

WOODSIDE HERALD

SERVING SUNNYSIDE-WOODSIDE AND LONG ISLAND CITY

VOL. 92 NO. 44

WOODSIDE, L.I.C., N.Y. FRIDAY, NOVEMBER 7, 2025

FREE

MAMDANI



"My friends, we have toppled a political dynasty"

Attorneys – at – Law

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QR Code

All Saints Church 43-12 46th Street Sunnyside

WOODSIDE HERALD

718-729-3772

email: ssabba@woodsideherald.com

writers wanted

VOLUNTEER POSITION

WOODSIDE HERALD

Sunnyside, NY 11104

Telephone (718) 729-3772

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CONTRIBUTING ARTISTS AND PHOTOGRAPHERS

Dr. Sharon Cadiz, Joe Gurrado, Peter Ross

HOW DRUGS AND ALCOHOL WORSEN MENTAL HEALTH

by Stan Popovich

Do you know someone who struggles with drugs and alcohol? It is important to know how drugs and alcohol can make your mental health worse.

Substance Abuse And Mental Health

Dealing with a mental health disorder can be a challenge for the **person who is struggling with anxiety**. When a problem with substance use is involved, the healing process can get complex. Substance abuse may sharply increase symptoms of mental illness or even trigger new symptoms.

A mental health disorder and a drug or alcohol addiction have separate symptoms that can make everyday life difficult. In addition, one problem can affect the other. If a mental health disorder is ignored, substance use can get worse. An increased use of substances can make mental health much worse.

The Negative Impact Of Drugs & Alcohol

1. **Drugs and alcohol make things difficult:** An addicted person needs an increasing amount of their substance of choice to get the same high. Drinking and taking drugs gets out of hand and makes it difficult to stop. This is what leads to the most damaging effects of addiction.

2. **Substance abuse can cause stress:** Frequent alcohol and drug consumption as a way of dealing with stress can be counterproductive. Even if you feel relaxed for a couple of hours after using a substance, when the effect passes, you will face the same stress again. This can lead you to using it again, which creates a vicious cycle that can be difficult to overcome.

3. **Drugs and alcohol interrupts sleep:** Using drugs and alcohol can affect your sleep patterns, which can increase symptoms of depression like exhaustion and difficulty concentrating. Individuals struggling with sleep problems may turn to substances to self-medicate which can interfere with your mental health.

4. **Substance abuse impacts physical health:** In addition to impacting mental health, misusing drugs and alcohol can have serious effects on physical health. These include an increased risk of diseases like cirrhosis or liver disease and certain types of cancer.

5. **Drugs and alcohol increase anxiety:** Drugs and alcohol can alter brain chemistry, leading to negative effects like mood swings, anxiety, depression, increased aggression, and worsen existing mental illnesses.

6. **Drugs and alcohol can affect your medicines:** Drinking alcohol and taking certain medicines that are over the counter or prescribed by a pharmacist can cause harm. It could be dangerous if the medicine has a label saying there could be harmful effects when combined with alcohol.

7. **Substance abuse prevents your recovery:** Ignoring your addictions will do nothing in getting rid of your fears and anxieties. You will eventually have to confront your mental health issues. Drugs and alcohol will only delay the process.

8. **Drugs and alcohol can make things worse:** Drugs and alcohol can make your problems more complicated. Substance abuse can increase your anxieties and stresses and can interfere with your mental health. Be smart and learn how to cope with your mental health issues the right way.

9. **Drugs and alcohol are not the answers:** If you think that drugs and alcohol will solve your problems, then try talking to someone who has been down that road. By talking to a former addict, you will get the truth on how substance abuse can ruin your life.

10. **Substance abuse delays treatment:** Learning how to deal with your situation is the best way of managing your addictions. A variety of treatment programs for substance use disorder are available on an inpatient or outpatient basis. Programs are usually based on the type of substance the person is using.

NYC teenspace | talkspace

Free online therapy + mental health support

for NYC Teens ages 13 to 17

talkspace.com/nyc

FOOTBALL'S MOST IMPORTANT PLAYER

by Rix Quinn

What's the most important position on a football team? I vote for the center. Some pay more attention to the quarterback or running backs, but without the center they'd just be standing around. The center starts each play. Although his primary job is to snap the ball to the quarterback, his first mission is to watch how the defense lines up. And if he sees something he doesn't expect, he can call out special instructions to his team.

