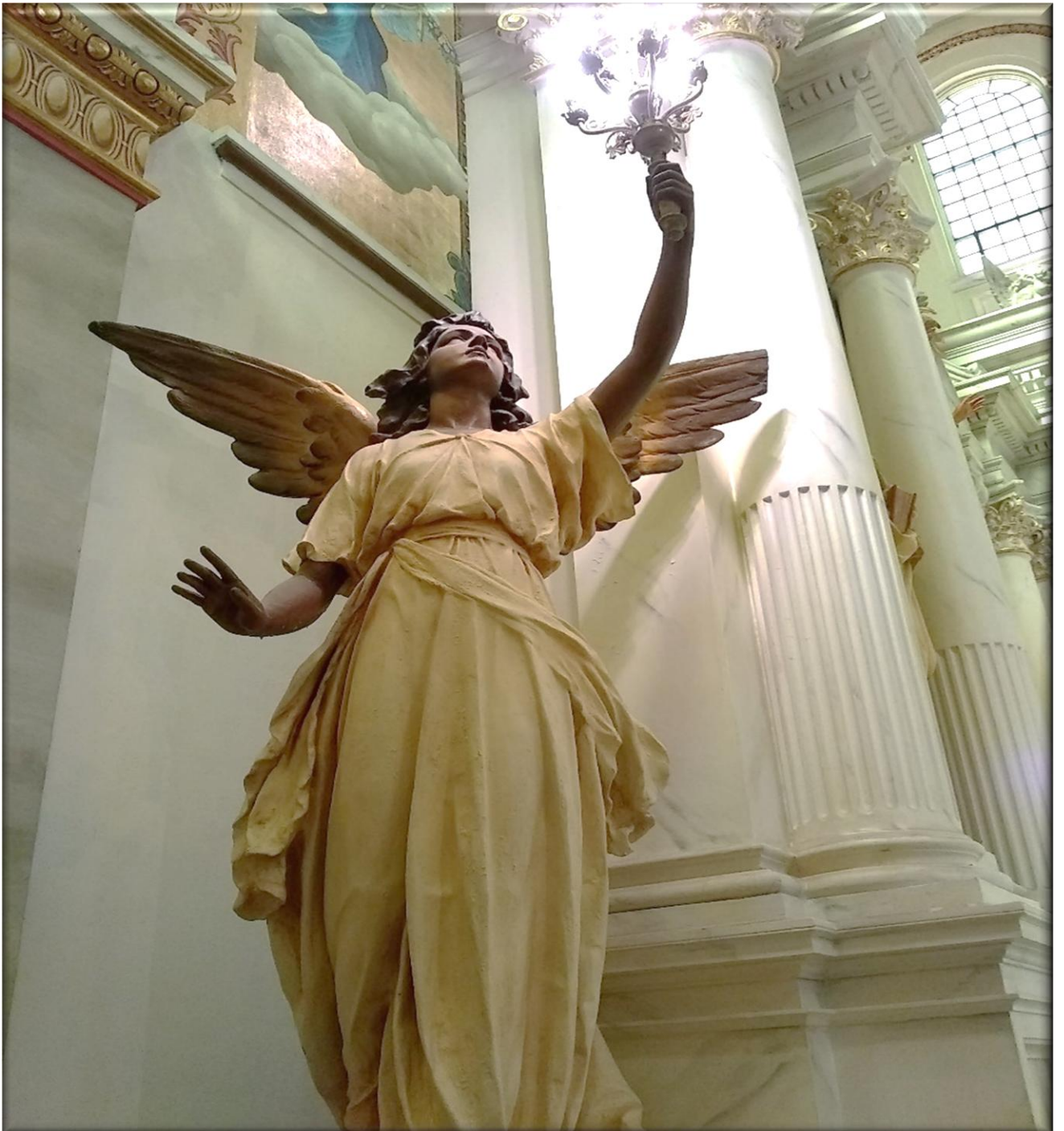


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**THE VIGIL**  
**St. Charles Borromeo Catholic Church**  
**Sunday, August 03, 2025**  
**18<sup>th</sup> Sunday in Ordinary Time (Year C)**

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## Sunday Food for Your Soul

The word "vanity" has come to mean "excessive belief in your own abilities or your attractiveness to others." But the original meaning of the word, the one that makes sense of the [First Reading](#), was "empty or valueless." "In vain" comes closer to the meaning.

So when Qoheleth, the presumed author of this Reading says, "vanity of vanities! All things are vanity," he means that everything we do is in vain. This is like a statement of despair. Likely he would be diagnosed today with depression.

