
St. Charles Borromeo Catholic Church

THE VIGIL

Sunday, March 01, 2026 (Year A)

2nd Sunday of Lent



Thoughts for Today's Readings "With a Prayer..."

Sunday Food for Your Soul

ARE YOU READY FOR RENEWAL?

Everything in life needs to be serviced and/or renewed. That applies to both animate and inanimate things. Soil maintenance, for example, is necessary for healthy productivity. Through weed Control, by which weeds are removed and prevented from stealing nutrients and water from the soil, the soil becomes more nutritious and more productive. The same can be said of motor vehicles. Regular maintenance and servicing prolongs the life of the car and make it safer.

Similarly, living things must undergo renewal to maintain a healthy, productive, and sustainable lifespan. It is a fact of nature that, for instance, snakes shed or slough their outer layer. That paves the way for both growth and the removal of external parasites. The life cycles of many other animals somewhat follow a similar process. But as we know, on top of the ladder of living things is the human person.

Because of the unique nature of human beings, our renewal is not only bodily. It is bodily and spiritual, material and immaterial, physical and metaphysical. Physically or materially, we seek medical attention for the servicing or renewal of our bodily components. Spiritually, our renewal occurs in the spirit through spirituality, that which transcends our physicality. While both physical and spiritual renewal are essential, the spiritual is of greater importance. It is the spiritual that sustains the physical when the going gets tough. The true strength of every human being comes from within, not without. True power, which is inner strength that produces fortitude, discipline, integrity, perseverance, character, and self-control, is an inner product, not an external force. The spiritual component, thus, needs profound renewal from time to time. That is why Lent is meaningful and important for Catholics.

Lent is a time of renewal for every Catholic-Christian believer. It is a time to be refilled. It is a time when we empty ourselves of the baggage we have been carrying all year round. Like snakes, peel off our dark spots of sins. Like cars, we let the Lord service us and change our oil for smoother trips ahead. Like the soil, we allow Jesus to remove the weeds of jealousy, resentment, anger, greed, hatred, selfishness, etc., from our lives. Yes, Lent is a "time of grace." But we must come to the Lord with open and sincere hearts to receive grace.

At Lent, the words of the Lord, "If any want to become my followers, let them deny themselves and take up their cross and follow me." (Matthew 16:4) echo more loudly and persistently in our hearts. Jesus calls us to be his disciples, not because we are perfect. Being a disciple of Christ does not render us flawless. Instead, it offers us an opportunity to be renewed, to trust in the grace of the Lord regardless of our sins, and thus, carry out our missions for the glory of God and the betterment of humanity. The renewal needed for this happens best during Lent. Are you ready for renewal?

Fr. Francis Asomkase, SSJ

Subject: Meeting for St. Charles Members – March 28, 2026

Dear Beloved members of St. Charles Borromeo,

Grace and peace of our Lord Jesus Christ be with each of you.

In a spirit of unity, gratitude, and shared service to God's people, we warmly invite **all parish members** to a **meeting with Fr. Francis** on:

 **Saturday, March 28, 2026**

 **10:00 a.m.**

 **St. Charles Social Hall**

This gathering will provide an important opportunity for us to come together in fellowship, receive pastoral guidance, and renew our commitment to serving the Church with reverence, compassion, and joy. There will be opportunities to learn about some new parish ministries and refresh current ministry participation. Ministry participation is a true blessing to our parish family, and your presence is essential to the continued success of our parish.

We are asking that you confirm your intent to attend the meeting either via email or phone to the rectory no later than Wednesday, March 18, 2026, by 3:00 p.m.

Thank you for the love and dedication you pour into your ministry. May the Holy Spirit continue to strengthen and inspire you as you serve Christ through His people. If you notice that a member of the invited groups above is not listed, please share this with them.

With gratitude in Christ,

*Your Sister in Christ,
Rhonda Gilbert for Fr. Francis
Pastoral Associate*

Sunday Community Dinners... As one of our most important ministries to our members and neighbors, we have been blessed, but are in need of more. If you and your group would like to sponsor a meal, please contact Georgia Kingsley via the rectory. **March 1, 2026: Kim and Steve Llorens; March 8, 2026: Souper Sunday Soup Potluck; March 15, 2026: Detroit Black Catholic Ministries; March 29, 2026: Knights on Bikes; April 5, 2026: No Meal - Easter Sunday; April 12, 2026: Grosse Pointe Sunrise Rotary**

Nativity Pantry News: We are so grateful for your continued support of the pantry. **This week we need vegetables, spaghetti noodles, and Spaghetti Sauce.** Did you know, we need 60-80 cans/jars of Spaghetti Sauce per week just to prepack if everything was used the week before.

“Just so, your light must shine before others, that they may see your good deeds and glorify your heavenly Father.” - Matthew 5:16



Dear Lord, I really need your help these days of Lent. Accompany me, guide me, comfort me to receive the gifts and graces you want to offer me, so that I might grow in freedom, in courage and in hope.

