



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

***Bereavement Ministry Support Group Programs  
2019-20 CareNote Meeting Topics***

Thursday, October 10, 2019 – 1:00 and 7:00 pm  
***Cherishing Your Memories of a Loved One***

No Session in November (Surviving the Holidays Program)

Thursday, Dec. 12, 2019 - 1:00 and 7:00 pm  
***Getting Through the Holidays  
When You've Lost a Loved One***

(No CareNote Bereavement Programs during January to May because of GriefShare Sessions.)

Thursday, June 18, 2020 – 1:00 and – 7:00 pm  
***Prayers That Bring Comfort in Times of Grief***

Thursday, July 11, 2020 - 1:00 and 7:00 pm  
***Getting Through the Annual Reminders of Your Loss***

Thursday, August 8, 2020 - 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

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, Kathy Rigney and Eileen Murphy.

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