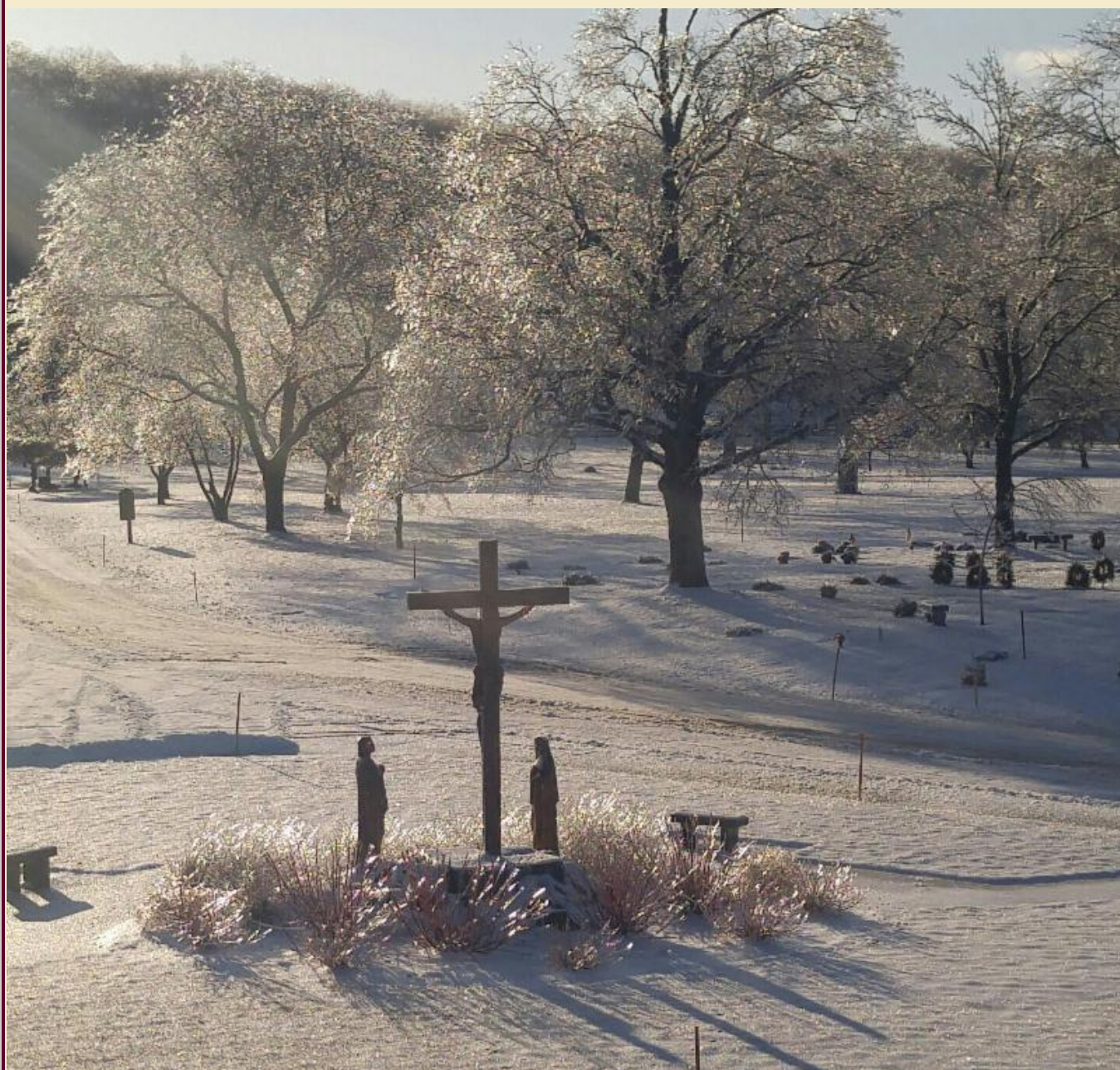


Catholic Cemeteries Association

of the Archdiocese of Hartford, Inc

**700 Middletown Avenue
North Haven, CT 06473
Phone (203) 239-2557
Fax (203) 239-5035
www.ccacem.org**

February 2020



Greetings from Catholic Cemeteries Association



From the Desk of the Executive Director

Greetings!

