



## HOLY SEPULCHRE & RED BIRD MINISTRIES

*Red Bird Ministries serves ordinary families who have been given an extraordinary cross to carry.*

The loss of a child can be one of the most difficult things for a parent to experience. For anyone who has had such a painful loss, Holy Sepulchre Cemetery would like to extend our sincere sympathy to you and your family and let you know that you are in our continued prayers.

Red Bird Ministries exists as an organization that serves ordinary families who have been given an extraordinary cross to carry called "child loss". They are committed to the community of grieving families who pursue healing through their Catholic faith. Red Bird systematically guides individuals and couples through the complexity and trauma that occurs with the loss of a child from pregnancy

through adulthood. Their holistic approach focuses on 4 aspects of grief/healing: emotional, psychological, relational, and spiritual.

If you or someone you know has experienced the loss of a child, you can refer them to Red Bird Ministries through their website: [www.redbird.love](http://www.redbird.love). They can also be found on social media platforms as well (Facebook, Twitter, Instagram and LinkedIn). Red Bird Ministries now offers grief support through their app where you can watch videos and connect during weekly check-ins (free to download, but there is a fee for a monthly subscription).

Holy Sepulchre Cemetery has partnered with Red Bird Ministries and will be hosting a workshop

for couples who have had a loss of a child. The Loving Through Loss Couples Workshop is designed to help couples understand how the trauma of child loss affects the family dynamic and how to love each other through the complexity of loss. For more information about this workshop, please contact our Family Service and Outreach Counselor, Michelle LiButti at [michelle@holysepulchre.org](mailto:michelle@holysepulchre.org) or 585-362-8006.

Again, if you have experienced the unimaginable loss of a child, we are so very sorry. This journey is filled with layers of trauma, grief, and emotions that often feel overwhelming, and our deepest hope is to be a source of comfort and guidance during this time. Please know that you will continue to be in our prayers.



## WHO CAN BE BURIED AT OUR CEMETERIES

Our Mission reads: Holy Sepulchre Cemetery will assist the Church in fulfilling its ministry to bury the deceased of the faith community in consecrated ground. Its Cemeteries will serve as a sacred and peaceful site of beauty where family and friends can gather in prayer and remembrance. As places of Christian burial, Holy Sepulchre Cemeteries reflects respect for the human person, belief in the resurrection of the body, and the hope of Eternal Life. We are dedicated to the Christian burial of all members of the Catholic Faith Community, and to comfort all those who mourn them.

Holy Sepulchre and Ascension Garden Cemeteries was incorporated to offer compassion of burying the dead, specifically those of the Catholic faith. However, we have no desire to isolate or separate families. As a result, we have families of many different faiths and denominations interred in our cemeteries. Our policies state that families buried

in our cemeteries should either be Catholic or have family members interred, or planning to be interred, within our cemeteries that are Catholic. This allows for families to be buried together regardless of their faith. Many Catholic cemeteries now allow for the burial of non-Catholics. There is nothing in Catholic canon law that prevents a non-Catholic from being buried in a Catholic cemetery. Non-Catholic members of the family such as a spouse, children, parents, and other relatives are commonly acceptable. Other Christian denominations with a connection to the Catholic Community or who hold a primary belief in the resurrection of the dead at the end of time are also welcomed.

We know that the selection of a final resting place reflects the morals and beliefs from one's own life's experience and passage. The Catholic cemetery offers a resting place that is blessed and sanctified with all fellow visitors

awaiting resurrection of the dead and the promise of everlasting life.

Our desire is to assist individuals and families during one of the most challenging times in their lives, and to help them know that they are not alone. We often receive feedback from families who have indicated that our Family Service Counselors genuinely care about them. At Holy Sepulchre and Ascension Garden Cemeteries, we have faith that each human body has housed the breath of God. The human body should be valued and respected and have a place of rest where the recollection of the deceased will not be forgotten. We welcome those who share these beliefs.

By watching our team in action, we try to live in all traits of what we do; we believe this is not so much as a job for our team members – but a true calling.



