# OUR FAMILY NEWS





## **THE GOAL**

To renew our parishes so they become places where individuals and families encounter Jesus and grow as missionary disciples

## **THE PLAN**

To respond in faith to the challenges we face and to take the necessary steps to better equip our parish communities for mission.

## **OUR RESOLVE**

To advance with unshakable conviction of the truth of the Gospel and a love that compels us to share the good news with those around us

# > Detroit Catholic

# Detroit-area parishes part of national trend of expanding ministries to address mental health concerns since COVID-19 pandemic

## Gabriella Patti · October 29, 2025

ROCHESTER HILLS — Reflecting on the uncertain early days of the COVID-19 pandemic, Holly Abolins, director of discipleship formation at St. Mary of the Hills Parish in Rochester Hills, can think of one positive from the time of sheltering in place and distancing.

COVID gave society permission to start talking more freely about mental illness and mental health concerns.

"COVID affected all of us in some way, and not just physically, but in our heads and hearts," Abolins told Detroit Catholic. "It gave us permission to start talking more freely about mental illness and working on our mental wellness. I think that people felt that they were not alone."

Abolins has long had compassion for those suffering from mental illness. From the time she started her position, she has been looking for ways to incorporate mental health ministry into the parish.

As Abolins observed the impact of COVID-19, saw the toll it took on the mental wellness of those around her.

"I have always had a compassion and a desire to help (those who have mental illness) — just to be aware and to listen, because a listening ministry has been a part of my calling," Abolins said. "And if there is anywhere you should be able to get help when your heart is hurting, I hope they would come home to their church."

However, Abolins realized, in many cases people weren't turning to their churches because mental health ministries were not offered. So Abolins decided to rectify that. In 2021, she connected with two nearby parishes — St. Irenaeus and St. Andrew — joining forces with Cindy

Continued on Page 21

# MEET OUR FAMILY OF PARISHES ALL ARE WELCOME

Holy Family 24505 Meadowbrook Rd. Novi, MI 48375 (248) 349-8847 www.holyfamilynovi.org

St. James 46325 Ten Mile Rd. Novi, MI 48374 248-347-7778 www.stjamesnovi.org St. Joseph 830 S Lafayette St. South Lyon, MI 48178 (248) 446-8700 www.stjcc.org

St. William 531 Common St. Walled Lake, MI 48390 (248) 624-1421 www.stwilliam.com



# WHAT IS A FAMILY OF PARISHES?

A Family of Parishes is a group of three or more parishes that collaborate in deeper and more intentional ways than parishes have ever done before. Each parish in a Family will retain its own unique identity, similar to how each sibling has his or her own unique roll in the family.

If you have an Catholic event that you would to submit for publication, send it to Ron Hartmus (St. James Church - Novi)

bulletin@stjamesnovi.org

# Parishes tackling mental health crisis with compassionate, comprehensive ministries



Kathryn Yanik, the director of the Office of Life Issues of the Archdiocese of Washington, holds her baby daughter, Clare, and is joined by her husband, Robert Yanik, and her mother-in-law, Marianne Yanik, at a May 11, 2024, Mass at the Pope Francis Center in Landover Hills, Md., for people living with mental health challenges. (OSV News photo/Mihoko Owada, Catholic Standard)

# OUR FAMILY OF PARISHES DAILY MASS SCHEDULE

Holy Family
24505 Meadowbrook Rd.
Novi, MI 48375
(248) 349-8847
www.holyfamilynovi.org

Monday	12:00 pm
Tuesday	9:00 am
Wednesday	12:00 pm
Thursday	9:00 am
Friday	9:00 am

## St. James 46325 Ten Mile Rd. Novi, MI 48374 248-347-7778 www.stjamesnovi.org

Monday	9:00 am
Tuesday	9:00 am
Wednesday	7:00 pm
Thursday	None
Friday	None

## St. Joseph 830 S Lafayette St. South Lyon, MI 48178 (248) 446-8700 www.stjcc.org

None
7:00 pm
9:00 am
None
9:00 am

## St. William 531 Common St. Walled Lake, MI 48390 (248) 624-1421 www.stwilliam.com

Monday	None
Tuesday	8:00 am
Wednesday	8:00 am
Thursday	8:00 am
Friday	None

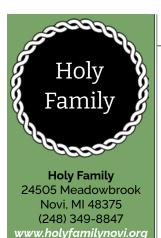
# OUR FAMILY OF PARISHES RECONCILIATION SCHEDULE