But we fans don't see that. And we don't pay attention to the brave way he blocks defensive guys who try to grab the quarterback. We do notice something truly amazing. Much of the time, he accurately throws the football while upside down. He throws the ball four ways. The first way, he bends over, and hands the ball to the quarterback directly behind him. Or he throws the ball back a few yards to the quarterback. But if his team is punting the ball, he must snap the ball – between his legs – to a kicker 15 yards behind him. Try doing this sometime when you're bent over and staring at somebody upside down. (The last time I did that, I was looking under the couch for a sandwich.) His toughest job – from that same awkward position – is snapping the ball perfectly about ten yards to someone holding the ball for a placekicker. If that's done wrong, lots of bad things can happen like a fumble, a missed kick, or an angry coach.

Not me...I could never handle that pressure. Luckily, a kind coach found a position on the sideline where I could help the team. He called it Left Out.

To Advertise E-mail ssabba@WoodsideHerald.com or call 718-729-3772

Rethink Food

Medically Tailored Meals

Rethink Food is a nonprofit that partners with local restaurants to build a more sustainable and equitable food system by expanding access to nutritious, culturally-celebrated meals.

Now offering **Medically Tailored Meals** designed by a Registered Dietitian to support recovery, manage health conditions, and promote overall wellness.

WHY US?

Expertly Crafted Meals
Our dishes are prepared with care by skilled chefs using only high-quality, fresh ingredients. Each meal is crafted to deliver great taste and exceptional nutrition.

Rooted in the Community
We train and collaborate with local food businesses to support neighborhood economies and keep dollars circulating where they matter most—right at home.

Tailored to Your Needs
We customize your meal plan based on your preferences, lifestyle, and delivery schedule, making it easy and convenient for you and accommodating dietary needs such as vegetarian, low-sodium, diabetic-friendly, and heart-healthy options.

BREAKFAST

Asparagus Frittata + Roasted potatoes + Banana

Zucchini muffins + Yogurt + String cheese + Orange

Turkey Bacon Frittata + Apple

Pumpkin Quiche with Quinoa Crust + Multigrain bread

Cinnamon French Vanilla Overnight Oats

LUNCH

Chicken alla Diavola + Quinoa Beans Casamiento + Sautéed Spinach

Baked Cajun Tilapia + Green Beans + Roasted Sweet Potato

Sautéed Beyond Meat Crumble + Pinto beans + Cauliflower

Beef & Lentil Chili + Asparagus + Whole Wheat Roll

Tempeh Burrito Bowl + Brussel Sprouts

DINNER

Beef Fajitas Roasted Broccoli-White Rice

Baked Parmesan-Chicken-Eggplant Caponata-Garlic Bread Spinach

Parosip Frittata-Herb Tofu Couscous-Pickled Carrots

Tilapia-Lemon Orzo-Broccoli-Wheat Roll

Spinach & Artichoke Dip Pasta w/Chicken

Need Help with Food?
You May Qualify for Support.
If you're a Medicaid member and need help accessing food, you may be eligible for Enhanced Health-Related Social Needs (HRSN) services.

Not sure if you qualify?
A screener will help determine your eligibility and connect you to other available resources—even if you don't qualify for Enhanced HRSN services.

If you are eligible, be sure to tell your screener you want Rethink Food to prepare your meals.

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QUEENS

LONG ISLAND

MEALS WITH PURPOSE

Want to learn more?
Check out our website to find out more about the program





HISTORIC DISTRICTS COUNCIL

Sunnyside and Woodside

We want to hear from you!

We are pleased to invite you to participate in a survey to recommend places in your neighborhood you would like to see preserved and celebrated.



Landmarks Survey



Encuesta de Monumentos Históricos



Family Literacy Program

@ Ravenswood Cornerstone

35-40 21st Street Astoria, NY 11106

718-786-3131

Begins Tuesday, October 7th 2025

Activities include:

- Storytime and Reading Activities
- Writing Workshops
- Interactive Learning
- Community Building
- Parent & Child Time
- Adult Education (ESOL)
- Children Education
- Access to Resources

Come sign up today!!!

