



WE GIVE HIM THANKS

“Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus.”

-1 Thessalonians 5:16-18

The above Scripture is just one example of many in the Bible that remind us to give thanks, show gratitude, and praise God for everything.

The Lord leads us through every circumstance that we encounter. When we are receiving good things, it is easy to praise God and thank Him for everything, right? It is when we are struggling that we may fall short of being able to find ways to praise Him. Even a strong foundation of faith can be shaken when bad things happen, like the loss of a job, a car accident, the death of a loved one and so many more circumstances that we find negative and painful. Some may ask “How are we supposed to praise God when these bad things happen?” Our faith tells us that God is there for us through everything and that if we continue to pray, believe, trust and praise, He will bring us through every trial we may encounter. Only God knows the reasons why things happen to us, both good and bad, so only He can bring us through these things. God’s Peace surpasses all understanding. I recently had a friend post on her social media that it was the one-year anniversary of when her sister passed away. Her faith is so beautiful; she said that while she continues to grieve, she realized that a year ago her sister met Jesus and so she asks herself, “How can I be sad about that?”

After my own personal life-altering circumstance, I began listening to Christian music more and more. I found, and still find, that many of the songs provide hope and a sense of peace, while others help remind me to give God the praise and thanks that He deserves. One song that really stands out for me right now is by one of my favorite artists, Brandon Lake, called “Praise You Anywhere.” The song begins by saying “sometimes you’ve got to dance through the darkness, sing through the fire, praise when it don’t make sense,” then goes on to say, “sometimes you’ve got to shout from the mountain, louder in the valley, trusting that He’s going to get you there.” This song is such a powerful reminder of the exact content that I am speaking of in this article. We all have so much to be grateful for, but many of us (myself-included...) focus on what we don’t have, rather than what we do.

As Thanksgiving Day approaches, I think that people are a little more focused on what they are thankful for, and can express that, but then after dinner and dessert are over, we seemingly quickly go back to our everyday ways. What if we challenge ourselves to express gratitude all year-round, daily, maybe even several times a day? I think the outcome would change the world! We would see would be happier people, people who

are kinder to one another, overall improved health and well-being, and people who appreciate beauty, even in the smallest of things. What if we tried to find just one positive thing to be thankful for during negative times? What if we praised God, even through the tough times, because our faith tells us that with God, all things are possible and we are going to be OK, despite what we may currently think in the moment. I know it’s not an easy task. I struggle at times with it myself, but I have placed full trust in the Lord and I thank Him for all of my blessings, as well as the trials, for that is how I learn and grow and how I become closer to Him. This didn’t happen overnight, and yes, it wasn’t always easy, so if you are struggling, I encourage you to keep the faith, and know that He is such a loving God, who is thankfully also very patient with us. God can and will get you through whatever it is that you need.

I wish all of you a very blessed and peaceful holiday season and I just want you to know that I am thankful for all of you!

Love and prayers,

Michelle

Family Services &
Community Outreach Counselor



Emotional First Aid

In a time of loss, one should never be afraid to ask for help and one should never be afraid to offer help. This is often much easier said than done.

Emotional First Aid (EFA) is a hands-on skill that any individual can use to help another person through times of trauma, stress, and crisis to help generate enhanced coping outcomes in the future. These skills can be used anytime, anywhere, by anyone, but it's especially important that we as Family Service Counselors and Death Care Workers are confident in EFA.

There are five necessary components and skills when offering Emotional First Aid:

- Reach Out - Approach the person in need of help and introduce yourself.
- Protect that person - place a hand on their back, speak calmly and softly with the person in crisis, while asking them about what they need. Help them with their emotional state. Apologize that they have to go through the situation. Encourage them to take it one step at a time.
- Reassure – be sure they know that you are there to listen and to assist them.

- Organize – develop a simple plan that will help guide the individual that needs support.

- Reinforce - Actively listen and pay attention to what the person says and try to understand the person's feelings. Let them know they are making the right choice and asking the right questions. Shake their hand, hug them.

Never dismiss an individual's emotions or experiences. We shouldn't tell a person not to worry or that things could be worse. During a time of loss, these are not helpful words. Remember that people cannot choose what they find traumatic, how they are affected and how they react. Always acknowledge the person's strength and allow for silence. When needs are not met, coping in the future goes down.

