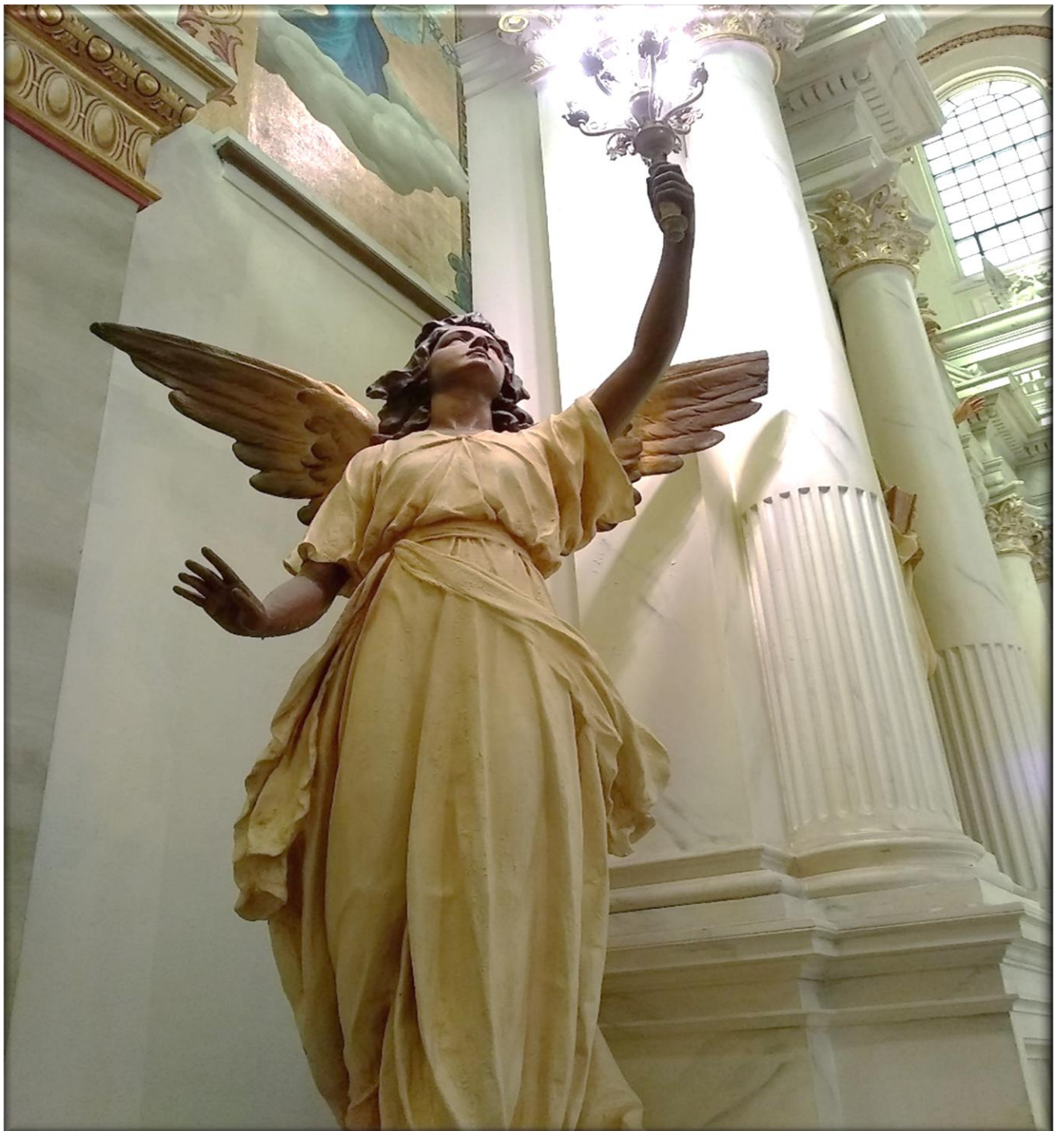


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**THE VIGIL**  
**St. Charles Borromeo Catholic Church**  
**Sunday, August 17, 2025**  
**20<sup>th</sup> Sunday in Ordinary Time (Year C)**

