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**St. Charles Borromeo Catholic Church**

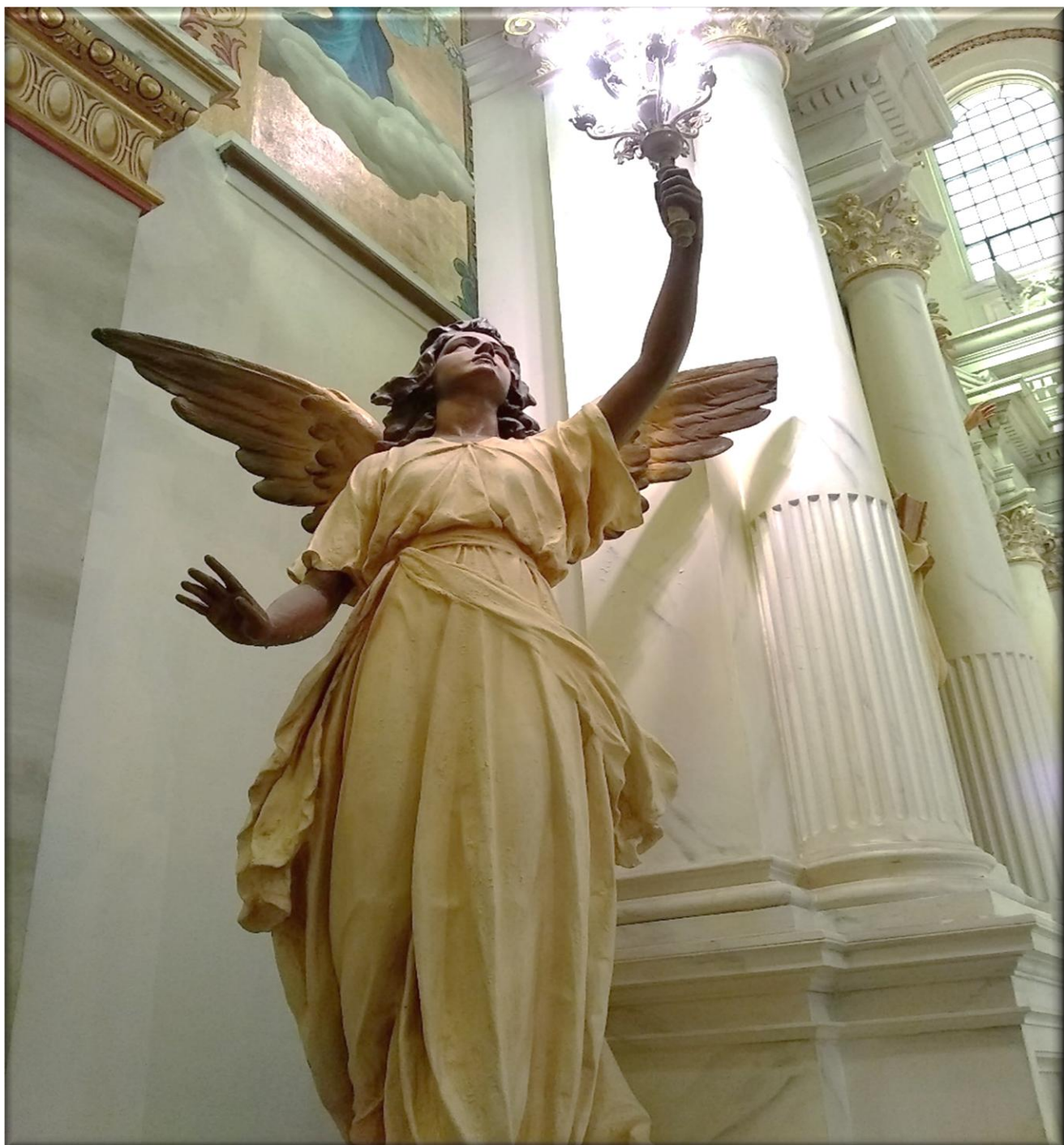
**THE VIGIL**

**Sunday, June 14, 2026 (Year A)**

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*11<sup>th</sup> Sunday in Ordinary Time*  
*Graduate Celebration Sunday*

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**Sunday Food for Your Soul**

**The 11th Sunday in Ordinary Time Year A** invites people to reflect on God's love, mercy, and call to action. The readings show how God rescues His people, forgives sinners, and sends His followers to share His message.