Although all human beings experience the basic six principle emotions of happiness, anger, sadness, fear, and surprise at various times in their life, there are several emotional symptoms of trauma which include irritability, sadness, mood swings, feelings of helplessness, guilt, shame, and self-blame.

Reactions to trauma can incorporate exhaustion, confusion, sadness, anxiety, agitation, numbness, disassociation, confusion, physical arousal, and blunted affect. These responses are normal in that they affect most survivors and are socially acceptable, psychologically effective, and self-limited.

Throughout life, we all endure emotional upsets. Failure, guilt, rejection, and loss are as much a part of life as the occasional scraped elbow. While we naturally bandage a cut or ice a sprained ankle, our first aid kit for emotional injuries is not just understocked—it's often nonexistent. We need to create this for those experiencing pain.

It is up to you and the supported individual to determine the best time to end EFA. Give them information on Grief Support Groups in their area, additional resources are always helpful. Remember, it's not what you say, but how you say it. Just being there for someone can mean the world to them. If we join together, we can help our friends, families and even ourselves through life's difficult times.

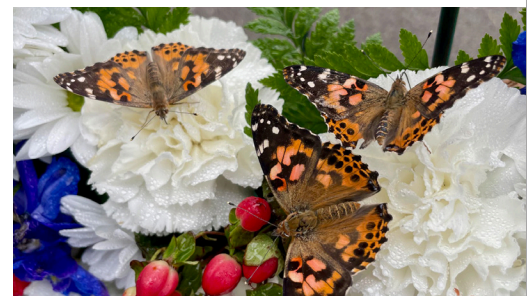
Butterfly Release Events

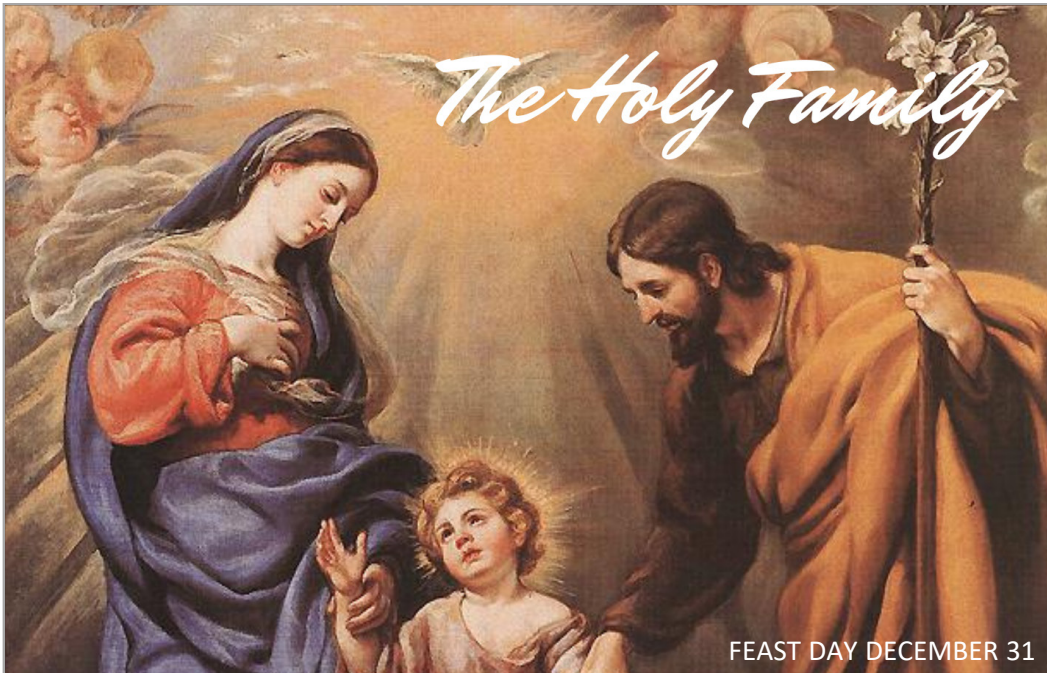
On Saturday, September 9th, we hosted Butterfly Release events at each of our cemeteries. This is an annual event that has become a special tradition for hundreds of Rochester families. Despite rain all day, we had over 400 people attend Holy Sepulchre and 150 at Ascension Garden. Those who attended enjoyed a short remembrance ceremony celebrated by Father Peter T. Bayer, as well as music from the Keystone Police Pipes and Drums from Gates, NY. Following the ceremony, families were able to release

butterflies in honor of their departed loved one. These events are important as we navigate loss and often, grief. In celebrating our loved one, we are reminded that they are now in the presence of God in Heaven. While our loss is still painful, we can be reminded of the happiness of Heaven.

