THE CRADLE OF AFRICAN AMERICAN CATHOLICISM IN DELAWARE

**Notary Services** Available Upon Request See Loretta Young

Pastor

Rev. Paul M. Williams, OFM pw4ofm@aol.com

DEACON

Deacon Robert J. Cousar

**Office Hours:** Tuesday - Thursday, 10 am - 3 pm

Friday, 10am - 1pm

**Parish Secretary:** parishsecretary@stjosephfrenchst.org

stjosephsbulletin@yahoo.com **Bulletin News:** Website: www.stjosephfrenchst.org

1012 French Street, Wilmington, DE 19801 302-658-4535 (Tel) 302-658-2006 (Fax)

### MASS SCHEDULE

Sunday — 10:00 am Tuesday to Friday — 12:10 pm Saturday Vigil — 5:00 pm Holy days — As announced

The Church is open for Prayer & Meditation Tuesday—Friday from 11:30 AM to 1:00 PM. Confessions are heard on Saturday at 4:30 pm and by appointment.

### **MARRIAGE:**

All couples contemplating marriage are asked to give the Pastor at least one year prior notice in order to satisfy all diocesan requirements for marriage. All couples must attend either Pre-Cana Classes or make an Engaged Encounter.

#### **BAPTISM:**

Before a child is Baptized, the parents and Godparents must participate in a Pre-Baptismal program. Please call the Pastoral Center to make arrangements.

### **NEW PARISHIONERS:**

**Welcome!** We encourage new families moving into the area to stop in or call the Pastoral Center and complete a parish registration form.

### CARE OF THE SICK AND

**HOMEBOUND:** The Pastor. Deacon. and special ministers of Holy Communion will gladly bring Communion to anyone who is ill or otherwise unable to get to Mass. The Pastor and Deacon make regular visits to local hospitals. Please notify the Parish Office if any parishioner is ill or hospitalized.

CHANGE OF ADDRESS, EMAIL, TELEPHONE NUMBER: Contact the Parish Office if your personal contact information changes.

June 25, 2017 Twelfth Sunday in Ordinary Time

- ► CCD Every Sunday following Mass
- ▶ June 25 ~ Confirmation with Bishop Malooly and Lunch immediately following in the fellowship hall
- ▶ June 26 ~ Book Club, 7pm, *Twelve Tribes of Hattie by Ayana Mathis*.
- ▶ June 24/25 ~ Works of the Holy Father Special Collection
- ▶ June 25 ~ Wilmington Diocese Gospel Choir
- ▶ July 22 ~ KPCLA Monthly Meeting, 10am
- ► August 06 ~ Parish Picnic "Flip Flop Sunday"
- ► August 26 ~ Annual Crab Feast



**Confirmation** is one of the seven sacraments of the Catholic Church. It is the last of three initiation rites for Catholics, the other two being Baptism and First Holy Communion. Our faith teaches us that in the sacrament of Confirmation, we are sealed with the gift of the Holy Spirit and are strengthened in our Christian life

### **Weekly Collections**

The parish requires a weekly collection of \$4,901 to cover expenses.

Amounts below represent last week's collection and the collection for the same week in 2016.

June 11, 2017 — \$2,549

June 12, 2016 — \$2,329

Thank you for your generosity!!!

### Mass Intentions June 24, 2017 — July 02, 2017

| Saturday, 06/24  | 5:00 PM  | People of the Parish |
|------------------|----------|----------------------|
| Sunday, 06/25    | 10:00 AM |                      |
| Monday, 06/26    | 12:10 PM |                      |
| Tuesday, 06/27   | 12:10 PM |                      |
| Wednesday, 06/28 | 12:10 PM |                      |
| Thursday, 06/29  | 12:10 PM |                      |
| Friday, 06/30    | 12:10 PM |                      |
| Saturday, 07/01  | 12:10 PM | People of the Parish |
| Sunday, 07/02    | 10:00 AM |                      |

### **PARISH STAFF**

Pastor: Rev. Paul M. Williams, OFM
Deacon: Robert J. Cousar
Parish Secretary: Loretta L. Young
St. Vincent dePaul Society: Fayetta Jackson
Director Religious Education: Mary Polk
Bookkeeper: Jane Putscher

### **Introduction to the Liturgy**

What makes us both truly human and truly like God? Love for certain. It is love that unites us in a bond of fellowship with others. We love because it is our nature to love, and it is our nature because God the Holy Spirit has made it our nature. True love is more than sentiment or good intentions. As important as these may be they are not the proof of sincere love. True love for God is expressed in obedience and obedience is expressed in love. The Holy Spirit is our Advocate and Helper who brings us safely through the challenges and adversities we must face in this life. The Holy Spirit is also the Giver of life -- the life of God -- and the One who guides us in the way of truth and love.