### Whether we are rich or poor, are we trying to hoard what we have?

Maybe you or I, at the bottom of our hearts, would be tempted to this dark vision also, especially with so many things going wrong today. Is the answer found when the beer commercials tell us "it doesn't get any better than this," illustrating people as they drink too much, with laughing, perfect smiles? We have to wonder if maybe there is something more to live for than this.

So let us ask whether the [First Reading](#) is correct, that our lives are truly "in vain."

The reading gives a dark answer.

What profit comes to man from all the toil and anxiety of heart with which he has labored under the sun? All his days sorrow and grief are their occupation; even at night his mind is not at rest.

Do we recognize this state?

Is our life devoted to riches or looking good? No? Then are we dedicated to "the bottom line," to fighting for "enough" (so we will have something to live for)? Qoheleth says we seek these things in vain. Maybe we should listen to him. Maybe we should stop ignoring the poor, for instance.

Look at the [Gospel](#). There Jesus says succinctly that our life should not consist of possessions, even though we may have plenty. He tells the famous parable about a very rich man who produces a huge harvest and is busy tearing down his barns to build still larger ones in order to hoard more. Read it.

Then ask, is that a reasonable way to live?

Must be, because we can find it all through Americanized cultures, constructing ever flashier buildings in our cities even while drugs and poverty beset our very lives. Don't we say that values are unnecessary? Do we use other people to get what we want? Just like the man in Jesus' story. Just like what Qoheleth calls "vanity."

Well, this particular rich man got a nasty surprise when he went about eating, drinking and being merry ([Gospel](#)). God said to him,

**"You fool, this night your life will be demanded of you; and the things you have prepared, to whom will they belong?" Thus will it be for all who store up treasure for themselves.**

**Could this be said to you or me? "You fool!"**

Whether we are rich or poor, are we trying to hoard what we have? Are we being children of God or children of mammon?

Truth is, human beings are fashioned in such a way that we are able to open up to the source and summit of all love, God. This might be the one thing that makes life worth living! If we cannot see over the piles of possessions we have (or wish we had), aren't our honors and gains in vain?

If death were on its way to us this very night, what would God say to us?

John Foley, SJ  
St. Louis University

# St. Charles Borromeo News and Happenings

June 08, 2025

Dear Parishioners and Friends of St. Charles Borromeo,

The 2025 Catholic Services Appeal is now underway. I am writing to ask you to reflect on God's many gifts to you and, in a spirit of Christian stewardship, live out our Gospel message theme, *Do you love me? Feed my sheep.*

Gifts to the CSA help *Unleash the Gospel* through more than 100 important ministries, programs, and services. No one parish could accomplish all that our local Church does through the annual appeal. Truly, these blessings touch parishes and the lives of thousands of people across the Archdiocese of Detroit each day — including many in our own parish.

Our parish's CSA target for 2025 is **\$24,337**, which our share of supporting CSA-funded ministries, programs, and services.. If we exceed our target, 100 percent of the excess will be returned directly to our parish. This makes CSA the best time to give additional gifts to our parish. We plan to use these funds to complete some repair projects around and in the church and rectory, continue our commitment to feeding our friends and neighbors through the Sunday Dinner program, and help our neighbors who find themselves in need of assistance. If we do not meet the target, the shortfall will be taken from our general fund.

This year, rather than asking people to give more, I am asking more people to give. If all of us at St. Charles contribute, myself included, we will easily exceed our target. I ask that you prayerfully consider a gift of \$25 a month for nine months, with an initial payment of \$25, for a total pledge of \$250.00.

As Christian stewards and people of faith, we are called to accept God's gifts gratefully, nurture them wisely, share them in charity, and give back to God a portion of what we have through our prayer, service, and generosity. It is important that each of us makes an equal sacrifice relative to our means to support the Kingdom of God here on earth.

Please take a moment to review the enclosed CSA brochure that includes examples that illustrate how our annual appeal helps us to focus on the Gospel message theme, *Do you love me? Feed my sheep*, also the central theme of Archbishop Edward J. Weisenberger's homily during his installation Mass. Then prayerfully consider your pledge to the 2025 CSA. Please send your completed pledge card to the Archdiocese Processing Center in the enclosed pre-addressed envelope. You may also make a gift to our parish campaign online, using your debit or credit card, at [GiveCsa.org](https://www.givecsa.org).

I appreciate your stewardship. God bless you for your generosity!

Sincerely yours in Christ,  
Fr. Chris

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## St. Charles Upcoming Events

TODAY - Sunday, August 3, 2025  
Saturday, August 2, 2025

Annual St Charles Picnic  
St. Charles Men's Breakfast and Fellowship Meeting

### SAVE THE DATE FOR YOUR WEEKEND WITH GOD

The **St. Charles Women's Retreat** is the weekend of **September 11-13, 2025.**

The **St. Charles Men's Retreat** is the following weekend, **September 19-21, 2025.**

The retreats are at St. Paul of the Cross Retreat Center on the westside of Detroit.

