

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

FIFTH SUNDAY OF EASTER

May 19, 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 May 19, 2019

From the Pastor The Fifth Sunday of Easter May 19, 2019

THE VICTORY OF EASTER

Our Lord Jesus Christ embraced His Passion and Cross so as to defeat the pride of the devil, the ancient enemy of our race. Today we will consider **pride.**

The Third Mass Preface of Lent expresses to the Father the spirit we are to have as we "climb the holy mountain" towards Easter:

You ask us to express our thanks by self-denial. We are to master our sinfulness and conquer our pride. We are to show to those in need your goodness to ourselves.

The very real presence of the Devil and the *seven deadly sins* (pride, envy, anger, sloth, avarice, gluttony, and lust) active in our world, are something to examine especially at this time of year. We should seek to eradicate them from our lives and let the goodness of almighty God shine forth. I hope to present all seven over the next few weeks; and likely into the Easter Season. I have taken great encouragement for this exposition from Bishop Robert Barron's CD "Seven Deadly Sins / Seven Lively Virtues", currently available in the Lighthouse Catholic Media display. If any of this echoes his presentation, I give him the credit!

Pride is the root of all sin which paves the road for all the others. It is the sin of Adam and Eve; the Original Sin. As we heard in the reading from Genesis on the First Sunday of Lent, at the prompting of the serpent, our first parents bought into the lie that they could be something greater than they were. They were lured into believing that they could be like God; even possibly being "competition" for Him. It was and always is a <u>disordered desire</u> to excel; a self-centered desire and not one of wanting to share in God's power to be only good and do only good, but to have selfish advantage or power and control over others, which is evil.

Psychology tells us that whether one feels either inferior or superior to others, both are inferiority complexes. The former makes itself obvious, while in the latter, arrogance masks deep-down fears of inadequacy. To look at ourselves as somehow superior to others can be a very real temptation. When we are prideful, we want to be the center of our own destiny, rather than let God be the One who is Lord of all things, and seeing all others in His light.

"When man isolates self from God and the rest of humanity and makes self absolute or central, either ignoring all others or using them solely towards the achievement of his own private ends, he has the vice of pride... At the root of all such sins there is an exaggerated love and concern for self that clouds one's knowledge and appreciation of the true self and the corresponding worth of others." (Catholic Encyclopedia)

To one degree or another, this sin exists in all of us; and typically in very subtle ways. Some examples of pride can even parade themselves as virtues. i.e.: when one is given a (well deserved) compliment, and in response puts him/herself down (false humility), rather than graciously say, "Thank-you," while explicitly or implicitly giving God the credit and glory for the gifts required to achieve whatever was accomplished.

"Scrupulous" individuals suffer from a variety of pride that does not allow God to be all merciful: in essence saying, "God is not powerful enough to forgive me or cover for my inadequacies and failings." The scrupulous says his unworthiness is larger than God. No matter how we think or feel, God is much greater than even the worst sin we can commit.

"Presumptuous" individuals exhibit the opposite attitude: acting as if that no matter what <u>I</u> do, God is going to forgive me. That everything <u>I</u> do (no matter how intrinsically evil) is justifiable and OK. The presumptuous person, in essence, "tells" God how to be God; can flaunt the laws of God and the Church, and legitimate authority. This is often manifested in what can be called the "...but I'm a good person..." syndrome; "God <u>has</u> to forgive me because <u>I</u> am wonderful." An egotistical attitude like that can be detrimental to one's eternal salvation.

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Some other everyday examples of the sin of pride: self-absorption and vanity; easily taking offense; reaction to criticism and over-sensitivity; the craving for attention, adulation, and praise; having to have it "my way"; not taking legitimate praise (for the gifts that come from God working in you); not admitting mistakes; always talking about yourself/your children/grandchildren/your interests... and not really listening to others; being judgmental... the list goes on. We each have our particular "brands" of pride.

Yet, we have the capability to become something greater than we are only through the humble, obedient love of our Lord Jesus. Mary said to the angel, "Let it be done unto me according to thy Word." May our attitude be the same through her prayers, so that we too may make God #1 and share His Life in heaven.

In Jesus and Mary

Monsignor James F. Pereda

FRIDAY FRIENDS

"Friday Friends" is coming to St. Paul's-JOIN US!

"Friday Friends" is a monthly event where children with special needs can bond with teen volunteers in the community on a one-to-one basis. Parents of children with special needs drop off all their children (including siblings) and enjoy a break from their intensive caring routine. Adult supervision is part of the program.