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## **Sunday Food for Your Soul**

Having reminded the apostles and the crowd that facing the coming judgment takes patience, Jesus now goes on to speak of how difficult it will be to wait. He tells them that he has come to set the earth on fire. Recall that in chapter 3 of Luke's Gospel, John the Baptist tells the crowd that he is baptizing with water, but someone mightier is coming who will baptize with the Holy Spirit and fire. The fire Jesus speaks of here is the distress caused by the coming judgment. It is also the fire of the Spirit that Luke, in the Acts of the Apostles, will describe descending on the disciples on Pentecost. That fire will strengthen them to go out to the whole world to preach the good news of Jesus' Resurrection.

Jesus will be the first to experience the distress of the coming judgment. His baptism will be the conflict into which he will be immersed as he approaches Jerusalem and his death on the cross. His followers will not be spared that distress. The angels at Jesus' birth proclaimed peace on earth, and Simeon, holding the baby Jesus in the Temple, said to God: “Master, now you may let your servant go in peace.” Here Jesus tells the crowd not to think he has come to bring peace; he has come to bring division. Simeon said as much when he turned to Mary and said that the child was destined for the rise and fall of many and to be a sign that will be contradicted. Peace is the ultimate end of the Kingdom of God, but peace has a price. Jesus is warning the crowd that wherever the Word of God is heard and acted upon, division occurs. Fathers will be divided against sons and mothers against daughters.

The coming judgment forces us to look at the implications of our commitments. As Jesus warned in last Sunday's Gospel, a commitment of faith requires us to change our attitude toward material possessions and to take even more seriously our moral responsibilities. Here he reminds the crowd that those who commit to him will find it affects the way they relate to friends and family members. The angel who announced the birth of John the Baptist to Zechariah said John would go before Jesus to turn the hearts of fathers toward their children. But a commitment to Jesus forces us to change the way we live our lives, and this can put strains on relationships.

We don't expect to hear such difficult words from Jesus in the Gospel. But it is good to be reminded once in a while that the decision to do the right thing, the good thing, is not always easy and without conflict. Jesus himself did not make easy decisions and avoid conflict. In today's reading, he reminds his followers to be prepared for difficult decisions and conflict as well.

# *St. Charles Borromeo News and Happenings*

## **2025 St. Charles Borromeo CSA Update**

Dear Parishioners,

Each year, the Catholic Services Appeal supports the work of more than one hundred ministries, services, and programs in the Archdiocese of Detroit that respond each day to the material and spiritual needs of countless individuals and their families.

Our parish alone could not meet these many needs. We are grateful for the many ways you have contributed to the CSA in the past. If you have already made a gift this year, we thank you for your generous support! If not, please consider renewing your gift this year. Together, let his gaze be our strength as we share the love of Christ with others.

To make a gift, visit [givecsa.org](http://givecsa.org)

Sincerely yours in Christ,  
Fr. Chris

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## **St. Charles Upcoming Events**

### **DEADLINE DATE FOR COMPLETING PROTECTING GOD'S CHILDREN AND BACKGROUND CHECK**

**St. Charles Borromeo Parish is out of compliance with The Archdiocese of Detroit's Protecting God's Children requirement that EVERY volunteer and EVERY employee must complete a training session AND a background check. We have a deadline of Monday, September 8, 2025 to get within compliance. This means, that if you volunteer at the parish in ANY role, or receive a paycheck from the parish, you must be in full compliance with the mandate by 9/8/2025. The list of available classes is on the monthly calendar that is included in every weekly parish bulletin. If you have any questions, need assistance in signing up for a class and to get a background check form to complete, see Marian Harvey. She attends mass every Sunday. If you have not completed the training and background check by 9/8/25, you will no longer be able to volunteer in any capacity or receive a paycheck until you comply with the mandate.**



*Jeremiah on the ruins of Jerusalem*

### **Confession Times at Solanus Casey Center**

Tuesday through Saturday 9:30 a.m. to 4:00 p.m.

