



DIVINE MERCY

SUNDAY

DOMINGO DE LA DIVINA

MISERICORDIA

Fr. John's Journal



My Brothers and Sisters in Christ,

Happy Easter! Christ is risen! He is truly risen! Alleluia! Alleluia! We are completing the "Octave of Easter" today with our celebration of Divine Mercy Sunday. Octave is not a word we commonly use. It means an eight-day celebration of a special feast

day. Christmas and Easter are the times when we celebrate an octave in the Catholic Church.

With Christmas, the celebration of the octave begins with vigil Masses on Christmas Eve and continues through the celebration of the Solemnity of Mary, Mother of God on January 1st. With Easter, the celebration of the octave begins with the Easter Vigil and continues with the celebration of the Second Sunday of Easter, which we also know as Divine Mercy Sunday. Essentially, what we celebrate at Christmas and Easter are so monumental for us that one day is not enough of a celebration.

These solemnities are extended throughout eight days, but even then the celebration doesn't end. In the case of Easter, we will continue to celebrate the resurrection of Jesus for fifty days until we conclude with our celebration of the coming of the Holy Spirit at Pentecost. Let's do what we can to continue to focus on gratitude and joy for the resurrection of Jesus and all that Jesus' death and resurrection mean for us. Alleluia! Alleluia!

Divine Mercy Sunday

Divine Mercy Sunday was officially established on the second Sunday of Easter for the Catholic Church by Pope Saint John Paul II in 2000 when he canonized Saint Faustina Kowalka, a nun from Poland. St. Faustina had received revelations from God for a number of years during the 1930's. She recorded these revelations in her diary. God called her to advocate for a special feast for God's mercy and to have a painting made of the beautiful image of the Divine Mercy of Jesus. This is the image that is now familiar to us with the red and white light streaming forth from the heart of the Risen Jesus.

In her diary, St. Faustina wrote about one of her revelations, *"My daughter, tell the whole world about My inconceivable mercy. I desire that the Feast of Mercy be a refuge and a shelter for all souls, and especially for poor sinners. On that day the very depths of My tender mercy are open. I pour out a whole ocean of graces upon those souls who approach the fount of My mercy. The soul that will go to Confession and receive Holy Communion shall obtain complete forgiveness of sins and punishment. On that day are opened all the divine floodgates through which graces flow. Let no soul fear to draw near to Me, even though its sins be as scarlet. My mercy is so great that no mind, be it of man or of*

angel, will be able to fathom it throughout all eternity."

To fittingly observe the Feast of Divine Mercy and receive a plenary indulgence, Catholics should:

1. Celebrate the Feast on the Sunday after Easter (or its Vigil).
2. Sincerely repent of all our sins.
3. Place our complete trust in Jesus.
4. Go to Confession, preferably before the Feast. (Your Lenten confession or one 20 days after the feast day is acceptable and valid.)
5. Receive Holy Communion on the day of the Feast (or its Vigil).
6. Venerate the Image of the Divine Mercy.
7. Be merciful to others, through our actions, words, and prayers on their behalf.
8. Pray for the intentions of Pope Leo.

Archdiocesan Restructuring Process

Listening session meetings will begin this week in our Quo Vadis Domine family of parishes. This month each of the parishes in our family will host two listening sessions where the first draft of "pastorate" models for our planning area will be presented.

Our family of parish listening sessions are scheduled for April 14 & 16 at St. Constance, April 20 & 22 at St. Mary Magdalen, April 21 & 23 at St. Alfred and April 27 & 29 at St. Frances Cabrini.

You may RSVP to attend one of these sessions at "restructuring.aod.org." These sessions will give parishioners the opportunity to learn about and review the initial pastorate models developed by our priests and to share feedback on the proposed models.

After feedback is gathered from every parish, further discernment will occur and necessary revisions to the pastorate models will be made in preparation for Archbishop Weisenburger to prayerfully discern and determine the future structure of the Archdiocese. Restructuring will take effect beginning in July of 2027. I hope to see you at one of these parish listening sessions.

Quote: *"One thing alone sustains me and that is Holy Communion. From it I draw all my strength; in it is all my comfort. ... Jesus concealed in the Host is everything to me. ... I would not know how to give glory to God if I did not have the Eucharist in my heart (Diary, 1037)."*
– Saint Faustina

Happy Easter - still. Stay close to the Risen Jesus!

Fr. John Herman

El Diario del Padre John

Mis hermanos y hermanas en Cristo,

¡Felices Pascuas! ¡Cristo ha resucitado
¡Verdaderamente ha resucitado! ¡Aleluya! ¡Aleluya! Hoy concluimos la “Octava de Pascua” con nuestra celebración del Domingo de la Divina Misericordia. “Octava” no es una palabra que utilicemos habitualmente; significa una celebración de ocho días en torno a una festividad especial. La Navidad y la Pascua son las ocasiones en las que, en la Iglesia Católica, celebramos una octava. En el caso de la Navidad, la celebración de la octava comienza con las Misas de vigilia en la Nochebuena y se extiende hasta la celebración de la Solemnidad de María, Madre de Dios, el 1 de enero. En cuanto a la Pascua, la celebración de la octava comienza con la Vigilia Pascual y continúa con la celebración del Segundo Domingo de Pascua, que también conocemos como el Domingo de la Divina Misericordia. En esencia, aquello que celebramos en Navidad y en Pascua es tan trascendental para nosotros que un solo día de celebración no resulta suficiente. Estas solemnidades se prolongan a lo largo de ocho días, pero, aun así, la celebración no termina ahí. En el caso de la Pascua, seguiremos celebrando la resurrección de Jesús durante cincuenta días, hasta concluir con la celebración de la venida del Espíritu Santo en Pentecostés. Hagamos todo lo que esté a nuestro alcance para mantener nuestra atención en la gratitud y la alegría por la resurrección de Jesús, y por todo lo que su muerte y resurrección significan para nosotros. ¡Aleluya! ¡Aleluya!

Domingo de la Divina Misericordia

El Domingo de la Divina Misericordia fue establecido oficialmente para la Iglesia Católica el segundo domingo de Pascua por el Papa San Juan Pablo II en el año 2000, cuando canonizó a Santa Faustina Kowalska, una religiosa polaca. Santa Faustina había recibido revelaciones de Dios durante varios años a lo largo de la década de 1930. Ella registró estas revelaciones en su diario. Dios la llamó a promover una fiesta especial dedicada a la misericordia divina y a encargar la realización de una pintura de la hermosa imagen de la Divina Misericordia de Jesús. Esta es la imagen que hoy nos resulta familiar, con los rayos de luz rojos y blancos que emanan del corazón de Jesús Resucitado. En su diario, Santa Faustina escribió acerca de una de sus revelaciones: *“Hija Mía, habla al mundo entero de Mi inconcebible misericordia. Deseo que la Fiesta de la Misericordia sea un refugio y un amparo para todas las almas, y especialmente para los pobres pecadores. En ese día se abren las profundidades mismas de Mi tierna misericordia. Derramo todo un océano de gracias sobre aquellas almas que se acercan a la fuente de Mi misericordia. El alma que acuda a la Confesión y reciba la Santa Comunión obtendrá el perdón total de sus pecados y de las penas debidas por ellos. En ese día se abren todas las compuertas divinas por las que fluyen las gracias. Que ninguna alma tema acercarse a Mí, aunque sus pecados sean como la escarlata. Mi misericordia es tan grande que ninguna mente, sea de*

hombre o de ángel, será capaz de sondearla por toda la eternidad”.

