who you are. It's really that simple.

Even though I clutch my blanket and growl when the alarm rings, thank you, Lord, that I can hear. There are many who are deaf.

Even though I keep my eyes closed against the morning light as long as possible, thank you, Lord, that I can see. Many are blind.

Even though I huddle in my bed and put off rising, thank you, Lord, that I have the strength to rise. There are many who are bedridden.

Even though the first hour of my day is hectic, when socks are lost, toast is burned, tempers are short, and my children are so loud, thank you, Lord, for my family. There are so many who are lonely.

Even though our breakfast table never looks like the pictures in magazines and the menu is at times unbalanced, thank you, Lord, for the food we have. There are many who are hungry.

Even though the routine of my job often is monotonous, thank you, Lord, for the opportunity to work. There are many who have no job.

Even though I grumble and bemoan my fate from day to day and wish my circumstances were not so modest, thank you, Lord, for life!

From The Director's Desk

Over the years, this column has been the instrument through which the Director of Cemeteries has responded to the special needs and concerns of the people of the diocese who have loved ones interred in the cemeteries of the Diocese of Rockville Centre. Although the purpose of this column will not change, the one part that has changed is that, since the previous director has retired, the thoughts and opinions will come from a new source.

I am not a stranger to the Diocesan Cemeteries, starting my employment here in 1970. For the past twenty-seven years I have served in the capacity of Assistant Director, concerned primarily with field operations and the development of the Diocesan and Parish Cemeteries. In my new role as acting director, I will continue the fine legacy of the two directors for whom I have served.

Although the beautiful grounds and attractive buildings are certainly a part of this legacy, the finest development that has taken place over the years is the training and retention of a talented and dedicated staff. This was especially brought to light recently when we were asked to create a mission statement for the Diocesan Cemeteries. In talking with the staff members, including administrative, clerical and field employees, I was impressed by their understanding of their role in the bereavement process to assist the grieving at their time of need. It wasn't just a job; it was a commitment to minister.

That is not to say that we always perform our mission perfectly; we know that we are imperfect human beings trying to do a perfect job. You have entrusted the care of your loved ones to us, and we know that we can't do the same amount of caring that you would have done. While fully understanding how important well-cared for grounds are as a symbol of this care, we are constrained by time and nature. We will continue to improve our procedures and talents to assure the thoughtful attention to detail that is a fitting and appropriate remembrance to lives lived.

I recently attended a talk given by a priest who had received his advanced degree in theology from a highly respected Catholic University. In his amusing style he told how, since he wasn't the brightest person in class, he sometimes struggled with some of the advanced topics. He said that he dreaded his final exam, at which he had to give oral answers to the complex questions that were put forth. Just before the exam it suddenly dawned on him that the answer to every question was "Paschal Mystery"... that from death comes life. What is the symbolic meaning of Baptism? That through the symbol of drowning (immersion in water) we come forth to new life in Jesus. What is the importance of the sacrament of marriage? That a man and woman are willing to die to self so that from them springs a new life. He continued on and on giving numerous examples of how the Paschal mystery is at the core of our beliefs, and in fact it gives meaning to our lives.

There is no more obvious symbol of the Paschal mystery, that from death comes life, than a visit to the Catholic cemetery. In the midst of death, symbols of life and hope abound. Every monument has the central symbol of the reason why we hope, the cross by which Christ won our salvation. The faithful who come to visit the graves of loved ones to meditate and pray or the crowds that come to the Saturday Masses to remember and become community in a special way, all give testimony as a people of faith that life has not ended, merely changed.

No, the Catholic cemetery is not a place of the dead... it is a place of living: those who are alive in Christ and those who come to remember them. It is a place of prayer, of memories, and of faith-building. It is a place to journey from grief to healing. We will make every effort to assist you as we continue on this journey together.

Sincerely,

Neal S. Berlin

Stations of the Cross

We invite you to join us on Good Friday, April 13th, at 12:00 noon in Holy Rood Chapel for the opening prayers. Weather permitting, we will follow the mile-and-a-half route throughout Holy Rood Cemetery as we commemorate Our Lord's redemptive death. If the weather is inclement, the ceremony will be held in the chapel. The service will conclude with final prayers and Veneration of the Cross in the Chapel.

