

Dear Friends of Saint Charles Caritas,

Thank you God for all your graces and blessings! Amen, Amen I say to you!

Please pray for the healing of Susan Guenzel's lung cancer. Thank you so much for your prayers. Also, please pray for the healing of cancers of Gary Reyes, Paul Bell, Norma Pauline Seibert and Martha Huskey. Thank you and thank you for your prayers.

July 13, Saturday at the Catechetical Center from 8:30am registration and event starts at 9:am to 11am, the friends and volunteers of Saint Charles Caritas will be presenting through the courtesy of Mr. Marco Giammarinaro and his Team the "**Basic Self Defense**" for all ages of women, ladies and girls. **He will talk and demonstrate to us on how to protect ourselves by using basic techniques. Come, Join and Learn these techniques! You will benefit from it! Please spread this announcement to your friends and families! This is a one time event only.**

July 20, Saturday is Jims Project # 61, Homeless Help buying and bagging of food in room 13. Some of the volunteers will start at 9:30am to transport bulk of food from Costco to room 13. And other volunteers of all ages will start at noon to bag the food. **If your children needs the school community service hours, this is the event for you!**

July 20 & 21 will be the Saint Charles Caritas Day! 100% of your donations will be used to buy basic food and basic necessities for the charities that we are helping. All the nuns will be at the exit doors and volunteers on Sunday. We are hoping that the children from St. Charles Catholic school will help us on the two 5pm masses.

July 27, Saturday is the **distribution of food and toiletries for Jim's Project #61, Homeless Help.** It will start at 10am at the church garage. We seek for our homeless brothers and sisters in Christ on the streets, parks and outside libraries to give these bag of food and toiletries.

I hope you an make it in the bagging of food!

Sincerely,

Merlyn Baker

Saint Charles Caritas
Imperial Beach/South San Diego
990 Saturn Blvd.
San Diego, CA 92154
tel# (619) 428-0199
SaintFrancis2001@aol.com
<http://saintcharles.org/st-charles-caritas/>