

MASS SCHEDULE

Saturday Evening: 5:00 PM

Sunday: 8:00, 9:30 and 11:00 AM

Weekday: Monday, Tuesday, Wednesday

and Friday 8:00 AM

First Saturday: 9:00AM

Holy Day: As Announced

PRAYER

NOVENAS AFTER 8:00AM MASS MONDAY MIRACULOUS MEDAL

TUESDAY MOTHER OF PERPETUAL HELP

WEDNESDAY ST. JOSEPH
FRIDAY SACRED HEART
FIRST SATURDAY after 9:00AM Mass

ROSARY IN HONOR OF OUR LADY OF FATIMA

ROSARY: Daily after 8:00AM Mass

ADORATION: 1st Friday 12:00-8:00PM

SACRAMENTS

CONFESSION: Saturday 4:00 - 4:45 PM

BAPTISM:

1st & 3rd Sunday 1:00PM / 2nd & 4th Saturday 12 Noon

MARRIAGE: Arrangements should be made at least six months in advance by calling the Parish Office for an appointment with the Pastor or Pastoral Associate, Deacon Ray D'Alessio. At least one of the two people being married must be a parishioner of St. Paul's. Weddings are celebrated on Friday afternoons/evenings and on Saturday between the hours of 11:00AM and 3:00PM and on Sundays between 2:00PM and 4:00PM. All Sunday weddings are ceremonies.

ANOINTING OF THE SICK:

First Saturday of every month 9:00AM in chapel Prior arrangements must be made with the Pastor.

PASTOR

Rev. Msgr. James F. Pereda, J.C.D.

PASTORAL ASSOCIATE

Deacon Raymond P. D'Alessio

PARISH OFFICE

Office: (516)935-1880 Monday: 1:00-4:00PM

Tuesday-Thursday: 9:00AM to 12:00PM & 1:00 to 4:00 PM

Friday, Saturday, Sunday by appointment only

Mrs. Deb Cosentino, Parish Assistant/Business Manager

OFFICE OF RELIGIOUS EDUCATION & FAMILY FAITH FORMATION

Red Barn: (516)938-4530

Msgr. Mario C. Costa (Lower) Hall: (516)935-1902

Br. Joseph Bellizzi, S.M., DRE

Mrs. Louise Shannon, Faith Formation Administrator

ST. PAUL THE APOSTLE PRESCHOOL

Office: (516)935-4127

Mrs. Gayle Crimarco, Director

Mrs. Debbie Oliva, Administrative Assistant

BUILDINGS & GROUNDS

Office: (516)433-3575 Mr. Bart Piscitello

DIRECTOR OF LITURGICAL MUSIC

Mr. Gary Ducoing (516)935-1880

DIVINE MERCY SUNDAY

April 28, 2019

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ADVISORY COUNCILS TO THE PASTOR

PASTORAL COUNCIL

Paula Maturo, Chair Paula Dawson, Vice Chair Ann Kissell, Recording Secretary

Peter Boyle Gina Cinelli Linda Curro Michael D'Costa Jesmel John Anne Maione Toni Poolin Toni Romas

Jay Coronel

FINANCE COUNCIL

Roxann Romano, Chairperson

James Galante
Don Cavanaugh
Antony Kozhipatt

TRUSTEES

Michael Maturo James Black

TRUSTEES EMERITI

Andrew Coughlin Tom Fitzsimmons Joseph Palumbo Janice Anderson Antony Kozhipatt

PARISH TRUSTEES AND
TRUSTEES EMERITI ARE
EX OFFICIO MEMBERS OF PASTORAL
AND FINANCE COUNCILS

MINISTRIES and ORGANIZATIONS

ALTAR GUILD contact: Ursula Coughlin (516) 433-2450

ALTAR SERVERS contact: Louise Shannon (516) 935-1880 ext. 110 or

email: louise.stpauls@optimum.net

CENTERSTAGE contact: Chris Black (516) 528-0294 or email centerstageministry@gmail.com

CHOIR meets Tuesdays at 7:30PM in Church - contact: Gary Ducoing (516) 935-1880

EXTRAORDINARY MINISTERS OF HOLY COMMUNION moderator:

Deacon Raymond D'Alessio (516) 935-1880 x112 or deaconraydalessio@stpaulsbrookville.org

JOB SEARCH contact: Gerard Wendelken for an appointment (516) 364-0640

KNIGHTS OF COLUMBUS meets 3rd Thursday of each month 7:30PM

contact: Don Cavanaugh, Grand Knight, (917) 769-5128 or email: doncavanaugh@ymail.com

SQUIRES meet 4th Wednesday of each month 7PM

contact: Peter Boyle (516) 937-6516 or email: repeter_65@hotmail.com

LECTORS moderator: Deacon Raymond D'Alessio (516) 935-1880 x112 or

deaconraydalessio@stpaulsbrookville.org

MARIAN GUILD meets 3rd Wednesday of each month 7PM

MINISTRY OF CONSOLATION contact: Gina Cinelli (516) 333-5611

OUTREACH contact: Rectory (516) 935-1880

PRAYER GROUP meets Thursday 11:00AM in Chapel - contact: Elise LeVaillant

(516) 433-3503

PRE CANA contact: Deacon Raymond P. D'Alessio (516) 935-1880 ext. 112 or

deaconraydalessio@stpaulsbrookville.org

RCIA contact: Jesmel & Sachi B. (516) 396-4505

SOCIETY OF ST. VINCENT DE PAUL / FOOD PANTRY - contact: Joe Curro through rectory

(516) 935-1880

YOUTH GROUP contact: Grace Lynch (516) 626-7533

USHERS: contact Peter Boyle (516) 937-6516 or email: repeter 65@hotmail.com

TO CONTACT THE PASTOR <u>IN AN EMERGENCY WHEN A PRIEST IS NEEDED FOR</u>

<u>THE SERIOUSLY SICK OR DYING,</u>

CALL (516) 935-1880.

EMERGENCY CONTACT NUMBERS: JERICHO FIRE DEPARTMENT (516) 931-0898 OLD BROOKVILLE POLICE DEPARTMENT (516) 626-1300 Page 3 April 28, 2019

From the Pastor April 28, 2019

The Second Sunday of Easter—The First Sunday After Easter—Low Sunday—Quasimodo Sunday—Dominica in Albis-Divine Mercy Sunday—The Octave Day of Easter

Christ is Risen! He is Truly Risen! The glorious celebration of Our Lord's Holy Resurrection is so wondrous that it is not celebrated in merely one day, but through an entire octave, i.e., for eight days. During the Easter Octave which begins on Easter Sunday and concludes today, each day is Easter yet again. And although the stores may advertise Easter candy at 50% off, we know that Easter has just begun. For after the Easter Octave then we move into the Easter season which reaches its wondrous fulfillment on Pentecost Sunday and the pouring forth of the Holy Spirit upon the earth.

As is evident by the title of our meditation, there is no other Sunday in the Church's Year of Grace with so many wondrous names. It is, of course, the first Sunday after Easter, and thus is called the Second Sunday of Easter because it is the second Sunday in the glorious time of Easter. During the Middle Ages in England and Ireland the Sunday was given the very charming name of Low Sunday. It was thus called to differentiate it from the previous Sunday (Easter) which was called the High Sunday. It is also called Quasimodo Sunday after the first word of the Entrance Antiphon in Latin, *Quasimodo infantes (As infants...)* Students of literature will recall the famous novel of Victor Hugo *The Hunchback of Notre Dame*. Many may recall that the hunchback's name was *Quasimodo*. In the novel the future hunchback was discovered on the steps of Notre Dame in Paris on the Sunday after Easter. The canons of the Cathedral gave the infant the name *Quasimodo* after the Sunday of his discovery, since they never were certain of his birthday.

Another interesting name for today is *Dominica in Albis (depositis)*. In English translation it would be called the *Sunday of the putting away of the albs*. It is amazing how much can be said in just a few Latin words. After the catechumens were baptized on the Great and Holy Vigil of Easter they continued to wear their white robes (albis) for an entire week so all would know the great grace which had come to them. On this Sunday they would remove their robes and place them in the wardrobe of the Church and simply wear their everyday clothing.