Bishop Malooly will celebrate mass for Confirmation. We are blessed to have 5 candidates:

Andres Garcia Timothy Loosararian
Tyler Loosararian Christian Towles
Jecha Wright

Following mass, everyone is invited to the fellowship hall for lunch with hoagies, chips and cake.

#### **Parish Council Nominations**

We are seeking two candidates that are willing to serve on parish council. The council is advisory to the pastor and helps coordinate activities and plan for the future. The parish council meets monthly on the third Wednesday, except in the summer and December. If you are willing to share your talent and a little time to build up the kingdom of God, please see Fr. Paul, any member

### Thank You!

Again, thank you to all who worked to make the Caribbean Mass a great and memorable celebration. Maybe we can make this an annual event.

The funeral mass for Barbara Willis was a wonderful celebration of her life. The family is grateful to everyone who helped to make the mass and repass a time of fellowship in honoring their mother.

Again, thank you!

### **Question of the Week**

Jesus promised to give his followers the best of gifts, the Holy Spirit as their Advocate and Helper.

How does the Holy Spirit help us?

### Parish Bus - June Schedule



| DATE            | DRIVER           |  |
|-----------------|------------------|--|
| Sunday, June 4  | Yolanda Mohammed |  |
| Sunday, June 11 | Yolanda Mohammed |  |
| Sunday, June 18 | Clifton Rashad   |  |
| Sunday, June 25 | Vanel Fluery     |  |

God Bless Our Bus Drivers!



# Parish Picnic

Bring a dish to share Sign-up Sheet in Vestibule

"Flip Flop Sunday"

Hotdogs, Hamburgers, Rolls Beverages & Water Ice provided by Parish

Hotdogs, Hamburgers, Sunday August 6, 2017



12 o'clock tíl 5:00 pm Green A cres Swim Club Silverside Road Wilmington, DE



### **Sun Protection**

Who is at the greatest risk? People with light skin, light eyes, and freckles. Infants and children are at risk as they are very active and like to be out in the sun for long periods of time.

**What is sunburn**? A 1<sup>st</sup> degree burn to the skin that can cause pain, blisters, itching, and peeling **What is sun poisoning**? A sunburn so severe that the skin can turn white; the person can become unresponsive, experience seizures, and /or experience visual changes

<u>How to treat</u>? Use Sunscreen- the higher the SPF (sun protection number), the better. The number on the screen will tell you how often to re-apply, i.e., a sunscreen with an SPF of 50 needs to be re-applied every 50 minutes. A sunblock is also effective but, because it is so thick, folks tend to go for sunscreens.

<u>How to treat sunburn:</u> Drink fluids, like water, juice, or sports drinks. Get in a cool place and try to get in lukewarm water or apply cool compresses to the area. If you have pain, take an OTC medication like acetaminophen or ibuprofen.

Call you doctor? Call with any questions or if you have severe burns that results in blisters or if a child 1 yo old or younger gets a burn.

Enjoy the Summer!



