



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

No Session in November (Surviving the Holidays Program)

Wednesday, Dec. 12, 2018 - 1:00 and 7:00 pm  
*"Getting Through the Holidays When You've Lost a Loved One"*

Monday, January 7, 2019, 7:00 pm only  
*"Feeling Alone After a Loved One Dies"*

Wednesday, February 13, 2019, 7:00 pm only  
*"The Four Tasks of Grieving"*

Thursday, March 14, 2019, 7:00 pm only  
*"Prayers That Bring Comfort in Times of Grieving"*

Thursday, April 11, 2019 - 7:00 pm only  
*"Grieving as a Family"*

Thursday, May 9, 2019 - 1:00 and 7:00 pm  
*"Losing Someone Close"*

Thursday, June 13, 2019 - 1:00 and 7:00 pm  
*"Grieving in Your Own Way"*

Thursday, July 11, 2019 - 1:00 and 7:00 pm  
*"What Grieving Does to the Body"*

Thursday, August 8, 2019 - 1:00 and 7:00 pm  
*"Taking Care of Yourself While Grieving"*

The CareNote sessions include: Prayers, a CareNote Reading, and Group Reflection.

They will be at 1:00 and repeated at 7:00 pm (except for January to April),  
in St. Mary's Chapel, on Bedford Avenue, Fishkill, NY.

Catherine Cwiakala, LMSW, St. Mary's Grief Counselor will present the monthly Bereavement Meetings  
using Abbey Press CareNotes with the assistance of Dean Lore and Kathy Rigney.

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