More details on this year's theme and registration info are coming soon.

## Parish Nurse News and Notes

### Parish Nurse News and Notes

#### August: National Immunization Awareness Month

Dear Church Family,

August is National Immunization Awareness Month—a reminder that vaccines are a safe and effective way to protect ourselves, our families, and our communities from serious diseases.

Immunizations aren't just for children—teens, adults, and seniors all need certain vaccines to stay healthy. Whether it's the flu shot, shingles, pneumonia, or updated COVID-19 boosters, staying up to date with recommended vaccinations is an important part of preventive health.

As people of faith, we are called to care not only for ourselves but also for others. Getting vaccinated helps protect those in our church and community who may be more vulnerable.

If you have questions about what vaccines you or your loved ones may need, talk to your healthcare provider—or feel free to reach out to me.

We had a great turnout last Sunday for our monthly Blood Pressure [screening](#). We had over 30 people! Thank you to all those that helped, Patricia Ballard, Margaret Ann Murphy, and Michelle Bann.

Don't forget our next blood pressure screening on August 24th, after mass. If you would like to help out, please let me know.

Our upcoming Diabetes Prevention Program will be here before we know it. It starts on Sunday, September 21st, from 1:30pm to 2:30 pm in the church basement. Flyers are in the back of church and also in the bulletin. Please call 313 738-1678 to register. This class is open to all our Parish family members, friends and [neighbors](#). If you know of someone who could benefit from this class, please invite them. It promises to be a great class, with free giveaways.

Peace

Mary Catherine Wright RN

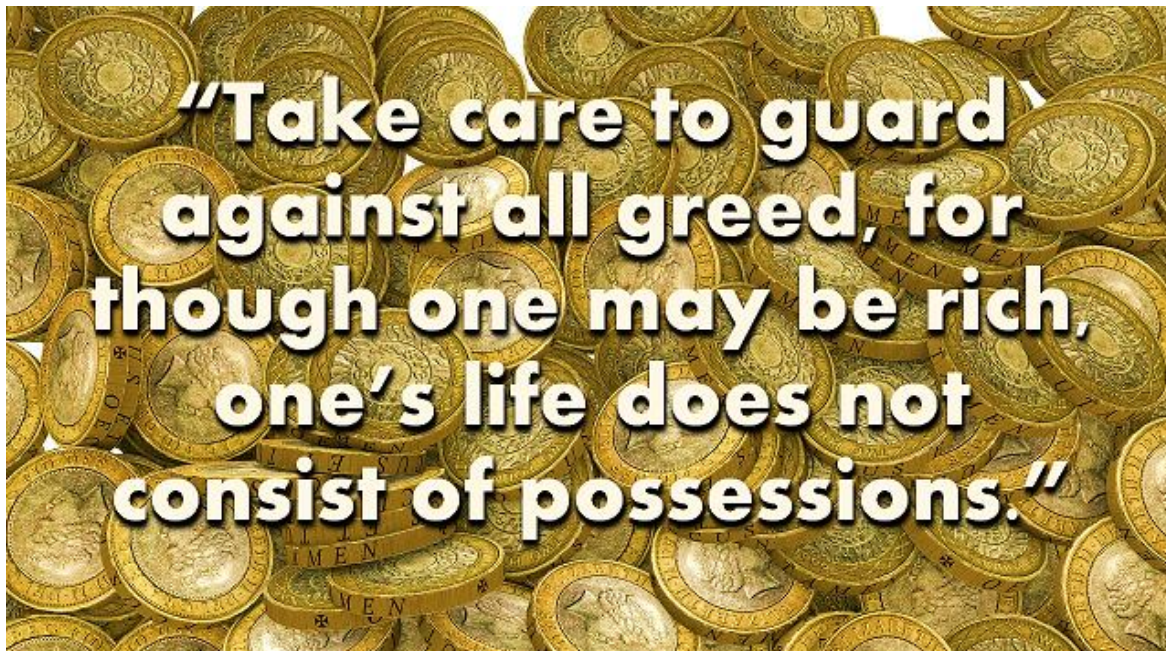
Parish Nurse

**Sunday Community Dinners...** As one of our most important ministries to our members and neighbors, we have been blessed. We are in need of more. If you and your group would like to sponsor a meal, please contact Georgia Kingsley via the rectory. **Today Sunday, August 3, 2025: Annual Parish Picnic; Sunday, August 10, 2025: The Family of Michael Goree; Sunday, August 17, 2025: The Villanueva, Bell, Kaplan Families; Sunday, August 24, 2025: The Faith & Fellowship Ministry**