|   | lappy Birthda                 |     |
|---|-------------------------------|-----|
| 1 | June                          | (V) |
|   |                               | 25  |
|   | Monique Mirabeau              | 25  |
|   | Giavanna Cecere               | 26  |
|   | London Louise Simmonds        | 26  |
|   | <u>July</u>                   |     |
|   | Bryce Anderson                | 02  |
|   | Michael Charles Simmonds, Jr. | 02  |
|   | Sheila Cavin                  | 03  |
|   | Bowman Thomas Flynn           | 03  |
|   | Mavis Woolley                 | 03  |
|   | Marcela Y. Hill               | 07  |
|   | Kaego Enwerem                 | 06  |
|   | Johnny A. McClain, Jr.        | 07  |
|   | Roberto Rivera, Jr.           | 07  |
|   | Fayetta Jackson               | 09  |
|   | William Harmon, II            | 09  |
|   | Elmslie Wharton               | 10  |
|   | Grace Obidike                 | 11  |
|   | Lavern Rae Robinson           | 11  |
|   | Melissa Thorpe                | 11  |
|   | Michelle Shine                | 13  |
|   | Vincent M. Robinson           | 14  |
|   | Elliott Scott                 | 14  |
|   | Joshua Stephen Thorpe         | 15  |
|   | Dawn Jolly                    | 16  |
|   | Patricia Owens                | 16  |
|   | Vonda Wright                  | 16  |
|   | Johnny P. Saunders            | 19  |
|   | Mary Joan Thompson            | 19  |
|   | Lauren Mahler                 | 21  |
|   | Comfort Yah                   | 21  |
|   | Kayla C. Willis               | 23  |
|   | Jeffrey Flynn                 | 24  |
|   | Jasmine MacFarlane            | 24  |
|   | Glenda Townsend               | 24  |
|   | Phyllis Woolley-Roy           | 24  |
|   | Avery Bordley                 | 26  |
|   | Gwendolyn Cavin               | 26  |
|   | Derrick Porter`               | 26  |
|   | Michelle Robinson             | 26  |
|   | William Willis, Sr.           | 26  |
|   | Jacqueline Smith              | 27  |
|   | Laura Wharton                 | 27  |
|   | Howard Robbins                | 28  |
|   | Marie Anne Wilson-Woolley     | 28  |
|   | Isabella EBernini             | 29  |
|   | Marc Woolley                  | 29  |
|   | Eric Owerns                   | 30  |
|   | Vernon Taylor                 | 31  |
|   |                               |     |

Note: Apologies if your name does not appear on the birthday list. *If this is the case, please call the parish office at 302.658.4535 or* email the parish secretary at parishsecretary@stjosephfrenchst.org Please include your <u>name</u>, <u>birth month</u>, <u>day</u> and <u>year</u>.

### Liturgy Schedule ~ July 2017

### Saturday, July 1, 5:00 p.m.

Herb Sterling ∼ Lector

Debbie Sterling ~ Eucharistic Minister

### Sunday, July 2, 10:00 am

Tia Pulliam ~ Altar Server

Fayetta Jackson ~ Greeter

Stephen Thorpe ~ 1st Lector

Geraldine Cochran ~ 2nd Lector

Stacey Lowery ~ 1st Eucharistic Minister

Barbara Pulliam ~ 2nd Eucharistic Minister

### Saturday, July 8, 5:00 p.m.

Vernon Taylor ∼ Lector

Gwen Cavin ~ Eucharistic Minister

### **Sunday, July 9, 2017**

Kali Watkins, Altar Server

Sheris Owens, Greeter

Judy Gallagher, Lector 1

Jasmine MacFarlane, Lector 2

Jed Donahue, Eucharistic Minister

Delores Spencer, Eucharistic Minister

### Saturday, July 15, 5:00 p.m.

DeAnna Cardenas ~ Lector

Loretta Young ~ Eucharistic Minister

#### Sunday, July 16, 5:00 pm

Xavier Wycliffe ~ Altar Server

Janice Jolly ~ Greeter

Gail Rando ~ Lector

Stephanie Bolden ~ Lector 2

Denise McIntyre~ 1st Eucharistic Minister

John Rando ~ 2nd Eucharistic Minister

### Saturday, July 22, 5:00 p.m.

Denise Scales ~ Lector

Loretta Young ~ Eucharistic Minister

### Sunday, July 23, 10:00 am

Joaquin Ledesma ~ Altar Server

Deidre Ann Robinson ~ Greeter

Herb Sterling ~ 1st Lector

William Ray ~ 2nd Lector

Lorraine Eckrich ~ 1st Eucharistic Minister

Debbie Sterling ~ 2nd Eucharistic Minister

#### Saturday, July 29, 5:00 p.m.

DeAnna Cardenas ~ Lector

Loretta Young ~ Eucharistic Minister

#### Sunday, July 23, 10:00 am

Joaquin Ledesma ~ Altar Server

Marissa Ledesma ~ Greeter

Kevin O'Connell ~ 1st Lector

Jed Donahue ~ 2nd Lector

Pat Rafter ~ 1st Eucharistic Minister

Stacey Lowery ~ 2nd Eucharistic Minister

### **Parish Leadership**

Parish Council is advisory to the pastor on matters of the church such as the mass schedule, improvements to the building, parish social life, etc. The Council meets on the third Wednesday of each month at 6:30 pm and all parishioners are invited. Parish Council does not meet in June, July or August. Next meeting is September 20.

