

# Help for Planning a Funeral Liturgy



*Lord, I lean on your promise to be ever present,  
especially now during this time of sorrow in my life.  
Wrap your loving arms around me.  
Be my strength. Let me take refuge in you.  
Cover me in your mercy and grant me Peace. Amen.*

Dear Grieving Friend,

Nothing wounds the human heart like the death of a loved one. In the wake of death, we who survive are left with heartbreak and grief, loss and sorrow.

The Catholic faith community of Holy Trinity would like you to know that we have been praying for your deceased love one for some time. We have a tradition in our parish whereby immediately following every Mass, the community kneels to offer a prayer for the next person from our midst to pass into the presence of the Lord. We know not their name, but pray for them just the same.

You are faced with the necessary task of arranging the funeral of your loved one. This booklet is to help in planning the Catholic Funeral Liturgy, meant to be a celebration of their life in faith in Christ. Inside there are directions, readings, music options and details to consider. But you are not alone; we will walk you through the process! Call the parish office as soon as possible to coordinate a time for you and family members interested in planning the Liturgy to meet with a member of our staff. In between now and the time you meet with us, please consider the scripture readings and music selections, as well as which family and friends you would like to include in the Funeral Liturgy. Knowing some of these details will be helpful.

After your loved one has been laid to rest, the time of grieving will continue. We encourage you to let the grief happen, the tears flow. Grief is necessary for healing and tears give motion to memories. In your grief, turn to the Lord, for he invites,

*“Come to me, all you who labor and are burdened, and I will give you rest.*

*Take my yoke upon you and learn from me, for I am meek and humble of heart;  
and you will find rest for your selves. For my yoke is easy, and my burden light.”*

Matthew 11:28-30

If we can help in any way, call to let us know. Our community is holding you and your family in prayer.

In deep sympathy,

Holy Trinity Parish Staff



## THE FUNERAL MASS

**Placing of Pall at Funeral Liturgy** *(At the beginning of the liturgy, following the blessing with holy water, a large white cloth representing the baptismal garment, will be placed over the casket or urn. A cross may then be placed on top of the pall. Family members are invited and encouraged to assist in this action. Please indicate your preference.)*

\_\_\_\_\_ Yes, family members will assist in placing the pall      \_\_\_\_\_ No, have the Funeral Director place the pall

**Selection of Scripture Readings** *(Please review the readings and choose one from the Old Testament for the First Reading and one from the New Testament for the Second Reading. Also, please indicate who will be reading. If no one is interested in reading, the parish will provide a reader for you.)*

First Reading | Old Testament: \_\_\_\_\_ Reader: \_\_\_\_\_  
*[During the Easter Season, the First Reading must come from the Eastertide Reading section]*

Second Reading | New Testament: \_\_\_\_\_ Reader: \_\_\_\_\_  
*[Second Reading is option – not required]*

Gospel Reading: The priest will normally select the Gospel reading. If you have a preference, please indicate:

Gospel Reading: \_\_\_\_\_

**General Intercessions** *(These are read after the homily and will be prepared by the parish. Please indicate who will be reading the Intercessions. If no one is interested in reading, the parish will provide a reader for you.)*

Reader(s): \_\_\_\_\_

Names of close family members who have preceded in death: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Names of nursing care facility, hospitals or hospice that cared for the deceased: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Presentation of the Gifts** *(At a Funeral Mass, at least two members of the family are asked to assist in bringing forward the gifts of bread and wine for the Liturgy of the Eucharist. The gifts will be on a table near the main isle entry doors.)*

Gift Bearers: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Selection of Hymns** (*Holy Trinity Parish Community provides the music for all funeral liturgies. An organist and a cantor are provided. Occasionally, a family may want to have a cantor of their choosing sing at the Mass. We respectfully ask that our Music Director, Mr. Dirk Holmberg, be contacted if a cantor of your choice is desired. It is best to speak with him prior to making any arrangements with an alternate cantor. If you have particular hymn selections, please indicate them below. For your information and review, please see the hymn list and additional information in this insert, and then notate your selections here.*)

(Optional Prelude Hymn:) \_\_\_\_\_ Hymn # \_\_\_\_\_

Entrance Hymn: \_\_\_\_\_ Hymn # \_\_\_\_\_

Psalm Response: \_\_\_\_\_ Hymn # \_\_\_\_\_

Offertory Hymn: \_\_\_\_\_ Hymn # \_\_\_\_\_

Communion Hymn: \_\_\_\_\_ Hymn # \_\_\_\_\_

(Optional Communion Meditation) \_\_\_\_\_ Hymn # \_\_\_\_\_

Song of Farewell: \_\_\_\_\_ Hymn # \_\_\_\_\_

Recessional Hymn: \_\_\_\_\_ Hymn # \_\_\_\_\_

Contact information for cantor [if family is providing]:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

### **Guidelines regarding “Words of Remembrance”**

The order of Christian Funerals provides for the possibility of “a member or a friend of the family speaks in remembrance of the deceased before the final commendation begins.” [no.197]

As with the homily, these “words of remembrance” are not to constitute a eulogy as such. Rather, they are to express appreciation for the life of the deceased, or take the form of a prayer or other inspirational text.

