



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

Catherine Cwiakala, LMSW, St. Mary’s Grief Ministry Counselor, will present the monthly Bereavement Meetings using Abbey Press CareNotes.

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