Para celebrar dignamente la Fiesta de la Divina Misericordia y recibir la indulgencia plenaria, los católicos deben:

1. Celebrar la Fiesta el domingo siguiente a la Pascua (o en su Vigilia).
2. Arrepentirse sinceramente de todos nuestros pecados.
3. Depositar nuestra total confianza en Jesús.
4. Confesarse, preferiblemente antes de la Fiesta. (Es aceptable y válida la confesión realizada durante la Cuaresma o una realizada hasta 20 días después del día de la Fiesta).
5. Recibir la Sagrada Comunión el día de la Fiesta (o en su Vigilia).
6. Venerar la Imagen de la Divina Misericordia.
7. Ser misericordiosos con los demás, mediante nuestras acciones, palabras y oraciones en su favor.
8. Orar por las intenciones del Papa León.

Proceso de reestructuración arquidiocesana

Esta semana darán comienzo las reuniones de escucha en nuestra familia de parroquias *Quo Vadis Domine*. Este mes, cada una de las parroquias de nuestra familia será sede de dos sesiones de escucha, en las que se presentará el primer borrador de los modelos de "pastorado" para nuestra zona de planificación.

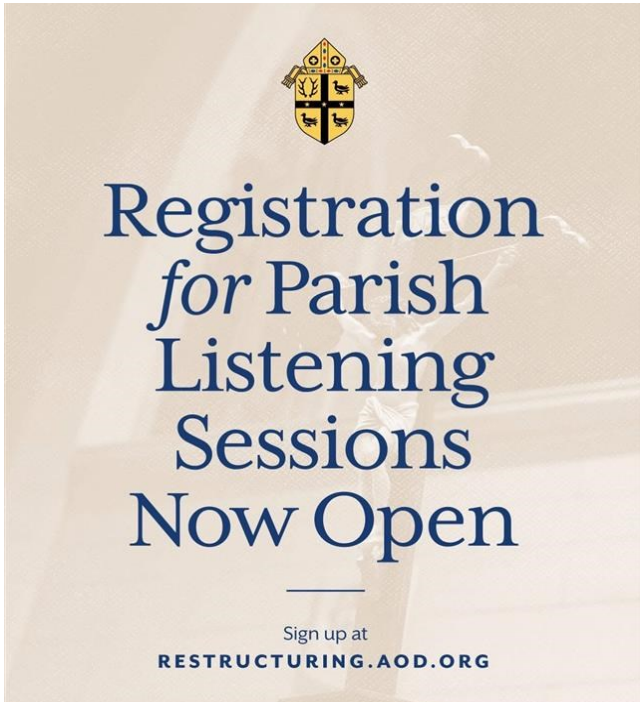
Las sesiones de escucha de nuestra familia de parroquias están programadas para los días 14 y 16 de abril en St. Constance; 20 y 22 de abril en St. Mary Magdalen; 21 y 23 de abril en St. Alfred; y 27 y 29 de abril en St. Frances Cabrini. Puede confirmar su asistencia a una de estas sesiones en "restructuring.aod.org". Estas sesiones brindarán a los feligreses la oportunidad de conocer y revisar los modelos iniciales de pastorado desarrollados por nuestros sacerdotes, así como de compartir sus comentarios sobre los modelos propuestos. Una vez recopilados los comentarios de todas las parroquias, se llevará a cabo un proceso de discernimiento adicional y se realizarán las revisiones necesarias a los modelos de pastorado, como preparación para que el Arzobispo Weisenburger discierna en oración y determine la futura estructura de la Arquidiócesis. La reestructuración entrará en vigor a partir de julio de 2027. Espero verlos en una de estas sesiones de escucha parroquiales.

Frase: *“Una sola cosa me sostiene, y es la Santa Comunión. De ella saco toda mi fuerza; en ella está todo mi consuelo. ... Jesús, oculto en la Hostia, lo es todo para mí. ... No sabría cómo dar gloria a Dios si no tuviera la Eucaristía en mi corazón (Diario, 1037)”.*

— Santa Faustina

¡Felices Pascuas —aún! ¡Mantente cerca de Jesús Resucitado!

Padre Juan Herman



The next step in the Archdiocesan Restructuring process is for every parish in the Archdiocese of Detroit to host two parish listening sessions. At these sessions, we will review potential models and provide feedback. You only need to attend one session.

El siguiente paso en el proceso de Reestructuración Arquidiocesana es que todas las parroquias de la Arquidiócesis de Detroit lleven a cabo dos sesiones de escucha parroquiales. En estas sesiones revisaremos los modelos preliminares y ofreceremos retroalimentación. Solo necesitas asistir a una sesión.

Our parish listening sessions will be:
Nuestras sesiones de escucha parroquiales están programadas para:

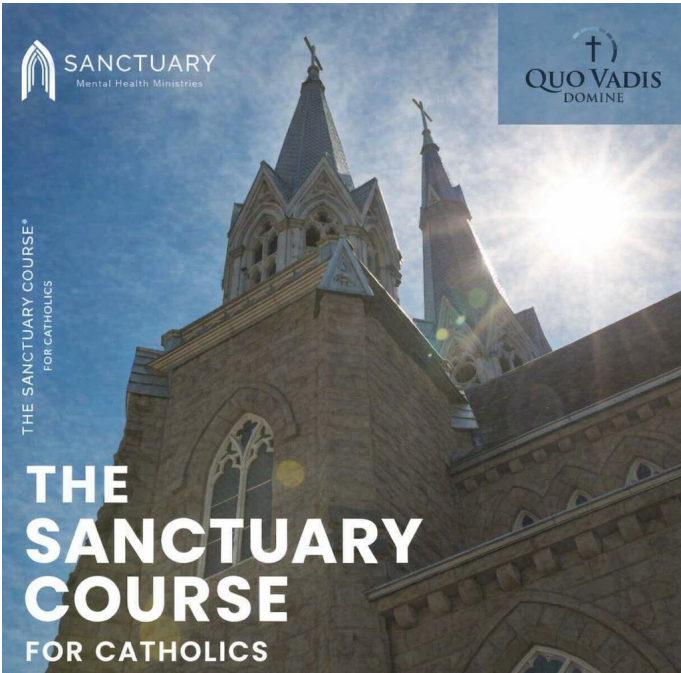
St. Constance April 14 April 16	St. Mary Magdalen April 20 (English) April 22 (Español)
St. Alfred April 21 (English) April 23 (Español)	St. Frances Cabrini April 27 April 29

Please be sure to register here:
www.cognitoforms.com/ArchdioceseOfDetroit2/ParishListeningSessionRegistration or use the QR code below.

Le invitamos a inscribirse aquí:
www.cognitoforms.com/ArchdioceseOfDetroit2/ParishListeningSessionRegistration o utilizando el código QR que aparece a continuación.

All listening sessions are 7:00-9:00pm.

Todas las sesiones de escucha son de 7:00 a 9:00pm.



Would you value joining others in a conversation about mental health? Would you like to discover what God, Scripture, and Church have to say in light of the experiences of mental health challenges?