Spring Decoration Program

The spring decoration program will again be offered for Mother's Day and Father's Day. Live floral decorations will be available for placement on gravesites and in the chapels of the community mausoleums.

A beautiful, live potted plant will be placed directly in the planting area in front or rear of the monument. For those families who have mausoleum crypts, the flowers will be placed on stands in the respective chapels. The name of those remembered will be placed in a Book of Remembrance at the altar.

The cost for each plant ordered will be \$15.00. They will be placed the week before Mother's and Father's Day, and will remain there through the week of the holiday itself. Families are invited to take their plants home prior to their removal by our staff.

If you placed an order last year, or ordered flowers for the Chapels in the past, you will receive notification through the mails. Otherwise, you may fill out the coupon below and mail it with your check as soon as possible.

Mother's Day # of Plants _____	Father's Day # of Plants _____
Total: _____ Plants @ \$15 each = \$ _____	
Name _____	
Address _____	
Town _____ State _____ Zip _____	
Cemetery _____	
Section _____ Range _____ Plot _____	
or Chapel Mausoleum _____	
Name of deceased mother _____	
Name of deceased father _____	
Please make checks payable to: Catholic Cemeteries P.O. Box 182 Westbury, NY 11590-0182	

Court Rules in Favor of Diocesan Cemeteries

In November of last year, the New York State Supreme Court ruled in favor of the Diocese of Rockville Centre that Catholic cemeteries are in fact places of worship. The decision came in a zoning dispute between the Diocese and the Village of Old Westbury regarding a 97-acre parcel that the Diocese had purchased along Jericho Turnpike, with plans to create Queen of Peace Cemetery.

Although the Suffolk County cemeteries operated by the Diocese have available land for future development, Holy Rood Cemetery in Westbury is virtually full, with perhaps a year left of available space for single graves. A special use permit is required to create a cemetery, and the Village denied the permit declaring that a cemetery was a commercial use of the land. The diocese successfully argued that a cemetery is a religious use of the land, citing Masses and other religious services offered throughout the year, religious art and artifacts and other symbols throughout the grounds and on headstones and grave markers, and prayer services at the time of burial.

The judge wrote in his decision: "Roman Catholics believe that the burial of the deceased is a corporal work of mercy and a fulfillment of a Catholic's faith and belief in the resurrection of Christ... Because Roman Catholics believe that a deceased Catholic, as a member of the Communion of Saints, remains part of the Roman Catholic Church even in death, land which is to be utilized as a cemetery is blessed by the Bishop of the Diocese as a place of public worship." According to state law, religious uses must be accommodated.

It is expected that the Village will appeal. The decisions of the New York State Supreme Court can be appealed to the intermediate court, the Appellate Division, and then to the Court of Appeals, the state's highest court.

What Kind of Baggage Are You Carrying

by Elaine Silwell

Getting ready for a trip - making your list of things to pack, preparing for all kinds of weather, coordinating mix-and-match, wrinkle-proof and washable ensembles for different occasions, and choosing comfy footwear - demand hours of planning and decisions.

Can you fit everything that you need in the suitcase? Can you pull it along or do you need help?

Even as a bereaved person, you choose what you will carry and for how long. Your luggage is unique. When the load is too heavy, what choices do you have? Check the following list.

Guilt. Put it in the bottom of the suitcase stuffed inside a shoe; wear it out with time. You may decide along the way that you did the best you could do with what you had. Only you can decide when to discard it.

Anger. As much as you would like to leave this at home, squeeze it into your bag. It's like a mirror - it confirms you are alive. It comes in many sizes and shapes and is used on many different occasions. You might decide parts are not worth carrying any longer. Use it sparingly as you venture to express your feelings.

The "Shoulds" and "If Onlys." These are heavy and can weigh you down, but you will find they are disposable. You will enjoy the resulting freedom as you shed them and choose the way to grieve that is best for you.