**Nativity Pantry News:** We are so grateful for your continued support of the pantry. Because of your donations of Family Size Peanut Butter, we now have enough in stock for the entire month of August. **This week, we need: Vegetables, Pork & Beans, Soup and snacks for the kids. Again, we thank you for all you do to help us.** Again, we thank you for all you do to help us. If you would like to support the pantry without shopping, a check made out to Gleaners Food Bank would be greatly appreciated. Please include Nativity Pantry 1116 in the memo line. Mail checks to Nativity and we will take them to Gleaners to be sure they are properly credited to our account. Many thanks for your generosity!

#### **Calling All Trained Ministers of Service!**

If you are already a trained Minister of Service, we would love for you to consider joining the St. Charles Minister of Service group. Your experience and dedication would be a valuable addition to our community. Please reach out if you're interested in joining us as we continue to serve and support one another and our church community. We look forward to hearing from you! Our next monthly meeting is scheduled for Sunday, June 22, 2025 @10:30am. Please see James Taylor if interested or want more information.



**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>*

## The VIGIL

### PRAY FOR THE HEALING PRESENCE

Jean-Marie Allion  
Anderson and Miller Family  
Paul Andreacovich  
Kathy Ayoub  
Mary Canaday  
Tammy Cherry  
Kyle Duker  
Jim Dutkiewicz  
Doris Franklin  
Anna Grabowski  
Marian Harvey  
Carol Herman  
Sandra Hill  
Joyce Hurley  
Bertha Jackson-Hyde  
Dan Jones  
Leslie Kirby  
Ron Kirby  
Pamela Little  
Michael Martin  
Jacqueline Morant  
Gloria Parham  
Ronald Parham  
Vertis Park, Sr.  
Earlene Park-Williams  
Greg Pulis  
Barron Scott  
Joni Scott  
Fran Snider  
Anna Tyler  
Rene VanZaelen  
Guillerma Villanueva  
Eldora White

**Please call the rectory at 313-331-0253 to let us know when a name should be added to or removed from the list. Names will stay on the list for 3 months, but can be continued if we are notified of the wishes to do so.**

## PRAYERS, READINGS, & FINANCE

### TODAY'S READINGS

Ecclesiastes 1: 2; 2: 21-23  
(The Folly of Vanity)

Psalms 90: 3-4, 5-6, 12-13, 14 and 17  
(Worship the Lord)

Colossians 3: 1-5, 9-11  
(Christ Our Life)

Matthew 5: 3  
(Heirs of Heaven)  
Luke 12: 13-21  
(True Wealth in God)

### The Holy Father's Intentions for the Month of August 2025

#### For mutual coexistence

Let us pray that societies where coexistence seems more difficult might not succumb to the temptation of confrontation for ethnic, political, religious, or ideological reasons.

### READINGS FOR THE WEEK

**Mon., Aug. 04:** Numbers 11: 4b-15; Psalm 81: 12-13, 14-15, 16-17; Matthew 4: 4; Matthew 14: 13-21

**Tues., Aug. 05:** Numbers 12: 1-13; Psalm 51: 3-4, 5-6ab, 6cd-7, 12-13; John 1: 49b; Matthew 14: 22-36

**Wed., Aug. 06:** Daniel 7: 9-10, 13-14; Psalm 97: 1-2, 5-6, 9; Second Peter 1: 16-19; Matthew 17: 5c; Luke 9: 28b-36

**Thurs., Aug. 07:** Numbers 20: 1-13; Psalm 95: 1-2, 6-7, 8-9; Matthew 16: 18; Matthew 16: 13-23

**Fri., Aug. 08:** Deuteronomy 4: 32-40; Psalm 77: 12-13, 14-15, 16 and 21; Matthew 5: 10; Matthew 16: 24-28

**Sat., Aug. 09:** Deuteronomy 6: 4-13; Psalm 18: 2-3a, 3c-4, 47 and 51; Second Timothy 1: 10; Matthew 17: 14-20

**Sun., Aug. 10:** Wisdom 18: 6-9; Psalm 33: 1, 12, 18-19, 20-22; Hebrews 11: 1-2, 8-19; Matthew 24: 42a, 44; Luke 12: 32-48

### MASS INTENTIONS

August 3, 2025  
**Paul Gibson**  
**Dorothy Mae Bann**

August 10, 2025  
**Michael Goree**  
**Shirley Bailey**

August 17, 2024  
**Paul Gibson**

August 24, 2025  
**Paul Gibson**  
**Patrick Mack**

August 31, 2025  
**Shirley Bailey**

### STEWARDSHIP MINUTE

#### God centered Stewards

*"Take care to guard against all greed, for though one may be rich, one's life does not consist of possessions." LUKE 12:15*

The Gospel message is contrary to modern culture that continually tries to convince us that our joy comes from the material things we possess. That the more we acquire, the happier we will be. Jesus shows us that our true joy comes from our "invisible" gifts like love, mercy, and forgiveness. True joy comes from "emptying" ourselves, giving of ourselves rather than always taking. We are called not to hoard but to share. True joy comes from living **Stewardship** in a grateful and generous lifestyle. Become more "God-centered" and less "self-centered."