The "Friday Friends" program has been in existence for approximately three years in two local Parishes; St. Dominic's, Oyster Bay and St. Edward the Confessor, Syosset. We are now establishing the program in the Jericho/Brookville area here at St. Paul the Apostle. As the "Friday Friends" program has 135 regular participants in the two existing locations, St. Paul's participation will allow the program to expand to help support the community and our special-needs parents. We anticipate about 30 participants each session.

We will host this event once per month during the school year (September-June) on the 2nd Friday of each month from 6:00PM to 8:00PM in Msgr. Costa Hall. (Holidays may affect the schedule). There are many fun activities planned including arts & crafts, games, music, playground activities, a pizza and water snack and more to ensure a good time for each child who is with us at "Friday Friends".

We seek teens and adults with a kind heart. If you are interested in volunteering for "Friday Friends", please email: Nikolas Tarasenko at fridayfriendsstpaul@gmail.com

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Congratulations to the Children of our Parish who received their First Holy Communion on Saturday, May 4, 2019

This is always a special time of graces and blessings for the Parish as the youngest welcome Jesus in the Holy Eucharist for the First time.

Michael Biondo

Luca Branchinelli

Anthony Dorsa

Joseph Goldthwaite

Joseph Grillo

Richie Inguanta

Mia Laureano

Lemus Phoenix

Isabella Mancuso

Kaitlyn Napoli

Michael Napolitano

Joseph O'Dea

Benjamin Parker

Andrew Rasavongseuk

Isabella Rodriguez

Mikaela Slawitsky

Alex Toth



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Marian Guild and Knights of Columbus ANNUAL COMMUNION BREAKFAST

Sunday, May 19, 2019 9:30 am Mass followed by Breakfast

Mass Celebrant and Guest Speaker

Father Leo Song

Parochial Vicar - St Rose of Lima



Father Leo was ordained a Priest last June. Fr. Leo is very special to us because he received his First Holy Communion at St Paul's And came to Mass here as a child.

EVERYONE IS WELCOME!

\$15 per adult/\$10 each child under 10 Under 5 free

RSVP by May 12th – Rosemarie Marciano @ 516-884-1875

St. Paul the Apostle R.C. Church

Rev. Monsignor James F. Pereda, J.C.D. Pastor 2534 Cedar Swamp Rd., Brookville, NY 11545 Page 7 May 19, 2019



Our Weekly Masses

Monday, May 20, 2019

8:00 AM Mother's Day Novena

Tuesday, May 21, 2019

8:00 AM Rose Prettitore (requested by R. Borelli)

Wednesday, May 22, 2019

8:00 AM Hugh J. Hanley

(requested by St. Paul's Religious Education)

Friday, May 24, 2019

8:00 AM Barbara Haedrich (requested by Mr. & Mrs. Wimer)

Saturday, May 25, 2019

5:00 PM Patrick Fahey

(requested by Garritan Family)

Sunday, May 26, 2019

8:00 AM Robert Callahan & Agnes Jehle

(requested by C. Callahan)

9:30 AM Parishioners

11:00 AM Joseph D'Alessio

(requested by Ferdico Family)

Randall DiLavore

(requested by DiLavore Family)

Rose Giaccio (L)

(requested by M. Giaccio-Williams)

George Mills

(requested by C. Skoglund Jr.)

Maria Fosco

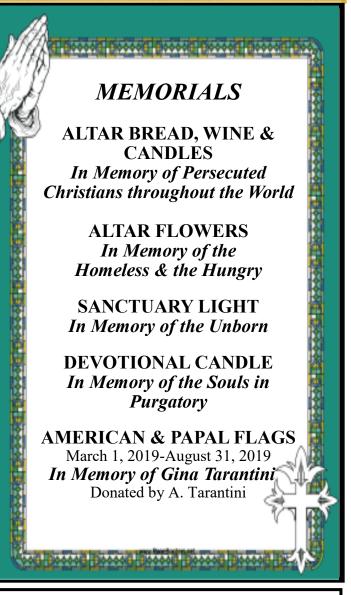
(requested by Oringer Family)

Maria Curatolo

(requested by Ferdico Family)

GIFTS OF BREAD & WINE

If you would like to present the gifts at the Offertory of Holy Mass (bring up the gifts), please let one of the ushers know. This is very appropriate when one has arranged for the day's Holy Mass or if one is keeping a special day.



