



**St. Pius X**  
CATHOLIC PARISH  
**FUNERAL FORM**

**GENERAL INFORMATION**

Today's Date: \_\_\_\_\_

Name of Deceased: \_\_\_\_\_

Age: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Date of Death: \_\_\_\_\_

Address: \_\_\_\_\_

Parishioner:  YES  NO

Family Contact Person: \_\_\_\_\_

Relationship to Deceased: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Address: \_\_\_\_\_

*\* If different than deceased.*

List of Family members who are SPX Parishioners:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**FUNERAL INFORMATION**

**FUNERAL:** Date: \_\_\_\_\_ Time: \_\_\_\_\_

Place: \_\_\_\_\_

**VISITATION:** Date: \_\_\_\_\_ Time: \_\_\_\_\_

Place: \_\_\_\_\_

**VISITATION:** Date: \_\_\_\_\_ Time: \_\_\_\_\_

Place: \_\_\_\_\_

Priest: \_\_\_\_\_

Sacristan: \_\_\_\_\_

Peace Meal :  YES  NO Count: \_\_\_\_\_

Cemetery: \_\_\_\_\_

**FUNERAL HOME INFORMATION**

Mortuary: \_\_\_\_\_

Mortuary Contact Person: \_\_\_\_\_

Phone Number: \_\_\_\_\_



## **FUNERAL CHECKLIST**

Complete Prayers for those who have died (purple slip) and place in pocket on back bulletin board AND email Fr Jim, Beth and Janet	
Verbally alert immediate office staff in case any calls come in before the group email goes out	
Check calendar for available dates and email or call Fr. Jim with any potential conflicts	
Fr. Jim will determine the date and time. Then add funeral to the Mass Intention Book	
If funeral is on a Saturday, notify John Schaffner (317-402-9665) and Rex Thoman (317-849-1021) to open the church early for the funeral home staff	
Schedule Multipurpose Room (two hours before funeral for choir), Narthex 1 and 2, church, and Matthew, Mark, Luke, and John (if there is a Peace Meal)	
Add the name of the deceased to the petitions	
Send an email notification of the deceased and all details to the funeral distribution list	
Leave a copy of the obituary and program in multipurpose room for the choir	
Use duplicator machine to print 125 copies of the funeral program and fold	
Follow up with Lisa O'Connor at school to arrange altar servers	
Leave the programs on the top ledge of the parish office desk the day of the funeral for the sacristan	
Leave copies of program, obit and any other papers for Peggy Steinbacher in a folder on our desk	
Payment for the funeral goes to Calli or Sharon	
Write obituary in Death record book (remember to record in the index also)	
Leave the form in the top right long drawer of the parish office desk for another person to review the record book to be sure it was added correctly	
Go to the Archindy website and submit obituary information for the Criterion	
Leave the clergy card (from funeral director) in Beth's tray	
Any contributions go to Calli	

FUNERAL MASS PREPARATIONS

*Carol and Hank Brown will meet with you (usually at St. Pius) to go over some of the details for the mass.*

To help you prepare for the meeting. Here are some questions you will be asked at the planning meeting for the funeral mass:

- Will the family place the pall over the casket at the beginning of mass? \_\_\_\_\_  
If the body is being cremated prior to the funeral mass then you can skip this question.
- Will there be a eulogy from a friend or family member? (suggested length: five minutes or less) Who?  
\_\_\_\_\_
- Look through the Book "Through Death to Life" and choose one reading from the Old Testament.  
Selections shown on pages 26-30. Reading Number: \_\_\_\_\_ Page #: \_\_\_\_\_
- A friend or family member is welcome to read the scriptures chosen – if no one is selected, the church will provide a reader. Who will do the reading from the Old Testament?  
\_\_\_\_\_
- Look through the book again at the New Testament options shown on pages 45-55 and choose one to be read at the funeral mass. Reading number: \_\_\_\_\_ Page #: \_\_\_\_\_
- A friend or family member is welcome to read the scriptures chosen – if no one is selected, the church will provide a reader. Who will do the reading from the New Testament?  
\_\_\_\_\_
- You are welcome to choose a gospel reading – pages 59-78: Reading #: \_\_\_\_\_
- The church will provide intercessions (also called prayers of the faithful) or you are welcome to write them yourself. We presume that we will provide them unless we hear differently from you.
- Is there someone who will read the intercessions? Who?  
\_\_\_\_\_
- If not, the Church will provide a reader.
- Who will bring up the gifts of bread and wine? \_\_\_\_\_  
\_\_\_\_\_

Sometimes a family has grandchildren and they bring roses or carnations up in the offertory procession.