In our own day, Pope St. John Paul II elevated the Sunday to the Divine Mercy Sunday. The Mercy of God, deserved by none yet accessible to all, was poured upon the world through the resurrection of Our Lord. On this Sunday we give thanks to God for the Divine Mercy. You will notice that now we have a chapel dedicated to the Divine Mercy. Please visit it today and pray there. For the sake of His Sorrowful Passion, have mercy on us and upon the whole world! We come under the Divine Mercy whenever we go to confession. Let us all make the resolution to do so each month. May I remind you that today we will have a Holy Hour before the Blessed Sacrament at 3.00PM. We will sing the chaplet of Divine Mercy and the opportunity for private prayer and adoration.

Holy Week: Holy Week at St. Paul's this year was most uplifting and inspiring. For that I am deeply grateful to all of you. I was so impressed with the faith and devotion of our people. The music was so uplifting as we heard the ancient chants of the Church. The Palm Sunday procession when we followed Our Lord into His own city was so joyous and grace-filled. Holy Thursday was a wonderful and inspiring night as we saw the fraternal command of charity enacted through the washing of the feet or the mandatum. That same evening four of our Knights of Columbus carried the new canopy over the Most Blessed Sacrament in the Procession.

I was particularly moved by the Veneration of the Holy Cross on Good Friday. The Roman Missal instructs us that there should be only one Crucifix for the veneration of the faithful. Naturally, that takes longer but it is a time of grace that we all need to be before the Cross. You may have noticed that our Squires held the Cross for us all and wiped Our Lord's most sacred wounds. What a service they did for our parish! They took their duty in holding the Cross. Many of you commented on the beauty of the Crucifix. This magnificent crucifix (hand carved in the northern part of Italy by German craftsmen) was donated to our parish by a family who

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As the sixth pastor of our beloved St. Paul's I had the honor to carry the Cross into the Church on Good Friday and to kiss it barefoot. During the veneration I was thinking that the 60th pastor of St. Paul's will be barefoot before the same crucifix. We were blessed to have the passion sung on Good Friday as its haunting melodies washed over us. The Easter Vigil was most solemn as Deacon Ray led the procession with the Easter Candle, lit from the new fire, and soon all the Church was illuminated as the Deacon sang the Easter proclamation.

Our altar guild, under the direction of Mrs. Ursula Coughlin did a splendid job in decorating the Church. I am most grateful to our ushers, lectors, Extraordinary Ministers of Holy Communion, sacristans, Columbian Squires, Knights of Columbus and our servers. The servers were present in large numbers and their parents drove them for the practices. Our own Louise Shannon organizes the servers, schedules them, as well as organizing the people for the washing of the feet.

Golf-Tennis Outing and Awards Dinner: I am most grateful to Mr. Donald Cavanaugh and the whole committee who are working so diligently to make this such a great success. Please see elsewhere in the bulletin for more details. Our honorees are Joseph and Madeline Spinnato who will receive the Monsignor Mario C. Costa Award for their outstanding and dedicated service to the parish. Our other Honorees are Jim and Cathy Black and their children Alix and Christopher. They will receive the Sr. Regina Kraft Award for their outstanding dedication to the youth of our parish.

May God reward you for all you have done for me and for St. Paul's. Christ is Risen; he is Truly Risen.