Furthermore, these events were an opportunity to thank the many First Responders in the Rochester, and surrounding areas. As we neared Patriot Day, on September 11, we honored the brave men and women who work hard to care for our local community. Whether you aid in fire

departments, emergency medical responders, or police, we offer our heartfelt thank you for your service. Your devotion has not gone unnoticed. Thank you for all you do for our community!





CHRIST THE KING

FEAST DAY NOVEMBER 26

“To Him be glory and empire forever and ever.”

The feast of Christ the King marks the last Sunday of the church Year. The feast reminds us that Christ is our king. Whether living or dead, we are inhabitants of his Kingdom. Unlike earthly kings and kingdoms, the kingdom of God is built on faith, hope, and love! It is a kingdom rooted in mercy and compassion. The gospel of salvation is the foundation of the kingdom.

In the Old Testament, the Israelites demanded of God an earthly King so that they could be like other nations. Though God was their king, they would only be satisfied with a king they could see and hear! Unfortunately, the earthly kings proved to be weak and fallible, and at times, they were bent on doing what was evil. Even King David was often fickle and faithless. Not so God!

In baptism, each of us is anointed with the sacred chrism, the oil that from old was used to anoint priests, prophets, and kings. Through this anointing we have become a royal people- a royal people called to rule over people as God rules over us. To rule as God rules, means to heal the sick, the bereaved, and the broken hearted, to forgive and to wash the feet of friend and enemy. To rule as God rules means to serve others in the name of Christ our King. Quite a different understanding of Kingship from that of this world.

Rejoice, then, that you have become a member of the royal house and kingdom of God. Rejoice that you with Jesus, are called to build the kingdom of God. Rejoice because today's feast is also your feast!



Who are they? What do they stand for? Why are they so important?

The Holy Family consists of St. Joseph, the Virgin Mary, the Child Jesus and are a model of faithfulness. They are holy as they were totally devoted to God and his call on their lives. The Holy Family placed God at the center of their lives, as they loved and sacrificed for one another. In addition, they faithfully followed the vocations God had given them.

The Holy Family is an example for all Christians. The Faithful desire the quality of relationships between members of families, Christian communities, and the whole Church to be imbued with the love of God. Scripture and the Church emphasize the importance of the Holy Family as a strong symbol. The Holy Family is also associated with love, joy, protection, and other related values.

The Feast of the Holy Family commemorates their life together, and the celebration focuses

on religious family life. Although there are major feast days to each member of the Holy Family, the Feast of the Holy Family was originally celebrated on the Sunday after the Epiphany (January 6th). To align it with the Christmas season, it was moved to the Sunday after Christmas in 1969.

There is a special section dedicated to the Holy Family at Holy Sepulchre Cemetery, located behind Christ Our Light Mausoleum.

Prayer to the Holy Family

O Jesus, look graciously upon our family here before You. Once more we consecrate ourselves to You—our trials and joys—that our home may ever be the shrine of peace, purity, love, and faith. Protect and bless all of us, both absent and present, and be merciful to those departed.

Holiday Wreath Program

- Order on website or by phone
- Orders due November 9
- Wreaths placed by December 15
- Limited quantities available



Rick Harris Jr.

C.O.O and Licensed Funeral Director
Paul W. Harris Funeral Home

Rick was inspired to pursue a career in funeral service during his early years, following in the footsteps of his father and grandfather. A resident of Webster, Rick graduated from West Irondequoit High School in 1997 and wrestled throughout his career. He received his A.A.S in Mortuary Science from the State University of New York at Canton in 1999; and has been a NYS Licensed Funeral Director since 2000.