Saturday	9:00 am
or by appoin	tment

Wednesday	6:00 pm
Saturday	2:30 pm

Tuesday	6:00 pm		
First Tuesdo	ıy		
of the Month Only			
Saturday	3:30 pm		

**Announced Weekly** 



# Weekend **Mass Times**

**Saturdays** 4:30 pm 6:30 pm **Spanish** 

Sundays 8:30 am 10:30 am

12:30 pm

# Fr. Bob LaCroix frbob@hfnovi.com

# Janet Díaz Pastoral Formation Dir.

jdiaz@hfnovi.com

## Gabriela Vázquez Hispanic Ministry Dir. qvazquez@hfnovi.com

**Katie Luther** Evangelization Coord. kluther@hfnovi.com

Dan Czarniecki Faith Formation Dir. dczarniecki@hfnovi.com

## Fr. Bob LaCroix





# CLASES PRE-BAUTISMALES **•** 0 = En Español Via Zoom Registrate con Gabriela Vázquez, gvazquez@hfnovi.com







## MONDAY, NOVEMBER 3, 7:00 PM

Holy Family Church will host a special Mass of Remembrance on Monday, November 3, at 7 PM.

This event serves as a beautiful way to keep the memory of those we have lost alive in our hearts while finding comfort in the shared support of our faith community.

All are welcome to attend and join in this meaningful tribute.

## SATURDAY, NOVEMBER 8, 10:00 AM

Si está considerando bautizar a su hijo o hija en un futuro cercano o lo han invitado a convertirse en padrino o madrina. Esta clase es para usted!

Esta sesión se ralizara via Zoom. Le agradecemos se registre con Gabriela Vazquez, gvaqzquez@hfnovi.com

## SATURDAY, NOVEMBER 8, 4:30 PM

The Knights of Columbus invite Veterans to join them for a special evening on November 8.

The event will begin with a Special Blessing during the 4:30 PM Mass, followed by a Reception. Hors d'oeuvres & Refreshments will be served. Uniforms, Hats, and Medals are optional.

Please sign up on the sheets located beneath the library window.

#### FRIDAY, NOVEMBER 14, 7:00 PM

As we encounter our Lord in the Eucharist, sing praises to Jesus, and worship the Lord of Lords, the presence of the Holy Spirit fills the atmosphere. You will sense the Lord's closeness as you are engulfed in His love and mercy.

This is a night of releasing all your anxieties and worries as you allow the Lord to minister to you. We call upon the Holy Spirit and when we call upon Him, He will come!

# FRIDAY, NOVEMBER 14, 5:30 PM

Join us for a wonderful evening as we support Mary's Mantle at its 2025 Gala, featuring:

5:30 PM: Mass at Gesu Catholic Church 7:00 PM: Dinner and Auction at the University of Detroit Mercy

Gala MC: Fr. Drew Mabee

For more information: www.marysmantle.net



**Holy Family** 24505 Meadowbrook Novi. MI 48375 (248) 349-8847 www.holyfamilynovi.org

November 3, 2025

# Daily **Mass Times**

Monday 12:00 pm 9:00 am **Tuesday** Wednesday 12:00 pm 9:00 am **Thursday Friday** 9:00 am

#### Fr. Bob LaCroix





## WEEKENDS, NOVEMBER 15&16 AND 22&23, AFTER ALL **MASSES**

Lifespan Christmas Cards Available for Purchase!

By purchasing these cards, you are supporting pro-life initiatives, education, and the resources provided throughout the upcoming year.





# SATURDAY, NOVEMBER 15, 8:00 AM The Men of Fire Group at Holy Family is a band of brothers who make it their mission to ignite the spirit of Christ in all men. Join us for our Speaker Series Breakfast.

Breakfast is served at 8am. Talk begins at 8:20 am Suggested donation: \$10.00

For more information contact Dan Blossfeld at dbloss00@gmail.com



# SUNDAY, NOVEMBER 30, 11:30 AM

You are warmly invited to join the Knights of Columbus in praying the Rosary on Sunday. Let us come together in faith and fellowship to seek the intercession of our Blessed Mother and strengthen our bonds as a community.



## SUNDAY, NOVEMBER 30, 3:00 PM

Save the Date!

The Women of Light warmly invite you to the 2025 Advent Tea, scheduled for Sunday, November 30, at 3:00 PM.

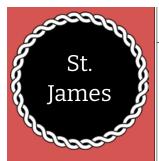
Keep an eye out for more information!