Only one family member or friend is to speak, and he or she is to be brief, speaking **no more than 3-4 minutes**.

Because of the intensity of the emotions at the time of a Funeral, it is suggested that the “words of remembrance” be consigned into writing and should convey the consolation of God’s love, grace, and mercy.

These words, then, are intended to particularize the praise and gratitude to God for His gifts to the deceased, especially in the gift of Christian life.

Please note that those, who wish to give a eulogy or to share a story about the deceased, more fittingly do so during the Viewing/Wake at the Funeral Home, following the prayers at the cemetery or during the luncheon.

\_\_\_\_\_ Yes, there will be Words of Remembrance. It will be given by: \_\_\_\_\_

\_\_\_\_\_ No, there will be no Words of Remembrance.



## Old Testament Readings

**Focus: He acted in an excellent and noble way as he had the resurrection of the dead in view.**

### **2 Maccabees 12:43-46**

A reading from the second Book of Maccabees.

Judas, the ruler of Israel, took up a collection among all his soldiers, amounting to two thousand silver drachmas, which he sent to Jerusalem to provide for an expiatory sacrifice. In doing this he acted in a very excellent and noble way, inasmuch as he had the resurrection of the dead in view; for if he were not expecting the fallen to rise again, it would have been useless and foolish to pray for them in death. But if he did this with a view to the splendid reward that awaits those who had gone to rest in godliness, it was a holy and pious thought. Thus he made atonement for the dead that they might be freed from this sin.

The word of the Lord.

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**Focus: I know that my vindicator lives.**

### **Job 19:1, 23-27a**

A reading from the Book of Job.

Job answered Bildad the Shuhite and said:  
Oh, would that my words were written down!  
Would that they were inscribed in a record:  
That with an iron chisel and with lead  
they were cut in the rock forever!  
But as for me, I know that my Vindicator lives,  
and that he will at last stand forth upon the dust;  
Whom I myself shall see:  
my own eyes, not another's, shall behold him;  
And from my flesh I shall see God;  
my inmost being is consumed with longing.

The word of the Lord.

**Focus: As sacrificial offerings he took them to himself.**

### **Wisdom 3:1-9 (long version)**

A reading from the Book of Wisdom.

The souls of the just are in the hand of God,  
and no torment shall touch them.  
They seemed, in the view of the foolish, to be dead;  
and their passing away was thought an affliction  
and their going forth from us, utter destruction.  
But they are in peace.  
For if before men, indeed they be punished,  
yet is their hope full of immortality;  
Chastised a little, they shall be greatly blessed,  
because God tried them  
and found them worthy of himself.  
As gold in the furnace, he proved them,  
and as sacrificial offerings he took them to himself.

## Old Testament Readings

In the time of their visitation they shall shine,  
and shall dart about as sparks through stubble;  
they shall judge nations and rule over peoples,  
and the Lord shall be their King forever.  
Those who trust in him shall understand truth,  
and the faithful shall abide with him in love;  
because grace and mercy are with his holy ones,  
and his care is with his elect.

The word of the Lord.

### **Wisdom 3:1-6, 9 (short version)**

A reading from the Book of Wisdom.

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The souls of the just are in the hand of God,  
and no torment shall touch them.  
They seemed, in the view of the foolish, to be dead;  
and their passing away was thought an affliction  
and their going forth from us, utter destruction.  
But they are in peace.  
For if before men, indeed they be punished,  
yet is their hope full of immortality;  
Chastised a little, they shall be greatly blessed,  
because God tried them  
and found them worthy of himself.  
As gold in the furnace, he proved them,  
and as sacrificial offerings he took them to himself.  
Those who trust in him shall understand truth,  
and the faithful shall abide with him in love;  
because grace and mercy are with his holy ones,  
and his care is with his elect.

The word of the Lord.

## Old Testament Readings

**Focus: An unsullied life, the attainment of old age.**

### Wisdom 4:7-15

A reading from the Book of Wisdom.

The just man, though he die early,  
shall be at rest.  
For the age that is honorable comes not  
with the passing of time,  
nor can it be measured in terms of years.  
Rather, understanding is the hoary crown for men,  
and an unsullied life, the attainment of old age.  
He who pleased God was loved;  
he who lived among sinners was transported-  
Snatched away, lest wickedness pervert his mind  
or deceit beguile his soul;  
for the witchery of paltry things obscures what is right  
and the whirl of desire transforms the innocent mind.  
Having become perfect for a short while,  
he reached the fullness of a long career;  
for his soul was pleasing to the Lord,  
therefore he sped him out of the midst of wickedness.  
But the people saw and did not understand,  
nor did they take this into account.

The word of the Lord.

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**Focus: A worthy wife.**

### Proverbs 31:10-13, 19-20, 30-31

A reading from the Book of Proverbs.

