

January 18, 2026
Second Sunday in Ordinary Time

Father Randal Kasel, Pastor frkasel@bevcomm.net

Josefina Meyer & Sara McNamara, Staff

CHURCH OF ST. PAUL 749 South Main St., Zumbrota, MN 55992

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OFFICE HOURS: Tues & Thurs 9am-noon, 1-5pm, Wed Closed, Fri 9am-noon

CHURCH OF ST. MICHAEL 451 5th St. SW, Pine Island, MN 55963

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Website: <http://www.stpaulstmichael.com>

BULLETIN ARTICLE DEADLINE All articles for the bulletin are due by noon on Wednesday. Please e-mail Saint Paul articles to stpauls@hcinet.net and Saint Michael articles to stmichaeloffice@bevcomm.net. The business office reserves the right to edit articles as time and space allows.

Welcome to the Churches of

St. Paul &

St. Michael



From Father Kasel

Praised be Jesus Christ through Mary!

Dear Brothers and Sisters in Christ Jesus,

The month of January is dedicated to devotion to the Most Holy Name of Jesus: let us reverently pray His Holy Name and make reparation to our good Lord for the many times that His Name is spoken with irreverence, ingratitude and hatred!

On January 22, our nation will commemorate the 53rd anniversary of the fateful *Roe v. Wade* United States Supreme Court decision that permitted the practice of abortion in our country. While we rejoice that this gravely wrong Supreme Court decision was overturned on June 24, 2022, we must continue to pray fervently for conversion of heart toward love for the gift human life, especially here in Minnesota. The act of abortion is contrary to will and law of God. Our good Lord gives human life to individual persons, beginning at conception, and only He has the authority to determine the timing of death for a human person.

Here in Minnesota, a lawsuit was introduced in November, 2024, presenting a compelling case that leaders in our state of Minnesota have cooperated with abortion providers to coerce women to undergo unwanted abortions. You can find full details here: <https://stopcoercedabortions.com/>

The stories of women coerced to have an abortion, and there being no one to help them resist an unwanted abortion, are shocking and heart-rending. Above all, let us pray for the success of this legal action, so that abortion is no longer a part of our state and nation. The practice of abortion in our country and world puts our society and culture against God and His plan for the human family. In light of this reality, we are called to provide our voice to our unborn brothers and sisters and to all in our world whose lives and God-given dignity are rejected.

Out of the abundance of His Mercy, our good Lord's seeks to heal the wounds of abortion, especially those who have been most affected by abortion. Jesus desires that we all work with Him to help hearts receive His love and mercy after abortion. He desires to forgive and heal - which will stop the cycle of misery and death that surrounds that act of abortion.

I include this week a collection of quotes from various Catholic sources about the goodness of human life:

On Family, Right to Life and opposing Abortion and Surrogacy - Pope Leo XIV:

Despite its centrality, the institution of the family faces two crucial challenges today. On the one hand, there is a worrying tendency in the international system to neglect and underestimate its fundamental social role, leading to its progressive institutional marginalization. On the other hand, we cannot ignore the growing and painful reality of fragile, broken and suffering families, afflicted by internal difficulties and disturbing phenomena, including domestic violence. The vocation to love and to life, which manifests itself in an important way in the exclusive and indissoluble union between a wom-

We are happy that you are here! If you are new to our parishes, please call or stop at the Parish Office. We would love to meet you and answer any questions that you might have!

SACRAMENTS

Confession - Saturday 4:00pm at St. Michael; Sunday 8:25am at St. Paul and 8:00am before daily weekday Holy Mass at both parishes.

Baptism - Please contact the parish office.

Matrimony - Please call Father Kasel at least six months prior to make arrangements.

Anointing of the Sick - This is for someone who is seriously ill, dealing with major surgery or infirm. Please contact Father Kasel to make arrangements.