#### TUESDAY, DECEMBER 2, 7:00 PM

As we prepare our hearts for the joy of Christmas, join us for our Advent Communal Penance Service on Tuesday, December 2, at 7:00 p.m. This is a beautiful opportunity to seek God's mercy, find peace, and experience the grace of forgiveness together as a community.

Come, renew your spirit this Advent season!



**St. James** 46325 Ten Mile Rd. Novi, MI 48374 248-347-7778 www.stjamesnovi.org

November 3, 2025

# Weekend Mass Times

Saturdays 4:00 pm

Sundays 8:00 am 9:30 am 11:30 pm





# **PrimeTimers**

Are you an adult 50+ looking for fun and to socialize? Please consider joining the PrimeTimers, a group of family of parishes members, singles or couples. Our goal is to meet the spiritual, educational and social needs of our community. Meetings are held once a month in the St James Parish Hall.

# November 10th at 1:00 pm November Meeting

Please come for a blast from the past! We will have several examples of items from our younger days and ask you to recall any memories you may have. Lots of fun and great prizes too.

# December 1st at 12:00 pm December Meeting

We will have our annual Christmas celebration and some holiday cheer. Our luncheon will be catered by the Livonia Italian Bakery and the cost is \$20.00 per person. Beyond Belief will entertain us with their terrific Christmas program. Please send your check payable to 50+ to: Marge Jonesku, 234 Winslow Circle, Commerce Township, 48390.

You may also pay at the November meeting.

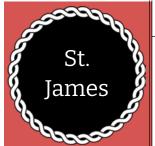
# January 12th at 1:00 pm January Meeting

Join us for a presentation from David Larwa who will tell us some interesting facts about St James, our parish name sake. We will also have a white elephant gift exchange. Please bring one wrapped gift to exchange.



Any questions - call Pat Woody at 847-217-0515





St. James 46325 Ten Mile Rd. Novi, MI 48374 248-347-7778 www.stjamesnovi.org

**November 3, 2025** 

# Daily Mass Times

Monday 9:00 am
Tuesday 9:00 am
Wednesday 7:00 pm
Thursday None
Friday None

Fr. Ed Zaorski



Mes catholic youth organization





**St. Joseph** 830 S Lafayette St. South Lyon, MI 48178 (248) 446-8700

**November 3, 2025** 

# Daily Mass Times

Monday None
Tuesday 7:00 pm
Wednesday 9:00 am
Thursday None
Friday 9:00 am

#### Fr. Stan Tokarski





Thanksgiving Collection for Jail & Outreach Ministry



10/11 - 11/9

This year, we're inviting you to share the gift of Meijer gift cards for Jail & Outreach Ministry in place of food donations.

You may bring them to the parish office or place them in the offertory in an envelope marked "JOM."

Register for Advent by Candlelight

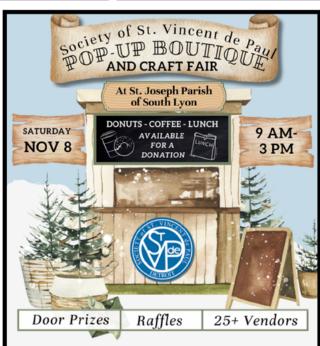


10/18 - 11/24

The theme of this year's event is "The Light Shines in the Darkness" and features a talk by guest speaker Mary Wilkerson.

> Thurs. Dec 4<sup>th</sup> @ 6:30 PM \$10/person

Learn More & Register: stjcc.org/adventbycandlelight





St. Joseph 830 S Lafayette St. South Lyon, MI 48178 (248) 446-8700 www.stjcc.org

November 3, 2025

# Weekend Mass Times

Saturdays 5:00 pm

Sundays 8:00 am 10:00 am 12:00 pm

## Fr. Stan Tokarski



Knights of Columbus Religious Christmas Card Sale



11/8 - 11/23

The Knights will be selling religious Christmas cards in the gym after all weekend Masses from November 8<sup>th</sup> through November 23rd.

"Keep Christ in Christmas"



Total Consecration to Jesus through Mary



11/9 - 12/12

Grow closer to Jesus by following the path shown to us through His Mother. Inspired by St. Louis de Montfort, this beautiful spiritual journey invites us to deepen our faith and devotion.

Consecration begins November 9th and concludes on the Feast of Our Lady of Guadalupe, December 12th.

Visit our website stjcc.org for more info.



