THE BULLETIN



January 7, 2024
EPIPHANY & BAPTISM OF THE LORD



MUSINGS + MESSAGES

Amsgr. John Kasza, Moderator 🆪 frjohn@stol.church

The Work of Christmas

When the song of the angels is stilled,

When the star in the sky is gone, When the kings and princes are home,

When the shepherds are back with their flock,

The work of Christmas begins:

To find the lost,
To heal the broken,
To feed the hungry,
To release the prisoner,
To rebuild the nations,
To bring peace among others,
To make music in the heart.

-Howard Thurman

Monday, Jan. 8, marks the official end of the Christmas season. But we are invited to continue building on that Christmas presence throughout the year. Howard Thurman's poem challenges us to do what we profess to be.

As Christians, the Feast of the Epiphany is a call to take the

continued on page 11

Connecting Point

🙎 Fr. Chris Talbot, St. Francis-St. Maximilian 🚀 frchris@sfsm.church

Who has been a guiding light in my life?

And behold, the star that they had seen at its rising preceded them, until it came and stopped over the place where the child was.

Quite a few years ago, I had the privilege of hearing a reflection by Fr. Paul Berg on the star that led the magi to their encounter with the baby Jesus. He explained that we usually think of the star cosmically-as the brightest amongst those in the night sky. Instead, he encouraged us to think of the star **relationally**. Very rarely, if ever, are we guided by the cosmos. Most often, we are guided by people. People lead us through and out of our darkest times, keeping us steady on the right path. People lead us to Christ.

This Epiphany, let's spend a little time reflecting on who has been a guiding light in our lives. People can guide us by the advice they offer. However, I've been guided more often by the example of life that people around me offer. My sister, Celeste, and her husband. Eddie, exemplify this. They included me in many of their adventures when I was a teen, and I observed how they treated people with compassion and concern. After they married and had their child, Amie, they opened their home to a young man who had been kicked out of his house and was trying to

put himself through high school at De La Salle. He became a part of the family, graduated, went on to college, and now works for DTE with his own family.

When my brother, Bruce, went through a divorce because of his addictions, he was not often around to take care of his children, lan and Alyza. Celeste and Eddie welcomed them on the weekends, providing them with a loving and stable place of refuge during this turbulent time in their young lives. Alyza is now married with four children of her own, and lan just got engaged.

When Amie was in high school, one of her friends was kicked out of her house. Once again, Celeste and Eddie added another child to their family. They explained to Amie that if they invited Jackie to live with them. she would be a part of their family, regardless of what happened. Jackie was with them only three weeks before finding out she was pregnant. Nine months later, they welcomed little Mackenzie into the family. Over the next three years, they tried to help Jackie with addictions, parenting, etc. She became pregnant a second time, and after Jayden was born, Jackie left. They have raised Mackenzie and Jayden on their own, helping them grow into loving and



productive young ladies. They held true to their commitment when welcoming Jackie into their family.

Have my sister and brother-in-law lived perfect lives? No, they have had their struggles, just like the rest of us. However, their faithful love lived out for others inspires me to be a better disciple of Christ. We all have people who show us the way. Who are yours? How do they inspire you to live Christ's love in your life?

CALENDAR

JANUARY 7 - 14

Z O

- 8 AM MASS
- 9:45 AM MASS/LITTLE LAMBS/CHILDREN'S CHURCH
- 11:45 AM MASS/LITTLE LAMBS/CHILDREN'S CHURCH
- 1 PM **BAPTISM**
- 3 PM **EPIPHANY CONCERT**
- 4:30 PM **FOP GATHERING**

9:30 AM **STRETCH & STRENGTH**

- 2 PM **ROSARY**
- 5 PM GROW: GRADES 1-6
- **5 PM MISSION: GRADES** 7-8
- 6 PM **EVANGELIZATION** MTG
- 6:30 PM GROW: GRADES
- 1-6
- 6:30 PM MISSION: GRADES 7-8

7 AM **AA MEETING**

- 8:30 AM **MASS**
- 5 PM GROW: GRADES 1-6
- **5 PM MISSION: GRADES** 7-8
- 6:30 PM **GROW: GRADES** 1-6
- 6:30 PM MISSION: GRADES 7-8

WED

- 8:30 AM **MASS**
- 9:30 AM **STRETCH &** STRENGTH
- 5:30 PM **CHOIR** REHEARSAL
- 6:30 PM CATECHISM IN A YEAR DISCUSSION GROUP

- 7 AM **AA MEETING**
- 8:30 AM **MASS**
- 9 AM **EUCHARISTIC ADORATION**
- 9:30 AM CATECHISM IN A YEAR DISCUSSION GROUP (OFF-SITE LOCATION)
- **3 PM CONFESSIONS**
- 6:30 PM MS SUPPORT **GROUP**
- 7 PM CBS OF MICHIGAN

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- 8:30 AM **MASS**
- 9:30 AM STRETCH AND STRENGTH

