

Christ the Good Shepherd Catholic Community



Funeral Planning Guidelines

I am going to prepare a place for you.... I will come back again and take you to myself, so that where I am you also may be."

JOHN 14:2-3

Christ the Good Shepherd
Catholic Community
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Dear brothers/sisters in Christ,

It is with great sadness that we reach out to you today in response to the illness and/or death of your loved one. Death is always a time of sorrow. On behalf of our clergy, staff and parishioners here at Christ the Good Shepherd Catholic Community, we wish to extend our most sincere sympathies and prayers.

This booklet has been prepared to be of assistance to you and your loved ones as you think about and begin planning for the various funeral liturgies of the Catholic Church. Though we try to address as many questions as possible, please do not hesitate to ask anything that comes to mind. If we can help, we will do our best to provide an answer. If we do not know the answer, we will do everything we can to help you find the answer.

In the Order of Christian Funerals of the Catholic Church, it states, “The time immediately following death is often one of bewilderment and may involve shock or heartrending grief for the family and close friends. The ministry of the Church at this time is one of gently accompanying the mourners in their initial adjustment to the fact of death and to the sorrow this entails” (Order of Christian Funerals, # 52). We understand your grief and have certainly lived through times such as you are now experiencing in our own lives. We will do everything possible to assist you through this planning process.

Be assured of our continued prayers for you, your loved ones as well as the deceased member of your family.

Respectfully in Christ,

Rev. James Burkart, Pastor



On behalf of Christ the Good Shepherd, we extend our deepest sympathy and prayers to you and your family. The Church's Funeral Liturgies are to bring peace and comfort to the family as we commend your loved one into God's loving embrace. For Catholics, the best way to pray for a person who has died is to offer Mass for that person. The celebration of the Eucharist is at the center of our Catholic faith; as we offer the **"The Mass of Christian Burial"** for a deceased person, we are asking God that the benefits of Jesus' saving death and resurrection be applied to his or her salvation.

Starting with the first day of the death of your Loved one, we progress through the Funeral Liturgies and its three ritual moments. Making plans now, such as selecting scripture readings and music, will ease the process when meeting with our staff to prepare the funeral Liturgies when the time comes. We are providing information to assist you with the reading selection of scripture readings from the Old Testament, New Testament, Responsorial Psalms, and the Gospel. The readings for the Funeral Liturgies should be chosen not only because of how the scripture speaks to your heart at this time of loss and grief, but also of hope and of the resurrection of the body. Yes, there are many readings to choose from, but it is in the process of selecting that the Word of God may come to life and speak to you and your family in this time of sadness.

As mentioned earlier, a Christian funeral is celebrated in three stages, each with its own purpose; The **Funeral Mass** for Catholics, normally celebrated within Holy Mass; or the possibility of a Funeral celebrated outside of Holy Mass. **The Vigil for the Deceased**, at the funeral home, and the **Committal Service**, at the graveside burial or crematorium immediately *before* the body is buried or cremated. These are discussed in detail in the following pages.

Also enclosed are our **Funeral Planning Forms** for your completion. We will use these forms in the planning and preparation for the Funeral or the Vigil Service. Please complete them and bring with you to the meeting. Listing your requests at this time will ease the process when meeting with our staff to prepare the Funeral Liturgies. You will receive a copy of your final selections for your records once they are complete.

Thank you for calling Christ the Good Shepherd; we will notify you with the time and place for our meeting to finalize all plans. Our staff stands ready help you with the preparations; please call the Parish office at (346)236-6466 (Direct) or (281) 376-6831 Ext. 323 if you have questions or need further information.

Liturgy Department
Christ the Good Shepherd



What is needed before the Funeral Planning Meeting

Before your funeral planning meeting...

A **Funeral Planning** arrangement conference is the time for us to plan a celebration fitting of your loved one. We will talk about your family's traditions, your loved one's wishes and any religious requirements you might have.

We will discuss what should be included in an obituary, what elements would mean the most in a funeral or memorial service.

A Funeral Committee member from Christ the Good Shepherd will visit with you at the church office or your home (if necessary) to finalize the planning of the Funeral Church Services/Vigil Service, preferred prayers, readings and blessings for the Funeral, as well as help you complete the Selection Sheet if necessary.

Before your funeral arrangement meeting at Christ the Good Shepherd, think about the following:

- Who will be the main point of contact for the funeral planning?
- Who will be there to support you? It is helpful to have a close relative or close friend for emotional support and to take notes for you.
- Will there be relatives and/or friends attending from out of town, how much time should be allowed for their arrival?
- Were there any funeral arrangements made ahead of time?
- What kind of funeral, burial or permanent memorial will best honor your loved one's personality and life views?
- Did your loved one write down preferences and/or wishes? If so, please gather applicable documents and bring them to the funeral planning meeting.
- Where will your loved one be buried or entombed? Name of cemetery?
- Bring a picture of your loved one for use in the Funeral Service.
-



The Three Stages of a Christian Funeral

The Funeral

The Funeral Mass includes a homily but **no eulogies**; as well as the following:

- Introductory Rites
- Liturgy of the Word
- Final Commendation Procession
- Procession to the Place of Committal
- A Funeral Liturgy does not need to include a full Mass

The **Funeral Mass** or **Funeral Liturgy Outside Mass** is a church service on the day of the funeral. Some view funerals as simply the end of a person's life. The Catholic church celebrates funeral rites as the culmination of the deceased person's life, death and resurrection, and is witness to the fundamental Christian conviction that death is only the end of our earthly life, but **not** the end of our spiritual life in relationship with God. While we ask family members to choose the Scripture readings, we require that **a trained Lector** proclaim the readings/prayers of the faithful during the Mass. Family members may choose the individuals who will bring forth the gifts of bread and wine in the Offertory Procession.

Because our Baptism unites us to the death and resurrection of Jesus, the act of salvation, the signs and symbols of a Catholic funeral are the same as those of Baptism. At the beginning of the Mass, the priest meets the casket and family at the church door, just as a sign that Baptism is our entryway into the Church. The priest sprinkles the casket with holy water, recalling the water of Baptism, and then the family drapes the casket with a pall, *a white cloth draped over the coffin prior to entrance which symbolizes the "white garment" worn in the Baptismal ceremony.*

The Paschal candle, the symbol of the risen Jesus, is placed near the casket during Mass, just as a person's Baptismal candle was lit from the Paschal candle during the Baptism ceremony, since our Baptism unites us to Jesus' death and resurrection. Therefore, the funeral is a celebration of life as well as an expression and reaffirmation of the faith of the community and it is intended to provide comfort and hope to the grieving.



The Vigil for the Deceased

“At the vigil, the Christian community keeps watch with the family in prayer to the God of mercy and finds strength in Christ’s presence” (*Order of Christian Funerals*, no. 56). The Vigil Service usually takes place during the period of visitation and viewing at the funeral home. It is a time to remember the life of the deceased and to commend him/her to God. The vigil service can include readings from Sacred Scripture, reflections, prayers and eulogies recalling the life of the deceased.

The Rite of Committal (Burial or Interment)

The **Rite of Committal**, is the conclusion of the funeral rite, and the final act of the community of faith in caring for the body of its deceased member. It should normally be celebrated at the place of committal, that is, beside the open grave or place of interment. In committing the body to its resting place, the community expresses the hope that, with all those who have gone before us marked with the sign of faith, the deceased awaits the glory of the resurrection. The Rite of Committal is an expression of the communion that exists between the Church on earth and the Church in heaven; the deceased passes with the farewell prayers of the community of believers into the welcoming company of those who need faith no longer, but see God face-to-face. Again, know that your parish family, as well as the local community, are praying for you and your loved one at this time of loss.



Options for first Readings – Outside Easter Time – Old Testament

C1
(1011-1)

2 Maccabees 12:43-46

A reading from the second Book of Maccabees

Judas, the ruler of Israel, took up a collection among all his soldiers, amounting to two thousand silver drachmas, which he sent to Jerusalem to provide for an expiatory sacrifice. In doing this he acted in a very excellent and noble way, inasmuch as he had the resurrection of the dead in view; for if he were not expecting the fallen to rise again, it would have been useless and foolish to pray for them in death.

But if he did this with a view to the splendid reward that awaits those who had gone to rest in godliness, it was a holy and pious thought. Thus, he made atonement for the dead that they might be freed from this sin.

The Word of the Lord.

C2
(1011-2)

Job 19:1, 23-27a

A reading from the Book of Job

Job answered Bildad the Shuhite and said:
Oh, would that my words were written down! Would that they were inscribed in a record! That with an iron chisel and with lead they were cut in the rock forever! But as for me, I know that my Vindicator lives, and that he will at last stand forth upon the dust; Whom I myself shall see: my own eyes, not another's, shall behold him; And from my flesh I shall see God; my inmost being is consumed with longing

The Word of the Lord.

C3
(1101-3)

Long Version: Wisdom 3:1-9

A Reading from the Book of Wisdom

The souls of the just are in the hand of God, and no torment shall touch them. They seemed, in the view of the foolish, to be dead; and their passing away was thought an affliction and their going forth from us, utter destruction. But they are in peace. For if to others, indeed, they seem punished, yet is their hope full of immortality; Chastised a little, they shall be greatly blessed, because God tried them and found them worthy of himself. As gold in the furnace, he proved them, and as sacrificial offerings he took them to himself. In the time of their judgment they shall shine and dart about as sparks through stubble; they shall judge nations and rule

over peoples, and the LORD shall be their King forever. Those who trust in him shall understand truth, and the faithful shall abide with him in love: because grace and mercy are with his holy ones, and his care is with the elect.

The Word of the Lord.

C3
(1101-3)

Short Version: Wisdom 3:1-6,9

A reading from the Book of Wisdom

But the souls of the just are in the hand of God, and no torment shall touch them. They seemed, in the view of the foolish, to be dead; and their passing away was thought an affliction and their going forth from us, utter destruction.

But they are in peace for if in the eyes of men, indeed, they be punished, yet is their hope full of immortality; Chastised a little, they shall be greatly blessed, because God tried them, and found them worthy of himself. As gold in the furnace, he proved them, and as sacrificial offerings he took them to himself. Those who trust in him shall understand truth, and the faithful shall abide with him in love: Because grace and mercy are with his holy ones, and his care is with the elect.

The Word of the Lord.

C4
(1011-4)

Wisdom 4:7-15

A reading from the Book of Wisdom

The just, though they die early, shall be at rest.

For the age that is honorable comes not with the passing of time, nor can it be measured in terms of years. Rather, understanding is the hoary crown, and an unsullied life, the attainment of old age. Those who pleased God were loved; they who lived among sinners were transported.