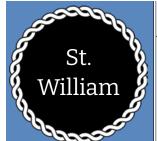
**How Trusting God Changes Everything** 

Wed. Nov. 12th 6:30 - 8:30 pm, MPR



**RSVPs** appreciated

Learn More and RSVP at tinyurl.com/WoMNov12



**St. William** 531 Common St. Walled Lake, MI 48390 (248) 624-1421 www.stwilliam.com

November 3, 2025

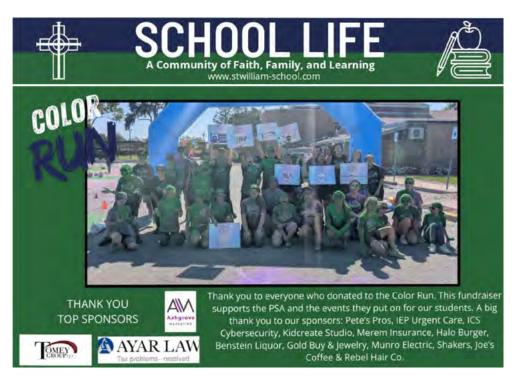
# Weekend Mass Times

Saturdays 4:30 pm

Sundays 10:00 am 12:30 pm

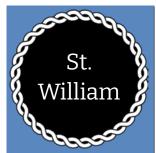
#### Fr. Michael Savickas











St. William 531 Common St. Walled Lake, MI 48390 (248) 624-1421

November 3, 2025

# Daily **Mass Times**

**Monday** None

**Tuesday** 8:00 am

Wednesday 8:00 am

**Thursday** 8:00 am

Friday None

#### Fr. Michael Savickas





# ST. WILLIAM BIBLE STUDIES 2025-2026

The following Bible Studies are available starting in September

#### The Bible Timeline: The Story of Salvation

Study leaders: Juli Simpson (AM) and Ted Monfette (PM)

Beginning: September 11<sup>th</sup>

Monday mornings from 9:30am to 12:00pm in the Disciples room Tuesday evenings from 6:30pm to 8:30pm in the Disciples room

#### **CREDO Foundations of Faith**

Beginning: September 7th - Sunday afternoons from 2:00pm to 3:30pm, Disciples room

This series is divided into the following four parts; you may join any of the parts, it's not mandatory

Part I Faith & Doctrine – Five sessions beginning September 7th

Part II Sacramental Life & Practice - Four sessions beginning October 12<sup>th</sup>

Part III Christian Moral Life - Eight sessions beginning November 9

Part IV Mystagogy - Pillars of Catholic Living - Four Sessions beginning January 11<sup>th</sup>

#### Symbolon through Formed (Small Faith Group)

Study leaders: Greg and Leslie Carnacchi

Beginning: September 11<sup>th</sup> on the 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays, 6:00PM to 9:00PM virtually

#### THE CHOSEN: Season Five

Study leaders: Greg and Leslie Carnacchi

Beginning: September 11<sup>th</sup> - Thursday mornings 9:30am to 12:00pm, Disciples room

## **LUKE: The STORY OF SALVATION FULFILLED**

Study leaders: Greg and Leslie Carnacchi

Beginning: October 16<sup>th</sup> - Thursday mornings from 9:30am to 12:00pm, Disciples room

#### Foundations of Faith: A Journey Through the Catechism of the Catholic Church

Study leaders: Greg and Leslie Carnacchi

Beginning: December 18<sup>th</sup> - Thursday mornings 9:30am to 12:00pm, Disciples room

#### Revelation: The Kingdom Yet to Come

Study leaders: Joanne and Dan Jones Beginning: September 17<sup>th</sup> - Wednesday evenings 6:30pm to 8:30pm, Disciples room

#### **THE CHOSEN: Season Five**

Study leader: Sue Kozora

Beginning: September 25<sup>th</sup> - Thursday evenings from 7:00pm to 9:00pm, Disciples room

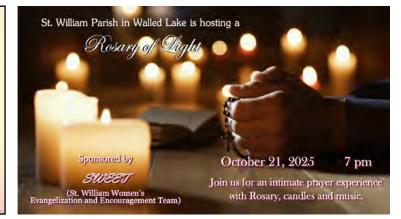
# OK SIBO

## Rosary Altar Society

Our next membership meeting will be on Wednesday, November 5<sup>th</sup> at 6:30 pm in Zepf Lower Hall.

We will be having a Fall Bake Sale on the weekend of November 15th and 16th after all the masses.