- 4:30 PM **MASS**
- 5:30 PM K OF C MOVIE **NIGHT**

- 8 AM MASS
- 9:45 AM MASS/LITTLE LAMBS/CHILDREN'S CHURCH
- 11:45 AM MASS/LITTLE LAMBS/CHILDREN'S CHURCH

EVENTS



SAT | JAN 13 | 5:30 PM

THE 13TH DAY MOVIE NIGHT

Our K of C and Ushers invite you to watch "The 13th Day" on Saturday, Jan. 13, in the Social Hall. The movie tells the story of three Portuguese shepherd children who experienced six apparitions. Feel free to bring a lawn chair or blanket to get

comfortable. Table and chair seating will also be available. A free-will donation toward the Felician Sisters is appreciated. The doors will open at 5:30 PM, and coney dogs, popcorn, chips, and soft drinks will be available until 6.



SUN | JAN 14 | AFTER 8:00 & 9:45 MASSES

K OF C BREAKFAST BUFFET/BAKE SALE

Although Santa had to return to the North Pole after our December breakfast, the buffet will continue on Sunday, Jan. 14, after the 8 and 9:45 AM Masses. Stop in for pancakes, scrambled eggs, sausage, Texasfried toast, and biscuits and gravy. There will also be a bake sale in the Gathering Space. Donations of baked goods can be dropped off in the kitchen after the 4:30 PM Mass on Saturday or the tables in the Gathering Space on Sunday morning.



BEGINNING TUES | JAN 16 | 9:30 AM

BIBLE STUDY

Stop by on Tuesday mornings at 9:30 AM starting Jan. 16 for this 9-week study. Dr. Brant Pitre provides biblical and historical evidence for Christ's birth, death, and resurrection. This is a great study as we enter into the Lenten season! Registration costs \$10. Contact Peggy for additional information at 586-254-2944 x308.



BEGINNING THU | JAN 18 | 6 - 8 PM

CATCHING FIRE, BECOMING FLAME

Do you feel cold? Or maybe just smoldering? Catching Fire, Becoming Flame, a six-week adult enrichment opportunity, gives you the kindling to prepare for the spark of God in your life and shows you how to fan it into flame. This course explores topics and practice

techniques for growing in spirituality and deepening faith through short, reflective sessions and supplemental reading. The book and other session materials are \$25, and you can register in the parish office or online at stol.church/adult-enrichment/.



REGISTER TO SHE

SAT | JAN 20 | 6 PM

EUCHRE TOURNAMENT

Support our teens and their Mission Trip by coming to our Euchre Tournament! Tickets are \$25 per person and are available in the parish office or online. Doors open at 6:00 PM, and play starts promptly at 7:00 PM. The ticket includes pizza, salad, beer, wine, pop, and dessert. Bring quarters for euchres, and a 50/50 raffle will be held.



BEGINNING TUE | JAN 23 | 1 - 2:30 PM

GRIEF SUPPORT SERIES

Our Grief Support Group Series returns from Jan. 23 through Mar. 19 on Tuesdays from 1 - 2:30 PM. This group will meet weekly and focus on hope and the healing of loved ones. Anyone who has suffered a loss and

could benefit from the support of others is welcome. Please RSVP to the parish office at 586-254-4433, Marilyn Cito at 586-254-4433 Ext 320, or Marilync@stol.church. There is no cost.



SAT | JAN 27 | AFTER 4:30 MASS

PASTA DINNER FOR VOCATIONS

Our K of C will hold its annual Antonio G. Vittorini Memorial Pasta Dinner for Vocations in honor of our late State Secretary, who worked diligently for the seminarians. The dinner will be on Saturday, Jan. 27, after the 4:30 PM Mass. Stop in with your family to enjoy a great dinner and meet some of the seminarians. Free-will donations are appreciated, and the proceeds will help our seminarians in their formation toward a vocation. (Cash and credit cards are accepted.)



SAT | FEB 3 | 5:30 PM

CUPID'S COMEDY NIGHT

Come share a night of love and laughter with your sweetie! A bit of beer/wine, some sweets, dinner, and a bellyaching evening of fun and laughter make for a perfect

Valentine's date! Tickets are \$80 per couple and go on sale at the first of the year. Tables of ten can also be reserved in the parish office. This event sells out every year, so act fast!

Christmas Flower Memorials

The beautiful flowers decorating our church were made possible through the generosity of many parishioners and friends of St. Therese of Lisieux Parish. Whether in memory of a deceased loved one or in honor of a particular person, we are most grateful to everyone who participated. The Mass for the Epiphany will be offered for the intentions of all those remembered and memorialized.