In Jesus and Mary,

Monsignor James F. Pereda

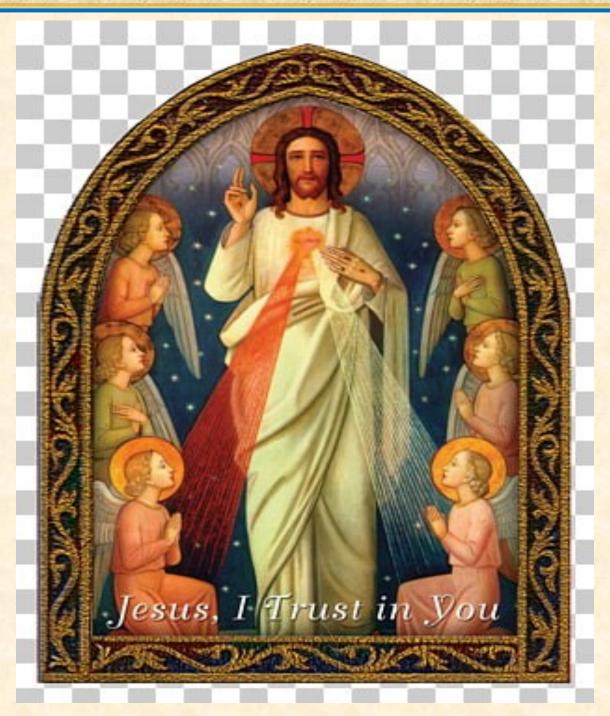


First Friday Exposition, Holy Hour and Benediction
Friday, May 3rd is FIRST FRIDAY.
Mass is at 8:00am in the Chapel.
Exposition of the Blessed Sacrament will begin at 12 noon and continue until 8:00pm in the Chapel.
A special Holy Hour begins at 7:00pm with soft meditative hymns and music along with quiet prayer time.
Benediction will be at the close of the hour.
All are most welcome to spend some time with our Lord.

Saturday, May 4th is FIRST SATURDAY.

Mass in honor of the Immaculate Heart of Mary for Peace in the World will be celebrated in the Chapel at 9:00am.

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DIVINE MERCY SUNDAY Sunday, April 28th 3pm Holy Hour

Holy Hour begins at 3pm in the Church.

There will be Exposition of the Most Blessed Sacrament, the singing of the Divine Mercy Chaplet, time for private prayer and meditation, and a preached meditation.

Holy Hour ends with Benediction at 4pm. There is no Mass during this Holy Hour.

The Church grants a plenary indulgence to the faithful on Divine Mercy Sunday.

Please make every effort to attend.

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Monday, May 6th, 2019 St. Paul the Apostle 3rd Annual Golf Outing and Awards Dinner



Nassau Country Club

30 Saint Andrews Lane, Glen Cove, NY 11542

GOLF 12:00pm Tee Off - Shot Gun/Scramble Format

COCKTAILS 5:30pm and AWARDS DINNER 7:00pm

Awards Dinner Honorees

The Monsignor Mario C. Costa Award

Joseph and Madeline Spinnato

<u>The Sister Regina Kraft Award</u>
The Black Family – James, Cathy, Chris & Alix

I would like to sponsor, as indicated below:

GOLF	[] Caddie Sponsors (6) \$2,500**	Commemorative Journal
[] Eagle Sponsor (1) \$25,000****	[] Driving Range Sponsor \$2,500**	[] Full Page Ad \$1,000
[] Birdie Sponsor (2) \$15,000***	[] MVP Club Sponsor (18) \$2,000**	[] Half Page Ad \$500
[] Par Sponsor (3) \$10,000***	[] Mulligan Hole Sponsor \$1000*	[] Quarter Page Ad \$250
[] Clubhouse Sponsor(5) \$7,500**	[] Ministry Partner Sponsors \$750*	[] Business Page Ad \$125
[] 19 th Hole (1) \$5,000**	[] Gallery Sponsor \$500*	[] Patron Name Listing \$50
[] Beverage Sponsor (1) \$4,000**	[] Foursomes \$1,700++	Cocktails and Dinner
[] Tee Sponsors (18) \$3,500**	[] Golf Single & Dinner \$450	[] Dinner Sponsor (1) \$8,000***
[x] Breakfast Sponsor (1) \$3,000**Taken		[] Raffle Sponsor \$3,000 (12 tickets & Ad)
[] Awards and Prizes (2) \$3,000**		[] Table Sponsor \$2,000 (10 tickets & Ad)
[] Lunch Sponsors (2) \$3,000**		[] Dinner \$ 150 Per Person #