Snatched away, lest wickedness pervert their mind or deceit beguile their soul; For the witchery of paltry things obscures what is right and the whirl of desire transforms the innocent mind.

Having become perfect in a short while they reached the fullness of a long career; for their souls were pleasing to the Lord, therefore he sped them out of the midst of wickedness.

But the people saw and did not understand, nor did they take this into account.

The Word of the Lord.

C5
(1011-5)

Isaiah 25:6a, 7-9

A reading from the Book of the Prophet Isaiah

On this mountain the Lord of Hosts will provide for all peoples. On this mountain he will destroy the veil that veils all peoples, the web that is woven over all nations; he will destroy death forever. The Lord God will wipe away the tears from all faces; The reproach of his people he will remove from the whole earth; for the Lord has spoken. On that day it will be said:

"Behold our God, to whom we looked to save us! This is the Lord for whom we looked; let us rejoice and be glad that he has saved us!"

The Word of the Lord.

C6
(1011-6)

Lamentations 3:17-26)

A reading from the Book of Lamentations

My soul is deprived of peace,
I have gotten what happiness is: I tell myself my future is lost, all that I hoped for from the Lord.

The thought of my homeless poverty is wormwood and gall, remembering it over and over leaves my soul downcast within me. But I will call this to mind, as my reason to have hope:

The favors of the Lord are not exhausted, his mercies are not spent; They are renewed each morning, so great is his faithfulness. My portion is the Lord, says my soul; therefore, will I hope in him. Good is the Lord to one who waits for him, to the soul that seeks him; It is good to hope in silence for the saving help of the Lord.

The Word of the Lord.

C7
(1011-7)

Daniel 12:1-3

A reading from the Book of Daniel

In those days, I, Daniel mourned and heard this word of the Lord; At that time there shall arise Michael, the great prince guardian of your people; It shall be a time unsurpassed in distress since nations began until that time. At that time your people shall escape, everyone who is found written in the book. Many of those who sleep in the dust of the earth shall awake; Some shall live forever; others shall be an everlasting horror and disgrace. But the wise shall shine brightly like the splendor of the firmament, and those lead the many to justice shall be like the stars forever.

The Word of the Lord.

Options for the First Reading
During Easter Time: New Testament

Note: *During the Easter season one of the following four readings is used as a first reading instead of a passage from the Old Testament.*

C 8 Lg. Version: Acts of the Apostles 10:34-43
(1012-1)

A Reading from the Acts of the Apostles

Peter proceeded to speak, saying:

"In truth, I see that God shows no partiality.

Rather, in every nation whoever fears him and acts uprightly is acceptable to him. You know the word that he sent to the children of Israel as he proclaimed peace through Jesus Christ, who is Lord of all, what has happened all over Judea, beginning in Galilee after the baptism that John preached, how God anointed Jesus of Nazareth with the holy Spirit and power. He went about doing good and healing all those oppressed by the devil, for God was with him.

We are witnesses of all that he did both in the country of the Jews and (in) Jerusalem. They put him to death by hanging him on a tree. This man God raised (on) the third day and granted that he be visible, not to all the people, but to us, the witnesses chosen by God in advance, who ate and drank with him after he rose from the dead. He commissioned us to preach to the people and testify that he is the one appointed by God as judge of the living and the dead.

To him all the prophets bear witness, that everyone who believes in him will receive forgiveness of sins through his name."

The Word of the Lord.

C8 St. Acts of the Apostles 10:34-36,42-43
(1012-1)

A reading from the Acts of the Apostles

Peter proceeded to speak, saying:

"In truth, I see that God shows no partiality.

Rather, in every nation whoever fears him and acts uprightly is acceptable to him. You know the word that he sent to the children of Israel as he proclaimed peace through Jesus Christ, who is Lord of all, He commissioned us to preach to the people and testify that he is the one appointed by God as judge of the living and the dead.

To him all the prophets bear witness, that everyone who believes in him will receive forgiveness of sins through his name.

The Word of the Lord.

C9
(1012-2)

Revelation 14:13

A reading from the book of Revelation

I, John, heard a voice from heaven say, "Write this: Blessed are the dead who die in the Lord from now on." "Yes," said the Spirit, "let them find rest from their labors, for their works accompany them."

The Word of the Lord

C 10
(1012-3)

Revelation. 20:11 – 21:1

A Reading from the Book of Revelation

I, John, saw a large white throne and the one who was sitting on it. The earth and the sky fled from his presence and there was no place for them. I saw the dead, the great and the lowly, standing before the throne, and scrolls were opened. Then another scroll was opened, the book of life.

The dead were judged according to their deeds, by what was written in the scrolls. The sea gave up its dead; then Death and Hades gave up their dead. All the dead were judged according to their deeds. Then Death and Hades were thrown into the pool of fire. (This pool of fire is the second death.) Anyone whose name was not found written in the book of life was thrown into the pool of fire.

Then I saw a new heaven and a new earth. The former heaven and the former earth had passed away, and the sea was no more.

The Word of the Lord.

C 11
(1012-4)

Revelation 21:1-5a, 6b

I, John, saw a new heaven and a new earth. The former heaven and the former earth had passed away, and the sea was no more. I also saw the holy city, a new Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband. I heard a loud voice from the throne saying, "Behold, God's dwelling is with the human race. He will dwell with them and they will be his people and God himself will always be with them as their God. He will wipe every tear from their eyes, and there shall be no more death or mourning, wailing or pain, for the old order has passed away." The One who sat on the throne said, "Behold, I make all things new." I am the Alpha and the Omega the beginning and the end. To the thirsty I will give a gift from the spring of life-

giving water. The victor will inherit these gifts and I shall be his God, and he will be my son."

The Word of the Lord.

Responsorial Psalm

D 1
(1013-1)

Psalm 23:1-3, 4, 5, 6

R/. The Lord is my shepherd; there is nothing I shall want.

or:

R/. Though I walk in the valley of darkness, I fear no evil, for you are with me.

The LORD is my shepherd; I shall not want. In verdant pastures he gives me repose; Beside restful waters he leads me; he refreshes my soul. He guides me in right paths for his name sake. **R/.**

Even though I walk in the dark valley I fear no evil; for you are at my side, with your rod and your staff that give me courage. **R/.**

You spread the table before me in the sight of my foes; You anoint my head with oil; my cup overflows. **R/.**

Only goodness and kindness follow me all the days of my life And I shall dwell in the house of the Lord for years to come. **R/.**

D 2
(1013-2)

Psalm 25:6 and 7b, 17-18, 20-21

R/. To you, O Lord, I lift my soul.

or:

R/. No one who waits for you, O Lord, will ever be put to shame.

Remember that your compassion, O LORD, and your kindness are from of old. In your kindness remember me, because of your goodness, O LORD. **R/.**

Relieve the troubles of my heart; And bring me out of my distress. Put an end to my affliction and my suffering; and take away all my sins. **R/.**

Preserve my life and rescue me; let me not be put to shame, for I take refuge in you. Let integrity and uprightness preserve me, Because I wait for you, O LORD. **R/.**

I believe that I shall see the bounty of the LORD in the land of the living. Wait for the LORD with courage; be stouthearted, and wait for the LORD. **R/.**

D 3 Psalm 27:1, 4, 7 and 8b and 9a, 13-14
(1013-3)

R/. The Lord is my light and my salvation.

or:

R/. I believe that I shall see the good things of the Lord in the land of the living.

The LORD is my light and my salvation; whom should, I fear? The LORD is my life's refuge; of whom should I be afraid?

R/

One thing I ask of the LORD; this I seek: To dwell in the house of the LORD all the days of my life.

That I may gaze on the loveliness of the LORD and contemplate his temple.

R/

Hear, O LORD, the sound of my call; have pity on me, and answer me. Your presence, O LORD, I seek Hide not your face from me.

R/

I believe that I shall see the bounty of the LORD in the land of the living. Wait for the LORD with courage; be stouthearted, and wait for the LORD.

R/

D 4 Psalm 42:2, 3, 5cdef; 43:3, 4, 5
(1013-4)

R/. My soul is thirsting for the living God: when shall I see him face to face?

As the hind longs for the running waters, so my soul longs for you, O God.

R/

Athirst is my soul for God, the living God. When shall I go and behold the face of God?

R/

I went with the throng and led them in procession to the house of God. Amid loud cries of joy and thanksgiving, with the multitude keeping festival.

R/

Send forth your light and your fidelity; they shall lead me on. And bring me to your holy mountain, to your dwelling-place.

R/

Then will I go into the altar of God, the God of my gladness and joy; Then will I give you thanks upon the harp, O God, my God!

R/

Why are you downcast, O my soul? Why do you sigh within me? Hope in God! For I shall again be thanking him, in the presence of my savior and my God.

R/

D 5 Psalm 63:2, 3-4, 5-6, 8-9
(1013-5)

R/. My soul is thirsting for you, O Lord my God.

O God, you are my God whom I seek; for you my flesh pines and my soul thirsts like the earth, parched, lifeless and without water.

R/

Thus, have I gazed toward you in the sanctuary to see your power and your glory, For your kindness is a greater good than life; my lips shall glorify you.

R/

Thus, will I bless you while I live; Lifting up my hands, I will call upon your name. As with the riches of a banquet shall my soul be satisfied, and with exultant lips my mouth shall praise you.

R/

You are my help, and in the shadow of your wings I shout for joy, my soul clings fast to you; your right hand upholds me.

R/

D 6 Psalm 103:8 and 10, 13-14, 15-16, 17-18
(1013-6)

R/. The Lord is kind and merciful.

or:

R/. The salvation of the just comes from the Lord.

Merciful and gracious is the LORD, slow to anger, and abounding in kindness. Not according to our sins does he deal with us, nor does he requite us according to our crimes.

R/

As a father has compassion on his children, so the LORD has compassion on those who fear him. For he knows how we are formed, he remembers that we are dust.

R/

Man's days are like those of grass; like a flower of the field he blooms; The wind sweeps over him and he is gone, and his place knows him no more.

R/

But the kindness of the LORD is from eternity, to eternity toward those who fear him, And his justice toward children's children among those who keep his covenant and remember to fulfill his precepts.

R/

D 7
(1013-7)

Psalm 116:5, 6, 10-11, 15-16ac

R/. I will walk in the presence of the Lord in the land of the living.

or:

R/. Alleluia.

Gracious is the LORD and just;
yes, our God is merciful.

R/.

The LORD keeps the little ones;
I was brought low, and he saved me.

R/.

I believed, even when I said, "I am greatly afflicted";
I said in my alarm, "No man is dependable."

R/.

Precious in the eyes of the LORD is the death of his faithful ones, O LORD, I am your servant,
you have loosed my bonds.