Sunday and Monday: No confessions

**OR**

**By Appointment**

## Parish Nurse News and Notes – August Health Topic: The Gift of Breastfeeding

August is National Breastfeeding Month—a time to honor and support mothers in the beautiful and health-giving act of breastfeeding. Breastfeeding offers many benefits: it provides perfect nutrition for babies, strengthens their immune systems, and fosters deep emotional bonding. For mothers, it supports physical recovery and lowers the risk of chronic diseases.

As a church community, we are called to stand with and support all families. Sadly, breastfeeding is not equally accessible to everyone. In the U.S., **African American women have the lowest breastfeeding rates**, due in part to lack of access to care, cultural support, and workplace accommodations. These are not just health issues—they are matters of justice and equity.

Let us be a community that supports mothers, prays for justice in healthcare, and offers practical resources. Here are some helpful breastfeeding resources for those in our parish or community:

### Breastfeeding Support Resources:

- **La Leche League International** – Offers mother-to-mother support and information. [www.llli.org](http://www.llli.org)
  - **WIC (Women, Infants & Children Program)** – Offers breastfeeding support, peer counselors, and supplies for qualifying families. [www.fns.usda.gov/wic](http://www.fns.usda.gov/wic)
  - **Black Mothers' Breastfeeding Association** – Focused on reducing racial disparities in breastfeeding. [www.blackmothersbreastfeeding.org](http://www.blackmothersbreastfeeding.org)
  - **U.S. Breastfeeding Committee** – National advocacy and resource hub. [www.usbreastfeeding.org](http://www.usbreastfeeding.org)
- As we reflect this month, may we continue to care for one another as Christ cares for us—nurturing both body and spirit.

Don't forget to sign up for the diabetes prevention class at St Charles, starting on Sept 21, 2025. See details in the bulletin and /or flyers in back of church. All 8 parishes are invited, space is limited, sign up [today.BP](#) screening after mass on August 24th.

Peace and God Bless  
Mary Catherine Wright RN



**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 17, 2025: The Villanueva, Bell, Kaplan Families; Sunday, August 24, 2025: The Faith & Fellowship Ministry; August 31, 2025: NO COMMUNITY MEAL - HOLIDAY**

**Nativity Pantry News:** We are so grateful for your continued support of the pantry. **This week, we need: Fruit, Spaghetti Sauce, regular-size peanut butter, and snacks for the kids. Yes, a couple of repeats as we are very low.** 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, August 17, 2025 @10:30am**. Please see James Taylor if interested or want more information.

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### **St. Charles Women's Retreat is September 12-14, 2025 "Navigating Turbulent Waters"**

#### Info about the retreat:

The retreat begins with dinner on Friday evening and ends on Sunday morning after breakfast and Mass (about 11AM). St. Paul of the Cross Passionist Retreat Center is at 23333 Schoolcraft, which is the eastbound service drive for I-96, just east of Telegraph Rd.

The retreat is a special time to rest in God, eat delicious food, share great conversations, and come home more hopeful and peaceful. This year's theme is "Navigating Turbulent Waters".

Each woman has her own bedroom and bathroom—all linens provided. The suggested donation is \$225.00, and retreatants are asked to give whatever they can afford to cover the costs---please do not let finances keep you away. To register see or call Patty Gillis at 313.399.8320 or see or call Jessica Edwards at 313.917.0129 or call Christine at the Retreat Center at 313-535-9563. You may also register online at [Register here](#) A \$30.00 deposit will hold your place.

If you would like transportation to or from the retreat, please call Patty Gillis at 313-399-8320.

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### **St. Charles Men's Retreat is September 19-21, 2025**

#### **"Navigating Turbulent Waters"**

#### Info about the retreat:

The retreat begins with dinner on Friday evening and ends on Sunday morning after breakfast and Mass (about 11AM). St. Paul of the Cross Passionist Retreat Center is at 23333 Schoolcraft, which is the eastbound service drive for I-96, just east of Telegraph Rd.

A retreat is a precious opportunity to renew faith, experience the loving presence of God and to seek the wisdom necessary for peaceful daily living. This year's theme is "Navigating Turbulent Waters".