foursome and Cocktails and Dinner Golf, listing on event material.					
Note the event will be held rain or shine. Times are subject to change.					
Commemorative Journal (please send print-ready artwork to <u>pmaturo@optonline.net</u>) Paula Maturo 516-364-0683					
Total Amount	\$				
Payment should be made to St. Paul's. Please mail this completed registration form back with your					
check to St Paul's, 2534 Cedar Swamp Road, Brookville N.Y. 11545, Attn. Golf Outing & Awards Dinner.					
☐ I am unable to attend, but would like to make a donation in the amount of \$					
Please register golfer(s) tennis players and dinner. (Please check box of activity attending-use an extra sheet for additional names and info)					
Golf Dinner Name	E	Email Email	Telephone Number		

RSVP - April 25, 2019 - Ad deadline

Please contact Don Cavanaugh at 917-769-5128 or Paula Maturo at 516-364-0683 for any additional information.

^{****} Package includes 2 foursomes and eight guests for Cocktails and Dinner, prominent listing on event material, ad in journal. *** Package includes a foursome and 4 guests for Cocktails and Dinner, listing on event material, ad in journal. ** Package includes a foursome & dinner, listing on event material and ad in journal * Package includes listing on event material only and listing in journal. ++ Package includes 1 foursome and Cocktails and Dinner Golf, listing on event material.

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Our Weekly Masses

Monday, April 29, 2019

8:00 AM Prudencio de Pereda (requested by Msgr. Pereda)

Tuesday, April 30, 2019

8:00 AM Alice G. Fountain (requested by Msgr. Pereda)

Wednesday, May 1, 2019

8:00 AM In Thanksgiving to St. Joseph

Friday, May 3, 2019-First Friday

8:00 AM Msgr.Charles Guarino (requested by A. & U. Coughlin)

12:00 PM Exposition of Blessed Sacrament

7:00 PM Holy Hour 8:00 PM Benediction

Saturday, May 4, 2019-First Saturday

9:00 AM Immaculate Heart of Mary-For Peace in the World

5:00 PM Stephen Shurley (requested by Tynion Family)

Sunday, May 5, 2019

8:00 AM Constance Rieder

9:30 AM Parishioners

11:00 AM Rev. Charles Guarino

(requested by Parish)
Albert Micena

(requested by M. Giaccio-Williams)

Joe Marusic

(requested by DeIngeniis) Barbara Haedrich (requested by A. Maione)

Aileen Barkaus

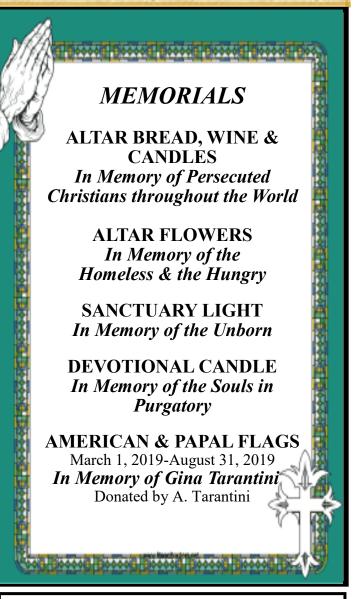
Thank you for your continued Stewardship!

Palm Sunday 2019	7,278
Palm Sunday 2018	12,829
Compare to Prior Year	(5,551)

 Palm Sunday 2019
 7,278

 Budget 2019
 12,000

 Compare to Budget
 (4,722)



CELEBRANT OF HOLY MASS

Saturday, May 4 5:00 PM Msgr. Pereda Sunday, May 5 8:00 AM Msgr. Pereda 9:30 AM Msgr. Pereda 11:00 AM Msgr. Pereda



REMEMBER YOUR LOVED ONES

Mass Intention	\$	20	
Bread Wine & Candles for the		50	
Altar Flowers	\$	125 25	
Sanctuary Light for the week		25	
Devotional Candles before Our Lady			
& St. Joseph	\$	50	
Tree of Life Memorials	Call Parish Oi	fice	

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2019 SPRING PLANT PRE SALES ONLY



Will be hosted by the Knights of Columbus & the Squire Circle on May 11th & 12th after all the Masses. If you don't need any plants, please consider donating some to our parish or to the Little Sisters of the Poor. After you have made your selection, please mark below where you would like them to be donated. Thank you.