And, we have a few gas raffle tickets available. We are only selling 300 tickets. \$20.00 each. \$1,300 worth of gift cards from a place of your choice that sells gas (Meijer, Costco, Kroger). So hurry and get yours before they are gone. You can get one from any RAS member or call Shirley Dertinger at 248-640-1177 or Rose Ann Troxtell at 248-931-0604. God bless 🔬 🛭





# Hospice Care

November 3, 2025





# Companionship Volunteers Needed

Residential Hospice is looking for volunteers to visit patients at home or in a longterm care facility. Companionship may include reading and talking to a patient, writing letters, reading a patient's personal story or giving respite to caregivers.

## **Benefits for Patients:**

- Knowing that they are not alone.
- The chance to see a new face and tell their stories.
- Their caregivers are able to take brief breaks and be fresh when they return.
- · Having something to look forward to.

# **Benefits For Volunteers:**

- The satisfaction of bringing comfort to someone approaching the end of life.
- The chance to witness the beauty of families coming together for someone they love.
- The knowledge that you are a valued member of the hospice team.





Scan QR to apply p: (248) 530-6236 | volunteer@residentialhospice.com





# November 3

# **SEASON FIVE**

AIP Speaker Series at Saint John's Resort

Rosary at 6:30pm Speaker at 7:00pm

Each month we'll bring in a world-renowned speaker to inspire and reinvigorate us to live as missionary disciples in today's changing world.



# Monday, November 3, 2025 **Father Mark Haydu** "Serving Under 3 Popes: My Time in the Vatican"

Fr. Mark Haydu, LC, serves as chaplain for Seton Education Partners. He's also the New York local chaplain for the Lumen Institute, which seeks to respond to a critical need for faith-based formation for business leaders and their families, through providing guidance in human, spiritual, intellectual, and apostolic formation.

He was ordained to priesthood in 2007 and from October 2007 to June 2016, served in the Vatican as the International Director of the Patrons of the Arts in the Vatican Museums and continues to serve as a special advisor to this office. Fr. Haydu has also authored several publications.

Sponsored By:

















Scan QR code to make a contribution to Trustinus LLC for this Speaker Series

Address: SAINT JOHN'S RESORT at 44045 Five Mile Rd, Plymouth, MI 48170

 $For more information, please\ email\ AIPS peaker Series@gmail.com$ 



@AIPSpeakerSeries





# November 6

# RIDE the BUS from Detroit or Downriver

\$30 Adult \$20 FREE Youth



# Thursday, NOVEMBER 6<sup>th</sup>

10:00 AM - Pre-Rally Concert 11:00 AM RALLY 12:00 PM MARCH

At the State Capitol in Lansing Ride the Bus and avoid parking hassles!

#### **Charter Buses Departing from:**

- St. Mary Catholic Church, Rockwood
- ♦ First Presbyterian, 2799 West Rd, Trenton
- Our Lady of the Scapular, 2609 Tenth St., Wyandotte
- ♦ Holy Redeemer, 1721 Junction Ave., Detroit
- ♦ New Hope Assembly Church, 14000 Racho, Taylor
- ♦ Levagood Park, west lot, across from Divine Child, Dearborn

Buses will depart by 8:30 a.m. and return about 4 p.m.

Join us on the third anniversary of the passage of Proposal 3 that made abortion a constitutional right in Michigan. This Rally and March will show our legisla-









rtl.org/event/michigan-march-for-life/ marchforlife.org

tors that the people of Michigan still support the protection of innocent human life. It is critical that we have a huge turnout. We want to fill each bus to capacity! Make your reservation now.

To REGISTER: call 734-282-6100 DownrivertoMIMFL.eventbrite.com email WyandotteRLM@gmail.com Debbie, 734-934-2599 or Joe, 734-735-8001

Buses sponsored by:

- Southern Downriver Right to Life
- Upper Downriver Right to Life
- Central Wayne County Right to Life
- Dearborn Area Right to Life