In Memory of Deceased Members of the Kasza & Roman Family, Monsignor John Kasza

In Honor of Living Members of the Kasza & Roman Families, Monsignor John Kasza Antonio G. Vittorini, Mrs. Sue Vittorini Anthony & Lottie Orbacki, Mr. & Mrs. Tim Orbacki

Tony & Mary Laudicina, Mr. & Mrs. Tim Orbacki

Benedetto DiAngelo, Mr. & Mrs. Robert Calleja

Victor Calleja, Mr. & Mrs. Robert Calleja Raymond Mackin, Mrs. Raymond Mackin Jim & Dorothy Pakledinaz, Mr. & Mrs. Gordon Pakledinaz

Pauline C. Barrington, Mr. & Mrs. Gordon Pakledinaz

Gerald F. Barrington, Mr. & Mrs. Gordon Pakledinaz

Rocco & Filipa Del Villano, Mr. & Mrs. Luigi Serraiocco

Gabriele & Rosaria Serraiocco, Mr. & Mrs. Luigi Serraiocco

Alberto & Ninfa Mariani, Mr. & Mrs. Luigi Serraiocco

Deceased Members of the Salk & Trandell

Family, Mrs. Dolores Trandell
Ignatz & Susie Glaza, Joe & Pat Marino
Osantowski Family, Joe & Pat Marino
Marino Family, Joe & Pat Marino
Allen Ward, Gwen Ward
Art & Marsha Miller, Holly Rocheleau
Evelyn Rocheleau, Holly Rocheleau
Mabel Vanasse, Cynthia Jamoua VanDyzen
Gaspare Lombardo, Mrs. Vita Lombardo

Gaspare Lombardo, Mr. & Mrs. Stefano Lombardo & Family Gaspare Lombardo, Mr. & Mrs. Giovanni

Gaspare Lombardo, Mr. & Mrs. Giovanni DiMaggio & Family

Deceased Members of the Modaffare & Cernava Family, Mr. & Mrs. Modaffare Deceased Members of the Falcone & Loffredo Family, Mrs. Annette Falcone Romeo & Patricia Gadoua, Greg & Denise Gadoua

Jack Kelley, Greg & Denise Gadoua Fernando Franco Palmieri, Madelyn Palmieri Deceased Members of the Kazaniecki Family, Mr. & Mrs. James Fox Deceased Members of the Kondrat Family, Mr. & Mrs. James Fox

Joseph T. Pawlowski, Dick & Linda Seidel Ruth A. Pawlowski, Dick & Linda Seidel John E. Pawlowski, Dick & Linda Seidel

Deceased Members of the Blarek & Siladke Family, Mr. & Mrs. Rodger Siladke, Jr. Brenda Anne Johnson, Daria Johnson Richard Kwiecien, Mrs. Margie Kwiecien Deceased Members of the Durecki & Gannon Family, Mrs. Yolande Durecki Janet L. Peuterbaugh, Nancy Peuterbaugh Bruce C. Peuterbaugh, Nancy Peuterbaugh James Blaisdell, Jr., Jim & Sharon Blaisdell Dave Eineichner, Mary Ann Eineichner Barbara J. DeMara, G. Butch DeMara Leonard Ossowski, Marilyn Ossowski Ronald Ciskowski, Barbara Ciskowski Phillip DeChambeau, Gloria DeChambeau & Family

John O'Donovan, Sue O'Donovan Richard White, Marilyn Kylmala Jon Kylmala, Marilyn Kylmala Deceased Members of the Sarna Family, Marilyn Kylmala

Frank King, Carolyn King
David Tamulevich, Nancy Tamulevich
Stanley & Helen Tamulevich, Nancy
Tamulevich

Pingree & Shirley Ianitelli, Nancy Tamulevich Richard Vanderport, Nancy Tamulevich Michael McKay, Rosemarie McKay
Deceased Members of the Schroeder & Zehnder Family, John & Diane Schroeder George & Laverne Brackx, Karen Long Giorgio Calabrese, Rosa DeMaria Andy Todek, Christine Todek
John Piccinini, Nida Piccinini
John G. Piccinini, Nida Piccinini
Conrad A. Piebiak, Piebiak/Vitale Families
Leonard & Hedwig Karbowski, Piebiak/Vitale Families

Chester & Mary Piebiak, Piebiak/Vitale Families

Dan & Camilla Danneels, Vitale Family Tony & Frances Vitale, Vitale Family Clifford & Jean Piebiak, Piebiak Family Scott Piebiak, Piebiak/Vitale Families Anthony Vitale, Vitale Family Ronald David, Brandon Fitch Michael Nash, Ally Nash Deceased Members of the Victor Family

Deceased Members of the Victor Family, Ken & Audrey Victor

Deceased Members of the Pylar Family, Ken & Audrey Victor Deceased Members of the Albers & Bremer Family, Elizabeth Albers Andrew & Stella Sadlowski, Mary Winterbauer

Deceased Members of the Rajewski Family, Mr. & Mrs. Richard Smith

Deceased Members of the Smith Family, Mr. & Mrs. Richard Smith

Antoinette Brani, Ms. Susan Trottier Phil & Charlene Thomas, Mr. & Mrs. James Thomas

