

SAINT TERESA OF AVILA
CEMETERY & MAUSOLEUM

136 Passaic Avenue
Summit, NJ 07901

NEWSLETTER

WINTER 2021
Vol 3 Issue 1

CONTACT

CEMETERY

Monday – Friday 9 am to 4 pm

Gateway to St Teresa Cemetery is open for your visitation convenience. Should you require contact with Cemetery staff, please visit during the opening schedule.

Phone: 908-598-9426

MAUSOLEUM

Our Mausoleum doors are open 7 days a week, including holidays from 9 AM to 4 PM.

Please contact the office for an appointment.

Phone: 908-277-3741

Fax: 908-277-2914

OFFICE HOURS

Monday -Thursday: 10 am to 3 pm

MAUSOLEUM SALES REPRESENTATIVE

Mark Maher, markm@stteresaavila.org

CEMETERY SUPERVISOR

Bob McCaddin, bobm@stteresaavila.org

WHAT'S INSIDE

MESSAGE FROM THE PASTOR

Monsignor Robert Sterling Meyer, Esq

25 SEASONAL GIFTS OR
REMEMBRANCES FOR THE
BROKENHEARTED

MAINTENANCE UPDATES

CAMEO UPDATES

OUR NEWSLETTER WILL
SOON BE GOING DIGITAL!



Please update your current
email address with us,
office@stteresaavila.org



MESSAGE FROM THE PASTOR

Dear Friends -

HAVING JUST CELEBRATED CHRISTMAS 2020, one like no other, we know that for many, the holidays can be a season of deep loneliness and sorrow. Missing packages and empty chairs make no secret that life has changed. I wanted to reassure you that especially in these days, St Teresa is here for you.

Most of us realize that it is normal for those in mourning to feel great sadness and grief during the holidays. And we know that God can work through us to give the brokenhearted encouragement and companionship. Its precisely in these days when a parish can be most helpful. Parishes remind us that we are all members of one family - and when one's sad, we're all sad, just as much as when one rejoices, we all rejoice.

In the internet article entitled, *Giving Holiday Hope to the Grieving* [<https://www.familylife.com/articles/topics/holidays/featured-holidays/christmas/giving-holiday-hope-to-the-grieving/>] we find some good resources and reflections that help us to help one another. The article is summarized here so that perhaps we can give hope to those grieving during the holiday season.

In it, the author Mary May Larmoyeux suggests that we can give 7 gifts:

... of listening
... of remembrance
... of comforting
... of the unusual
... of enduring friendship
... of prayer
... of hope

The gift of LISTENING

Larmoyeux notes that one of the most precious gifts is the simple act of listening. Just being there, present and listening is so important. She cautions that well-meaning people at times feel that they must "do something, quote scriptures, or have the answers", instead the grieving are comforted by people with understanding hearts whose sheer presence says, "I care."

The gift of REMEMBRANCE

The article notes that it is encouraging for friends and family to talk about Christmases they once shared with the deceased and to recall good memories. Those who are grieving want to talk about the ones they've lost. They may even want to rehash some unpleasant details of an illness with a close friend or a family member. Regardless, give them space to talk and let that be part of the holiday gathering. (Continued on page 2)

The gift of COMFORTING WITH THE COMFORT YOU WERE GIVEN

Larmoyeux writes that if you have experienced a loss similar to your grieving friend or relative, ask God to give you the ability to comfort with the comfort you were given. The comfort God has given you is not only His loving ministry to you, it is God's call to you to minister to others. If you have experienced the pain of loss, and now have also begun to experience the comfort that only the Lord can give, share that comfort.

The gift of THE UNUSUAL

The author writes encourage your grieving friend to consider doing something out of the ordinary during the Christmas season, but be attentive to emotions. Following through on regular traditions may be too difficult, think about creating new ones. She notes that this holiday, you may want to join your grieving friend or loved one and volunteer together. Although it can be encouraging for those in mourning to reach out to others, instead of focusing inward, it can also be intimidating to do this alone. Volunteering in the community for local toy and food drives, helping with Christmas activities at church, or delivering baskets of food to shut-ins in the neighborhood can lift someone's spirits.

The gift of ENDURING FRIENDSHIP

Clearly, the grieving process varies from person to person. The article recognizes Georgia Shaffer, who writes that the period between six and 18 months (after the death) is generally the most difficult time. "During this time period, loved ones typically are no longer actively reaching out to the hurting person, but it's also a stage when the numbness begins to disappear and reality sinks in: Life has forever changed." In these days it's important to include widowed friends in holiday activities, even if they cancel at the last minute. The invitation alone demonstrates the fact that you let them know that you care.

The gift of PRAYER

In trying to instill and share hope with those who grieve, the article suggests that we pray that God will give us His love and wisdom as we try our best to minister to the brokenhearted. In addition to prayer, sending an occasional note telling that you are praying and quoting a favorite Bible verse can also be comforting.