Wednesday, February 26th is Ash Wednesday, marking the beginning of the Lenten Season for the Catholic Church. This first day of Lent is the precursor to the most important holiday on the Church calendar, Easter. The death of Christ on the cross, followed by His resurrection, was the ultimate sacrifice to humanity for the forgiveness of our sins and conquering death. Traditionally we



offer some small sacrifice during Lent to remind us of this great gift and to unite ourselves with Christ on the cross. The Lenten Season is marked by the faithful by increasing their Prayer, Fasting, and Alms giving. What a great time of the year to concentrate on these three aspects of our faith. Lets all try to bring the joy of His resurrection to our families and others by acting on these in whatever way you see fit and bring us closer to Him. The Lenten season reminds us also of the burial of Christ in the Tomb and the visitation of Mary Magdalene and the other women followers of Jesus. It is an auspicious time for us to visit the resting place of our loved ones and be filled with the hope of the resurrection.

At the Catholic Cemeteries Association (CCA), we have been blessed with a mild winter. We have been busy cutting trees for the safety of the families that visit our parks. At some of our parks you will notice remodeling of our offices occurring. We apologize for any inconvenience this may cause you but it is important to have adequate work space to better serve the needs of the families of the Archdiocese.

Tune in to WDRC and its affiliates on Saturday mornings at 11:00 AM and listen to the Catholic Cemeteries Radio Show and hear more about the goings on with your CCA from host Gary Byron and Chris Radlicz our Family Service Director .

From all of us at the CCA, we wish you and your families a blessed Lenten Season!

Peace,

John Pinone

During the month of February, 2020

get a

10% discount*

on any Grave or Mausoleum Crypt

purchased from the Catholic Cemeteries

Association.

Advanced Planning—The Gift that Lasts an

Eternity

****Discount does not apply to the Endowed Care portion
of the product purchase price. Cannot be combined
with any other offers.***

Check us out... LIVE on the Radio!

Catholic Cemeteries

***Association (CCA) has
its own Radio show!***

***It's just a new way to
serve you...our
listeners!***



***Join us on Saturday
mornings from 11:00 to
11:30 AM with our very
own Family Service
Director, Chris Radlicz.***

Tune in at 1360 AM,
103.3 FM, 1470 AM
(Meriden), and 610 AM
(Torrington)

Email your questions to be
addressed on the show to
CCAWDRC@gmail.com

Join us...every Tuesday in February!



Meet & Greet-

Hamden-Want to learn more about the ***Catholic Cemeteries Association?*** Join us for a series of Meet & Greet every Tuesday in February.

Here's your opportunity to gain valuable information about our products/services, special offers, how to register for a **Dignity of Life Seminar**, schedule a tour of our mausoleum, meet our trained **Family Service Advisors**, and

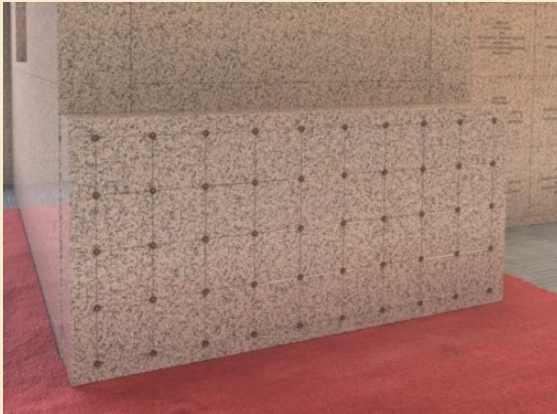
sign up for our newsletter.

Meeting Tuesdays at Our Lady of Mt. Carmel on Whitney Ave. promptly after the morning mass at **8:30 AM.**

Feb. 4th
Feb. 11th
Feb. 18th
Feb. 25th

Stop by to visit us in the Church Hall (downstairs) for a cup of coffee and a bagel on us!

NEW this March...in Bloomfield



NEW! ***Cremation Niches at*** ***Mt. St. Benedict Cemetery***

Located inside the Mausoleum this new wall of Cremation Niches is currently available for presale. Installation is scheduled for the first week in March. This new columbarium will contain 36 niches.