When one finds a worthy wife,  
her value is beyond pearls.  
Her husband, entrusting his heart to her,  
has an unfailing prize.

She brings him good, and not evil,  
all the days of her life.  
She obtains wool and flax  
and works with loving hands.  
She puts her hands to the distaff,  
and her fingers ply the spindle.  
She reaches out her hands to the poor,  
and extends her arms to the needy.

Charm is deceptive and beauty fleeting:  
the woman who fears the Lord is to be praised.  
Give her a reward for her labors,  
and let her works praise her at the city gates.

The word of the Lord.

## Old Testament Readings

**Focus: An appointed time for everything.**

### Ecclesiastes 3:1-11

A reading from the Book of Ecclesiastes.

There is an appointed time for everything, and a time  
for every affair under the heavens.

A time to be born, and a time to die; a time to plant,  
and a time to uproot the plant.

A time to kill, and a time to heal; a time to tear down,  
and a time to build.

A time to weep, and a time to laugh; a time to mourn,  
and a time to dance.

A time to scatter stones, and a time to gather them; a  
time to embrace, and a time to be far from embraces.

A time to seek, and a time to lose; a time to keep, and  
a time to cast away.

A time to rend, and a time to sew; a time to be silent,  
and a time to speak.

A time to love, and a time to hate; a time of war, and a  
time of peace.

What advantage has the worker from his toil?

I have considered the task which God has appointed  
for men to be busied about.

He has made everything appropriate to its time, and  
has put the timeless into their hearts, without men's  
ever discovering, from beginning to end, the work  
which God has done.

The Word of the Lord.



## Old Testament Readings

### Focus: Father

#### Sirach 3:2-6, 12-14

A reading from the Book of Sirach.

God sets a father in honor over his children;  
a mother's authority he confirms over her sons.  
Whoever honors his father atones for sins,  
and preserves himself from them.  
When he prays, he is heard;  
he stores up riches who reveres his mother.  
Whoever honors his father is gladdened by children  
and, when he prays, is heard.  
Whoever reveres his father will live a long life:  
he who obeys his father brings comfort to his mother.

My children, take care of your father when he is old;  
grieve him not as long as he lives.  
Even if his mind fail, be considerate of him;  
revile him not all the days of his life;  
kindness to a father will not be forgotten,  
firmly planted against the debt of your sins  
--a house raised in justice to you.

The word of the Lord.

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### Focus: A good wife.

#### Sirach 26:1-4, 13-16

A reading from the Book of Sirach.

Happy the husband of a good wife,  
twice-lengthened are his days;  
A worthy wife brings joy to her husband,  
peaceful and full is his life.  
A good wife is a generous gift  
bestowed upon him who fears the Lord;  
Be he rich or poor, his heart is content,  
and a smile is ever on his face.

A gracious wife delight her husband,  
her thoughtfulness puts flesh in his bones;  
A gift from the Lord is her governed speech,  
and her firm virtue is of surpassing worth.  
Choicest of blessings is a modest wife,  
priceless her chaste person.  
Like the sun rising in the Lord's heavens,  
the beauty of a virtuous wife is the  
radiance of her home.

The word of the Lord.

### Focus: He will destroy death forever.

#### Isaiah 25:6a, 7-9

## Old Testament Readings

A reading from the Book of the Prophet Isaiah.

On this mountain the Lord of hosts  
will provide for all peoples.  
On this mountain he will destroy  
the veil that veils all peoples,  
The web that is woven over all nations;  
he will destroy death forever.  
The Lord God will wipe away  
the tears from all faces;  
The reproach of his people he will remove  
from the whole earth; for the Lord has spoken.  
On that day it will be said;

"Behold our God, to whom we looked to save us!  
This is the Lord for whom we looked;  
let us rejoice and be glad that he has saved us!"

The word of the Lord.

### Focus: It is good to hope in silence for the saving help of the Lord.

#### Lamentations 3:17-26

A reading from the Book of Lamentations.

My soul is deprived of peace,  
I have forgotten what happiness is;  
I tell myself my future is lost,  
all that I hoped for from the Lord.  
The thought of my homeless poverty  
is wormwood and gall;  
Remembering it over and over  
leaves my soul downcast within me.  
But I will call this to mind,  
as my reason to have hope:  
The favors of the Lord are not exhausted,  
his mercies are not spent;  
They are renewed each morning,  
so great is his faithfulness.  
My portion is the Lord, says my soul;  
therefore will I hope in him.  
Good is the Lord to one who waits for him,  
to the soul that seeks him;  
It is good to hope in silence  
for the saving help of the Lord.

The word of the Lord.

## Old Testament Readings

**Focus: Many of those who sleep in the dust of the earth shall awake.**

**Daniel 12:1-3**

A reading from the Book of the Prophet Daniel.

In those days, I, Daniel, mourned  
and heard this word of the Lord:  
At that time there shall arise  
Michael, the great prince,  
guardian of your people;  
It shall be a time unsurpassed in distress  
since nations began until that time.  
At that time your people shall escape,  
everyone who is found written in the book.  
Many of those who sleep in the dust of the earth shall  
awake;  
Some shall live forever,  
others shall be an everlasting horror and disgrace.  
But the wise shall shine brightly  
like the splendor of the firmament,  
And those who lead the many to justice  
shall be like the stars forever.