Make my heart more like yours. Don't let me be afraid or discouraged. Let me be a source of healing and reconciliation. Let me put my trust in you, as we grow close each day on this journey.

Amen

PRAY FOR THE HEALING PRESENCE

Jean-Marie Allion
 Anderson and Miller Family
 Paul Andrecovich
 Kathy Ayoub
 Mary Canaday
 Jane Colombo
 Kyle Duker
 Jim Dutkiewicz
 Doris Franklin
 Anna Grabowski
 Nancy Hayes
 Jim Howard
 Bertha Jackson-Hyde
 Michelle Koss
 Steve Lamendola
 Maureen Lange
 Michael Martin
 Jacqueline Morant
 Gloria Parham
 Ronald Parham
 Vertis Park, Sr.
 Earlene Park-Williams
 Orlando Richardson
 Aaron Scott
 Cherise Sweeney
 Karen Seyboldt
 Jonathan Taylor
 Tommy Traylor
 Anna Tyler
 Guillerma Villanueva
 Eldora White
 Mary Catherine Wright

MASS INTENTIONS

March 1, 2026
Smith Carson, Jr., Marcus Sinclair, and Dr. Donald Burkhart

March 8, 2026
Victor & Suzanne Fileccia Sam Stratos Fr. Edward Prus

March 15, 2026
Mary Cuningham Greg McCaffrey Kevin Scully Michael Ayoub

March 22, 2026
Lisa Little Gerald Miller Noah Bradley Woodard Evelyn Marie Verschaeve

TODAY'S READINGS

Genesis 12: 1-4a
(Mission of Abraham)

Psalm 33:4-5, 18-19, 20, 22
(Trust in God)

2 Timothy 1:8b-10
(Design of God)

Matthew 17:5
(Hear Him)

Matthew 17:1-9
(Jesus Transfigured)

The Holy Father's Intentions for the Month of March 2026

For disarmament and peace
 Let us pray that nations move toward effective disarmament, particularly nuclear disarmament, and that world leaders choose the path of dialogue and diplomacy instead of violence.

READINGS FOR THE WEEK

Mon., Mar. 02: Genesis 12: 1-4a; Psalm 33: 4-5, 18-19, 20, 22; Second Timothy 1: 8b-10; Matthew 17: 5; Matthew 17: 1-9

Tues., Mar. 03: Daniel 9: 4b-10; Psalm 79: 8, 9, 11 and 13; John 6: 63c, 68c; Luke 6: 36-38

Wed., Mar. 04: Isaiah 1: 10, 16-20; Psalm 50: 8-9, 16bc-17, 21 and 23; Ezekiel 18: 31; Matthew 23: 1-12

Thurs., Mar. 05: Jeremiah 18: 18-20; Psalm 31: 5-6, 14, 15-16; John 8: 12; Matthew 20: 17-28

Fri., Mar. 06: Genesis 37: 3-4, 12-13a, 17b-28; Psalm 105: 16-17, 18-19, 20-21; John 3: 16; Matthew 21: 33-43, 45-46

Sat., Mar. 07: Micah 7: 14-15, 18-20; Psalm 103: 1-2, 3-4, 9-10, 11-12; Luke 15: 18; Luke 15: 1-3, 11-32

Sun., Mar. 08: Exodus 17: 3-7; Psalm 95: 1-2, 6-7, 8-9; Romans 5: 1-2, 5-8; John 4: 42, 15; John 4: 5-42

STEWARDSHIP MINUTE

Stewards Go Forward

"Go forth from the land of your kinsfolk and from your father's house to a land that I will show you." GENESIS 12:1

God calls all of us to leave behind our old ways and to follow Him, placing our complete trust in Him. Some of the old ways that we struggle to leave behind might be materialism, selfishness and greed. Yet, God promises to show *His Stewards* a new land and a better way to live. Remember what St. Teresa of Calcutta said, "God does not call us to be successful, God calls us to be faithful."

