

**Family of Four Parishes
Commemoration of all the Faithful Departed**

Our Lady of Divine Providence SS Peter and Paul Parish

Jean Burgardt
Ophelia Castillejo Damian
LaVerne M. Lawson
Matthew Lyons
Gerald "Jerry" J. Menting
Ronald Shehane
Esther Ziolkowski

Geraldine Kortsch
Robert "Bob" Mathia
Patrick James O'Grady
Lilli Shea
Anita Sorenson
Janet Squire

Old St. Mary Parish

Sue Astrin
Myron "Mike" Bader
Luis Mateo Caporal-Martinez
Anne Maureen Catalane
Laurence Brayton Compton Jr.
Maria De Los Angeles Esparza
William Ryan Drew
Linda Frisch
David E. Gardinier

Rita Marie Greer
Penelope Ann "Penny" Harper
Patricia A. Hemmer
Mary Margaret McGinn
Omni Monet Keeler
Elaine Penn
Paul Anthony Reinelt
Jane Barbara Stich
Tony Michael Taagen
Carol Ann Zywicke

Three Holy Women Parish

Jesse C. Anderson
John Benske
Jeannie Boyce
Romaine Antonette Budzisz
Christine Karen Cataldo
Betty Jane Colla
Josephine Crosariol
Barbara P. Curley
Thomas "Tom" Curley
Joseph "Joe" D'Amato
Giovannina Ferrara
Domenic Foti
Sr. Monica Fumo
Grace Gazzana
James Mark Gruettner

Mary Herzog
Robert T. "Bob" Jennaro
James Joecks
Nancy Kendall
Thomas J. Kuesel Sr.
Donald Kusmierczyk
William Thomas Luckey
Mary Maglio
Dorothy Malmarowski
Nina Mussomeli
Sr. Gabriella Nguyen
Michael O'Byrne
Joan Ohm
Betty O'Neal
Dolores Piotrowski

Joanne Piotrowski
Salvatore Quarino
Patricia Riser
Joseph Ruditys
Catherine SanFelippo
Virginia Schmidt
Eugene Schroeder
Katherine Silvia
Maureen A. Smith
Eugene Szklarski
Suzanne Mary Weber
Charles A. Winterhalter
Betty Jane Woytal
Karen Zader
Nicolaas Zoet

***Eternal rest grant unto them, O Lord.
And let perpetual light shine upon them.
May they rest in peace. Amen.***

Family of Four Parishes

Old St. Mary, Our Lady of Divine Providence, SS Peter & Paul, and Three Holy Women



Life Can Be Beautiful

For every tear we shed,
we will laugh.
For every sadness
we are burdened with,
we come to know
the value of each joy.
For every loss we endure,
we will be
further enriched with
His peace.
For every moment
we doubt His existence,
He will give us an hour,
a day, a session
to see and feel that
He does truly exist.

God is there for us
and has always been.
From the beginning
of His time,
spring always
follows the winter.
After the sorrow
of our tears,
there must
follow the daffodils
of new life.

Amen!

Dear Friends,

*"All the darkness in the world cannot extinguish the
light of a single candle"*

St. Francis of Assisi

All Souls Day is remembered on **November 2nd** and the Church from its beginning has always honored with great respect the memory of the dead. We believe that the ties of friendship and affection which knit us as one throughout our lives do not unravel with death.

It's been our tradition to remember all who have died. Due to the pandemic this year our parish leadership has decided to prerecord our All Souls Remembrance Service, this way we can still come together in prayer and stay safe. You can find the service on YouTube: **Family of Four Parishes All Souls Day Remembrance Service**

During this service, a special candle will be lite as we remember all of our beloved parishioners who have died within our Family of Four Parishes this year. We remember...



The act of saying goodbye to a loved one often begins well before a funeral or burial. For many people, the days and hours at the end of a loved one's life are especially moving. Normally, we can hold a loved one's hand, have meaningful conversations, affirm the bond, make amends. The on-going pandemic is driving a wedge into how we say good-bye and mourn.

Enclosed are some ideas that might help you move forward in the grieving process. May the dear Lord continue to bless you and keep you close to his loving heart. Stay safe and stay strong.

Terri

Prayer, Ritual and Support

By: Terri Balash

Finding the Love, In the Good-bye

Two years ago, a day in December that changed my perception of life, and my perception of death forever. It was the day I lost my brother Rick, who was not only a brother, but my best friend and my lifeline.