The gift of HOPE

The article gently reminds us to remember that the brokenhearted will experience both joy and sadness during the holidays. Family traditions like hanging ornaments, opening gifts, baking goodies, or viewing neighborhood lights are just not the same. Yet, despite feelings of incredible loss, God can work through us to give God's great comfort.

SHARE THE AUTHORS SENTIMENTS when she writes that the true meaning of Christmas is not packages with red and green bows, tucked under Christmas trees ... Instead, it's never-ending hope because of our Savior Jesus Christ—our hope for today ... and for an eternity of tomorrows.

All of us here at St Teresa's pray for all who have lost a love one that in the darkness, you can see the brightest light of God's truth. We hope that in death, you can celebrate the end of the story in the way you never had before.

May you look through the darkness with the eyes of **faith** and see **Christ's light**. In your deep sadness, receive the **comfort** that only He can give and know of our **love** and **support** for you too!

Blessings!
Monsignor Robert Sterling Meyer, Esq



1. A tree that can be planted in the family's yard in memory of the loved one
2. Bibles, Christmas Poinsettias, or library books given as memorials
3. Memorials to the local church or charities
4. Home videos of the loved one
5. A scrapbook filled with pictures
6. Special Christmas ornaments
7. Books such as Streams in the Desert and When Life is Changed Forever
8. A personal item that would become a memento about the loved one's personality
9. Gift certificates to a cabin or lodge, or to a place that the loved one once enjoyed
10. An original poem about the deceased
11. A journal from friends and family with written memories about the deceased
12. A written tribute to the deceased
13. Addressing their Christmas cards or notes
14. Joining them in holiday shopping or doing the shopping for them
15. Asking if you can help decorate their home for Christmas
16. Sharing homemade Christmas cookies
17. Arranging family photographs in albums
18. Inviting them to decorate a gingerbread house
19. Picking them up for Christmas services at church and holiday get-togethers
20. Helping them shop for that "perfect gift" that they can give to others in memory of their loved one
21. Decorating a small tree with ornaments that have special memories of the loved one
22. Helping them write holiday memories
23. Organizing a candle-light memorial for close friends and family
24. Having a family-time of singing some of the deceased's favorite carols and hymns
25. Giving the brokenhearted blank journals to write Bible verses that remind them of God's presence.

 **Fall 2020** | Much Improved BEFORE and AFTER



The cemetery columns have been repainted and the gates repainted, the results give a fresh, new appearance to the entrance.



After agreement from our Advisory Committee, we removed the overgrown junipers on the side of the mausoleum much to the delight of many of our families. The appearance allows for improved viewing of the crypts, visit our mausoleum office to inquire about availability.

 **Winter 2020-2021**

The mausoleum roof is original to the building and will need to be replaced. Following a bid process, we are in a position to move forward with the work, pending specific testing of the insulation and weather concerns.

 **Spring 2021**



We plan to work with vendors to develop both sides of the mausoleum with memorial benches, landscaping and columbariums offering further opportunities for burial.

Questions?

Give us a call...

CEMETERY
908-598-9426
MAUSOLEUM
908-277-3741

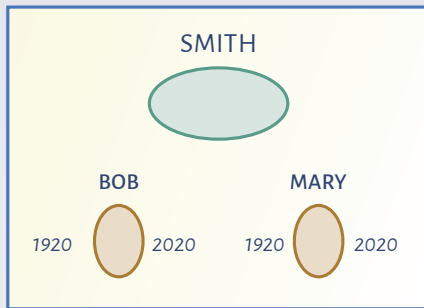
Saint Teresa of Avila
Cemetery & Mausoleum
136 Passaic Avenue
Summit, NJ 07901

INTRODUCING NEW

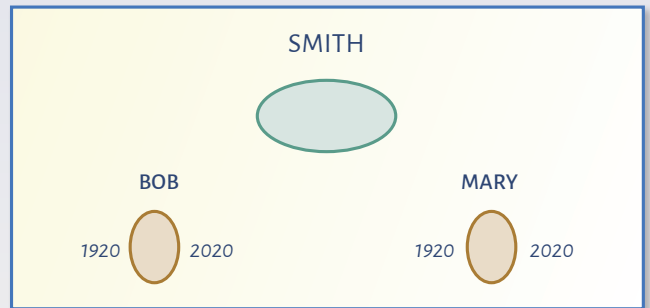
Cameos and Photos **FOR CRYPTS AND NICHE**

We are pleased to offer a much anticipated feature to honor and commemorate your loved ones with a photo on their crypt or niche.

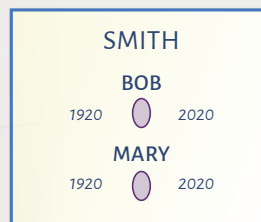
CRYPT:
True Companion



CRYPT:
Side By Side



NICHE:
Marble/Granite



NICHE:
Glass



(Image is placed
inside on stand)

PLEASE STOP BY

the mausoleum to view the finished product, our families are pleased with the recognition of their loved ones.

For more information and to schedule an appointment, please contact Mark Maher, Mausoleum Representative, at 908-277-3741.