For Parents & Children ages 0-12

The Family Literacy Model



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*“My specialty is Podiatry.
That is Podiatric Medicine,
Surgery and Orthopedics.”*

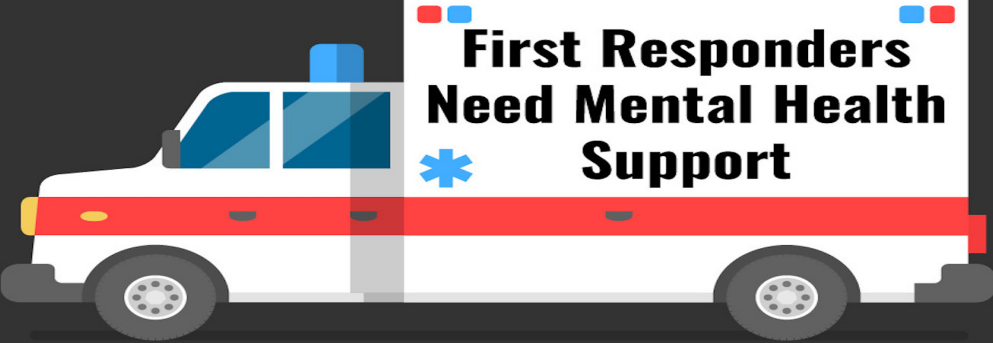
Dr. Richard Belli
Podiatrist



Hours

Tues.	10-7
Thurs.	12-7
Wed. / Fri. / Sat.	10-5

50-10 Skillman Ave., Woodside, NY
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for Uniformed Personnel

NYS Senator Kristen Gonzalez’s

STATE OF THE DISTRICT

Senator Gonzalez is working for a more affordable New York. She’s fighting for deeply affordable housing and tenant protections, universally accessible transit and an end to traffic violence, data privacy and AI labor protections, and green jobs, greenspace, and publicly owned green energy.

Join her to discuss the community work her office has done this year, her legislative priorities for next session, and other community issues and priorities.

MONDAY, NOV. 17 AT 6 PM
@ CUNY SCHOOL OF LAW
OR ON ZOOM

Register to attend at
bit.ly/StateOfSD59
or scan here:





**MONTHLY WORKSHOP
SCHEDULE**

NOVEMBER 2025

ALL WORKSHOPS REQUIRE AN APPOINTMENT
(718) 476-8449 | INFO@WOODSIDEONTHEMOVE.ORG

04
TUESDAY

1:1 LEGAL CONSULTATION
10AM - 4PM | 51-23B QUEENS BLVD.

18
TUESDAY

HOUSING CONNECT & BENEFITS
WORKSHOP
10AM - 4PM | 51-23B QUEENS BLVD.

**CALENDARIO MENSUAL DE
TALLERES**

NOVIEMBRE 2025

TODOS LOS TALLERES REQUIEREN CITA PREVIA
(718) 476-8449 | INFO@WOODSIDEONTHEMOVE.ORG

04
MARTES

CONSULTA LEGAL UNO A UNO
10AM - 4PM | 51-23B QUEENS BLVD.

18
MARTES

SOLICITUD DE VIVIENDA ADSEQUIBLE
& SERVICIO DE BENEFICIOS
10 AM - 4PM | 51-23B QUEENS BLVD.



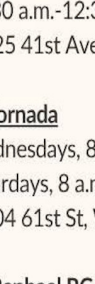
NEW YORK CITY COUNCIL

JULIE WON

COUNCIL MEMBER



DISTRICT 26 FOOD PANTRIES AND HOT MEAL DISTRIBUTIONS



Aids Center of Queens County
Tuesdays, line starts at 6:30 a.m., opens at 8 a.m.
62-07 Woodside Ave, 3rd Floor
Woodside, NY 11377

Blessed Virgin Mary St. Mary's Winfield
Thursdays, 9:30-11:45 a.m.
70-31 48th Ave, Woodside, NY 11377

Hour Children - Hour Pantry
Mondays & Thursdays, 2-4 p.m.
Tuesday, 10:30 a.m.-12:30 p.m.
36-49 11th St, Long Island City, NY 11106
(inside St. Rita's parking lot)

Iglesia Alianza Cristiana Misionera Ebenezer
Saturdays, 8 a.m.-1 p.m.
43-02 38th St, Long Island City, NY 11101

**Jacob A. Riis Neighborhood Settlement
After School Program**
Monday through Friday, 3-3:30 p.m.
10-25 41st Ave, Long Island City, NY 11101

**Jacob A. Riis Neighborhood Settlement
Hot Meal Distribution**
Tuesdays, Wednesdays, & Thursdays,
11:30 a.m.-12:30 p.m.
10-25 41st Ave, Long Island City, NY 11101

La Jornada
Wednesdays, 8 a.m.-1 p.m.
Saturdays, 8 a.m.-1 p.m.
39-04 61st St, Woodside, NY 11377

St. Raphael RC Church Food Pantry
Thursdays, 10:30 a.m.-12 p.m.
Saturdays, 1:30-3 p.m.
35-20 Greenpoint Ave, Long Island City, NY 11101

St. Teresa Church Saint Vincent DePaul Society
Tuesdays, 4-5:30 p.m.
50-20 45th St, Woodside, NY 11377