The word of the Lord.

## New Testament Readings

### During the Season of Easter

**(Note: During the Easter season one of the following four readings is used as a first reading instead of a passage from the Old Testament.)**

**Focus: He is the one appointed by God as judge of the living and the dead.**

**Short Version: Acts of the Apostles 10:34-36, 42-43**

A reading from the Acts of the Apostles.

Peter proceeded to speak, saying:

"In truth, I see that God shows no partiality. Rather, in every nation whoever fears him and acts uprightly is acceptable to him. You know the word that he sent to the children of Israel as he proclaimed peace through Jesus Christ, who is Lord of all. He commissioned us to preach to the people and testify that he is the one appointed by God as judge of the living and the dead. To him all the prophets bear witness, that everyone who believes in him will receive forgiveness of sins through his name."

The word of the Lord.

## New Testament Readings During the Season of Easter

**Focus: He is the one appointed by God as judge of the living and the dead.**

**Long Version: Acts of the Apostles 10:34-43**

A reading from the Acts of the Apostles.

Peter proceeded to speak, saying:

"In truth, I see that God shows no partiality. Rather, in every nation whoever fears him and acts uprightly is acceptable to him. You know the word that he sent to the children of Israel as he proclaimed peace through Jesus Christ, who is Lord of all, what has happened all over Judea, beginning in Galilee after the baptism that John preached, how God anointed Jesus of Nazareth with the Holy Spirit and power. He went about doing good and healing all those oppressed by the Devil, for God was with him. We are witnesses of all that he did both in the country of the Jews and in Jerusalem. They put him to death by hanging him on a tree. This man God raised on the third day and granted that he be visible, not to all the people, but to us, the witnesses chosen by God in advance, who ate and drank with him after he rose from the dead. He commissioned us to preach to the people and testify that he is the one appointed by God as judge of the living and the dead. To him all the prophets bear witness, that everyone who believes in him will receive forgiveness of sins through his name."

The word of the Lord.

**Focus: Blessed are the dead who die in the Lord.**

**Revelation 14:13**

A reading from the Book of Revelation.

I, John, heard a voice from heaven say, "Write this: Blessed are the dead who die in the Lord from now on." "Yes," said the Spirit, "let them find rest from their labors, for their works accompany them."

The word of the Lord.

## **New Testament Readings** **During the Season of Easter**

**Focus: The dead were judged according to their deeds.**

**Revelation 20:11-21:1**

A reading from the Book of Revelation.

I, John, saw a large white throne and the one who was sitting on it. The earth and the sky fled from his presence and there was no place for them. I saw the dead, the great and the lowly, standing before the throne, and scrolls were opened. Then another scroll was opened, the book of life. The dead were judged according to their deeds, by what was written in the scrolls. The sea gave up its dead; then Death and Hades gave up their dead. All the dead were judged according to their deeds. Then Death and Hades were thrown into the pool of fire. (This pool of fire is the second death.) Anyone whose name was not found written in the book of life was thrown into the pool of fire.

Then I saw a new heaven and a new earth. The former heaven and the former earth had passed away, and the sea was no more.

The word of the Lord.

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**Focus: There shall be no more death.**  
**Revelation 21:1-5a, 6b-7**

A reading from the Book of Revelation.

I, John, saw a new heaven and a new earth. The former heaven and the former earth had passed away, and the sea was no more. I also saw the holy city, a new Jerusalem, coming down out of the heaven from God, prepared as a bride adorned for her husband. I heard a loud voice from the throne saying, "Behold, God's dwelling is with the human race. He will dwell with them and they will be his people and God himself will always be with them as their God. He will wipe every tear from their eyes, and there shall be no more death or mourning, wailing or pain, for the old order has passed away."

The One who sat on the throne said, "Behold, I make all things new. I am the Alpha and the Omega, the beginning and the end. To the thirsty I give a gift from the spring of life-giving water. The victor will inherit these gifts, and I shall be his God, and he will be my son."

The word of the Lord:

**End**  
**New Testament Readings**  
**During the Season of Easter**

## **New Testament Readings**

**Focus: Since we are now justified by his Blood, we will be saved through him from the wrath.**

**Romans 5:5-11**

A reading from the Letter of Saint Paul to the Romans.

Brothers and Sisters: Hope does not disappoint, because the love of God has been poured out into our hearts through the Holy Spirit who has been given to us. For Christ, while we were still helpless, died at the appointed time for the ungodly. Indeed, only with difficulty does one die for a just person, though perhaps for a good person one might even find courage to die. But God proves his love for us in that while we were still sinners Christ died for us. How much more then, since we are now justified by his Blood, will we be saved through him from the wrath. Indeed, if, while we were enemies, we were reconciled to God through the death of his Son, how much more, once reconciled, will we be saved by his life. Not only that, but we also boast of God through our Lord Jesus Christ, through whom we have now received reconciliation.