Sadness. This, being so familiar to you, might be the first thing you put into your suitcase, but let it be like your umbrella, used only on stormy days. Share it with another and you will find that your grief has been halved. Put it away for the next rainy day and let sunshine work its magic.

Helplessness and Hopelessness. These are garments that take up a lot of space when you start out. They are the outfits you thought you would need, but rarely use. Just place them in the bottom of your suitcase and forget about them.

The "Why" Questions. Why me? Why my loved one? Why now? They seem very important to include, but as time passes, they don't seem that important any more. Make space for the "what" question and the "how" ones. "What am I going to do with my life?" and "How am I going to do it?" They will be good travel companions.

Patience. Bring several packs of this. Learn to take your time and go at your own pace, using your timetable, not one designed or demanded by others. Take a day at a time so your traveling can be savored.

Forgiveness. This travels well. It is much lighter than grudges. Pack as much as you can, some for yourself and some for others. Use it to make your burden lighter.

Tears. These are essential, like soap that keeps you feeling refreshed and renewed. Keep them readily available. They will cleanse your spirit and release your pain. Use them in private or in public. A spouse or a friend with a strong shoulder can be your "blotter."

Vulnerability. This is very fragile. Slip it into your bag wrapped in a favorite memory, song, picture, poem or prayer, protecting it like bubble-wrap. Wear it until it's out of fashion and replace it with new-found strength.

Calendar. Check this daily. Having something to look forward to gives your heart a boost. A date marked on your calendar gives meaning to your day and can be a real "pick-me-up."

Hugs. Carry them in your shoulder bag and use them generously. Remember it takes four hugs a day for survival, eight hugs a day for maintenance and twelve hugs a day for growth. They cushion events in your life, are nonflattering, theft-proof, nontaxable and fully returnable.

A Sense of Hope. This takes little room. It is a healthy habit that diminishes the tremendous void in your life. It is elastic and expands to make room for other good things you encounter on your journey.

Positive Attitude. This is better than a cell phone. Store it in a side pocket and use it when there are glitches in your plans. Using it, you can reach out and touch someone.

Rose-Colored Glasses. These are a must when you are lost or feeling down, helping you to sort hidden opportunities or find silver linings. They change your perspective and enable you to see things differently. They don't take up much room and can add a new dimension to your view.

A Plan. Pack this securely. Your plan can steer you to loving people, comfortable places, enjoyable meals, scenic views or peaceful sites and bring a sense of peace to your soul. Refer to it hourly and reap the wisdom it contains.

Memories. These pack easily, allowing you to fill empty spaces with happy moments that bring joy to your heart. Carry as many with you as you can. Like comfy shoes - you shouldn't go anywhere without them.

Courage. Summon as much as you are able and add more whenever or wherever you can. Keep it in a handy compartment, ready to use when needed and share with others.

Routine. Be good to yourself and find a place for routine and pampering, so important when you are hurting. This will give you definite things to do each day and insure that you take good care of yourself - not out of selfishness, but out of wisdom.

Prayers. Make room for special words that open your heart to healing. Pack them on top, easy to get to when you need a lift. Prayer is simply talking to God. Talking heals by sharing the burden. Finding new prayers, like postcards, renews your spirit.

A Sense of Humor. Don't leave the house without it. Stuff it into your bag and use it often. It lightens the load and makes the day brighter. It's like comfy underwear - it makes you feel good all over.

Journaling. Tuck a small notebook into a side pocket. Writing about your grief allows you to "pour out" your loneliness, frustration and anger, and to "fill up" by counting your blessings.

Meditation. This fits neatly into the vacant spaces of your suitcase. Using it regularly on plane, bus, train, car or hotel allows you to sort out your feelings, renew your strength and get in touch with your inner self. It permits you to dump useless items from your luggage and to acquire more comfortable ones. Soothing to frayed spirits, it gives direction to lost souls.

May you pack all the right things for your grieving heart and may you learn the secrets of "lightweight" luggage.

This article first appeared in the Fall 2000 issue of *Journey*, the newsletter of the National Catholic Ministry to the Bereaved. Reprinted with permission of the author.