- Are there any friends or family members who are Eucharistic Ministers and you would like to invite them to assist with distributing communion?

---



---

- We will incense the body at the end of mass.  
(This can be omitted if someone has a severe allergy to incense.)
- Is there a psalm that you would like to have sung: e.g., “Shepherd Me O God”, “The Lord is Kind and Merciful”, “The Lord is my light and my salvation”, “Loving and Forgiving are you O Lord”, or another of your choosing.
- Here are some of the hymns that are appropriate for masses of Christian Burial: “Here I am Lord”, “Eye Has Not Seen”, “I heard the Voice of Jesus Say”, “I am the Bread of Life”, “On Eagles Wing”, “Amazing Grace”, “You are Mine”, “Lord of the Dance”, “I want to walk as a Child of the Light”, “Now We Remain”, “Lord of All Hopefulness”.
- During the incensing of the body we sing a “Song of Farewell”. There are several hymns that are options – a few examples include: “The Hand of God shall hold you”, “May the Angels Lead You into Paradise” (also with Irish melody), “Come to His Aid O Saints of God”, “Quietly, Peacefully”, “May the Choir of Angels come to greet you, may they speed you to paradise”.
- The parish offers a “Peace Meal” afterwards. Would you like to have a meal at St. Pius after the funeral?

\_\_\_\_\_ How many (Approx.): \_\_\_\_\_

The meal is served in the conference rooms. The rooms can handle about 80 people. If you would like a meal Anne Broderick will call you to ask for the number of people to plan for. Most of the time a good rule of thumb is counting the immediate family – parents, spouses, children, grandchildren, siblings, good friends, possibly some neighbors.

"I have been trying to make the best of grief and am just beginning to learn to allow it to make the best of me." -Barbara Lazear Ascher

Notes from UNDERSTANDING YOUR GRIEF by Alan D. Wolfelt, Ph.D.

Ten Essential Touchstones for Finding Hope and Healing in Your Heart:

Touchstone 1: Open to the Presence of Your Loss

Touchstone 2: Dispel the Misconceptions About Grief

Touchstone 3: Embrace the Uniqueness of Your Grief

Touchstone 4: Explore Your Feelings of Loss

Touchstone 5: Recognize You Are Not Crazy

Touchstone 6: Understand the Six Needs of Mourning

Accept the reality of the death.

Let yourself feel the pain of the loss.

Remember the person who died.

Develop a new self-identity.

Search for meaning.

Let others help you – now and always.

Touchstone 7: Nurture Yourself (Physically, Emotionally, Mentally, Socially, and Spiritually)

Touchstone 8: Reach Out For Help

Touchstone 9: Seek Reconciliation, Not Resolution

Signs of Reconciliation:

\_\_\_ A recognition of the reality and finality of the death.

\_\_\_ A return to stable eating and sleeping patterns.

\_\_\_ A renewed sense of release from the person who has died. You will have thoughts about the person, but you will not be preoccupied by these thoughts.

\_\_\_ The capacity to enjoy experiences in life that are normally enjoyable.

\_\_\_ The establishment of new and healthy relationships.

\_\_\_ The capacity to live a full life without feelings of guilt or lack of self-respect.

\_\_\_ The drive to organize and plan one's life toward the future.

\_\_\_ The serenity to become comfortable with the way things are rather than attempting to make things as they were.

\_\_\_ The versatility to welcome more change in your life.

\_\_\_ The awareness that you have allowed yourself to fully grieve, and you have survived.

\_\_\_ The awareness that you do not "get over" your grief; instead, you have a new reality, meaning, and purpose in your life.

\_\_\_ The acquaintance of new parts of yourself that you have discovered in your grief journey.

\_\_\_ The adjustment to new role changes that have resulted from the loss of the relationship.

\_\_\_ The acknowledgement that the pain of loss is an inherent part of life resulting from the ability to give and receive love.

Touchstone 10: Appreciate Your Transformation

### SELF-PROFILE OF BEREAVEMENT

*Directions:* Alongside each statement that is true or mostly true for you, place a check mark (✓) in the space in the TRUE column. Alongside each statement that is not true or mostly not true for you, place a check mark in the NOT TRUE column.