WEEKEND HOLY MASS SCHEDULE:

Church of Saint Paul - Sunday Confessions at 8:25am, Rosary at 8:20am, Mass at 8:45am

Church of Saint Michael - Saturday Confessions at 4:00pm, Rosary at 4:35pm, Mass at 5:00pm

Church of Saint Michael - Sunday Mass at 7:00am, Rosary at 10:05am, Mass at 10:30am

WEEKDAY HOLY MASS SCHEDULE

Church of Saint Paul - Tuesday and Thursday

Confession 8am & Mass 8:30am, Rosary at 8:10am before Mass

Church of Saint Michael - Wednesday and Friday

Confession 8am and Mass 8:30am

an and a man, implies a fundamental ethical imperative for enabling families to welcome and fully care for unborn life. This is increasingly a priority, especially in those countries that are experiencing a dramatic decline in birth rates. Life, in fact, is a priceless gift that develops within a committed relationship based on mutual self-giving and service.

In light of this profound vision of life as a gift to be cherished, and of the family as its responsible guardian, we categorically reject any practice that denies or exploits the origin of life and its development. Among these is abortion, which cuts short a growing life and refuses to welcome the gift of life. In this regard, the Holy See expresses deep concern about projects aimed at financing cross-border mobility for the purpose of accessing the so-called "right to safe abortion." It also considers it deplorable that public resources are allocated to suppress life, rather than being invested to support mothers and families. The primary objective must remain the protection of every unborn child and the effective and concrete support of every woman so that she is able to welcome life.

Likewise, there is the practice of surrogacy. By transforming gestation into a negotiable service, this violates the dignity both of the child, who is reduced to a "product," and of the mother, exploiting her body and the generative process, and distorting the original relational calling of the family.¹

(continued on page 3)

The next **Holy Hour for Women** will be Sunday, January 25, at 6:00pm at the Church of St. Michael, Pine Island. All women are invited!

CHURCH OF ST. MICHAEL FAITH FORMATION

The next Faith Formation session will be on **Wednesday, February 4, 2026**, at the Church of St. Michael.

Topic for February: Part 2: Creation (PreK - Grade 6) and Part 2: Jesus Christ (Confirmation 1, 2, & Adults)
6:00-6:30pm - Meal

6:35-7:25pm - Children Class/Parent & Adult Session

7:30-7:45pm - Church for Adoration

At 7:30pm all students, parents and teachers gather in the Church for Adoration of the Blessed Sacrament and Benediction.

Our program is open for all of our parishioners to attend and it will benefit all ages!

Youth Group Bowling-January 23!

We have planned a fun event for the youth (grades 7-12) on Friday, January 23, at 7:00-9:30pm, at Pine Island Pool & Pins/Trailhead Grill & Lanes (416 3rd Ave. NE, Pine Island, MN 55963).

There will be no expenses for the youth – bowling, pizza, pop and other food will be provided for the group.

Please RSVP to the parish office so we can plan for needed space at Pool and Pins/Trailhead Grill!

Also, all parents are welcome to stay for the event! According to Archdiocesan protocol, if a parent will not be present for the event, their youth will need to bring a signed permission/contact form to the event. It is needed in case a parent needs to be contacted. Please contact the parish office to obtain a copy of this form.

WORDS TO LIVE BY:

“The sweet Name of Jesus produces in us holy thoughts, fills the soul with noble sentiments, strengthens virtue, begets good works, and nourishes pure affection. All spiritual food leaves the soul dry, if it contain not that penetrating oil, the Name Jesus.” *St. Bernard of Clairvaux*

“If thou art bound down by sickness, if sorrows weary thee, if thou art trembling with fear, invoke the Name of Jesus.” *St. Lawrence Justinian*

“Are you troubled? Think but of Jesus - speak but the Name of Jesus, the clouds disperse and peace descends anew from Heaven. Have you fallen into sin? So that you fear death? ...invoke the Name of Jesus and you will soon feel life returning. No obduracy of the soul, no weakness, no coldness of heart can resist this Holy Name - there is no heart which will not soften and open in tears at this Holy Name.” *St. Bernard of Clairvaux*