R/.

D 8
(1013-8)

Psalm 122:1-2, 4-5, 6-7, 8-9

R/. I rejoiced when I heard them say: let us go to the house of the Lord.

or:

R/. Let us go rejoicing to the house of the Lord.

I rejoiced because they said to me, "We will go up to the house of the LORD." And now we have set foot within your gates, O Jerusalem.

R/.

To it the tribes go up, the tribes of the LORD,
According to the decree for Israel, to give thanks to the name of the LORD. In it are set up judgment seats, for the house of David.

R/.

Pray for the peace of Jerusalem! May those who love you prosper! May peace be within your walls,
prosperity in your buildings.

R/.

Because of my relatives and friends, I will say "Peace be within you!" Because of the house of the LORD, our God, I will pray for your good.

R/.

D 9
(1013-9)

Psalm 130:1-2, 3-4, 5-6ab, 6c-7, 8

R/. Out of the depths, I cry to you, Lord.

or:

R/. I hope in the Lord, I trust in his word.

Out of the depths I cry to you, O LORD;
LORD, hear my voice! Let your ears be attentive to my voice in supplication.

R/.

If you, O LORD, mark iniquities, LORD, who can stand?
But with you is forgiveness, that you may be revered.

R/.

I trust in the LORD; my soul trusts in his word. My soul waits for the LORD more than the sentinels wait for the dawn.

R/.

More than the sentinels wait for the dawn, let Israel wait for the LORD, for with the LORD is kindness and with him is plenteous redemption.

R/.

And he will redeem Israel from all their iniquities.

R/.

D10
(1013-10)

Psalm 143:1-2, 5-6, 7ab and 8ab, 10

R/. O Lord, hear my prayer.

O LORD, hear my prayer; hearken to my pleading in your faithfulness. in your justice answer me.
And enter not into judgment with your servant,
for before you no living man is just.

R/.

I remember the days of old; I meditate on all your doings; the works of your hands I ponder, I stretch out my hands to you; my soul thirsts for you like parched land.

R/.

Hasten to answer me, O LORD; for my spirit fails me.
At dawn let me hear of your mercy, for in you I trust.

R/.

Teach me to do your will, for you are my God. May your good spirit guide me on level ground.

R/.

Options for the Second Reading

E 1 (1014-1)

Romans 5:5-11

A reading from the Letter of Saint Paul to the Romans

Brothers and sisters

Hope does not disappoint, because the love of God has been poured out into our hearts through the Holy Spirit who has been given to us. For Christ, while we were still helpless, died at the appointed time for the ungodly. Indeed, only with difficulty does one die for a just person, though perhaps for a good person one might even find courage to die. But God proves his love for us in that while we were still sinners Christ died for us.

How much more then, since we are now justified by his Blood, will we be saved through him from the wrath. Indeed, if, while we were enemies, we were reconciled to God through the death of his Son, how much more, once reconciled, will we be saved by his life. Not only that, but we also boast of God through our Lord Jesus Christ, through whom we have now received reconciliation.

The Word of the Lord.

E 2 (1014-2)

Romans 5:17-21

A reading from the Letter of Saint Paul to the Romans

Brothers and sisters:

If, by the transgression of the one, death came to reign through that one, how much more will those who receive the abundance of grace and of the gift of justification come to reign in life through the one Jesus Christ.

In conclusion, just as through one transgression condemnation came upon all, so, through one righteous act, acquittal and life came to all.

For just as through the disobedience of the one man the many were made sinners, so through the obedience of the one the many will be made righteous. The law entered in so that transgression might increase but, where sin increased, grace overflowed all the more, so that, as sin reigned in death, grace also might reign through justification for eternal life through Jesus Christ our Lord.

The Word of the Lord.

E 3 Long Version: Romans 6:3-9 (1014-3)

A reading from the Letter of Saint Paul to the Romans

Brothers and sisters:

Are you unaware that we who were baptized into Christ Jesus were baptized into his death?

We were indeed buried with him through baptism into death, so that, just as Christ was raised from the dead by the glory of the Father, we too might live in newness of life.

For if we have grown into union with him through a death like his, we shall also be united with him in the resurrection. We know that our old self was crucified with him, so that our sinful body might be done away with, that we might no longer be in slavery to sin.

For a dead person has been absolved from sin. If, then, we have died with Christ, we believe that we shall also live with him. We know that Christ, raised from the dead, dies no more; death no longer has power over him.

The Word of the Lord.

E 3 Short Version: Romans 6:3-4, 8-9 (1014-3)

A reading from the Letter of Saint Paul to the Romans

Brothers and sisters:

Are you unaware that we who were baptized into Christ Jesus were baptized into his death?

We were indeed buried with him through baptism into death, so that, just as Christ was raised from the dead by the glory of the Father, we too might live in newness of life. If, then, we have died with Christ, we believe that we shall also live with him. We know that Christ, raised from the dead, dies no more; death no longer has power over him.

The Word of the Lord.

E4
(1014-4)

(Romans 8:14-23)

A reading from the Letter of Saint Paul to the Romans

Brothers and sisters:

Those who are led by the Spirit of God are sons of God. For you did not receive a spirit of slavery to fall back into fear, but you received a spirit of adoption, through which we cry, Abba, "Father!"

The Spirit itself bears witness with our spirit that we are children of God, and if children, then heirs, heirs of God and joint heirs with Christ, if only we suffer with him so that we may also be glorified with him.

I consider that the sufferings of this present time are as nothing compared with the glory to be revealed for us. For creation awaits with eager expectation the revelation of the children of God; for creation was made subject to futility, not of its own accord but because of the one who subjected it, in hope that creation itself would be set free from slavery to corruption and share in the glorious freedom of the children of God.

We know that all creation is groaning in labor pains even until now; and not only that, but we ourselves, who have the first fruits of the Spirit, we also groan within ourselves as we wait for adoption, the redemption of our bodies.

The Word of the Lord.

E5
(1014-5)

Romans 8:31b-35, 37-39

A reading from the Letter of Saint Paul to the Romans

Brothers and sisters:

If God is for us, who can be against us? He did not spare his own Son but handed him over for us all, will he not also give us everything else along with him? Who will bring a charge against God's chosen ones? It is God who acquits us. Who will condemn?

It is Christ Jesus who died, rather, was raised, who also is at the right hand of God, who indeed intercedes for us. What will separate us from the love of Christ? Will anguish, or distress or persecution, or famine, or nakedness, or peril, or the sword?

No, in all these things, we conquer overwhelmingly through him who loved us. For I am convinced that neither death, nor life, nor angels, nor principalities, nor present things, nor future things, nor powers, nor height, nor depth, nor any other creature will be able to separate us from the love of God in Christ Jesus our Lord.

The Word of the Lord.

E6
(1014-6)

Romans 14:7-9, 10c-12

A reading from the Letter of Saint Paul to the Romans

Brothers and sisters:

No one lives for oneself, and no one dies for oneself. For if we live, we live for the Lord, and if we die, we die for the Lord; so then, whether we live or die, we are the Lord's.

For this is why Christ died and came to life, that he might be Lord of both the dead and the living. Why then do you judge your brother? Or you, why do you look down on your brother? For we shall all stand before the judgment seat of God; for it is written:

As I live, says the Lord, every knee shall bend before me, and every tongue shall give praise to God. So, then each of us shall give an accounting of himself to God.

The Word of the Lord.

E7 **Long Version: 1 Corinthians 15:20-28**
(1014-7)

A reading from the first Letter of Saint Paul to the Corinthians

Brothers and sisters:

Christ has been raised from the dead, the first fruits of those who have fallen asleep. For since death came through a man, the resurrection of the dead came also through man.

For just as in Adam all die, so too in Christ shall all be brought to life, but each one in proper order; Christ the first fruits; then, at his coming, those who belong to Christ; then comes the end, when he hands over the Kingdom to his God and Father.

For he must reign until he has put all his enemies under his feet. The last enemy to be destroyed is death, for "he subjected everything under his feet." But when it says that everything has been subjected it is clear that it excludes the one who subjected everything to him, when everything is subjected to him, then the Son himself will also be subjected to the one who subjected everything to him, so that God may be all in all.

The Word of the Lord

**E 7 Short Version: 1 Corinthians 15:20-23
(1014-7)**

A reading from the first Letter of Saint Paul to the Corinthians

Brothers and sisters:

Christ has been raised from the dead, the first fruits of those who have fallen asleep. For since death came through a man, the resurrection of the dead came also through man. For just as in Adam all die, so too in Christ shall all be brought to life, but each one in proper order: Christ the first fruits; then, at his coming, those who belong to Christ.

The Word of the Lord.

**E 8 1 Corinthians 15:51-57
(1014-8)**

A reading from the first Letter of Saint Paul to the Corinthians

Brothers and sisters:

Behold, I tell you a mystery. We shall not all fall asleep, but we will all be changed in an instant, in the blink of an eye, at the last trumpet. For the trumpet will sound, the dead will be raised incorruptible, and we shall be changed. For that which is corruptible must clothe itself with incorruptibility, and that which is mortal must clothe itself with immortality. And when this which is corruptible clothes itself with incorruptibility and this which is mortal clothes itself with immortality, then the word that is written shall come about: *Death is swallowed up in victory. Where, O death, is your victory? Where, O death, is your sting?* The sting of death is sin, and the power of sin is the law. But thanks be to God who gives us the victory through our Lord Jesus Christ.

The Word of the Lord.

**E 9 2 Corinthians 4:14—5:1
(1014-9)**

A reading from the second Letter of Saint Paul to the Corinthians

Brothers and sisters:

Knowing that the One who raised the Lord Jesus will raise us also with Jesus and place us with you in his presence. Everything indeed is for you, so that the

grace bestowed in abundance on more and more people may cause the thanksgiving to overflow for the glory of God. Therefore, we are not discouraged; rather, although our outer self is wasting away, our inner self is being renewed day by day. For this momentary light affliction is producing for us an eternal weight of glory beyond all comparison, as we look not to what is seen but to what is unseen; for what is seen is transitory, but what is unseen is eternal.

For we know that if our earthly dwelling, a tent, should be destroyed, we have a building from God, a dwelling not made with hands, eternal in heaven.

The Word of the Lord.

**E 10 2 Corinthians 5:1, 6-10
(1014-10)**

A reading from the second Letter of Saint Paul to the Corinthians

Brothers and sisters:

We know that if our earthly dwelling, a tent, should be destroyed, we have a building from God, a dwelling not made with hands, eternal in heaven. We are always courageous, although we know that while we are at home in the body we are away from the Lord, for we walk by faith, not by sight.