### COLLECTION INFO 07-27-2025

Collection \$1,516.58  
Online \$1,922.00

**TOTAL \$3,438.58**

## **OPEN JOB POSITIONS IN THE DLE FAMILY OF PARISHES**

### **Director of Engagement / Family Ministry Primary Function**

Professional who assists parishioners by equipping them for the service of the Gospel of Jesus Christ; oversees programs that evangelize the evangelizers using the process of encounter, grow, and witness; helps parishioners to discern their charisms for ministry; focuses parish and Family efforts to reach out to unchurched Christians and people of other faiths; ensures effective and responsive communications to all those engaged with or seeking engagement with the Church; oversees the radical hospitality for all parish events and programs; develops evangelization initiatives and collaborates with the team so evangelization is integrated throughout the other areas; works closely with the Director of Discipleship Formation and Director of Family Ministries, helping to move individuals and families from the “attract” and “encounter” stages of evangelization into the “grow” and “witness” phases of discipleship formation. Understands the significance of cultural diversity in evangelization and ministry.

Professional who assists families living as domestic church; focuses on ministries that assist struggling families; assures the connection between family life and evangelization and Christian service; facilitates the use of existing parish programs and events as opportunities for families to encounter Jesus anew, grow daily as his disciples, and give witness to the power of His mercy; promotes and supports vocations in the Family of Parishes and the Catholic Schools within its boundaries; works closely with the Director of Engagement and Director of Discipleship Formation, helping to move individuals and families from the “encounter” stages of evangelization into the “grow” and “witness” phases of discipleship formation. Understands the significance of cultural diversity in evangelization and ministry.

### **Director of Discipleship Formation Primary Function**

Professional who oversees all aspects of discipleship formation in the Family, with emphasis on encounter, grow, and witness; gives direction and vision for catechesis in the parish within the age groups (children, youth, young adult, and adult faith formation), engages parents as the primary educators of their children; coordinates sacramental preparation programs; where applicable works collaboratively with Catholic school principal and staff regarding catechetical programs in the Catholic schools; acts as a resource for parish programs in the area of catechesis. Works closely with the Director of Engagement, Director of Sacred Worship, and Director of Family Ministries, helping to move individuals and families from the “encounter” stages of evangelization into the “grow” and “witness” phases of discipleship formation. Attention should be given to sensitivity to cultural diversity.

**If interested, please submit a cover letter and resume to: [cotton.edward@aod.org](mailto:cotton.edward@aod.org)**

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### **Detroit Lower Eastside Family of Parishes**

**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)

**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)

**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)

**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)

**St. Elizabeth**  
**3138 E. Canfield St.**  
**Detroit, MI 48207**  
**313-921-9225**

[www.stelizabethdetroit.org](http://www.stelizabethdetroit.org)  
[saintelizabethchurchofdetroit@gmail.com](mailto:saintelizabethchurchofdetroit@gmail.com)

**Trinity Family**  
**20103 Joann**  
**Detroit, MI 48205**  
**313-527-0525**

[www.straymondolgc.org](http://www.straymondolgc.org)

## **An Important Request from Anne Crowe About the Food Pantry at Nativity of Our Lord Parish**

Over the last couple weeks I have been asked if the cuts to the USDA funding are or will be affecting our pantry.

WELL THE ANSWER TO THAT QUESTION IS YES!!!

We purchase most of our food from Gleaners Community Food Bank. They are the shelf stable items: vegetables, tuna, macaroni & cheese, soup, fruit, canned beans, peanut butter, cereal, spaghetti sauce, noodles and other odds and ends. Nothing you probably don't have in your cupboards. We also purchase the meat we distribute from them also. Our families are packed a three-five day supply of food, meant to help them make it until payday or when their assistance reactivates.

With the deep cuts that are happening and coming, it means less USDA food on the Gleaners shopping list. For example, frozen chicken is often one of the three meats we pack for our families. On average, we need 160 pounds a week. When I can purchase under USDA a 40 pound case of chicken is \$7.20. A total cost \$28.80 for the week. When not USDA, it is \$30.82 per case. Total cost: \$123.82. Four cases of USDA chicken is less than one case on regular Gleaners price which is still better than grocery store prices. USDA food isn't just meat though, everything listed above used to be on the USDA list regularly, helping to keep our operating costs down.