- |   | TRUE  | NOT TRUE |
|---|-------|----------|
| 1. Immediately after the death, I felt exhausted.   | _____ | _____    |
| 2. My arms and legs feel very heavy.  | _____ | _____    |
| 3. I feel lost and helpless.  | _____ | _____    |
| 4. I feel restless.   | _____ | _____    |
| 5. I have feelings of apathy.   | _____ | _____    |
| 6. I rarely feel enthusiastic about anything.   | _____ | _____    |
| 7. Life has lost its meaning for me.  | _____ | _____    |
| 8. I have frequent mood changes.  | _____ | _____    |
| 9. Small problems seem overwhelming.  | _____ | _____    |
| 10. At times, I wish I were dead.   | _____ | _____    |
| 11. It is hard to maintain my religious faith in light of all the pain and suffering caused by the death. | _____ | _____    |
| 12. Life seems empty and barren.  | _____ | _____    |
| 13. I seem to have lost my energy.  | _____ | _____    |
| 14. I feel cut-off and isolated.  | _____ | _____    |
| 15. I tend to be more irritable with others.  | _____ | _____    |

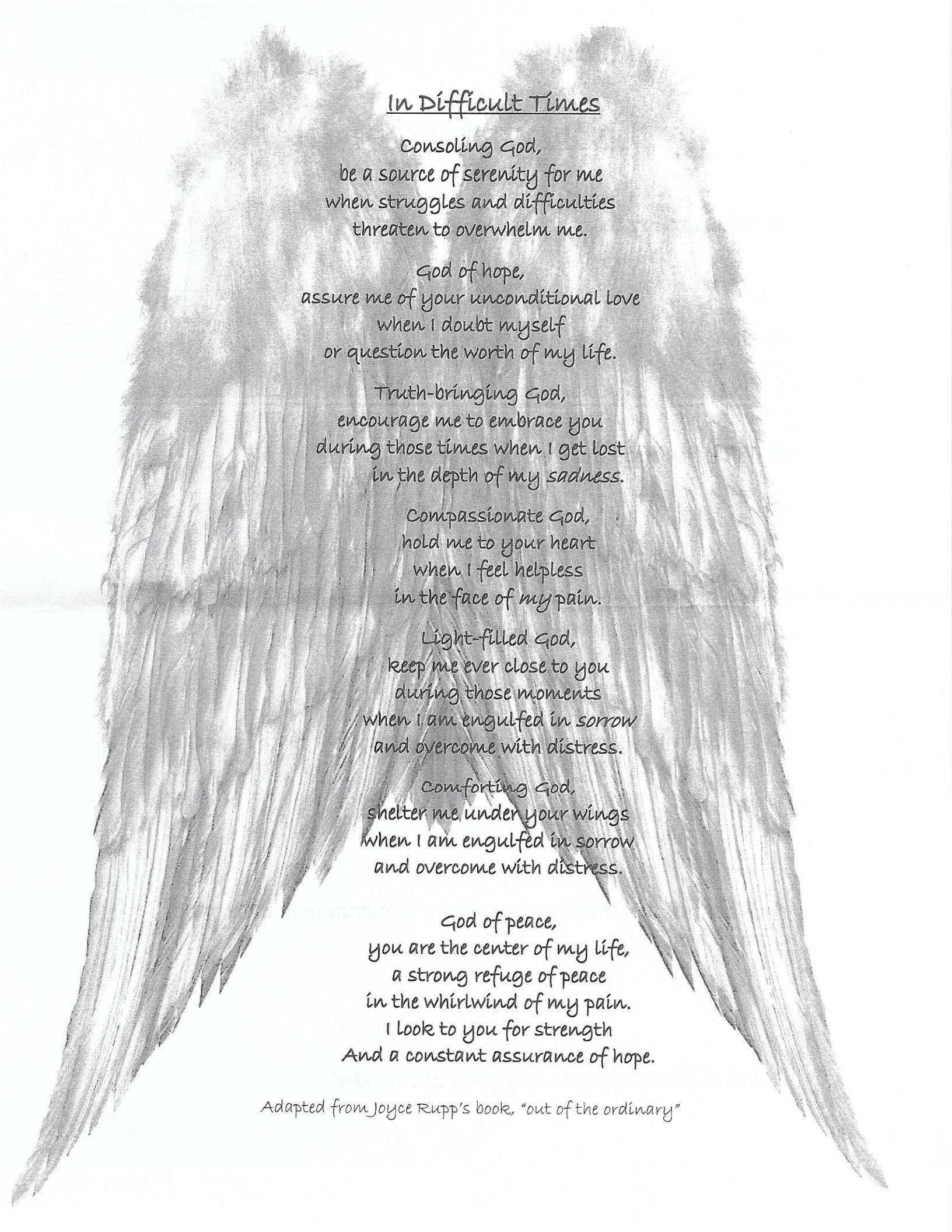
- |  |       |       |
|--|-------|-------|
| 16. I often experience confusion.  | _____ | _____ |
| 17. Concentrating on things is difficult.  | _____ | _____ |
| 18. I seem to have lost my self-confidence.  | _____ | _____ |
| 19. I cry easily.  | _____ | _____ |
| 20. I often wish that I could have been the one to die instead.                                  | _____ | _____ |
| 21. There are times when I have the feeling that the deceased is present.                        | _____ | _____ |
| 22. I sometimes have trouble believing the death has actually occurred.                          | _____ | _____ |
| 23. I have the feeling that I am watching myself go through the motions of living.               | _____ | _____ |
| 24. I feel extremely anxious and unsettled.  | _____ | _____ |
| 25. The yearning for the deceased is so intense that I sometimes have physical pain in my chest. | _____ | _____ |
| TOTAL _____  |       |       |