The Sanctuary Course for Catholics is an eight-part course for small groups designed to raise awareness and start conversations in local parishes regarding mental health.

Thursdays | 6:00-7:30pm

May 7 - June 25 at Our Lady of the Angels in the St. Anne Room, Door #12

For more information contact:

Tom Smith (734) 771-8103 | tomsmith0613@gmail.com
Therese Tardiff (313) 432-0201 | ttardiff@qvdomine.org

Mental Health **FIRST AID**
from NATIONAL COUNCIL FOR MENTAL WELLBEING

MENTAL HEALTH FIRST AID

WHO NEEDS TO KNOW MENTAL HEALTH FIRST AID

- Employers.
- Police officers.
- Hospital staff.
- First responders.
- Caring individuals.

WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

- On average, **130** people die by suicide every day.
Source: American Foundation for Suicide Prevention
- From 1999 to 2019, **841,000** people died from drug overdoses.
Source: Centers for Disease Control and Prevention
- Nearly **1 IN 5** in the U.S. lives with a mental illness.
Source: National Institute of Mental Health

Free in-person 2 day course

May 6 & 7 | 8:30am – 12:30pm | St. Frances Cabrini

Course held in the Holy Family Hall. Mental health challenges affect nearly 1 in 5 Americans—and you can be part of the solution.

Register by April 27 at 5:00PM by emailing Rebecca Moore: Rebecca.Moore3@corewellhealth.org

Workshop hosted by QVD— Mental Health and Wellness Ministry | Coffee & Breakfast snacks provided

Spring into Life - Blood Drive

April 19 | 8:00am-2:00pm St. Frances Cabrini in the Bl. Solanus Casey Center in Grade School

Anyone 17+ with a valid I.D. is encouraged to donate. Schedule your appointment at RedCrossBlood.org using sponsor code "Cabrini."

Save time by completing your RapidPass on the day of your appointment at: RedCrossBlood.org/RapidPass
Walk-ins are welcome, but appointments are strongly encouraged. Call the Parish Office with any questions.
Thank you for giving the gift of life. God bless you for caring.

QVD Travelers 2026

Tuesday, May 5: Holland Tulip Time

If you have never been, there are tulips everywhere - a beautiful site to see, so I hope you will consider joining us. We will head across the state for lunch, shopping in downtown Holland and a tour of the Vedlheer Tulip Gardens. We will be dining at the Curragh Irish Pub and Restaurant (lunch included). This restaurant is the social hub of the community. After lunch you will enjoy free time in the downtown area shopping.

All bus trips leave from St. Frances Cabrini Church parking lot. To reserve a spot on any trip or get more details, stop by, or call Therese (313)436-0201, email ttardiff@qvdomine.org. Flyers with complete details on each trip are found in the church, on the Cabrini parish website.

www.cabriniparish.org/events, or in the Parish Office.



Senior Group 55+

**April 21 | 12:00-2:00pm | St. Frances Cabrini
Cost: \$15 (at arrival) Mother Cabrini Room
(enter through door on Wick)**

*'Jump into Spring with
Healthy Living'*



We have invited Karen Poljanac, a Personal Trainer and Group Fitness Instructor to lead us through simple balance and strengthening exercises and offering tips on living healthy in our older years!

Enjoy a fresh green salad topped with your choice of meats, cheese, and vegetables. Add some rolls and butter, soft drinks, and follow it up with dessert.

Please RSVP by April 17

Rsurma@surmaco.com or
ttardiff@cabriniparish.com or call (313)436-0201

GriefShare

**Thursdays | 12:30 – 2:30pm | April 16 – June 25
(13 sessions) Mother Cabrini Room**

GriefShare is a special weekly seminar and support group designed to help you rebuild your life after losing a loved one. Our group is led by caring people who have experienced grief and want to help you through the difficult days ahead. We know it hurts, and we want to help!

Register at Griefshare.org or by calling (313) 436-0201 or email ttardiff@cabriniparish.com
Cost \$25.00 (workbook).

Help and encouragement after the death of a spouse, child, family member, or friend.

The Most Rev. Simon Peter Engurait
Bishop of the Diocese of Houma-Thibodaux, Louisiana

UGANDA CATHOLIC COMMUNITY OF MICHIGAN
welcomes you to our...

UGANDA MARTYRS CELEBRATIONS
May 30 – 31, 2026

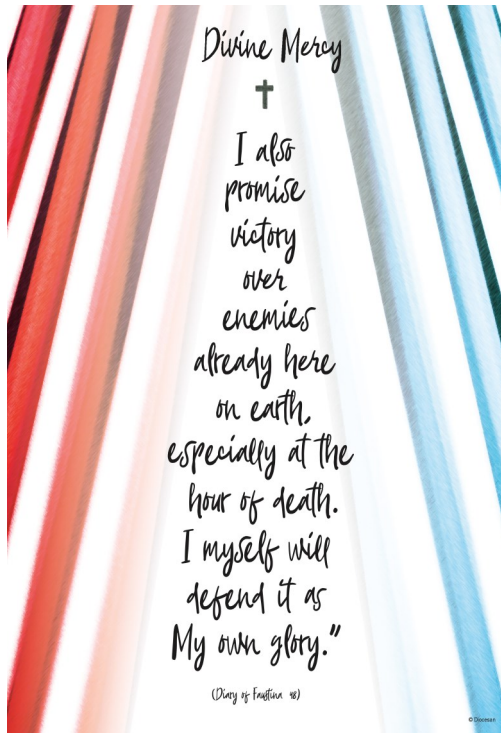
Saturday May 30, 2026
4:00pm HOLY MASS 6:00pm DINNER RECEPTION

Our Lady of Good Counsel Catholic Church
47650 N Territorial Road, Plymouth, MI 48170

Sunday May 31, 2026
11:00am HOLY MASS

Cathedral of the Most Blessed Sacrament
9844 Woodward Avenue, Detroit, MI 48202

Scan QR Code to purchase tickets for the May 30th dinner reception
www.ugandacatholicsmichigan.org



Support Your Parish

Your generosity keeps our parishes strong!

Your online gift—made in just a few clicks—helps sustain our liturgies, ministries, and outreach programs throughout the year.

- **Convenient** - Give anytime, anywhere.
- **Consistent** - Set up recurring donations.
- **Impactful** - Directly support parish life and mission

Scan the QR code below to make your offering today and join in the ongoing work of building God's kingdom in our parish.