**Living a Life of Obedience**

The 11th Sunday in Ordinary Time Year A reminds people that God calls them to live in obedience to Him. In the first reading, God speaks to Moses and tells him to remind the Israelites of all that He has done for them. He rescued them from slavery, guided them through the desert, and brought them to Mount Sinai. Now, He asks them to obey His commandments and keep His covenant. If they do, they will be His special people.

This passage shows that obedience is not just about rules. It is about being in a relationship with God. He loves His people and wants what is best for them. When the Israelites follow His ways, they show their love and trust in Him. They become a nation set apart, a light to others.

As Catholics, this message still applies. God calls His people to be holy and to follow His commandments. Living in obedience is not about fear but about love. It means choosing to live in a way that pleases God and brings peace to the soul.

It is not always easy to obey. Temptations and struggles can make it difficult. But God does not leave His people alone. He gives them strength and guidance. He walks with them and helps them stay on the right path.

The 11th Sunday in Ordinary Time Year A is a time to reflect on obedience. Are we listening to God's call? Are we following His ways with joy and trust? God invites us to be part of His plan and to live as His chosen people.

**The Radical Love of God**

The 11th Sunday in Ordinary Time Year A highlights the great love of God. The second reading tells how Jesus died for sinners. He did not wait for people to be perfect. He gave His life while they were still far from God.

This kind of love is hard to understand. People often love those who love them back. But God loves without condition. He does not wait for people to deserve His mercy. He offers it freely, no matter their past mistakes.

This love is a gift. It cannot be earned. It is not based on how good or worthy someone is. It comes from God's mercy. Through Jesus, people can be forgiven and made new. This is the heart of the Gospel.

As Catholics, this reading is a reminder to trust in God's love. No one is too far gone. No sin is too great. God is always ready to forgive and welcome His people back. His love does not change.

The 11th Sunday in Ordinary Time Year A is a call to accept this love. It is also a call to share it with others. Just as God forgives, His people must also forgive. Just as He loves without limits, they must also love.

**Embracing Our Role as Missionary Disciples**

The 11th Sunday in Ordinary Time Year A shows how Jesus calls and sends His disciples. The Gospel tells how Jesus sees the crowds and feels compassion for them. He knows they need guidance and care. So, He sends His disciples to preach, heal, and help.

Jesus does not send them alone. He gives them the power to do His work. They do not need to rely on their own strength. They are called to trust in Him and share what they have received.

This mission is not just for the first disciples. It is for all Catholics. Everyone is called to share the good news. This does not always mean preaching. It can be small acts of kindness, prayer, or simply living a life that reflects Christ's love.

Sometimes, people feel unworthy or unprepared to spread their faith. But Jesus does not choose perfect people. He chooses ordinary people and gives them the grace to serve.

The 11th Sunday in Ordinary Time Year A is a reminder that faith is meant to be shared. God's love is not something to keep to oneself. It is meant to be given freely, just as it has been received. Jesus calls His people to be His hands and feet in the world.

**\*\*God continues to call His people to obedience, trust, and service. The 11th Sunday in Ordinary Time Year A is a reminder that faith is not just about belief but also about action. God invites everyone to follow Him, share His love, and be a light to others.\*\***

**PRAY FOR THE HEALING PRESENCE**

Jean-Marie Allion  
 Alexander and Miller Family  
 Paul Andreacovich  
 Kathy Ayoub  
 Shannon Boivin  
 Erroll Bonadie  
 Carol Bonadie  
 Mary Canaday  
 Jane Colombo  
 Jim Dutkiewicz  
 Avon Franklin  
 Doris Franklin  
 Anna Grabowski  
 Mary Anne Ghesquiere  
 Greg Girdeler  
 Nancy Hayes  
 Jim Howard  
 Bertha Jackson-Hyde  
 Michelle Koss  
 Steve Lamendola  
 Maureen Lange  
 Cathy Lynch  
 Michael Martin  
 Jacqueline Morant  
 Jean Nance  
 Gloria Parham  
 Ronald Parham  
 Vertis Park, Sr.  
 Earlene Park-Williams  
 Clare Prohm  
 Orlando Richardson  
 Aaron Scott  
 Cherise Sweeney  
 Karen Seyboldt  
 Jonathon Taylor  
 Tommy Traylor  
 Patricia Thornburg  
 Sr. Nancyann Turner  
 Anna Tyler  
 Guillerma Villanueva  
 Eldora White