The word of the Lord.

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**Focus: Where sin increased, grace overflowed all the more.**

**Romans 5:17-21**

A reading from the Letter of Saint Paul to the Romans.

Brothers and Sisters:

If, by the transgression of the one, death came to reign through that one, how much more will those who receive the abundance of grace and of the gift of justification come to reign in life through the one Jesus Christ. In conclusion, just as through one transgression condemnation came upon all, so, through one righteous act, acquittal and life came to all. For just as through the disobedience of the one man the many were made sinners, so through the obedience of the one the many will be made righteous. The law entered in so that transgression might increase but, where sin increased, grace overflowed all the more, so that, as sin reigned in death, grace also might reign through justification for eternal life through Jesus Christ our Lord.

The word of the Lord.

## New Testament Readings

**Focus: We too might live in newness of life.**  
**Romans 6:3-9** (long version)

A reading from the Letter of Saint Paul to the Romans.

Brothers and Sisters:

Are you aware that we who are baptized into Christ Jesus were baptized into his death? We were indeed buried with him through baptism into death, so that, just as Christ was raised from the dead by the glory of the Father, we too might live in newness of life.

For if we have grown into union with him through a death like his, we shall also be united with him in the resurrection. We know that our old self was crucified with him, so that our sinful body might be done away with, that we might no longer be in slavery to sin. For a dead person has been absolved from sin. If, then, we have died with Christ, we believe that we shall also live with him. We know that Christ, raised from the dead, dies no more; death no longer has power over him.

The word of the Lord.

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**Romans 6:3-4, 8-9** (short version)

A reading from the Letter of Saint Paul to the Romans.

Brothers and Sisters:

Are you aware that we who are baptized into Christ Jesus were baptized into his death? We were indeed buried with him through baptism into death, so that, just as Christ was raised from the dead by the glory of the Father, we too might live in newness of life.

If, then, we have died with Christ, we believe that we shall also live with him. We know that Christ, raised from the dead, dies no more; death no longer has power over him.

The word of the Lord.

**Focus: Rejoice in hope, be patient under trial, persevere in prayer.**  
**Romans 12:9-18**

A reading from the Letter of Saint Paul to the Romans.

Brothers and Sisters:

Your love must be sincere.

Detest what is evil, cling to what is good.

Love one another with the affection of brothers.

Anticipate each in showing respect.

Do not grow slack but be fervent in spirit;

## New Testament Readings

he whom you serve is the Lord.

Rejoice in hope, be patient under trial,  
persevere in prayer.

Look on the needs of the saints as your own,  
be generous in offering hospitality.

Bless your persecutors;

bless and do not curse them.

Rejoice with those who rejoice,  
weep with those who weep.

Have the same attitude toward all.

Put away ambitious thoughts and associate with those  
who are lowly,

do not be wise in your own estimation.

Never repay injury with injury.

See that your conduct is honorable in the eyes of all.

If possible, live peaceably with everyone.

The word of the Lord.

**Focus: We also groan within ourselves as we wait  
for adoption, the redemption of our bodies.**

**Romans 8:14-23**

A reading from the Letter of Saint Paul to the Romans.

Brothers and Sisters:

Those who are led by the Spirit of God are sons of God. For you did not receive a spirit of slavery to fall back into fear, but you received a spirit of adoption, through which we cry, Abba, "Father!"? The Spirit itself bears witness with our spirit that we are children of God, and if children, then heirs, heirs of God and joint heirs with Christ, if only we suffer with him so that we may also be glorified with him.

I consider that the sufferings of this present time are as nothing compared with the glory to be revealed for us. For creation awaits with eager expectation the revelation of the children of God; for creation was made subject to futility, not of its own accord but because of the one who subjected it, in hope that creation itself would be set free from slavery to corruption and share in the glorious freedom of the children of God. We know that all creation is groaning in labor pains even until now; and not only that, but we ourselves, who have the first fruits of the Spirit, we also groan within ourselves as we wait for adoption, the redemption of our bodies.

The word of the Lord.

## New Testament Readings

**Focus: What will separate us from the love of Christ?**

**Romans 8:31b-35, 37-39**

A reading from the Letter of Saint Paul to the Romans.

Brothers and Sisters:

If God is for us, who can be against us? He did not spare his own Son but handed him over for us all, will he not also give us everything else along with him? Who will bring a charge against God's chosen ones? It is God who acquits us. Who will condemn? It is Christ Jesus who died, rather, was raised, who also is at the right hand of God, who indeed intercedes for us. What will separate us from the love of Christ? Will anguish, or distress or persecution, or famine, or nakedness, or peril, or the sword?

No, in all these things, we conquer overwhelmingly through him who loved us. For I am convinced that neither death, nor life, nor angels, nor principalities, nor present things, nor future things, nor powers, nor height, nor depth, nor any other creature will be able to separate us from the love of God in Christ Jesus our Lord.

The word of the Lord.