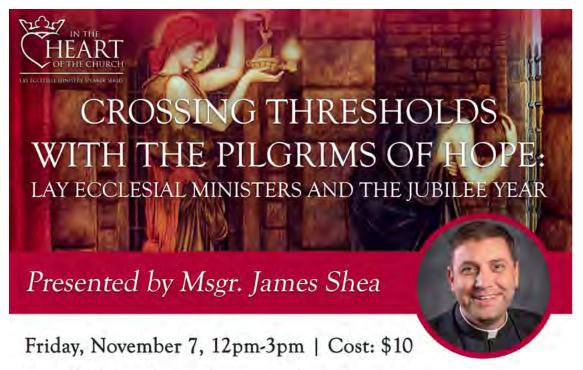
<u> </u>			
Name			Select bus departure location:
Address			[ ] St. Mary, Rockwood [ ] First Presbyterian, Trenton
City	State	Zip	[ ] Our Lady of the Scapular, Wyandotte
Cell phone	emergency #		[ ] Holy Redeemer, Detroit [ ] New Hope Assembly, Taylor
Email			[ ] near Divine Child, Dearborn
[ ] Adult (over 21) [ ] Young Adult (21 and under) [ ] Senior (65+) In consideration of participation in this event, I hereby agree to release Right to Life of		[ ] \$30 - Adult (over 21) [ ] FREE - Young Adult (21 and under)	
Michigan, and its affiliates, officers and and all claims arising from participation	1	ny volunteers from any	\$ Amount enclosed  Mail to: Upper Downriver RTL,
Signature	Date	<u></u>	2010 Eureka, Wyandotte, MI 48192



# November 7

November 3, 2025





Sacred Heart Major Seminary | 2701 Chicago Blvd. Detroit, MI 48206

As the Catholic Church celebrates the Jubilee Year of Hope, lay ecclesial ministers not only proclaim the good news of hope in their ministries, but they are called to live that hope in the midst of the challenges of ministry. Is it not challenging enough to grow in hope just for oneself when there is so much darkness and despair in the culture? So how might those in ministry bear witness to the completeness of their joy? The Jubilee of Hope provides a perfect occasion to gather nourishment amidst discouragement and revitalize the virtue of hope so that lay ecclesial ministers can become beacons of hope. Msgr. James Shea will explore the significance of hope as a theological virtue while also inviting lay ecclesial ministers to rediscover the beauty of their vocation to ministry in the light of Christ, the conqueror of sin and death, by whom we are "saved in hope."

Please Register at: SHMS.EDU/SPEAKERSERIES







# November 15

November 3, 2025





Come and journey through the inspiring story of how the Catholic faith has taken root and flourished in Detroit. From the first French missionaries of the 1600s to the bustling parishes of today, we'll explore the people and events that shaped our local church through times of joy and challenge. Together we'll discover how the Holy Spirit has guided Detroit Catholics in every generation and how Christ continues to lead us now. This course is perfect for anyone who loves our city, our faith, and the rich traditions that bring them together. Join us and be inspired to carry the mission forward in your own life!

\$10 Included in your parish's Equip Subscription

SIGN UP AND LEARN MORE AT SHMS.EDU/DETROIT







# November 20

November 3, 2025





Join us for an evening at SCA and learn more about:



SaintCatherineAcademy.org | admissions@saintcatherineacademy.org | (248) 946-4848 Ext. 132



# Summer 2026

November 3, 2025





Huntington Place, Detroit











RISING. REVIVED. RENEWED.

July 22, 2026



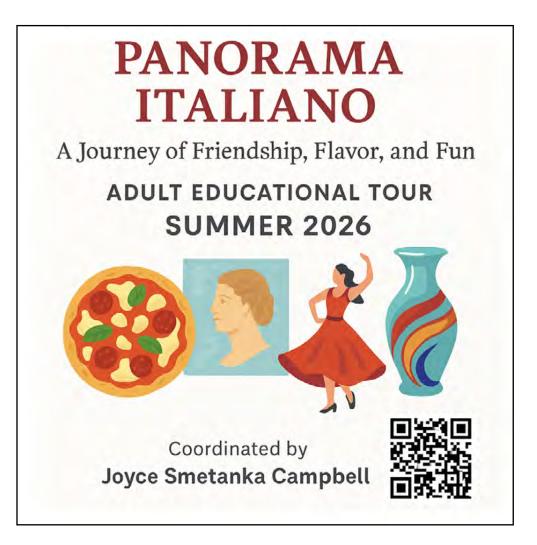
This is more than an event—it's a call to rise. Experience the fire of renewal and the living water of grace at Detroit's Eucharistic Revival.



# Summer 2026

November 3, 2025





This trip is not just about travel—it is about fellowship, learning, and sharing joy together. We will experience Italy through activities such as fresco painting in Florence, a Tarantella dance lesson in Sorrento, a Murano glass-blowing demonstration, and a hands-on pizza-making class in Rome. With 20 travelers, we'll enjoy the comfort of a private coach while making new friendships and memories rooted in culture and community.