The choices are very limited now and Gleaners is anticipating receiving a million pounds less USDA food this year than what was originally planned for so it is going to get worse. How does this affect Nativity Pantry and in turn the parish? We rely on donations and a yearly endowment fund to pay the monthly Gleaners bill. The problem, due to the increase in families needing assistance, not able to purchase as much under the USDA price, our monthly Gleaners bill has gone from \$1,000-\$1,200 per month to over \$3,000 per month. The endowment and donations are no longer enough to pay the bills. The parish has had to make up the shortfall. This in turn puts a strain on the parish budget.

HOW CAN YOU HELP?

Continue bringing your food donations to church. Not only what is listed this week, any great sale item you know we use. I always know it will be a great week when I come in and begin setting up the pantry for the week by emptying the shopping carts of donations from you and our St. Charles family and I don't have to get a case of something from our stock because enough was donated.

Consider writing a check to Gleaners (put Nativity Pantry Agency 1116 in the memo line) and dropping it in the collection basket or mailing it to the parish. Checks are credited to our account on Wednesday when we go to Gleaners to pick up our order.

Spread the word about our pantry. Share this bulletin with those on your email list. Maybe one of your friends is looking for someplace to donate too. Imagine if we found 15 friends that could donate \$2,000 each.

Mostly pray! Pray for the families who live with food insecurities, for our volunteers who keep the pantry running and that we can find donors who want to help us with our mission.

“For I was hungry and you gave me food” Matthew 25:35



## CATHOLIC FAITH EXPLAINED



## THROUGH HIS WORD

**Rev. Francis Asomkase, S.S.J. of the Detroit Lower Eastside Family of Parishes is offering a weekly series of Faith Formation sessions by looking deeply into the Catholic Faith traditions, practices, and more! Everyone is invited to participate.**

**Sessions will be held at the Sacred Heart Social Hall in Room 5 AND via Zoom from 7pm - 8pm beginning Thursday, July 24, 2025. Sign-up Sheets are on the back table in the church or you can call the rectory at 313-831-1356 or email at [info@sacredheartdetroit.com](mailto:info@sacredheartdetroit.com) to register.**

**July 24, 2025 - 7PM** - Exodus 20: 3-5 and Deuteronomy 5: 7-9 forbid Christians from worshiping idols!! Why then do Catholics have images of saints and relics in their Churches?

**July 31, 2025 - 7PM** - Do Catholics worship Mary? And why do Catholics call Mary "Mother of God"?

**August 7, 2025 - 7PM** - Why are there more books in the Catholic Bible?

**August 14, 2025 - 7PM** - Why do Catholics begin their prayers with the sign of Cross?

**August 21, 2025 - 7PM** - Why do Catholics pray for the dead? Is it not a waste of time to pray for someone who is dead?

**August 28, 2025 - 7PM** - What is the difference between Catholic Protestant understanding of the Eucharist?

### ZOOM LINK:

**[HTTPS://US02WEB.ZOOM.US/J/88415768073](https://us02web.zoom.us/j/88415768073)**

**MEETING ID: 884 1576 8073**

# BLACK CATHOLIC *women's conference* 2025

Saturday, August 9, 2025

*Are you anchored in God? Greater is he that is in you than he that is in the world.*



**M. SHAWN  
COPELAND PhD**

**8AM - 4PM  
2701 CHICAGO BLVD  
DETROIT MI**

**YOUTH TRACK 12-18  
RECONCILIATION  
HOLY MASS  
VENDORS**



Scan QR code for more information

**FREE ADMISSION**

**ST. AUGUSTINE ST. MONICA CHURCH  
PRESENTS**



# **JAZZ ON THE LAWN**

**AUGUST  
17<sup>TH</sup>  
2025**

**ST. AUGUSTINE  
ST. MONICA CHURCH**

**4151 SEMINOLE ST  
DETROIT, MI 48214**

**FEASTDAY CELEBRATION  
JAZZ MASS 10AM**

**FEATURING:**

**EMCEE REV ALEX HARVEY**

**GABRIEL BRASS BAND**

**11:30AM**

**THE QUINTESSENTIALS**

**12:00M**

**TARIQ GARDNER +  
THE EVENING STAR**

**1:00PM**

**RALPH ARMSTRONG TRIO**

**2:00PM**

**THE RESURGENTS**

**3:00PM**

**ALINA MORR/URBAN TOPICAL**

**4:00PM**

**CHARLIE GABRIEL & FRIENDS**

**5:00PM**

**STRAIGHT AHEAD**

**6:00PM**

- **RUMMAGE SALE**
- **RAFFLES**
- **VENDORS**
- **FOODS**
- **PLEASE BRING  
YOUR OWN CHAIR**

**FOR MORE INFO:  
313.921.4107**

St. Augustine and St. Monica Catholic Church  
4151 Seminole, Detroit, MI 48214  
Annual Feastdays Celebration