*To draw your self-profile:* Total the number of check marks in each column. The number of your TRUE statements will fall into one of the following categories:

- 1 to 8 You are handling your grief very well.
- 9 to 14 There is need to take better care of yourself.
- 15 to 19 Find someone to talk with about your loss.
- 20 to 25 Seek professional help. You are holding in too much grief.

## HOLIDAY QUESTIONNAIRE

- ❖ What are my fears about the holidays?
  
- ❖ How do I PLAN to handle them?
  
- ❖ What has been the hardest for me so far?
  
- ❖ What am I expecting of myself for the holidays?
  
- ❖ If I feel others have expectations of me, how have I checked that out by talking about it?
  
- ❖ What holiday traditions do I want to continue in memory of my loved one?
  
- ❖ What other concerns do I want to consider?



## In Difficult Times

Consoling God,  
be a source of serenity for me  
when struggles and difficulties  
threaten to overwhelm me.

God of hope,  
assure me of your unconditional love  
when I doubt myself  
or question the worth of my life.

Truth-bringing God,  
encourage me to embrace you  
during those times when I get lost  
in the depth of my sadness.

Compassionate God,  
hold me to your heart  
when I feel helpless  
in the face of my pain.

Light-filled God,  
keep me ever close to you  
during those moments  
when I am engulfed in sorrow  
and overcome with distress.