For more information, please call the cemetery office at (860) 242-0738. A member of our team is happy to serve you.

Dignity of Life Seminars



This Archdiocesan approved program is successfully assisting parishioners with elder care and end-of-life planning. The goal of the session is to provide educational and resource information in the areas of burial, funeral, and estate planning. Let a panel of experts assist you and your loved ones. Call our Outreach Coordinator, Barbara Gode for more information about other Outreach programs, (203) 780-8418.

Dignity of Life Seminars for 2020

February 13th (Thursday)

Holy Rosary Parish

10 Father Salemi Drive

Ansonia, CT

Times: 2pm and 6pm

FSA: Al Keoglar 203 507-7139

TBA

Our Lady, Queen of the Apostles Parish

Session Location: Church Hall of Saint Mary the Immaculate Conception

212 Elizabeth Street

Derby, CT 06418

FSA:

March 12th, Thursday

St. Maron Catholic Church

613 Main Street

Torrington, CT 06790
Times: 2pm and 6pm
FSA: Anthony Caraluzzi

March, 19th (Thursday)
St. Francis of Assisi Parish

Session location: St. Hedwig Church
32 Golden Hill Street (Union City)
Naugatuck, CT
Times: 2pm and 6pm

Family Service Advisor (FSA): Dcn Tony Caraluzzi, 203 507-6952

May 7th (Thursday)
St. Dominic

Session Location: Learning Center
1050 Flanders Road
Southington, CT
2pm and 6pm
(FSA): Lydia Cassarino, 203 507-8328

May 13th (Wednesday)
Southington Catholic School and St. Thomas Church

Session Location: Southington Catholic
133 Bristol St.
Southington, CT
Times: 2:30pm and 6pm
FSA: Kelly O'Callaghan, 203 923 4942

May 20th (Wednesday)

St. Raymond of Penafort Parish
Session location: TBD
64 Pearl St
Enfield, CT
Times: 2 pm and 6 pm
FSA: Amy Chester 203 507-7509

June 3rd (Wednesday)

St. Anthony Church
4 Union City Road
Prospect, CT
2pm and 6pm
FSA: Robert Aviz 203 923-5854

June 10th (Wednesday)

Our Lady of Mt. Carmel
785 Highland Ave.
Waterbury, CT
Times: 2pm and 6pm
FSA: TBA

June 17th, (Wednesday)

Milford Senior Center
9 Jepson Drive
Milford, CT
FSA: Christina 203 507 8698

June 18th (Thursday)

Ss Aedan and Brendan Parish
112 Foundain St.
New Haven, CT
Time: 2pm and 6pm

November 18th (Wednesday)

St. Mary Magdalen
Session Location: Rectory
145 Buckingham St.
Oakville, CT
Times: 2 pm and 6 pm
FSA: Susan Palladino, 203 507 8649

TBA

St. Mary/St. Joseph's
New Haven, CT
Time: 12:00pm (noon)

T

Please visit our website online at www.ccacem.org for more information and to **register** for one of our many seminars offered throughout the year.

If you would like to offer a Dignity of Life Seminar at your parish, please contact our Outreach coordinator, Barbara at 203 780-8418

***Pre-planning can provide peace-of-mind for the rest of your life.
Learn how...register for a
Dignity of Life Seminar.***



Join us for our next Dignity of Life Seminar, meet our staff and enjoy light refreshments. A Family Service Advisor is available to answer questions and offer information about special discounts, memorials and more. Visit our website at www.ccacem.org to find one of our 30 Cemeteries nearest you.

A Gentle Reminder!



Don't forget to remove your winter decorations...

If you wish to retain any winter decorations, please do so by **March 2nd**, they will be removed as soon as deemed possible after this date. It can take weeks to remove all grave-side decoration in preparation for the Easter season. Thank you for your support in keeping our community looking its best!

Experiencing Complicated Grief?

Grief is a normal result from the loss of a loved one, but sometimes it can become complicated. Our small-sized adult group provides the right amount of connection, understanding, emotional and spiritual support in an atmosphere that is non-judgmental and confidential.