CELEBRANT OF HOLY MASS

Saturday, May 25 5:00 PM Msgr. Pereda Sunday, May 26 8:00 AM Fr. Descoteaux 9:30 AM Msgr. Pereda 11:00 AM Msgr. Pereda



REMEMBER YOUR LOVED ONES

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

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FRIDAY FRIENDS

WHEN: Once a Month on Friday from 6:00 - 8:00 PM

Every 2nd Friday of the Month

The schedule may vary slightly as a result of holidays
The First "Friday Friends" Event will be held May 10th

WHERE: Church of St. Paul the Apostle

2534 Cedar Swamp Road Brookville, NY 11545

WHAT "Friday Friends" is a monthly event where children with special needs can

bond with teen volunteers in the community on a one-to-one basis. Parents of children with special needs can drop off all their children (including siblings) and

enjoy a break from their intensive caring routine.

COST: There is no cost to participate. We will provide pizza and water to all the kids.

We have assembled a group of compassionate high school students and adult volunteers. "Friday Friends" has worked so well at other parishes in the area on so many different levels.

For our special-needs parents: It is a rare night of relaxation.

For our special needs kids: It is a social activity that they really look forward to.

For our teen volunteers: This has helped our volunteers develop a sense of compassion and empathy that they might

not have otherwise experienced.

As background, the "**Friday Friends**" program has been in existence for approximately three years in two local Syosset Churches - St. Dominic Catholic Church and St. Edward the Confessor Church. We are now opening this up in the Jericho/Brookville area at the Church of St. Paul the Apostle. As the "**Friday Friends**" program has ~135 regular participants in the two existing locations, this will allow this successful program to expand to help support the community and our special-needs parents as we now open this up in the Jericho/Brookville area at the Church of St. Paul the Apostle.

We will host this event once per month during the school year (September-June). We have many fun activities planned including arts & crafts, games, music, kickball, basketball, playground activities and more to ensure a good time for your child who is with us at "Friday Friends".

We hope that your child will join us! We recognize it takes a village to raise a child, and the same is even truer when a child has special needs which is why we look forward to offering this opportunity to join the Friday Friends family.

If you are interested in participating in "Friday Friends", please email Nikolas Tarasenko at fridayfriendsstpaul@gmail.com so we can sign up your child.

Sincerely,

Niko Tarasenko (fridayfriendsstpaul@gmail.com)

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Elliott

Msgr. Francis

Michelson

Midura

US Army

US Army



John DeMeo

The Eugene J. Reilly Circle # 5612 Saint Paul the Apostle Council # 6802

Field of Honor Tributes							
<u>First Name</u>	<u>Last Name</u>	Branch/Affiliation	<u>First Name</u>	<u>Last Name</u>	Branch/Affiliation		
Primo	Bernardini	US Army	Claude E.	Miller	USMC		
Jay	Bilicki	US Army	Daniel R.	Mitola	US Air Force		
Junior M.	Black	US Army	Graziano	Morrone	US Army		
Jesse L.	Black	US Navy	James	Owens	US Army		
John	Brand	US Army	Luis	Pinto	US Air Force		
Michael	Bruno	US Army	Anthony F.	Principe	Coast Guard		
Jose Antonio	Castillo	US Army	Ronald	Poserina	US Air Force		
Edward J.	Cooke	US Navy & FDNY	Frank	Rendine	US Army		
Loretto	DeMeo	US Army	Pat	Rendine	US Army		
Salvatore	DiClemente	In Honor	Michael	Rendine	US Army		
Peter M.	Dowd	Syosset FD	Thomas L.	Risi	US Army		
John A.	Dowd	US Air Force	Edward	Sawdig	US Army		
Pasquale	Esposito	US Army	Birney O.	Scheuerman	USMC		
Patrick J.	Farrell	US Army	James	Schumacher	USMC		
Salvatore	Fiorentino	US Army	For all who	Served	Thank You		
Salvatore D.	Fiorentino	USMC	Ryan F.	Sheridan	EMT Glenwood FD		
John T.	Friedman	US Navy	Brian	Simonsen	NYPD		
James	Friel	US Army	Maurice	Spillane	US Army Air Corps		
Charles	Ganassa	US Army	Joseph	Stewart	USMC		
James	Galante	US Army	Anthony	Viania	US Army		
Nicholas	Genovese	US Navy	_				
Steve	Glazer	US Air Force			5		
William	Jahn	US Army	ALL GAVE SOME - SOME GAVE ALL				
Stanley	Katz	Merchant Marine					
William F.	Keegan	US Army	DEDICATED TO THE MEMORY OF ALL WHO PROUDLY SERVED AND PROTECTED THEIR COUNTRY				
Daniel	Kissell	US Navy					
Robert L.	Kissell, Sr.	US Army	,				
Aloysius T.	Lawn III	US Navy	We would like to thank the following for their support and				
Aloysius T.	Lawn Jr.	US Army	sponsorship of St. Paul the Apostle Field of Honor.				
Norman F.	Lechtrecker	US Navy		The Galante	a Family		
Justin	Lenz	National Guard/ NYPD	The Galante Family VFW – Syosset				
Charles	Maione	US Army	Ryan J. Cavanaugh – Executive Reality Group				
Parishioners	Who Served	In Honor	James Viania				
Paul	Malkiewicz	US Air Force	Rosemarie Marciano				
James J.	Malloy	USMC	The Maturo Family The Cinelli Family				
Elliott	Micheleen	IIC Amore	i i a a a				