Yet we are courageous, and we would rather leave the body and go home to the Lord. Therefore, we aspire to please him, whether we are at home or away. For we must all appear before the judgment seat of Christ, so that each may receive recompense, according to what he did in the body, whether good or evil.

The Word of the Lord.

**E 11 Philippians 3:20-21
(1014-11)**

A reading from the Letter of Saint Paul to the Philippians

Brothers and sisters:

Our citizenship is in heaven, and from it we also await a savior, the Lord Jesus Christ. He will change our lowly body to conform with his glorified Body by the power that enables him also to bring all things into subjection to himself.

The Word of the Lord.

**E 12 1Thessalonians 4:13-18
(1014-12)**

A reading from the first Letter of Saint Paul to the Thessalonians

We do not want you to be unaware, brothers and sisters, about those who have fallen asleep, so that you may not grieve like the rest, who have no hope. For if we believe that Jesus died and rose, so too will God, through Jesus, bring with him those who have fallen asleep. Indeed, we tell you this, on the word of the Lord, that we who are alive, who are left until the coming of the Lord, will surely not precede those who have fallen asleep.

For the Lord himself, with a word of command, with the voice of an archangel and with the trumpet of God, will come down from heaven, and the dead in Christ will rise first. Then we who are alive, who are left, will be caught up together with them in the clouds to meet the Lord in the air. Thus, we shall always be with the Lord. Therefore, console one another with these words.

The Word of the Lord.

E 13 **2 Timothy 2:8-13**
(1014-14)
A reading from the second Letter of Saint Paul to Timothy

Beloved:

Remember Jesus Christ, raised from the dead, a descendant of David: such is my Gospel, for which I am suffering, even to the point of chains, like a criminal. But the word of God is not chained.

Therefore, I bear with everything for the sake of those who are chosen, so that they too may obtain the salvation that is in Christ Jesus, together with eternal glory. This saying is trustworthy:

If we have died with him, we shall also live with him;
if we persevere, we shall also reign with him.

But if we deny him, he will deny us. If we are unfaithful, he remains faithful, for he cannot deny himself.

The Word of the Lord.

E 14 **1 John 3:1-2**
(1014-14)

A reading from the first Letter of Saint John

Beloved:

See what love the Father has bestowed on us that we may be called the children of God. Yet so we are. The reason the world does not know us is that it did not know him.

Beloved, we are God's children now; what we shall be has not yet been revealed.

We do know that when it is revealed we shall be like him, for we shall see him as he is.

The Word of the Lord.

E 15 **1 John 3:14-16**
(1014-15)

A reading from the first Letter of Saint John

Beloved:

We know that we have passed from death to life because we love our brothers.

Whoever does not love remains in death.

Everyone who hates his brother is a murderer, and you know that no murderer has eternal life remaining in him.

The way we came to know love was that he laid down his life for us; so we ought to lay down our lives for our brothers.

The Word of the Lord.



Options for the Gospel Reading

G1
(1016-1)

Matthew 5:1-12a

A reading from the holy Gospel according to Matthew

When Jesus saw the crowds, he went up the mountain, and after he had sat down, his disciples came to him. He began to teach them, saying: "Blessed are the poor in spirit, for theirs is the Kingdom of heaven. Blessed are they who mourn, for they will be comforted. Blessed are the meek, for they will inherit the land. Blessed are they who hunger and thirst for righteousness, for they will be satisfied. Blessed are the merciful, for they will be shown mercy. Blessed are the clean of heart, for they will see God. Blessed are the peacemakers, for they will be called children of God. Blessed are they who are persecuted for the sake of righteousness, for theirs is the Kingdom of heaven. Blessed are you when they insult you and persecute you and utter every kind of evil against you falsely because of me. Rejoice and be glad for your reward will be great in heaven."

The Gospel of the Lord.

G2
(1016-2)

Matthew 11:25-30

A reading from the holy Gospel according to Matthew

At that time Jesus answered:
"I give praise to you, Father, Lord of heaven and earth, for although you have hidden these things from the wise and the learned you have revealed them to the childlike.
Yes, Father, such has been your gracious will. All things have been handed over to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son wishes to reveal him. "Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light."

The Gospel of the Lord.

G 3
(1016-3)

Matthew 25:1-13

A reading from the holy Gospel according to Matthew

Jesus told his disciples this parable:
"The Kingdom of heaven will be like ten virgins who took their lamps and went out to meet the bridegroom. Five of them were foolish and five were wise.
The foolish ones, when taking their lamps, brought no oil with the wise but the wise brought flasks of oil with their lamps. Since the bridegroom was long delayed, they all became drowsy and fell asleep.
At midnight, there was a cry, 'Behold, the bridegroom! Come out to meet him!' Then all those virgins got up and trimmed their lamps. The foolish ones said to the wise,
'Give us some of your oil, for our lamps are going out.' But the wise ones replied, 'No, for there may not be enough for us and you. Go instead to the merchants and buy some for yourselves. While they went off to buy it,
the bridegroom came and those who were ready went into the wedding feast with him. Then the door was locked. Afterwards the other virgins came and said, 'Lord, Lord, open the door for us! 'But he said in reply, 'Amen, I say to you, I do not know you.'
Therefore, stay awake, for you know neither the day nor the hour."

The Gospel of the Lord.



G 4
(1016-4)

Matthew 25:31-46

A reading from the holy Gospel according to Matthew

Jesus said to his disciples:

"When the Son of Man comes in his glory, and all the angels with him, he will sit upon his glorious throne, and all the nations will be assembled before him. And he will separate them one from another, as a shepherd separates the sheep from the goats. He will place the sheep on his right and the goats on his left. Then the king will say to those on his right,

'Come, you who are blessed by my Father. Inherit the kingdom prepared for you from the foundation of the world.

For I was hungry and you gave me food, I was thirsty and you gave me drink, a stranger and you welcomed me,

naked and you clothed me, ill and you cared for me, in prison and you visited me.' Then the righteous will answer him and say, 'Lord, when did we see you

hungry and feed you, or thirsty and give you drink? When did we see you a stranger and welcome you,

or naked and clothe you? When did we see you ill or in prison, and visit you?' And the king will say to them in reply, 'Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me.' Then he

will say to those on his left, 'Depart from me, you accursed, into the eternal fire prepared for the Devil and his angels.

For I was hungry and you gave me no food, I was thirsty and you gave me no drink, a stranger and you gave me no welcome, naked and you gave me no clothing,

ill and in prison, and you did not care for me.' Then they will answer and say, 'Lord, when did we see you hungry or thirsty or a stranger or naked or ill or in prison, and not minister to your needs?' He will answer them, 'Amen, I say to you, what you did not do for one of these least ones,

you did not do for me.' And these will go off to eternal punishment, but the righteous to eternal life."

The Gospel of the Lord.

G 5 Long Version: **Mark 15:33-39; 16:1-6**
(1610-5)

A reading from the holy Gospel according to Mark

At noon darkness came over the whole land until three in the afternoon. And at three o'clock Jesus cried out in a loud voice, "*Eloi, Eloi, lemasabachthani?*" which is translated, "My God, my God, why have you forsaken me?" Some of the bystanders who heard it said,

"Look, he is calling Elijah. "One of them ran, soaked a sponge with wine, put it on a reed, and gave it to him to drink, saying, "Wait, let us see if Elijah comes to take him down." Jesus gave a loud cry and breathed his last.

The veil of the sanctuary was torn in two from top to bottom. When the centurion who stood facing him

saw how he breathed his last he said, "Truly this man was the Son of God!" When the sabbath was over, Mary Magdalene, Mary, the mother of James, and Salome bought spices so that they might go and anoint him. Very early when the sun had risen, on the first day of the week, they came to the tomb. They were saying to one another, "Who will roll back the stone for us from the entrance to the tomb?" When they looked up, they saw that the stone had been rolled back; it was very large. On entering the tomb, they saw a young man sitting on the right side, clothed in a white robe, and they were utterly amazed. He said to them, "Do not be amazed! You seek Jesus of Nazareth, the crucified.

He has been raised; he is not here. Behold the place where they laid him."

He has been raised; he is not here. Behold the place where they laid him."

The Gospel of the Lord



G 5 Short Version: Mark 15:33-39
(1610-5)

A reading from the holy Gospel according to Mark

At noon darkness came over the whole land until three in the afternoon. And at three o'clock Jesus cried out in a loud voice, "*Eloi, Eloi, lemasabachthani?*" "which is translated,

"My God, my God, why have you forsaken me?" Some of the bystanders who heard it said, "Look, he is calling Elijah."

One of them ran, soaked a sponge with wine, put it on a reed,

and gave it to him to drink, saying, "Wait, let us see if Elijah comes to take him down. "Jesus gave a loud cry and breathed his last. The veil of the sanctuary was torn in two from top to bottom. When the centurion who stood facing him saw how he breathed his last he said, "Truly this man was the Son of God!"

The Gospel of the Lord

G 6 Luke 7:11-17
(1016-6)

A reading from the holy Gospel according to Luke

Jesus journeyed to a city called Nain, and his disciples and a large crowd accompanied him. As he drew near to the gate of the city, a man who had died was being carried out, the only son of his mother, and she was a widow.

A large crowd from the city was with her. When the Lord saw her, he was moved with pity for her and said to her, "Do not weep. "He stepped forward and touched the coffin; at this the bearers halted, and he said, "Young man, I tell you, arise!" The dead man sat up and began to speak, and Jesus gave him to his mother. Fear seized them all, and they glorified God, exclaiming, "A great prophet has arisen in our midst," and "God has visited his people."

This report about him spread through the whole of Judea and in all the surrounding region.

The Gospel of the Lord.

G 7 Luke 12:35-40
(1016-7)

A reading from the holy Gospel according to Luke

Jesus said to his disciples: "Gird your loins and light your lamps and be like servants who await their master's return from a wedding, ready to open immediately when he comes and knocks. Blessed are those servants whom the master finds vigilant on his arrival. Amen, I say to you, he will gird himself, have them recline at table, and proceed to wait on them. And should he come in the second or third watch and find them prepared in this way, blessed are those servants.

Be sure of this: if the master of the house had known the hour when the thief was coming, he would not have let his house be broken into.

You also must be prepared, for at an hour you do not expect, the Son of Man will come."

The Gospel of the Lord.

G 8 Luke 23:33, 39-43
(1016-8)

A reading from the holy Gospel according to Luke

When the soldiers came to the place called the Skull, they crucified Jesus and the criminals there, one on his right, the other on his left. Now one of the criminals hanging there reviled Jesus, saying, "Are you not the Christ? Save yourself and us." The other man, however, rebuking him, said in reply, "Have you no fear of God, for you are subject to the same condemnation? And indeed, we have been condemned justly, for the sentence we received corresponds to our crimes, but this man has done nothing criminal." Then he said, "Jesus, remember me when you come into your Kingdom." He replied to him, "Amen, I say to you, today you will be with me in Paradise."