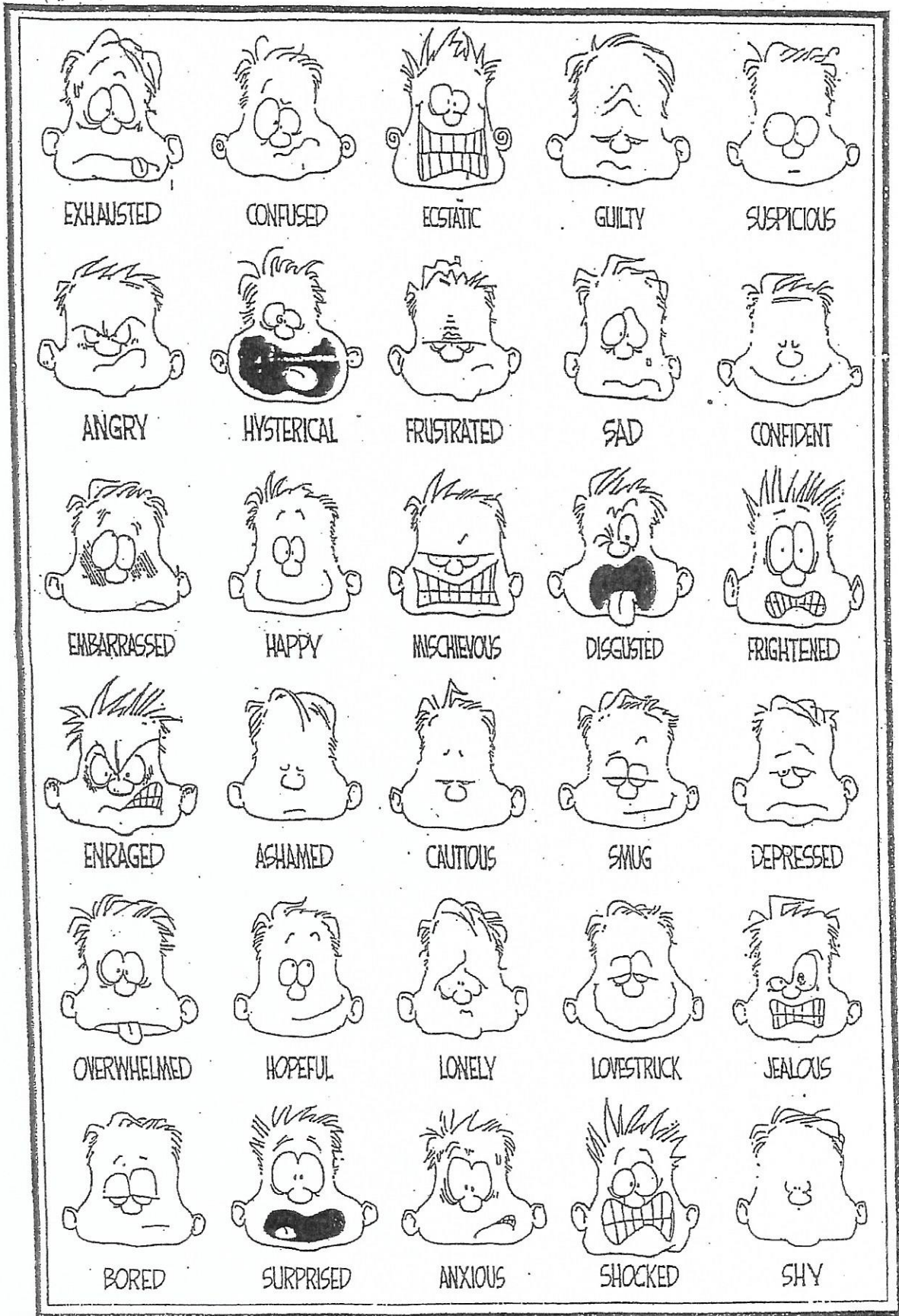
Comforting God,  
shelter me under your wings  
when I am engulfed in sorrow  
and overcome with distress.

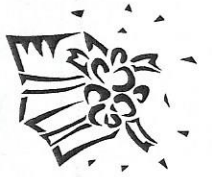
God of peace,  
you are the center of my life,  
a strong refuge of peace  
in the whirlwind of my pain.  
I look to you for strength  
And a constant assurance of hope.

Adapted from Joyce Rupp's book, "out of the ordinary"



# THE MANY FACES OF GRIEF!!!!





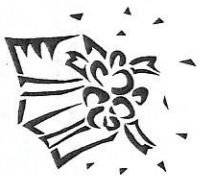
## FORGIVENESS

What Forgiveness is not...

- Forgiveness is not Forgetting...
- Forgiveness is not necessarily reconciling with the wrongdoer...
- Forgiveness is not acceptance of, minimizing, excusing, denying, condoning or tolerating the cruel and/or thoughtless behavior that hurt you...
- Forgiveness does not mean you are a doormat...
- Forgiveness does not mean you will receive an apology from the offender...
- Forgiveness does not mean a relationship with the offender will occur after he/she has been forgiven...

What Forgiveness is...

- Forgiveness is an act of the will...
- Forgiveness is an act of courage...
- Forgiveness is a process...
- Forgiveness is taking back control of one's life...
- Forgiveness is a "giving up" of the emotional anger required not to forgive...
- Forgiveness is a conscious decision to cease to be a victim...
- Forgiveness is a giving up the right to be angry, to hate, take revenge or justice at the person who wronged you...
- Forgiveness is a gift you give yourself...
- Forgiveness is a commitment to hold on to after giving up the right to hold a grudge has been forfeited...
- Forgiveness is a gift of mercy that may or may not end in reconciliation...



## FORGIVENESS

What Forgiveness is not...

