



St. Mary, Mother of the Church  
P.O. Box 780 103 Jackson Street  
Fishkill, NY 12524

## ***Bereavement Ministry Support Group Programs***

*“Blessed are those who mourn, for they will be comforted.” – Matthew 5:4*

### **2017-18 CareNote Meeting Topics**

#### **Christmas 2017:**

Wednesday, December 13, 2017 – “Christmas: A Time to Remember Those We’ve Loved and Lost”

#### **Spring & Summer 2018:**

April 12, 2018 – “Giving Yourself Permission to Move Forward After a Loss”

May 10, 2018 – “Finding Ways to Celebrate Special Days After Loss”

June 14, 2018 – “Finding Light in the Darkness of Grief”

July 12, 2018 – “Forgiving a Deceased Love One”

August 9, 2018 – “Using Good Memories to Help Heal Your Grief”

The CareNote sessions begin with prayer and end with group reflection.

- At 1:00 to 2:30 p.m. and repeated at 7:00 to 8:30 p.m.
- In St. Mary’s Chapel, on Bedford Avenue, Fishkill, NY

Fr. Adolf Occeno and Catherine Cwiakala, LMSW, St. Mary’s Grief Ministry Counselor, will present the monthly Bereavement Meetings using Abbey Press CareNotes with the assistance of Kathy Rigney and Anton Vavrica.

**For further information and/or to register please call  
Catherine at St. Mary’s Parish Office at 845-896-6400**