

January 25, 2026  
Third 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

**Office:** 732-5324 **Fax:** (507) 732-5347 **Email:** stpauls@hcinet.net

**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

**Office:** 356-4280 **Fax:** (507) 356-2080 **Email:** stmichaeloffice@bevcomm.net

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

**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!

This coming week we will celebrate the feast of St. Thomas Aquinas (Doctor of the Church). St. Thomas made great contributions to the Church through his love for God and immense writings. He was blessed with a penetrating understanding of the action of Grace and carefully articulated Sacred Truths. I encourage you to read his writings! This weekend I share with you one of his meditations on *the Greatness of Divine Love*:

“‘God so loved the world that He give His only-begotten Son; that whoever believes in Him should not perish but have Eternal Life.’ (John 3:16)

The cause of all good things is the Lord and Divine Love. For to wish good to anyone belongs to love. Since therefore, the Will of God is the cause of things, from this very fact, good comes to us because God loves us. The Love of God is also the cause of the good in nature. Likewise, it is the cause of the good resulting from Grace. ‘I have loved you with an everlasting Love, there, I have drawn you,’ namely, through the Grace of God.

That God is the Giver of the Good resulting from Grace also proceeds from Him immense Charity and hence, it will be shown here, that this Charity of God is the greatest Charity and this because of four reasons:

1. Because of the Person loving, for it is God Who loves and loves exceedingly. Therefore He says, ‘God so loved.’
2. God’s Love is the greatest because of the condition of the person loved, for it is man who is the object of God’s Love, the worldly man living in sin. ‘For if while we were enemies we were reconciled with God by the death of His Son, much more, now that we are reconciled, shall we be saved by His Life’ (Romans 5:10). Hence it is written, ‘God so loved the world.’
3. God’s Love is the greatest because of the greatness of His Gifts, for love is shown by a gift, as Gregory says, ‘The proof of love is in the manifestation of action.’ But God gave us the greatest gift for He gave us His only begotten Son, His own Son, Son by nature, consubstantial, not adopted, but only begotten Son, God gave Him to us to prove the immensity of His Love.
4. God’s Love is the greatest because of the magnitude of its effects, because through it we receive Eternal Life. Wherefore it is written, ‘whoever believes in Him should not perish but have Eternal Life’; which He has obtained for us through His death on the Cross.

*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

Something is said to perish when it is prevented from obtaining the end for which it was created. But man is created and obtained for Eternal Life and as long as he sins, he is turned away from that destined end. Still, while he lives, he does not perish entirely for he can yet be saved through God’s Grace and Mercy; but if he dies in sin then he perishes completely.

The immensity of Divine Love is referred to by our Lord when He says ‘whoever believes in Him should not perish but have Eternal Life.’ For God in giving Eternal Life gave Himself to us, because Eternal Life is nothing other than to enjoy God forever. Moreover, to give oneself to God is a sign of great love. (John 3)”

Through the intercession of Mary, the Mother of God, St. Joseph and our patrons, St. Michael and St. Paul, may Holy Name of Jesus be always loved and adored in our hearts and in our speech!

In Christ through Mary,  
Fr. Kasel

The next **Holy Hour for Women** will be Sunday, January 25, at 6:00pm at the Church of St. Michael. Fr. Kasel will give a talk on: ***The Gift and Methods of Prayer***. All women are invited!

The next **Holy Hour and Social for Men** will be Sunday, February 1, at 6:00pm (note earlier start time) at the Church of St. Michael, Pine Island. Fr. Kasel will give a talk on: ***The Devotion to the Holy Face of Jesus***. All men are invited!

# CHURCH OF SAINT MICHAEL NEWS

## 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 Event!** All Youth, Grades 7-12, are invited for a prayer, food, and game night Wednesday, **January 28**, from 6:30-8:30pm at the Church of St. Michael, Pine Island. Fr. Kasel will give a talk. All high school students and confirmation candidates are invited to this youth event. Please RSVP to our parish offices! God bless you!

### Congratulations to:

**Michael & Natalia Bornholdt** on the baptism of their son **Arthur Richard Bornholdt** on January 17, 2026 at the Church of St. Michael.