**COLLECTION INFO
02/22/26**

Collection \$ 2,550.58
 Online \$ 2,012.50
 Total \$ 4,563.08

2026 Lenten Laudato Si' Calendar, P1

Created by the Environment Ministry of the Church of St. Francis Xavier, NYC

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Feb.15 Lent in the year 2026 is Lent in difficult times. As we journey together through the weeks ahead, let us be hopeful and open to the light we find.</p>	<p>16 To guide us through our Lenten journey, we have Pope Leo XIV's observations on hope on Sundays, starting Sunday Feb. 22nd. Be present to hope. Hope leads to action, and our actions inspire others.</p>	<p>17 Dedicate these forty days to healing the earth. Each day, do something for Earth & the poor of the earth. Pray. Learn. Act. Hope.</p> 	<p>18 Ash Wednesday "We must shift from collecting data to caring, and from environmental discourse to an ecological conversion that transforms both personal and communal lifestyles." Pope Leo XIV</p>	<p>19 Integral ecology, a key concept in Laudato Si', means caring for the earth & caring for the poor. Right now, immigrants are suffering from unjust treatment. Let's pray for them, and raise our voices against their unjust treatment.</p>	<p>20 Friday Fasting can help us be more aware of God's gifts. As you fast, try loving acts of kindness for our environment and use the money saved for the poor and those who are food insecure.</p>	<p>21 Be a Catholic voice. The Minnesota Chapter of the Laudato Si' Movement asks our support by signing their statement on ICE actions in Minn.</p> 
<p>22 "Christian hope is not passive optimism, but a mandate to create new signs of hope through charity and justice." Pope Leo XIV</p>	<p>23 We can reduce our carbon footprint by eating more fish and plant-based meals. Raising livestock, especially beef, requires a lot of land and water & is a major cause of deforestation. Learn more at meatlessmondays.org</p>	<p>24 In the U.S., 30 - 40% of food is wasted, costing the average family \$1,500/yr. Save money and reduce waste in your daily life. Learn how to store fresh produce. Make SavetheFood.com your go-to guide.</p>	<p>25 Look ahead. Join us each Friday for the Stations of the Cross and a soup supper at one of our eastside parishes. Check the VIGIL for time and location.</p>	<p>26 Do you ever buy foods produced by regenerative agricultural processes? They are a big benefit for the planet & worth the extra cost. Look for the R & O label. Learn more at rodaleinstitute.org O is for organic.</p> 	<p>27 The text for the Stations of the Cross in the wake of the Climate Crisis are posted on the Catholic Climate Movement website in Flip Book & PDF format in Spanish and English. CatholicClimateMovement.org/resources/stations</p>	<p>28 Lent is a time of transition. Create practices that you can carry throughout the year. Use the Ignatian Eco Examen as a starting point to check how you are doing: ecologicalexamen.org</p>
<p>Mar 1 "Hope in God must lead to justice for the poor. We must never forget that we were saved in this hope, and need to remain firmly rooted therein."</p>	<p>2 2025, one of 3 hottest years on record. It's past time for us to reduce our carbon footprint. Good news: solar panels are cheaper than ever, state subsidies are still available, & we can SWITCH our provider to a renewable source.</p>	<p>3 The Administration again pulled us out of the Paris Accord & is stifling research on climate, but U.S. cities & states say: WE ARE STILL IN. Non-profits Earth Justice & NRDC are challenging rollbacks in court. Let's support them.</p>	<p>4 "The real hope is not in something we think we can do, but in God, who is making something good out of it in some way we cannot see." Thomas Merton</p>	<p>5 2026 is the year of the used electric vehicle. (InsideEVs + CarandDriver) Save thousands - many EV lease contracts are up and those EVs will be on the market. Grab one & save money & you won't pollute the air.</p>	<p>6 Banks are a climate problem when they fund climate-warming projects. Social pressure helped Bank of America agree to not fund deforestation-related projects. Social pressure works. Check your bank's policies.</p>	<p>7 Climate writer & activist Bill McKibbin gives us hope with his book "Here Comes the Sun" in which he charts the rapid expansion of renewable energy. A good read!</p> 
<p>8 "In Christ, we too are seeds, and indeed, seeds of peace and hope. With love and perseverance, we can sow many seeds of justice and thus contribute to the renewal of hope."</p>	<p>9 Plastic production poisons the air. See "Cancer Alley" in St. James, LA, where a Black faith group, Rise St. James, has fought against new factories, citing racism. In Feb., a court ruled the case has merits! Hope prevails!</p>	<p>10 Purge the plastic! Plastic kitchen utensils produce nano-particles which stay in the internal organs - including our brains - of humans and pets. Replace plastic cooking utensils with bamboo, wooden or metal utensils.</p>	<p>11 "Hope begins in the dark, the stubborn hope that if you just show up and try to do the right thing, the dawn will come. You wait and watch and work: you don't give up". Anne Lamott</p>	<p>12 Plastic is in us and everywhere in our environment. More purge items: plastic take-out containers (ask for a Chinese-style carton), laundry soap pods, coffee pods, plastic shopping bags (always carry a reusable bag).</p>	<p>13 Microwaving food in plastic is a health risk. The plastic releases toxic chemicals into the food. See BeyondPlastics.org for info. Opt for glass or microwavable dishware. Or skip the microwave and use the stove, with non-terflon cookware.</p>	<p>14 How can we recycle "soft plastic" e.g. plastic bags, plastic that doesn't hold a form, plastic that you can stretch. Collect them & find a store that has a deposit bin. More info at RecycleFind.com. Find a store near you at: plasticfilmrecycling.org</p>