St. Frances Cabrini
cabriniparish.org



St. Alfred
stalfredtaylor.org



St. Constance
stconstance.com



St. Mary Magdalen
magdalenparish.org

Quo Vadis Domine Parish Clergy & Staff

Clergy

Fr. John Herman, Moderator *In Solidum*
jherman@qvdomine.org | (313) 486-3836

Fr. Roberto Franca, Priest *In Solidum*
rfranca@qvdomine.org | (313) 928-4727

Fr. Johnson Pradeep, Priest *In Solidum*
jpradeep@qvdomine.org | (313) 436-0200

Fr. Ryan Walters, Priest *In Solidum*
rwalters@qvdomine.org | (248) 468-4795

Fr. Leo Sabourin, Priest in Residence
St. Constance

Transitional Deacon Intern

Deacon Dan Whalen
dwhalen@cabriniparish.com

Mission Direct

Jennifer Schuman, Mission Support Manager
Communications | Human Resources | Bulletin Editor
jschuman@qvdomine.org | (313) 436-0209

Ana Juarez, Mission Support Manager
Finance | Administration
ajuarez@qvdomine.org | (313) 436-0213

Armando Bravo, Director of Worship
abravo@qvdomine.org | (313) 437-8505

Therese Tardiff, Director of Engagement
ttardiff@qvdomine.org | (313) 436-0201

Miranda Garcia, Director of Discipleship Formation
mgarcia@qvdomine.org | (313) 398-2158

Michelle Ramos, Mission Center Executive Assistant
mramos@qvdomine.org | (313) 436-0212

Don Timpf, Facilities Manager
dtimpf@qvdomine.org | (313) 386-8234

Bismarck Rojas, Facilities Technician
brojas@cabriniparish.com | (313) 388-2103

Sibling Parishes

St. Andre Bessette

Fr. Cornelius Okeke, Priest *In Solidum*
4250 W. Jefferson Avenue, Ecorse Michigan
(313) 383-8514 | www.standreparish.org

Mass Times

Saturday, 4:00pm
Sunday, 9:30am | 11:30am (*bilingual*)
Tuesday, Wednesday, Friday, 9:00am

Our Lady of Angels

Fr. Dariusz Strzalkowski, Priest *In Solidum*
6442 Pelham Road, Taylor Michigan
(313) 381-3000 | www.loacc.org

Mass Times

Saturday, 4:00pm
Sunday, 9:30am | 11:30am
Tuesday, Thursday, Friday, 8:45am

Mass Intentions

Monday, April 13 | 8:30am

†Theresa O'Neil by Family
 †Danny McKay
 †Thaddeus T. Nowak by Mary Jane Jones
 †Poor Souls by Annette

Tuesday, April 14 | 8:30am

†Mortimore Smith
 †Anna and Crescenso Malizia by Maria Fucinari
 †Mary Jane Hancock by Husband
 †Gregory Willson by Loretta Willson

Wednesday, April 15 | 8:30am

†Raul Martinez by Wife Rosalinda Martinez
 Special Intention Joan Born by Family
 Special Intention Vincent Wheeler by Anthony Wheeler

Thursday, April 16 | 8:30am

†Harold Gass by Family

Friday, April 17 | 8:30am

Special Intention Bob and Mary Ferenc

Saturday, April 18 | 4:30pm

†Dorothy Karp
 †Ethel Deluliis by Rob and Chris Walski
 †Amy Ranspach by The Tieppo Family
 Special Intention Joe Wrona

Sunday, April 19 8:00am

†Ava Marie Jabczenski by The Sitek Family
 †Margaret Kocsisko by Linda Lore
 †Tony Rebo by Dave and Debbie Frey
 †David Stramecky by Brian and Deanna Wright

10:00am

†Joann Jurdzinski
 †Larry McPartlin by Donna and John Lewandowski
 †Donna Lewandowski by The Lewandowski Family
 †Carol Doyle by Kevin and Karen Rourke

12:30pm

†Bill Colasinski
 †James Reese by Mary Block
 †Dorothy Trader by Clarice Sarkozy and Kitty Myrand
 For the Parishioners of the Quo Vadis Family of Parishes



May the Perpetual Light
Shine Upon the Soul of:

Polly Kenzie

Please Pray For

Lennon Allen
 Michael Anderson
 Lyssa Marie Aromin
 Daryl Behm
 Erica Born
 Joan Born
 Steve Born
 Mary Brua
 MaryAnn Chadis
 Gianna D.
 Joseph Solanus Day
 Lisa G.
 Kathy Geiger
 Chuck Gregoire
 Jesiah Harmon
 Timothy Hollman
 Virginia Holowecky
 John & Valerie Husar

John Husar Jr.
 Gerald Jaszcz
 Timothy Johnsen
 Tony LaGreca
 Mary Lapinski
 Karin Kozlo
 Kevin McGuckin
 Barbara Onofrio
 Denise Pawlowski
 Nicholas Prusakiewicz
 Herb Seidel
 George Simon
 James Stecki
 Barry Trombly
 Harriet Turner
 Willie Veridiano
 Kyle Williams

Please join us for the

Cabrini Open House Preschool - 1st Grade

PLUS...
Literacy Night
hosted by GPS
Solutions with
Activity
Stations

ST. FRANCES CABRINI
CATHOLIC SCHOOL
ALL THINGS THROUGH CHRIST

THURSDAY, APRIL 16TH
5:30PM - 7 PM

For more information contact Lisa Hughes 313.357.3266 or Lhughes@cabriniparish.com

Our Stewardship

April 5, 2026

Budget	\$25,289
Envelopes/Loose	\$27,753
Online Giving	\$12,788
Actual	\$40,541
Budget Surplus	\$15,252

Give online at: cabriniparish.org

Catholic Service Appeal 2025

Goal	\$155,360
Paid to Date	\$157,108
Parish Rebate	\$1,748

Debt Reduction

Starting Amount	\$4,313,894
AOD Credits	(\$800,000)
Payments thru February 2026	(\$2,390,160)
March Debt Reduction Envelopes (60)	(\$2,153)
March Parish Payment	(\$18,631)
Balance as of 3/31/2026	\$1,102,950

*The monthly payment towards our 12 year Michigan Catholic Conference (MCC) commitment to retire our debt is applied the first of each month.
 The final payment to be completed by 7/1/28.



How wonderful it is to have our church filled with parishioners gathered before the table of the Lord each weekend. We especially welcome those who have recently registered to be part of our parish family:

- John and Karina Aguilera & Family
- Gilberto and Natalie Barrera & Family
- Edgar and Francisca Bermudez & Family
- Brandon and Amy Blanton & Family
- Maryanne Brown
- Christopher and Diana DeCarlo & Family
- Thomas and Sarah Endlein & Family
- Steven Fortney
- Brittany Frankowiak & Aurora
- Samantha Graf
- Joshua and Emily Gutierrez & Family
- Madelyn Hughes
- Octavio and Jennifer Jimenez & Family
- Eric and Shannon Kirby & Family
- Paul Longton
- Charles and Elexa Meyers & Family
- Andrea Rengel
- Bret and Laura Sullivan & Family
- Johnathan Torres
- Tyler and Melissa Wydendorf & Family

TEXAS ROADHOUSE

**DINE TO DONATE!
FUNDRAISING NIGHT**

**Support
ST. FRANCES
CABRINI HIGH
SCHOOL**

**TUES., APRIL 14
3 - 10PM**

**(734) 374-5500
14660 PARDEE ROAD
TAYLOR, MI**

**10%
DONATION NIGHT**

Support St. Frances Cabrini High School by presenting this flyer to the Taylor, MI location and Texas Roadhouse will donate 10% of your total food purchases to St. Frances Cabrini High School!

Come out and support St. Frances Cabrini High School with some legendary food and legendary service.