*The Lord's mercies
are new
every morning.*

Saturday Masses in the Chapel at 9:30 AM:

Holy Rood Cemetery
P.O. Box 182
111 Old Country Road
Westbury, NY 11590-0182
Tel: (516) 334-7990

Mar. 10	Jun. 9	Sep. 8	Dec. 1
Mar. 24	Jun. 23	Sep. 22	Dec. 15
Apr. 7	Jul. 7	Oct. 13	
Apr. 21	Jul. 21	Oct. 27	
May 5	Aug. 4	Nov. 3	
May 19	Aug. 18	Nov. 17	

Holy Sepulchre 3442 Route 112 Coram, NY 11727 Tel: (631) 732-3460	Queen of All Saints 115 Wheeler Road Central Islip, NY 11722 Tel: (631) 234-8297
---	--

Mar. 10	Jun. 9	Sep. 8	Dec. 1
Apr. 7	Jul. 7	Oct. 13	
May 5	Aug. 4	Nov. 3	

Cemetery gates are open every day from 8:30 AM to 8:00 PM. Offices are closed at noon Saturdays, on Sundays and the following holidays:

President's Day	February 19th
Holy Thursday	April 12th (12:30 PM)
Good Friday	April 13th (12:30 PM)
Memorial Day	May 28th
Independence Day	July 4th
Labor Day	September 3rd
Columbus Day	October 8th
Election Day	November 6th
Veteran's Day	November 12th
Thanksgiving	November 22nd

It's important to keep your current address on file in case you have to be contacted for any reason, or to keep receiving your copy of Sacred Places.

Planting Regulations

As warm weather approaches, we would like to remind you about our planting regulations. In monument sections, annual flowers such as geraniums, begonias, impatiens and marigolds may be planted in a bed which can extend 18" in front of the monument. Bouquets of fresh flowers are permitted in monument sections in vases which are ground level, and in shrine sections in the vase that is part of the bronze memorial. No glass vases, statues or other breakable items are permitted as they could cause injuries to employees as they are maintaining the grounds.

Potted plants are permitted for holidays. All holiday decorations will be picked up on the following dates:

- Easter Decorations** Monday, April 23rd
- Mother's Day** Monday, May 21st
- Father's Day**, Monday, June 25th

Dates to Remember:

Stations of the Cross
Friday, April 13, 2001
Holy Rood Cemetery, Westbury
MEET IN THE CHAPEL AT 12:00 NOON

Memorial Day Field Masses
Monday, May 28, 2001
Holy Rood Cemetery - 11:00 AM - Msgr. Alejandro
Holy Sepulchre Cemetery - 11:00 AM - Bishop Weeks
Queen of All Saints Cemetery - 12:00 PM - Bishop Dunne

Change of Address

Name _____

Old Address _____

Town _____ State _____ Zip _____

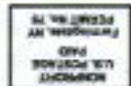
New Address _____

Town _____ State _____ Zip _____

Plot Location:
Cemetery _____

Section _____ Range _____ Plot _____

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Catholic Cemeteries
Diocese of Rockville Centre
P.O. Box 182
Westbury, N.Y. 11590-0182

Newsletter

CATHOLIC CEMETERIES
DIOCESE OF ROCKVILLE CENTRE



Sacred Places

Vol. 12 No. 2
Fall 2001

Fifteen Years of Lessons from the Heart

Never did I dream that there was so much to learn about grieving! I began that journey in 1986 when my two oldest children, 21-year-old Denis and 19-year-old Peggy, died four days apart, from the same automobile accident. Telling others the lessons I have learned over the years, I lovingly refer to as "sharing Peggy and Denis with the world." Maybe some of these discoveries can help you:

