

A dramatic, low-key landscape painting. The scene is dominated by dark, shadowed terrain in the foreground and middle ground, with a bright, hazy light source in the upper left, creating a strong contrast and a sense of depth. A small, dark figure stands on a rocky outcrop in the lower center, looking towards the light. The overall mood is contemplative and spiritual.

Life without End

*Catholic resources on eternal life,
meaningful funerals, and sacred burial.*



Fatima Prayer

O my Jesus, forgive us our sins,
save us from the fires of hell.

Lead all souls to heaven,
especially those who have most
need of your mercy.

Three-part workshop

I

Hope and
Positive
Vision

II

Mystery
of
Death

III

Spiritual and
Practical
Preparation



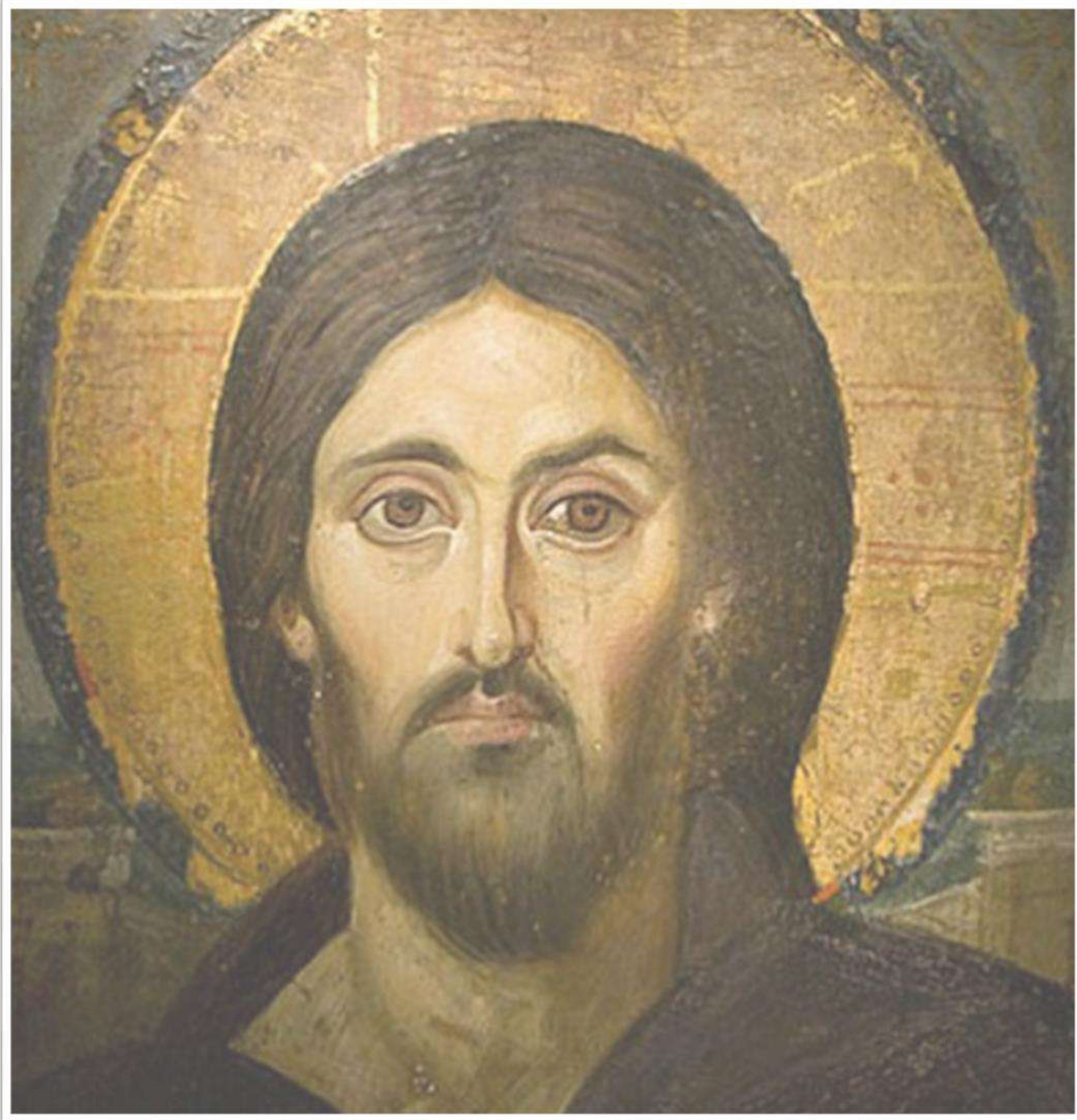
Lessons from Mary and Joan





PART ONE

*Hope – Made to
Last Forever*



Vision

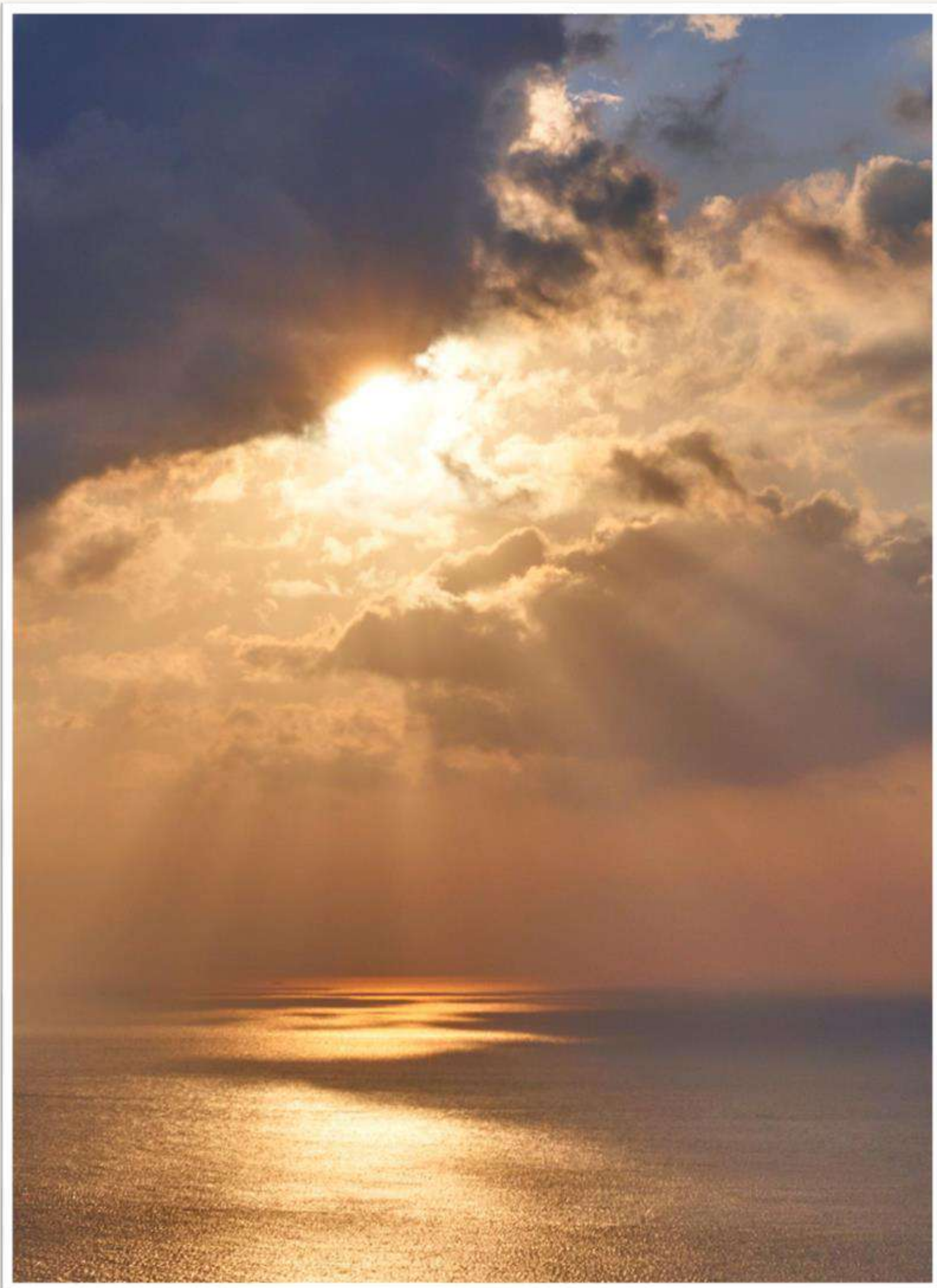
A Christian community following Christ, living in hope for eternal life.

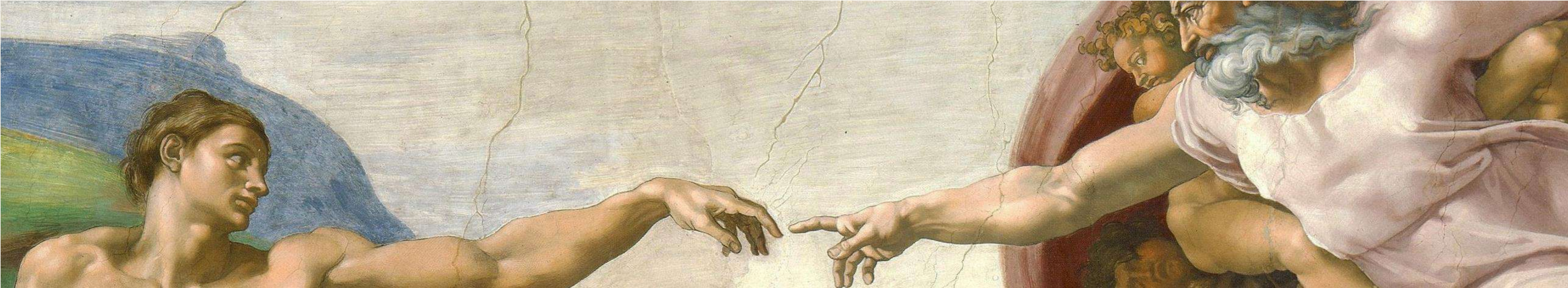
(without anxiety and avoidance for earthly end-of-life)

Virtue of Hope

...the power by which we desire the Kingdom of Heaven as our happiness, placing our trust in Christ's promises and relying not on our own strength, but on the grace of the Holy Spirit.