### WORDS TO LIVE BY:

"The Name of Jesus is Light, and Food, and Medicine. It is Light, when it is preached to us; it is Food, when we think upon it; it is the Medicine that soothes our pains when we invoke it." *St. Bernard of Clairvaux*

"To live Jesus is to have the Name of Jesus engraved on one's heart." *St. Francis de Sales*

"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*

"We realize that the meaning of Jesus is 'Lord the Savior'. We should bow in reverence to His Name and submission to His Holy Will." *Blessed Henry Suso*

"Faith in Jesus and in the power of His Holy Name is the greatest spiritual force in the world today. It is a source of joy and inspiration in our youth; of strength in our manhood, when only His Holy Name and His Grace can enable us to overcome temptation." *Blessed Henry Suso*

### Institute of Catholic Culture Lecture

**Mondays, January 26 - February 9**

**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: 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>

**Monday - Thursday, February 16 - 19**

**LENT WITH THE MONKS:** *An ICC Retreat*

The Rule of St. Benedict states, "...in these days of Lent the brethren should lead lives of great purity, and should also in this sacred season expiate the negligences of other times. This will be worthily done if we refrain from all sin and apply ourselves to prayer with tears, to reading, to compunction of heart, and to abstinence." Join the ICC for this four-day retreat to learn from the wisdom of the monks for how to prepare our hearts for the Resurrected Christ.

Details: Pre-Class Discussion: 5:30pm EST Lecture: 6:00pm EST

Instructor: Rev. Boniface Hicks, O.S.B. Registration is required.

Visit: <https://instituteofcatholicculture.org/events/len-with-the-monks/>

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

## WEEKLY TITHING January 17-18, 2026

Sunday Envelopes:	\$ 2,550.00
Plate:	\$ 1,996.50
EFT:	\$ 3,755.00
<b>Total:</b>	<b>\$ 8,301.50</b>

Kitui Mission Collection: \$ 304.00

## Planning Ahead!

**Ash Wednesday, the beginning of Lent, is February 18.**



The Church of St. Michael Men's Club Fish Fries start on February 20 and continue on Fridays throughout Lent.



**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.

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](http://www.10000vocations.org/vianney-visit.html)

**Lent is more than a countdown to Easter:** Take time to reflect and grow by listening to Real Presence Radio. Our local programming offers prayerful conversations, teachings, and stories that help you enter the season with intention. Tune in on **970 AM in Austin/Rochester** or listen online at [RealPresenceRadio.com](http://RealPresenceRadio.com)

## †ADORATION of the BLESSED SACRAMENT†



Can you spend an hour with Jesus? Adoration is held at St. Paul, Zumbrota on Tuesdays from 9am-5pm and St. Michael, Pine Island on Wednesdays from 9am-5pm.

## HOLY MASS TIMES

**Wednesday, January 28, 2026**

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

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

**Friday, January 30, 2026**

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

**Saturday, January 31, 2026**

4:00pm-4:50pm Confessions

5:00pm Holy Mass

**Sunday, February 1, 2026**

7:00am Latin Holy Mass

10:30am Holy Mass

## HOLY MASS INTENTIONS

**January 28, 2026** †Helen & Warren Moe (Mary Kingsbury)

**January 30, 2026** †Anne Pietrantoni (Mary Sutton)

**January 31, 2026** †Robert Klouser

**February 1, 2026** Parishioners

**February 1, 2026** Christy Schultz





## CHURCH OF SAINT PAUL NEWS

### 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!**

St. Paul CCW will have their next meeting on Tuesday, February 10, with Holy Mass at 6 pm, followed by the meeting. All ladies are invited and needed. Please plan to attend.

### Daily Love for God must be practiced in different ways

"When God the Creator made all things, He commanded the plants to bring forth fruit each according to its own kind; He has likewise commanded Christians, who are the living plants of His Church, to bring forth the fruits of devotion, each one in accord with his character, his station and his calling.

I say that devotion must be practiced in different ways by the nobleman and by the working man, by the servant and by the prince, by the widow, by the unmarried girl and by the married woman. But even this distinction is not sufficient; for the practice of devotion must be adapted to the strength, to the occupation and to the duties of each one in particular.

Tell me, please, my Philothea, whether it is proper for a bishop to want to lead a solitary life like a Carthusian; or for married people to be no more concerned than a Capuchin about increasing their income; or for a working man to spend his whole day in church like a religious; or on the other hand for a religious to be constantly exposed like a bishop to all the events and circumstances that bear on the needs of our neighbor. Is not this sort of devotion ridiculous, unorganized and intolerable? Yet this absurd error occurs very frequently, but in no way does true devotion, my Philothea, destroy anything at all. On the contrary, it perfects and fulfills all things. In fact, if it ever works against, or is inimical to, anyone's legitimate station and calling, then it is very definitely false devotion.