2026 Lenten Laudato Si' Calendar, P2

Created by the Environment Ministry of the Church of St. Francis Xavier, NYC

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>15 <i>"We cannot call ourselves disciples of Jesus Christ without participating in his outlook on creation and his care for all that is fragile and wounded."</i></p> 	<p>16 Jane Goodall died last year, but she had found hope in the power of young people. She inspired thousands of "Roots and Shoots" clubs in 60+ countries where youth decide what good they can do for their environment and social fabric.</p>	<p>17 Ship collisions kill whales. Environmental organizations worked with the International Maritime Organization to have ships slow down or stop when whales are sighted. It has decreased whale deaths. Support nature organizations to protect biodiversity.</p>	<p>18 <i>"When you do nothing you feel overwhelmed and powerless. But when you get involved, you feel the sense of hope and accomplishment that comes from knowing you are working to make things better."</i> Maya Angelou</p>	<p>19 A SNAG is a dead tree that is still standing. Though dead, SNAGs continue to sequester carbon & provide habitat for wildlife. The federal "Fix Our Forests Act", has a snag: it promotes clearing SNAGs which opens up areas for total deforestation.</p>	<p>20 Tomorrow, the International Day of Forests 2026, celebrates the vital role of forests economically and as a habitat for many species of birds, animals and insects. Let us commit to protect this keystone natural resource.</p>	<p>21 Tomorrow, World Water Day 2026 focuses on safe & clean water as a human right. It supports women and girls having leadership & equal voice in water decisions. It's important where potable water is not the norm. "Where water flows, equality grows."</p>
<p>22 <i>"Hope is a constant source of joy, whatever our age, and when that hope has been tempered by fire over the course of a long life, it proves a source of deep happiness."</i></p>	<p>23 Catholic Advocacy for Our Common Home, Catholics concerned about the environment are coming together to support care for our common home. Contact Catholic Climate Covenant, for info: www.catholicclimatecovenant.org</p>	<p>24 We can make an impact advocating for state bills on getting plastic & PFAS "forever" chemicals out of our waste stream & packaging. Contact the Great Lakes PFAS Action Network: www.glpn.org</p>	<p>25 <i>"Individual actions don't replace systemic change; they prepare the ground for it. They help us practice the world we're trying to build."</i> Sandra Goldman, dean, Columbia Climate School</p>	<p>26 SureWeCan.org is a grassroots organization of "canners" who collect bottles & cans for reimbursement. It helps their family income & keeps bottles off the streets. The Bigger, Better, Bottle Bill would help the environment & the canners. Help support it!</p>	<p>27 Visit the League of Conservation Voters website for our state for action alerts on legislation affecting our environment and profiles of climate-conscience candidates. For Michigan, contact michiganlcvo.org</p>	<p>28 Environmental Voter Project, a non-partisan non-profit that is data driven. It found that environmentalists are low propensity voters, and seeks to get them out to vote. Volunteer by writing postcards or making calls. environmentalvoter.org</p>
<p>29 Palm Sunday Let us pray, as Pope Leo asks, that "Almighty God will send us in abundance his <i>"Spirit on high"</i>, so that these seeds and others like them, may bring forth an abundant harvest of peace and hope."</p>	<p>30 <i>"All powerful God, you are present in the whole universe and in the smallest of your creatures. You embrace with your tenderness all that exists. Pour out upon us the power of your love that we may protect life and beauty...."</i> (LS246)</p>	<p>31 <i>"Oh God of the poor, help us to rescue the abandoned & forgotten of this earth, so precious in your eyes. Bring healing to our lives, that we may protect the world & not prey on it, that we may sow beauty, not pollution & destruction..."</i> (LS246)</p>	<p>Apr 1 <i>"Praise the Lord from the earth, you great sea creatures and all the depths; fire and hail, snow and clouds, stormy wind, fulfilling his word; mountains and all hills; fruitful trees and all cedars."</i> Psalm 149</p>	<p>2 Holy Thursday Imagine yourself as a guest at the Last Supper. Step closer to the table & see who is seated there. Can you join as a disciple? Can you offer a commitment to care for God's creation?</p> 	<p>3 Good Friday Jesus dies on the wood of a tree...a tree of life for us. Let's renew our commitment to protect all life as God's creation & join our sacrifices with that of Jesus' to bring forth a New Creation ...on earth as it is in heaven.</p>	<p>4 Holy Saturday Let's continue our care for creation after Lent. Celebrate Earth Day 4/22 & consider taking the Laudato Si' Movement's Animator training. It starts April 15; register now. See laudatosimovement.org. Blessings to you.</p>

Glorious Easter

Christ is risen and all of creation with Him!