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**Focus: Whether we live or die, we are the Lord's**  
**Romans 14:7-9, 10c-12**

A reading from the Letter of Saint Paul to the Romans.

Brothers and Sisters:

No one lives for oneself, and no one dies for oneself. For if we live, we live for the Lord, and if we die, we die for the Lord; so then, whether we live or die, we are the Lord's. For this is why Christ died and came to life, that he might be Lord of both the dead and the living. Why then do you judge your brother? Or you, why do you look down on your brother? For we shall all stand before the judgment seat of God; for it is written:

*As I live, says the Lord, every knee  
shall bend before me,  
and every tongue shall give praise to God.*

So then, each of us shall give an accounting of himself to God.

The word of the Lord.

## New Testament Readings

**Focus: So too in Christ shall all be brought to life.**  
**1 Corinthians 15:20-28** (long version)

A reading from the first Letter of Saint Paul to the Corinthians.

Brothers and Sisters:

Christ has been raised from the dead, the first fruits of those who have fallen asleep. For since death came through a man, the resurrection of the dead came also through man. For just as in Adam all die, so too in Christ shall all be brought to life, but each one in proper order; Christ the firstfruits; then, at his coming, those who belong to Christ; then comes the end, when he hands over the Kingdom to his God and Father. For he must reign until he has put all his enemies under his feet. The last enemy to be destroyed is death, for "he subjected everything under his feet." But when it says that everything has been subjected, it is clear that it excludes the one who subjected everything to him. When everything is subjected to him, then the Son himself will also be subjected to the one who subjected everything to him, so that God may be all in all.

The word of the Lord.

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**1 Corinthians 15:20-23** (short version)

A reading from the first Letter of Saint Paul to the Corinthians.

Brothers and Sisters:

Christ has been raised from the dead, the first fruits of those who have fallen asleep. For since death came through a man, the resurrection of the dead came also through man. For just as in Adam all die, so too in Christ shall all be brought to life, but each one in proper order; Christ the firstfruits; then, at his coming, those who belong to Christ.

The word of the Lord.

## New Testament Readings

**Focus: Death is swallowed up in victory.**

**1 Corinthians 15:51-57**

A reading from the first Letter of Saint Paul to the Corinthians.

Brothers and Sisters:

Behold, I tell you a mystery. We shall not all fall asleep, but we will all be changed, in an instant, in the blink of an eye, at the last trumpet. For the trumpet will sound, the dead will be raised incorruptible, and we shall be changed. For that which is corruptible must clothe itself with incorruptibility, and that which is mortal must clothe itself with immortality. And when this which is corruptible clothes itself with incorruptibility and this which is mortal clothes itself with immortality, then the word that is written shall come about:

Death is swallowed up in victory.

Where, O death, is your victory?

Where, O death, is your sting?

The sting of death is sin, and the power of sin is the law. But thanks be to God who gives us the victory through our Lord Jesus Christ.

The word of the Lord.

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**Focus: What is seen is transitory, but what is unseen is eternal.**

**2 Corinthians 4:14-5:1**

A reading from the second Letter of Saint Paul to the Corinthians.

Brothers and Sisters:

We know that the One who raised the Lord Jesus will raise us also with Jesus and place us with you in his presence. Everything indeed is for you, so that the grace bestowed in abundance on more and more people may cause the thanksgiving to overflow for the glory of God. Therefore, we are not discouraged; rather, although our outer self is wasting away, our inner self is being renewed day by day. For this momentary light affliction is producing for us an eternal weight of glory beyond all comparison, as we look not to what is seen but to what is unseen; for what is seen is transitory, but what is unseen is eternal.

For we know that if our earthly dwelling, a tent, should be destroyed, we have a building from God, a dwelling not made with hands, eternal in heaven.

The word of the Lord.

## New Testament Readings

**Focus: We have a building from God, eternal in heaven.**

**2 Corinthians 5:1, 6-10**

A reading from the second Letter of Saint Paul to the Corinthians.

Brothers and Sisters:

We know that if our earthly dwelling, a tent, should be destroyed, we have a building from God, a dwelling not made with hands, eternal in heaven.

We are always courageous, although we know that while we are at home in the body we are away from the Lord, for we walk by faith, not by sight. Yet we are courageous, and we would rather leave the body and go home to the Lord. Therefore, we aspire to please him, whether we are at home or away. For we must all appear before the judgment seat of Christ, so that each may receive recompense, according to what he did in the body, whether good or evil.

The word of the Lord.

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**Focus: He will change our lowly bodies to conform to his glory.**

**Philippians 3:20-21**

A reading from the Letter of Saint Paul to the Philippians.

Brothers and Sisters:

Our citizenship is in heaven, and from it we also await a savior, the Lord Jesus Christ. He will change our lowly body to conform with his glorified Body by the power that enables him also to bring all things into subjection to himself.

The word of the Lord.

## New Testament Readings

**Focus: Thus we shall always be with the Lord.**  
**1 Thessalonians 4:13-18**

A reading from the first Letter of Saint Paul to the Thessalonians.