- Forgiveness is not Forgetting...
- Forgiveness is not necessarily reconciling with the wrongdoer...
- Forgiveness is not acceptance of, minimizing, excusing, denying, condoning or tolerating the cruel and/or thoughtless behavior that hurt you...
- Forgiveness does not mean you are a doormat...
- Forgiveness does not mean you will receive an apology from the offender...
- Forgiveness does not mean a relationship with the offender will occur after he/she has been forgiven...

What Forgiveness is...

- Forgiveness is an act of the will...
- Forgiveness is an act of courage...
- Forgiveness is a process...
- Forgiveness is taking back control of one's life...
- Forgiveness is a "giving up" of the emotional anger required not to forgive...
- Forgiveness is a conscious decision to cease to be a victim...
- Forgiveness is a giving up the right to be angry, to hate, take revenge or justice at the person who wronged you...
- Forgiveness is a gift you give yourself...
- Forgiveness is a commitment to hold on to after giving up the right to hold a grudge has been forfeited...
- Forgiveness is a gift of mercy that may or may not end in reconciliation...

I have learned a sweet thing about grief.  
It gives you permission to NOT DO,  
To crawl back into bed,  
To sit and merely BE,  
To not talk or behave well,  
To keep the door locked and the lights off.

It allows the raw honesty of nothingness  
and whatever is beneath that.  
It is almost fleshy with weight,  
How it enters a room and knocks you down,  
Whacks you in the back as you are rubbing your ankle.

It is so misunderstood,  
Seeming mean and unendurable,  
When all along it is there to remind you  
(or shall I say me?)  
It has been there reminding me that I am alive yet.  
I am full bodied and so full of story  
That it leaks out of me in tears and tales simultaneously.

I think it is what they meant,  
Baudelaire and F. Scott Fitzgerald both,  
Who talked about the true genius being the ability to hold two  
contradictory thoughts in one's mind at the same time without  
going crazy.

As much as I cower before it, I love and give thanks to this sorrow  
as it carves its glacial way through the contours of my being.

~Jan Phillips~



## A Time of Difficult Transition

Divine Companion,  
there's an ache in my heart  
that stretches like a canyon,  
crying out for all the familiar  
faces and places of yesterday.

All the tears of my loneliness  
a hollow sadness rises in my soul  
and presses against my every moment.

I am a lost one in a foreign land,  
an orphaned one without a home.  
I am out of place and unsettled,  
yearning for peace that hides from me.

My feet take me through each day  
but the rest of me just drags along,  
wondering if I will ever feel at home,  
doubting if this path is right for me.

Ever-Abiding Life Giver,  
be a source of hope for me this day  
as I adjust to this great change.  
be a sparkle of joy in my spirit  
as I struggle with the pain of farewell.  
be a strong connector of love for me  
as I leave many treasured ones behind.

Consoling One of My Heart,  
assure me with glimmers of peace  
that this transition can be a source of growth.  
grant me hopeful eyes to see beyond today  
to the time when joy will tumble freely.  
lift up my heart and comfort me.