The bee collects honey from flowers in such a way as to do the least damage or destruction to them, and he leaves them whole, undamaged and fresh, just as he found them. True devotion does still better. Not only does it not injure any sort of calling or occupation, it even embellishes and enhances it.

Moreover, just as every sort of gem, cast in honey, becomes brighter and more sparkling, each according to its color, so each person becomes more acceptable and fitting in his own vocation when he sets his vocation in the context of devotion. Through devotion your family cares become more peaceful, mutual love between husband and wife becomes more sincere, the service we owe to the prince becomes more faithful, and our work, no matter what it is, becomes more pleasant and agreeable.

It is therefore an error and even a heresy to wish to exclude the exercise of devotion from military divisions, from the artisans' shops, from the courts of princes, from family households. I acknowledge, my dear Philothea, that the type of devotion which is purely contemplative, monastic and religious can certainly not be exercised in these sorts of stations and occupations, but besides this threefold type of devotion, there are many others fit for perfecting those who live in a secular state. Therefore, in whatever situations we happen to be, we can and we must aspire to the life of perfection." (From *The Introduction to the Devout Life*, by St. Francis de Sales, Bishop)

**Give the gift of an Hour of Adoration for someone. Cards are in the vestibule to send to the recipient.**

### WEEKLY TITHING January 18, 2026

Sunday Envelopes:	\$ 381.00
Plate:	\$ 511.00
EFT:	\$ 940.00
<b>Total:</b>	<b>\$ 1,832.00</b>

### **\*\*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.**

**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.

**Meal in a Bucket:** Today is pick up day for Catholic Daughters "Meal in a Bucket". Meals are available in the church hall after the Holy Mass. Thank you for your support.

**Come and join us!** On Thursday, January 29, after morning Holy Mass, we will be gathering to learn about the meaning behind the design of the Stained Glass Windows here at the Church of St. Paul. You are welcome to join us as we explore the traditional and contemporary symbols used in the windows to depict the major teachings of St. Paul that add meaning and beauty to our worship experience. *Father Kasel and the Thursday "Retired" Small Group*

**Prayer for Priests** by St. Therese of Lisieux, Carmelite  
O Jesus, eternal Priest, keep Your priests within the shelter of Your Sacred Heart, where none may touch them. Keep unstained their anointed hands, which daily touch Your Sacred Body. Keep unsullied their lips, daily purpled with Your Precious Blood. Keep pure and un-earthly their hearts, sealed with the sublime mark of the Priesthood. Let Your holy Love surround them and shield them from the world's contagion. Bless their labors with abundant fruit and may the souls to whom they minister be their joy and consolation here and in Heaven their beautiful and everlasting crown. Amen

**Fellowship Sunday:** Please consider hosting a Fellowship Sunday, after the 8:45am Sunday Holy Mass. This is a great opportunity to have fellowship with visitors, new families, and parishioners. A sign-up sheet is on the bulletin board at the entrance of the Church.

### HOLY MASS TIMES

#### **Tuesday, January 27, 2026**

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

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

#### **Thursday, January 29, 2026**

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

#### **Sunday, February 1, 2026**

8:20am Rosary/8:25am Confessions

8:45am Holy Mass

### HOLY MASS INTENTIONS

**January 27, 2026** Ellie Zimmerman (Louise Gerken)

**January 29, 2026** †John & Mary Brumm

**February 1, 2026** Parishioners



# NEWS FROM SAINT MICHAEL AND SAINT PAUL



**Prayer to the Virgin Mary:** My Queen, my Mother, I give myself entirely to you, and to show my devotion to you, I consecrate to you this day my eyes, my ears, my mouth, my heart, my entire self without reserve. As I am your own, my good Mother, guard me and defend me as your property and possession. Amen.

## FORMED! Did you know?

Our parish has a subscription to FORMED! Which means you can access awesome Catholic programs for free!

**What is it?:** FORMED is an online platform filled with over 4,000 Catholic studies, movies, audio dramas, talks, e-books, and even cartoons for our children.

**How do I use it?:** You can enjoy FORMED on your computer, phone or on your television with an inexpensive Roku device or Apple TV. You can even listen to talks on your phone as you commute or do work around home.