CCC article 1817





Created to last forever

God did not make death, and he does not delight in the death of the living...for God created man for incorruption and made him in the image of his own eternity.

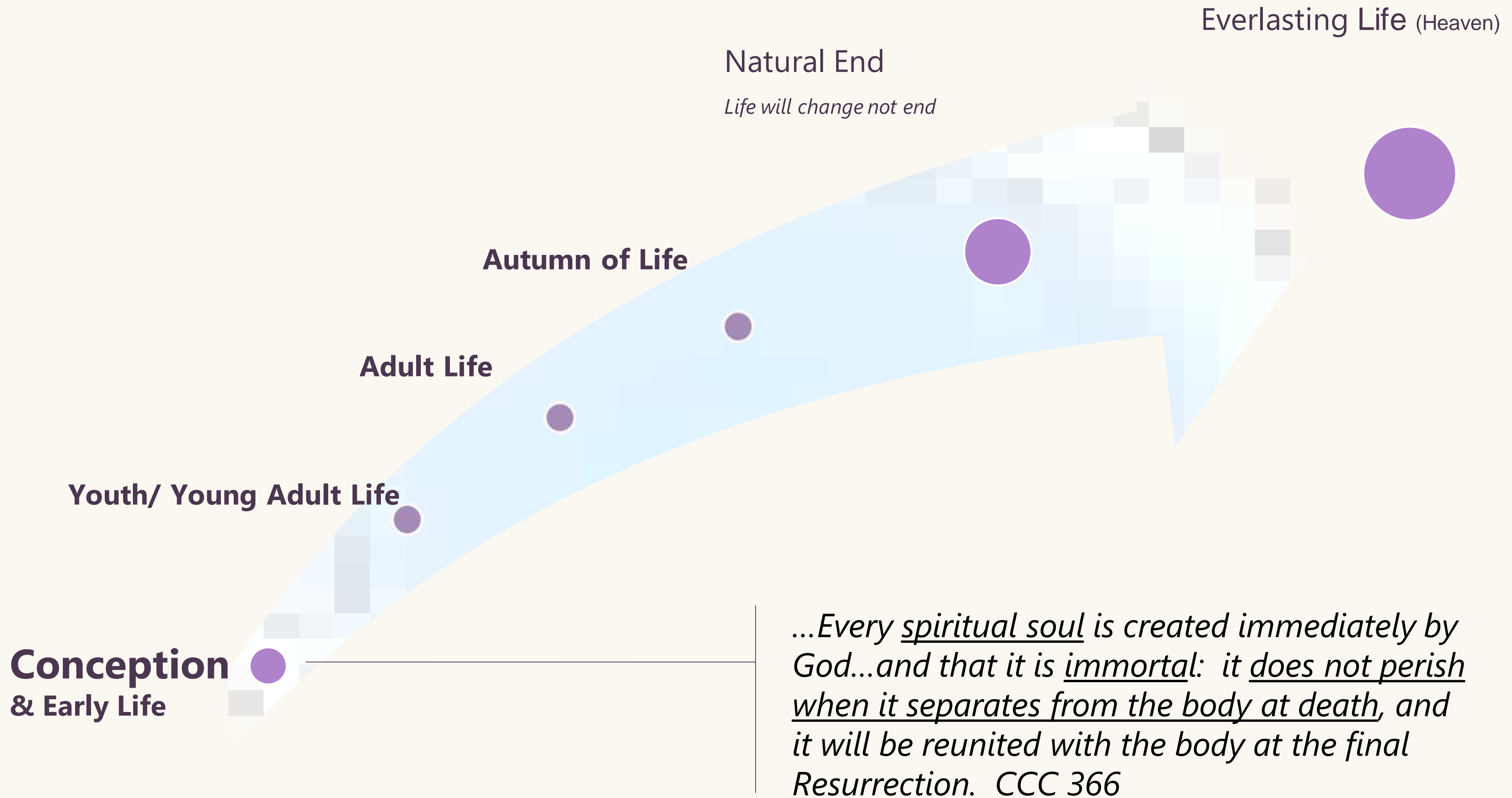
Wisdom 1:13-15; 2:23-24



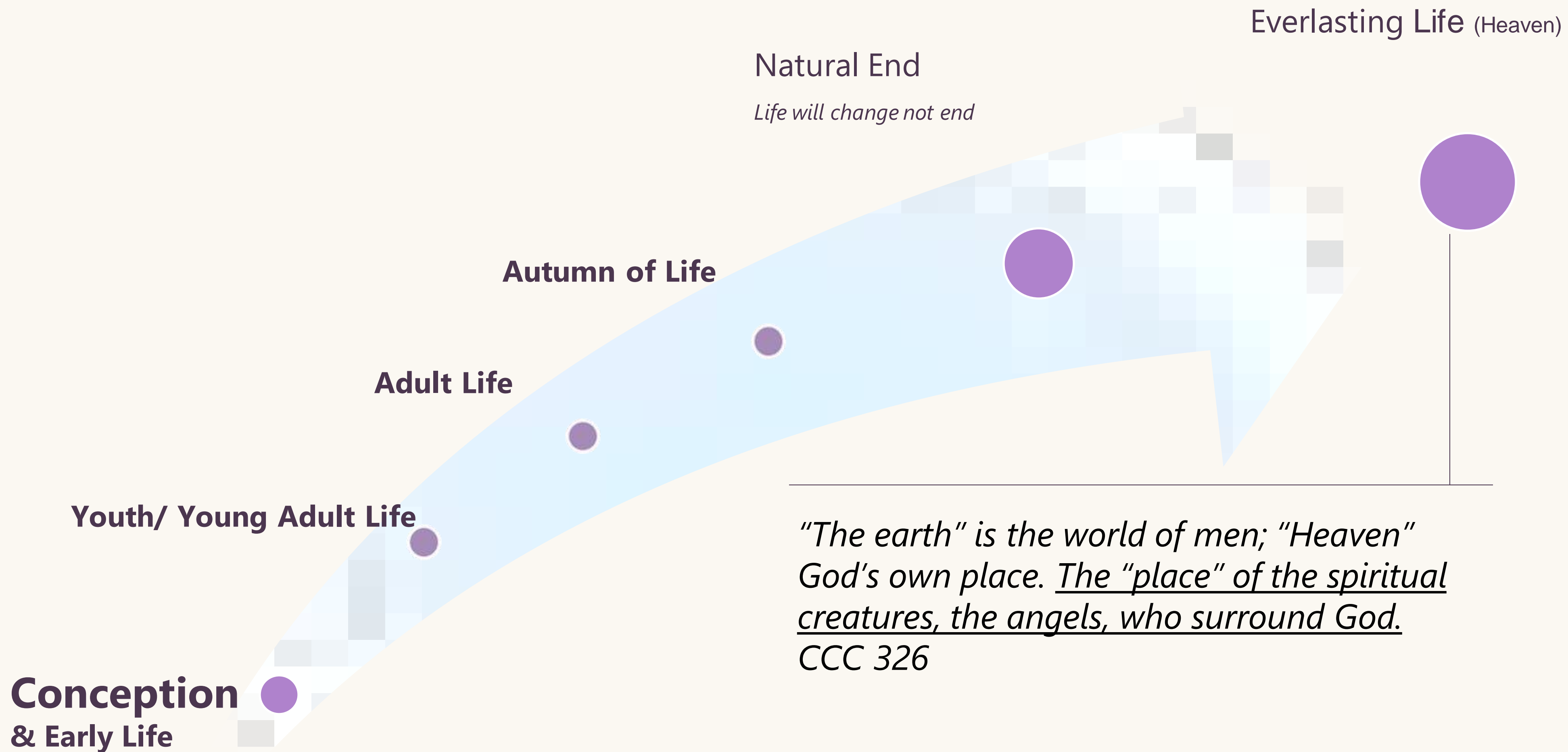
Created to search for meaning

- Saint Pope John Paul II – “Each of us has both the desire and the duty to know the truth of our own destiny....”
- Aristotle – “All humans desire to know....”
- Victor Frankl – search for meaning is the primary motivation in life