The Urban Upbound Bread of Life Pantry
Tuesdays & Thursdays, 12-3 p.m.
Wednesdays, 11 a.m.-2 p.m.
Thursdays, 12-3 p.m.
38-49 12th St, Long Island City, NY 11101



Woodside
ON THE MOVE



Shekar Krishnan
CITY COUNCIL | ELMHURST & JACKSON HEIGHTS



DAY OF THANKS

TURKEY DRIVE

WEDNESDAY, NOVEMBER 19 | 5:45PM - 6:45PM

FREE



RSVP IS REQUIRED*
**SCAN TO RESERVE A
TURKEY!**

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[HTTP://STUYVESANTRODANDGUN.ORG](http://stuyvesantrodandgun.org)

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EVERYONE WELCOME!

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\$10 per class or pay what you can!



Senator Joseph P. Addabbo, Jr. Presents Interactive Diabetes Awareness Event

Thursday, November 13th - 6 P.M. - 8 P.M.

St. Thomas the Apostle Church
Monsignor Mulz Hall (gymnasium)
88-14 Jamaica Avenue, Woodhaven, NY 11421

**LIVE COOKING
DEMONSTRATION**

**LEARN HOW TO
GROW YOUR OWN
VEGETABLES**

**NUTRITIONAL
ADVICE FROM
EXPERTS**

LIGHT EXERCISES

GAMES & PRIZES



November is Diabetes Awareness Month

Seating is Limited

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Mosaiccommunitycenter.org
43-01 46th Street,
Sunnyside, NY

Mon-Sat 9AM-5PM
Food Distribution 10AM

MOSAIC COMMUNITY CENTER

Food Distribution, Infant/Toddler Supplies, Hot Food, Pet Supply Drop & Pick Up

FREE MUSIC CONCERT

SATURDAY, NOVEMBER 1ST, 2025
2:00 PM



Featuring the sounds of Jazz composer Mark Wade and classical composer Alicia Lieu. Reception to follow.

43-31 39th Street
Sunnyside, NY 11104

[Scan the QR code to RSVP.](#)



Thank you to the New York Foundation for the Arts and the NYC Department of Cultural Affairs for helping to support this work!

• LEGAL NOTICE • LEGAL NOTICE

SUPPLEMENTAL SUMMONS SUPREME COURT OF THE STATE OF NEW YORK COUNTY OF QUEENS NYCTL 1998-2 TRUST and THE BANK OF NEW YORK MELLON as Collateral Agent and Custodian, Plaintiffs, -against- RIA MOLL, GALE DRAPER, JEANNINE MCLEAN, BRUCE BJOTVEDT, DOUGLAS BJOTVEDT, ERIC BJOTVEDT, as the Heirs and Distributees of the Estate of Esther Larsen a/k/a Anni Esther Larsen, THE UNKNOWN HEIRS AND DISTRIBUTEES OF THE ESTATE OF ESTHER LARSEN A/K/A ANNIESTHER LARSEN, if living, and if any be dead, their heirs at law, next of kin, distributees, executors, administrators, trustees, devisees, legatees, assignees, lienors, creditors, and successors in interest, and generally all persons having or claiming under, by or through said defendants who may be deceased, by purchase, inheritance, lien or otherwise, any right, title or interest in and to the premises described in the amended complaint herein, NEW YORK STATE DEPARTMENT OF TAXATION & FINANCE, THE UNITED STATES OF AMERICA, “John Doe No. 7” through “John Doe No. 100” inclusive, the names of the last 100 defendants being unknown to plaintiff, it being intended to designate fee owners, tenants or occupants of the tax lien premises and/or persons or parties having or claiming an interest in or a lien upon the subject property, if the aforesaid individual defendants are living, and if any or all of said individual defendants be dead, their heirs at law, next of kin, distributees, executors, administrators, trustees, committees, devisees, legatees, and the assignees, lienors, creditors and successors in interest of them, and generally all persons having or claiming under, by, through, or against the said defendants named as a class, of any right, title, or interest in or lien upon the premises described in the complaint herein, Defendants. Index No. 723244/2024 Date of Filing: 10/24/2025 Plaintiff designates Queens County as the place of trial. Venue is based upon County in which premises are situated. **Tax Lien Foreclosure Block: 14182; Lot: 71 a/k/a 102-11A 159 Drive To the above named Defendants: You are hereby summoned to answer the complaint in this action and to serve a copy of your answer, or, if the complaint is not served with this summons, to serve a notice of appearance, on the Plaintiff’s Attorney(s) within twenty (20) days after the service of this summons, exclusive of the day of service (or within thirty (30) days after the service is complete if this summons is not personally delivered to you within the State**