Jack & Mary Becker, Mr. & Mrs. James Thomas

Dave & Mary Anderson, Mr. & Mrs. James Thomas

Timmy & Jeff Thomas, Mr. & Mrs. James
Thomas

Baby Fagan, Mr. & Mrs. James Thomas George & Widad Aldaoud, Ms. Mary Bolis Jimmy Aldaoud, Ms. Mary Bolis Yalda & Morris Bolis, Ms. Mary Bolis Joe Basirico, Mr. & Mrs. Grazio Basirico Donald Cerge, Mr. & Mrs. Joseph Ghattas Diane Ghattas, Mr. & Mrs. Joseph Ghattas Dennis Stroh, Mrs. Dennis Stroh Deceased Members of the Wurth Family, Mrs. Dennis Stroh

Thomas & Margaret Kaschalk, Mr. & Mrs. Michael Kaschalk

Raymond & Lucille Needham, Mr. & Mrs. Michael Kaschalk

Robert Robb, Ms. Elaine Robb
Charlotte Mathia, Ms. Elaine Robb
Frank Mathia, Ms. Elaine Robb
Dave Kuptz, Mrs. Diane Kuptz
David Kuptz, Jr., Mrs. Diane Kuptz
Richard Hoch, Sr., Mrs. Richard Hoch
Richard Hoch, Jr., Mrs. Richard Hoch
Deceased Members of the Hock Family, Mrs.
Richard Hoch

Deceased Members of the Urban Family, Mrs. Richard Hoch

John & Noel Zakens, Mrs. Barbara Zakens Leonard C. Nagorski, Mrs. Joella Nagorski Carol & Robert Cook, Ms. Theresa Weier Deceased Members of the Weier Family, Ms. Theresa Weier

Deceased Members of the Staskowski Family, Ms. Theresa Weier Tony Kendzierski, Mr. & Mrs. James

Tony Kendzierski, Mr. & Mrs. James Maluchnik

Dominic & Frances Corrado, Mr. & Mrs. Peter Pipia

Dominic & Ann Pipia, Mr. & Mrs. Peter Pipia Virginia Cote, Mr. & Mrs. Norman Konczal Jean Alcini, Mr. & Mrs. Norman Konczal Bill Alcini, Mr. & Mrs. Norman Konczal Stan Konczal, Mr. & Mrs. Norman Konczal Lillian Konczal, Mr. & Mrs. Norman Konczal Marshall Dyke, Mrs. Catherine Dyke Francis Cunningham, Mr. & Mrs. Steven Pritchard

Michael Cunningham, Mr. & Mrs. Steven Pritchard

Patricia Cunningham, Mr. & Mrs. Steven Pritchard

Michael J. Kline. Mr. & Mrs. Michael Kline Alvin Gorman, Mr. & Mrs. Michael Kline Joanne Gorman, Mr. & Mrs. Michael Kline William D. Hellebuyck, Mrs. Jean Hellebuyck Mary Nguyen, Mr. & Mrs. Hue Nguyen Peter Ly, Mr. & Mrs. Hue Nguyen Simon Vo, Mr. & Mrs. Hue Nguyen Tom Westerlund, Mrs. Eleanore Westerlund Joseph Cone, Mrs. Joseph Cone John Cone, Mrs. Joseph Cone George Calabrese, Mrs. Antoinietta Calabrese

John Schoeberle, Mrs. Virginia Schoeberle Jess Weaver, Mrs. Jesse Weaver Joanne Lyczynski, Mrs. Jesse Weaver Dominic DePonio, Mrs. Jesse Weaver Mr. & Mrs. Pedro Maldonado, Mr. & Mrs. Alan Havrilla

Mr. & Mrs. Bill Havrilla, Mr. & Mrs. Alan Havrilla

Sgt. Paul A. Rivera, Mr. & Mrs. Alan Havrilla Bruny Allen, Mr. & Mrs. Alan Havrilla Sara Bujold, Mr. & Mrs. Alan Havrilla Gerald Dolsen, Mrs. Gerald Dolsen Michael Dolsen, Mrs. Gerald Dolsen Greg Rosel, Mrs. Gregory Rosol Harold & Joan Johnson & Sons, Mr. & Mrs. Robert Delicato

Kimberly Jeznach, Mr. & Mrs. Charles Koss Sarah Marie Stier, Our Daughter, Mr. & Mrs. Richard Stier

Joan Walter, Tom Walter, Mr. & Mrs. Albert

Mr. & Mrs. Albert Walter, Mr. & Mrs. Albert Walter

Phillip Mazzola, Mr. & Mrs. Albert Walter Edward Zionkowski, Mr. & Mrs. Albert Walter James & Rose Finnegan, Mr. & Mrs. Albert Walter

Greg Bowman, Mr. & Mrs. William Theut Marilyn Smith, Mr. & Mrs. William Theut John Atuson, Mr. & Mrs. William Theut Leo Theut, Mr. & Mrs. William Theut Madaline Theut, Mr. & Mrs. William Theut Jerome L. Weber, Sr., Mrs. Zula Weber Pius Weber, Mrs. Zula Weber Robert A. Weber, Mrs. Zula Weber Sharon Mesich, Mrs. Zula Weber

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Joanne M. Kohan, Mr. & Mrs. Dennis Kohan Antonino & Vito Pace, Mr. & Mrs. Salvatore Pace

Paolo & Carmela Maltese, Mr. & Mrs.