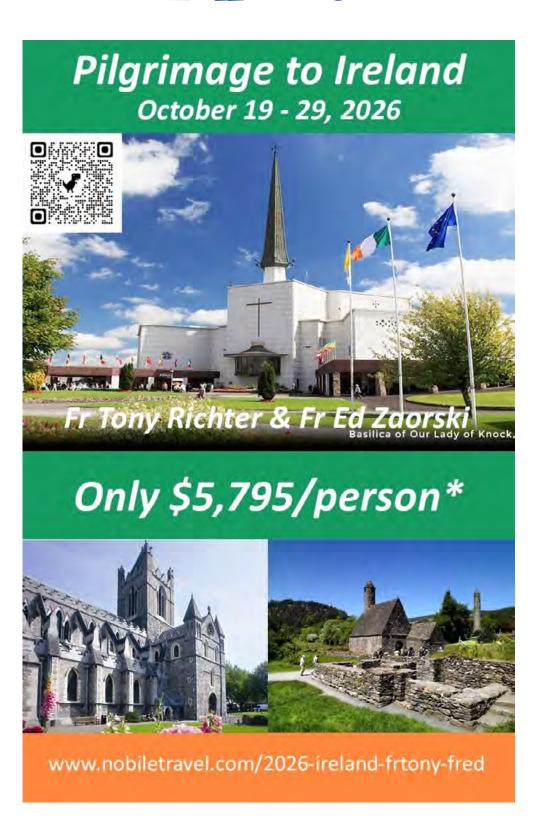
Joyce Smetanka Campbell Trip Coordinator madamecampbell49@gmail.com



# Fall 2026

November 3, 2025









# > Detroit Catholic

#### Continued from Page 2

Monaghan, Christian service coordinator at St. Irenaeus Parish, and other parish staff and volunteers.



Monta Palmer, souter discrete of Circula and Legal Services, and Alarne Ryan, discrete of Soula Work, at Catholic Chatteries in Childrena. City, fluttrate how they provide in person countedig until the convenience parlemin in the unshade photon. The old singuas against mental littlens here beguns to weaken toke the COVID-19 pandemin, as people in Alarweiding the has intage for protessional and unitance is a constructive way to deal with the surper and unhappitient that plague our notice; today, (CNS planos)overtoy Catholic Chanton, Archidocone of Oklahoma.

The team discovered grants offered through the International Association for Catholic Mental Health Ministers and applied. They were among the recipients, and the grant, combined with another they applied for through the city of Rochester Hills, gave them a start.

Today, the Rochester Area Family of Parishes offers a robust mental health ministry for all ages, providing speakers, small groups, mental wellness events, resource fairs and prayer services and other resources.

"We identified mental health challenges that affected our parishes, parishioners and community," Monaghan said. "We wanted to provide an up-to-date, vetted mental health resource list that included spiritual resources and emergency mental health resources. We wanted to offer the whole spectrum: from languishing to thriving with mental illness and mental wellness. I hope we give people enough tools to care for themselves."

Mental health hasn't always been openly discussed, but awareness has increased in recent years, especially since COVID, Abolins observed. More people are seeking support and help, opening up about mental health topics that were once considered taboo.

"In general, there is that sense that people are more open to it," Abolins said. "People who are willing to share their stories about it, from athletes to movie stars to singers to our own parish leaders and our own church leaders, they are the brave ones who are willing to share their personal story."

## A national crisis

The Rochester Area Family of Parishes' program, which is open to its parishioners and non-parishioners alike, is part of a national trend to make mental health a visible part of Catholic ministry.

In 2023, Deacon Ed Schoener, president and founding member of the Association of Catholic Mental Health Ministers, told OSV News that while Catholic charities and organizations have long offered access to therapists, counselors and mental health professionals who can offer medical diagnoses or care, the idea of "mental health ministry" is relatively new.

"This is a brand new ministry in the Church," Deacon Schoener explained. "And I think it's growing fairly rapidly for a new ministry like this, in a very ancient institution."



A booklet is pictured during a Jan. 28, 2023, kecure titled "Mental Health: Moving Past the Taboo to a Culture of Acceptance" at the Cutholic Social Ministry Gathering in Washington. (OSV News photo/Bob Roller)

In October 2025, the Catholic Church in the United States, through the guidance of the United States Conference of Catholic Bishops, renewed its National Catholic Mental Health Campaign (NCMHC) to encourage "all people to become more aware of the issues, eliminate the stigmas around mental illness, and seek creative ways to journey with those who struggle."