Created for Heaven



Created for Heaven



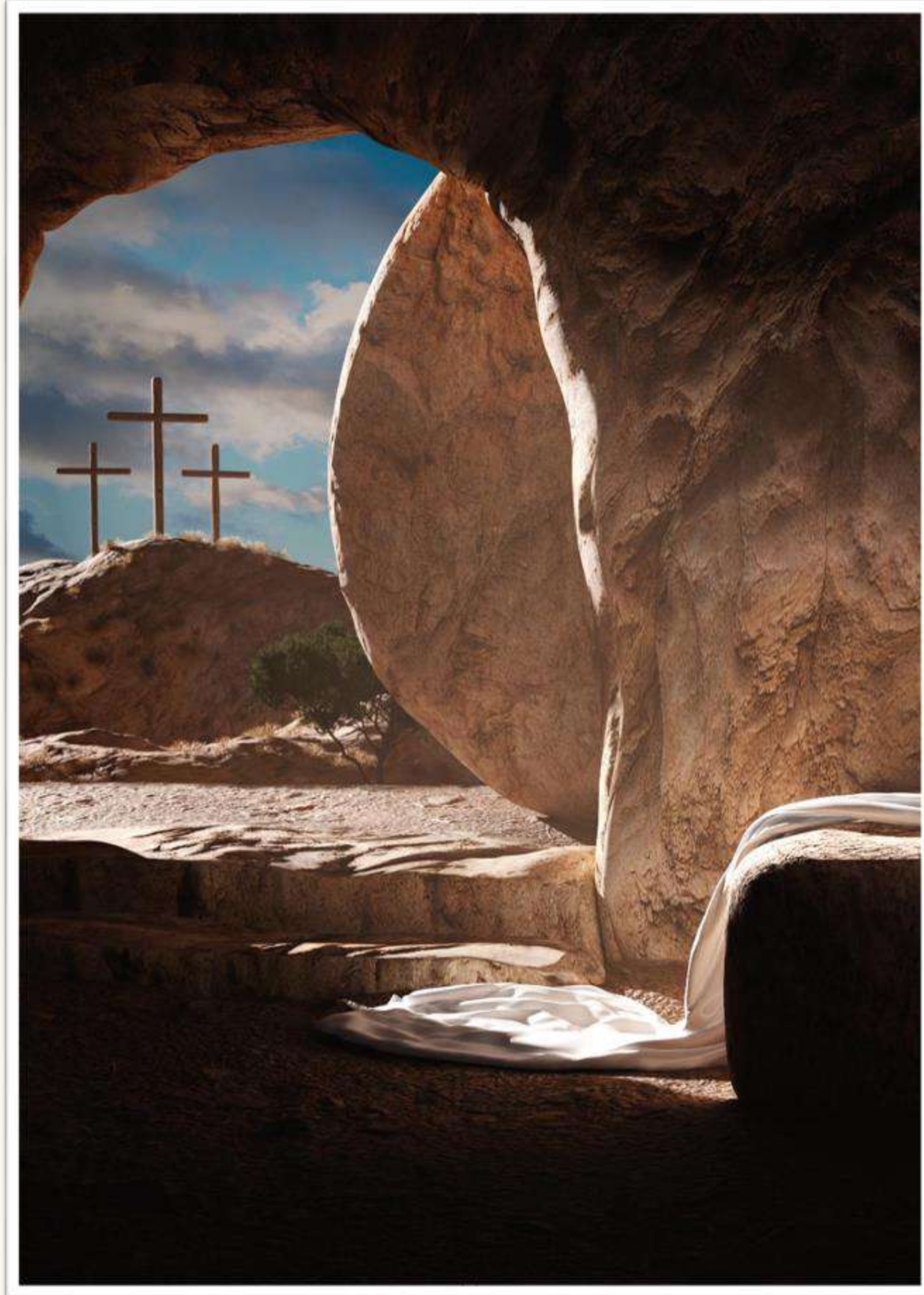
"Cemetery", Greek origin "Koimeterion" = a sleeping place; a place of rest.

Meaning of Christ's Resurrection



Table Discussion

- What stood out for you in the video?
- When you leave this earth, are you leaving home or going home?
- What is the meaning of Christ's resurrection in your life?



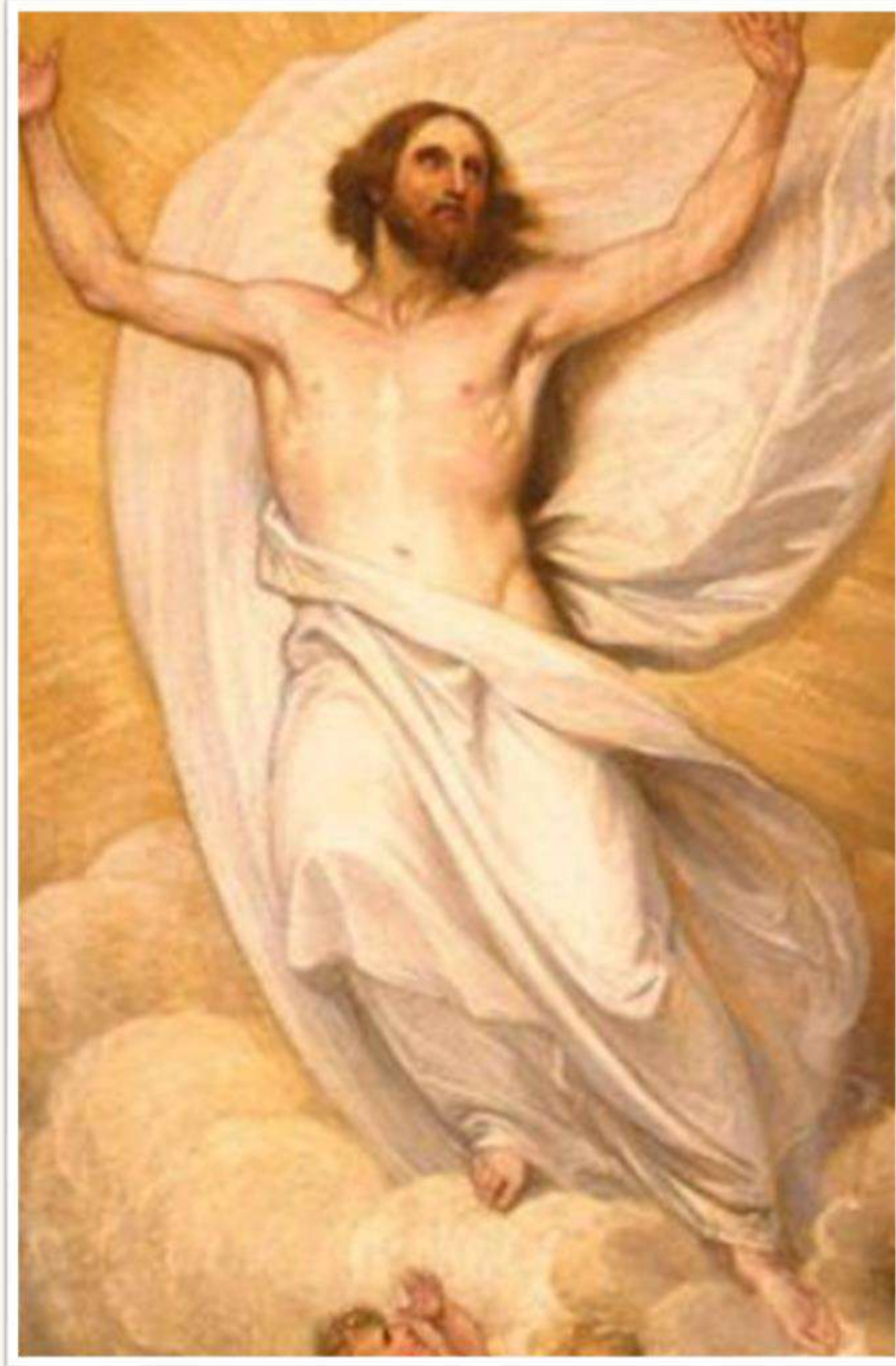
Resurrection inspires hope

The Resurrection of Jesus is the Culminating truth of the Christian Faith.

Instruction Ad resurgendum cum Christo, 25 Oct, 2016

Christ rose from the dead, lives forever, and causes us to share in his eternal life.

CCC 988-991



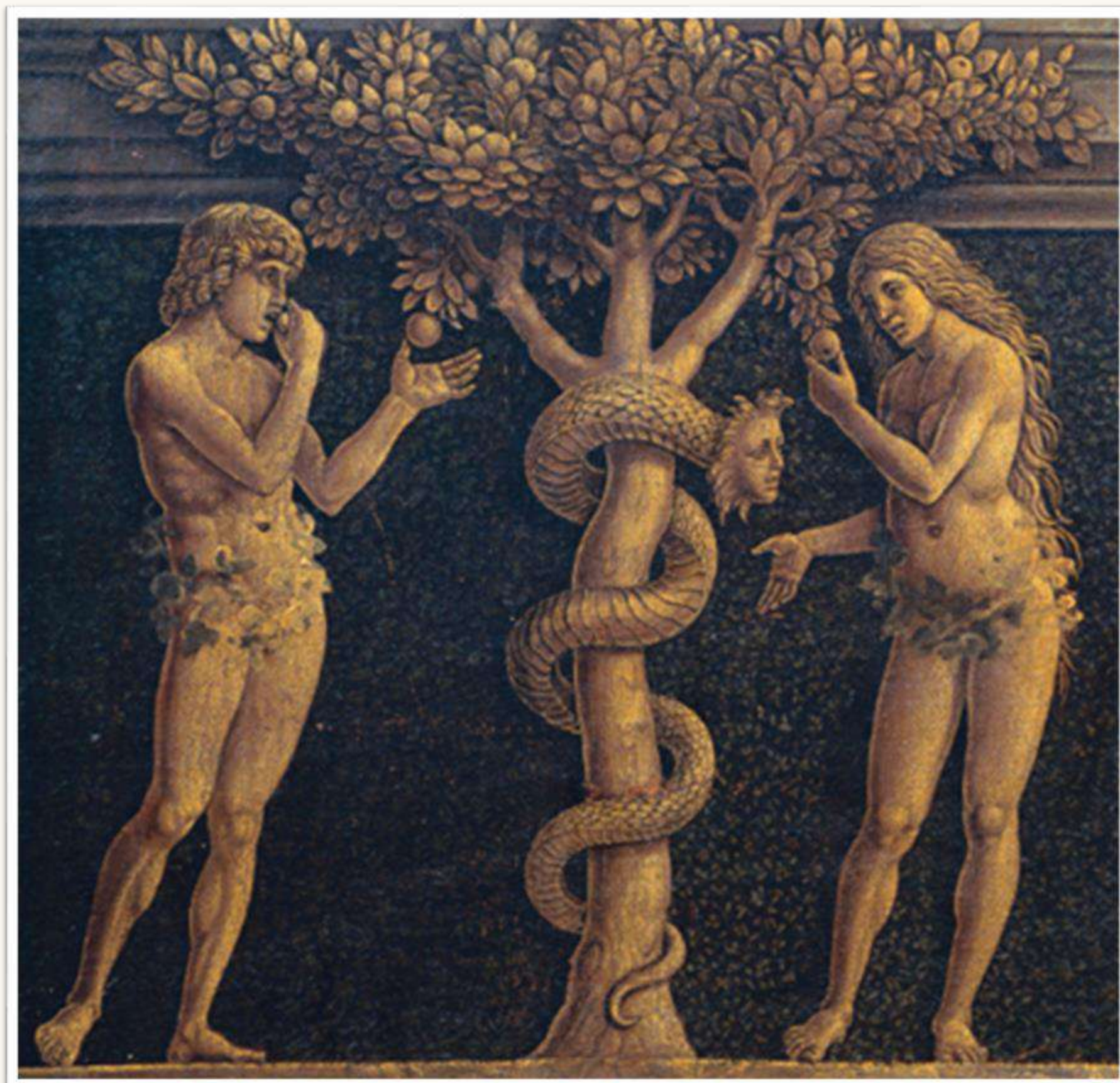
Hope – Made to Last Forever Summary

- ✓ Life will Change, not End
- ✓ We were created to last forever - share in Christ's eternal life
- ✓ Search for meaning
- ✓ Trust in Christ's Resurrection
- ✓ Follow the Way of Light



PART TWO

*Our relationship
with Death*



Man's relationship with death

Death came into the world as a result of the devil's envy (Gen 3:1,4-5) and the sin of our first parents (Gen 2:17, 3:17-19).