TEXAS roadhouse

45232a7f

St. Frances Cabrini

9000 Laurence Allen Park, Michigan 48101
(313) 381-5601 | Email: office@cabriniparish.com
cabriniparish.org

Mission Center Hours

Monday – Friday.....9:00am to 4:00pm
Saturday— Sunday.....9:00am to 2:00pm

St. Vincent de Paul | (313) 436-0206

Permanent Deacons

Rev. Mr. Luis Flores
lflores@cabriniparish.com

Rev. Mr. Fred Guardiola
fguardiola@cabriniparish.com

Mission Direct

Tim Schneider, Director of Music Ministry
tschneider@cabriniparish.com

Mission Support

Alejandra Flores, Administrative Support
aflores@qvdomine.org

Loretta Gruse, Administrative Support
lgruse@cabriniparish.com

Rachel Lewicki, Administrative Support
rlewicki@cabriniparish.com

Thomas McDonald, Administrative Support
tmcdonald@cabriniparish.com

Maria Valdez, Discipleship Formation Assistant
mvaldez@qvdomine.org

Parish Liturgy Schedule

Saturday.....4:30pm
Sunday.....8:00am, 10:00am, 12:30pm
Monday – Friday.....8:30am
Reconciliation | Saturday.....3:00pm

St. Frances Cabrini Schools

Grade School.....(313) 928-6610
High School & Academy.....(313) 774-2729

Grade School, Academy, High School

Office Hours.....7:15am—3:15pm

Moms on Mission

April 14th & 28th
9:30-11am

St. John Paul II room

Please join us as we continue to discuss the book *Sincerely, Stoneheart*



Wedding

“Blessed are you, O Lord our God, for you have created joy and gladness, pleasure and delight, love, peace and fellowship.”

March 28, 2026

Kevin Nava and Sharon Miranda Cabañas
Presider: Rev. John Herman

Festival Baskets

We have started to collect baskets for the Festival Booth, and want to encourage you to think about creating a themed basket for our game of chance under the big tent.

Baskets, which parishioners create around a theme of their choice, go home with the winners of our game. It is a popular spot, and we want to make sure we have enough baskets to satisfy the women, children and men who stop by.

The ideas are endless for a basket theme, and here are just a few ideas: Summertime fun, movie night, baby, game night, sports, spiritual enrichment, candles, wine, coffee, gardening, family activities, golf, holiday, scrapbooking. As an example, the sports basket may include golf balls, towel, tees, a certificate to a local course. The movie basket may include boxes of theater candy, popcorn, theater gift certificates.

The festival in June 5 - 7 and we will accept baskets until festival time. Perhaps you can't make a basket, but have a basket around the house that someone else could use. Please bring it to Mass with you and leave it on the table in the Narthex. If you are in need of a basket to fill stop by and pick one up.



Gift Card Booth

Gift Card Booth needs your help!

The Cabrini Festival Gift Card Booth is collecting gift cards to use as prizes—any amount over \$5 is appreciated! All ages play, so feel free to get creative: restaurants, gas, groceries, shopping, and more. Please drop off donations at the rectory marked “Festival Gift Card Booth.”

Christian Service

Pope Francis Center | April 16 | 10:30am-2:00pm

The Bridge Housing Campus, part of the Pope Francis Center is where we will volunteer and work with the Meal Team to help prepare and serve lunches alongside their talented chef. A Meal Team of four will cover the lunch shift from 10:30am-1:30pm on the 3rd Thursday of each month. We'll meet outside the Cabrini Parish Office at 10:30am and will return at 2:00pm on the designated date.

All food is provided. Transportation as well will be provided. If you're interested in joining us or would like more information call Barb Engler at (313) 407-9511 or email at bpengler621@gmail.com.

ChristNet Lunch Making | April 23 | 9:00am in the Holy Family Hall Kitchen

We will be making 180 lunches, so we are in need of several supplies to fill the lunches: large paper lunch bags, juice boxes, fruit cups, individually wrapped cookies and chips. Monetary donations will help defray the costs of bread, lunch meat and cheese. Donations can be dropped off to the Parish Office. Lunches will be delivered on April 23, 24, 29, and 30.

We also cook and serve a hot meal the third Wednesday of each month from 10:00 am – 1:30 pm at the ChristNet Drop-in Center in Taylor. If you would like to assist call Ann Raiche at (313)433-9776. Our next service date is Wednesday, April 15!

Manna Meal Soup Kitchen | April 27 | 6:15-11:00am

We provide four volunteers to prepare and serve a simple bagged lunch and sandwiches to more than 100 men, women and children. We meet outside Holy Family Hall, transportation is provided. Call Joyce McCabe, 313-506-6154, to volunteer to help. Monetary donations will help the group buy fresh fruit.

St. Christine Soup Kitchen | May 12 | 8:30am-2:30pm

Volunteers are needed to help cook and serve the more than 200 men, women and children who depend on St. Christine's for a hot meal. If you would like to join us on this day, please call or text Jeannine Little at (313) 268-5181 or email jandjlittle@hotmail.com.

The group will meet in the Parish Office at 8:30am to carpool to St. Christine's and return around 3:00pm. Donations of juice boxes and individually wrapped desserts are needed for the children's bagged meal and monetary donations are always needed to help off-set the cost of the food served on this day. We also provide desserts to complement the meal. These special diners really enjoy brownies, cakes, pie, cheesecake, and cupcakes.

If you would like to donate homemade or store-bought baked goods, please drop them off to the Parish Office by Monday, May 11 no later than 1:00pm.

Parish Service Day Thank You

Our parish wide Lenten Service Day always fills my heart with such gratitude about the good work that we accomplish together. Thank you to the more than 70 volunteers of all ages who filled Holy Family Hall and Mother Cabrini Room on Saturday, March 21, working on several special projects that will have a positive effect on local and global efforts to care for those in need.

Thank you to the many more who took a tag from the cross in the Narthex and purchased the materials we needed that day, filled a hygiene bag and made monetary donations to purchase additional items. The generosity of this parish is amazing and such a blessing to so many!

Take a look at what we did: Sorted the more than 300 hygiene blessing bags that will be given to St. Al's Community Outreach, Core City Neighborhood, Capuchin Soup Kitchen, ChristNet Drop in Center, and Franciscan Ministries. Assembled 135 lunches for the ChristNet Drop in Center in Taylor, made 100 sandwiches for Franciscan Ministries, colored Easter cards for the homebound, decorated lunch bags, 10 fleece blankets were made for the homeless shelters and nursing homes, plastic bags were cut to make plarn for plastic mats. We cut and sewed sani-pad kits for girls, all of which will be sent to Sudan, Chad and Zambia and distributed in villages. Thank you to all those who brought their sewing machines and guided our volunteers through the process.

Wow, the morning was a flurry of activity in support of projects that began when individuals saw a need and stepped in to help. Thank you again for sharing your time and talents to continue the good works they started.

Therese Tardiff | Director of Engagement



MAKE YOUR Meal Matter

TUESDAY • APRIL 21 • 5-8PM

Join us in supporting St. Frances Cabrini School, a percentage of all sales will be donated the St. Frances Cabrini Scholarship Program.

There's no limit to how much heart you can put into the community - and we're always looking for opportunities for neighbors to help neighbors. Join us and consider giving what you can to local cause today.