*Savor the life and light that is in you and around you! ...the flowers bursting forth; friends and family; clean water and air! Be grateful for God's gift of creation! **Rejoice and be glad!***



DETROIT EASTSIDE FAMILY OF PARISHES

FRIDAY NIGHTS DURING LENT

6:00 PM

**ST. AUGUSTINE & ST.
MONICA**

4151 Seminole, 48214
313-923-4107

ST. CHARLES BORROMEEO

1491 Baldwin, 48214
313-331-0253

NATIVITY OF OUR LORD

5900 McClellan, 48213
313-922-0033

ST. ELIZABETH

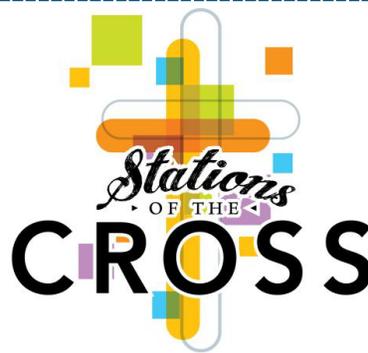
5900 McClellan, 48213
313-921-9225

SACRED HEART

1000 Eliot, 48207
313-831-1356

ST. RAYMOND

20103 Joann, 48205
313-527-0525



AND



~~FEBRUARY 20, 2026~~

~~St. Charles Borromeo~~

~~FEBRUARY 27, 2026~~

~~Nativity of Our Lord~~

MARCH 6, 2026

St. Raymond

MARCH 13, 2026

Sacred Heart

MARCH 20, 2026:

St. Augustine/St. Monica

MARCH 27, 2026:

St. Elizabeth@
Nativity of Our Lord

Be Environmentally Friendly and bring a bowl and spoon.

We always send home leftovers-so bring a to-go container just in case.



WE NEED YOUR HOMEMADE SOUP!

Please sign up to bring a crockpot of your favorite soup
for the Parish Meal – Sunday, March 8th

Sign Up sheet at the back of church
For questions, see Janis Ayoub



St. Paul of the Cross
Passionist Retreat Center
The Passionists of Holy Cross Province



Dear Friends,

As part of our ongoing commitment to supporting our community beyond the retreat experience, we're pleased to share employment opportunities with you. It is our hope that these positions may serve as meaningful next steps for those seeking purposeful and fulfilling work. Please read the job descriptions below and reach out if you have any questions—we're happy to provide more information.

Registration Clerk

St. Paul of the Cross Passionist Retreat Center is seeking a cheerful, organized, and mission-driven Registration Clerk to serve as a welcoming first point of contact for our retreatants and Passionist event participants. This role manages phone and mail registrations, assists constituents in signing up for weekend retreats and day events, enters and maintains accurate records in our registration system, and helps check in guests on Friday evenings during the retreat season. The Registration Clerk also provides administrative support to our Passionist Coordinator and Hospitality Coordinator to ensure a smooth and welcoming retreat experience.

The ideal candidate is comfortable working in Microsoft 365—especially Excel and Word—and has experience using a Customer Relationship Management (CRM) system. Strong attention to detail, a pleasant phone presence, and the ability to work collaboratively in a faith-based environment are essential.

This is a 30–40 hour per week position offering an excellent benefits package, including health and dental coverage and a pension plan. If you enjoy serving others and supporting the Passionist ministry of hospitality and spiritual renewal, we encourage you to apply.

If you are called to this position, please submit a resume to Jbologna@stpaulretreat.org.

Housekeeping

The housekeeper will work effectively with the housekeeping team and volunteers to clean the 87 bedrooms/bathrooms, 3 conference rooms, and common areas at the Retreat Center.

We would prefer someone who has prior housekeeping experience and who can carefully collaborate with the other team members to prepare the retreat center for retreatants. 20-30 hours per week which can lead to a full-time position within a few months.

Once full-time, the position will include good health care, dental, eye and retirement benefits.

For consideration, contact Roz Salter at rsalter@stpaulretreat.org

DETROIT CATHOLIC PASTORAL ALLIANCE



**18th Annual Urban Parish
SPIRIT AWARDS**



Wednesday, April 22nd 2026, 6pm

Sacred Heart Church

1000 Eliot | Detroit, MI 48207

Recognizing Youth & Young Adults

**“Don’t let anyone look down on you because you are young,
but set an example for the believers in speech, in conduct, in love, in faith and in
purity. “ (1 Timothy 4:12)**

**Presented by the The DCPA Urban Parish Coalition and the
Archdiocese of Detroit Office of Cultural Ministries**

For more information call 313-922-1435

Reception to follow ceremony



Senior Citizen Solid Waste (Garbage Fee) Discount

City of Detroit, Michigan sent this bulletin at 02/16/2026 10:19 AM EST

The City of Detroit is helping to ease the financial burden for senior citizen homeowners. The Sheffield administration has opened an early application period for the Senior Citizen Solid Waste Discount to allow seniors to apply early so the discount can be reflected on summer property tax bills.

Seniors can apply TODAY through April 15 to make sure the 50 percent off garbage fee is reflected on the summer property tax bill. Apply online at detroitmi.gov/dtsc. For more information, call (313) 224-3560. #RiseHigher



Senior Citizen Solid Waste (Garbage Fee) Discount

The City of Detroit may provide a discount to homeowners who are at least 65 years old and have a Principal Residence Exemption on file.