We do not want you to be unaware, brothers and sisters, about those who have fallen asleep, so that you may not grieve like the rest, who have no hope. For if we believe that Jesus died and rose, so too will God, through Jesus, bring with him those who have fallen asleep. Indeed, we tell you this, on the word of the Lord, that we who are alive, who are left until the coming of the Lord, will surely not precede those who have fallen asleep. For the Lord himself, with a word of command, with the voice of an archangel and with the trumpet of God, will come down from heaven, and the dead in Christ will rise first. Then we who are alive, who are left, will be caught up together with them in the clouds to meet the Lord in the air. Thus we shall always be with the Lord. Therefore, console one another with these words.

The word of the Lord.

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**Focus: If we have died with him we shall also live with him.**  
**2 Timothy 2:8-13**

A reading from the second Letter of Saint Paul to Timothy.

Beloved:  
Remember Jesus Christ, raised from the dead, a descendant of David: such is my Gospel, for which I am suffering, even to the point of chains, like a criminal. But the word of God is not chained. Therefore, I bear with everything for the sake of those who are chosen, so that they too may obtain the salvation that is in Jesus Christ, together with eternal glory. This saying is trustworthy:

If we have died with him  
we shall also live with him;  
if we persevere  
we shall also reign with him.  
But if we deny him  
he will deny us.  
If we are unfaithful  
he remains faithful,  
for he cannot deny himself.

The word of the Lord.

## New Testament Readings

**Focus: We shall see him as he is.**  
**1 John 3:1-2**

A reading from the first Letter of Saint John.

Beloved:  
See what love the Father has bestowed on us that we may be called the children of God. Yet so we are. The reason the world does not know us is that it did not know him. Beloved, we are God's children now; what we shall be has not yet been revealed. We do know that when it is revealed we shall be like him, for we shall see him as he is.

The word of the Lord.

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**Focus: We know that we have passed from death to life because we love our brothers.**  
**1 John 3:14-16**

A reading from the first Letter of Saint John.

Beloved:  
We know that we have passed from death to life because we love our brothers. Whoever does not love remains in death. Everyone who hates his brother is a murderer, and you know that no murderer has eternal life remaining in him. The way we came to know love was that he laid down his life for us; so we ought to lay down our lives for our brothers.

The word of the Lord.

## Music Selections

[This is by no means an exhaustive list, only suggestions. We invite you to use a hymnal to help make your selections. If you bring it home with you, we ask that you please return it to the pews.]

All of the music, whether it comes before, during or after the Funeral Liturgy, should serve to direct the people's attention to the sacredness of the Liturgy and the presence of Christ. All music must be Sacred Music. No secular or pre-recorded music is appropriate in the church, including pre-recorded accompaniments. If a particular song is not appropriate for church, but still important, you may wish to incorporate the selection into your wake/vigil service at the funeral home or during the luncheon. The parish provides a cantor at all Funerals to lead the assembly in the sung and spoken prayers of the Liturgy.

**P=Processional O=Offertory C=Communion M=Meditation F=Song of Farwell R=Recessional**

| <b>Name of Hymn/Song</b>                            | <b>Where It Works Best</b> |
|---|----------------------------|
| All Creatures of our God and King                   | P, R                       |
| Amazing Grace                                       | P, O, C, R                 |
| Ave Maria ( <i>Latin Text</i> )                     | M                          |
| Be Not Afraid                                       | P, C                       |
| Blest Are They                                      | O, C, M                    |
| City of God   | R                          |
| Eat This Bread                                      | C                          |
| Eye Has Not Seen                                    | P, R                       |
| Gift of Finest Wheat                                | C                          |
| Glory and Praise to our God                         | P, R                       |
| Hail Mary, Gentle Woman                             | M                          |
| Here I Am, Lord                                     | O, C                       |
| Holy God We Praise Thy Name                         | R                          |
| Hosea   | P, O                       |
| How Great Thou Art                                  | R                          |
| I Am the Bread of Life                              | C                          |
| I Am the Vine                                       | O, C                       |
| I Have Loved You                                    | O, C                       |
| Jesu, Joy of Man's Desiring ( <i>Instrumental</i> ) | O                          |
| Joyful, Joyful, We Adore You                        | R                          |
| Let There Be Peace on Earth                         | O, R                       |
| Like a Shepherd                                     | O                          |
| Love Divine, All Love's Excelling                   | P, O, R                    |
| Look Beyond   | C                          |
| Make Me a Channel of Your Peace                     | O                          |