Each man has his own bedroom and bathroom—all linens provided. The suggested donation is \$225.00, and retreatants are asked to give whatever they can afford to cover the costs. To register see or call James Taylor at 313.622.4505 or call Christine at the Retreat Center at 313-535-9563. You may also register online at [Register Here](#). A \$30.00 deposit will hold your place.

**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.**

**MASS INTENTIONS**

August 17, 2024  
**Paul Gibson**

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

August 31, 2025  
**Shirley Bailey**

*Jeremiah on the ruins of Jerusalem***TODAY'S READINGS**

Jeremiah 38: 4-6, 8-10  
**(Imprisonment of Jeremiah)**

Psalms 40: 2, 3, 4, 18  
**(The Lord Our Help)**

Hebrews 12: 1-4  
**(Perseverance)**

John 10: 27  
**(Christ's Sheep)**

Luke 12: 49-53  
**(A Divided Household)**

**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. 18:** Judges 2: 11-19; Psalm 106: 34-35, 36-37, 39-40, 43ab and 44; Matthew 5: 3; Matthew 19: 16-22

**Tues., Aug. 19:** Judges 6: 11-24a; Psalm 85: 9, 11-12, 13-14; Second Corinthians 8: 9; Matthew 19: 23-30

**Wed., Aug. 20:** Judges 9: 6-15; Psalm 21: 2-3, 4-5, 6-7; Hebrews 4: 12; Matthew 20: 1-16

**Thurs., Aug. 21:** Judges 11: 29-39a; Psalm 40: 5, 7-8a, 8b-9, 10; Psalms 95: 8; Matthew 22: 1-14

**Fri., Aug. 22:** Ruth 1: 1, 3-6, 14b-16, 22; Psalm 146: 5-6ab, 6c-7, 8-9a, 9bc-10; Psalm 25: 4b, 5a; Matthew 22: 34-40

**Sat., Aug. 23:** Ruth 2: 1-3, 8-11; 4: 13-17; Psalm 128: 1b-2, 3, 4, 5; Matthew 23: 9b, 10b; Matthew 23: 1-12

**Sun., Aug. 24:** Isaiah 66: 18-21; Psalm 117: 1, 2; Hebrews 12: 5-7, 11-13; John 14: 6; Luke 13: 22-30

**STEWARDSHIP MINUTE****Stewardship Truth**

*"Do you think I have come to give you peace on Earth? No, I tell you, but rather division." LUKE 12:51*

Many of us like to play it safe, not cause waves with our family and friends, especially when it comes to politics and religion. We don't want to cause any turmoil. However, many times this is at the expense of the truth. The truth being Jesus Christ. Too many people are misguided because they rely on their own limited human ability to reason and are not allowing faith in God to guide them. Form your conscience; take a stance through Stewardship for life, marriage, and religious liberty.