Source: *Evangelium Vitae*, the Gospel of Life

Source: The Holy Bible. The New Revised Standard Version: Catholic Edition. Nashville, TN: Catholic Bible Press, 1993.

Death within our sacramental journey



Youth + Young Adult Life

*Confirmation, Faith Formation,
Vocation Discernment*

Conception to Early Life

*Baptism, Reconciliation, First
Communion, Religious Education*

Adult Life

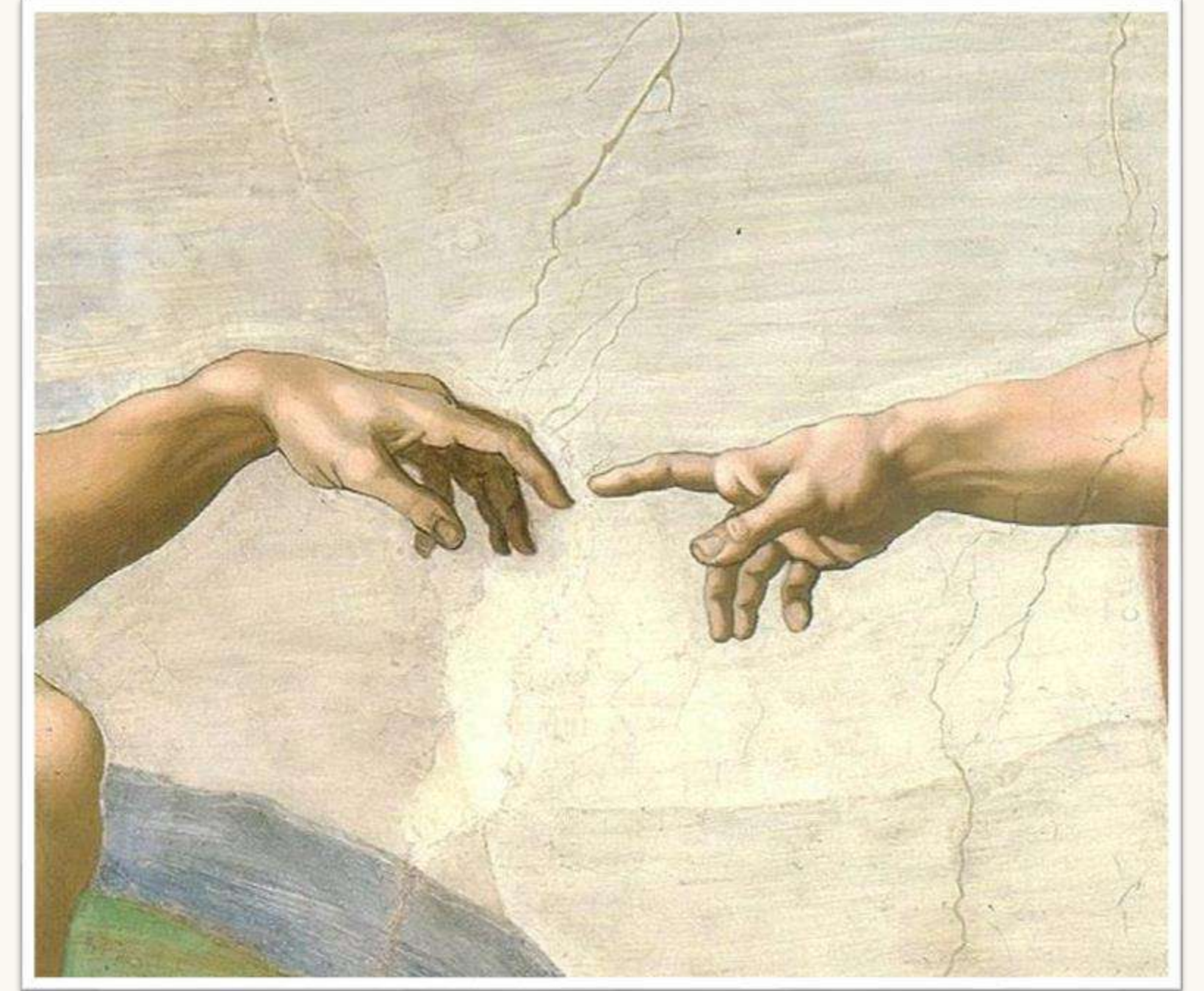
*Marriage Preparation + Marriage
Encounter, Family Formation, Priesthood,
Religious Life, Diaconate, Stewardship,
Service, Evangelization*

Autumn of Life

*Sacrament of the Sick, End of Life
Preparation, Funeral Rite + Cemetery
Burial, Grieving + Bereavement Support,
Hope of Everlasting Life*

Incompleteness

Incapable of belief, the man of today, in an extreme and desperate act of loyalty, cries out longingly for some final positive affirmation; he cries out what Christ with complete awareness had cried out before he died:



“Into your hands I commend my spirit.”

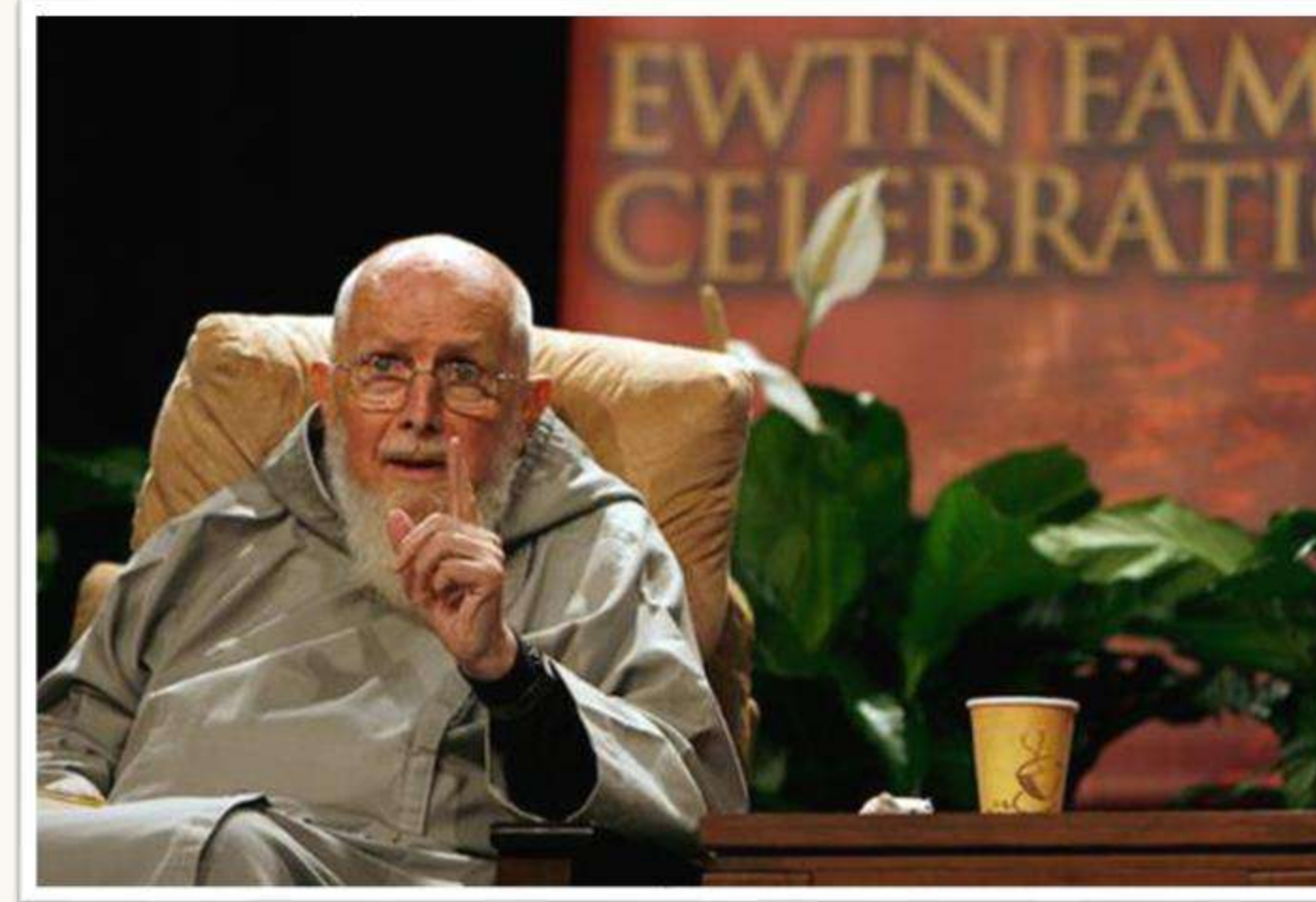
Luigi Giussani. Religious Awareness in Modern Man. Communio International Catholic Review. Washington, DC. 1998. Page.120.

Death Denial and Cultural Confusion

- Agrarian to Manufacturing to Information Era
- Cultural concern for death, life after death/Care for the dead over millennia
- Man avoids fact that he is mortal
- Culture contributes to Significant Confusion
- Medicalization of death – distance of hands-on care of the dying and dead

Why death triggers anxiety

- Death is a psychological force: Will to live and self-preservation.
- “Will to live” - a force to fight for self-preservation. Humans go to extraordinary measures to live as long as they can....



Father Benedict Groeschel, clinical psychologist, author, speaker on EWTN.

- Denial of death - primary characteristics of our culture.
- Freud’s *pleasure principle* - seeking pleasure and avoiding pain.