The Gospel of the Lord.

G 9**Lg. Version: Luke 23:44-46, 50, 52-53, 24:106a (1016-9)****A reading from the holy Gospel according to Luke**

It was about noon and darkness came over the whole land until three in the afternoon because of an eclipse of the sun.

Then the veil of the temple was torn down the middle.

Jesus cried out in a loud voice, "Father, into your hands I commend my spirit"; and when he had said this he breathed his last.

Now there was a virtuous and righteous man named Joseph who, though he was a member of the council, went to Pilate and asked for the Body of Jesus. After he had taken the Body down, he wrapped it in a linen cloth and laid him in a rock-hewn tomb in which no one had yet been buried.

At daybreak on the first day of the week the women took the spices they had prepared and went to the tomb.

They found the stone rolled away from the tomb; but when they entered, they did not find the Body of the Lord Jesus.

While they were puzzling over this, behold, two men in dazzling garments appeared to them. They were terrified and bowed their faces to the ground. They said to them, "Why do you seek the living one among the dead? He is not here, but he has been raised."

The Gospel of the Lord.**G9 St. Version: Luke 23:44-46, 50,52-53 (1016-9)****A reading from the holy Gospel according to Luke**

It was about noon and darkness came over the whole land until three in the afternoon because of an eclipse of the sun.

Then the veil of the temple was torn down the middle.

Jesus cried out in a loud voice, "Father, into your hands I commend my spirit"; and when he had said this he breathed his last.

Now there was a virtuous and righteous man named Joseph who, though he was a member of the council, went to Pilate and asked for the Body of Jesus.

After he had taken the Body down, he wrapped it in a linen cloth and laid him in a rock-hewn tomb in which no one had yet been buried.

The Gospel of the Lord.**G 10 Short Version: Luke 24:13-16, 28-35 (1016-10)****A reading from the holy Gospel according to Luke**

That very day, the first day of the week, two of the disciples of Jesus were going to a village called Emmaus, seven miles from Jerusalem, and they were conversing about all the things that had occurred.

And it happened that while they were conversing and debating,

Jesus himself drew near and walked with them, but their eyes were prevented from recognizing him. As they approached the village to which they were going, Jesus gave the impression that he was going on farther. But they urged him, "Stay with us, for it is nearly evening and the day is almost over. "So he went in to stay with them.

And it happened that, while he was with them at table, he took bread, said the blessing, broke it, and gave it to them.

With that their eyes were opened and they recognized him, but he vanished from their sight. Then they said to each other, "Were not our hearts burning within us while he spoke to us on the way and opened the Scriptures to us?" "So they set out at once and returned to Jerusalem where they found gathered together the Eleven and those with them, who were saying, "The Lord has truly been raised and has appeared to Simon!"

Then the two recounted what had taken place on the way and how he was made known to them in the breaking of the bread.

The Gospel of the Lord.

G 10
(1016-10)

Long Version Luke 24:13-35

A reading from the holy Gospel according to Luke

That very day, the first day of the week, two of the disciples of Jesus were going to a village called Emmaus, seven miles from Jerusalem, and they were conversing about all the things that had occurred. And it happened that while they were conversing and debating, Jesus himself drew near and walked with them, but their eyes were prevented from recognizing him. He asked them, "What are you discussing as you walk along?" They stopped, looking downcast. One of them, named Cleopas, said to him in reply, "Are you the only visitor to Jerusalem who does not know of the things that have taken place there in these days? "And he replied to them, "What sort of things?" They said to him, "The things that happened to Jesus the Nazarene, who was a prophet mighty in deed and word before God and all the people, how our chief priests and rulers both handed him over to a sentence of death and crucified him. But we were hoping that he would be the one to redeem Israel; and besides all this, it is now the third day since this took place. Some women from our group, however, have astounded us: they were at the tomb early in the morning and did not find his Body; they came back and reported that they had indeed seen a vision of angels who announced that he was alive. Then some of those with us went to the tomb and found things just as the women had described, but him they did not see. "And he said to them, "Oh, how foolish you are! How slow of heart to believe all that the prophets spoke!

Was it not necessary that the Christ should suffer these things and enter into his glory?" Then beginning with Moses and all the prophets, Jesus interpreted to them what referred to him in all the Scriptures. As they approached the village to which they were going, Jesus gave the impression that he was going on farther. But they urged him, "Stay with us, for it is nearly evening and the day is almost over. "So he went in to stay with them.

And it happened that, while he was with them at table, he took bread, said the blessing, broke it, and gave it to them.

With that their eyes were opened and they recognized him, but he vanished from their sight. Then they said to each other, "Were not our hearts burning within us while he spoke to us on the way and opened the Scriptures to us?" So, they set out at once and returned to Jerusalem where they found gathered together the Eleven and those with them, who were saying, "The Lord has truly been raised and has appeared to Simon! "Then the two

recounted what had taken place on the way and how he was made known to them in the breaking of the bread.

The Gospel of the Lord.

G 11
(1016-11)

John 5:24-29

A reading from the holy Gospel according to John

Jesus answered the Jews and said to them:
"Amen, amen, I say to you, whoever hears my word and believes in the one who sent me has eternal life and will not come to condemnation, but has passed from death to life.
Amen, amen, I say to you, the hour is coming and is now here when the dead will hear the voice of the Son of God, and those who hear will live.
For just as the Father has life in himself, so also he gave to the Son the possession of life in himself.
And he gave him power to exercise judgment, because he is the Son of Man. Do not be amazed at this, because the hour is coming in which all who are in the tombs will hear his voice and will come out to those who have done good deeds to the resurrection of life, but those who have done wicked deeds to the resurrection of condemnation."

The Gospel of the Lord.

G 12
(1016-12)

John 6:37-40

A reading from the holy Gospel according to John

Jesus said to the crowds:
"Everything that the Father gives me will come to me, and I will not reject anyone who comes to me, because I came down from heaven not to do my own will but the will of the one who sent me.
And this is the will of the one who sent me, that I should not lose anything of what he gave me, but that I should raise it on the last day.
For this is the will of my Father, that everyone who sees the Son and believes in him may have eternal life, and I shall raise him on the last day."

The Gospel of the Lord.

G 13
(1016-13)

John 6:51-58

A reading from the holy Gospel according to John

Jesus said to the crowds:

"I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my Flesh for the life of the world."

The Jews quarreled among themselves, saying,
"How can this man give us his Flesh to eat?"

Jesus said to them, "Amen, amen, I say to you, unless you eat the Flesh of the Son of Man and drink his Blood, you do not have life within you.

Whoever eats my Flesh and drinks my Blood has eternal life, and I will raise him on the last day.

For my Flesh is true food, and my Blood is true drink. Whoever eats my Flesh and drinks my Blood remains in me and I in him. Just as the living Father sent me and I have life because of the Father, so also the one who feeds on me will have life because of me.

This is the bread that came down from heaven. Unlike your ancestors who ate and still died, whoever eats this bread will live forever."

The Gospel of the Lord.

G 14
(G1016-14)

Long Version: John 11:17-27

A reading from the holy Gospel according to John

When Jesus arrived in Bethany, he found that Lazarus had already been in the tomb for four days.

Now Bethany was near Jerusalem, only about two miles away. Many of the Jews had come to Martha and Mary to comfort them about their brother.

When Martha heard that Jesus was coming, she went to meet him; but Mary sat at home.

Martha said to Jesus, "Lord, if you had been here, my brother would not have died. But even now I know that whatever you ask of God, God will give you."

Jesus said to her, "Your brother will rise." Martha said to him, "I know he will rise, in the resurrection on the last day."

Jesus told her, "I am the resurrection and the life; whoever believes in me, even if he dies, will live, and everyone who lives and believes in me will never die. Do you believe this?"

She said to him, "Yes, Lord. I have come to believe that you are the Christ, the Son of God, the one who is coming into the world."

The Gospel of the Lord

G14
(G1016-14)

Short Version: John 11:21-27

A reading from the holy Gospel according to John

Martha said to Jesus, "Lord, if you had been here, my brother would not have died.

But even now I know that whatever you ask of God, God will give you." Jesus said to her, "Your brother will rise."

Martha said to him, "I know he will rise, in the resurrection on the last day. "Jesus told her, "I am the resurrection and the life; whoever believes in me, even if he dies, will live, and everyone who lives and believes in me will never die. Do you believe this? "She said to him, "Yes, Lord.

I have come to believe that you are the Christ, the Son of God, the one who is coming into the world."

The Gospel of the Lord.

G 15
(1016-15)

John 11:32-45

A reading from the holy Gospel according to John

When Mary came to where Jesus was and saw him, she fell at his feet and said to him, "Lord, if you had been here, my brother would not have died."

When Jesus saw her weeping and the Jews who had come with her weeping, he became perturbed and deeply troubled, and said, "Where have you laid him? "They said to him, "Sir, come and see."

And Jesus wept. So the Jews said, "See how he loved him." But some of them said, "Could not the one who opened the eyes of the blind man have done something so that this man would not have died?"

So, Jesus, perturbed again, came to the tomb.

It was a cave, and a stone lay across it.

Jesus said, "Take away the stone." Martha, the dead man's sister, said to him, "Lord, by now there will be a stench; he has been dead for four days."

Jesus said to her, "Did I not tell you that if you believe you will see the glory of God?"

So they took away the stone. And Jesus raised his eyes and said, "Father, I thank you for hearing me.

I know that you always hear me; but because of the crowd here I have said this, that they may believe that you sent me. "And when he had said this, he cried out in a loud voice, "Lazarus, come out!"

The dead man came out, tied hand and foot with burial bands, and his face was wrapped in a cloth.

So Jesus said to the crowd, "Untie him and let him go. "Now many of the Jews who had come to Mary and seen what he had done began to believe in him.

The Gospel of the Lord.

G 16 **Long Version: John 12:23-28**
(1016-16)
A reading from the holy Gospel according to John

Jesus said to his disciples:
"The hour has come for the Son of Man to be glorified.
Amen, amen, I say to you, unless a grain of wheat falls
to the ground and dies, it remains just a grain of wheat;
but if it dies, it produces much fruit.
Whoever loves his life will lose it, and whoever hates
his life in this world will preserve it for eternal life.
Whoever serves me must follow me, and where I am,
there also will my servant be. The Father will honor
whoever serves me.

I am troubled now. Yet what should I say? "Father, save
me from this hour"? But it was for this purpose that I
came to this hour.