“The Name of Jesus is the glory of preachers because the shining splendor of that Name causes His Word to be proclaimed and heard. And how do you think such an immense, sudden and dazzling light of Faith came into the world, if not because Jesus was preached? Was it not through the brilliance and sweet savor of this Name that God called us into His marvelous Light?” *St. Bernardine of Siena*

Want to grow in our Catholic Faith? You can learn about our Catholic Faith online at any time through FORMED! You will have access to thousands of enriching Catholic movies, programs, audio, & books instantly on FORMED when you sign up through our parishes. There is no cost for you! Just follow these easy steps:

1. Visit: signup.formed.org 2. Enter your parish zip code or name (St. Michael 55963 or St. Paul 55992) 3. Grow in our Catholic Faith!

Institute of Catholic Culture Lecture

RULES FOR LIFE: A Study of the Rules of Sts. Basil, Benedict, and Augustine

The great “rules” of Saints Basil, Augustine, and Benedict outline a monastic guide for living in community. However, far from a list of “dos” and “don’ts” for monks and nuns, the wisdom contained in these patristic writings offers a guiding light for all Christians as we seek to live the life of the Most Holy Trinity – the life of love - in our relationships with one another.

Details: Mondays, January 26 - February 9

Pre-Class Discussion: 7:30pm EST Lecture: 8:00pm EST

Instructors: Rev. David Anderson, Rev. Boniface Hicks, O.S.B., and Rev. Sebastian Walshe, O. Praem., Registration is required.

Visit: <https://instituteofcatholicculture.org/events/rules-for-life>

Pine Island Food Shelf: January: **Crackers** (any kind, including gluten free products).

WEEKLY TITHING January 10-11, 2026

Sunday Envelopes:	\$ 2,906.00
Plate:	\$ 795.25
EFT:	\$ 960.00
Total:	\$ 4,661.25

Solemnity of the Mary, Mother of God Collection: \$ 1,942.00

Prayer Service for Life: Please join us at the Cathedral of Saint Paul, Thursday, January 22, 2026, at 10:30am for the Annual Prayer Service for Life, followed by MCCL’s March for Life at the State Capitol. This prayer service commemorates the millions of lives lost to abortion and the many women and men wounded by abortion’s aftermath. All are invited and welcome.

Quilting Bee Cause will meet January 20 at 9am in the church hall. Everyone is welcome to join us!

Calling all bookworms! Join the Catholic Authors Book Study. We rotate between spiritual books, literature and writings of Doctors of the Church. On February 10, we will begin discussing **Come be My Light** by St. Mother Teresa. We meet every 2 - 3 weeks, on Tuesdays from 7 - 8:30 pm in Rochester.

Miriam Dinner - Tuesday, January 27, 6-8pm, at Archdiocesan Catholic Center, St. Paul. Hosted by Archbishop Bernard Hebda and Father Mark Pavlak, Director of Vocations, this is an event for women, ages 16 – 35, who are discerning consecrated life. It is typical for women discerners to be accompanied by their pastor, consecrated religious or youth minister. The evening begins with prayer, followed by dinner with consecrated women sharing their vocations testimonies. Registration is required. REGISTER ONLINE before Thursday, January 22, at 10000vocations.org/events. For questions? please call the Vocation Office 651.962.6890 or email stpaulvocations@10000vocations.org

The next **Vianney Visit** is Thursday, February 12, to Saturday, February 14, 2026. If you are a high school sophomore through college-age man, who has not completed undergraduate studies (up to age 24), the priests and seminarians at Saint John Vianney College Seminary invite you to take a closer look at seminary life. Beginning on Thursday night and concluding Saturday morning, a Vianney Visit offers an ideal look into our spiritual, academic, and fraternal life. You will hear testimonies from current seminarians, attend spiritual conferences with SJV priests, pray with the community, and tour the University of St. Thomas. You may also have the option to meet individually with priests on staff or the rector. And, you won’t leave without having some fun! Find more information and registration at www.10000vocations.org/vianney-visit.html