FLOWERING ANNUALS IN FLATS ARE \$17.00 OR 3/\$45	
FLOWERING ANNUALS IN 1/2 FLATS ARE \$10.00	
AGERATUM_	6" POTTED PLANTS ARE \$6.00 OR 2/\$10.00
BLUE	DRAGON WING BEGONIA
BEGONIAS GREEN LEAF	ROSE FLOWER, GREEN LEAF
REDPINKWHITE	NON STOP BEGONIAS
BEGONIAS RED LEAF	ASSORTED COLORS
REDPINKWHITE	MELAPODIUM
<u>COLEUS</u>	SMALL YELLOW FLOWERS
MIXED	DWARF DAHLIAS
<u>DUSTY MILLER</u>	ASSORTED COLORS
SILVER DUST	
MARIGOLDS SMALL FLOWER	4" ACCENT PLANTS ARE \$4 OR 3/\$10.00
ORANGEYELLOWMIXED	ANGELONIA - PINKVERBENA - DARK BLUE
MARIGOLDS LARGE FLOWER	WAVE PETUNIAS - BLUESCAVEOLA - BLUE
ORANGEYELLOW	TORENIA - BLUEWAVE PETUNIAS - PINK
PORTULACA	POTATO VINE - GREENLANTANA - GOLD
SUNDIAL MIXED	POTATO VINE - RED
<u>PETUNIA</u>	
MIDNIGHT BLUEREDPINK MIXED	10" HANGING BASKETS ARE \$16.00 OR 2/\$30.00
SALVIA	FUCHSIA SCAVEOLA
VICTORIA BLUE	MIXBLUE
FLOWERING VINCA	DRAGON WING BEGONIA LANTANA
MIXEDLILACICY PINKWHITE	PINKMIXED
ZINNIAS DEFAMILAND MINED	IVY GERANIUMS WAVE PETUNIAS
DREAMLAND MIXED	PINKROSE
LOBELLA	LAVENDERBLUE
BLUE	NEW GUINEA IMPATIENS
	LAVENDERPINKREDWHITE
<u>4" POTTED PLANTS ARE \$4.00 OR 3/\$10.00</u>	
<u>GERANIUMS</u>	12" TERRA COTTA Hanging Baskets Are \$20.00 OR 2/\$38.00
REDWHITEPINK LAVENDER	PROVEN WINNER COMBO SURFINIAS
DRACAENA	BLUE COMBOPURPLE
DRACAENA SPIKE	PINK COMBOPINK
NEW GUINEA IMPATIENS	
LAVENDERPINKREDWHITE	10" PATIO PLANTERS ARE \$15.00 OR 2/\$28.00
VINCA VINE	GERANIUMS
VINCA VINE	 REDWHITEPINK
<u>4" POTTED HERBS ARE \$4 OR 3/\$10.00</u>	
SWEET BASILCORIANDERPEPPERMINT	
ITALAIN PARSLEYROSEMARYTHYME	
OREGANOTARRAGONLAVENDER	
Your Name: Phone: _	Email:
Mass I Attend to Pick Up: Sat. 5pm Sun. 8am	9:30am 11am
• •	
	St. Paul'sLittle Sisters of the Poor
	on 4/20, 4/21, 4/27, 4/28, 5/4, 5/5, or mail them to Peter G. Boyle, 37-6516. Please make checks out to the Knights of Columbus council ter the masses on either 5/11 or 5/12.

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REMINDER:

Monday, May 6th, 2019 St. Paul the Apostle 3rd Annual Golf Outing and Awards Dinner

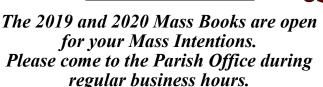
Please see the bulletin for complete information and contacts.

Dear Squires, for those of you who are eligible for the **Eugene J. Reilly Memorial College Scholarship** award of \$1,000, please be sure to have your forms handed in to Chief Counselor Peter Boyle by April 30th.