of New York); and in case of your failure to appear or answer, judgment will be taken against you by default for the relief demanded in the complaint. Notice of Nature of Action and Relief Sought The Object of the above entitled action is to foreclose a Tax Lien in the original Tax Lien Principal Balance of \$1,975.27 with interest as described in a certain Tax Lien Certificate dated August 12, 2015 and recorded in the Office of the City Register for the Borough of Queens, County of Queens, on August 25, 2015 in City Register File Number (“CRFN”) 2015000295054, which was assigned by Tax Lien Certificate Assignment dated December 31, 2017 and recorded in the Office of the City Register for the Borough of Queens, County of Queens, on January 23, 2018 in CRFN 2018000025608 upon premises described as follows: ADDRESS: 102-11A 159 Drive BLOCK:14182 LOT:71 COUNTY:Queens The relief sought in the within action is a final judgment directing the sale of the premises described above to satisfy the debt secured by the Tax Lien described above. Plaintiff designates Queens County as the place of trial. Venue is based upon the county where the Property being foreclosed upon is located. **NOTICE YOU ARE IN DANGER OF LOSING YOUR HOME** If you do not respond to this summons and complaint by serving a copy of the answer on the attorney for the Plaintiff who filed this foreclosure proceeding against you and filing the answer with the court, a default judgment may be entered and you may lose your home. Speak to an attorney or go to the court where your case is pending for further information on how to answer the summons and complaint and protect your property. Sending a payment to the Plaintiff will not stop this foreclosure action. **YOU MUST RESPOND BY SERVING A COPY OF THE ANSWER ON THE ATTORNEY FOR THE PLAINTIFF AND FILING THE ANSWER WITH THE COURT.** Dated: New York, New York October 24, 2025 THE LAW OFFICE OF THOMAS P. MALONE, PLLC By: Thomas P. Malone, Esq. Attorneys for Plaintiffs 100 Park Avenue – 16th FL New York, New York 10017 Ph: (212) 867-0500 **TO THE ABOVE NAMED DEFENDANTS:** The foregoing Supplemental Summons is served upon you by publication pursuant to an Order of the Court dated October 9, 2025 and filed along with the supporting papers in the Queens County Clerk’s Office. 11/7/25, 11/14/25, 11/21/25, 11/28/25

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NOTICES TO:
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PHONE: (347)371-2889

THIS SERVICE IS OFFERED TO ADULTS ONLY

CLASSES ARE EVERY MONDAY
STARTING
SEPTEMBER 15TH
6:00 PM - 9:00PM

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NYC

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With 40 years of personal experience, our dedicated team offers comprehensive guidance for families with special needs members from kindergarten age to adulthood.

****OUR SERVICES INCLUDE:****

- Personalized support plans
- Advocacy and resource navigation
- Educational guidance and assistance
- Emotional and social support for families

Let us light the way for your family's journey.
Join the Shining Stars community today and experience the difference expert care and genuine compassion can make.

CONTACT HOWARD: 917-972-5587, Daily 9a-5p
EMAIL: hlbrick@aol.com
DONATIONS GREATLY APPRECIATED



FOOD BANKS



Let's Help Feed
New Yorkers who
Need it the Most

To find a food bank in your area visit:

bit.ly/Food-Bank-Locator





MOSAIC CHURCH



SCAN ME FOR DIRECTIONS



MOSAIC COVENANT CHURCH



FREE FOOD PANTRY

MOSAIC COMMUNITY CENTER

43-01 46TH ST

DONATIONS ARE GREATLY APPRECIATED

MON-FRI
5-8PM

Deanery Queens²

FOOD PANTRY

Dispensa de Comida



St Theresa of Lisieux
50-20 45th Street
Woodside, NY 11377
718-784-2123 - Office
Food Pantry is Open
Tuesday 3:00PM to 4:30PM
www.SaintTeresaChurch.org

Corpus Christi
31-31 60th Street
Woodside, NY 11377
718-278-8114 - Office
Food Pantry is Open
Wednesday 11:00AM to 1:00PM
<http://CCWoodsideNY.org>

St. Raphael
35-20 Green Point Ave Long Island City, NY 11101
718-729-8957 - Office
Food Pantry is Open
Thursday 10:30AM to 12:00PM
Saturday 1:30PM to 3:00PM
<http://StRaphael-Queens.org/>

For more information on
Helping the Needy

Click on [Deanery Q2](#)
Or Use the QR Code



www.DeaneryQ2.org