The day was cold and raining, my entire family was gathered for my mother-in-law's funeral. While at the funeral home, I received a text message from my brother, telling me he was on this way, and if I could be at the entrance, to help him get out of his van and into his wheelchair. My 55 year old brother suffered a stroke a year prior, which left him paralyzed on the left side.



I remember how I felt when I saw Rick that day, my heart was full, so proud of his hard work in regaining the strength to drive again. After the long day of socializing and the funeral service my brother decided not to stay for lunch. One by one, we all said our good-byes with hugs and kisses. I helped Rick back into his van, kissed his cheek like I've done a million times before and gently reminded him, "text me when you get home." A few minutes later he replied, "I'm home 😊." That evening I received word, during his dialysis treatment, he suffered a heart attack and went home to Jesus. I dropped to my knees in disbelief.

On that same evening my husband and I drove to Rick's home, all I could think about was how do I break this news to my parents, my daughter, my son who had plans to be married in August, his Uncle Rick (best man) will not be at his side? How do I break the news to his lifelong friends? My heart cried out to my Lord, why? For days, weeks, and months I remained in shock, denial and I coped by caring for everyone else. Until one day, I physically, mentally, and spiritually couldn't anymore. There was a huge hole in my heart, a brokenness I have felt before, but this time it felt different.

While training to be a grief counselor, I remember reading somewhere, "Treat yourself as if you were in intensive care." When you are in the process of going through one of the most traumatic experiences a person can endure. The challenges you have already faced both physically and mentally, will leave you feeling vulnerable, exhausted and weak. This was a huge wake-up call, and I needed to take better care of myself: eat well, sleep, exercise, talk with someone and pray.

During an evening of Adoration, I spoke with a priest about my grief, my depression and anger. He listened with a deep prayerfulness, and when I was done lamenting. The priest invited me to look for the love. God's love is such a powerful companion for us that no matter how intense the hurt of a loss is, we know that our spirit need not be destroyed. We know that God will help us to recover our hope, our courage, and our direction in life. Advice that spoke to my heart.

There was a special moment on my drive home, one I hold dear. While waiting for a red light to change, preparing to turn, still abiding in those sacred words, *look for the love*. I felt a need to turn my head to notice the person in the car next to me, a man smiling at me, looked just like my brother causing my heart to leap with joy, for a moment I forgot he was gone. I cried, wept all the way home. As I rested that night, it was clear God's love remains, his presence is near to the broken hearted, and I do believe my brother is safely home and all is well.

"When people ask me what I was feeling...I didn't know how to respond. I wasn't feeling any one emotion—I was feeling everything all at the same time."

Anonymous

Your loved ones name is on a remembrance candle. If you wish to pick up the candle, here is how.

Dates: Monday, October 19th from 8 AM—3:00 PM
Tuesday, October 20th from 8 AM—6:30 PM
Thursday, October 22nd from 8 AM—3:00 PM
Dates: Monday, October 26th from 8 AM—3:00 PM
Tuesday, October 27th from 8 AM—6:30 PM
Thursday, October 29th from 8 AM—3:00 PM



Locations for pick-up: **Old St. Mary Parish Office, 835 N. Milwaukee Street**

Please contact Terri Balash at balasht@archmil.org or 414-469-6173 (call/text) if you plan on picking up your remembrance candle, or if you need to make special arrangements.

Let Go

Dear Lord, I know that...

To *let go* is not to welcome sorrow but learn from it.

To *let go* is not to deny but to accept.

To *let go* is not to stop caring but to care in a different way.

To *let go* is not to reject what was but to make the most of what can be.

To *let go* is not to isolate myself but to realize I can make it on my own.

To *let go* is not to push others away but to let them into my life.

To *let go* is not to forget the past but to live in the present and dream for the future.

To *let go* is to fear less and love more.

Dear Lord, help me to *let go*.

On the Horizon

We seem to give our loved ones back to you, Lord.
You gave them to us.
But just as you did not lose them in giving,
neither do we lose them in return.

You don't give in the same way that the world gives.
What you give you don't take away.
You have taught us that what is yours is ours also,
If we are yours.

Life is eternal, Lord, and your love is undying.
And death is only a horizon.
And a horizon is nothing
but the limits of our sight.

Lift us, strong, Son of God, that we may see farther.
Cleanse our eyes that we may see more clearly,
Draw us closer to yourself, that we may find ourselves
Closer to our loved ones who are with you.

And while you prepare a place for them,
prepare us also for that happy place,
where you are
and where we hope to be...forever.



Bereavement Support Group Virtual

The journey through grief is a highly individual experience. The tasks that lie ahead - accepting the reality of the loss, experiencing the pain, adjusting to a life without your loved one and finally being able to invest emotional energy into a new life – will be undertaken at your own pace and in your own way. It takes time and hard work. That is why it is referred to as *grief work*.

