



We will meet on  
**Wednesday,  
May 6th,  
9:30AM - 12PM**  
in the Atrium

If you are interested, we  
ask that you please RSVP  
to the Outreach Office at  
**631- 265-2200**  
so we can prepare  
for all those  
who will attend.

# HEALTHY SUNDAYS

**SUNDAY,  
MAY 31, 2026**

**10:00AM - 1:00PM**

**in the Atrium**



- **Blood Pressure Screening**
- **Education and Referrals**

Parish of the Holy Cross R.C. Church  
95 Nichols Rd., Nesconset, NY 11767

*Outreach is currently in need of  
the following items for the food  
pantry.*

**The collection will be this  
weekend, May 2nd & 3rd.**



**Toilet Paper - Coffee  
Peanut Butter - Jelly  
Fruit in a can - Snacks  
Laundry Soap  
(small bottle)**

*Thank you for checking expiration dates  
before donating.*

Thank you for the donations of bags for our pantry.  
We are not accepting any more at this time.  
Thank you!

**Thank you for your continued support!**



## HOLY CROSS BEREAVEMENT

### *Circle of Friends*

Please join us for our new monthly Bereavement gathering, **"Circle of Friends,"** which offers support and connection to those who have suffered a loss of a loved one in the past year (or more). ***This is a less structured meeting where we gather to discuss new life issues that you are experiencing, helping you to navigate new challenges that may arise after the loss of your loved one.***

The group is not therapy but simply a discussion group where you will meet other people who have also suffered loss.

"Circle of Friends" is for those who lost a loved one (not newly bereaved) and are looking for a safe and supportive environment to share, discuss new challenges, and connect.

Our first meeting will meet on **Wednesday, May 20<sup>th</sup>, from 1:30pm to 3:00pm in the Father Joe Room.** To attend, please call the Outreach office at 631-265-2200 to **register by May 18th.**

*Come and share, pray and make new connections!*