**TODAY'S READINGS**

Exodus 19: 2-6a  
**(A Holy Nation)**

Psalm 100: 1-2, 3, 5  
**(God's Kindness)**

Romans 5: 6-11  
**(God's Love for Us)**

Mark 1:15  
**(Repent and Believe)**

Matthew 9:36 – 10:8  
**(Commission of the Twelve)**

**The Holy Father's Intentions  
 for the Month of  
 June 2026**

**For the values of sports**

Let us pray that sports be an instrument of peace, encounter, and dialogue among cultures and nations, and that they promote values such as respect, solidarity, and personal growth.

**READINGS FOR THE WEEK**

**Mon., June 15:** First Kings 21: 1-16; Psalm 5: 2-3ab, 4b-6, 7; Psalms 119: 105; Matthew 5: 38-42

**Tues., June 16** First Kings 21: 17-29; Psalm 51: 3-4, 5-6ab, 11 and 16; John 13: 34; Matthew 5: 43-48

**Wed. June 17:** Second Kings 2: 1, 6-14; Psalm 31: 20, 21, 24; John 14:23; Matthew 6: 1-6, 16-18

**Thurs., June 18:** Sirach 48: 1-14; Psalm 97: 1-2, 3-4, 5-6, 7; Romans 8: 15bc; Matthew 6: 7-15

**Fri., June 19:** Second Kings 11: 1-4, 9-18, 20; Psalms 132: 11, 12, 13-14, 17-18; Matthew 5: 3; Matthew 6: 19-23

**Sat., June 20:** Second Chronicles 24: 17-25; Psalm 89: 4-5, 29-30, 31-32, 33-34; Second Corinthians 8: 9; Matthew 6: 24-34

**Sun., June 21:** Jeremiah 20: 10-13; Psalm 69: 8-10, 14, 17, 33-35; Romans 5: 12-15; John 15: 26b, 27a; Matthew 10: 26-33

**MASS INTENTIONS**

June 14, 2026  
**Lee & Maryl Wittmer**  
**Mary Louise Wieske**

June 21, 2026  
**All Fathers, Grandfathers,**  
**Uncles, and Those Who Stand**  
**in For Fathers**

June 29, 2026  
**Rovano and Shook Family**  
**Carl Ayoub**  
**Michael Ayoub**  
**Fr. William Cunningham**

July 5, 2026  
**Donald Snyder**  
**Arnold Vann**

July 12, 2026  
**Fred Murphy**  
**Marcus "So Big" Sinclair**  
**and other members of the**  
**Sinclair Family**

July 19, 2026  
**Aaron Cole**  
**Thom Mann**

July 26, 2026  
**Virginia Zaborney**

**STEWARDSHIP MINUTE**

**Stewardship Love**

“As you go, make this proclamation: ‘The kingdom of heaven is at hand.’” -  
 MATTHEW 10:7

Many of us take our lives for granted. We think we have plenty of time to “repent.” Maybe we should live with a little more urgency in making things right with God. This is the difference in living our stewardship out of obligation versus out of love. Obligation implies we do the minimum required. Love implies we want a relationship. God wants us to be with Him in Heaven forever, but He also wants to be in relationship with us right now, while we are on earth. Start this second – invite the Lord into your heart.