Fr. Paul Williams, President
Deacon Cousar, Ex Officio
Linda Abili Sheila Cavin
Vincent Caesar Kathy Hodges
Chantal Jackson Derrick Johnson
Deirdre Robinson Damita MacFarlane
Doris Matthews
Loretta Young

The **Finance Committee** is responsible for helping the pastor with creating and managing the budget and to ensure the parish is fiscally sound. Members are appointed by the pastor and meet quarterly. Current committee members are:

Deacon Bob Cousar, Chair Dana Crumety Judy Gallagher Herb Sterling Bertley Wharton

### **Parking Lot**

During the weekdays, the parking spaces are <u>not</u> available. In addition, please do not park in the pastors' or volunteer parking slots. These slots are available on Sunday, but never during the weekday. If you have a special request, please call the office. Thank you.

### THANKS FOR BEING HERE!

If you would like to become an ACTIVE member of Saint Joseph's Parish we invite you to complete the Parish Registration form below and place the completed form in the Offertory basket or send to the Parish Office. Someone from the Parish Office will contact you.

### Saint Joseph Catholic Church Parish Registration Form

| Last   |
|--|
| Name:  |
| Full Name:   |
| Birthdate: (month, date, year)   |
| Church of Baptism:   |
| List all resident family members you wish to register at Saint Joseph's and the relationship of all. |
|  |
| Email Address:   |
| Mailing Address:   |
| Cellular Phone:  |
| Home Telephone:  |

### **Sunday Morning Fellowship**

We've been blessed to have the coffee and pastries donated on each Sunday of the month as indicated below.

- 1st Sunday Ladies Sodality
- 2nd Sunday Knights of Peter Claver and Ladies Auxiliary
- 3rd Sunday Loretta & Leonard Young
- 4th Sunday Krispy Kreme donuts hosted by Kathy Hodges





# TRIP TO THE BATHROOM

Little people sometimes find it necessary to make a bathroom visit during mass to relieve boredom if nothing else. Fellowship hall and the bathrooms are unsupervised and accessible to outsiders. For the safety of our little ones, their grown-up should accompany them when they take a break. Nothing has happened and we want to be sure it doesn't.

### ST. JOSEPH'S PARISH LIFE AND NEWS

### The Sodality honors the Blessed Mother



through prayer. These ladies faithfully pray the rosary each Sunday before mass and they pray continuously for the parish, the city and for individuals in need of the intercession of the Blessed Mother. If you would like to join this ministry, please contact Denise

Scales on 302.368.9881.

### **JUNIOR SODALITY**

The Jr. Sodality mission statement includes:
having a deeper appreciation and understanding of others
by enriching values of respect, responsibility and sharing
with the guidance and example of St. Joseph Senior
Sodality. Making a difference by bringing joy, love and
refreshments to brighten the lives of others including St.
Joseph community and the shut-in, hosting a luncheon for
those less fortunate, sharing in the ministries of the church
and participating in the Angel Tree Adopt A Child
Program. ALL YOUNG LADIES, 6 TO 14, IN THE
DIOCESE ARE INVITED TO ATTEND. PLEASE CONTACT
Jean Toy, 302.658.2218,

Margaret Levesque, 302-656-0813, or Lorenza Hinds, 302-574-0057. FOR INFORMATION. THANK YOU.

### Buy gift/ pre-paid cards for a good cause.

Please consider buying gift/ pre-paid cards for everyday items & gifts. Proceeds are used to support the mission of the Knights of Peter Claver, such as service to the Church, assistance to the needy and youth scholarship. Order forms are in the back of the church or online. For information, phone 302 598 0448; Email: kpc.scrip@stjosephfrenchst.org
Web: http:kpc.stjosephfrenchst.org.KPC\_ScripFundRaisingInfo.pdf

**BAYLOR PRISON MINISTRY**: Every Friday morning, parishioners and friends brighten the lives of women who are incarcerated. On the first and third Friday, Fr. Paul celebrates mass. For additional information, please contact Rose Henderson, 302-762-9044.

### Stock the Pantry - Catholic Charities Non-Perishable Food Donations

A barrel for non-perishable foods is located in the vestibule of the church. Please help to replenish their food closets by contributing non-perishable food items as well as personal hygiene items such as soap, toothpaste, tooth brushes, etc. To make a cash donation online, visit https://www.cdow.org/ccdonation.html.

Knights of Peter Claver and Ladies' Auxiliary is comprised of over 18,000 Catholic family members. We continue our expansion efforts welcoming all Catholics to join. Our purpose is to render service to God and His Holy Church. If you would like to join our organization please see Grand Knight Vincent Robinson or Grand Lady Brenda Burns.