The grief process will affect you physically, emotionally, spiritually, and in how you think and behave. Some of the **feelings** associated with grief are numbness, loneliness, sadness, guilt, shock, anxiety, depression, anger, yearning and frustration. **Physically** you may have a general sense of fatigue or weakness, a shortness of breath or tightness in your chest and a dry mouth. Some **behaviors** associated with grief are loss of appetite, crying, insomnia, restlessness and withdrawal.

A person may wonder if they are losing their grip on reality. It will certainly feel like it at times, but you are not. Remember: grief is a healthy, natural normal and necessary reaction to loss. It is the price we pay for loving. Ultimately the work of grief will bring healing.

Bereavement Support Group being offer virtually on ZOOM

A support group is an opportunity for grieving people to come together and talk about their feelings and thoughts with others who are struggling with the loss of a loved one. It is a safe place to find solace and support.

Our five-session program will begin virtually on **Monday, November 9th on Zoom** from 6:00 PM – 7:30 PM.

The program will touch on many different topics such as: Stages of Grief, Understanding Anger, Depression and Unfinished Business. You will have the opportunity to share your memories, and feelings with others who are walking the same journey.

In a Bereavement Support Group, griever can hear testimony from those who have “been there”. They will discover that others have suffered similar pains, fear, sadness, and anger. It is critical for a griever to know that is okay to feel lonely, depressed or isolated, and to know with certainty that someday they will feel better.

Being involved with a bereavement support provides the opportunity for a grieving person to be listened to, understood, nurtured, and loved. Although it is not a “therapy” group, it can be growth producing. It is not an “answer” group but rather a “question” group, where there are no wrong questions and no easy answers. The answers come from the people in the group who have experienced grief.

With the unpredictability of this on-going pandemic, we want to make sure that are meets are safe so are bereavement support groups will be on Zoom until it is safe to meet in person indoors.

A Bereavement Support Group can offer hope. Let us walk this journey with you.

Registration is required for the bereavement support group to be added to the zoom link.

Please contact Terri Balash at balasht@archmil.org or 414-469-6173

Please extend this information to your family and friends. ALL ARE WELCOME!

LEANING ON THE HEART OF GOD

Joyce Rupp

I am leaning on the heart of God. I am resting there in silence. All the turmoil that exhausts me is brought to bear on this great love. No resistance or complaint is heard as I lean upon God's welcome. There is a gladness for my coming. There is comfort for my pain.

I lean, and lean, and lean upon this heart that hurts with me. Strength lifts the weight of my distress. Courage wraps around my troubles. No miracle of instant recovery. No taking away of life's burdens. Yet there is a solace for my soul, and refuge for my exiled tears.

It is enough for me to know the heart of God is with me, full of mercy and compassion, tending to the wounds I bear.

Amen



Serenity Prayer

**God, grant me the Serenity
To accept the things I cannot change.
Courage to change the things I can,
And Wisdom to know the difference.**

**Living one day at a time,
Enjoying one moment at a time,
Accepting hardship as the pathway to peace.
Taking, as He did, this sinful world as it is,
Not as I would have it.
Trusting that He will make all things right
if I surrender to His will.
That I may be reasonably happy in this life,
And supremely happy with Him forever in the
next.**

Amen

The Fortune of Love

My sister-in-law Penny was a young, vibrant woman, who lost her battle to pancreatic cancer, and her death had a huge impact on our entire family. I felt like no holiday could ever match up to those when we were all together, and for the first few holidays we just coped. But, by the third Christmas without Penny, I had decided to use my grief training to help the family I loved so much.

On Christmas morning, we gathered at the graveside of Penny. We celebrated her life, our children released balloons, we sang Christmas Carols, we shared funny stories and we cried. Through acknowledging our own grief, we were able to move forward and celebrated Christmas in a new way. The highly-celebrated holiday, isn't about a perfect tree, a perfect gift or a perfect day. It's all about enjoying the moments and finding good fortune in family and friends who are still there to share it with you. Penny continues to be our good fortune, and a gentle reminder to keep the holidays simple.

The purpose of these days are to remember, and celebrate. It is a time of year where we remember our past, enjoy our present and look forward to our future. It is a time of year when friends and family gather to celebrate traditions. The phrase, “tis the season to be jolly” can quickly magnify our feelings of loss and grief. When anticipation of a celebration is carefully planned, emotionally you and your families can truly enjoy these days. I encourage you not to deny your sense of loss. Chances are friends and family are afraid to mention their name for fear “it will make you cry.” Tears are okay, and a wonderful sign of unspoken love.