Salvatore Pace

Harold Norman, Mrs. Mary Norman Marlene Zimmerman, Mrs. Mary Norman Deceased Members of the Wilczek & Ulanski Family, Mr. & Mrs. Lawrence Ulanski

Victoria Yellich, Mr. & Mrs. Michael Pawlowski

Ed Pawlowski, Mr. & Mrs. Michael Pawlowski Marie Pawlowski, Mr. & Mrs. Michael Pawlowski

Tony Yellich, Mr. & Mrs. Michael Pawlowski Alex Madison, Mr. & Mrs. Michael Pawlowski Deceased Members of the Grossi, Ray, DeCarolis Family, Diana & Justin Ray & Family

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Hilary & Grace Susalla, Mr. & Mrs. Dennis Houbeck

Robert & Virginia Houbeck, Mr. & Mrs. Dennis Houbeck

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In Honor of the Stewart Family, Ms. Jaclyn

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Dennis Francis, Mr. & Mrs. George Kurzatkowski

Lupe & Miguel Davila, Mr. & Mrs. Peter lannuzzi

Carol DeLong, Mr. & Mrs. Daniel Dilay Deceased Members of the Frontera Family, Mr. & Mrs. Anthony Frontera

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Deceased Members of the Tocco, Mazzola, Schaub Family, Ms. Ann Schaub

Percy & Naomi Howell, Mr. & Mrs. Anthony Cammarata

Peter & Enza Alongi, Mr. & Mrs. Giuseppe

Natalina & Ottadio Abissini, Mr. & Mrs. Giuseppe Abissini

Livia Abissini, Mr. & Mrs. Giuseppe Abissini Patrick Olheiser, Mrs. Gloria Olheiser Deceased Members of the Bremer & Albers Family, Mrs. Elizabeth Albers Rita Whalen, Mr. & Mrs. Richard Whalen Deceased Members of the Porto, Valentage & Desiardins Family, Mrs. Louise Porto Godofredo Guerrero, Mr. & Mrs. Adrian Trompeta

Carolina Guerrero, Mr. & Mrs. Adrian Trompeta

Florentino Camitan, Mr. & Mrs. Adrian Trompeta

Laura Trompeta, Mr. & Mrs. Adrian Trompeta Andres Trompeta, Sr., Mr. & Mrs. Adrian Trompeta

Pedro Nicolas, Mr. & Mrs. Adrian Trompeta Eugenia Nicolas, Mr. & Mrs. Adrian Trompeta Joe, Alice, Monica Sulek, Mr. & Mrs. Tom Tiedt

Harold, Doris, Rick Tiedt, Mr. & Mrs. Tom Tiedt

Raymond Garavaglia, Mr. & Mrs. Robert Parks

John & Theresa Berd, The Berd Family Dennis Berd, The Berd Family Vicky Berd, The Berd Family Our Parents, Frederick & Ruth Barrett, Fred

Dolores Garavaglia, Mr. & Mrs. Robert Parks

Our Godfather, Jack McDonald, Fred & Renell Barrett

& Renell Barrett

Anni & Henry Zelasko, Fred & Renell Barrett Frank & Elisabeth Krause, Gerald & Irene Jolly

Vincent & Dorothy Misuraca, Mr. & Mrs. Dominic Misuraca

Alfred & Eleanor Roncato, Mr. & Mrs. John Rakowski

Raymond Roncato, Mr. & Mrs. John Rakowski

Deceased Members of the Bara Family, Mrs. **Dolores Bara**

Gene Gorny, Mrs. Eugene Gorny Frank Hiegel, Mrs. Frank Hiegel Deceased Members of the Blarek & Siladke Family, Mr. & Mrs. Rodger Siladke, Jr.

Deceased Members of the Falcone & Loffredo Family, Ms. Annette Falcone Deceased Members of the Kazaniecki & Kondrat Family, Mr. & Mrs. James Fox Onofrio Manzo, Mr. & Mrs. Michael Manzo Nicolina Manzo, Mr. & Mrs. Michael Manzo John Szambelan, Mr. & Mrs. Michael Manzo Larry Szambelan, Mr. & Mrs. Michael Manzo Pauline & Joe Astalos, Mrs. Joleen Immerfall Larry, Clara, Richard Immerfall, Mrs. Joleen Immerfall

Deacon Jerome Campernel, Mrs. Judith Campernel

Walking the Path

Discipleship Formation | ♣ Peggy Casing, D.F. Director **4** peggyc@stol.church

Our "commercial break" continues!
Last week, I gave you some
information about free studies
from Ascension Press and Fr. Mike
Schmitz. This week, I'll focus on
local offerings and provide some
background on why I hope you'll join
us. Spoiler alert! When it comes to
adult formation offerings, it is often
the case that you don't know what
you don't know, and that's true for
me. too!

