



Remembering during the holidays

The holiday season can be particularly challenging for those who have lost a loved one, as each loss impacts us in unique ways, much like the distinct love we share with each person. This time of year, filled with traditions and celebrations, can amplify feelings of grief and longing. It's crucial to remember that grief is not a linear journey; it ebbs and flows, and everyone processes their emotions at their own pace. Children and other family members may grieve differently, influenced by their own memories and connections, so fostering an environment that encourages open communication about feelings is essential.

To help navigate this difficult time, consider starting new traditions that honor your loved one. This could involve lighting a candle in their memory during family gatherings, creating a designated space in your home to showcase their photo alongside cherished items, or planting a tree or flower in their honor. These gestures can provide a sense of connection and allow their spirit to be a part of your holiday celebrations. You might also enlist the support of family or friends to brainstorm ideas that feel meaningful, perhaps collaborating on a scrapbook that celebrates their life or organizing a charitable act in their name, such as volunteering at a local shelter or making donations to a cause they cared deeply about.

Don't shy away from your emotions; it's crucial to face them head-on. Acknowledging your feelings—whether joy, sorrow, or a mix of both—can be a vital part of the healing process. Prepare yourself for unexpected waves of emotion, as memories may surface at the most unexpected times. Engaging in creative outlets, such as writing letters to your loved one or journaling about your favorite memories, can also serve as a therapeutic release. You might find that expressing your thoughts and feelings through art, poetry, or music brings you comfort and helps you process your grief.

Creating a memorial ornament or decoration can provide a tangible way to remember your loved one. Each year, consider adding a new ornament that symbolizes a cherished memory or characteristic of the person you lost, allowing you to build a beautiful collection over time. Sharing fond memories with others who knew them can also be incredibly healing. Host a gathering where everyone shares a story or prepares a dish that reminds them of your loved one. This collective act of remembrance can create a warm atmosphere that honors their legacy while fostering connection among family and friends.

Another meaningful way to keep your loved one's memory alive during the holidays is by incorporating their favorite traditions into your celebrations. This

might involve baking their favorite cookies, watching a movie they loved, or listening to music they enjoyed. Engaging in these activities not only honors their memory but can also evoke warm feelings and create a sense of comfort amidst the grief.

If you find yourself struggling during this time, don't hesitate to reach out to your local parish or community organizations for bereavement support. Many groups exist to connect you with others who are navigating similar experiences, offering a space to share your feelings and find solace in the company of those who understand. Additionally, technology offers a wealth of online resources dedicated to grief education and emotional processing. Many websites and forums provide valuable information and support for those dealing with loss, helping you learn strategies to cope and understand your emotions.

As you move through this holiday season, allow yourself the grace to grieve while also finding moments of connection and comfort. It's possible to celebrate the life of your loved one while acknowledging your own feelings of loss, creating a space where both joy and sorrow can coexist. Embrace the love you shared and honor their memory in a way that feels right for you, knowing that it's okay to cherish their presence in your heart as you navigate this challenging time.

Annual Mass of Remembrance

WITH THE MOST REVEREND SALVATORE R. MATANO



SATURDAY, NOVEMBER 2 9:00 AM | ASCENSION GARDEN CEMETERY

Christmas Wreaths

AVAILABLE NOW

ORDERS DUE NOVEMBER 8, 2024.
QUANTITIES VERY LIMITED.

Night of Light

LUMINARIES OF REMEMBRANCE

SATURDAY, NOVEMBER 16 5:00 PM | ASCENSION GARDEN CEMETERY



EVENTS & HOLIDAYS

SUNDAY, OCTOBER 13: Seasonal Hours Begin.
Gates open from 8:00 am to 5:00 pm daily.

MONDAY, OCTOBER 14: Columbus Day
Offices closed.

SATURDAY, OCTOBER 19: October Mass of Remembrance (8:30 am)

SATURDAY, NOVEMBER 2: Annual Mass of Remembrance at Ascension Garden & St. Joseph of Arimathea Committal (9:00 am)

FRIDAY, NOVEMBER 8: Wreath Orders Due

MONDAY, NOVEMBER 11: Veterans Day
Offices closed.

SATURDAY, NOVEMBER 16: November Mass of Remembrance & St. Joseph of Arimathea Committal (8:30 am)

SATURDAY, NOVEMBER 16: Night of Light: Luminary Event at Ascension Garden Cemetery (5:00 pm)

THURSDAY, NOVEMBER 28: Thanksgiving Day
Offices closed.

SATURDAY, DECEMBER 21: December Mass of Remembrance & Candle Lighting (8:30 am)

WEDNESDAY, DECEMBER 25: Christmas Day
Offices closed.

WEDNESDAY, 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

DECEMBER 1: 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

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