### FOR THE SAKE OF GOD'S CHILDREN

### **Reporting Allegations of Child Abuse to Authorities**

- 1. Division of Family Services at 1-800-292-9582
- 2. State Attorney General's Office 302-577-8310
- 3. Report to Fr. Paul, Deacon Cousar or Loretta Young
- 4. Report to Diocese: Vicar General 302-573-3118

St. Joseph's Book Club Meets in the Parish Center. Bring your book, a friend, snack, and your insights to this lively Discussion. The next meeting is in June and the book for discussion is *The 12 Tribes of Hatie by Ayana Mathis*. Book Club meets on Monday June 26, 7:00PM. Please see Geraldine Purnell for additional information..

Emergency contact == To contact the pastor after hours, call the parish number. The messages are checked every few hours, the first thing in the morning and the last thing at night. When the pastor is away, the parish secretary checks the phone frequently and will notify the pastor if there is a grave situation.

### **RCIA** (Rite of Christian Initiation for Adults)

The journey of faith is a process that takes time. Please contact the pastor about taking steps leading to initiation as a Catholic Christian. If you know someone who needs special invitation, please inform the pastor. The whole church is built up when an adult embraces the faith. We need to embrace those called by Christ.

### The St. Joseph Choir is Recruiting

If you would like to help us celebrate the Mass and get extra credit, (because you know when you sing you are praying twice), please come and join the St. Joseph Choir. We rehearse and sing every Sunday, except 4<sup>th</sup> Sunday, in the Parish Center Conference Room at 9:15 AM. If you are interested, please see DeAnna Cardenas after Mass or call the Parish Center and leave a message. Thank you!

### **WILMINGTON DIOCESE GOSPEL CHOIR**

WDGC sings at St. Joseph on the fourth Sunday and throughout the Diocese during the year. For information, call Brenda Burns at 302-322-6899.

### THROUGHOUT THE DIOCESE



The Spirit of the Lord was given to the disciples. Like the disciples, are confirmation candidates are being sealing with the Holy Spirit. Bring It Home this week by seeking the gifts of the Spirit -- Wisdom, Understanding, Counsel (right judgment), Knowledge, Piety (reverence), and Fear of the Lord (wonder and awe) – in your daily choices throughout this week. Engage your household in a conversation about what you experience throughout the week.



## Office for Marriage and Family Life

by Susan Vogt, www.SusanVogt.net

### MARRIAGE MOMENTS

"There are different kinds of spiritual gifts but the same Spirit." (1 Cor. 12:4) What is one of your beloved's strengths? OK, so we all have different sacred strengths, BUT do you have the "same Spirit"? Unite yourselves in the spirit of Forgiveness. Is there anything you find difficult to forgive?

### **PARENTING POINTERS**

Go barefoot with your child weekend for an hour. Feel the grass, dirt, stones, or pavement under your feet and delight in it together. Remember those who don't have shoes.



Listen to Catholic Forum every Sunday morning at 10:05 a.m. on

WDEL 101.7 FM, 1150 AM and www.wdel.com. Next Sunday, July 2<sup>nd</sup>, Monsignor Walter Rossi, rector of the Basilica of the National Shrine of the Immaculate Conception in Washington, D.C. will be the special guest. For photos, information regarding upcoming guests, podcasts and more, "Like" Catholic Forum on Facebook at www.facebook.com/catholicforum. Listen to past episodes of Catholic Forum online at cdow.org/communications or search "Catholic Forum" on Apple Podcasts or iHeartRadio podcasts.

### Retrouvaille

Retrouvaille may be the way to rediscover and rekindle the loving relationship in your marriage. Tens of thousands of couples have successfully saved their marriages by attending a Retrouvaille weekend and the six post sessions that follow it. The next program begins the weekend of August 11-13 at the Family Life Center in Malvern, PA. For more information, or to register for one of our weekends, visit our web site at: www.HelpOurMarriage.com or call 1-800-470-2230. All

### **Vocations**

When the Holy Spirit descended upon the apostles, they were filled with courage, generosity, and every grace they needed to carry out God's plan for them. Sometimes we think we might have a priestly or religious vocation, but we're anxious about responding because we don't know if we could carry it out well. The good news is that if God calls us, He always offers the graces we need to live out the implications of His call. Is God quietly beckoning to you, inviting you to serve the Church as a priest, a deacon, a religious sister or a religious brother? If you think so, call or write Father Norm Carroll, Diocesan Director of Priestly and Religious Vocations (302-573-3113; vocations@cdow.org). Be sure to visit our website: www.cdow.org/vocations!