Why death triggers anxiety

- Death is an inescapable meeting with the mystery of the unknown. Approach:
 - **Wonder** (*admiratio*) – dimensions indeterminate, fear can lead to inquiry
 - **Bewilderment** (*stupor*) – unusual and improbable character
 - **Dread** (*agonia*) – unforeseeable character



Fathers Luigi Giussani and
Hans Urs von Balthasar

Hans Urs von Balthasar. *The Christian and Anxiety*. San Francisco. Ignatius Press. 1989. Pages. 118-9.

Discussion

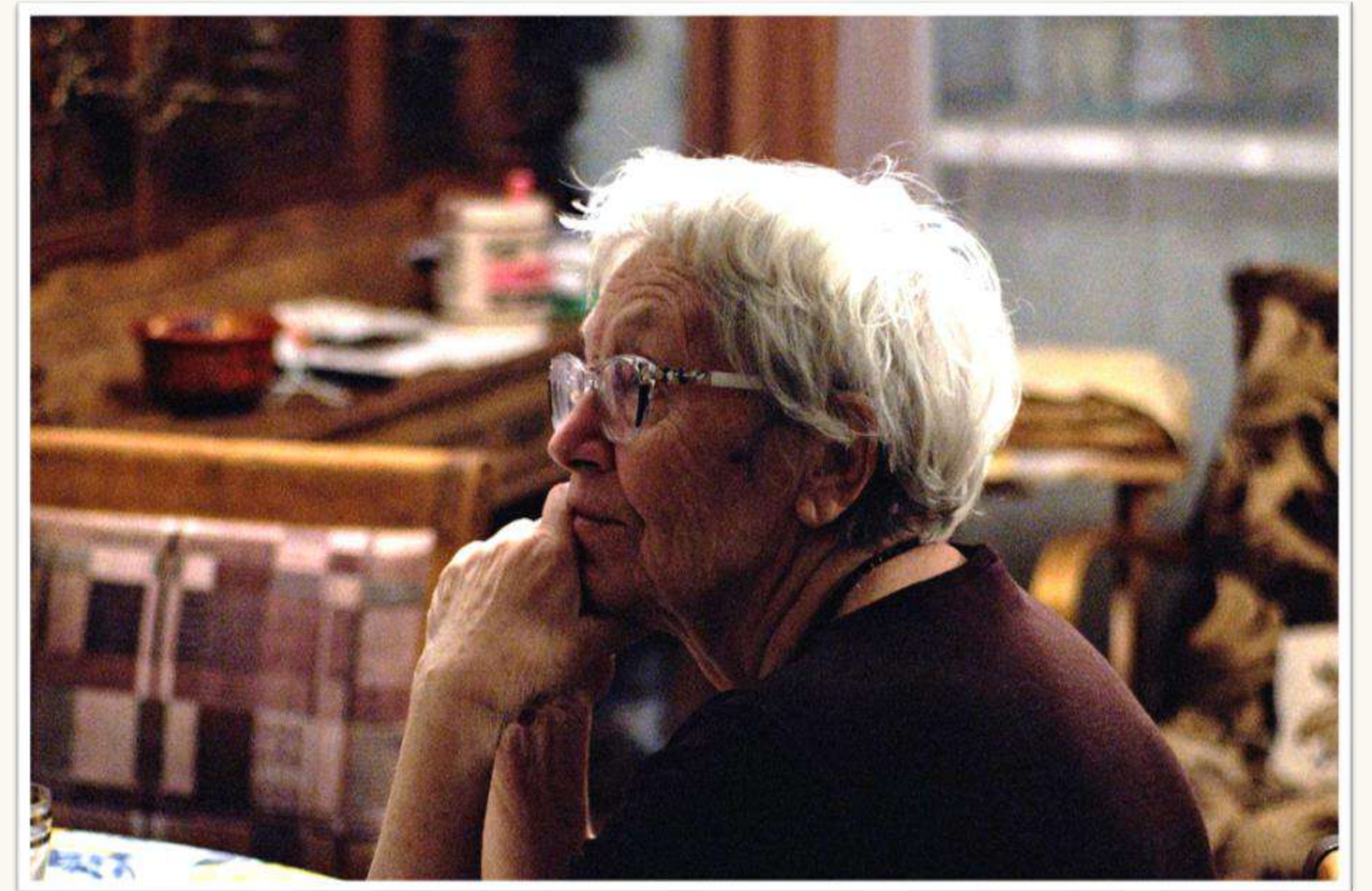
- How do you feel about death?
- What have been some of your experiences?
- How does one cultivate wonder for eternal life?

Negative vision and denial of death

It's natural to have anxiety around Death and to not talk about it...

The root cause of much of the misery associated with dying today is the denial of death and the fact that our society has ***no positive vision*** with regard to life's end.

James W. Roche. *Facing Death: Discovering Life*. Ottawa, ON: Catholic Health Care Association of Canada. 2000. 9.



Suffering

Was it part of God's plan for people to suffer and die?

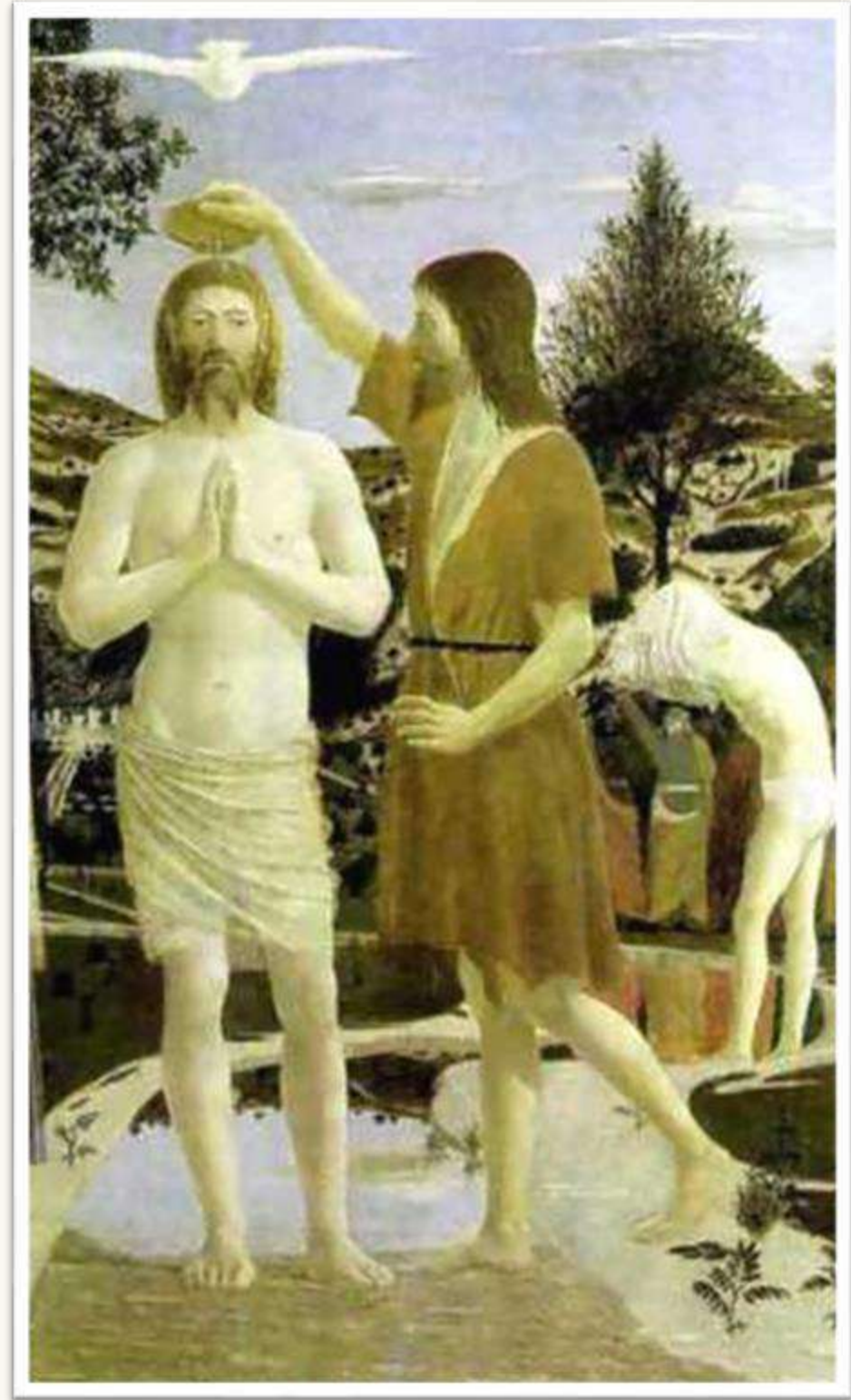
God does not want men to suffer and die. God's original idea for man was paradise: life forever and peace between God and man and their environment, between man and woman.

Source: Catechism of the Catholic Church 374-379, 384, 400



Our positive vision





Baptism of Christ by
Francesca, 1449

Jesus changed death

- Do you now know that all of us who have been baptized into Christ Jesus were baptized into his death?
- The death he died he died to sin, once and for all, but the life he lives he lives to God. So, you also must consider yourselves dead to sin and alive to God in Jesus Christ. Romans 6:3-11
- I am the Way, the Truth, and the Life. John 14:6



...Jesus transforms and restores!

- ***"I came that they may have life and have it abundantly"*** John 10:10
- Evangelium Vitae: In truth, he is referring to that "new" and "eternal" life which consists in communion with the Father, to which every person is freely called in the Son by the power of the Sanctifying Spirit.