**COLLECTION INFO**

**06/07/26**

Collection \$ 1,846.58

Online \$ 2,032.50

**Total \$ 3,879.08**

**Sunday Community Dinner:** As one of our most important ministries to our members and neighbors, we have been blessed, but are in need of more and continued support. If you and your group would like to sponsor a meal, please contact Georgia Kingsley via the rectory. **June 14, 2026 – Villanueva, Bell, and Kaplan Families; June 21, 2026 – No Meal – Father’s Day; June 28: St Lucy; July 5, 2026: No Meal – Independence Day Federal Holiday; July 12, 2026: Ruben and Annette; July 19, 2026: Patty Gillis and Her Crew; July 26, 2026: Angie K. and Crew; August 2, 2026: Fr. David 25<sup>th</sup> Anniversary Celebration; August 23, 2026: Parish Annual Picnic**

**Nativity Pantry News:** We are so grateful for your continued support of the pantry. **This week, we need Tuna, Soup and Snacks.** Once again, we thank you for all that you do to help us. If you are not a shopper, but would like to help the pantry, a check made out to Gleaners Food Bank with Nativity Pantry 1116 in the memo line can be mailed to Nativity. Your donation would help with our monthly bill.

**Safe Environments (Protecting God’s Children) Renewal Update:** As long as the email in VIRTUS is accurate for the individual, you will receive an email notification from VIRTUS 15 days prior to their training expiration date to complete the new recertification module. Suggestion: Be sure your current email address is the one on your VIRTUS Account by logging into your account ([www.virtusonline.org](http://www.virtusonline.org)). To update your email address, click on “I need LOGIN HELP” and follow the prompts.

## **Archdiocese of Detroit Restructuring Process Updates**

Learn more about the **Archdiocese of Detroit Restructuring Process:**  
<https://restructuring.aod.org/>

### **Prayer for Our Archdiocese – June 2026**

Heavenly Father,  
we entrust our Archdiocese to You in this time of change.  
Send forth Your Holy Spirit to guide our leaders,  
strengthen our priests, and unite Your people in faith and hope.

Help us to trust in Your plan,  
to listen with open hearts,  
and to walk together in love.

Renew our Church in unity and mission,  
that we may faithfully proclaim the Gospel  
for generations to come.

Through Christ our Lord.

Amen.

*Loving God, we thank You for the gift of this new day and for calling us to grow in faith and love. Guide our steps this week, strengthen our hope, and keep us rooted in Your peace.*

## St. Charles News and Events

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Today we proudly celebrate and honor our graduates! Their dedication, perseverance, and hard work have led them to this important milestone. Graduation marks not just an ending, but the beginning of an exciting new chapter filled with opportunity and promise. Please join us in congratulating all of our graduates and wishing them continued success in all their future endeavors. We are incredibly proud of each one—well done, graduates!

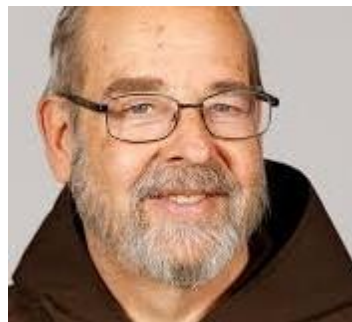


### ***Our 2026 Graduates!***

***Kenneth Morant, BA, Wayne State University***  
***Diamond Park, BS, Walsh College***  
***Derek Tyler Simpkins, Lake Shore High School***

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**Giving Thanks for 25 Years at St. Charles — A Celebration in Honor of Fr. David Preuss, OFM Cap.:** Please mark your calendar for the celebration of Fr. David's 25<sup>th</sup> anniversary of pastoral care at St. Charles. The big event will take place on Sunday, August 2, 2026 after mass in the social hall. More information will be shared as it becomes available.



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**Detroit Eastside Family of Parishes Summer Day Camp at St. Charles Borromeo**  
**August 10, 2026 through August 14, 2026 in Social Hall**  
**More Information Will be Posted Soon!**

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### **ST. CHARLES WOMEN'S AND MEN'S RETREATS – SEPTEMBER 2026 SAVE THE DATES!**

**Women's Retreat: September 18–20**  
**Men's Retreat: September 25–27**

Both retreats start on Friday evening with dinner and end after Sunday breakfast and Mass. The retreats are held at the St. Paul of the Cross Passionist Retreat Center (23333 Schoolcraft Rd., Detroit). Retreat leaders are Fr. Pat Brennan, CP, Ms. Faith Offman, and Fr. Johnson Emmanuel, CP.

#### What to expect:

- Peace, quiet, and rest in your own room and bathroom.
- Delicious meals (vegetarian, gluten free and vegan options available), and great conversations in the dining room.
- Interesting talks that relate to everyday life and our relationships with God and others.
- 18 acres with walkways, outdoor seating, a labyrinth, Stations of the Cross, and lots of wildlife.
- Opportunities for Confession, counselling, and private spiritual direction sessions.
- Come home feeling closer to God and your fellow parishioners.