In 2009, he founded Pets at Peace Memorial Cremation Services, which was the first Pet Cremation business owned by a Funeral Home in NYS. Rick is a parishioner of Christ the King Church, and volunteers with St. Josaphat's Ukrainian Catholic Church functions.

When he's not working, Rick loves to play all sports and works out on a daily basis. Boxing, golf, and coaching his sons t-ball team are just a few activities he enjoys. Rick is married to Amanda and they have 3 children, identical twin boys, Hudson & Holden, and Hayden. In 2008, Rick received his certification as a Certified Funeral Celebrant, was a board member of the Rochester Genesee Valley Funeral Association from 2008-2013 and President of the Funeral Directors Association from 2013-2014.

In 2018, Rick Harris received the "Making a Difference" award from the Irondequoit Town Supervisor and Irondequoit Police Department. Rick, every year, works with the high school senior class at two local High Schools about the reality of Drinking and Driving. This program kicks off just before Senior Prom season and allows Rick to be involved in not only the MOCK DWI crash but also his involvement with working with parents in the loss of their children and the impact it has on them and our community.



Benefits of Pre- Planning your Legacy

We like to believe when a death occurs, families and friends can take the time needed to gather in a home, or a place of comfort, to share fond memories of their loved one. They can talk about all the special moments while grieving in a healthy healing manner.

Unfortunately, without the proper planning, a death can leave us stressed, confused, chaotic, and extremely emotional. Pre-planning provides peace of mind. It saves time and money for

families while ensuring that your wishes are met. Pre-planning eliminates doubt for your family and eases the financial hardship for loved ones.

We encourage everyone to pre-plan their final resting place. We make the process as easy as possible, offering interest-free payment plans along with our team of caring Family Service Counselors to provide you with a variety of options at both our convenient locations. Make an appointment to see what options are best for you.

EVENTS & HOLIDAYS

MONDAY, OCTOBER 9: Columbus Day
Offices closed.

SATURDAY, OCTOBER 21: October Mass of Remembrance (8:30 am)

THURSDAY, NOVEMBER 2: Eucharistic Adoration in All Souls Chapel (11:00 am to 5:00 pm), All Souls Day Mass (5:30 pm) in Christ Our Light Mausoleum

SATURDAY, NOVEMBER 4: Annual Mass of Remembrance at Ascension Garden & St. Joseph of Arimathea Committal (9:00 am)

THURSDAY, NOVEMBER 9: Wreath Orders Due

FRIDAY, NOVEMBER 10: Veterans Day
Offices open from 9:00 am to 12 noon.

SATURDAY, NOVEMBER 18: November Mass of Remembrance & St. Joseph of Arimathea Committal (8:30 am)

SATURDAY, NOVEMBER 18: Luminary Drive Event at Ascension Garden Cemetery (5:00 pm)

THURSDAY, NOVEMBER 23: Thanksgiving Day
Offices closed.

NOVEMBER 27 - DECEMBER 1: Luminary Week at Holy Sepulchre Cemetery

SATURDAY, DECEMBER 16: December Mass of Remembrance & Candle Lighting (8:30 am)

MONDAY, DECEMBER 25: Christmas Day
Offices closed.

MONDAY, JANUARY 1: New Year's Day
Offices closed.

FEAST & HOLY DAYS

OCTOBER 1: St. Therese of Lisieux

OCTOBER 4: St. Francis of Assisi

OCTOBER 7: Our Lady of the Rosary

OCTOBER 15: St. Theresa of Avila

OCTOBER 18: St. Luke

NOVEMBER 1: All Saints' Day

NOVEMBER 2: All Souls' Day

NOVEMBER 16: St. Margaret of Scotland

NOVEMBER 22: St. Cecilia

NOVEMBER 27: Advent Begins

DECEMBER 24: Advent Ends

DECEMBER 25: Christmas

DECEMBER 27: Feast of the Holy Family

DECEMBER 27: St. John the Evangelist

HOLY SEPULCHRE CEMETERY

2461 Lake Avenue, Rochester NY 14612

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



ASCENSION GARDEN

1900 Pinnacle Road, Henrietta NY 14467

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

Celebrate Life Everlasting
HOLYSEPULCHRE.ORG