Homework: Have the talk of a lifetime

- Kubler-Ross: denial, anger, bargaining, depression, acceptance
- Journal of Palliative Medicine – study of 82 hospice patients. When offered “life completion” exercises, showed improvements on functional status, anxiety, depression, preparation for EOL, improved purpose, self-esteem and quality of life
- Resolving conflicts, achieving forgiveness, spending time with family and friends, contributing to others, saying goodbye, exploring issues of regret and forgiveness, showing sense of gratitude/ appreciation/ lessons learned, wisdom to be shared. Romans 6:3-11

* Source: Journal of Palliative Medicine "Life Completion Discussions" Volume 11, Number 9, 2008

Our relationship with death: Section Summary

- ✓ Having anxiety around death is natural – we weren't meant to die
- ✓ Jesus conquers death
- ✓ We are baptized into his life and his death
- ✓ Follow Christ to alleviate fear and anxiety
- ✓ Cultivate a sense of wonder



Christ Triumphant over Sin & Death,
Peter Paul Rubens (1577-1640)



PART THREE

*Preparation
is a gift
of kindness*

Why preparation is an act of kindness

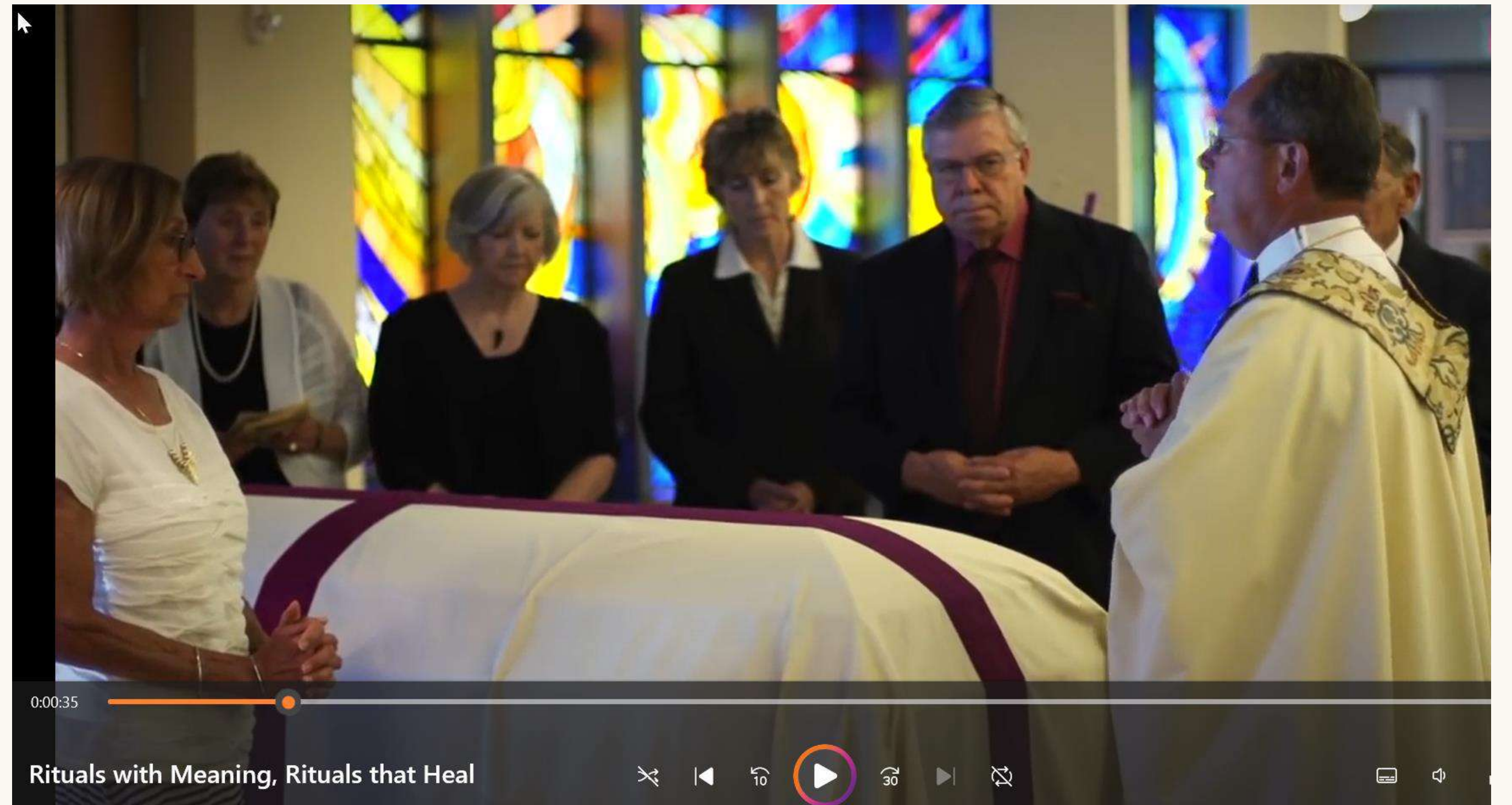
- Lessens the burden on spouse or children
- Avoids emotional mistakes
- Judgement is not impaired by sorrow
- Is a witness to your faith, is an act of love



The body is a temple of the Holy Spirit.

Meaningful funerals and sacred burial

- Why a meaningful funeral is healing
- How sacred burial at a Catholic cemetery is different



A Catholic Funeral and Burial offers rituals with meaning, rituals that heal



Vigil or "Wake"



Funeral Mass



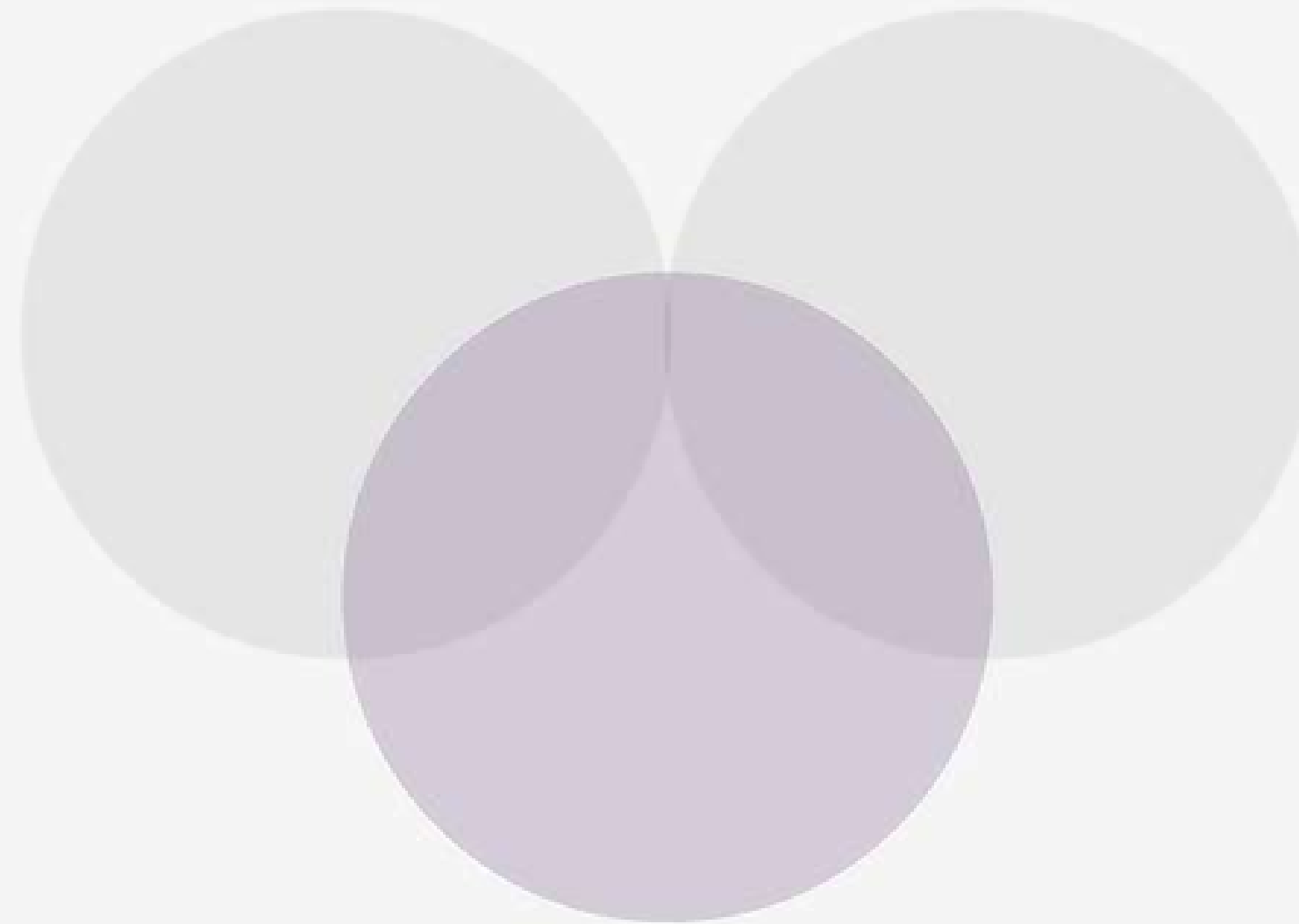
Interment

Wolfelt's Hierarchy of the Purposes of Funerals



How We Are Connected

Parish
*Funeral Liturgy— Vigil, Mass,
Interment (dates)
Community Prayer / Support
Volunteer Support*

