



## FROM THE DESK OF FR. MIKE

Throughout the month of November, in a very faith filled and intentional way we recall and remember those who have died, those who have “gone before us”, those who are no longer with us. At the Church of St. Mary, a touching and hope filled Mass was celebrated days ago, on the Feast of All Souls. As followers of Jesus, we are to share and model hope for one another, particularly when dealing with death.

At the Church of St. Mary’s, you will find a book near the baptismal font in which you can enroll the names of those whose memory continues to fill your heart. Each year this book is placed in the prominent location in the church. As we remember those who have made a lasting impact in our lives, we also remember in our prayers, all those who grieve the memories and the loss of all who have gone before us in faith.

How has embracing memories from the past helped us move forward through our grieving and loss? Embracing the memories can be something we do privately, and it can be something we do publicly. In a resource entitled “*Embrace the Memories*” the rituals listed below may help you to remember and to pay tribute to those who have died.

- Talk or write about the favorite times you shared.
- Retain special keepsakes that belonged to your loved one.
- Display a photo of your loved one. Tell them about your day or about a shared memory.
- Visits places that stimulate memories of good times together.
- Create a “memory book” of special photos you have selected. Write briefly about the memory reflected in the picture. Review the photos on holidays or anniversaries.
- Contribute money to a charity, scholarship fund, or other worthy cause in your loved one’s name.
- Donate an item to a favorite organization in your loved one’s name – a painting to a local hospital, a bench along a river or ocean, a wheelchair to the local hospice, a book to the local library.
- Plant a tree or rosebush in your loved one’s name.
- Buy a special candle and light it on special occasions – birthdays, anniversaries, etc.
- Visit the cemetery where loved ones are buried.
- Continue to wear your wedding ring or have it made into a pendant for a necklace.

These above rituals are found at [www.resourcesforgrief.com](http://www.resourcesforgrief.com).

Traditionally we have a week-long celebration of Catholic Schools Week beginning the last weekend of January. Next Sunday we are having a special celebration entitled, “Discover Catholic School Week” in this coming week, where we can highlight the wonderful things that take place every day at our three-time Blue-Ribbon award-winning School. More information is available through the School website or by contacting the SOSM office.

May God bless us with hope filled hearts as we remember all of the faithful departed,

*Fr. Mike Maciej*