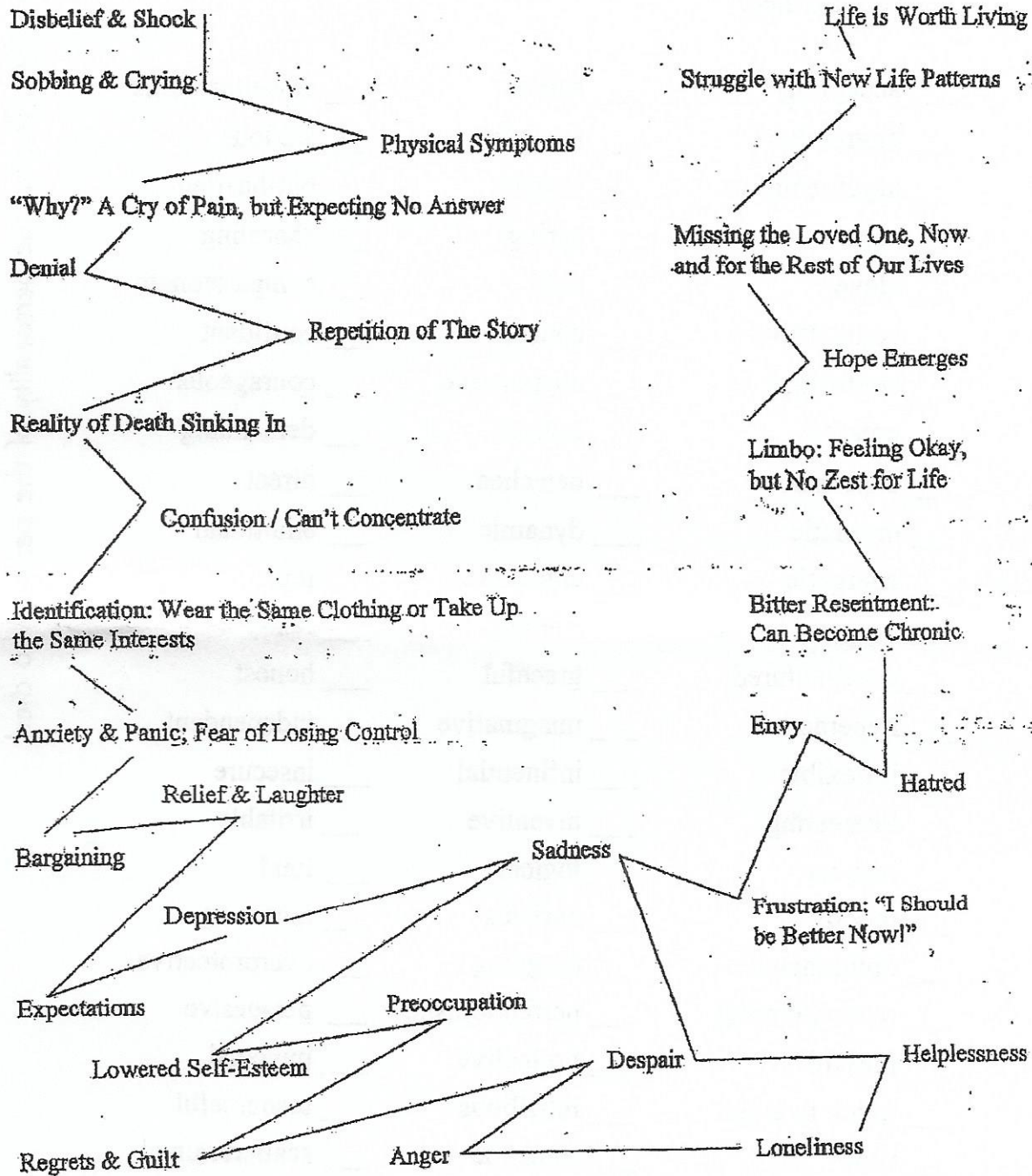
—Joyce Rupp  
*out of the ordinary*

Check off the following personality traits that seem to describe the person who died.