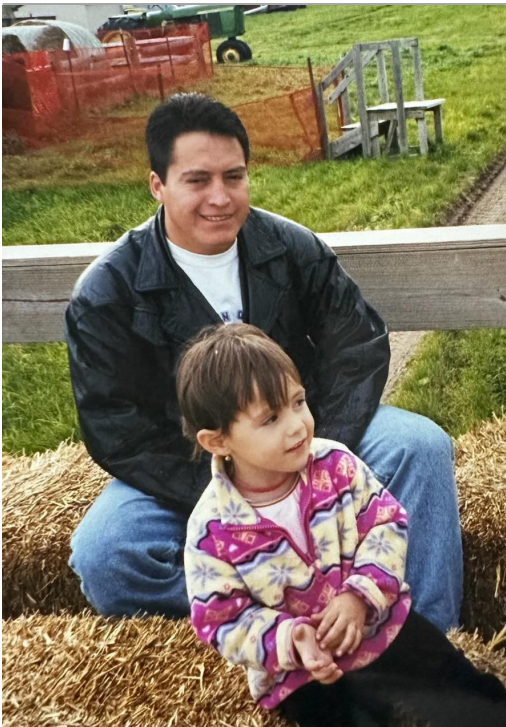
## SEASON OF LENT 2025

The season of Lent begins each year on Ash Wednesday. Lent is a time for us to change our lives and grow in holiness. Through the three pillars of Lent – fasting, almsgiving, and prayer, we endeavor to develop a closer relationship to God.

During Lent we take up practices that help us to become aware of and responsive to the needs of others. Reflection, repentance and reconciliation

are necessities on this journey, interwoven with prayer, fasting and almsgiving. The goal of the Lenten season should be to follow Jesus through your life. During Lent, we seek the Lord in prayer by reading Sacred Scripture; we serve by giving alms; and we practice self-control through fasting. We are called not only to abstain from luxuries during Lent, but to a true inner conversion of heart as we seek to follow Christ's will more faithfully.





## Embracing a New Year while Grieving

As we go into a new year many start resolutions, fresh starts & hopeful beginning. However, for those grieving the death of a loved one, the new year can be daunting.

Here are a few reminders for those who are embarking on a new year after the loss of a loved one:

**ACKNOWLEDGE HOW YOU ARE FEELING** - Allow yourself space when dealing with your feelings. There is no timeline for grief, and everyone experiences this differently. Never feel guilty for how you feel, do not rush to get rid of the grief, grief is hanging onto love and that is the reason you will always feel it.

**LEAN ON SUPPORT SYSTEMS** – Surround yourself with family and friends that can provide you support. Some may not be able to and that is ok. Seek professional help through your community and church. Seek others who are grievers. We prefer to find people already in our life who are also grieving.

**STARTING A NEW YEAR IS A NEW BEGINNING, CONSIDER HELPING OTHERS IN NEED** – Volunteer your time to work with children who have experienced trauma. Volunteer at an animal or food shelter, donate food or clothing to families in need. Helping others is a great way to feel good and release some of the negative feelings we are experiencing.

**SET REALISTIC EXPECTATIONS** - This is a gradual process. There is no right or wrong to grief. A new year does not mean to leave your grief behind. It's a continuing journey. Your grief is sacred. Treat your grief with the sadness it deserves and needs. Acknowledge we cannot be the same person we were before. Remember to take care of yourself, self-care is a very important part of your journey.



## STAFF HIGHLIGHT: MANUEL

This year, we celebrate an extraordinary milestone: Manuel Penafiel's 30 remarkable years of service! Over the past three decades, Manuel has been the embodiment of dedication, hard work, and professionalism, leaving a permanent mark on our team and community. Manuel, we honor you for your passion, your dedication, and the countless ways you've made a difference.

What brought you to Holy Sepulchre Cemetery?

I had recently moved to Rochester from NYC (1992) and was looking for a job. I began working through a 3rd party company as a temporary worker. From there I became a seasonal worker and in 1994 I was hired as a full time employee with Holy Sepulchre Cemetery.

What are your favorite parts of your job?

I like the daily surprise of showing up to work each day not knowing what my assignment will be or who I will be working with. There is not one particular task that is my favorite because I enjoy all aspects of my job. Over the past few years I was able to work on something new which was the walkways leading up to the columbaria. My favorite part of that project was adding the personal touch of an inset cross into the walkway itself.