WHO'S ELIGIBLE? WHAT DO I NEED?

-  Residents must be at least 65-years of age
-  The home must be your primary residence on City of Detroit records
-  Applicants must be listed on tax roll with the City
-  Residents must provide a copy of their photo ID (front and back), i.e. Driver's License or State ID

SPECIAL NOTE:
If you were approved for the solid waste discount beginning in 2017 or later, you do not need to reapply if you still own and occupy your home. No income requirements

Applications are accepted at the Detroit Taxpayer Service Center
CAYMC, 2 Woodward Avenue, Ste 130, Detroit, MI 48226

EARLY APPLICATION PERIOD is February 1 thru April 15
Applications are also accepted July 1 thru September 15
If mailed, must be postmarked by September 15.
To get an application, go to: detroitmi.gov/SolidWasteDiscount
OR Call DTSC at (313) 224-3560.

Smiles That Shine: Caring for Our Children's Dental Health

As a church family, we care about the whole child—heart, mind, body, and spirit. One important (and sometimes overlooked) part of a child's health is their smile!

Good dental habits help children stay healthy, confident, and free from pain. Cavities can affect eating, speaking, sleeping, and even learning. The good news is that most dental problems are preventable with simple daily care.

Healthy Habits for Bright Smiles

1. Brush Twice a Day

Children should brush their teeth every morning and before bed using fluoride toothpaste. Parents should help or supervise brushing until about age 7–8 to make sure it's done well.

2. Floss Daily

Once teeth touch each other, flossing helps remove food and plaque from places a toothbrush can't reach.

3. Choose Tooth-Friendly Snacks

Limit sugary drinks and sticky sweets. Encourage water, fruits, vegetables, cheese, and other healthy snacks.

4. Visit the Dentist Regularly

Regular checkups—such as those recommended by the American Dental Association—help prevent problems before they become serious. Most children should see a dentist every six months.

A Faith Perspective

The Bible reminds us in 1 Corinthians 6:19–20 that our bodies are temples of the Holy Spirit. Teaching children to care for their bodies—including their teeth—is one way we help them honor God with their health.

Let's work together as families and a church community to encourage healthy habits that will keep our children smiling brightly for years to come!

We are having BP screening today after mass in the church hall. See you there.

Corewell's Diabetes Prevention Program

Sessions Date Form

Location: **St. Charles Borromeo Catholic Church**
 1491 Baldwin St. Detroit, MI 48214
Coach: **Danyielle McGuire-Nelson**
Day: **Sundays** **Class time:** **1:30-2:30pm**
Class Code: _____ **Room/Reservation:** _____

PC sessions must start after: 3/28/2026

Core Session Dates:	Sessions:	Post Core Sessions Dates:
9/21/2025	Informational Session	Session 17 – When Weight Loss Stalls 3/22/2026
9/28/2025	Session 0-A Change for Life	Session 18 – Take a Movement Break 3/29/2026
10/5/2025	Session 1 – Intro to the Program	Session 19 – Keep Your Heart Healthy 4/19/2026
10/12/2025	Session 2 – Get Active to Prevent T2	Exercise Demo 4/26/2026
10/19/2025	Session 3 – Track Your Activity	Session 20 – Shop and Cook To Prevent 5/3/2026
10/26/2025	Session 4 – Eat Well To Prevent T2	Session 21 – Find Time for Physical Activity 5/17/2026
11/2/2025	Session 5 – Track Your Food	Session 22 – Get Enough Sleep 5/31/2026
11/9/2025	Session 6 – Get More Active	Session 23 – Stay Active Away From Home 6/14/2026
11/16/2025	Session 7 – Energy In, Energy Out	Session 24 – More About Type 2 6/28/2026
11/23/2025	Grocery Store Tour	
11/30/2025	Session 8 – Eating to Support Your Health Goals	Session 25 – More About Carbs 7/26/2026
12/7/2025	Session 9 – Manage Stress	
12/14/2025	Session 10 – Eat Well Away From Home	Session 26 – Prevent Type 2 for Life! 8/23/2026
1/4/2026	Session 11 – Managing Triggers	
1/11/2026	Session 12 – Stay Active Prevent Type 2	*Session 27 – Handling Holidays, Vacations, and Special Events 9/27/2026
1/18/2026	Exercise Demo	
1/25/2026	Session 13 – Take Charge of Your Thoughts	
2/8/2026	Session 14 – Get Back on Track	
2/22/2026	Session 15 – Get Support	
3/8/2026	Session 16 – Stay Motivated To Prevent Type 2	

Notes

* Use this session near a holiday in post core

 = weekly sessions
 = every other week
 = monthly

Need more fruits and veggies in your home?

Check out our FREE program Prescribe Life!



Healthy Food. Healthy Outlook.

Increasing fruit and vegetable intake positively impacts every part of your health but we understand that it can be easier said than done.