**COLLECTION INFO  
 08-10-2025**

Collection \$1,423.00  
 Online \$ 907.00

**TOTAL \$2,330.00**

**Detroit Lower Eastside Family of Parishes  
Detroit Lower Eastside and Trinity Family Parish Information**

**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)

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

**St Charles Borromeo Detroit**  
**Sunday: 11:30am**

**Friday: 11am in rectory**  
**Live Stream & YouTube**

**Nativity of Our Lord**  
**Sunday 9:30am**

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

**Live Stream and YouTube**

**St Augustine / St Monica**  
**Mass Times**

**Sunday: 10am**  
**Wednesday: 9am**

**Sacred Heart**  
**Sunday: 8am and 10am**  
**Tuesday: 5pm**  
**Saturday: 5pm**

**St. Elizabeth**  
**Sunday: 12:00pm**

**TRINITY FAMILY OF PARISHES  
MASS TIMES**

**Our Lady Queen of Heaven**  
**Sunday: 9am**

**Tuesday: 10:30am**

**Thursday: 10:30am**

**Friday: 10:30am**

**Saturday: 4pm**

**St. Raymond**  
**Sunday: 10:30am**  
**Tuesday: 8:30am**  
**Thursday: 8:30am**

**St. Jude**  
**Sunday: 10:30am**  
**Saturday: 4pm**

## **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**



**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**

## Events You May Be Interested In

In the spirit of the Season of Creation, join us for a day of reflection and prayer as we explore the sacred gift of water – source of life, symbol of renewal, and reflection of God's sustaining presence. **September 13, 2025, 10 am to 3 pm at St. Suzanne Cody Rouge Community Center.** Keynote speakers are **Peter Hammer, J.D.** and **Tony Spaniola**, both experts on water issues. For more information and to register go to [www.dominicancenter.org](http://www.dominicancenter.org). (Suggested donation of \$25, \$15 for students, \$30 at the door. Scholarships are available, contact [director@dominicancenter.org](mailto:director@dominicancenter.org).)

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### Sacred Water

*Part of Dominican Center's Urban Spirituality Offerings*



Saturday, September 13, 2025  
10:00 AM-3:00 PM  
St. Suzanne Cody Rouge Community Resource Center  
19321 W. Chicago  
(Just west of Telegraph)  
Detroit, Michigan 48228

*"Access to safe drinkable water is a basic and universal human right, since it is essential to human survival and, as such, is a condition for the exercise of other human rights." — Laudato Si', §30*

In the spirit of the Season of Creation, join us for a day of reflection and prayer as we explore the sacred gift of water – source of life, symbol of renewal, and reflection of God's sustaining presence.

Guest Speakers:

**Peter Hammer**, a prominent legal scholar, passionate about equality, justice, and water rights.  
**Tony Spaniola**, a leading national advocate for PFAS-impacted families and communities.

Donation: \$25 early bird, \$15 student, \$30 at the door.  
All are welcome!

Scholarships are available - Contact [director@dominicancenter.org](mailto:director@dominicancenter.org)

**Register or More Info:** [www.dominicancenter.org](http://www.dominicancenter.org)





# ENGAGING *the YOUNG* CHURCH

CONFERENCE  
2025

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LIGHT THE LAMPS

## Fostering Pilgrims of Hope

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**Friday, September 19, 2025**

8:00 a.m. – 2:30 p.m.

**Saturday, September 20, 2025**

8:30 a.m. – 2:30 p.m.

**St. Anastasia Roman Catholic Church**

4571 John R Rd, Troy, MI 48085

Visit [aod.org/eyc2025](https://aod.org/eyc2025)  
to learn more and register







**AUGUST 23, 2025**

**FRANCISCAN PRAYER**

**FOR JUSTICE, PEACE, AND INTEGRITY**

**OF CREATION**

9:30 a.m. – 10:00 a.m. – Welcome

10:00 a.m. – 10:30 a.m. – Talk (Br. Daniel Victor, OFM Cap.,)

10:30 a.m. – 11:00 a.m. – Sharing Session

11:00 a.m. – 11:15 a.m. – Break

11:15 a.m. – 12:15 p.m. – Guided Adoration with Music

12:15 p.m. – 1:00 p.m. Lunch

1:00 p.m. – Crown Rosary

*Lunch provided by Seculans with a free will offering*



**SOLANUS CASEY CENTER**  
**1780 MT. ELLIOTT, DETROIT, MI 48207**

# 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

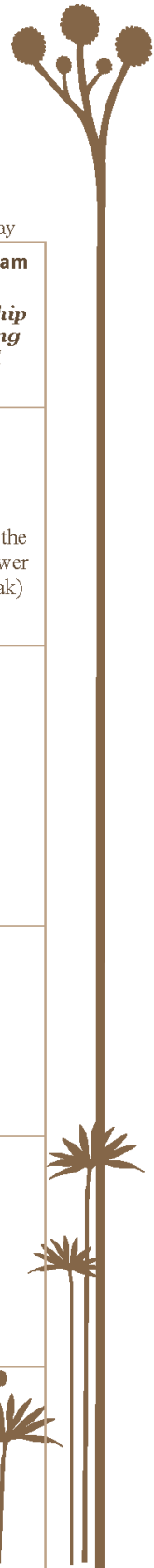
..... = monthly

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

**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>

**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.