First, please note that I'll be offering Dr. Brant Pitre's "Lectio: The Case for Jesus: The Biblical and Historical Evidence for Christ" on Tuesday mornings at 9:30 AM, starting Jan. 16, 2024. This class will be excellent for anyone wanting to know more about Jesus, especially those seeking the foundational proof of his existence and belief in him as exactly who he is: fully human and fully divine. The class will run for nine weeks, with a book and homework for those who can manage it, as well as something new. For those who struggle to find the time (or reason) to do the homework, we'll provide the opportunity for class participation without the homework commitment! Now, truth be told, doing the homework provides you with the best and most complete learning experience, but we all know it can be a struggle to manage a busy life without throwing in extra commitments. So, if the idea of

homework is holding you back, fear no more! We'll have discussions tailored to those who completed the work and those who didn't. Everyone can view Dr. Pitre's insightful videos weekly and join the conversation. Please register with me, the Formation Department, or the parish office. The fee is \$10 to cover the book and other materials-a real bargain!

Next, mark your calendars! Beginning Mar. 14, 2024, we'll offer an evening class: "Lectio: Eucharist: Discovering the Mass in the Bible." from 6:30 to 8:00 PM. This class was offered during the day from September through December this past year. It was so well received that folks were asking for it to be offered in the evening so working adults could have the opportunity to partake, and those who wanted to repeat and reinforce the content could do that, too. Registration and more information will be coming soon. Finally, as promised, I want to explain why adult formation (Wisdom) might call YOU, even if you haven't heard her yet. To start, I have to say that I can't begin to count the times when individuals have spoken out in class to say, "Why weren't we ever taught this?" or "Why aren't there more people here? Every Catholic should know this stuff!" Their comments indicate that facilitators can offer far more information to adult learners

than they ever could to children and teens. The level of life experience and previous knowledge boosts the learning experience. The other huge factor is that adult learners' positive attitudes toward the learning process are game-changers. The walls are down, so learning becomes an enjoyment. Parish adult formation offerings aren't like a standard school experience. They are more like sharing information you'd experience from participating in a club or watching a good documentary. If you haven't ever participated in one, I hope you'll consider joining us. Hopefully, you'll find it to be a fun dive into new information that is both informative and spirit-lifting.

Do You Really Need to Walk 10,000 steps?

Health Ministry | ♣ Marilyn Cito, Parish Nurse **4** marilync@stol.church

It seems that people started talking about the need to walk 10,000 steps to achieve a health benefit when Fitbit (or other similar activity trackers that measure steps) became popular. Since I hoped to make healthy lifestyle changes, I purchased one and began using it. Since I had heard 10,000 steps a day was the goal, I tried walking that amount, but it was challenging. Somedays, I was too busy with work, chores, and other responsibilities, unwilling to go out in bad weather, or simply too tired. But, although I could not achieve the goal of 10,000 steps on most days, I developed a habit of walking at least twice daily. Although the weather often determines how long each walk is, I aim to walk between 1-1.5 miles (2,000-3,000 steps), not counting those from other daily activities. To give you a sense of



how many blocks equal a mile, one block is about 200 steps, making ten blocks equivalent to 2000 steps/one mile.

So, the other day, I was intrigued by an article about the health benefits of walking, even without the "10,000 steps a day" goal. Over the last several years, studies have been trying to determine just how many daily steps a person must walk to achieve a health benefit.

A new meta-study analyzed the results of 12 investigations (111,309 individuals) and formulated the following conclusions. It found health benefits to begin between 2,500 and 2,700 steps a day, with an 8% reduction in mortality and an 11% reduction in cardiovascular disease. For the strongest defense against cardiovascular disease, around 7,000 (specifically 7,126) is the number of daily steps to reduce that by 51%. The greatest reduction in mortality risk, 60%, occurs with about 9,000 steps each day (specifically 8,763 steps).

The average American walks 3,000 to 4,000 steps daily (i.e., roughly 1.5-2 miles). It is a good idea to find out how many steps a day you currently walk, use that as your baseline, and increase from there. Walking is a form of exercise that requires no equipment other than good shoes. Walking for regular activity not only

reduces your risk of heart disease but also obesity, diabetes, high blood pressure, and depression. Walking 2,000 to 3,000 steps daily can also help delay dementia and improve joint health.

The U.S. Department of Health and Human Services recommends 150 minutes a week of moderateintensity exercise, such as brisk walking. If walking is new for you, start slow and gradually increase. This can be broken down into 30 minutes of exercise five days a week. Others do ten minutes of exercise several times a day. Some easy ways to integrate a walking routine into your life include taking a dog for a walk, listening to music while you walk, including a family member or a neighbor on the walk, parking farther away from entrances, or taking the stairs instead of the elevator.

Since we are all different, planning to increase your activity is an individual decision, but any changes you make to your lifestyle to promote good health will benefit you!

References:

- Journal of the American College of Cardiology, Relationship of Daily Step Counts to All-Cause Mortality and Cardiovascular Events, Volume 82, Issue 15, 10 October 23, Pages 1483-1494.
- Medical News Today, November 2, 2023.
- Mayoclinic.org, 10,000 steps a day: Too low? Too high?