Father, glorify your name. "Then a voice came from
heaven, "I have glorified it and will glorify it again."

The Gospel of the Lord.

G 16 **Short Version: John 12:23-26**
(1016-16)

A reading from the holy Gospel according to John

Jesus said to his disciples:
"The hour has come for the Son of Man to be glorified.
Amen, amen, I say to you,
 unless a grain of wheat falls to the ground and dies,
 it remains just a grain of wheat;
 but if it dies, it produces much fruit.
Whoever loves his life will lose it,
 and whoever hates his life in this world
 will preserve it for eternal life.
Whoever serves me must follow me,
 and where I am, there also will my servant be.
The Father will honor whoever serves me.

The Gospel of the Lord

G17 **John 14:1-6**
(1016-17)

A reading from the holy Gospel according to John

Jesus said to his disciples:
"Do not let your hearts be troubled. You have faith in
God; have faith also in me. In my Father's house there
are many dwelling places.

If there were not, would I have told you that I am going
to prepare a place for you?
And if I go and prepare a place for you, I will come back
again and take you to myself,
so that where I am you also may be. Where I am going
you know the way. "Thomas said to him, "Master, we do
not know where you are going; how can we know the
way?"

Jesus said to him, "I am the way and the truth and the
life.

No one comes to the Father except through me."

The Gospel of the Lord.

G 18 **John 17:24-26**
(1016-18)

A reding from the holy Gospel according to John

Jesus raised his eyes to heaven and said:
"Father, those whom you gave me are your gift to me.
I wish that where I am they also may be with me, that
they may see my glory that you gave me, because you
loved me before the foundation of the world. Righteous
Father, the world also does not know you, but I know
you, and they know that you sent me. I made known to
them your name and I will make it known, that the love
with which you loved me may be in them and I in them."

The Gospel of the Lord.



G 19

John 19:17-18, 25-39

(1016-19)

A reading from the holy Gospel according to John

So, they took Jesus, and, carrying the cross himself, he went out to what is called the Place of the Skull, in Hebrew, Golgotha. There they crucified him, and with him two others, one on either side, with Jesus in the middle. Standing by the cross of Jesus were his mother and his mother's sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus saw his mother and the disciple whom he loved, he said to his mother, "Woman, behold, your son." "Then he said to the disciple, "Behold, your mother."
And from that hour the disciple took her into his home. After this, aware that everything was now finished, in order that the Scripture might be fulfilled, Jesus said, "I thirst." There was a vessel filled with common wine. So, they put a sponge soaked in wine on a sprig of hyssop and put it up to his mouth. When Jesus had taken the wine, he said, "It is finished." And bowing his head, he handed over the Spirit.
Now since it was preparation day, in order that the bodies might not remain on the cross on the sabbath,

for the sabbath day of that week was a solemn one, the Jews asked Pilate that their legs be broken and they be taken down. So, the soldiers came and broke the legs of the first and then of the other one who was crucified with Jesus. But when they came to Jesus and saw that he was already dead, they did not break his legs, but one soldier thrust his lance into his side, and immediately Blood and water flowed out. An eyewitness has testified, and his testimony is true; he knows that he is speaking the truth, so that you also may come to believe. For this happened so that the Scripture passage might be fulfilled: *Not a bone of it will be broken.* And again, another passage says: *They will look upon him whom they have pierced.* After this, Joseph of Arimathea, secretly a disciple of Jesus for fear of the Jews, asked Pilate if he could remove the Body of Jesus. And Pilate permitted it. So, he came and took his Body. Nicodemus, the one who had first come to him at night, also came bringing a mixture of myrrh and aloes weighing about one hundred pounds.

The Gospel of the Lord



MUSIC

Five or Six hymns may be selected for Mass:

- 1) Prelude Music
- 2) Processional (Entrance) hymn
- 3) an Offertory (Preparation of the Table) (solo organ music or a preferred "congregational" hymn)
- 4) a Communion hymn, a solo, or a sung refrain from an appropriate Eucharistic hymn
- 5) a Song of Farewell (sung before the Final Commendation)
- 6) Recessional psalm or hymn

Because a funeral is an official ceremony of the Roman Catholic Church, music guidelines for the Liturgy are to be followed. Music is to follow the liturgical norms for Catholic Liturgy and should be appropriately selected so that singing can be shared by all in attendance.

Each piece of music in a Funeral (Mass) has a specific liturgical purpose, and so the music selected for those places must fulfill **that** purpose; for example: Responsorial Psalm, Alleluia Response, The Great Amen. If the family has special requests for favorite songs or sacred hymns that do not fall into a liturgical category, those requests in most cases can be accommodated at the funeral home, apart from the funeral Mass. Examples of this type of request would

include all secular (non-religious) songs, as well as all recorded music.

We will review all hymn and music selections with the music Director. If there are questions about the appropriateness of a hymn or piece of music, the final determination will be made by the Pastor and/or the Music Director.

Cantor - It is preferred that one of the parish cantors be used for liturgical ceremonies. However, if you have a family member or close friend who is a Cantor, that person may be able to assist.

Professional Musicians/Soloists - Professional musicians (instruments) and soloists may be used during the Funeral (Mass) at the Offertory Rite or Communion Rite, when approved by the Pastor or Parish Music Director.

Please take note: Under no circumstance can either the music or the words to a copyrighted hymn be printed in a program or on a song sheet without legal reprint permission. By printing without reprint permission, you are doing so in direct violation of copyright laws and makes the church, through its participation liable.

Suggestions for Funeral Music

Select One in each Category

Prelude Music

Instrumental

Ave Maria

The Lord's Prayer

On Eagle's Wings #691

Be Not Afraid #683

How Great Thou Art #578

Eye Has Not Seen #728

Processional / Gathering

Here I Am, Lord #777

Jerusalem My Destiny #492

Sing with All the Saints in Glory #539

Amazing Grace #645

I want to Walk as a Child of the Light #593

Day is Done #858

I Am the Bread of Life #945

Be Not Afraid #683

Pan de Vida #920

Taste and See #930

We Remember #681

All Who Hunger #925

Eat This Bread #941

Preparation of the Table/Gifts

Be Not Afraid #683

Eye Has Not Seen #728

Here I Am, Lord #777

How Great Thou Art #578

On Eagle's Wings #691

Communion Songs

Pan de Vida #920

Taste and See #930

We Remember #681

All Who Hunger #925

Eat This Bread #941

I am the Bread of Life #945

Song of Farewell/ Recessional/ Final Song

Song of Farewell #974

Recessional/ Final Song

Continue = Song of Farewell #974

Day is Done #858

How Great Thou Art #578

Jerusalem, My Destiny #492

Sing with All the Saints in Glory #539





The Catholic Church and Cremation

The *Order of Christian Funerals* Appendix on Cremation states: “Although cremation is now permitted by the Church, it does not enjoy the same value as burial of the body. The Church clearly prefers and urges that the body of the deceased be present for the funeral rites, since the presence of the human body better expresses the values which the Church affirms in those rites” (no. 413).

Ideally, if a family chooses cremation, the cremation would take place at some time after the Funeral Mass, so that there can be an opportunity for the Vigil for the Deceased in the presence of the body (during “visitation” or “viewing” at the funeral home). This allows for the appropriate reverence for the sacredness of the body at the Funeral Mass: sprinkling with holy water, the placing of the pall, and honoring it with incense. The Rite of Committal then takes place after cremation, (nos. 418-421).

The cremated remains of a body should be treated with the same respect given to the human body from which they come. This includes the use of a worthy vessel to contain the ashes, the manner in which they are carried, and the care and attention to appropriate placement and transport, and the final disposition. The cremated remains should be buried in a grave or entombed in a mausoleum or columbarium. The practice of scattering cremated remains on the sea, from the air, or on the ground or keeping cremated remains at the home of a relative or friend of the deceased are not the reverent disposition that the Church requires. (no. 417).

Source: *uscgb*



Prayers

R. The following prayers may be recited immediately after the person's death and may be repeated in the hours that follow.

- God, our creator and redeemer, by your power Christ conquered death and returned to you in glory.
- May all your people who have gone before us in faith share his victory and enjoy the vision of your glory forever, where Christ lives and reigns with you and the Holy Spirit, one God, forever and ever.
- Eternal rest grant unto him/her, O Lord. And let perpetual light shine upon him/her.
- May his/her soul and the souls of all the faithful departed, through the mercy of God, rest in peace.

Amen

- Saints of God, come to his (her) aid!
- Come to meet him (her), angels of the Lord!
- R. Receive his (her) soul and present him (her) to God, the Most High.
- May Christ, who called you, take you to himself;
- may angels lead you to Abraham's side. *R.*
R. Receive his (her) soul and present him (her) to God, the Most High.
- Give him (her) eternal rest, O Lord,
- and may your light shine on him (her) forever. *R.*
R. Receive his (her) soul and present him (her) to God, the Most High.

Let us pray.

- All-powerful and merciful God we commend to you N., your servant.
In your mercy and love, blot out the sins he (she) has committed through human weakness.
In this world he (she) has died: let him (her) live with you forever.
We ask this through Christ our Lord.
- *R. Amen.*

These verses may also be used:

- V. Eternal rest grant unto him (her), O Lord.
- And let perpetual light shine upon him (her).
- V. May his (her) soul and the souls of all the faithful departed, through the mercy of God, rest in peace
R. Amen.



Gathering in the Presence of the Body

When the family first gathers around the body, before or after it is prepared for burial, all or some of the following prayers may be used. It is most fitting that, where possible, family members take part in preparing the body for burial.

All make the Sign of the Cross. Then one member of the family reads:

My brothers and sisters, Jesus says:
"Come to me, all you who labor and are overburdened,
and I will give you rest.
Shoulder my yoke and learn from me,
for I am gentle and humble in heart,
and you will find rest for your souls.
Yes, my yoke is easy and my burden light."

The body may then be sprinkled with holy water:

The Lord God lives in his holy temple yet abides in our midst.
Since in Baptism, N. became God's temple
and the Spirit of God lived in him/her,
with reverence we bless his/her mortal body.

Then one member of the family may say:

With God there is mercy and fullness of redemption;
let us pray as Jesus taught us:

Our Father...

Then this prayer is said:

Into your hands, O Lord,
we humbly entrust our brother/sister N.
In this life you embraced him/her with your tender love;
deliver him/her now from every evil
and bid him/her enter eternal rest.



Additional Prayers...

Prayer is an integral part of preparing for the death of a Christian. Praying with one who is critically ill offers a special time of grace and blessing for all involved. Depending on the condition and mood of the person, we may pray in many ways; in silence, by repeating familiar prayers, praying a brief litany praying the Rosary, reading a Psalm, reading scripture passages or simply offering spontaneous praise and petition to our loving God.