### IN OUR THOUGHTS AND PRAYERS

| PLEASE REMEMBER AND PRAY FOR OUR SICK AND SHUT-IN, AND THOSE WHO SERVE IN THE MILITARY |                 |                        |                    |                 |              |  |  |  |
|--|-----------------|------------------------|--------------------|-----------------|--------------|--|--|--|
| Adia Bracy   | Donald Evans    | Serafim Bairos         | Nellie Lawrence    | Rose Henderson  | Alice Harris |  |  |  |
| Ronald Toy   | Joanna Warren   | Adele & Fred Reed      | Kendra Denhardt    | Jessica Fullman |              |  |  |  |
| Leta Johnson   | Frances Reed    | Octavia Manlove        | James Thomas       | Donna Scott May |              |  |  |  |
| Tanya Wilson   | Mark Gallagher  | Leonard J. Young, Jr.  | Barbara Stacey     | Gordon Sanders  |              |  |  |  |
| Jeffrey Britton  | Tony Dash       | Jane McDonald          | Giuseppina Fazzone | Arlene Watson   |              |  |  |  |
| James Henderson  | Doris Gallagher | Mary Joan Thompson     | Jemison Asante     | Jolene Tyson    |              |  |  |  |
| Ethel Barrett  | Gerry Reybold   | London Louise Simmonds | Vivian Priest      | Delores Tuller  |              |  |  |  |
| Sean Willis  | Jean Toy        | Charlie Anderson       | John Thompson      |                 |              |  |  |  |

2017 Quo Vadis Days for High School and College students will be Thursday, July 27 to Saturday, July 29 in Malvern, PA. This event offers a time of prayer, fraternity, sports, and recreation focused on the life and ministry of the Priesthood. You will spend three days with other young men who have the same interest and aspiration in life. Is God calling me to be a Priest? For more info and to register online: <a href="mailto:cdow.org/vocations">cdow.org/vocations</a>. Registration deadline is

### Save Energy with Catholic Charities

Catholic Charities has a new program available for individuals who may be struggling with energy costs. As the Energize Delaware Community Energy Center in New Castle County, Catholic Charities can provide households with free energy education, budget counseling, and program referrals. At your appointment, your energy counselor will review your utility bills and discuss ways to reduce your energy usage. They'll also determine what assistance programs are available to help you keep the power on and get back on track. To schedule an appointment, contact Catholic Charities Main Office at

### Annual St. Joseph Parish Carnival - <u>Middletown</u>

Tuesday, July 18 thru Saturday, July 22, 2017. Exciting rides, games and nightly entertainment under the big top! Special children's game area. Nightly raffles. Delicious meals in our air-conditioned Parish Hall beginning at 5:30 pm Tues.-Friday. Outdoor dining, rides and games begin at 6:00 pm nightly. FREE admission and parking.

More information—call Parish Office 302-378-5800 or www.stjosephmiddletown.com.

### **Christiana Care—Health Workshops**

### **Freedom from Fractures**

Free Bone Health Screening and Consultation

July 8, 10 a.m. - 2 p.m.

Christiana Hospital campus, John H. Ammon Medical Education Center

Two million preventable fractures occur each year, and 50% of all Americans over age 50 will have a life-altering fracture. Join us for this free screening event.

- Learn how to reduce your risk of having a fracture.
- Learn your risk level based on your personal clinical factors.
- Talk with peer educators on next steps for taking control of your bone health.

Registration is required.

### **Finding a Living Donor**

Fast Track to Getting a Kidney

Christiana Hospital campus, Medical Arts Pavilion 2, Suite 2115

These interactive sessions will help you learn more about living donation, how to find a living donor, and effective ways to ask about being a living donor. Call 302-623-3866 to register for one of the four events.

July 10: <u>10 a.m.</u> and <u>5 p.m.</u> July 13: <u>10 a.m.</u> and <u>5 p.m.</u>

### A Matter of Balance

July 24 - Sept. 25, 12-2 p.m. Wilmington Hospital

Christiana Care Health System is offering a free, 8-week class every Tuesday, designed to reduce the risk of falls and increase physical activity among older adults. "A Matter of Balance" is an evidence-based program that uses volunteer coaches to teach participants how to overcome their fear of falling, increase their strength and balance and improve their environment. To register, email Susan Fox or call 302-255-9690.