- **Find those loving people.** Surround yourself with people who put no demands on you and let you grieve at your own pace, setting no timetables for you. Feel their presence and their art of loving listening. *Caring friends, new and old, were a major force in my healing. Just knowing someone cared enough to walk the journey with me gave me strength to get through each day.*
- **Read about grief.** Visit the public library, 155.937, or your favorite bookstore, and locate all those wonderful books written by persons who have "walked your walk" and find out what helped them survive. Inspiring words and stories will fill you with positive ideas, validate your feelings, suggest useful coping skills, and offer hope to have a meaningful life again. *Books brought peace to my soul, a challenge to my spirit, and a lifeline of hope to my family and me. I read my way to sanity.*
- **Pamper yourself.** Take good care of yourself, not out of selfishness, but out of wisdom. Do what helps you the most. Carefully pick and choose things to do that are refreshing to you. Avoid situations and people that drag you down, until you are stronger and can handle them. *Making little decisions, day by day, strengthened my ability to expand my choices and increase my energy, hastening my healing.*
- **Keep a journal.** Try to write your thoughts and feelings each day in a special notebook. Record what brings you a moment of joy or what causes turmoil in your life. Write the things you wished you had said, ask for forgiveness if that is necessary, or simply tell what your days are like now. As time goes on, you will learn a lot about yourself from your journal, tracking the roller coaster ride of grief. *How I regret not keeping a journal, but no one ever suggested it to me! I would love to know how I handled those raw feelings that are now a blur to me and what eased my heart in those beginning days.*
- **Take time each day to grieve.** Set aside a special daily time that you can meditate, think, read, cry, look at pictures, pray, feel their heavenly presence - a time by yourself that you can sort out your feelings and deal with

them one by one; a time to reorganize yourself. Slow down and make this a priority. *This was one of my hardest tasks, trying to schedule a "time for me," rearranging a busy day's activities to find the 15-20 minutes for reflection, instead of running from grief.*

- **Tell the world how you really feel.** Don't be afraid to tell people that you are struggling to take "baby steps" in your grief, that you are not "fine." Be honest so you can help educate others to understand the grief journey. This takes time until you can find the right words to explain your feelings, rather than biting someone's head off with a snappy answer. *As I became more familiar with my feelings, I found comfortable words to express exactly how I felt. It took time to go from the "vulnerable-fine" to the "stronger-telling it as it is."*
- **Cry.** Release all those emotions instead of stuffing them down inside. Crying is healing and is a vital part of our mourning. *I cried every day from 4-5 pm after I got home from work, releasing all that tension and hurt. I called my husband, "my blotter," soaking up all those tears. Then he would say, "What's for dinner?" and I would nurture him.*
- **Tell your story.** It's important to talk, telling the story of your loved one so it becomes part of you and your whole being. *No matter where I was, what line I was on, what situation I was in, I told everyone about Peggy and Denis. It soothed my soul to make sure their memory was not erased and became a motivating factor in my life - to share my children with the world, never to be forgotten.*
- **Teach others to talk about your loved one.** Make sure people know that it is "music to your ears" to hear stories of your loved one, or just the mention of their name. Dispel the myth that talking about them is upsetting to you. *Fifteen years later, I am still working on this. Hearing their names and knowing they are remembered makes my heart sing.*
- **Reach out to your spouse/family/friend.** Even though you might be grieving differently and feel like you are on different planets, respect each other's method of mourning and be sure to spend time together each day, even if it is just a hug, holding hands, walking around the block together, or sharing a cup of coffee. Give yourself time to be on the same wavelength. *I shared anything I read that I found helpful, cut out articles to paste on the refrigerator, and made sure I got plenty of hugs: 4/day for survival, 8/day for maintenance, and 12/day for growth. We drew strength from those arms wrapped around each other.*