| <b>Name of Hymn/Song</b>                                 | <b>Where It Works Best</b> |
|--|----------------------------|
| Now We Remain  | O, C                       |
| On Eagles Wings  | P, O, C, R                 |
| One Bread, One Body                                      | C                          |
| Only This I Want   | O, C                       |
| Prayer of St. Francis ( <i>Make Me A Channel</i> )       | O                          |
| Precious Lord, Take My Hand                              | O                          |
| Remember Your Love                                       | O, C                       |
| Sing With All the Saints in Glory ( <i>Hymn to Joy</i> ) | R                          |
| Song of Farewell (Sung to tune of <i>Danny Boy</i> )     | F                          |
| Take and Eat This Bread                                  | C                          |
| Taste and See  | C                          |
| The Hand of God Shall Hold You                           | F                          |
| The King of Love My Shepherd Is                          | P, O, C                    |
| The Servant Song   | O                          |
| The Strife is O'er                                       | P, R                       |
| Though the Mountains May Fall                            | P, R                       |
| Unless a Grain of Wheat                                  | O, C                       |
| We Have Been Told  | O, C                       |
| We Walk By Faith   | P, R                       |
| You Are Mine   | O, C, R                    |
| You Satisfy the Hungry Heart                             | C                          |

### **Psalm Refrains**

Psalm 19: Lord, You Have the Words of Everlasting Life

Psalm 23: My Shepherd is the Lord

Psalm 23: Shepherd Me, O God

Psalm 25: To You, O Lord I Lift my Soul

Psalm 27: In the Land of the Living

Psalm 27: The Lord Is My Light and My Salvation

Psalm 34: The Lord Hears the Cry of the Poor

Psalm 103: The Lord is Kind and Merciful

# *Coping Creatively With Grief and Loss*

Healing from a loss situation may be the most difficult work you do in your life. Your spirit, body, and emotional state undergo tremendous upheavals. Just when you think you "should" be feeling more like yourself, the cycle of disorientation and upheaval begins again. No wonder it seems like this is one unending dark abyss from which you will never emerge. There are, however, some reminders that may help you during this time of healing.

- There are no magic timelines for healing.
- Remember that you always have a choice about how to respond to a loss situation.
- Take care of your body—it's the only one you have.
- Open yourself to leaning from your experience; you may grow in understanding and compassion.
- Your life is changed; not ended.
- Be respectful of your own process. Disregard unhelpful advice from others as well meaning as it may be.
- Creativity, in any form and artistic endeavors can be healing.
- Be mindful that reconciliation from grief does not equate with happiness. You were not happy all the time before the loss, and you will not be after either. Life has its ups and downs.

Following are some ideas on coping creatively and holistically:

## **Emotional:**

- ◆ *Releasing anger:* exercise, throw things, paint, yell (especially in the car), chop wood, pull weeds, etc. Any movement that involves the upper part of the body is helpful. Be careful not to physically hurt yourself or anyone else.
- ◆ *Loneliness:* find supportive people to cry or just "be" with, get out of the house, check for online resources—carefully. (See accompanying article on "Grief and the Internet.")
- ◆ *Fear:* "name it and claim it," write it down, journal, draw, talk with others. When fear is faced it loses its power.
- ◆ *Guilt:* Ask yourself these questions: What did I do?, What didn't I do?, What could/ would I have done differently? Identify the kind of guilt: realistic or unrealistic? Get information if you need it.
- ◆ *Disbelief:* Seek help to face the pain that you may be avoiding.
- ◆ *Vulnerability:* Pray for strength and guidance.

## **Physical:**

- ◆ Refrain from too much caffeine, sugar, alcohol, and nicotine.
- ◆ Drink lots of water.
- ◆ Exercise—try walking, especially if your energy is low.
- ◆ If there are significant changes in your eating and sleeping patterns, which don't resolve, see a doctor. Since you are more prone to infection when your immune system is depleted, which often happens during a period of grief, seek medical attention.

## **Spiritual:**

- ◆ If you have a need to talk things over, particularly if your faith is being tested to its core, find someone who will listen without judging you or your experience.
- ◆ Remember that it is perfectly acceptable to express your anger at God for what has happened to you and what you are experiencing as a result of it.
- ◆ Stay in the "dark place." That is where the rich soil for growth is even though it is often a lonely and scary place to be.
- ◆ Spend time in nature. It can be incredibly healing and peaceful for your spirit.
- ◆ Create rituals to outwardly express what is being transformed within you.

## **Social:**

- ◆ Name what you need and ask for it.
- ◆ Practice saying no to things, people, and situations you do not want to be involved in.
- ◆ Join a support group around the kind of loss you are trying to heal.
- ◆ Reach out. It is important to know that you are not alone.
- ◆ Make specific plans—even if you need to change them at the last minute. Find friends who will understand that that might happen.
- ◆ Acknowledge significant dates, anniversaries, holidays, etc.

## **Intellectual:**

- ◆ Take it one hour at a time
- ◆ Seek help in decision-making. It is best not to make any major decisions for one year, if possible.
- ◆ It may be easier to listen to tapes rather than read books if your concentration is poor.
- ◆ Distract yourself when necessary. Wallowing in grief constantly is not helpful.
- ◆ Try to find humor even in the bleakest moments. Remember Erma Bombach? Humor does help with healing.

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*Article reprinted from: Associated Catholic Cemeteries, [www..acc-seattle.com/resources/coping.htm](http://www.acc-seattle.com/resources/coping.htm)*



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