

Green Burials

Home / Personal
Preparation of Body for
Natural Burial

What is a Natural or Green Burial?

We define it as returning our bodies to the natural cycle of life by choosing to be buried in a simple biodegradable container, without embalming and without a concrete grave liner.

What is a Green Burial Site?

Landscaping of the burial ground is minimal. The site is left to rejuvenate naturally. Instead of grave markers above each plot, sometimes there is a communal memorial. Alternately, a small local 8 inch stone with the person's name on it is also acceptable. GPS co-ordinates could also be available.

(The committee is currently exploring location options)

Touch the Earth

Touch the Earth with gentleness,

touch the Earth with Love.

Touch her with a future by the way you live today.

God has given us the power to create the world a new.

If we touch the earth together me and you.

Kathy Sherman, CSJ, All Is One -CD

Funeral and Cemetery Professionals

Mark Richardson, Director of Cemeteries for the City of
Niagara Falls & Director of Green Burial Society of Canada

Richard Paul , Funeral Director
Paul's Funeral Home, Powassan

Ian Martyn, Jody Martyn, Mac Bain, Kirk Elliott, Amy
McMahon, Funeral Directors
Martyn Funeral Home, North Bay

Samantha Poitras, Christine Theoret, Anne-Marie Theoret,
Funeral Directors, **Hillside Funeral Services**, North Bay

Gary Eide, Jenniffer Ritchie, Funeral Directors
McGuinty Funeral Home, North Bay

Andre Rainville, Kaitlyn Proulx, Funeral Directors
Co-operative Funeral Home, Sudbury, Chelmsford, Hanmer

Kelly Raney-Taylor, Funeral Director
Raney Funeral Chapel, South River

Kirk Elliott, **North Bay Cemetery Services**, North Bay

Joanne Boulerville, Manager
North Bay Roman Catholic Cemeteries

Appreciation & Resources

Transition Town North Bay and Area

St. Andrews United Church, North Bay

Muslim Society of North Bay:
President Ainul Ahmed, Ziyaad Rajab

Susan Greer Executive Director Natural Burial Association
www.naturalburialassociation.ca

Monica DoCoutto Monni, Executive Director,
Near North Palliative Care Network www.nnpcn.com

For more information:
Consumer Information Guide to
FUNERALS, BURIALS AND CREMATION SERVICES
www.ontario.ca/consumerprotection

Please read through these suggestions:

- ♦ Ponder what type of burial you desire, tell your family and friends while you can still communicate. Put your instructions in writing.
- ♦ Inform your Doctor, Caregivers and Clergy, and your Power of Attorney and Executor. Identify alternates if any of these are unable to act.
- ♦ Meet with the Cemetery Professional to choose and purchase your plot. Explain what your intentions are: family/designate preparing your body and the type of casket/shroud you will have.
- ♦ Arrange for biodegradable coverings (Shroud, pine board, casket)
- ♦ We recommend that you hire a Funeral Director to help with funeral or memorial service and with the legalities. Ask what help they offer re: Announcement, Death Certificate, Death Benefits, Insurance, cancellations of licences.

Sometimes it is difficult to share your desires with your loved ones...

Sister Sharon Miller - 705-474-3800 # 417

could be available to support you and your family
as you share your wishes.

Workshops and Family Conferences are also available



Home / Personal Preparation of Body for Natural Burial

***Notify the cemetery to open a grave**

STEP ONE: Set up the table... Place 3 long ties (cotton ropes) on the table. These should be labelled final wrap and marked with the area they are to be used for - use biodegradable material or remove labels before wrapping

- i. Line up one tie at neck area
- ii. Line up one tie, with arms at side, at waist level
- iii. Line up one tie below the knee area

STEP TWO:

- i. Lay the shroud over the ties on the table
- ii. Leave 24 inches (60 cm) over the head of the table (for covering the face area)
- iii. Leave 24 inches (60 cm) over the foot area of table (for covering the feet area)
- iv. Leave approximately 45 inches (115cm) of material on each side of the body, depending on the width of the body, (for wrapping the body)

STEP THREE:

On top of the shroud, line a second set of ties. Ensure that these are labelled as step 3 and marked for which area - biodegradable labels

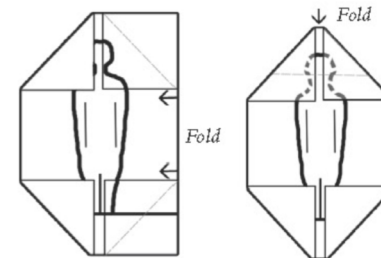
- i. One at neck area
- ii. One at waist area
- iii. One at knee area
- iv. One at the ankles
- v. Over the four ties, place a pine board—about 6 inches wide and 6 inches longer than the body (to stabilize the body)

STEP FOUR:

- i. Bath the body with a mild antiseptic soap
- ii. Tie on a diaper. Tie on a gown. Use only 100% cotton (no elastics—no plastics)
- iii. Move the body to the prepared table

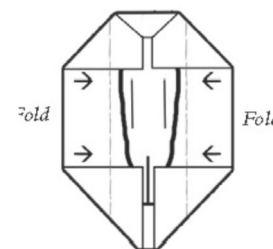
STEP FIVE:

- i. Tie the board and body together at ear level to prevent the head from moving
- ii. Lay arms along side of the body and tie the board, arms and body together
- iii. Tie knees and board together
- iv. Tie ankles and board together



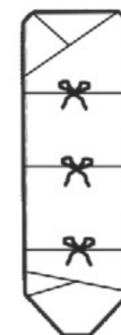
STEP SIX: (see diagram)

- i. Fold the shroud over the board and feet and fold the corners to meet in the center of the body.
- ii. Fold the shroud over the board and head and fold the corners to meet in the centre of the body.
- iii. Fold each side over the body.
- iv. Gently yet securely fasten the ties into a bow.



STEP SEVEN:

- i. Place the shrouded body into a biodegradable casket (wooden, wicker, cardboard)
- ii. You may wish to place a “cross” made from blessed palm or sweet grass.
- iii. Place some cedar branches on the shroud, or decorate as you choose.
- iv. Only biodegradable objects are permissible (no rosary, metals, rings)



STEP EIGHT:

- i. Arrange to bring casket to the burial grounds.

urns/burial-shroud

NOTE: *Previously completed:

Cemetery notified, either by you or funeral director, to open the grave and book a time for arrival of body.