What has been an unexpected positive about your job?

Over the years I have met many families as they are visiting their loved ones. Many of these people visit regularly, even daily so you get to know them and they get to know you. The only downside is that over the years several of them have passed away too.

What is something about your job that you wish others understood?

Generally speaking, now that I am in my 50's and have been working for more than 30 years I think back to when I was younger. I think about my 20's, 30's and even my 40's and I wonder what it would be like to have the knowledge and wisdom I have today. What I wish is that I was able to pass along that same knowledge and wisdom to others.

What is most important to you in your personal life?

My family is most important to me. My wife Dolores and I have been married for 33 years. We have twin daughters named Deirdre and Fiona who are both local and working full time in the medical field. My service in the Ecuadorian Army is a proud accomplishment, I served from ages 13-18.

Here's to celebrating your incredible 30-year journey and the lasting legacy you've built.

## ONGOING SUPPORT: FLORAL SERVICE

We proudly offer many ways to honor those who have gone before us. Throughout history, flowers have been placed on graves or planted graveside to honor the memory of the departed. Holy Sepulchre & Ascension Garden Cemeteries offer the same tradition for those laid to rest in our mausoleums with seasonal floral arrangements.

The yearly floral program subscription cost covers 4 seasonal artificial arrangements that are selected and installed by Holy Sepulchre and Ascension Garden to remember loved ones and elegantly enhance the appearance of the crypt or niche front.

The annual floral service includes four seasonal artificial arrangements.

### SEASONS

Spring (March 1 to May 31)

Summer (June 1 to August 31)

Fall (September 1 to November 30)

Winter (December 1 to February 28)

The program can be purchased for 1 year (4 seasons), 3 years (12 seasons) or 5 years (20 seasons).



We also offer aluminum vases for purchase for any inground plots for fresh flowers to be placed by family.

For more information about pricing and ordering, please don't hesitate to contact our office. We are here to help.

## UPCOMING DATES

### WEDNESDAY, JANUARY 1:

*Offices closed in observance of New Year's Day. Our offices will reopen on Thursday, January 2nd at 9:00 am.*

**SATURDAY, JANUARY 18:** January Mass of Remembrance (8:30 am). *Join us!*

### MONDAY, JANUARY 20:

*Offices closed in observance of Martin Luther King Jr. Day. Our offices will reopen on Tuesday, January 20th at 9:00 am.*

**SATURDAY, FEBRUARY 15:** February Mass of Remembrance (8:30 am). *Join us!*

### MONDAY, FEBRUARY 17:

*Offices closed in observance of President's Day. Our offices will reopen on Tuesday, February 18th at 9:00 am.*

### SATURDAY, MARCH 15:

March Mass of Remembrance (8:30 am). *Join us!*

**For the most up-to-date information, please visit our calendar of events on our website and follow us on Facebook, Twitter & Instagram. Sign up for our email list to learn all about our special events!**

## FEAST & HOLY DAYS

**JANUARY 17:** St. Anthony the Abbot - *Patron Saint of Grave Diggers*

**JANUARY 21:** St. Agnes - *Patron Saint of Girls, Betrothed Women and Gardeners*

**MARCH 5:** Ash Wednesday- *Day of Repentance*

**MARCH 17:** St. Patrick - *Patron Saint of Ireland*

**MARCH 19:** St. Joseph - *Protector of Fathers, Artisans, Workingmen, among others.*

We offer locations dedicated to the Saints at both our locations. For more information, please email [events@holysepulchre.org](mailto:events@holysepulchre.org). We would be happy to help you locate a specific area dedicated to a Saint.

## Monthly Masses of Remembrance

Learn more on our website event calendar

### HOLY SEPULCHRE CEMETERY

2461 Lake Avenue, Rochester NY 14612

P 585-458-4110 F 585-458-3059

HOLY  
SEPULCHRE  
CEMETERY

ASCENSION  
GARDEN

### ASCENSION GARDEN

1900 Pinnacle Road, Henrietta NY 14467

P 585-697-1122 F 585-444-5841

Celebrate Life Everlasting  
[HOLYSEPULCHRE.ORG](http://HOLYSEPULCHRE.ORG)