St. Isidore Baby Pantry

Wow! The St. Isidore Baby Pantry received numerous donation boxes from St. Therese parishioners. We are astounded by your generosity. Every donated item will be given to a low-income family to assist them with their babies. Saying thank you doesn't seem to be enough. Please know how grateful we are for all you've done. We are blessed. You are a blessing. God bless you!

Our team interviews every low-income family we assist, giving advice and referrals and providing some of the family's necessary baby items. We also share the values of the Holy Family with each family. One of our primary goals is to spiritually touch the lives of local, low-income families with the good news of Jesus Christ. Let us all be "Jesus people" by lifting people when poverty knocks them down.

Please share our Baby Pantry information with anyone who may benefit from our service. We wish all St. Therese staff, parishioners, families, and friends a blessed and joy-filled 2024.

St. Isidore Baby Pantry Ministry Team 586-745-9501

K of C Raffle Ticket Sales

We took a break over the holidays but can now be found back at our usual spot in the Gathering Space where we will be after all the Masses (except for Easter weekend) until all 1,000 tickets are sold. The tickets are \$10 each. Those tickets, whose numbers match the three-digit lottery number drawn each day in May (except Sunday), can win \$25, \$100 or \$200. All proceeds will go to help Michigan Citizens with Intellectual/Developmental Disabilities.

Ministry Schedule

SAT | JANUARY 13 4:30 PM

Lector 1: James Biske
Lector 2: Maureen Gibbons
Altar Servers: Volunteer Needed
Usher Team 6: Jack Simonetta

SUN | JANUARY 14 8:00 AM

Lector 1: Paul Wilhelm
Lector 2: Marilyn Kylmala
Altar Servers: Volunteer Needed
Usher Team 7: Art Wilson

SUN | JANUARY 14 9:45 AM

Lector 1: Carol Nehra Lector 2: Diana Pazdzierz Altar Servers: Volunteer Needed Usher Team 8: Dean Corsi

SUN | JANUARY 14 11:45 AM

Lector 1: James Snodgrass Lector 2: Theresa Hunrath Emch Altar Servers: Volunteer Needed Usher Team 5: Dennis Westerlund

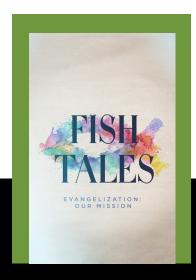
Musings + Messages (cont'd)

Christmas message to the whole world. As the Magi took the experience of meeting God in the flesh back to their home countries, we are also challenged to bring Christ to our schools, marketplaces, workplaces, and even on vacation. The work of Christmas, begun by Christ, continues with us every day.

I want to thank everyone who made our Advent and Christmas celebrations so meaningful, especially those who worked behind the scenes to organize, clean, decorate, and keep the facility looking beautiful. To those who participated in our liturgical

experiences through their service, either as liturgical ministers, choir members, musicians, or screen operators, thank you for helping us praise God in worship. Thank you also to those who helped the less fortunate through our Giving Tree and Adopt-A-Family programs, St. Vincent de Paul donations, and those who assisted in organizing and distributing the donated items. To the various groups that organized our social events this season, such as the Christmas Caroling, Breakfast with St. Nicholas, the New Year's Eve Party, and the Gathering Space Photo Booth, thank you for helping us get into the spirit of the season.

Thank you to all who dropped off cookies, baked goods, and cards for the staff and myself. Our waistlines, doctors, and dentists thank you profusely. Finally, thank you to all who visited our parish and participated in these events. On behalf of the parish staff, thank you and Merry Christmas.



Faithful Resolutions: Stewardship

This is our second week discussing Faithful Resolutions and building on your relationship with our Lord. Make stewardship a frequent part of your life. Each of us has been given many gifts from God. We have been blessed with time, talent, and treasures. Some of us have gifts of singing, speaking, serving, baking, writing, etc.—whatever your gifts might be, He expects us to use and share them. A gift is not a gift until it is shared! If you are uncertain

how to share them, pray and ask the Holy Spirit for guidance. Also, you can call the church office, and they can give you a list of church ministries from which you can choose. Not only will you be assisting someone else, but you will be helping yourself find fulfillment and growth in your relationship with God. To view all the opportunities to volunteer visit stol.church/ministries.

Mass Intentions

SAT. JAN 6 4:30 PM

- † Deacon John Skladanowski
- † William & Julia Silarski Paolo Franzese
- † Antonio G. Vittorini
- † John J Tocco
- † Patrick Olheiser
- † Joe Basirico
- † Mario Baldinelli
- † Delita Baldinelli
- † David Baldinelli

SUN. JAN 7 8:00 AM

- † Peter Pham & Therese Nguyen
- † Roslyn Daguanno
- † Bernice Mazurek
- † Henry Isopi
- † Mildred Isopi
- † Catherine Kopinski Frank Caprio
- † Jozefa & Edward Pachut

SUN. JAN 7 9:45 AM

- † Cinda Maldonado
- † Domenica DiMauro Bennett Family
- † David Kuptz, Jr. (26th anniv.)
- † David Farnan
- † Edwin R. Wiegand (7th anniv.)