Below are some short scriptural passages that can be said and reflected-on with your loved one:

- What can come between us and the love of Christ? Romans 8:35
- Whether we live or die, we are the Lord's Romans 14.8
- We shall be with the Lord forever 1 Thessalonians 4:17
- We have an everlasting home in heaven 2 Corinthians 5:1
- We shall see God as He really is 1 John 3.2
- We have passed from death to life because we love the brothers John 3:14
- To You I lift up my soul. Psalm 25:1
- The Lord is my light and my salvation Psalm 27:1
- I believe that I shall see the goodness of the Lord in the land of the living Psalm 27:13
- My soul thirsts for the living God Psalm 42:3
- Though I walk in the shadow of death I will fear no evil for you are with me Psalm 23:4
- Come, blessed of my father, says the Lord Jesus, and take possession of the kingdom prepared for you Matthew 25:34
- Truly I say to you: Today you will be with me in paradise, says the Lord Jesus Luke 14:2
- The Lord Jesus says, "I go to prepare you a place, and I will take you with me" John 14:2-3
- I wish that where I am, they also may be with me, says the Lord Jesus John 17:24



Other ways to interact with your loved one:

Longer Scripture Passages:

- | | |
|--|---|
| <ul style="list-style-type: none">▪ Job 19:23-27▪ 1 John 4: 16▪ Psalm 23▪ Psalm 25:1-11▪ Revelation 21:1-7▪ John 6: 33-37▪ Psalm. 113: 1-8▪ Matthew 25: 1-13▪ Psalm. 114: 3-5▪ Mark 16: 1-8▪ Psalm 121 | <ul style="list-style-type: none">▪ Mark 15:33-37▪ Psalm 122▪ Luke 22: 39-46▪ 1 Corinthians 15: 1-4▪ Luke. 23: 44-49▪ Isaiah 35: 3-4, 6-7, 10▪ John 14: 1-8, 23, 27▪ Psalm 91▪ Luke 24: 1-8▪ John 6: 37-40▪ John 14: 16, 23, 27 |
|--|---|

When a loved one is critically ill....

When someone faces death or is critically ill, family members should immediately contact a priest and not wait until death is eminent. The sacrament of the *Anointing of the Sick* is very important for those preparing for death or facing a critical illness. Celebrating the sacrament encourages the sick or dying person to the experience of the healing presence of Christ whose resurrection offers hope for a new life beyond suffering and death.

If your Loved one is unable to attend Mass, call the Parish Office and request that one of our Homebound Eucharistic Ministers bring Holy Communion to them at home after Sunday Mass or during the week. You can also ask that their name is added to the "Prayer Chain" Ministry List so the community can extend their prayers for them and their family as well. Your loved one may also benefit from the spiritual graces that come with having a Mass said on their behalf and may give them comfort and strength to the family as well. Please visit our website at www.cgsc.catholicchurch/prayerrequest or contact the Parish office at 281-376-6831 to check on available dates.



This may be an appropriate time to ask discuss:

- Whether prior arrangements were made for your Loved one. If the deceased served in the military will you consider having a military funeral and would you like to apply for burial benefits? Having this information ahead of time will relieve your family of the burden of making these decisions in this time of grief.
- Has a Funeral Home or cemetery has been chosen? Were prepaid funeral arrangements made? Has a burial plot, vault or niche for cremated remains in the cemetery been chosen?
- If prior arrangements have not been made, who is authorized to make decisions.
- Does the loved one have a durable Power of Attorney and/or a Living Will.
- Did your loved one wish to donate their organ(s)? It may be the last detail you want to think about, but arrangements need to be made “almost immediately” at death so the organs can be harvested as promptly as possible, not certain about the person’s wishes? Two sources to check: the driver’s license and the advance health care directive, such as a living will or health care proxy. If the answer is “yes” the hospital where the person died will have a coordinator to guide you through the process. If your loved one died outside of a hospital – that includes in hospice or a nursing home – contact the nearest hospital. Staff will be on hand to answer questions about what’s next. There is no cost. *(Every minute matters when it comes to these arrangements. So, if your loved one is in a hospital, the hospital’s coordinator will likely to talk to you very shortly after death. If you’re not sure what our loved one would have wanted, check their driver’s license and advance directive.)*
- Follow body bequeathal instructions. If the person made arrangements to donate his or her body to a medical school, the family must respect those wishes. An advance directive, living will or health proxy may guide you to a particular institution. If the person hasn’t made arrangements, the next of kin can donate the body, but the decision needs to be made as early as possible



After a Loved One Dies...

A family member should call the office of Christ the Good Shepherd to notify us. One of our staff members will set up an appointment to meet with the family in our parish office. You will receive information on Christ the Good Shepherd's funeral process and procedures as well as all aspects of the funeral arrangements.

Please note: Although many funeral homes contact the parish when they are making arrangements, we will not discuss any arrangements with them until after we have met with the family.

Other important things to do:

- Get a legal pronouncement of death:
 - If someone dies at the hospital, a doctor will do this. If your loved one dies at Home under hospice care, you will need to contact the hospice provider in order for someone to come and pronounce the death.
 - If your loved one dies at home, call 911.
 - Have their Do-Not-Resuscitate (DNR) order handy, if they had one.
- Decide about organ donation:
 - Every minute matters when it comes to these arrangements. If your loved One is in a hospital; the hospital's coordinator will likely come to talk to you very shortly after death.
 - If you're not sure what your loved one would have wanted, check their driver's license and advance directive.
- Bring the immediate family together:
 - Share the news and comfort one another in your grief. You may wish to spend time with your loved one's body and say final goodbyes.
- Find the person's Will or other documentation for the funeral.
- Contact the Funeral Home:
 - and notify them the name of the Church who will handle the funeral.
 - They will guide the family and/or the responsible person through the planning process.

- Secure your loved one's belongings:
Make sure the home is locked and secure. If there are pets in the home, determine if they can be fed and left alone for a day or so. Do they need to be moved into someone else's home for the near term?

- Put a stop on insurance:

Contact each insurer to stop coverage on health insurance, Medicare, auto & Others?

Contact the Department of Motor Vehicles,
This will avoid future mailings and prevent others from possibly using the name for fraudulent purposes.

- Miscellaneous:
Discontinue utilities and forward mail if necessary

- Notify credit bureaus to alert them of death and block others from obtaining credit in your loved one's name. Credit Bureau's: Experian.com / Equifax.com/TransUnion.com/





These are a few suggestions that should be addressed with your attorney:

- Health Care Power of Attorney

Allows people who become unable to make their own decisions to exercise their beliefs and wishes regarding medical procedures. The named person can communicate on behalf of the sick or injured person, preventing unwanted treatment or making necessary decisions in the event that the individual is unable to do so.

- Advance Health Care Directive (Living Will)

Living Wills are defined as documents “in which you state your wishes about life-sustaining medical treatment if you are terminally ill, permanently unconscious or in an end-state of a fatal illness. Alternately, a durable Power of Attorney for health care is defined as a “document in which you appoint someone else to make medical treatment decisions for you if you cannot make them for yourself.

The person you name is called your agent, proxy, representative or surrogate. This legal document specifies a person’s wishes regarding medical treatment, specifically treatments that will prolong life. They typically detail any Do Not Resuscitate (DNR) orders from the party creating the living will. It may also be used for people who wish to refuse dialysis or blood transfusions for personal or religious reasons.

- Power of Attorney or Durable Power of Attorney

An Ordinary Power of Attorney is only valid as long as the principle is capable of acting for him or herself and will end automatically when the principal becomes mentally incapacitated or dies.

A Durable Power of Attorney allows you to designate an agent to make all decisions about your health care if you are unable to make these decisions yourself. This applies to all healthcare decisions and for all types of medical conditions. It is much broader than a Living Will, are unable to express your wishes regarding the use of life-prolonging procedures



The Grief Process

Life and death are partners. At some point, all of us will face death, our own as well as those we love. To lose a loved one through death always causes changes for us and for our lives. Life is about to change. Sometimes it is painful. Sometimes it is beautiful; many times, it can be both. It will be helpful for you if you:

- Recognize the Loss
- Face your Loss
- Manage your Loss
- Express the Loss
- Work through your Grief
- Hope for Healing.
- Learn about Grief

Although this life has to end, love doesn't. A heart can be broken; but it still keeps beating. You can feel shattered, but you can put pieces back together again. Healing is a daily journey and a constant choice to go on and to look forward. Day by day, you will experience healing.

Christ the Good Shepherd has a 13-week class on Bereavement that may be helpful for the family. Please contact the parish office for further details.

May you experience the peace, the peace of Jesus Christ, which is beyond all understanding, as you journey through your loss to healing and anticipate your joyful reunion with all your loved ones.

Grief is not a sign of weakness. It is, rather, a healthy and fitting response to a loss, a tribute to a loved one who has died. Running away from grief postpones sorrow and clinging to grief prolongs pain. Neither approach leads to healing. Allow grief to have its way for a while; then, gradually and gently, you can release yourself from its grip. Recognition of the appropriateness and the value of grief is the first step in accepting the reality of the loss and also the first sign of recovery. Each of us is different, but for most people grieving follows a pattern, that proceeds through these stages. We do not all experience every phase, nor do we move through grief at the same pace or intensity.

The following characteristics constitute the basic elements of the grief experience:

Shock – A period of numbness usually flows the event of a loved one's death. One feels stunned, in a trance. It could last only minutes, but also persist for days or even longer. The state of shock allows a person time to absorb what has happened and to begin to adjust. There is a tendency to leave decision making to others. Yet, it is important to face the reality of the death and to regain control of the direction of one's life.

Emotional Upheaval – As shock wears off, grief gives rise to a variety of emotions. When such feelings seem overwhelming, we do well to defer major decisions. Other grievers and counselors can help us interpret and deal with feelings. As we come to understand what we

experience, we can find appropriate ways to ventilate our emotions, and to channel them to our advantage.

Physical Distress – The mental and emotional upset of loss can cause physical distress and make us vulnerable to illness. Grief sometimes causes us to neglect healthy nourishment and exercise or to overindulge ourselves in drinking, smoking or medication. We might need a doctor’s advice in regard to our symptoms, their cause and their treatment.

Panic – The death of a loved one makes the future very uncertain. We might panic in the face of the unknown and the fear of “going it alone.” Panic prevents concentration and defers acceptance of the finality of death. It tempts us to run from life, to avoid people and to refuse to try new things. Patience with ourselves and a willingness to accept help from others will enable us to subdue panic and outgrow its confusion.