HOLY MASS TIMES

Wednesday, January 21, 2026

8:00am Confessions/8:30am Holy Mass

9:00am-5:00pm Adoration of the Blessed Sacrament

Friday, January 23, 2026

8:00am Confessions/8:30am Holy Mass

Saturday, January 24, 2026

4:00pm-4:50pm Confessions

5:00pm Holy Mass

Sunday, January 25, 2026

7:00am Latin Holy Mass

10:30am Holy Mass

HOLY MASS INTENTIONS

January 21, 2026	Kim Maria Le & family
January 23, 2026	Sara McNamara
January 24, 2026	†Audrey Fuchs (Duane & June Andrist)
January 25, 2026	Brian McCoy (Bill & Nicole McCoy)
January 25, 2026	Parishioners



CHURCH OF ST. PAUL FAITH FORMATION

The next Faith Formation session will be on **Wednesday, February 4, 2026**, at the Church of St. Michael.

Topic for February: Part 2: Creation (PreK - Grade 6) and Part 2: Jesus Christ (Confirmation 1, 2, & Adults)

6:00-6:30pm - Meal

6:35-7:25pm - Children Class/Parent & Adult Session

7:30-7:45pm - Church for Adoration

At 7:30pm all students, parents and teachers gather in the Church for Adoration of the Blessed Sacrament and Benediction.

Our program is open for all of our parishioners to attend and it will benefit all ages!

(From *Father Kasel* - from page 1)

On the Fundamental Right to Life - Pope Benedict XVI:

God's love does not differentiate between the newly conceived infant still in his or her mother's womb and the child or young person, or the adult and the elderly person. God does not distinguish between them because he sees an impression of his own image and likeness (Gn 1:26) in each one.²

[L]ife is the first good received from God and is fundamental to all others; to guarantee the right to life for all and in an equal manner for all is the duty upon which the future of humanity depends.³

U.S. Conference of Catholic Bishops:

[T]he failure to protect and defend life in its most vulnerable stages renders suspect any claims to the 'rightness' of positions in other matters affecting the poorest and least powerful of the human community. If we understand the human person as the "temple of the Holy Spirit" - the living house of God - then these latter issues fall logically into place as the crossbeams and walls of that house. All direct attacks on innocent human life, such as abortion and euthanasia, strike at the house's foundation. These directly and immediately violate the human person's most fundamental right - the right to life. Neglect of these issues is the equivalent of building our house on sand. Such attacks cannot help but lull the social conscience in ways ultimately destructive of other human rights.⁴

Abortion - Pope Benedict XVI:

Children truly are the family's greatest treasure and most precious good. Consequently, everyone must be helped to become aware of the intrinsic evil of the crime of abortion. In attacking human life in its very first stages, it is also an aggression against society itself. Politicians and legislators, therefore, as servants of the common good, are duty bound to defend the fundamental right to life, the fruit of God's love.⁵

U.S. Conference of Catholic Bishops:

Among important issues involving the dignity of human life with which the Church is concerned, abortion necessarily plays a central role. Abortion, the direct killing of an innocent human being, is always gravely immoral (The Gospel of Life, no. 57); its victims are the most vulnerable and defenseless members of the human family. It is imperative that those who are called to serve the least among us give urgent attention and priority to this issue of justice.⁶

Embryonic Stem Cell Research - U.S. Conference of Catholic Bishops:

We must help those who are suffering, but we may not use a good end to justify an evil means. Moreover, treatments that do not require destroying any human life are at least as promising - they are already healing some conditions, and are far closer to healing other conditions than any approach using embryonic stem cells. The choice is not between science and ethics, but between science that is ethically responsible and science that is not.⁷