- Continued on Page 2 -

- Give yourself permission to be crazy.** Doing things that are not harmful that bring pleasure to your heart, but might seem strange to the non-bereaved, can make you smile and give you momentum. So send off some balloons with a message attached, bake them a birthday cake, sing their favorite song, wear their favorite shirt, carry their 8" x 10" picture with you at all times, sign their name to a card, save an empty chair for them, collect angels, paint rainbows - whatever makes your heart feel good. *I was saved by buying and giving angels to everyone dear to me, inscribed with my children's names and dates. It did wonders for my heart and is a tradition that continues fifteen years later.*
- Pray.** Praying is simply talking and talking is healing. So pray to your loved one, to God, or whoever is your higher power and feel the strength that enfolds you and carries you. *Peggy and Denis are wonderfully reliable for finding me parking spaces and for securing beautiful weather for special events like weddings and parties, which bring many phone calls for their intercession.*
- Establish new routines/traditions.** Try some new things that develop new pleasures for your family, whether it be different seats at the table, new hobbies, new ways to celebrate holidays, delighting in new friends, doing all those things you put off, or just taking time "to smell the roses." *I found comfort doing things Peggy and Denis loved to do: walking the beach, listening to music, being an avid tennis fan, rooting for Notre Dame, and celebrating St. Patrick's Day with gusto. Lighting candles and collecting angels started delightful traditions which kept them included in every event.*
- Invest that special love.** Don't waste that special love you have. Find ways to keep your loved one's memory alive by using that special love: writing, planting a garden, establishing a scholarship, sponsoring a person in need, carrying the coffee pot to a TCF meeting, volunteering at Cancer Care, MADD, local blood drives, and nursing homes, working with scouting, 4H, and community sports, helping a support group, taking part in walk-a-thons, Habitat for Humanity, parish needs, and any group that is meaningful to you. By investing that special love, your loved one can still make a difference in the world. *Founding a chapter of The Compassionate Friends, serving as Chapter Leader and newsletter Editor, and going on to become Bereavement Coordinator for my diocese, reaching out to help the bereaved in 134 parishes is a "dream come true for me," offering something that was not available when my children died. Endings brought me new beginnings and with them a challenge to invest that special love I have for Peggy and Denis.*
- Harbor hope.** Realize that others before you have emerged intact and that you can too. Their inspiration will give you faith in yourself to come through your darkest hours. Hope is grief's best music. Let its melody caress your soul and sing to your heart, inviting you to a meaningful life again. Use this power tool of hope to heal, to venture forward, to be the new you, and to carry your loved one with you in your heart. *That spark of hope flickered for me, glowed, and then ignited, illuminating my way out of the Valley of the Shadow, and creating a beacon of hope for others by my "sharing Peggy and Denis with the world."*

By Elaine E. Stillwell, M.A., M.S.
Bereavement Coordinator, Diocese of Rockville Centre, NY

From The Director's Desk

"Wherever your treasure lies, there your heart will be." These words from St. Luke's Gospel especially struck me when I heard them once again at an August Sunday Mass.

The day before I had attended the funeral of my uncle. He was the oldest of nine, and six of his brothers and sisters had preceded him in death. Perhaps it was because he was the oldest child in a large family, perhaps it was just his personality, but he was a rigid man with strong, uncompromising beliefs. He had allowed his inflexibility to cause rifts between himself and those he should have been closest to. In trying to understand her father's life, my cousin recalled in the eulogy how her father had buried his beloved wife almost fifty years before when she died giving birth to their fifth child. She observed that many people thought that his heart had been buried with her. He had buried his treasure, his heart, and never fully recovered it.

How many of us, following the loss of a loved one, have felt the same way. The heart, the very symbol of all our emotions (especially love), seems to have been buried with the one we loved. In fact, the only feelings we're really sure of are all the negative ones -- sadness, fear and loneliness. Just how long these feelings last vary from person to person; for some, they never really ever go away.

We're coming to a very difficult time of the year. The Thanksgiving, Christmas, and New Year's holidays are especially painful for the newly bereaved. Even for those who suffered a loss years ago, these holidays and the rituals surrounding them can bring feelings of sadness as we remember those who are now missing from the celebrations. Just how well we cope depends a lot on how we're able to use the tools we've been given. In my own experience, I think that the most important thing to remember is to allow yourself to experience the positive feelings that flow from the heart—love, joy and laughter—without feeling that you are in any way betraying the memory of the one you've lost. Give yourself time to grieve, but also give yourself time to seek the love and friendship of those around you. If you really think about it, wouldn't your deceased loved ones, who cared for you the most, wish you only happiness? It's a difficult concept to embrace in times of grief, but it should also be comforting to be reassured of the love of the ones closest to you.