Adult Support Group: The group will begin on **May 5th every Tuesday evening at 6-8 PM until June.** Please register.

To register for the program, please contact the Facilitator, Barbara at 203 605-9845.



Many thanks for your support...



Catholic Cemeteries Association would like to thank all those who participated in the **Annual Food Drive** in December. We collected hundreds of non-perishable food items to support the Food Pantries in Bloomfield, Branford, Derby, East Haven, Manchester, Meriden, New Britain, North Haven, Torrington, Waterbury, Watertown and West Haven. Thank you for your act of kindness towards others.

May God bless you for your generosity!

pictured: Michael Milici

Words to ponder...

13 Little Lenten

Sacrifices

There are a plethora of ways to practice Lent, even for those who can't do a traditional fast.

Sophia Feingold



For some people Lent is pretty hardcore. I have at least two friends who are Eastern Catholics—that is, they belong to the churches in union with Rome, but have their own liturgy and customs, including the custom of eliminating all meat and dairy from their diets during Lent. I distinctly remember watching one of these friends at a restaurant a few years back. We had all gone out after a choir event and, while the music had been appropriately Lenten, it's fair to say that the meals being ordered were on the celebratory, wow-I'm-glad-we-pulled-that-off side. Some time after the rest of us had finished making up our minds and were chatting away, this friend was scrutinizing the menu. Ultimately he ordered a salad, asking the waitress to hold the crumbled bacon, the cheese, and dairy-based dressing. I can't recall, but I'm hoping there were a few nuts or seeds in there somewhere.

I've always been too chicken to try that hardcore of a fast myself, and in recent years, with the complications of having children added to the picture, the idea of pulling it off seems vanishingly remote. Thankfully, there are plenty of other ways of fasting—and also alms-giving and praying, since, as I've been reminded in recent years, those are also traditionally parts of the Lenten observance. Eastern Catholics—do your thing. You are amazing. For the rest of us, here are thirteen weenie Lent ideas.

(I should add, by the way, that none of these ideas are original to me: from parents to confessors to friends to homilists, there are a lot of sources involved—and unfortunately, I don't remember enough to credit them appropriately!)

Fasting:

1. Give up one thing at every meal. The idea of this approach is to offer up a little something every time you eat, so that you keep the idea "It's Lent!" always in front of your eyes. At breakfast, it might be forgoing (or at least cutting in half) the honey on your oatmeal, switching from a nice coffee to a cheap one, or switching from your brand name cereal to the store brand (unless, of course, you prefer the store brand ... in which case ... You Know Your Duty). At lunch, it might be skipping the spreads on your sandwich, the dips for your veggies, or not heating up the leftovers. At dinner, it might be omitting the salad dressing or

Parmesan, or eating the bits of that you'd usually leave on your plate.

2. Postpone the pleasure. I'm not talking about postponing something good for you (e.g., a glass of plain water, or a snack for someone who gets low blood sugar), but do you really need those peanuts half an hour before dinner?

3. Go liquid. I'm not suggesting that you change all your meals to smoothies, but one salutary penance—not quite “fasting” but a step away—is not eating between meals. This isn't feasible for everyone, however (pregnant women, teenage athletes, people with low blood sugar ...). For those who do need something to tide them over between meals, sometimes a glass of whole milk plus a glass of juice will do the job—but without satisfying the craving to crunch on a snack, which is frequently half of what's going on when people get the munchies at three or four p.m.

4. Ration your social media. This can also apply to things like checking the news or sports stats, if that's your “temptation.” A lot of people give up Facebook or other sites—and good for them! But if you're someone who uses social media to stay in touch with most of your friends or family (looking at you, stay-at-home moms!), what about limiting how and when you use it? No Facebook till after five. Or no Facebook on your phone. Or only check messages and notifications (i.e., no random scrolling). Or only use the chat function to actually, you know, chat with people.

5. Sort of fasting ... from sleep, at least: Use the heroic minute. This one, from St. Jose Maria Escriva, has been around a while. For those who haven't heard of it: the idea is to get out of bed immediately when your alarm rings (or your baby whines). Fun? No. Good for your soul? Absolutely!