PRAY FOR THE RECENTLY DECEASED

Mulackal Thomas April 23, 2019

MASS INTENTIONS





PRAYERS FOR OUR ARMED SERVICE

Please pray for our parishioners in the military:

Keith Wilkins, Lt. Cmdr. USCG Francis Son, Pfc. US Army Michael F. Wendelken, Lt. Col., USAF David J. Munafo, 1st Lt. US Army John P. Orr, Lt.jg, US Navy CEC Steven Paniccia, Pfc. US Army Robert Simon Jr., MS US Army

God bless the men and women serving in our Armed Forces!

BAPTISM



Congratulations to the families of the newly baptized:

Aria Jaye Diederiks Giovanni Francis Colonna Franco Anthony Caporaso Callie Catherine Ropke Anastasia Nicole Navaretta Emily Rae Berthel

If you are planning to have your baby baptized, <u>please</u> contact the religious education office at 516 938-4530.

Please do this <u>before</u> making any arrangements with catering venues to be sure date is available.

Please note that godparents must be confirmed
Catholics, at least 16 years old and in good standing with
the Church. They must obtain a sponsor certificate from
the Parish where they are presently living.

MARIAN GUILD CALENDAR 2019

Wednesday, May 15, 2019, 7 pm - Chair yoga class Sunday, May 19, 2019, after 9:30 am mass - Communion breakfast Wednesday, June 19, 2019, 6:30 pm - End of year gathering MARIAN GUILD MEMBERSHIP FORMS are available at meetings.



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Religious Education Calendar



<u>April</u>

Family Mass 9:30am

29-30 Last Classes 29 Gr 8 Rehearsal

May

4 Gr 2 First Holy Communion

11:00am

Family Mass &

May Crowning 9:30am



PRAY FOR THE SICK

Please pray for those whose names are on the parish sick list.

Benny D'Aquila, Agostino Ragusin, Raffaele D'Onofrio, Benjamin Lagumen, George Jung, Jean (Elizabeth) Connolly, Joseph LaRosa, Fr. Martin Klein, Julia D., Maria P. Scopa, Carol Hammel, Karen Keener, Geraldine Jesberger, Linda DiBenetto, Matthew DiLascio, Christopher Louie, Anthony Grasso, Anthony Ambrosio, Christine DiBari, Kelly Ann Crovello, Teresa Bencardino, Mary Grace Spotter, Nellie Ambrosio, Robert Simone, Vincent Meade, Rita King, Hank Brakeman, Linda Malone, Guido Penafiel, Jeremiah McCarthy, Santiago Alvarez, Gabriella Fiorillo, Lorraine and Matthew Masiello, Linda LeVaillant, Giovanna Vizzari, Mildred McCarthy, Frederick Bell, Baby Sergio DeVincent.

Please call the office at 516-935-1880 x100 to add or remove a name from the prayer list.

Pre-School Calendar



April 29

Earth Day Project

<u>May</u>

Cinco de May Celebration

8 PreSchool Art Show 6:30-8:00pm

13 Parent Teacher Conferences-No Classes

24&27 Memorial Day Recess

30 Ascension Thursday-No Classes



Thank you all...for the food cards, the checks and cash! We were able to buy the foods our pantry visitors really need (dog food included). The snacks, of course, are a big hit.

Thank you all...for caring about people who need a little help!

We are always grateful for the following:

- Cleaning supplies: (laundry and dish detergent)
- Paper products: Paper towels, bath tissue
- Dry Dog food
- Shampoo/Conditioner
- Jarred Pasta Sauce
- Healthy Snacks: Pretzels, popcorn, low salt chips, nuts
- Jarred or canned fruit
- Low salt foods: Whole grains (also white rice, NOT instant)
- Canned Tuna, Salmon and Chicken
- Condiments: Mayo, Ketchup
- Coffee (regular)
- Peanut or Almond butter and jelly
- Juices



You may also consider making a monetary donation so that our volunteers can do the shopping!

Please come and visit us on Saturday mornings. We open at 10:00am

For assistance, please call 516-935-1880 or email paulsapostle@verizon.net