On Oct. 12, the Sunday following World Mental Health Day, Catholics were also invited to participate in Mental Health Sunday by praying specifically for the intentions of those struggling with mental health.

# Continued on Page 22







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The need for mental health support and ministries remains acute. As of 2025, the Centers for Disease Control reports that one in five adolescents and one in four adults live with a mental health condition, with very little significant change since 2021. In a 2023 interview, Deacon Schoener estimated only 40 of the 194 territorial dioceses and archdioceses in the United States have "some level of mental health ministry."



While several parishes in the Archdiocese of Detroit offer components of mental health ministry — from workshops to peer-to-peer support groups and outreach ministries — relatively few offer a dedicated ministry similar to the one run by Abolins and her colleagues.

For the past month, St. Mary Magdalen Parish in Melvindale has offered the Sanctuary Course for Catholics — a free online course designed to raise awareness and start the conversation in local churches regarding mental health.

The course, offered by the Association of Catholic Mental Health Ministers in partnership with Sanctuary, has been hosted weekly at the parish, and is set to be completed Nov. 11, but there are plans to restart the course sometime in the new year.

Tom Smith, a parishioner at St. Frances Cabrini Parish in Allen Park, helped bring the course to the Quo Vadis Domine Family of Parishes after seeking spiritual direction and being encouraged to take a charism survey through the Catherine of Siena Institute's Called and Gifted Discernment Process.

Smith felt compelled to become involved in a ministry where he could encourage and help others, and got the support of his pastor, Fr. Tim Birney.

"The eight-week Sanctuary Course focuses on three main perspectives: social, psychological and theological," Smith explained. "It is a way to start an engaging conversation and get people open to new ways of thinking about mental health from a Christian faith perspective — where does God come into the picture and what does it look like?"

The course is educational, Smith added, and helps to address the stigmas surrounding mental health.

Mental health ministry is not a substitute for professional care or medication, but the Church is often the first place people turn in a crisis, Smith said, and should be prepared to offer resources and referrals.

# Removing the stigma

Despite the increased awareness surrounding mental health, Abolins said there are still some who feel mental illness is "made up" or that people are "overreacting."

The more people talk about it openly, the more the stigma will be removed, Abolins said, making it easier for people in crisis to address the issue the same as they would for any other health concern.

"If you aren't feeling well and you go to the doctor and they tell you your sugar is too high, then you start off by looking at what you eat and seeing if that helps, and then maybe go to a nutritionist," Abolins explained. "Maybe you start taking insulin and you start feeling better, and you just learn to incorporate it in your life."The same approach should be taken with mental health, she added.



Amy Shipman, director of commiling, and Stephanie Spiser, office manager at Carbolic Charities in Oklahoma City, illustrate telecours amid the constraints pandemic in this undated photo. (CNS photo/courtery Carbolic Charities, Archdiocese of Oklahoma City)

One of the most impactful ways to reduce the stigma is to hear from people who have faced mental health challenges, Abolins

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said. Testimonies shared in the Sanctuary Course and in documentaries such as My Ascension, which tells the story of a young woman who survived a suicide attempt, can help people relate in a way that encourages them to seek help, Abolins said.



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"One woman (in the Sanctuary videos) said, 'People told me that if I just prayed, I'd get better, and I prayed, and I didn't get better," Abolins said. "It really hit me because it is true. When you don't understand or you have never experienced mental illness or anything related to it, it is easy to look at someone who is living with mental illness (and say), 'Just get over it or pray about it, and God will take care of you.' But there are some situations and times where you are in such a sad, hard, or dark place, you cannot feel God's love."

By breaking down stigmas, Monaghan believes the Church can become a welcoming place for all.

"What sets us apart is that we are a Church and we do share the Gospel — the Spirit is guiding us," Monaghan said. "If there is no Church, God, or Jesus in your ministry, it is not a mental health ministry; it is just another social service agency."

By grounding their approach in faith, Abolins hopes ministries such as the one at St. Mary of the Hills will be able to grow and reach more people who are struggling.

"I hope that when somebody is hurting, they feel like they can come to their faith and church to get help and that they will find it," Abolins said. "God only wants the best for each of us, and He knows that because we cannot see Him and sometimes cannot feel His love, He sends us each other. We are supposed to be His love to others."



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