Presents

**PRAISE**

*JESUS*  
*Youth Day*

Saturday, August 16, 2025  
2PM TO 5PM

Church Social Hall/Ball Field

*Praise & Worship*  
*Fun-Games-Food-Crafts*

YOUTH OF ALL AGES ARE WELCOME  
FOR MORE INFOR CALL

313-921-4107

events@saintamparish.org



**Is the LORD  
calling YOU?**

**To SERVE His CHURCH  
in a way that TOUCHES  
lives beyond YOUR own?**

If you can answer YES to any of these questions  
maybe the

Detroit Catholic Pastoral Alliance's  
Ministers of Service Training is for you.

**Classes are held on Saturdays  
from August 16—October 18, 2025**

**12:00 noon - 2:00 p.m.**

**Retreat on October 25— 9:00—3:00 p.m.**

*(see reverse side for more information)*

**Cost: \$20.00 per session 125.00 for all the sessions**

**REGISTRATION REQUIRED... CALL the DCPA @ 313-922-1435**

The Detroit Catholic Pastoral Alliance's

# MINISTERS of SERVICE TRAINING PROGRAM

*Saturdays*  
August 16—October 18, 2025  
Retreat Day Saturday, October 25, 2025

12:00 noon—2:00 p.m.  
Detroit Catholic Pastoral Alliance Building 8900 Gratiot, Detroit, Park in the rear.

**Cost: \$125.00 or \$20.00 per session**

Saturday, August 16	Why Urban Ministry <b>Fr. Don Archambault</b>
Saturday, August 23	Death and Dying in the Faith - <b>Angela Thomas Weldon</b>
Saturday, August 30	<b>NO CLASS (Labor Day Weekend)</b>
Saturday, September 6	Evangelization <b>Jesse Cox</b>
Saturday, September 13	Spirituality <b>Fr Tom Lumpkin</b>
Saturday, September 20	Social Justice Ministry <b>Kimberly Redigan</b>
Saturday, September 27	Understanding the Mass <b>Fr ChristopherAlt</b>
Saturday, October 4	How the Bible Came To Be <b>Fr Ted Parker</b>
Saturday, October 11	Pastoral Care for the Sick and Homebound <b>John Thorne</b>
Saturday, October 18	Sacraments <b>Joni Scott</b>
Saturday, October 25	Retreat Day 9 am-3:00 pm (location TBD, separate cost)

-----

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

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

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

Telephone \_\_\_\_\_

Parish \_\_\_\_\_

**RETURN TO: DCPA, 9200 GRATIOT, DETROIT, MI 48213 by August 12, 2025.**  
**or register @ [www.DCPASITE.com](http://www.DCPASITE.com) or call 313-922-1435 for more information**

# Are you at risk for diabetes?

Small changes **CAN** make a big difference.

The Diabetes Prevention Program has been proven twice as effective as medication alone in preventing Type 2 diabetes.

## Learn to:

- Make lasting changes.
- Focus on healthy eating.
- Establish a healthy lifestyle.
- Be more active.**
- Stay motivated.**

Work with a lifestyle coach over the course of a year to meet your healthy eating and activity goals to prevent Type 2 diabetes.

**58%** of new cases can be **prevented.**

**1** out of **3** people have prediabetes.

**9** out of **10** people with prediabetes don't know they have it.

## FREE In-person workshop

**Sundays 1-2 p.m.**

**St. Charles Borromeo Catholic Church**

1491 Baldwin St.

**Sept. 21, 2025:**

Detroit, MI 48214

Informational session  
(strongly encouraged)

**Sept. 28, 2025:** Weekly sessions begin.



To register, **scan the QR Code**, visit **beaumont.org/dpp** or call **313.738.1678**

You do not need a Corewell Health affiliated provider to participate.