Be gentle with yourself

Healing A Grieving Heart

It's important to remember to reach out to others as you journey through grief, but do not feel obligated to accept the unhelpful responses you may receive from some people. You are the one who is grieving, and as such, you have certain "rights" no one should try to take away from you. The following list is intended both to empower you to heal and to decide how others can and cannot help. This is not to discourage you from reaching out to others for help, but rather to assist you in distinguishing useful responses from hurtful ones.

1. **You have the right to experience your own unique grief.** No one else will grieve in exactly the same way you do. So, when you turn to others for help, don't allow them to tell you what you should or should not be feeling.
2. **You have the right to talk about your grief.** Talking about your grief will help you heal. Seek out others who will allow you to talk as much as you want, as often as you want, about your grief. If at times you don't feel like talking, you also have the right to be silent.
3. **You have the right to feel a multitude of emotions.** Confusion, numbness, disorientation, fear, guilt, and relief are just a few of the emotions you might feel as part of your grief journey. Others may try to tell you that feeling angry for example, is wrong. Don't take these judgmental responses to heart. Instead, find listeners who will accept your feelings without condition.
4. **You have the right to be tolerant of your physical and emotional limits.** Your feelings of loss and sadness will probably leave you feeling fatigued. Respect what your body and mind are telling you. Get daily rest! Eat balanced meals. And, don't allow others to push you into doing things you don't feel ready to do.
5. **You have the right to experience "grief bursts."** Sometimes, out of nowhere, a powerful surge of grief may overcome you. This can be frightening, but it is normal and natural. Find someone who understands and will let you talk it out.
6. **You have the right to make use of ritual.** The funeral ritual does more than acknowledge the death of someone loved. It helps provide you with the support of caring people. More importantly, the funeral is a way for you to mourn. If others tell you the funeral or other healing rituals such as these are silly or unnecessary, do not listen.
7. **You have the right to embrace your spirituality.** If faith is a part of your life, express it in ways that seem appropriate to you. Allow yourself to be around people who understand and support your religious beliefs. If you feel angry at God, find someone to talk with you who won't be critical of your feelings of hurt and abandonment.
8. **You have the right to treasure your memories.** Memories are one of the best legacies that exist after the death of someone loved. You will always remember. Instead of ignoring your memories, find others with whom you can share them.
9. **You have the right to move toward your grief and heal.** Reconciling your grief will not happen quickly. Remember, grief is a process, not an event. Be patient and tolerant with yourself and avoid people who are impatient and intolerant with you. Neither you nor those around you must forget that the death of someone loved changes your life forever.

Each New Day

The temptation is to allow death to claim more than its share, and leave us to our anger and powerlessness.

The challenge is to engage in life again with renewed energy and embrace the new days with a gentle, welcoming spirit.



Our Shining Star

A few months after my grandson Orion passed. I went on retreat, and sat with my grief. I cried! I reflected on scripture, encountered nature and this image of Orion, cradled in the arms of our Lord surfaced. I'm not an artist, but I felt this nudge within my heart, to give the image life, and begin the healing process. This drawing that appeared on paper, was a gift from the Holy Spirit. I gave the image to my daughter and son-in-law and it now hangs in our family room. We will always remember Orion, "our shining star." ★★



CREATE YOUR OWN RITUALS

Creating your own personal rituals to remember your loved ones allows you to access and work through your grief in a safe and constructive way. Some people plan rituals in honor of a loved one's birthday or an anniversary. Others choose to express their grief through small daily or weekly rituals. A ritual can be as elaborate as a public memorial service or as small as a quiet moment alone with your loved one's picture. Some examples of small rituals include:

- Lighting a candle at certain, special times of the day or week to remind you of your loved one (for example, at dinnertime to represent sharing meals with him or her)
- Creating a memory scrapbook and filling it with photographs, letters, postcards, notes, or other significant memorabilia from your life together
- Spending time listening to your loved one's favorite music or creating a special mix of music that reminds you of that person
- Watching his or her favorite movie
- Planting a tree or flowers in your loved one's memory
- Making a donation to a charity that your loved one supported
- Visiting your loved one's burial site
- Carrying something special that reminds you of your loved one that you can take out and hold when you feel the need or wear a special piece of clothing
- Creating a work of art in your loved one's memory
- Preparing and eating a special meal in honor of your loved one
- Developing a memorial ritual for your loved one on special days or whenever you wish

Ritual Ideas:
