

Catholic Cemeteries Association

of the Archdiocese of Hartford, Inc

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www.ccacem.org**

***February 2022
Newsletter !***





■ Greetings!

As the winter weather arrives in full blast your Catholic Cemeteries Association (CCA) is still working diligently to clear the road ways throughout our cemeteries. We take our responsibility to you and your family seriously by continuing to provide burial services with exceptional care. As inclement weather brings its challenges, please be reminded that you can still visit your loved ones through the virtual tour portal of our website [Click here to view....](#) Currently, there are four cemeteries available online and each year CCA will add more to the virtual tour list. This is just another innovation to help our families keep their loved ones close.

In February, we celebrate Valentine's Day by honoring our loved ones and remembering those special moments that fill our lives with such joy. The Gospel reading this past week is very appropriate. Jesus tells us that the greatest of all commandments is love. So, let us always remember to show a caring attitude to our families, friends and associates in all we do. We also celebrate Presidents' Day to honor two former Commander in Chiefs who greatly impacted the birth and growth of our great Nation.

During these snow covered days, please do not hesitate to come into any of our offices and ask for assistance. We are happy to help!

Peace,

John Pinone

Special Promotion:

Offer Valid from

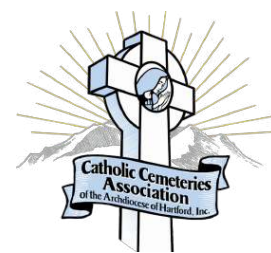
Feb. 14th until March 31st. Please

bring this Ad with you to

Save \$750.00 on a Tandem Crypt,

\$500.00 on a Single Crypt, and

\$150.00 on 2 Graves.



**A Family Service Advisor is standing
by to assist you and answer any of
your questions.**

Inquire today!

Contact one of our
Cemeteries

Catch us on the Radio!

***Join us every Saturday at
11:00 AM on WDRC the Talk
of CT***

Tune in at 1360 AM, 103.3 FM,
1470 AM (Meriden), and 610 AM
(Torrington) to hear Chris Radlicz,
our Family Service Director, at CCA
and President of Catholic Family
Services Association speak about
the importance of Pre-Planning
issues facing Catholic Families as
well as a host of other timely
subjects important to Catholics.
Tune in every Saturday at 11:00
AM on WDRC the Talk of CT



Listen on Talk of
CT

Dignity of Life Seminar!

*An educational seminar on
the importance of pre-planning*



■ 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, estate planning and information about the Catholic Funeral Plan. Let the experts assist you.

For your convenience and safety, we will be offering small-sized in-person seminars on the following days and evenings:

Seminars:

2022

**Tuesday, Feb. 8th
Sacred Heart Cemetery Chapel
Meriden, CT
Time: 4:30 PM**

**Tuesday, Feb. 15th
Sacred Heart Cemetery Chapel
Meriden, CT
Time: 5:00 PM**

**Tuesday, March 1st
Sacred Heart Cemetery Chapel
Meriden, CT
Time: 5:00 PM**

**Tuesday, March 8th
Sacred Heart Cemetery Chapel
Meriden, CT
Time: 4:30 PM**

**Wednesday, April 6th, 2022
Milford Senior Center
9 Jepson Drive
Milford, CT
Time: 1:00 PM**

**Thursday, April 28th
St. Francis of Assisi Church
Naugatuck, CT
Times: 2:00 PM and 6:00 PM**

**Wednesday, May 4th
Sacred Heart Cemetery Chapel
Meriden, CT
Time: 5:00 PM**

**Thursday, May 19th (TENTATIVE)
Our Lady of Mt. Carmel Church
Hamden, CT
Times: 2:00 PM and 6:00PM**

Thursday, May 26th

**St. George Church
Guilford, CT
Times: 2:00 PM and 6:00 PM**

**Thursday, June 9th (TENTATIVE)
St. Frances Cabrini Church
North Haven, CT
Times: 2:00 PM and 6:00 PM**

**Wednesday, June 15th
St. Margaret Mary Church
So. Windsor
Times: 2:00 PM and 6:00 PM**

**Wednesday, June 22
St. John Paul the Great-
St. Paul Church Hall
Torrington, CT
Time: 2:00 PM and 6:00 PM**

**Thursday, August 25th
St. Margaret Parish
Madison, CT
Times: 2:00 PM and 6:00 PM**

All interested must register. Seating is limited.

For more information about our Seminars and to register,

please visit

our NEW website or call

our Outreach Coordinator,

Barbara Gode to ask questions (203) 780-8418 or
email her at bgode@ccacem.org

If you would like CCA to offer a complimentary Dignity of Life Seminar at your parish, please call us. We would be happy to contact your pastor.

It is our pleasure to serve the Church.

Ask us about The Catholic Funeral Plan®
Guaranteeing the Catholic Burial Traditions of our families



700 MIDDLETOWN AVENUE, NORTH HAVEN

203-239-2557

CCACEM.ORG

Catholic Funeral Plan® (CFP) is a faith-based, pre-need plan for those age 50 and over. The plan allows Catholics to make their funeral arrangements in advance.

For more information, please visit our website to contact the Cemetery office nearest you. Also, you may register for one of our Dignity of Life Seminars to learn more about the CFP as well. You must register as seating is limited. A Family Service Advisor is ready to answer your questions. Call today at (475) 227-0211

[Read more...](#)

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.

by *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 almsgiving 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://tojessusincere.com/2016/02/04/the-5-minute-rule-for-lent/>.

Almsgiving:

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 loooonng 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 almsgiving for you.

10. I'm not sure this one quite falls under almsgiving 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!

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

Frosty February...



Above picture was taken at All Saints Cemetery in North Haven.

If you have taken a picture when visiting one of our cemeteries and would like to share it with us, please submit it. Each time you submit a photo to share and we use it, your name will be entered into a drawing to win a gift card. Note: names will be selected annually beginning in 2022. Here's how to send your photo...please forward it to our Outreach Coordinator, Barbara Gode by emailing it to: bgode@ccacem.org.

Happy picture taking!

Food Drive Results...

Thank you!

Many thanks to all those who participated in our Annual Food Drive in December. We collected 143lbs of non-perishable food items.

May God bless your kind hearts!



A blessed Lent to all



"What a delight it is to love with all the force of one's heart even more in return, to feel and experience this with the full consciousness of the one's being. There are no words to express this." - St. Faustina's Diary, 1523

*Thank you Jesus for YOUR infinite and eternal love and mercy towards us.
Saint Faustina...pray for us!*

Have a question?

Contact us