Guilt – Many people fault themselves in connection with a loved one’s death. We have all made mistakes in our relationships and sincere regret is the best response to them. However, self-reproach out of proportion in our behavior can affect our mental health and impede our recovery from grief.

Hostility – People in grief naturally ask “Why?” Most of these questions have no answer. Frustration then causes us to feel resentment and anger. We want someone to blame. If we can accept the lack of answers to “Why?”, we might begin to ask, instead, what can we do now to grow through what has happened. Then we have started to move beyond anger and towards hope.

Depression – Grievers typically, but in varying degrees, experience loneliness and depression. This pain, too, will pass. It is important to realize that being alone need not inevitably result in loneliness. Moreover, stresses other than the death-loss could account for depression. Reaching out to others is a key to lessen loneliness and to overcome depression.

Aimlessness – At times in the grieving process, a kind of drifting occurs. Mourners find it difficult to return to familiar, even necessary activities. We prefer to daydream about what was or fantasize about what might have been. If we can foster gratitude for the past and begin to assess our potential for the future, this will prove a passing phase rather than a permanent state of aimlessness.

Hope – In time, with effort, hope grows. We can express emotions without embarrassment or apology; feel concern for and show interest in others; make decisions and assume responsibility for ourselves.

Reaffirmation – Eventually, a bereaved person recognizes and embraces a healing truth: Grief has changed me, but has not destroyed me. I’m no longer my “old self,” but I’m still me, and I face the future with Confidence.

What We Need During Grief:

Perhaps the most difficult task of grief is to own our feelings and express them. If this task is not worked through, the successive tasks of the grieving process will be much more difficult.

Attending to the following needs will be helpful:

Time – Time alone and time with others whom you trust and who will listen when you need to talk.

Rest – *Relaxation, Exercise, Nourishment, Diversion.* You may need extra amounts of things you needed before. Grief is an exhausting process emotionally. You may need to replenish yourself. Follow what feels healing to you and what connects you to the people and things you love.

Security – Try to reduce or find help for financial or other stresses in your life. Allow yourself to be close to those you trust. You may need to allow yourself to do things at your own pace.

Hope – You may find hope and comfort from those who have experienced a similar loss. Knowing some things that helped them, and realizing that they have recovered and time does help and may give you hope that sometime in the future our grief will be less raw and painful.

Caring – Try to allow yourself to accept the expressions of caring from others even though they may be uneasy and awkward. Helping a friend or relative also suffering the same loss may bring a feeling of closeness with that person.

Goals – For a while, it will seem that much of life is without meaning. At times like these, small goals are helpful. Living one day at a time is a rule of thumb. At first, don't be surprised if your enjoyment of these things isn't the same. This is normal, as time passes you may need to work on some long-range goals to give some structure and direction to your life. You may need guidance or counseling to help with this.

Small Pleasures – Do not underestimate the healing effects of small pleasures. Sunsets, a walk in the woods, a favorite food – all are a small step toward regaining your pleasure in life itself.

Permission to Backslide – Sometimes after a period of feeling good, we find ourselves back in the feelings of extreme sadness, despair or anger. This is often the nature of grief. It happens because as humans, we cannot take in all of the pain and the meaning of death at once. So, we let it in little at a time.

Drugs are not Helpful – Even medication used to help people get through periods of shock under a physician's guidance may prolong and delay the necessary process of grieving. There is no cure to grief and we cannot prevent grief. The only way out is through the grief process.

Appropriate Expectations you can Have for Yourself in Grief

- Your grief will take longer than most people think,
- Your grief will take more energy that you would ever imagine,
- Your grief will involve many changes and be continually developing,
- Your grief will show itself in all spheres of life; psychological, social and physical,
- Your grief will depend upon how you perceive the loss,
- You will grieve for many things, both symbolic and tangible, not just the death alone,
- You will grieve for what you have lost already and for what you have lost for the future,
- Your grief will entail mourning not only for the actual person you lost but also for all of the hopes, dreams and unfulfilled expectations you hope for and with that person, and for the needs that will go unmet because of the death,
- Your grief will involve a wide variety of feelings and reactions, not solely those that are generally thought of as a grief, such as depression and sadness,
- The loss will resurrect old issues, feelings and unresolved conflicts from the past.
- You may have a combination of anger and depression, such as irritability, frustration, annoyance or intolerance,
- You will feel some anger and guilt, or at least some manifestation of these emotions
- You may have a lack of self-concern,
- You may experience grief spasms that occur suddenly with no warning,
- You will have trouble thinking and making decisions,
- You may feel like you are going crazy,
- You may be obsessed with the death and preoccupied with the deceased,
- You may begin a search for meaning and may question our religion or philosophy of life,

- You may find yourself acting socially in ways that are different from before,
- Society will have unrealistic expectations about your mourning and may respond inappropriately to you,
- You may find that there are certain dates, events and stimuli that bring upsurges in grief.

Your grief will bring with it depending upon the combination of factors above, an intense amount of emotion that will surprise you and those around you. Most of us are not prepared for the global response we have during a major loss. Our expectations tend to be too unrealistic, and more often than not we receive insufficient assistance from friends and society. Your grief will be dependent on the meaning of your loss, your own personal characteristics, the type of death, your social support and your physical state

What Recovery Will and Will Not Mean

As you enter into the delicate journey toward healing, choose the ideas of the journey that appeal to you.

Here are some words of advice:

- Be patient with yourself
- Go gently. Give yourself time, much energy is used for the healing process
- Don't overextend yourself
- Let the grieving process run its course. Crying is normal and a healthy part of the process
- Rest and exercise can provide a balanced approach to healing
- Consider journaling. It may be a good way to learn what your feelings mean and a possible way to understand them
- Change your routine
- Meditate for short periods of time
- Attend Mass, join new groups, meet new people, reestablish old friends and start new friendships
- Do something for someone else

- Be direct in what you need
- Each day is a struggle; each small step is a tremendous accomplishment
- Don't have unrealistic expectations for yourself
- An ending has taken place that demands new beginnings. Before that can happen, a period of transition takes place
- You don't become unduly anxious when you have nothing to do. You don't have to be occupied all the time to be without tension
- You can remember without pain, and talk about the deceased and the death without crying
- You no longer feel exhausted, burdened or wound-up all the time
- You can find some meaning to life
- You have "accepted" the loss in the sense of not fighting the fact that it happened
- You are comfortable with your new identity and the new adjustments that you have made to accommodate being without your loved one in the world. While you wouldn't have chosen to have to change, you are not fighting it now
- You are comfortable with the emotions that temporarily are aroused when you occasionally bump the scar from your loss. You know how to deal with the grief and you understand that it is normal
- You know how and when to take time to mourn
- You can look forward to and make plans for the future

You will have a healthy perspective on what your grief resolution will and will not mean for you

Learning to Live with the Loss

- You can realistically remember the good and the bad, the happy and the sad of both the deceased and your relationship,
- Any identification you have with the deceased is healthy and appropriate,
- You can forget the loss for a while without feeling like you are betraying your loved one,
- You have a comfortable and healthy new relationship with the deceased, with appropriate withdrawal of emotional energy but also appropriate ways to keep that person “alive”,
- You are able to stop “searching” for your lost loved one,
- You do not have to hold on to the pain to have a connection with your deceased loved one,
- The rituals that keep you connected to your loved one are acceptable to you and healthy,
- You can concentrate on something besides our deceased loved one,
- In your relationship with your deceased loved one, you have achieved healthy amounts of holding on and letting go,
- You have integrated this loss into your ongoing life. You are able to relate to others in a healthy fashion and to work and function at the same level as before,
- You can accept the help, support and condolences of others,
- You are not inappropriately closed down in our feelings, relationships or approaches to life,
- You can let the world go on now without feeling it has to stop because your loved one has died,
- You can deal with other’s insensitivity to our loss without becoming unduly distressed or overemotional,
- You are regaining interest in people and things outside of yourself, or which don’t pertain to your lost loved one,
- You can put the death in some perspective.

There may be other signs that would indicate to you that you now are learning to live with your loss in as healthy a fashion as possible. The signs of learning to live with your loss listed above will give you some examples of the ways in which resolution and recovery can be shown.

Note that the above list does not show a disconnection or a forgetting of your loved one, but is centered around learning to live with the fact that your loved one is gone, and moving forward in the world despite the fact that the scar will remain on occasion brings pain.

Suggestions for Coping during Holidays

Plan Ahead – Bereaved individuals who experience the most difficulty with the holiday season are those who have given little thought to the challenges they will encounter. Consider ahead of time what may be expected of you, both socially and emotionally, as well as your own preferences.

Accept Your Limitations – Grief consumes most of your available energy no matter what season. The holidays place additional demands on our time and emotions. Plan to lower your expectations to accommodate current needs.

Make Changes – Your circumstances have changed. Expect to make necessary alterations in holiday plans to accommodate those changes. Consider changing your surroundings, rituals and/or traditions to diminish stress. Serve notice on family and friends that this year things may be somewhat different.

Trim Down to Essentials – Limit social and family commitments to suit your available energy. Reevaluate priorities and forego unnecessary activities and obligations.

Ask for And Accept Help – Accept offers for assistance with holiday shopping, decorating, cleaning, cooking, etc. Chances are loved ones are looking for ways to lessen your burden at this time of year. Allow those who care about you to offer their support in concrete ways.

Inform Others of Your Needs – Give family and friends the tools they need to help you through the holidays. Be specific with them about your preferences and desires, and keep them up-to-date when those needs change.

Build in Flexibility – Learn to “play it by ear.” There is no concrete formula for learning to deal with loss. You are the foremost authority on what is best for you. Accept the fluctuations that must occur when walking in unknown territory, and learn to take each moment as it comes.

Give Yourself Permission “To Be” – Allow breathing space and expect fluctuations in mood and perspective. Not only is life more complicated, but all energy is siphoned into mental and emotional resolution. Grieving is nature’s way of healing the mind and

heart from the greatest injury of all. Allow yourself the privilege of limping till your wounds have healed and you can learn to run again.

- If you attend a “singles” open house, remember others who are there are also doing something about loneliness. Look for the person (s) who may seem to be alone and be willing to extend themselves.
- Before you make a decision not to go to a family celebration because you don’t want to make others uncomfortable, write the pros and cons of why you should or should not go.
- Include deceased loved one in your conversation – once others realize that you are comfortable talking about your loved one, they will relate stories about your loved one that add to your pleasant memories.
- Plan to be with people you enjoy. Buy tickets to the ballet or theater.
- Go to a religious celebration where you can enjoy the music and reflective sharing.

Start a new tradition. Consider a “winter holiday.” Buy flowers for your church, temple or organization in memory of the deceased. Consider changing the focus of your holiday celebrations.