SUN. JAN 7 11:45 AM

- † Deceased Members of the Dopico **Families**
- † Sadie Quinn
- † Bob Glowiak (Bday)
- † Albert Burczycki
- † Ted Jacob
- † Susan Hund
- † Mary Costanzo, Frank Gatto, Mario
- † Lee Stemple

TUES. JAN 9 8:30 AM

Vocations to the Priesthood

- † James Boggio (33rd anniv.)
- † Fredrick King (2nd anniv.)
- † Norma Jean Dzikowski
- † Maude Schnarr

WED. JAN 10 8:30 AM

† Jerry Kennedy

THU. JAN 11 8:30 AM

† Dave Kuptz

FRI. JAN 12 8:30 AM

† Jack Dalzotto

SAT. JAN 13 4:30 PM

- † Joseph & Nina Salomone
- † Deacon John Skladanowski
- † Sophie Pasternak (Bday)
- † Michael Dolsen
- † Patrick Olheiser

- † Joe Basirico
- † Scott Dekoski (Bday)
- † Alfred Saam
- † Patricia Frazer
- † Joyce Mohan

SUN. JAN 14 8:00 AM

The Nguyen Family

† Sam McFadden

SUN. JAN 14 9:45 AM

- † Pietro Antonuccio
- † Maria Roti
- † David Farnan
- † Filomena Belli
- † Cheryl Corsi
- † Vincenzo Buzzetta
- † Angela Buzzetta
- † Andrea Buzzettta
- † Vito Buzzetta

Residents & Staff at Brookdale Assisted

SUN. JAN 7 11:45 AM

- † Frank Recchia
- † Rosemarie Boggio (25th aniv.)
- † Filomena Belli (1st anniv.)
- † Carol Ann Basil
- † Hama Dedvukaj
- John & Jackie Ahern (Wedd. anniv)
- † Dominica DiMauro
- John & Jacqueline Ahern (68th anniv.)
- † George Stanbury
- † Joseph Stephen (11th anniv.)

Readings

SUNDAY Is 60:1-6;

Ps 72:1-2, 7-8, 10-13;

Eph 3:2-3a, 5-6;

Mt 2:1-12

MONDAY

Acts 10:34-38;

Ps 29:1-2, 3-4, 3, 9-10;

Mk 1:7-11

TUESDAY

1 Sm 1:9-20;

1 Sm 2:1, 4-5, 6-7, 8abcd;

Mk 1:21-28

WEDNESDAY

1 Sm 3:1-10, 19-20; Ps 40:2 and 5, 7-9, 10;

Mk 1:29-39

THURSDAY

1 Sm 4:1-11;

Ps 44:10-11, 14-15, 24-25;

Mk 1:40-45

FRIDAY

1 Sm 8:4-7, 10-22a; Ps 89:16-17, 18-19; Mk 2:1-12

1 Sm 9:1-4, 17-19; 10:1; Ps 21:2-3, 4-5, 6-7; Mk 2:13-17

SUNDAY

1 Sm 3:3b-10. 19: Ps 40:2, 4, 7-8, 8-9, 10; 1 Cor 6:13c-15a, 17-20; Jn 1:35-42

Get In Touch

📞 (586) 254-4433 🛮 🗎 (586) 254-5463 💂 stol.church 💡 48115 Schoenherr Rd., Shelby Twp., MI 48315

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Fr. Ron Essman, Fr. Charles Fox, Fr. Bill Gruden

Weekend Associates

Rev. Mr. Greg Willoughby, Deacon

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John Karski, Director of Evangelical Charity

Matt Kush, Director of Engagement

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Chris Kozlowski, Director of Mission Support

◀ chrisk@stol.church

Chris Piebiak, Director of Family Ministry

☆ chrisp@stol.church **☆** 303

Rebecca Poupard, Director of Worship

Sister Mary Andrew, CSSF,

Seniors/Homebound Ministry

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Susan De Benedetti, Sunday School Coord.

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Marilyn Cito, Parish Nurse

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320

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Confirmation Prep.

Diana Devine. FOP Youth Minister

Valerie Saunders, Parish Secretary

⋪ frontdesk@stol.church

300

Ally LaBrecque, Administrative Assistant

Michael Giannetti, FOP Buildings/Facility Mgr.

✓ mike@stisidore.church

Maintenance: Ben Boccomino, Nate

Chevalier, Daniel Purifoy, John Vella

✓ maintenance@stol.church

Office Hours B

Monday - Thursday 9:00 AM - 4:00 PM

Friday Closed

Saturday 3:00 PM - 6:00 PM

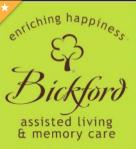
Sunday 9:00 AM - 1:00 PM

Lunch 12 - 1 PM (Mon-Thurs)

Bulletin Question?

Please direct all inquiries to Matt: bulletin@stol.church

Content is due ten days in advance and must be submitted online at **stol.church/bulletin**



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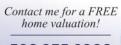


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