Field of Honor Committee -Thomas Principe - Bob Kissell -Kevin Spilliane - Kevin Fernandez - Ted Urban James Viana - Donald P. Cavanaugh - Deacon Ray D'Alessio -Msgr. James F. Pereda

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Marian Guild & Knights of Columbus Annual Communion Breakfast Sunday, May 19th

Please save the date of Sunday, May 19th when the Marian Guild and Knights of Columbus will sponsor and host our annual Communion Breakfast.

We remember with affection the many times that the late Monsignor McDonald came to speak to us. He would never take anything from the Knights or Marian Guild but would say put it toward the renovation of the Church.

This year we will have a very special guest, Father Leo Song. Father Leo was ordained a priest just last June after four years of study in Rome. He is the parochial vicar at St. Rose of Lima in Massapequa. Father Leo is very special to us because he made his First Holy Communion at St. Paul's and came to Mass here as a child. He looks forward to celebrating the 9.30 Mass on that day and giving the talk at the Communion Breakfast. His parents will be with him as well as the catechist who prepared him for his first confession and First Holy Communion.



Please Pray for the Recently Deceased

Michael J. Caraturo May 10, 2019

MASS INTENTIONS

The 2019 and 2020 Mass Books are open for your Mass Intentions.

Please come to the Parish Office during regular business hours.



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

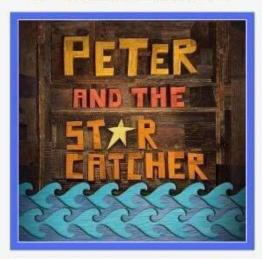


Sunday, May 19, 2019, after 9:30 am Mass - Communion breakfast

Wednesday, June 19, 2019, 6:30 pm - End of year gathering

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St. Paul's Centerstage Presents



AKA: THE PREQUEL TO PETER PAN!

AUDITION DATES:

Saturday, May 25: 1-4 Sunday, May 26: 7-9 Wednesday, May 29: 7-9

All are welcome to audition & all roles are open -- no roles are precast

To be considered for a speaking role or vocal solo,

please come prepared to read a scene,

and with 16-32 bars of a song

Anyone can sign up to be a part of the show, build/paint sets

Anyone can sign up to be a part of the show, build/paint sets, or help with refreshments!

Join the ranks of the pirates or the Natives of Neverland!

SHOW DATES ARE AUGUST 1-4 AT ST. EDWARD THE CONFESSOR PARISH

FOR MORE INFORMATION,

CALL (516) 528-0294 OR EMAIL CENTERSTAGEMINISTRY@GMAIL.COM

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Congratulations to our St. Paul the Apostle parishioners who received Honor Roll status at Kellenberg Memorial High School for the Second Trimester 2018-19 academic year.

Anthony Cilmi Claire Galante Skylar Goodman Cameron Mooney Erin Pederson Ava Wayrich

PRAYER MINISTRY

Group meets Thursday mornings at 11:00AM in the chapel to lift up in prayer the requests mentioned in the intentions books.

These books are located in the narthex of the church and chapel.

If you are in need of prayer, please make use of these books.

For information, call Elise LeVaillant 516 643-3029 or email intercessorel1@gmail.com

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.

Pre-School Calendar



May

- 6 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

FOOD CARDS, KOHL'S CARDS, GAS CARDS, TARGET CARDS (receipts must be attached)

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

We open at 10:00am on Saturday mornings. For assistance, please call 516-935-1880 or email paulsapostle@verizon.net