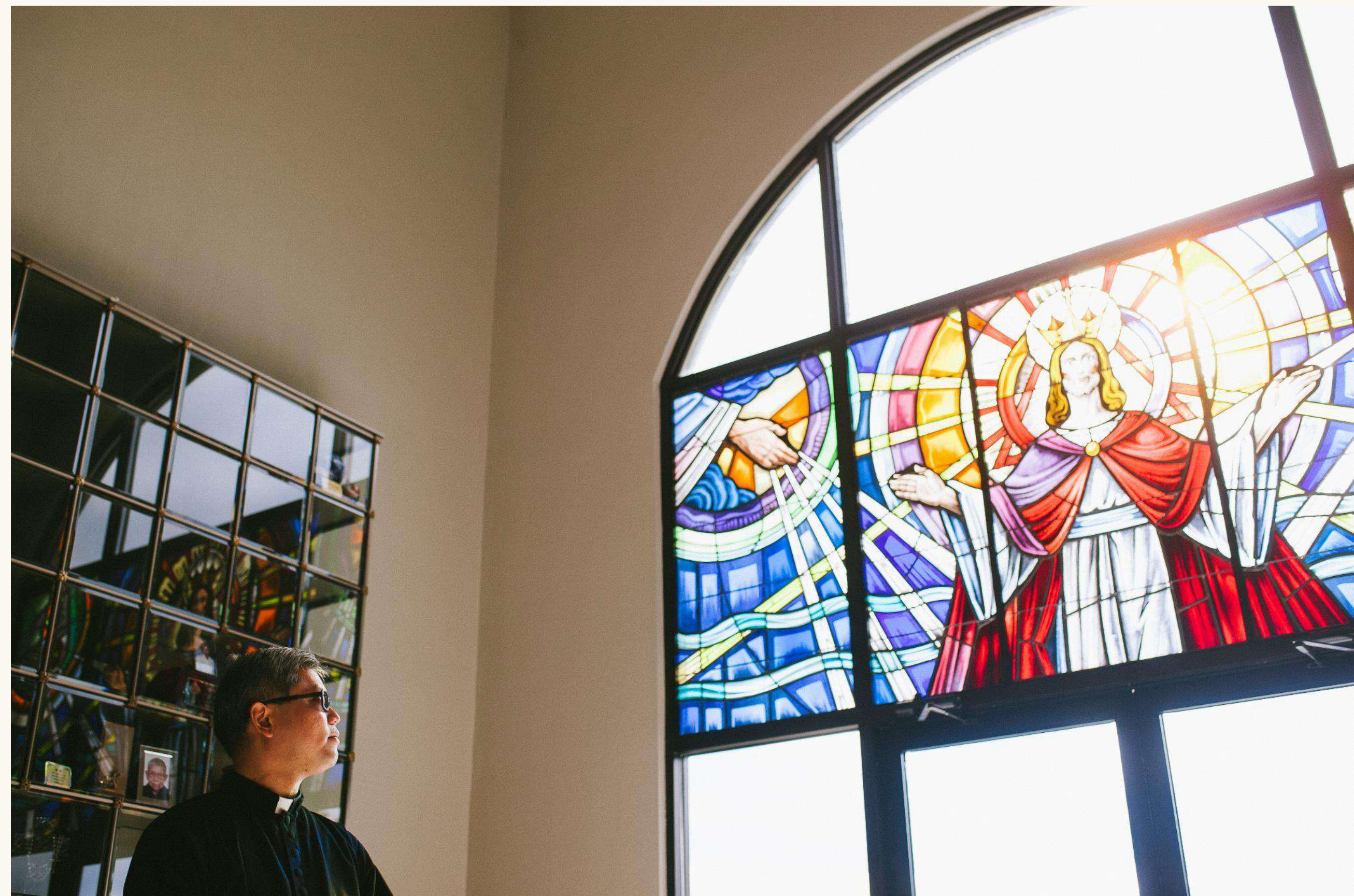


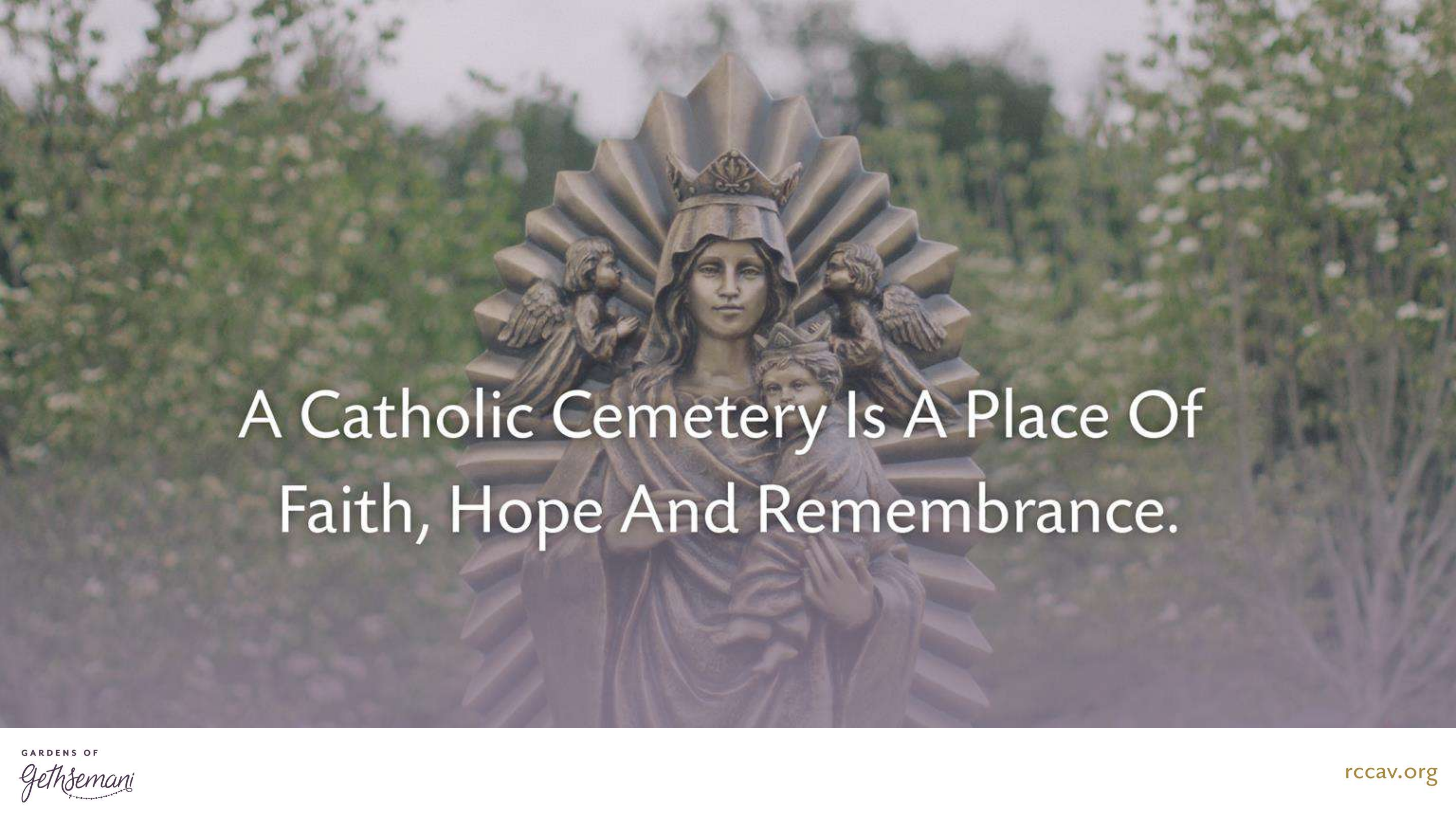
Funeral Home
*Preparation of body
Transportation
Certificates / Forms
Obituaries*

Cemeteries
*Planning Tools
Sacred Burial Space
Open / Close
Memorialisation*

Sacred burial

How a Catholic cemetery is different





A Catholic Cemetery Is A Place Of
Faith, Hope And Remembrance.

A mosaic of Saint Joseph of Arimathea, depicted as an elderly man with a long white beard and hair, wearing a blue and red robe. He is holding a wooden staff in his right hand and a book in his left. The mosaic is set within an arched niche on a light-colored wall.