Valid only at Culver's of Allen Park

16655 Southfield Road
Allen Park, MI 48101



2nd Sunday of Easter

G M A R K S M K K D
L B R E A T H E M D
R H S G F C F J M F
B A I N X D S I D E
L N G Q W O T K I B
E D N I P O I L C E
S S S I Y R P B Z K
S O C M V S S E E N
E V A F O R G I V E
D Y P E A C E H R Q

Doors
Peace
Hands
Side
Breathe
Forgive
Marks
Seen
Blessed
Signs



SUNDAYKIDZ

©Diocesan

Parish Service Day Spring Garden Clean Up

April 25 | 9:00am-12:00pm | Meet outside Holy Family Hall

Parishioners of all ages, including families with younger children, are welcome to participate in this awesome day of community service, we have enjoyed working together, and encourage you to join us for a great opportunity to be Christ to others.

We will be preparing the church gardens for spring planting. We need lots of volunteers of all ages to help rake up pine needles and pinecones under the pine trees, dig up overgrown patches, and most important to trim and cut back bushes. So, our greatest need at this time is for volunteers with hedge trimmers, weed whackers and hand-held pruners. We also need volunteers with rakes and shovels, trowels, brooms, brown paper lawn bags or trash cans on wheels. Don't forget to wear your garden gloves. Little kids can pick up pinecones and big kids can empty the lawn waste into the dumpster.

You do not have to be a gardener or have a green thumb, just the desire to spend the morning outdoors working in the earth and the fresh air. If you cannot help on this day, we will be posting information on how you can become involved in the gardens in the near future. This is a huge undertaking, and we depend on many volunteers throughout the summer. If you cannot physically help, we always welcome donations of money, or Home Depot gift cards to purchase mulch, annuals and more perennials.

Many hands make light work! If you are interested in participating in this morning of service to the parish, please call the parish office at:

(313) 436-0201

ttardiff@cabriniparish.com

to sign up.





Mass Intentions Intenciones De Las Misas

Sunday, April 19 | Domingo, Abril 12 | 9:30am

- †Patrick Connelly by Richard and Phyllis Nader
- †Mark and Jean Wegienka by The Wegienka Family
- †George Bush by Carmen Serafin
- †Jorge Antonio Bush by Carmen Serafin

12:30pm

- †Juan Carlos Hernandez by Angelina Franco
- †Lucelena Barba by Luz Barba
- †Maria De Jesus Padilla by Family
- †Jose Lopez Jr. by Family



Stewardship of Prayer Corresponsabilidad de Oracion

In today's first reading, the four activities of the earliest church are introduced to us as priorities of the church: devotion to the teachings of the apostles, communal fellowship, the Eucharist and prayer. The early members of the church saw themselves as devoted stewards of these activities. These were not options. It was not a perfect community, but one that gave evidence of God's active presence in its midst. This early community offers us an excellent example of how to better exercise stewardship of prayer in our own parish.

En la primera lectura de hoy, las cuatro actividades de la iglesia primitiva se nos presentan como prioridades de la iglesia: la devoción a las enseñanzas de los apóstoles, la comunión comunitaria, la Eucaristía y la oración. Los primeros miembros de la iglesia se veían a sí mismos como devotos corresponsables de estas actividades. Éstas no eran opcionales. No era una comunidad perfecta, sino una que daba evidencia de la presencia activa de Dios en el centro de ella. Esta primera comunidad nos ofrece un excelente ejemplo sobre cómo ejercitar mejor la corresponsabilidad de la oración en nuestra parroquia.

Ministry Schedule

Sunday, April 19 | Domingo, Abril 19 | 9:30am

- Lector** Kathy Operhall, Sharon Mitchell
- Eucharistic Minister** Rosanne Woloszyk, Rosemarie Vermette
- Altar Servers** Dave Danko, Brittany Turner, Anne Muldoon
- Ushers** Ruth Akers, Becky Rogers, Sidney Smith, Joseph Sprys
- Sacristans** David O'Brien, Betsy Jewell, Rosemarie Vermette

12:30PM

- Lector** Indomar Aguilar, Jose Herrera
- Eucharistic Minister** Betsy Romero, Lilia Sanchez, Andres Garcia
- Monaguillos** Luz Del Carmen Garcia Ponce, Nicole Alonzo, Pablo Villarreal
- Ujieres** Anthony, Alex y Juan Franco, Lourdes Ramos

Mother's Day Roses Sale

AVAILABLE TO PRE-ORDER
AFTER MASS APRIL 12, 2026
DISTRIBUTION WILL BE
MAY 10, 2026

ORDER NOW



Stewardship of Treasure Corresponsabilidad de Tesoro

April 5, 2026

Budget	\$5,770
Envelopes/Loose	\$7,937
Online Giving	\$1,061
Actual	\$8,998
Budget Surplus	\$3,228

Give online at: stalfredtaylor.org

Catholic Service Appeal 2025 | Llamado al Servicio Católico Goal | Objetivo\$41,765
Paid to Date | Pagado Hasta la Fecha.....\$107,073
Parish Rebate | Reembolso Parroquial.....\$65,308
 Thank you for your stewardship—your generosity sustains our parish and strengthens our mission.

Please Pray For • Por Favor Oremos

David Allen	Harry Morris
Frank and Angela	Melvin Morris
Giovanni Arcuri	Geraldine O'Connor
Lawrence Barnard	Anthony Okwi
John Boyle	Viviana Marcela Orozco
Mark Briggs	Henrietta Pasternak
Ron Bruce	Lynee Patrick
Boni Chamberlin	Mia Persia
Dolores Chorkaluk	Cheryl Pesta
Linda Darkangelo	Jeff Reiter
Janeth Estrada	Jacqueline Reynolds
Jane Sobieraj Evans	Judith Rios
Susan Fenker	Sharon Siemion
Richard Forner	Lois Sprys
Matt Hendren	Melissa Sutyak
Kris Horvath	Patricia Taylor
Betsy Jewell	Rob Taylor
Ronda Jewell	Larry Teper
Ronald Jewell	Cyndy Williams
Robert Kennaley	Sarah Woloszyk
Lucy Kirby	
Lillian Kostelnik	
Patrick Marculewicz	
Chester Marculewicz	
Donna Maszatics	
Jim McMahan	
Trish McMahan	
Beverly Meredyk	
Gladys Michalek	
Raleigh Minning	
Anne Mondro	
Judy Mondro	

Armed Forces

Fuerzas Armadas:

Daniel Bellman, USM
 Joshua Blevins, USMC
 Patrick J. Feys, USN
 Oscar F. Gutierrez, USMC
 Jonathan R. Martin, Army
 Ryan Myre, USN
 Bradley J. Schleicher II, USN
 Charles A. Sseguya, USMC
 Patricia Nakanwagi, USMC

St. Alfred

24175 Baske St. Taylor, MI 48180
 (313) 291-6464 | Email: office@stalfredtaylor.org
www.stalfredtaylor.org

Office Hours | Horario de Oficinas

Saturday & Sunday9:00am-2:00pm
 Sábado & Domingo9:00am-2:00pm

St. Vincent de Paul | Vicente de Paul | (313) 291-4888
 Thursdays | Jueves | 9:30am – 11:30am

Permanent Deacon | Diácono

Deacon Scott LaForest
Dcnscott.laforest@stalfredtaylor.org

Mission Support | Apoyo a la Misión
Sandra Orozco, Administrative Support
sorozco@qvdomine.org

Mission Direct | Director of Music Ministry
Director del Ministerio de Música
Matthew Engler

Worship Schedule | Horario de la Liturgia
Sunday | Domingo

English Mass | Misa en Inglés.....9:30am
 Spanish Mass | Misa en Español.....12:30pm

Confessions at St. Frances Cabrini

Saturday.....3:00pm

Stewardship of Time and Talent Corresponsabilidad de Tiempo y Talento

April 22 marks the celebration of Earth Day 2026. Let us celebrate by spending time teaching children to respect nature. When we spend time in nature, our presence often impacts the health of the plants and animals we come into contact with. While spending time outdoors, take the time to teach your children why staying on the trails is important in order to protect sensitive ecosystems, or while at the beach or in a park, teach them to clean up any trash before leaving, or not to disturb the wildlife.