In another part of this newsletter, Elaine Stillwell's article, appropriately titled *Fifteen Years of Lessons from the Heart*, gives some practical tips on how to cope with loss. I think the lessons are especially helpful at this time of year. Also helpful may be the Candle Lighting Remembrance Service and the Christmas ornament ceremony held each year in the cemetery chapels.

When Jesus said the words, "Wherever your treasure lies, there your heart will be", He was referring to building a never-failing treasure with the Lord which can never be destroyed. Let us not bury our treasure; rather let our hearts act as storerooms of the love and memories of those who have preceded us, confident that a loving God will re-unite us one day in His Kingdom.

May the comfort of the Prince of Peace be with you this coming Christmas season and throughout the year.

Sincerely,

Neal S. Barkin

Christmas Ornament Memorial Program

The Christmas Holiday season is not a happy one for everyone. If you are in the midst of grief, you may feel overwhelmed not only by your loss, but also by the expectations of others. There is an inherent need to remember those you have loved in a special way and, hopefully, we can provide you with such an opportunity.

At Holy Rood, Holy Sepulchre and Queen of All Saints Cemeteries, during the Saturday Mass on December 1st, family members will be invited to place an ornament on our Christmas tree in memory of their loved ones. You are invited to bring an ornament with you to be placed there during the offertory procession. Please remember that our Chapels are public places, so we recommend an ornament that can be easily replaced, if necessary. The ornaments will remain on the tree throughout the Christmas season and can be picked up any day from January 1st through January 10th.

Holiday Decoration Program

The Catholic Cemeteries will again offer a holiday decoration program. For those families who have gravesites, the Christmas program affords the opportunity to purchase an evergreen blanket or pillow, while the Easter program offers a palm cross for placement on individual graves.

We will continue to decorate the chapels in our mausoleums with poinsettias at Christmas, and lilies at Easter. All families, especially those who have entombments in our crypts, are invited to purchase a plant in memory of a loved one. The name of the deceased will be listed in a memorial book placed in each of the chapels.

If you placed an order for our Christmas or Easter decoration programs in 2000, you will receive notification of this year's program through the mail. If you did not purchase last year and are interested for the coming season, you may fill out the coupon below and return it with your check to the address listed on the coupon.

Catholic Cemeteries P.O. Box 182 Westbury, NY 11590-0182	
# Christmas	
Blankets (Graves)	@ \$45 = \$ _____
Pillows (Graves)	@ \$30 = \$ _____
Poinsettias (Chapels)	@ \$20 = \$ _____
# Easter	
Palm Crosses (Graves)	@ \$15 = \$ _____
Easter Lilies (Chapels)	@ \$20 = \$ _____
Total Enclosed \$ _____	
Name _____	
Address _____	
Town _____	State _____ Zip _____
Cemetery _____	
Section _____	Range _____ Plot _____
or Chapel Mausoleum _____	
Corridor _____	Tier _____ Crypt # _____
Name of deceased _____	

Candle Lighting Service

It has been said that a cemetery is for the living. Although it's true that a Catholic Cemetery is the final resting place of the mortal bodies that were temples of the Holy Spirit until the Lord comes in Glory, it is also a place where we, the living, come to remember those we love who have gone before us. It is a place where we come soon after the funeral, filled with sadness and loneliness. In time, however, we come to the awareness that the cemetery is a place of comfort; we understand that those we love are safe and secure in a far better place, and find refuge in this knowledge. We are also comforted in the simple act of remembering our loved ones, as the visit to the cemetery renews a bond we know can never be broken. The author Thornton Wilder expressed this feeling when he wrote:

"There is a land of the living and a land of the dead and the bridge is love, the only survival, the only meaning."

On Sunday, October 28th, we will have an opportunity to remember, in a special way, those we love who are interred in the Catholic Cemeteries. Beginning at 3:00 PM at Holy Rood Cemetery, the Diocesan Choir under the direction of Monsignor Ronald Hayde will preside over a ceremony of prayer, song and remembrance. All will participate in a candle lighting ceremony at which time those who died between November 1st, 2000 and October, 2001 will be remembered by name.

We invite all to attend.. to pray.. to sing.. to remember.