Our Patron, Saint Joseph of Arimathea



Plots

Traditional Burial Plots



Crypts

*Mausoleum Single
and Double Crypts*



Niches

*Wall and Columbarium Niches
for Cremated Remains*

Arrangements

Discern

Traditional or
Cremation Burial

Meet

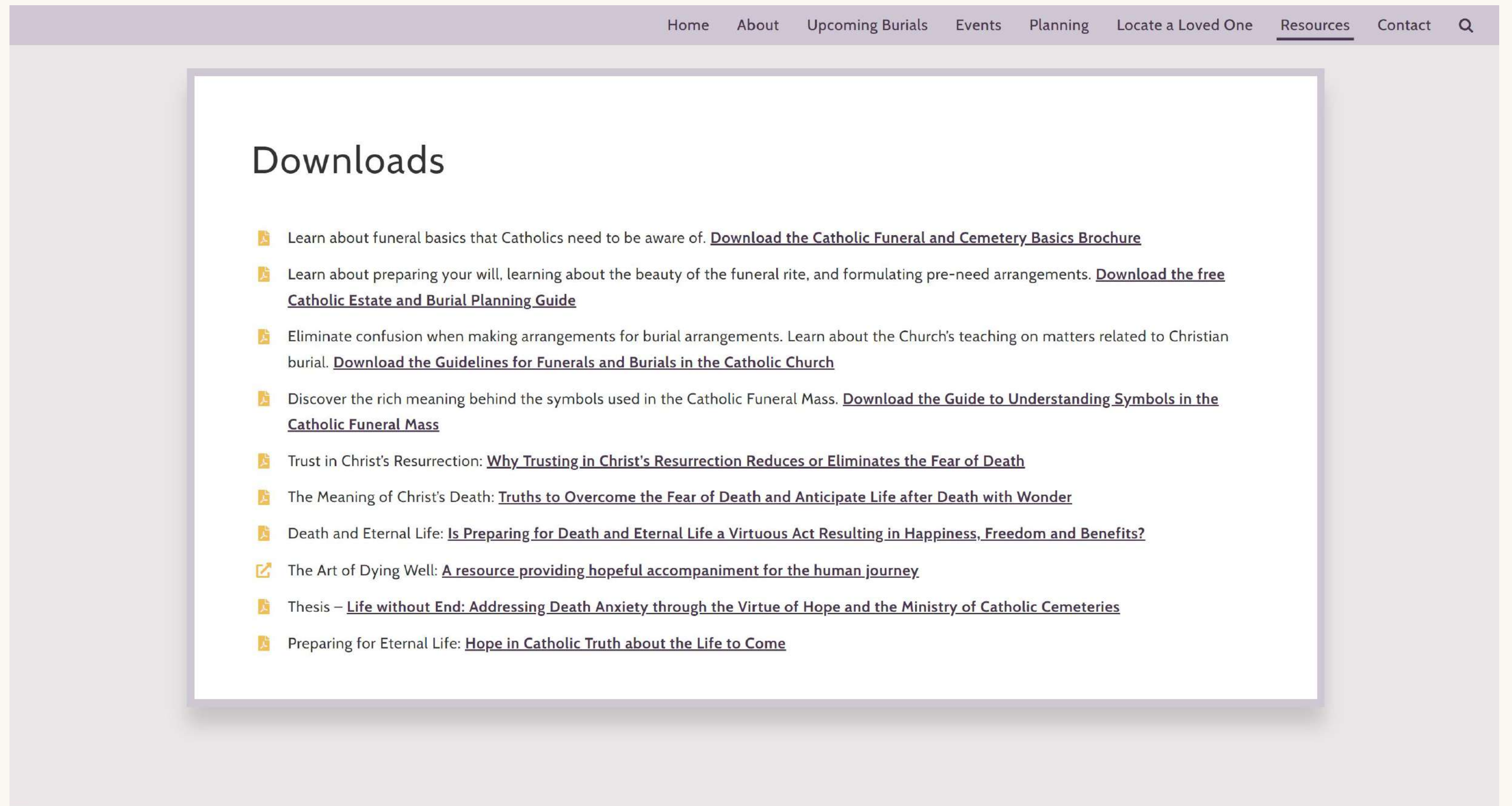
Advisor and
Review Options

Document

Plan and
Inform Family

Preparation is virtuous, kind and formative

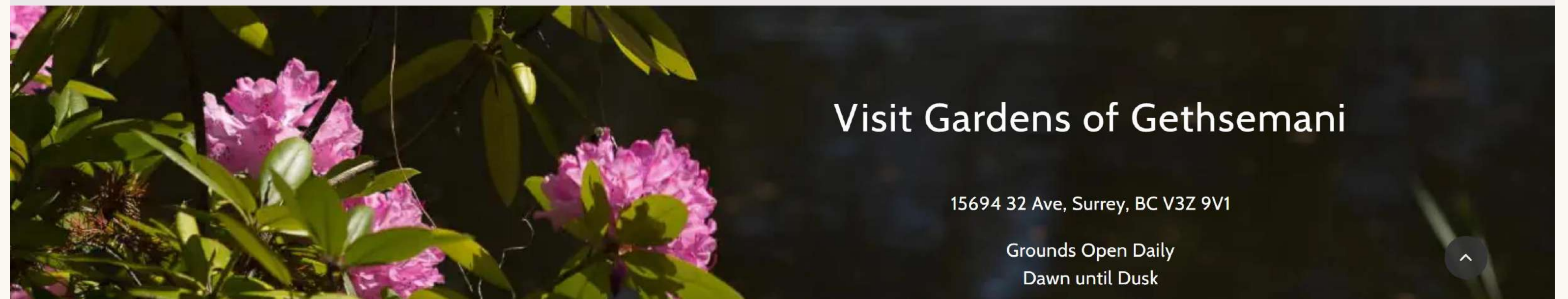
Visit *rccav.org*
for our available
resources.



Home About Upcoming Burials Events Planning Locate a Loved One Resources Contact Q

Downloads

- Learn about funeral basics that Catholics need to be aware of. [Download the Catholic Funeral and Cemetery Basics Brochure](#)
- Learn about preparing your will, learning about the beauty of the funeral rite, and formulating pre-need arrangements. [Download the free Catholic Estate and Burial Planning Guide](#)
- Eliminate confusion when making arrangements for burial arrangements. Learn about the Church's teaching on matters related to Christian burial. [Download the Guidelines for Funerals and Burials in the Catholic Church](#)
- Discover the rich meaning behind the symbols used in the Catholic Funeral Mass. [Download the Guide to Understanding Symbols in the Catholic Funeral Mass](#)
- Trust in Christ's Resurrection: [Why Trusting in Christ's Resurrection Reduces or Eliminates the Fear of Death](#)
- The Meaning of Christ's Death: [Truths to Overcome the Fear of Death and Anticipate Life after Death with Wonder](#)
- Death and Eternal Life: [Is Preparing for Death and Eternal Life a Virtuous Act Resulting in Happiness, Freedom and Benefits?](#)
- The Art of Dying Well: [A resource providing hopeful accompaniment for the human journey.](#)
- Thesis – [Life without End: Addressing Death Anxiety through the Virtue of Hope and the Ministry of Catholic Cemeteries](#)
- Preparing for Eternal Life: [Hope in Catholic Truth about the Life to Come](#)



Visit Gardens of Gethsemani

15694 32 Ave, Surrey, BC V3Z 9V1

Grounds Open Daily
Dawn until Dusk

Preparation resources

- Will - Executor, Guardian, Power of Attorney
- Healthcare Representation #9
- Funeral Planning
- Cemetery pre-need Plan
- Wrestle with the mystery of death, the mystery of eternal life

Visit rccav.org/legacy-planning for more planning.

The screenshot shows the website for Gardens of Gethsemani Catholic Cemetery. At the top right, it says "We speak your language: SPA | ITA | VIE |". The navigation menu includes: Home, About, Upcoming Burials, Events, Planning, Locate a Loved One, and Resource. The main content area features a large image of a cemetery with people. A sidebar menu on the left lists: INTRODUCTION, BENEFITS OF PREPARATION, WILL PREPARATION & UPDATES, FINAL SPIRITUAL & PASTORAL CARE, HEALTH CARE CONSIDERATIONS, A SACRED SPACE & MEANINGFUL FUNERAL, FUNERAL HOME SERVICES, and TELL YOUR STORY. The main content area is titled "LEGACY PLANNING" and "An Introduction". It contains a paragraph: "As Christians, we live in hope and preparation for the life to come. Our ministry is committed to assisting you to prepare for the end of your life peacefully and prayerfully. Planning for death is not a sign of hopelessness; rather, it is an expression of acceptance, trust, and faith in the resurrection of our Lord." Below this is a quote: "Christ said, 'I am the Resurrection and the life. All who believe in me, even if they die, will live, and all who live and believe in me will never die.'" attributed to John 11:24. At the bottom, it says "Planning Information" and "We offer legacy planning information to provide the faithful with the opportunity to discuss".

Table discussion

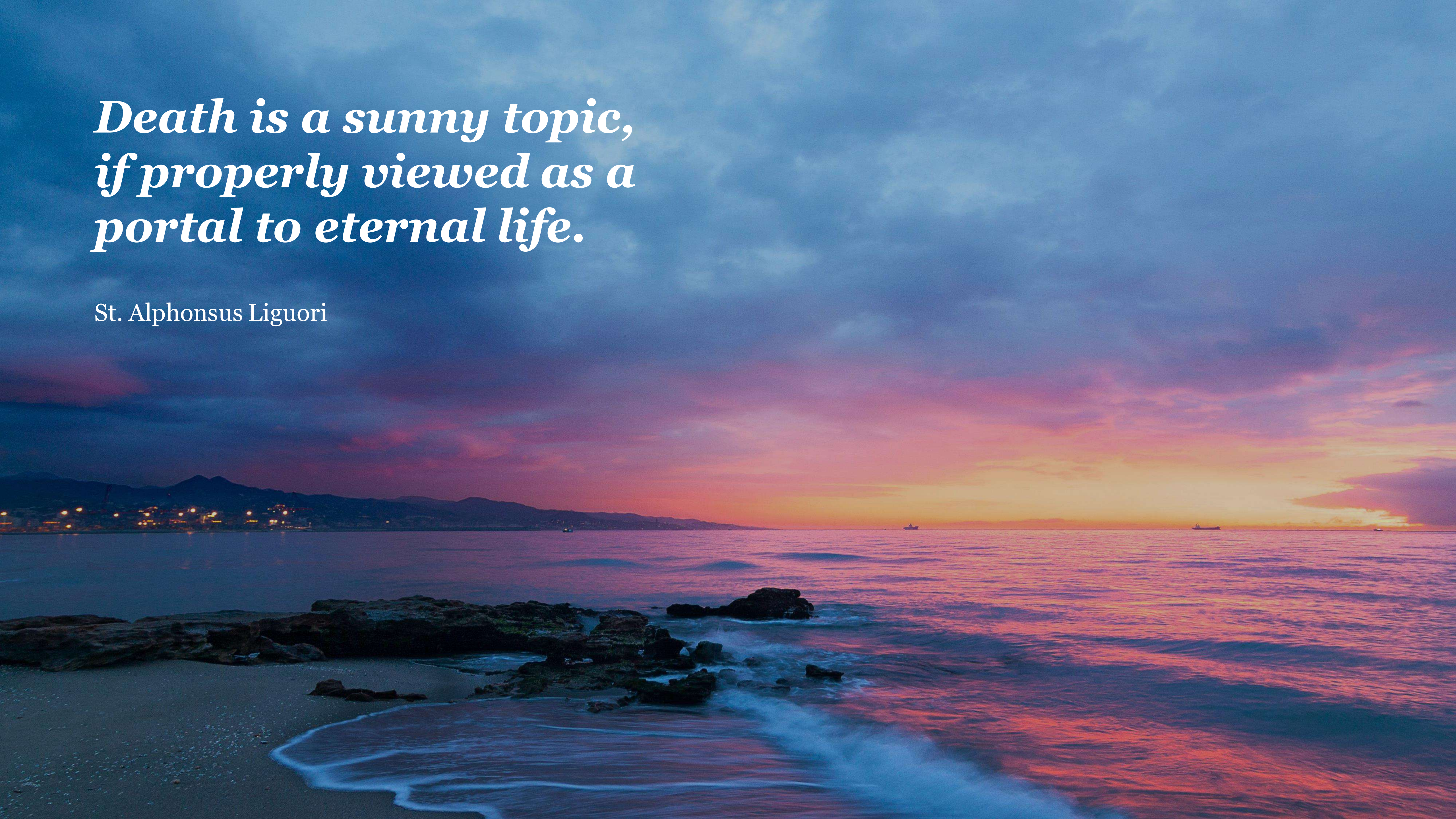
- What's on your preparation checklist? Perhaps talk to your children or peers.
- What details are you interested in for your funeral and burial?

Summary: Preparation is an act of kindness

- ✓ Prepare or update your will. Include a funeral plan or declaration – the Funeral Mass is a ritual of hope and healing
- ✓ Set aside your sacred burial space in a Catholic Cemetery
- ✓ Consider health instructions
- ✓ Share your plans with loved ones – they'll appreciate the caring and consideration.

*Death is a sunny topic,
if properly viewed as a
portal to eternal life.*

St. Alphonsus Liguori





***Yearn for
everlasting life
with holy desire***

***Rule of St. Benedict, Chapter 4.
46th Instrument of Good Works**