A \$30.00 registration fee will hold your place. Suggested donation is \$250.00. Please give whatever you can afford.

Call Christine Calleja at 313.535.9563 to register. For more information about the Women's retreat, please see Patty Gillis, or call her at 313.399.8320. For more information about the Men's retreat, please see James Taylor, or call him at 313.622.4505.

## 2026 CSA Campaign

The 2026 Catholic Services Appeal (CSA) for the Archdiocese of Detroit began on May 1, 2026. We warmly invite you to prayerfully consider supporting the efforts of our parish, St. Charles Borromeo, in this important campaign, which is an essential commitment for our community. The parish 2026 CSA goal is \$24,387.00

As a small token of our gratitude, those who make a gift of \$75.00 or more to the 2026 CSA will receive a beautiful St. Charles tote bag.

To learn more about this year's campaign and its mission, we encourage you to read the Archbishop's letter provided below. May God bless you for your generosity and continued support. To Give to CSA:  
<https://www.givecsa.org/st-charles-borromeo-detroit>



ARCHBISHOP OF DETROIT



February 2026

Dear brothers and sisters in Christ,

Every year, the Church invites us to return to the heart of our mission as disciples-to reflect on the gifts God has entrusted to us and to consider how we are called to use those gifts for the good of His people. As I prayed about the message I wished to share with you for this year's Catholic Services Appeal, one verse continued to emerge: "For where your treasure is, there also will your heart be" (Matthew 6:21).

These words from our Lord are both tender and challenging. They remind us that our mission flows from the deepest place of our devotion. What we love, we serve. What we treasure, we offer. And when our hearts are rooted in Christ, His mission becomes our mission: to proclaim the Gospel, accompany the suffering, form disciples, and bring the light of His love to every corner of southeast Michigan.

Each of us has received the blessings of time to pray, talents to offer, and material resources to steward. These gifts are never meant to be stored away but should be shared generously, so that through them others may encounter the mercy, hope, and healing that Christ freely gives. Through faithful stewardship, we participate directly in the work of evangelization and build up the Church in ways that extend far beyond what any one of us could accomplish alone.

This year, as we continue to deepen our commitment to renewal in our parishes, schools, formation programs, and ministries of charity, the Catholic Services Appeal remains an essential expression of our shared mission. Your generosity sustains the services that form our future priests, strengthen families, engage youth and young adults, accompany the poor, and bring Christ's love to those most in need.

I ask you to prayerfully reflect on how God is calling you to participate in this mission today. Your support ensures that the Gospel continues to be preached with conviction, our communities remain places of encounter and renewal, and the love of Jesus Christ reaches every person who longs to know Him.

I am deeply grateful for your faith, generosity, and commitment to the mission the Lord has entrusted to us. May God bless you abundantly for sharing the gifts He has given you.

Sincerely yours in Christ Jesus,

A handwritten signature in blue ink that reads "Edward J. Weisenburger".

Most Reverend Edward J. Weisenburger  
Archbishop of Detroit

## *Boulevard Ministry News*

Dear parishioners,

Recently, we completed another successful year of the Faith & Fellowship program. This beautiful adult formation program was designed for the mentally challenged population. We are grateful for the opportunity to continue serving this community every other Thursday at St Charles. Under the direction of Brother Bob Malloy, OFM. Cap., and catechists, Suzan Anderson, Michael Clyne, Angie Kadowaki, Joan Jacobs, and Kim Spaniola, we are able to faith share on a variety of topics.

This year the sessions were based on “The Call of God”. Scripture and faith sharing topics included Compassion, Deepening Love, Wisdom, and Holy, to name a few.

At the end of each session, we have an Agape meal. Miriam DeLamielleure has graciously prepared our meals the last couple of years, we are beyond grateful for her generosity and delicious meals.

We would also like to thank Horace Pitts for being our caring bus driver. A very special thanks goes out to Janis Ayoub! She returned many, many bottles and forwarded us the money! The money was used for supplies, treats and a fun Christmas and end of year party.