Why #6: The unique personality of the person who died

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> accepting      | <input type="checkbox"/> active          | <input type="checkbox"/> adventuresome  |
| <input type="checkbox"/> aggressive     | <input type="checkbox"/> annoying        | <input type="checkbox"/> anxious        |
| <input type="checkbox"/> argumentative  | <input type="checkbox"/> artistic        | <input type="checkbox"/> big-hearted    |
| <input type="checkbox"/> calm           | <input type="checkbox"/> caring          | <input type="checkbox"/> charming       |
| <input type="checkbox"/> clever         | <input type="checkbox"/> cold            | <input type="checkbox"/> compassionate  |
| <input type="checkbox"/> competitive    | <input type="checkbox"/> conceited       | <input type="checkbox"/> confident      |
| <input type="checkbox"/> controlling    | <input type="checkbox"/> cooperative     | <input type="checkbox"/> courageous     |
| <input type="checkbox"/> creative       | <input type="checkbox"/> critical        | <input type="checkbox"/> demanding      |
| <input type="checkbox"/> dependable     | <input type="checkbox"/> detached        | <input type="checkbox"/> direct         |
| <input type="checkbox"/> dramatic       | <input type="checkbox"/> dynamic         | <input type="checkbox"/> emotional      |
| <input type="checkbox"/> energetic      | <input type="checkbox"/> enthusiastic    | <input type="checkbox"/> fair           |
| <input type="checkbox"/> forgetful      | <input type="checkbox"/> friendly        | <input type="checkbox"/> funny          |
| <input type="checkbox"/> good-natured   | <input type="checkbox"/> graceful        | <input type="checkbox"/> honest         |
| <input type="checkbox"/> hyperactive    | <input type="checkbox"/> imaginative     | <input type="checkbox"/> independent    |
| <input type="checkbox"/> inflexible     | <input type="checkbox"/> influential     | <input type="checkbox"/> insecure       |
| <input type="checkbox"/> interesting    | <input type="checkbox"/> inventive       | <input type="checkbox"/> irritable      |
| <input type="checkbox"/> jealous        | <input type="checkbox"/> logical         | <input type="checkbox"/> loud           |
| <input type="checkbox"/> moody          | <input type="checkbox"/> nervous         | <input type="checkbox"/> nurturing      |
| <input type="checkbox"/> opinionated    | <input type="checkbox"/> outgoing        | <input type="checkbox"/> overprotective |
| <input type="checkbox"/> overwhelming   | <input type="checkbox"/> perfectionistic | <input type="checkbox"/> persuasive     |
| <input type="checkbox"/> playful        | <input type="checkbox"/> protective      | <input type="checkbox"/> punctual       |
| <input type="checkbox"/> quick to anger | <input type="checkbox"/> rebellious      | <input type="checkbox"/> resourceful    |
| <input type="checkbox"/> rude           | <input type="checkbox"/> romantic        | <input type="checkbox"/> scatterbrained |
| <input type="checkbox"/> self-centered  | <input type="checkbox"/> sensitive       | <input type="checkbox"/> shy            |
| <input type="checkbox"/> sincere        | <input type="checkbox"/> smart           | <input type="checkbox"/> spiritual      |
| <input type="checkbox"/> spontaneous    | <input type="checkbox"/> stubborn        | <input type="checkbox"/> temperamental  |
| <input type="checkbox"/> tireless       | <input type="checkbox"/> troubled        | <input type="checkbox"/> trustworthy    |
| <input type="checkbox"/> two-faced      | <input type="checkbox"/> warm            | <input type="checkbox"/> wise           |
| <input type="checkbox"/> witty          | <input type="checkbox"/> wonderful       | <input type="checkbox"/> worried        |

## EXPERIENCES OF GRIEF



In this attempt to visually represent the grief experience, no effort is made to include a time frame. The concept of "stages" can be misleading if taken too literally. For most people, the grief journey means experiencing a variety of emotions with no set pattern. Each person grieves in his/her own unique way.

## 81 PRESENTS TO GIVE YOURSELF

- Walk instead of ride
- Give yourself a compliment
- Break a bad habit, if just for today
- Search out a long-lost friend
- Read a poem aloud
- Look at the stars
- Visit a shut-in
- Be thankful
- Use a new word
- Frame a picture
- Enjoy silence
- Walk to the nearest park
- Forget an old grudge
- Take yourself to lunch
- Help a stranger
- Try a new food
- Go to the library
- Take a risk
- Jump in a pile of leaves
- Tell someone you love him or her
- Take a rainy day nap
- Sign up for a class
- Do something you've always wanted to do
- Contact someone you've been thinking about
- Meditate
- Learn something new
- Surprise a child
- Hug someone
- Sing in the shower
- List 10 things you do well
- Walk in the rain
- Pay a compliment
- Give away something you don't like
- Waste a little time
- Curl up before an open fire with some cocoa
- Buy a ticket to a special event
- Return something you've borrowed
- Organize some small corner of your life
- Pop popcorn
- Turn off the TV and talk
- Draw a picture, even if you can't draw
- Practice courage in one small way
- Keep a secret
- Eat with chopsticks
- Go wading
- Bake bread
- Smell a flower
- Kiss someone
- Send a card to someone for no reason
- Clean out your wallet
- Take an early morning walk
- Laugh at yourself
- Tell a joke
- Look at old photos
- Walk barefoot
- Talk to a pet
- Visit a lonely person
- Encourage a young person
- Go for a swim
- Give yourself a present
- Build a sandcastle
- Follow an impulse
- Write a poem
- Start a new project
- Volunteer some time to a good cause
- Have breakfast in bed
- Reread your favorite book
- Give your dog a bone
- Take a different road to get home
- Watch the sun set
- Let someone do you a favor
- Allow yourself to make a mistake
- Hide a love note where a loved one will find it
- Make a surprise gift
- Go to a fair
- Lie on the grass
- Do something hard to do
- Rearrange a room
- Get up before anyone else
- Let someone love you
- Hum