

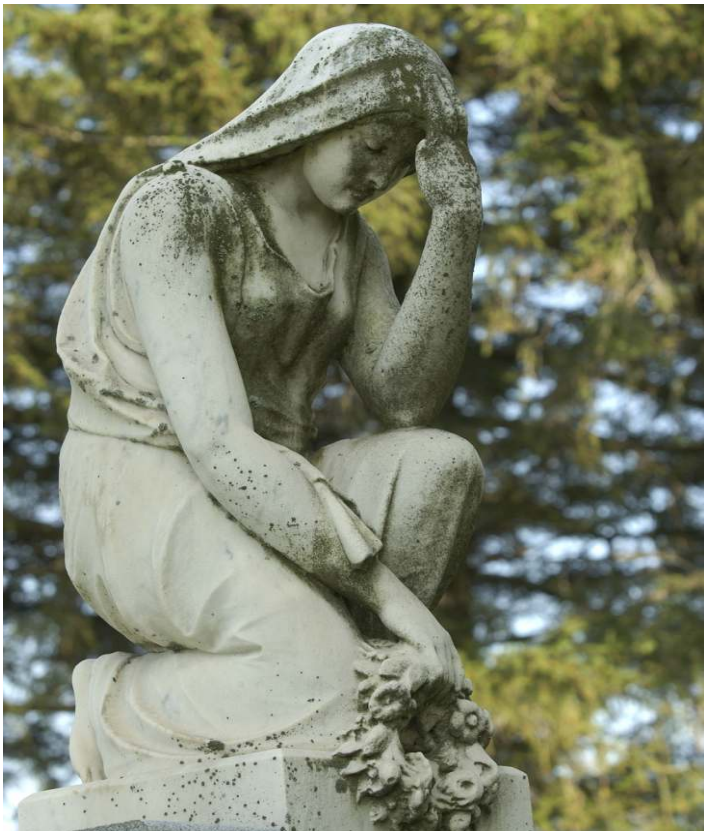
# Resting Place



Fall 2011

A NEWSLETTER FROM THE CATHOLIC CEMETERIES OF THE DIOCESE OF HAMILTON

## Bereavement takes time, understanding



**T**he grief and pain associated with losing a loved one is one of the hardest things life can throw at us. The death of a spouse, in particular, is ranked as the most stressful life event, followed closely by the death of an immediate family member.

Friends and family can help by making no assumptions about the length of time a person “should” be grieving, says Teresa Hartnett, director of the Family Ministry Office at the Diocese of Hamilton. “Grief is a normal process with no real normalcy – in other words, it’s intensely personal and there is no rule book on how and when grieving happens.”

The Family Ministry Office can connect people to parish-based or community supports, such as the six-week Grief Relief program held at P.X. Dermody Funeral Home in Hamilton. A “coping with the holidays” session will be held at the Chancery on the first Saturday in December. And Teresa also links people with local agencies that provide counselling.

“Grief is an overwhelming sadness, a feeling of confusion, and feeling alone even if family or friends are nearby,” Teresa says. “Bereavement support helps people realize they aren’t going crazy, even if these feelings persist for a long time.”

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## All Souls’ Day Masses are a proud tradition

**A**ll Souls’ Day Masses have been held at Holy Sepulchre Catholic Cemetery in Burlington for more than 90 years and the tradition shows no sign of flagging.

For decades the Masses were held at the Holy Sepulchre chapel, says the Catholic Cemeteries’ “director emeritus,” Robert O’Brien, who worked for the cemeteries from age 16 until his recent retirement at 84. When the first mausoleum was built at Holy Sepulchre in 1979, the Mass moved there, where it has been held ever since, attracting approximately 3,000 people annually. An All Souls’ Day Mass also takes place at the historic Marymount Catholic Cemetery in Guelph.

This year the Masses were held in late October. “The All Souls’ Day Mass is unique, a time when Catholics around the world remember and pray for all those who have gone before us,” Mr. O’Brien says.

### Wreath Reminder

Wreaths may be placed on gravesites from October 1 to April 1. They can be purchased at any cemetery office, online at [www.thecatholiccemeteries.ca](http://www.thecatholiccemeteries.ca), or by calling our main office (905-522-7727). Families are responsible for removing the wreaths by April 1 to allow for spring clean up.



Butterfly bushes at Holy Cross

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“While we can't and shouldn't try to make grief go away, we can bring comfort by helping people ensure that a special person is not forgotten,” says Family Services manager John Foster.

To that end, the Cemeteries provides the monthly Memorial Masses, the “Life Stories” option on the web site and a number of options for memorializing people at cemeteries, such as dedicated benches or trees.

**RESOURCES**

- Diocese of Hamilton Family Ministry Office: 905-528-7988
- The Catholic Cemeteries: [www.thecatholiccemeteries.ca](http://www.thecatholiccemeteries.ca)
- Catholic Family Services, Hamilton: [www.cfshw.com](http://www.cfshw.com)
- Mosaic Counselling and Family Services, Kitchener: [www.mosaiconline.ca](http://www.mosaiconline.ca)
- Family Counselling Centre, Brantford: [www.familycounsellingcentrebrant.com](http://www.familycounsellingcentrebrant.com)
- Bereaved Families of Ontario: [www.bereavedfamilies.net](http://www.bereavedfamilies.net)

## Hot summer means a busy fall

**The hot and dry summer temperatures mean extra effort this fall to get the cemetery flower beds ready for winter and spring 2012.**

At Holy Cross Catholic Cemetery outside Brantford, cemeterian Bill Templeton is replacing all the soil in the flower beds. “The soil became so compacted and dry that the nutrients were lost,” he explains. “Replacing it now will mean a better start in the spring.” While he's at it, Bill will divide perennials, plant hundreds of tulip bulbs, and prune shrubs.

The butterfly bushes in the Holy Innocents section, which bloom profusely in summer, will be cut right to the ground, mulched with leaves and covered in burlap. “I lost two of them the first winter and learned the hard way that they need extra care in the cold months,” Bill says.

Meanwhile, the surprise arrival of a painted turtle this summer at the Holy Cross pond led to the pond's liner being damaged. Bill will evict the newcomer, repair the rips from turtle claws and top up the pond so it remains deep enough that resident perch and bass can swim freely under the ice. Finally, the pond's landmark fountain will be removed and safely stored until its return in April.

## Mausoleum nearing completion

The striking new mausoleum at Resurrection Catholic Cemetery on Garner Road in Ancaster is taking shape, with completion expected in winter 2012. To join the waiting list for future purchases, please call Alice Puma at Resurrection Cemetery: 905-304-9138.



### CONTACT US



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