As always, we would like to thank all the parishioners for all their support.

Our next big event with the folks from Faith and Fellowship and the Blvd. ministry will be an ice cream social on Monday August 3rd ~ time and place TBD. We will keep you all posted and hopefully some of you may be able to join us!

Blessings for a beautiful summer for you and your families,  
Joan Jacobs



*Our Beautiful Faith  
& Fellowship Friends*



June 2026

# 52 Ways to Care for Creation

~~Week 24: June 7-13:~~

~~**Take Action to Protect Marine Areas**~~

~~Many of God's sacred marine areas are being put at-risk by pollution, overfishing, and coral bleaching. For example, the Blake Plateau off the coast of Georgia and South Carolina hosts the world's largest deep sea coral reef. Lack of protections and threats of deep sea mining places this biodiversity hotspot at risk. Learn more about the wonder of the Blake Plateau and why it needs to be protected at:  
[creationjustice.org/blakeplateau](https://creationjustice.org/blakeplateau)~~

Week 26: June 21-27

**Use Gray Water**

Gray water is water that has been used but is not necessarily contaminated. You can use dish washing water, hand washing water, and cooking water to water plants.

Week 25: June 14-20:

**It's Ocean Month!**

Consider how you are connected to the ocean. If you live close to the sea, plan a beach clean-up or hunt for nurdles (microplastics) in the sand. If you don't live near the sea, clean up trash in your neighborhood, remembering that all watersheds are connected to the ocean. Learn about current ocean issues and ocean advocates working to heal our seas. Below are some

educational/inspiring ocean resources:

- Book: *Undrowned: Black Feminist Lessons from Marine Mammals* by Alexis Pauline Gumbs
- Podcast: "Marine Mammal Science"
- Documentaries: "Seaspiracy," "Chasing Coral," "The Blue Planet"
- Advocates: Ayana Elizabeth Johnson, Asha De Vos, Sylvia Earle

Week 27: June 28-July 4

**Rest and Reflect**

Whether you live in a land-locked state or on the coast, everyone is connected to the ocean. Ecclesiastes 1:7 reminds us: "All streams run to the sea."

CreationJustice.org



@CreationJustice

# **Detroit Catholic Pastoral Alliance**

COMMUNITY ACTION COMMITTEE

## **MENTAL HEALTH AWARENESS FORUM**

June 15, 2026 6:00 - 7:30 P.M.



What? When?  
Where? How?

**Karlton Akins, Executive Director of Public  
Relations of Team Wellness Center**

**SACRED HEART ACTIVITY BUILDING  
3451 RIVARD DETROIT, MI 48207**



**SACRED HEART CHURCH**  
*Summer Youth*  
**BAND CAMP**

**FREE**  
**Registration**

**Breakfast &**  
**Lunch Included**

  
**Sacred Heart**  
**Activities Building**  
**3451 Rivard St**  
**Detroit, MI 48207**



**REGISTER TODAY!**



**JULY**  
**13-24**  
**2026**

**9 a.m. to 3 p.m.**

**For beginners**  
**intermediate**  
**and advanced**  
**youth ages 6-16**

[www.sacredheartdetroit.com/camp](http://www.sacredheartdetroit.com/camp) | Call Us 313-831-1356

## Parish Nurse News and Notes

Men's Health Awareness Month June is Men's Health Awareness Month, a time to encourage men and boys to take charge of their physical, mental, and spiritual health. Many men delay routine medical checkups and preventive screenings, often waiting until a health problem becomes serious. Regular visits with a healthcare provider can help detect conditions such as high blood pressure, diabetes, heart disease, and certain cancers early, when treatment is most effective.

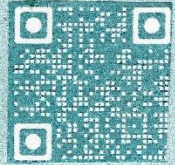
Healthy lifestyle choices play an important role in preventing illness. Men are encouraged to eat a balanced diet rich in fruits, vegetables, whole grains, and lean proteins, while limiting foods high in salt, sugar, and unhealthy fats. Regular physical activity, adequate sleep, stress management, and avoiding tobacco products can greatly improve overall health and well-being.

As a faith community, let us encourage the men in our lives to care for the bodies God has entrusted to them. A simple checkup, a daily walk, or a healthier meal can be the first step toward a longer, healthier life. Remember, good health is a blessing that allows us to better serve God, our families, and our communities.