Euthanasia & Assisted Suicide - Pope Benedict XVI: The freedom to kill is not true freedom, but a tyranny that reduces the human being to slavery.⁸

More and more lonely elderly people exist in big cities, even in situations of serious illness and close to death. In such situations, the pressure of euthanasia is felt, especially when a utilitarian vision of the person creeps in. In this regard, (continued on page 4)

WEEKLY TITHING January 11, 2026

Sunday Envelopes:	\$ 260.00
Plate:	\$ 197.10
Total:	\$ 457.10

Solemnity of the Mary, Mother of God Collection: \$ 304.00

SAVE THE DATE!

55th Annual St. Patrick's Ham Dinner Sunday, March 15, 2026

Committee members are starting the planning with a meeting in January. As you may recall the Ham Dinner is our largest fundraiser and requires almost everyone to participate in some way. We ask for silent auction donations, monetary contributions, desserts, and your time to help with set-up and serving of the meal. **Save the date for a day of fun and fellowship.**



Meal in a Bucket: Meals will be available for pick up after the Holy Mass on Sunday, January 25.

Book Study: Please join us for a book study using the book: *WALK IN HER SANDALS—Experiencing Christ's Passion through the Eyes of Women*. We meet on Wednesdays at 6PM at the Church of St. Paul starting January 21. Following dates will be 1/28; then 2/11 and 2/25; then 3/11, 3/18 and 3/25.

If questions or you would like a copy of the book, please contact Mary Kingsbury at 952-448-7115.

PRO-LIFE QUOTES:

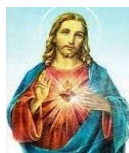
"Given the breakdown in family life, the wholesale attack on innocent and defenseless human lives, and the violation of the integrity of the union of marriage in our society, the call to the martyrdom of witness is ever more urgent." *Cardinal Burke*

"If the bringing of children into the world is today an economic burden, it is because the social system is inadequate; and not because God's law is wrong. Therefore the State should remove the causes of that burden. The human must not be limited and controlled to fit the economic, but the economic must be expanded to fit the human."

Archbishop Fulton J. Sheen

"The so-called right to abortion has portrayed the GREATEST OF GIFTS—A CHILD—as a competitor, an intrusion, and an inconvenience." *St. Mother Teresa of Calcutta*

"...at the origin of every human being there is not something haphazard or chance, but a loving plan of God." *Pope Emeritus Benedict XVI*



AN INVITATION FROM JESUS

Do you have no regular commitments during weekday mornings? Are you interested in growing in love with the One who loves you most - Jesus?

Consider coming to Holy Mass on weekdays! Holy Mass, Confession and the Holy Rosary are offered Tuesday through Friday at our parishes.

Come to sanctify your weekdays with Jesus - He is waiting for you!

HOLY MASS TIMES

Tuesday, January 20, 2026

8:00am Confessions/8:30am Holy Mass

9:00am-5:00pm Adoration of the Blessed Sacrament

Thursday, January 22, 2026

8:00am Confessions/8:30am Holy Mass

Sunday, January 25, 2026

8:20am Rosary/8:25am Confessions

8:45am Holy Mass

HOLY MASS INTENTIONS

January 20, 2026 †Josefina & Alfonso Solano (Betty Stromback)

January 22, 2026 Gregory Hilbert (Louise Gerken)

January 25, 2026 Parishioners



NEWS FROM SAINT MICHAEL AND SAINT PAUL

(from page 3)

I take this opportunity to reaffirm once again the firm and constant ethical condemnation of every form of direct euthanasia, in accordance with the Church's centuries-old teaching.⁹

U.S. Conference of Catholic Bishops:

Euthanasia and assisted suicide can appear a reasonable and even compassionate solution to the suffering of individuals and families struggling with illness or the dying process. Yet these are not real solutions – they do not solve human problems, but only take the lives of those most in need of unconditional love.¹⁰