El 22 de abril se celebra el Día de la Tierra 2026. Enseñe a los niños a respetar la naturaleza. Cuando pasamos tiempo en la naturaleza, nuestra presencia a menudo afecta la salud de las plantas y los animales con los que entramos en contacto. Al pasar tiempo al aire libre, aproveche para enseñarles por qué es importante permanecer en los senderos para proteger los ecosistemas sensibles. En la playa o en un parque, enséñenles a recoger la basura antes de irse y a no molestar a la fauna silvestre.



All masses are livestreamed on Facebook, Web and YouTube. To register as a member, find more information about the parish, donate or to check out the latest activities, scan the QR code.



Las Misas son transmitidas en vivo en Facebook, Web y YouTube. Para registrarse, obtener más información sobre la parroquia, hacer una donación o para consultar las últimas actividades, escanee el código QR a continuación.



Mass Intentions

Sunday, April 19 | 10:30am
 †Angie and Gerry Villalta by Family
 Special Intention Lisa Marie Rausch

Ministry Schedule

Sunday, April 19 | 10:30am
Lector Lory Sumanting
Eucharistic Ministers Carol Benton, Linda Jackson

Last Chance to Signup

Last chance to sign up for the volunteer dinner on April 19, 2026. This dinner is for all volunteers, past and present. If you were active as a volunteer in the past, but haven't been active lately, you are still part of the many volunteers that made our parish a thriving and faith filled community. Please sign the sheet in the Greeting Area so that we can get a count for the meal.

The menu consists of: baked chicken, city chicken (pork), red skin potatoes, tossed green salad, green beans, fruit platter, rolls and butter. Yes, there will be dessert. Come join us for a relaxing afternoon honoring you.

Hooray for our Volunteers

It's taken thousands of parishioners volunteering thousands of hours throughout these past 100 years to make St. Mary Magdalen Parish what it is today. To those still here - THANK YOU VERY MUCH!

Our April display in the gathering area is dedicated to those many volunteers. Please take time to stop and view the many pictures of those who shared and still share their time and talents with us.

While you're looking at these pictures, take time to consider how you can help to keep St. Mary Magdalen Parish strong and vibrant by volunteering in one of many areas of service:

- Eucharistic Minister
- Lector
- Altar Server
- Ushers
- Choir Member
- Altar Cleaner
- Gardening
- Fellowship
- Decorating, and so many other areas that may need your help.

St. Mary Magdalen

19624 Wood Street, Melvindale, Michigan 48122
 (313) 381-8566 | Email: office@smmagdalen.org
www.magdalenparish.org

Office Hours | Horario de Oficinas
 Saturday & Sunday.....9:00am to 2:00pm

St. Vincent de Paul | San Vicente de Paul
 (313) 584-6361

Mission Direct | Misión Directa
Sharon Metz, Director of Music Ministry
smetz@smmagdalen.org | (313) 202-9054

Mission Support | Apoyo a la Misión
Sally Ann Amadio, Administrative Support
samadio@smmagdalen.org | (313) 596-7108

Parish Liturgy Schedule
Sunday.....10:30am

Reconciliation at St. Frances Cabrini
Saturday.....3:00pm

Please Pray For

Paulina Amormino	Kevin McGuckin
Robert Ayala	Carol Merta
Pauline Balderas	Lindsay Merta
Phillip Bastien	Lizette Noble
Douglas Burger	Jeffrey Noble
Phillip Burger	Daniel Perrotta
Mary Carlson	Daiya Sano
Joseph Coogan	Wanda Stevenson
Fr. Grankowski	Fr. John Sullivan
Leticia Guardiola	Julia & James Toth
Feliciano Guardiola	
Ronald Hanes	
Russell LaForest	

Our Stewardship

April 5, 2026
Budget.....\$3,962
Envelope/Loose\$4,463
Online Giving\$386
Actual\$4,849
Budget Deficit\$887

Give online at: magdalenparish.org

Catholic Service Appeal 2025
Goal.....\$23,796
Paid\$14,795
Amount Needed\$9,001

Thank you for your faithful stewardship—your generosity sustains our parish and strengthens our mission. God Bless You!

Did You Know?

With the parish membership continually growing, more parking spaces were needed, so a lot on Hanna Street was purchased in 1956 to enlarge the parking lot. A small lot across from the church on Outer Drive was also purchased to help ease the parking situation.

The first floor of the school addition was ready for use in September of 1957. More classrooms were still needed. During the 1957-58 school year arrangements were made to use a classroom at St. Sebastian School. The fourth-grade class was taken by bus every morning and returned in the afternoon after school. An addition to the school was opened in 1957.

The year 1960 saw many improvements to the parish property: A field house was built on the athletic field, an addition was made to the convent, the parking lot was blacktopped, and the lot and house adjoining the convent was purchased for any additional sisters who may be assigned.

The boys' choir, under the direction of Mr. James Hansen, made history in our parish in 1963. After giving a concert for the parish, they made a record which had remarkable sales. Word of our talented young men spread and they were invited to perform in Marquette, Michigan.

They gave a concert there and the following day sang at the ordination Mass. The boys were invited to eat dinner with Bishop Noa and other priests after the ordination; and upon entering the dining area, they were greeted with an enthusiastic ovation.

On their trip home, they stopped at Marywood, our religious sisters' home in Grand Rapids, and were treated to dinner. The boys, in turn treated the sisters to an impromptu concert.

In 1964 repairs were made to the convent and another addition to the school began. Plans for additions to the convent and rectory were drawn up in 1965 with work to be completed in 1966.



