





Flowers, candles, food and many more unique ways Filipinos honor their dead

ON DEATH, DYING AND THE FILIPINOS

Traditions run deep in the psyche of Filipinos; some noble, some not so noble

by: Marie Pacheco

"Don't go straight home from a funeral, mag pag-pag muna."

"The dead should be holding a cut/broken rosary in the casket."

"Don't wear red or bright colored clothes at a wake."

"Pregnant women should not attend funerals."

"Avoid taking food home from a funeral."

"Someone should always stay awake during the duration of the wake."

These are just some of the many beliefs Filipinos have when it comes to attending wakes and funerals for their beloved dead. As we wrap up the month of November, the Filipino Ministry takes a closer look at how our community's traditions on death have also

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enriched the practice of our faith here in Canada.

"Pamahiin" or superstitious beliefs aside, Anna Loch, who is Outreach Manager for the Gardens of Gethsemane says, Filipinos in general take praying for their departed loved ones seriously. She has witnessed how many observe 9-day novenas after death, 40th day prayers and masses for loved ones. There are also many Filipinos who attend the monthly memorial mass at the cemetery every last Sunday of the month. Add to this the regular lot of kababayans who come and visit their loved ones, holding picnics, talking and singing at the same time.

"It's very joyful and celebratory. Death for them, it's really part of life."

A lot of people do not realize however that there are many details involved in preparing for end of life. And in a secular country like Canada, many take for granted the sacredness of a burial given the many details and increasing costs of preparing for funerals. Loch says planning ahead does not only avoid conflict in the family during time of grief, it also ensures that what we value in life is reflected in our passing. This remains true especially with popular practices nowadays where scattering remains or ashes of our departed loved ones in significant places are seen as acceptable alternatives to burial.

"We don't scatter because we believe in the resurrection of the body. It's important to respect the body and that's why we bury.

Burying is a witness to our faith in the resurrection of the body," explains Loch.

Burying in a sacred place also means there is continuity in our connection as a community. You get daily prayers and monthly masses in a Catholic cemetery. The Gardens of Gethsemane website says it is an extension of our parishes; a place where we pray, reflect and remember.

"In the same way that we worship together, there is also something beautiful about being buried together."





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