If you plan to attend, please contact the cemetery office (516) 334-7990 no later than Monday, October 22nd, with the name of the deceased who was interred after November 1st, 2000, whom you wish to have remembered.

***You are sad for a time,
but I shall see you again;
then your hearts will rejoice
with a joy no one can take
from you.***

John 16:22

All Souls Day Masses

As has been the tradition for over 30 years, the Bishops of the Diocese of Rockville Centre will celebrate field Masses at each of the three Diocesan Cemeteries on the occasion of the Feast of All Souls on Friday, November 2nd. We wish to call your attention to a change in the usual time at Holy Rood Cemetery. Because of the number of funerals that take place on the day after a Holy Day, and because of the limited parking at Holy Rood Cemetery, the starting time of Mass has been moved up to 9:30 AM. This should provide for some interval between the completion of the service and the arrival of the majority of funerals. The usual starting time of 11:00 AM will remain at Holy Sepulchre Cemetery and Queen of All Saints Cemetery. Please note this change and plan accordingly.

Saturday Masses in the Chapel at 9:30 AM:

Holy Rood Cemetery
P.O. Box 182
111 Old Country Road
Westbury, NY 11590-0182
Tel: (516) 334-7990

2001		2002	
Oct. 13	Jan. 5	Apr. 6	Jul. 6
Oct. 27	Jan. 19	Apr. 20	Jul. 20
Nov. 3	Feb. 2	May 4	Aug. 3
Nov. 17	Feb. 23	May 18	Aug. 17
Dec. 1	Mar. 9	Jun. 8	Sep. 7
Dec. 15	Mar. 23	Jun. 22	Sep. 21

Holy Sepulchre 3442 Route 112 Coram, NY 11727 Tel: (631) 732-3460	Queen of All Saints 115 Wheeler Road Central Islip, NY 11722 Tel: (631) 234-8297
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2001		2002	
Oct. 13	Jan. 5	Apr. 6	Jul. 6
Nov. 3	Feb. 2	May 4	Aug. 3
Dec. 1	Mar. 9	Jun. 8	Sep. 7

Offices are closed on Sundays and the following holidays:

Columbus Day	October 8, 2001
Election Day	November 6, 2001
Veteran's Day	November 12, 2001
Thanksgiving Day	November 22, 2001
Christmas Day	December 25, 2001
New Year's Day	January 1, 2002
Martin L. King Day	January 21, 2002
President's Day	February 18, 2002
Holy Thursday	March 28 (12:30PM), 2002
Good Friday	March 29 (12:30PM), 2002
Memorial Day	May 27, 2002

Have You Moved?

It's important to keep your current address on file in case you have to be contacted for any reason, or to keep receiving your copy of Sacred Places.

Planting Regulations

As the cool weather approaches, we would like to remind you about the planting regulations. Artificial flowers are permitted during the winter months beginning November 1st. Holiday decorations in the form of a blanket or wreath may be placed on the gravesites. Christmas decorations will be removed beginning January 28th, 2002, weather permitting.

Dates to Remember:

Cemetery Sunday
Sunday, October 28th
Holy Rood Cemetery, Westbury
CANDLE LIGHTING SERVICE AT 3:00 PM

All Souls Day Masses
Friday, November 2nd
Holy Rood Cemetery, Westbury - 9:30 AM *NOTE NEW TIME
Reverend Monsignor John A. Alexandro, J.C.D.
Queen of All Saints Cemetery, Central Islip - 11:00 AM
Most Reverend John C. Dunne, D.D.
Holy Sepulchre Cemetery, Coram - 11:00 AM
Most Reverend Emil A. Wcela, D.D.

All Three Diocesan Cemeteries
Saturday, December 1st - 9:30 AM
Christmas Ornament Memorial Program
[See Article in Newsletter]

Change of Address

Name _____

Old Address _____

Town _____ State _____ Zip _____

New Address _____

Town _____ State _____ Zip _____

Plot Location:
Cemetery _____

Section _____ Range _____ Plot _____



Catholic Cemeteries
 Diocese of Rockville Centre
 P.O. Box 182
 Westbury, N.Y. 11590-0182