Notes

1. Pope Leo XIV, Address to the Members of the Diplomatic Corps Accredited to the Holy See, (January 9, 2026). <https://www.vatican.va/content/leo-xiv/en/speeches/2026/january/documents/20260109-corpo-diplomatico.html>
2. Pope Benedict XVI, Address to the Participants at the 12th General Assembly of the Pontifical Academy for Life and Congress on "The Human Embryo in the Pre-Implantation Phase" (February 27, 2006), http://www.vatican.va/holy_father/benedict_xvi/speeches/2006/february/documents/hf_ben-xvi_spe_20060227_embrione-umano_en.html.
3. Pope Benedict XVI, Address to the Participants in the General Assembly of the Pontifical Academy for Life (February 24, 2007), http://www.vatican.va/holy_father/benedict_xvi/speeches/2007/february/documents/hf_ben-xvi_spe_20070224_academy-life_en.html.
4. United States Conference of Catholic Bishops, "Living the Gospel of Life: A Challenge to American Catholics" (1998), [/prolife/gospel.shtml](http://prolife/gospel.shtml).
5. Pope Benedict XVI, Address at a Meeting on Family and Life Issues in Latin America (December 3, 2005), http://www.vatican.va/holy_father/benedict_xvi/speeches/2005/december/documents/hf_ben_xvi_spe_20051203_family-america-latina_en.html.
6. States Conference of Catholic Bishops, "Pastoral Plan for Pro-Life Activities: A Campaign in Support of Life" (2001), [/prolife/pastoralplan.shtml#intro](http://prolife/pastoralplan.shtml#intro).



March for Life—January 22: Please join thousands of Minnesotans at the State Capitol at noon to 1pm in St. Paul for the March for Life on Thursday, January 22. While Roe v. Wade has been overturned, Minnesota has since enacted extreme abortion laws, allowing abortion for any reason throughout pregnancy. The March for Life mourns the lives lost as well as the women and families who have suffered due to abortion. We march to declare that women deserve better than abortion. We also march to celebrate God's precious gift of life. There is a bus going from Rochester to the March. It will leave from Hy-Vee North (500 37th St NW, Rochester) at 8:30am and return around 3:30. The bus will also stop at Kwik Trip, Zumbrota, if there are people interested in riding. Cost is \$10. If you would like to ride the bus or for more information, please contact Linda McGuire through email at linda1carlson@hotmail.com.

7. United States Conference of Catholic Bishops, "Stem Cell Research and Human Cloning: Questions and Answers" (2004), [/prolife/issues/bioethic/stemcell/answers08052004.shtml](http://prolife/issues/bioethic/stemcell/answers08052004.shtml).

8. Pope Benedict XVI, Homily at Mass of Possession of the Chair of the Bishop of Rome (May 7, 2005), http://www.vatican.va/holy_father/benedict_xvi/homilies/2005/documents/hf_ben-xvi_hom_20050507_san-giovanni-laterano_en.html.

9. Pope Benedict XVI, Address to the Pontifical Academy for Life Congress on the theme: "Close by the Incurable Sick Person and the Dying: Scientific and Ethical Aspects" (February 25, 2008), http://www.vatican.va/holy_father/benedict_xvi/speeches/2008/february/documents/hf_ben-xvi_spe_20080225_acd-life_en.html.

10. Quotes taken from www.usccb.org - compiled April, 2008

Through the intercession of Mary, the Mother of God, St. Joseph, St. Michael and St. Paul, may our good Lord Jesus grant His mercy and healing to our country and the whole world!