Scripture Readings

For the Week of April 12, 2026

Sunday • Sunday of Divine Mercy

Acts 2:42-47; Ps 118:2-4, 13-15, 22-24; 1 Pt 1:3-9; Jn 20:19-31

Monday

Acts 4:23-31; Ps 2:1-3, 4-7a, 7b-9; Jn 3:1-8

Tuesday

Acts 4:32-37; Ps 93:1ab, 1cd-2, 5; Jn 3:7b-15

Wednesday

Acts 5:17-26; Ps 34:2-3, 4-5, 6-7, 8-9; Jn 3:16-21

Thursday

Acts 5:27-33; Ps 34:2 and 9, 17-18, 19-20; Jn 3:31-36

Friday

Acts 5:34-42; Ps 27:1, 4, 13-14; Jn 6:1-15

Saturday

Acts 6:1-7; Ps 33:1-2, 4-5, 18-19; Jn 6:16-21

Sunday • Third Sunday of Easter

Acts 2:14, 22-33; Ps 16:1-2, 5, 7-8, 9-10, 11; 1 Pt 1:17-21; Lk 24:13-35

Lecturas de las Escrituras

Para la Semana del 12 de Abril de 2026

Domingo • Domingo de Divina Misericordia

He 2, 42-47; Sal 117, 2-4. 22-24. 25-27a; 1 Pd 1, 3-9; Jn 20, 19-31

Lunes

He 4, 23-31; Sal 2, 1-3. 4-6. 7-9; Jn 3, 1-8

Martes

He 4, 32-37; Sal 92, 1ab. 1c-2. 5; Jn 3, 7-15

Miércoles

He 5, 17-26; Sal 33, 2-3. 4-5. 6-7. 8-9; Jn 3, 16-21

Jueves

He 5, 27-33; Sal 33, 2 y 9. 17-18. 19-20; Jn 3, 31-36

Viernes

He 5, 34-42; Sal 26, 1. 4. 13-14; Jn 6, 1-15

Sábado

He 6, 1-7; Sal 32, 1-2. 4-5. 18-19; Jn 6, 16-21

Domingo • Tercero Domingo de Pascua

He 2, 14. 22-33; Sal 15, 1-2a y 5. 7-8. 9-10. 11; 1 Pd 1, 17-21; Lc 24, 13-35

Mass Intentions

Sunday, April 19 | 11:00am

- †Peggy Tackett by Beth and Family
- †Dennis Downey by Robert and Eileen White
- †Bob Damiani by Maryann Kazda
- †Merlinda Cruz by Sister Josie

Ministry Schedule

Sunday, April 19 | 11:00am

- Lector** Sue Palermo
- Eucharistic Ministers** Michaelyn McLain

Servers & Ushers, for the month of May, please sign the volunteer sign-up sheet in the Vestibule.

WOMEN OF FAITH AND SERVICE PRESENTS

MUSIC BINGO

FRIDAY, APRIL 17, 2026 AT 6:00PM
at St. Constance

TICKETS ARE \$15.00 AND WILL BE SOLD AFTER MASS
MARCH 22-APRIL 12 IN THE GATHERING SPACE!
NO TICKETS WILL BE SOLD AT THE DOOR.

INCLUDES DINNER: MOSTACCIOLI, SALAD, ROLLS,
DESSERT AND BEVERAGES.

ENJOY SEVERAL ROUNDS OF BINGO, MUSIC, 50/50
RAFFLE AND LOTS OF FUN!

For ticket information contact:
Dawn Schultz at (734) 652-8156

Our Stewardship

April 5, 2026

Budget.....	\$4,753
Envelope/Loose.....	\$5,757
Online Giving.....	\$630
Actual.....	\$6,387
Budget Surplus.....	\$1,634

Give online at: stconstance.com

Catholic Service Appeal 2025

Goal.....	\$35,588
Paid.....	\$26,074
Amount Needed.....	\$9,514

Thank you for your faithful stewardship—your generosity sustains our parish and strengthens our mission. God Bless You!

Lift Up Your Hearts

Pope John Paul II proclaimed that this Sunday, the first Sunday after Easter, be called and celebrated as Divine Mercy Sunday.

Sister Faustina was a Polish Sister who died, in 1938. Jesus had appeared to her many times and gave her many private revelations about His Divine Mercy.

Jesus gave her these instructions: I promise that the soul that will venerate this image will not perish. I also promise victory over its enemies already here on earth, especially at the hour of death. I Myself will defend it as My own glory.

Yes, the first Sunday after Easter is the Feast of Mercy, but there must also be acts of mercy, and I demand the worship of My mercy through the solemn celebration of the Feast and through the veneration of the image which is painted.

By means of this image I shall grant many graces to souls. It is to be a reminder of the demand of My mercy, because even the strongest faith is of no avail without works.

The little prayer that Jesus wants associated with His image of The Divine Mercy is:

O Blood and Water,
which gushed forth from the Heart of Jesus
as a fount of mercy for us,
I trust in You!

Some of the works of mercy in our world:

Corporal Works of Mercy

- Feed the hungry
- Give drink to the thirsty
- Clothe the naked
- Shelter the homeless
- Comfort the prisoners
- Visit the sick
- Bury the dead

Spiritual Works of Mercy

- Teach the ignorant
- Pray for the living & the dead
- Correct sinners
- Counsel those in doubt
- Bears wrongs patiently
- Forgive wrongs willingly

With love, Fr. Leo



May the Perpetual Light
Shine Upon the Soul of:

Beverly Mytkowski

Health Ministry

The first step in managing stress is recognizing that you are stressed and identifying the sources of that stress.

Recognize Your Stress

Before you can manage stress effectively, it's essential to notice the signs of stress in your body and mind. Stress can manifest physically through headaches, muscle tension, fatigue, sleep disturbances, or digestive issues, emotionally through irritability, anxiety, or mood swings, and behaviorally through changes in appetite, procrastination, or social withdrawal.

Paying attention to these signals allows you to understand when stress is present and how it affects you personally.

Identify Your Stressors

Once you recognize stress, the next step is to pinpoint its sources. Stressors can include work pressures, relationship challenges, financial concerns, health issues, or major life changes. Understanding what triggers your stress helps you determine which aspects you can control, which you can change, and which you need to adapt to.

Self-Awareness and Reflection

Developing self-awareness is crucial. This involves not only noticing stress but also understanding your reactions and coping patterns. Keeping a stress diary or journal can help track triggers, physical responses, and emotional reactions, providing insight into patterns and areas for intervention. This self-knowledge forms the foundation for choosing effective coping strategies.

Next Steps After Recognition

After recognizing and identifying stress, you can begin to implement strategies such as:

- Avoiding unnecessary stressors by setting boundaries or saying no to overcommitments.
- Altering situations you can influence through communication or problem-solving.
- Accepting what cannot be changed to redirect energy toward manageable areas.
- Adapting your perspective by reframing challenges or focusing on the bigger picture.

By starting with recognition and identification, you create a solid foundation for long-term stress management, enabling healthier coping techniques, improved emotional resilience, and better overall well-being.

St. Constance

21333 Kinyon, Taylor, Michigan 48180
(313) 291-4050 | Email: office@stconstance.com
www.stconstance.com

Office Hours

Saturday & Sunday.....9:00am to 2:00pm

Mission Support

Patricia Gonyeau, Administrative Support
pgonyeau@qvdomine.org

Mission Direct Pastoral Minister

Roseanna Rogers
rrogers@stconstance.com

Director of Music Ministry

Sue Wrona

Parish Liturgy Schedule

Sunday.....11:00am

Reconciliation

Saturday at St. Frances Cabrini.....3:00pm

Please Pray For

Missy Evans
Nathan Merchak
William Merchak

Rick Roy
Tom Torongeau
Kevin Utley

St. Constance Health Ministry Presents

A DERBY CELEBRATION AND TEA



May 2, 2026
12:30pm

St. Constance Parish Hall

If you or someone you know is a Kentucky Derby fan or isn't and would enjoy brunch, TRIVIA with tea and Mint Julep mocktails, please join us and RSVP at (313) 418-2548, to reserve your spot! We are limited to 50 attendees, so reserve early.

Brunch
Assorted Teas
Mint Julep Mocktails

Derby Trivia
Tea Factoids
Various Health Topics



Wear your fanciest hat for a chance to win a door prize.