6. And a final version of “fasting light”: <https://tojesussincerely.com/2016/02/04/the-5-minute-rule-for-lent/>.

Alms-giving:

7. Make your attention your alms. Most of us can think of people—a neighbor, a distant friend, an elderly relative—whose company is more work than fun. Make a list of these people, and commit to giving half an hour each week to one of them, via phone or in person. Schedule it on your calendar for a specific date and time, just as you would a doctor's appointment. (If they are truly inclined to talk for hours, you can give yourself a hard-and-fast out, in the form of another appointment or job, and let them know about it up front.) Listen to them if they like listening. Talk if they want to hear you talk. Do it on Fridays, if it's really that painful!

8. Give the moment (a variation on the above). When the cashier wants to tell you the looonnnng story about how he played Santa Claus

for his two kids, listen. When your office mate wants to discuss his dog's dental work, nod. When the two-year-old wants to hear "Blueberries for Sal" for the hundredth time, read it. (Obviously, if you've actually got to make it to an appointment, or get the report in, or start dinner—then do so! But consider, before making your escape, if you're really escaping for the sake of other duties, or if you're just, you know ... escaping.)

9. Give stuff away. Find a parish store, a thrift shop, or a Goodwill near you that will take your unused things, and take them. Yes, yes, "minimalism" and "Kon Mari" are everywhere in the secular world, and it's annoying. But St. Francis of Assisi did it first, and it can still be done with the spirit of Holy Poverty. If you're one of those people who enjoys the bare IKEA look, maybe this isn't so penitential. But if you're someone who's inclined to hang on to things "just in case" (and if you have the financial wherewithal) then this is the form alms-giving for you.

10. I'm not sure this one quite falls under alms-giving but ... Finish the job. For example ... Don't just fold the laundry, put it away. Don't just bring in the mail, open it, and take care of the bills right now. Don't just read the text or email, respond to it.

Prayer:

11. Pray one Station of the Cross a day. Find a version you like, print out a copy, and put it up on your mirror in the bathroom or hang it near your sink. While you brush teeth or wash dishes, pray one or two stations of the cross. Even if you can't make it to church for the real deal, it's better than nothing.

12. Pray a decade in the checkout line. Or maybe you're on public transportation, and it's one of those short stops where taking out a book just doesn't seem worthwhile. Or you're walking downstairs sloooowwwwwly in front of your toddler who hasn't quite mastered the job yet. Or you're at a really long stoplight. Or a commercial just came on the radio or TV (and if it feels weird to be praying during X program ... maybe pray specifically for the host/players/writers/actors involved? they could probably use it).

13. Hail Mary Facebook. Maybe it's just my feed, but I see a fair number of prayer requests. As in, maybe every tenth post is a prayer request. There's no way I could actually keep track of all of them—I realized long ago that my choices were (1) write every intention in a little book, like people carry when they go on pilgrimage, or (2) take care of each request then and there by saying a Hail Mary. I went with (2). And for some odd reason, I started noticing even more prayer requests than before ... When I get to three in a row, then clearly it's time to get off Facebook for something less ... prayerful? (And yes, I do enjoy the irony of using Mark Zuckerberg's soul-sucking invention in this way.) Nor does this practice have to be limited to explicit prayer

requests: you can pray for anyone who posts about having a hard day, or who seems to be feeling down—even, and perhaps especially, for the person who just wrote that angry political screed.

That's all, folks. Happy Lent!

Resource: <http://www.ncregister.com/blog/feingold/little-lenten-sacrifices>

SAVE THE DATE!



***Tuesdays at noon
beginning Feb. 25th until April 7th
Join us for our 1st
Lenten Walk***

***(meditations written by Br. Paul Miller, ofs fsdm)
Group meets in the Mausoleum and
walks throughout the cemetery
All are welcome!
Please dress accordingly for the
weather.***

***For information or to join our email
list, please contact Barbara at 203
780 8418 or email her at***

bgode@ccacem.org
*We would be happy to send you a
weekly reminder.*

We have a NEW look!



*Visit our NEW
website...to learn
more about us!*

**Visit our
website**