What is Prescribe Life?

Prescribe Life is a produce prescription program. I know you are thinking, "My doctor can give me a prescription to eat better?" and the answer is YES! Produce prescription programs are one way where healthcare providers can help address the social needs of their patients that impact their ability to maintain their health. It's easy for a doctor to say eat healthy! But patients also need the resources to do so and that's where our program comes in.

How does the program work?

In our program, you will participate in a program for nine months that consists of web-based nutrition education, one on one goal coaching and a funds to purchase fruits and vegetables from a participating store.

For more information or to register, visit our website:

<https://www.beaumont.org/prescribelife> --Classes and Events --> Health & Wellness

Or call: 313.738.1678 for help with registration

<https://www.onlineregistrationcenter.com/register/222/page1.asp?m=341&c=9063>



ST. CHARLES BORROMEIO CHURCH
1491 Baldwin Avenue
Detroit, MI 48214

January 14, 2026

Regarding: Updated Protecting God's Children Information from the Archdiocese of Detroit
ARCHDIOCESE OF DETROIT RE-CERTIFICATION POLICY
(Revised January 2026)

To work or volunteer in the Archdiocese of Detroit, all clergy, staff, and volunteers:

- Must attend original 3 hr. VIRTUS® "Protecting God's Children" Adult Awareness Session,
- **Must re-certify every three years on/or before the expiration date on the face of their current certificate. See the sample dateline below. The participant has 30 days after their expiration date to complete the recertification; if not, they must be inactivated in VIRTUS and will not be able to work or volunteer until completion of training.**

<u>"Protecting God's Children" Training</u>	<u>1st Recertification Year</u>	<u>2nd Recertification Year</u>
2023	2026	2029
2024	2027	2030
2025	2028	2031
2026	2029	2032

Option #1 Retake VIRTUS® 3 hr. "Protecting God's Children."

Option #2: VIRTUS® 30 minute "Teaching Boundaries and Safety Online Module 2.0 " Recertification

Participants whose current certificate has not yet expired may attend 30 minute. "Teaching Boundaries and Safety Online Module 2.0" recertification. This module is an online training that provides best practices for employees, volunteers, caring adults and parents, equipping them on how to be better protectors of children, and on how to teach children to better protect themselves. This online module builds from the foundation of the Teaching Boundaries and Safety Guide™, and provides easy conversation starters, bulleted tips and quick summaries of pertinent information.

Important Notice

Participants must keep their original VIRTUS® Protecting All God's Children and any additional recertification certificates as proof of compliance, which can be located when logging into the VIRTUS platform. Only a "copy" of the certificate should be given to the parish/school where you work or volunteer.

*The Office of Safe Environments will be performing a **mass deactivation on January 30th at 11am (EST)**. Anyone who has not logged into their VIRTUS account in the last four years will be inactivated. We are conducting this mass deactivation because the recertification requirement is every three years, and anyone who hasn't logged into their VIRTUS account in four+ years is out of compliance.*

Anyone who is in a volunteer role needs to have in their roles and location box indicate whether or not they volunteer 3 or more times a year OR if they volunteer three or less times a year as it is required that we track this information per the USCCB.

If you have any questions please contact me at the parish office.

Rhonda Gilbert
Pastoral Associate

313.331.0253 (phone) 313.331.4834 (fax) stcharlesborromeodetroit@yahoo.com
www.stcharlesdetroit.org

If you have any questions about Protecting God's Children, including your account, requirements, restarting your registration, or requirements you must meet to work or volunteer at St. Charles, please see Marian Harvey.

Detroit Eastside Family Parish Information and Mass Times

St Charles Borromeo Detroit

1491 Baldwin

Detroit, MI 48214

313-331-0253

www.stcharlesborromeodetroit.org

stcharlesborromeodetroit@yahoo.com

Sunday: 11:30am

Friday: 11am in rectory

Live Stream & YouTube

Nativity of Our Lord

5900 McClellan

Detroit, MI 48213

313-922-0033

www.nativitydetroit.org

nativityol@sbcglobal.net

Sunday 9:30am

Thursday: Holy Hour 8am; Mass 9am

Live Stream and YouTube

St Augustine & St Monica

4151 Seminole

Detroit, MI 48214

313-921-4107

www.saintamparish.org

office@saintamparish.org

Sunday: 10am

Wednesday: 9am

St. Jude

15889 Seven Mile E ·

Detroit, MI 48205

313-527-0380

stjudedetroit.org

Sunday: 10:30am

Saturday: 4pm

Sacred Heart

1000 Eliot St.

Detroit, MI 48207

313-831-1356

www.sacredheartdetroit.com

info@sacredheart.com

Sunday: 8am and 10am

Tuesday: 5pm

Saturday: 5pm

St. Elizabeth

3138 E. Canfield St.

Detroit, MI 48207

313-921-9225

www.stelizabethdetroit.org

saintelizabethchurchofdetroit@gmail.com

Sunday: 12:00pm

St. Raymond – Our Lady of Good Council

20103 Joann

Detroit, MI 48205

313-527-0525

www.straymondolg.org

Sunday: 10:30am

Tuesday: 8:30am

Thursday: 8:30am

Our Lady Queen of Heaven/Good Shepherd

8200 Rolyat St.

Detroit, MI 48234

313-891-4553

ourladyofgoodshepherd.org

Sunday: 9am

Tuesday: 10:30am

Thursday: 10:30am

Friday: 10:30am

Saturday: 4pm

St Charles Borromeo

1491 Baldwin St., Detroit, MI 48214
(313) 331-0253 (Fax 313-331-4834)

St. Charles Office Hours:

Monday, 10am to 3pm
Tuesday, Wednesday, Thursday, 9am to 4pm
Friday, 9am to 3pm

Pastoral Team

Fr. Francis Asomkase, SSJ, Priest in Solidum and Moderator
Fr. Richard Baumann, Priest in Solidum
Reverend Charles Nwamadi, SSJ, Priest in Solidum
Fr. David Preuss, OFM, CAP, Priest in Solidum
Deacon Joseph Jones
Edward Cotton – Mission Support Director
Rhonda Gilbert – Pastoral Associate
Joan Jacobs & Angie Kadowaki – Boulevard Ministry Ministers
Mary Catherine Wright – Parish Nurse

Council Members: Naim Edwards (Chairperson), Angela Kadawaki, Dennis Ballard (Vice-Chairperson), Patricia Ballard, Alex Grabowski, Marian Harvey (Secretary), Freddie Henry, Mary Ellen Howard, Bruce McDonald, Mikhail Perkins, Richard Preuss, Linda Simpkins

**AOD Restructuring
St. Charles Parish
Leaders**

Doris Allen
Alex Grabowski
Joan Jacobs
Bruce McDonald
Richard Preuss

**Parish Point Person of
Contact**

Rhonda Gilbert

St. Charles Mission Statement

St. Charles Borromeo, a diverse urban parish of Detroit, is rooted in Christ's Gospel and Catholic tradition. We strive to build a community of faith through education, worship, and evangelization. We are called to carry on Christ's ministry to our brothers and sisters, especially the sick and their families, the elderly, youth, and the disabled. With Mary as our example of unconditional love, we strive to welcome everyone to share joyfully in the peace, love and salvation of Jesus Christ. We acknowledge that it is the Holy Spirit who calls and empowers us, who strengthens and renews us, and who gives us the will to continue our mission, until Jesus comes.

St Charles Website: www.stcharlesdetroit.org
Email: stcharlesborromeodetroit@yahoo.com

Facebook: St. Charles Borromeo Parish - Detroit MI
YouTube: www.youtube.com/@st.charlesborromeodetroit



Online Giving

Go to the giving site at:
<https://giving.parishsoft.com/app/giving/stcharlesdetroit>

March 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1 <u>2nd Sunday of Lent</u> 11:30am Mass <i>Community Meal</i> NO Diabetes Class</p>	2	<p>3 <i>Bld. Ministry Visits 10am</i></p>	<p>4 <i>Bible Study 6pm</i></p>	<p>5 Faith & Fellowship 4:30pm -7pm Online PGC 6pm</p>	<p>6 <i>11am Mass in Rectory</i></p>	<p>7 In-Person PGC Shelby Township 9am</p>
<p>8 <u>3rd Sunday of Lent</u> 11:30am Mass <i>Community Meal</i> Diabetes Class</p>	9	<p>10 Online PGC 6pm</p>	<p>11 <i>Bible Study 6pm</i></p>	<p>12 Faith & Fellowship 4:30pm -7pm</p>	<p>13 <i>11am Mass in Rectory</i></p>	14
<p>15 <u>4th Sunday of Lent</u> 11:30am Mass <i>Community Meal</i> NO Diabetes Class</p>	16	17	<p>18 <i>Bible Study 6pm</i></p>	<p>19 Faith & Fellowship 4:30pm -7pm</p>	<p>20 <i>11am Mass in Rectory</i></p>	<p>21 Cleaning of the Church—see Janis Ayoub</p>
<p>22 <u>5th Sunday of Lent</u> 11:30am Mass <i>Community Meal</i> Diabetes Class Blood Pressure Screening</p>	<p>23 Online PGC 6pm</p>	<p>24 <i>Bld. Ministry Visits 10am</i> Online PGC 6pm</p>	<p>25 <i>Bible Study 6pm</i></p>	<p>26 Faith & Fellowship 4:30pm -7pm</p>	<p>27 <i>11am Mass in Rectory</i></p>	<p>28 <u>Parish Meeting</u> Everyone is Invited to Attend 10am in social hall</p>
<p>22 <u>Palm Sunday</u> 11:30am Mass <i>Community Meal</i> NO Diabetes Class</p>						