In Christ through Mary,
Fr. Kasel

 <p>MAXON FAMILY Parishioner</p>  <p>Cremation & Life Celebrations 1624 37th Street NW, Rochester, MN 55901</p>	 <p>Hub Food Center 228 West Ave. Zumbrota 507-732-7329 http://www.nilssensfoods.com</p>	<p>ZUMBROTA MINI STORAGE</p> <p>LIGHTING—PAVED 24 HOUR ACCESS</p> <p>507-696-4406</p>	<p>Catholic United Financial A Trusted Fraternal Life Brand</p> <p>Pete Herold Local Member Advisor 952-994-7558 Pherold@CatholicUnited.org</p> <p>Rates better than CD's? Catholic United offers 5% first year, then 4.25% and zero fees.</p>
 <p>Pork & Plants Heritage Farm ERIC KREIDERMACHER & FAMILY Red Wattle Pork* Grass-fed Beef* Pastured Chicken*</p> <p>*no corn, no soy, non-GMO, and vaccine free Meat is available year-round as individual cuts, bundles, and whole or half animals.</p> <p>Pickup and limited delivery available (507) 458-2175 Email: eric@porkandplants.com www.porkandplants.com "Healthy Land, Healthy Meat, Healthy Families"</p>	<p>Mahn Family Funeral Homes Larson Chapel 1475 Jefferson Dr. Zumbrota, MN (507) 732-5444 Mahler Chapel 209 NW 1st Ave. Pine Island, MN (507) 356-4620 mahnfamilyfuneralhome.com</p>	<p>QUARRY HILL FAMILY DENTAL DR. MOLLY JARRETT PARISHIONER Monday and Tuesday 7-5pm, Wednesday 7:30-5pm, Thursday 11-5pm www.quarryhillfamilydental.com 507-216-9891 828 11th Ave NE, Rochester, MN Comfortable, Convenient Dental Care for the Entire Family</p>	 <p>QUARRY HILL FAMILY DENTAL</p>
 <p>Reliable HEATING & COOLING 507-732-4777 24 Hr. Emergency Service</p> <p>Residential & Light Commercial Serving Zumbrota & Surrounding Communities</p>	<p>Owens Locker Plant</p>  <p>110 2nd St. NE, Pine Island, MN 55963 507-356-8612</p> <p>SCAN</p>	 <p>Accountants that you can trust Yasmine Ramirez CPA, MBA 718-825-8196 yramirez@mrfinancialsolutions.com Fractional CFO, Consulting, Budgeting, Accounting, Bookkeeping Corporate, & Individual tax returns</p>	<p>DO YOU OR A LOVED ONE STRUGGLE TO CARE FOR YOUR FEET?</p> <p>Welcome to Foot Care Professionals! Providing medical care for your feet</p> <ul style="list-style-type: none"> • Toenail trimming & debridement • Callus paring • Swift microwave therapy for wart removal • KeryFlex nail reconstruction • OnyFix nonsurgical ingrown toenail correction <p>Call 507-269-7827 for appointment or book online at footcaremn.com</p>   <p>Shelia Koefken DPM, FACC Nurse Practitioner, Certified Foot Care Specialist</p>
<p>Safe Environment: The Archdiocese of St. Paul/Minneapolis requires all volunteers who interact with minors or vulnerable adults to complete the Essential 3 (background check, Code of Conduct, and VIRTUS training) before beginning their service, and to renew every three years while serving. Please contact the Safe Environment Coordinator for details on how to complete the Essential 3 or do updates.</p> <p>Report Abuse: If you or someone you know has been sexually abused, your first call should be to law enforcement.</p>	<p>Parish Safe Environment Coordinator: Sara McNamara St. Michael: 507-356-4280 stmichaeloffice@bevcomm.net St. Paul: 507-732-5324 stpauls@hcinet.net</p> <p>St. Paul/Minneapolis Archdiocese Victim Assistance Program Hotline: (651) 291-4475</p>		<p>ST. PIO KNIGHTS OF COLUMBUS COUNCIL 16016</p> <p>JOIN US Brother Knights of our Council invite you to join us. Contact the Parish Office visit: www.kofc.org/join</p>