# 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:	
09/21/2025	Informational Session	Session 17 – When Weight Loss Stalls	3/15/2026
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	4/12/2026
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		
2/1/2026	Session 14 – Get Back on Track		
2/15/2026	Session 15 – Get Support		
3/1/2026	Session 16 – Stay Motivated To Prevent Type 2		

### Notes

\* Use this session near a holiday in post core

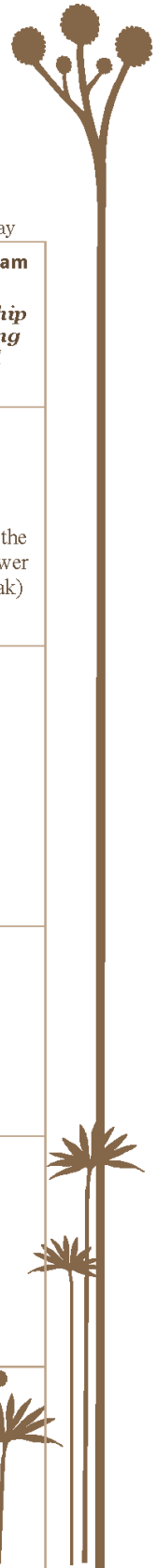
... = weekly sessions  
 .... = every other week  
 ..... = monthly

PGC = Protecting  
God's Children

# St. Charles Borromeo

## August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> 11am Mass in Rectorry	<b>2</b> <b>7:30am</b> <i>Men's Fellowship Gathering in social hall</i>
<b>3</b> <b>18<sup>th</sup></b> <b>Sunday in Ordinary Time</b>  11:30am Mass <i>Parish Picnic after mass</i>	<b>4</b> PGC Online Session 9am	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b> 11am Mass in Rectorry	<b>9</b> PGC In- Person Session Shrine of the Little Flower (Royal Oak) 9am
<b>10</b> <b>19<sup>th</sup></b> <b>Sunday in ordinary Time</b>  11:30am Mass <i>Community Meal</i>	<b>11</b>	<b>12</b> PGC In- Person Session Academy of the Sacred Heart Elem. School (Bloom Field Hills 6pm	<b>13</b>	<b>14</b>	<b>15</b> <i>The Assumption of the Blessed Mother – Holy Day of Obligation</i>  11am Mass in Rectorry	<b>16</b>
<b>17</b> <b>20<sup>th</sup></b> <b>Sunday in Ordinary Time</b> 11:30am Mass <i>Community Meal</i>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b> PGC Online 1pm	<b>22</b> 11am Mass in Rectorry	<b>23</b>
<b>24</b> <b>21<sup>st</sup></b> <b>Sunday in Ordinary Time</b> 11:30am Mass <i>Community Meal</i>	<b>25</b>	<b>26</b> PGC Online 1pm	<b>27</b>	<b>28</b> PGC In- Person Session <b>St. Hugo Bloomfield Hill</b> 6pm	<b>29</b> 11am Mass in Rectorry	<b>30</b>
<b>31</b> <b>22<sup>nd</sup></b> <b>Sunday in Ordinary Time</b> 11:30am Mass <i>Community Meal</i>						



**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. Chris Talbot, Priest in Solidum and Moderator  
Fr. Francis Asomkase, SSJ, Priest in Solidum  
Fr. Richard Baumann, Priest in Solidum  
Reverend Charles Nwamadi, SSJ, Priest in Solidum  
Fr. David Preuss, OFM, CAP, Priest in Solidum  
Edward Cotton – Mission Support Director  
Rhonda Gilbert – Pastoral Associate  
Joan Jacobs & Angie Kadowaki – Boulevard Ministry Ministers

**Council Members**

Dennis Ballard, Niam Edwards, Alex Grabowski, Marian Harvey, Sr.  
Mary Ellen Howard, Mikhail Perkins, Richard Preuss, Linda Simpkins

**DETROIT LOWER EAST SIDE  
FAMILY OF PARISHES  
MASS TIMES**

**St Charles Borromeo Detroit**

**Friday: 11am in rectory**

**Sunday: 11:30am**

**Live Stream & YouTube**

**Nativity of Our Lord**

**Thursday: Holy Hour 8am; Mass 9am**

**Sunday 9:30am**

**Live Stream and YouTube**

**St Augustine / St Monica**

**Mass Times**

**Wednesday: 9am**

**Sunday: 10am**

**Sacred Heart**

**Tuesday: 5pm**

**Saturday: 5pm**

**Sunday: 8am and 10am**

**St. Elizabeth**

**Sunday: 12:00pm**

**Family of Parishes Prayer Groups**

**Men's Prayer Breakfast – 1<sup>st</sup> Saturday of Month**

**7am, St. Charles (in church Social Hall)**

**Tuesday Men's Prayer Group**

**6pm, St. Augustine / St. Monica**

**Tuesday Zoom Prime Time Bible Study**

**St. Elizabeth / Sacred Heart, 7pm.**

For Zoom link go to [www.sacredheartdetroit.com/primetime](http://www.sacredheartdetroit.com/primetime)

**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)