*"Beloved, I pray that you may prosper in all things and be in health,  
just as your soul prospers." — 3 John 1:2*

Our next blood pressure screening will be after mass on June 28 God Bless, Mary

Catherine Wright RN, Parish Nurse



2026 BLACK CATHOLIC

# WOMEN'S CONFERENCE



**Saturday, August 8, 2026**  
9:00 a.m. - 4:00 p.m. (Check-in begins at 8:00 a.m.)

**Sacred Heart Major Seminary**  
2701 Chicago Boulevard, Detroit, MI 48206

*Charlene A. W. Howard, MA*  
Keynote Presenter



## Rooted in the Peace of Christ: Persevering Through the World's Chaos

**Name:** \_\_\_\_\_

**Parish/Organization:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Session A:** \_\_\_\_\_ **Session B:** \_\_\_\_\_ **Youth Track:** \_\_\_\_\_

**Dietary Needs:** \_\_\_\_\_ **Regular** \_\_\_\_\_ **Vegetarian** \_\_\_\_\_ **Allergy:** \_\_\_\_\_

*Early Bird Tickets: Adult \$40.00 \* Youth \$20.00 (May 1-June 30, 2026)*  
*Regular Tickets: Adult \$50.00 \* Youth \$25.00 (July 9 -August 7, 2026)*

Make Checks payable to:  
"Archdiocese of Detroit"

Mail to: Archdiocese of Detroit  
Attn: BCM/BCWC 2026  
12 State Street - C-2  
Detroit, MI 48226

Amount Enclosed: \_\_\_\_\_

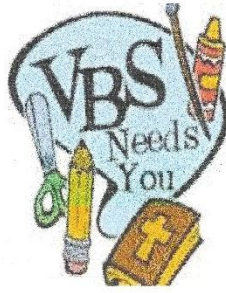
**Questions? Call Cultural Ministries: (313) 596-7103**

**2026 BCWC Ambassador**

**Barbara Taylor**

*St. Charles Borromeo, Detroit*

**\*\*\*ALL ARE WELCOME\*\*\***



**SAVE THE DATE!**

**VOLUNTEERS NEEDED!**

**Vacation Bible School 2026**

**August 10–14, 2026**

**Monday–Friday • 9:00 AM – 3:00 PM**

Join us as we help children ages 6-13 grow in faith, knowledge, and community during an exciting week of Vacation Bible School!

**We Are Looking for Volunteers to Help With:**

**Faith Formation Classes**

- Share the Catholic faith through prayer, Scripture, and engaging lessons.

**Reading Activities**

- Assist children with reading, storytelling, and literacy enrichment.

**Math Enrichment**

- Support fun and interactive math activities for students.

**Choir & Music**

- Help lead songs, music activities, and worship experiences.

**Arts & Crafts**

- Guide creative projects that reinforce daily faith themes.

Your time and talents can help create a meaningful and memorable experience for our children while strengthening our parish community.

**Interested in Volunteering or donating?**

Please contact Barbara Taylor OR the Parish Office for more information

**Important Note for All Volunteers: You must have a completed a Protecting God's Children session since 2023 PLUS have had a Criminal Background check on file with the office and the Archdiocese of Detroit within the last year.**

Parish Nurse News and Notes

**St Charles Borromeo**

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

**St. Charles Office Hours:**

Monday, Tuesday, Wednesday, Thursday 10am to 3pm  
Friday, 9am to 1pm

**Pastoral Team**

Fr. Francis Asomkase, SSJ, Priest in Solidum and Moderator  
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](http://www.stcharlesdetroit.org)

**Email:** [stcharlesborromeodetroit@yahoo.com](mailto:stcharlesborromeodetroit@yahoo.com)

**Facebook:** St. Charles Borromeo Parish - Detroit MI

**YouTube:** [www.youtube.com/@st.charlesborromeodetroit](http://www.youtube.com/@st.charlesborromeodetroit)



Online Giving

Go to the giving site at:

<https://giving.parishsoft.com/app/giving/stcharlesdetroit>

# 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

## Detroit Eastside Family of Parishes Information and Mass Times

St Charles Borromeo Detroit  
1491 Baldwin  
Detroit, MI 48214  
313-331-0253  
[www.stcharlesborromeodetroit.org](http://www.stcharlesborromeodetroit.org)  
[stcharlesborromeodetroit@yahoo.com](mailto:stcharlesborromeodetroit@yahoo.com)  
Sunday: 11:30am  
Friday: 11am in rectory  
Live Stream & YouTube  
**Bible Study – Wednesday 6-7pm**

Nativity of Our Lord  
5900 McClellan  
Detroit, MI 48213  
313-922-0033  
[www.nativitydetroit.org](http://www.nativitydetroit.org)  
[nativityol@sbcglobal.net](mailto: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](http://www.saintamparish.org)  
[office@saintamparish.org](mailto:office@saintamparish.org)  
Sunday: 10am  
Wednesday: 9am  
**Bible Study – Monday 6-7pm**

St. Jude  
15889 E. Seven Mile  
Detroit, MI 48205  
313-527-0380  
Detroit, MI 48205  
[stjudedetroit.org](http://stjudedetroit.org)  
Sunday: 10:30am  
Saturday: 4pm

Sacred Heart  
1000 Eliot St.  
Detroit, MI 48207  
313-831-1356  
[www.sacredheartdetroit.com](http://www.sacredheartdetroit.com)  
[info@sacredheart.com](mailto:info@sacredheart.com)  
Sunday: 8am and 10am  
Tuesday: 5pm  
Saturday: 5pm

St. Elizabeth  
5900 McClellan (at Nativity of Our Lord)  
Detroit, MI 48213  
313-921-9225  
[www.stelizabethdetroit.org](http://www.stelizabethdetroit.org)  
[saintelizabethchurchofdetroit@gmail.com](mailto:saintelizabethchurchofdetroit@gmail.com)  
Sunday: 12:00pm

St. Raymond – Our Lady of Good Council  
20103 Joann  
Detroit, MI 48205  
313-527-0525  
[www.straymondolg.org](http://www.straymondolg.org)  
Sunday: 10:30am  
Tuesday: 8:30am  
Thursday: 8:30am  
**Bible Study – Friday 6-7pm**

Our Lady Queen of Heaven/Good Shepherd  
8200 Rolyat St.  
Detroit, MI 48234  
313-891-4553  
[ourladyofgoodshepherd.org](http://ourladyofgoodshepherd.org)  
Sunday: 9am  
Tuesday: 10:30am  
Thursday: 10:30am  
Friday: 10:30am  
Saturday: 4pm

# June 2026—St. Charles Borromeo

	Bible Study St. Augustine/St.	Bible Study St Charles 6pm-	Bible Study St Raymond 6pm-				
	Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<i>1</i>	<i>2</i>	<i>3</i> Finance Council meeting 6pm	<i>4</i> Online PGC 6pm	<i>5</i> 11am mass In rectory	<i>6</i>
<i>7</i> Corpus Christi <u>11:30am Mass</u> <u>1st Communion</u> <u>Baptism</u> Community Meal	<i>8</i>	<i>9</i> Blvd. Minis- try Visitations 10:30am	<i>10</i>	<i>11</i> In-person PGC PGC— St. Pius X School (Southgate) 6pm	<i>12</i> 11am mass In rectory	<i>13</i>	
<i>14</i> 11th Sunday in Ordinary Time <u>11:30am Mass</u> Baptism Community Meal	<i>15</i>	<i>16</i> Online PGC 6pm	<i>17</i>	<i>18</i>	<i>19</i> 11am mass In rectory  Juneteenth Federal Holi- day—Office Closed	<i>20</i> In- person PGC Sweetest Heart of Mary Parish (Detroit) 9am	
<i>21</i> 12th Sunday in Ordinary Time Happy Father's Day! <u>11:30am Mass</u> <u>NO Community Meal</u>	<i>22</i>	<i>23</i> Blvd. Minis- try Visitations 10:30am	<i>24</i>	<i>25</i>	<i>26</i> 11am mass In rectory	<i>27</i>	
<i>28</i> 13th Sunday in Ordinary Time <u>11:30am Mass</u> Community Meal  Blood Pressure Screening	<i>29</i>	<i>30</i> Online PGC 6pm					