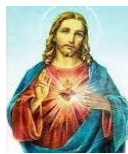
**How do I create an account?:** To create an account (for free!), go to <https://formed.org/> signup and type in 55992 or 55963. Click on the Church of St. Paul or the Church of St. Michael, enter your name and email. That is it! The Catholic programming on FORMED will enrich, deepen, and inspire your Faith to a new level!

## 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!*



## Catholic Services Appeal 2026 is coming soon!

**Giving is Faith in Action!** The Catholic Services Appeal is our yearly fundraising campaign that responds to the needs of our local communities and its people. The CSA funds support Catholic ministries and services that no single parish could accomplish on its own. Your gift to the Catholic Services Appeal supports our parishes, schools, and dozens of Catholic ministries like Catholic Schools and faith formation, hospital ministry and care for those in crisis, college campus ministry, room and board for seminarians, respect life, support for the imprisoned, and so much more. Let us prayerfully consider a gift to the Appeal so that the Light of Christ continues to shine for those who are in need. To learn more, visit: [hope.archspm.org](http://hope.archspm.org) or scan the QR code:



## PRO-LIFE QUOTES:

“The right to life does not depend, and must not be declared to be contingent, on the pleasure of anyone else, not even a parent or sovereign.” *Blessed Mother Teresa*

“Conception is the beginning of human life. From the time that an ovum is fertilized a new life begins that is neither that of the father nor of the mother. It is rather the life of a new human being with his own growth. It would never become human if it were not human already.” *Congregation for the Doctrine of the Faith, Declaration on Procured Abortion, 1974*

“You are called to stand up for life! To respect and defend the mystery of life always and everywhere, including the lives of unborn babies, giving real help and encouragement to mothers in difficult situations. You are called to work and pray against abortion.” *St. John Paul II, during his visit to New York, 1995*

<p><b>MAXON FAMILY</b> Parishioner</p>  <p><b>Cremation &amp; Life Celebrations</b> 1624 37th Street NW, Rochester, MN 55901</p>	<p><b>Nilssen's</b> SINCE 1983</p> <p><b>Hub Food Center</b> 228 West Ave. Zumbrota 507-732-7329 <a href="https://www.nilssensfoods.com">https://www.nilssensfoods.com</a></p>	<p><b>ZUMBROTA MINI STORAGE</b></p> <p><b>LIGHTING—PAVED 24 HOUR ACCESS</b></p> <p><b>507-696-4406</b></p>	<p><b>Catholic United Financial</b> A Trusted Fraternal Life Brand</p> <p><b>Pete Herold</b> Local Member Advisor 952-994-7558 <a href="mailto:Pherold@CatholicUnited.org">Pherold@CatholicUnited.org</a></p> <p>Rates better than CD's? Catholic United offers 5% first year, then 4.25% and zero fees.</p>
<p><b>PORK &amp; PLANTS</b></p> <p><b>Pork &amp; Plants Heritage Farm</b> ERIC KREIDERMACHER &amp; 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><b>Pickup and limited delivery available (507) 458-2175</b> Email: <a href="mailto:eric@porkandplants.com">eric@porkandplants.com</a> <a href="http://www.porkandplants.com">www.porkandplants.com</a> “Healthy Land, Healthy Meat, Healthy Families”</p>	<p><b>Mahn Family</b> Funeral Homes Larson Chapel 1475 Jefferson Dr. Zumbrota, MN (507) 732-5444 Mahler Chapel 209 NW 1st Ave. Pine Island, MN (507) 356-4620 <a href="http://mahnfamilyfuneralhome.com">mahnfamilyfuneralhome.com</a></p>	<p><b>QUARRY HILL FAMILY DENTAL</b> <b>DR. MOLLY JARRETT</b> PARISHIONER Monday and Tuesday 7-5pm, Wednesday 7:30-5pm, Thursday 11-5pm <a href="http://www.quarryhillfamilydental.com">www.quarryhillfamilydental.com</a> <b>507-216-9891</b> 828 11th Ave NE, Rochester, MN Comfortable, Convenient Dental Care for the Entire Family</p>	 <p><b>QUARRY HILL FAMILY DENTAL</b></p>
<p><b>Reliable</b> HEATING &amp; COOLING <b>507-732-4777</b> 24 Hr. Emergency Service</p> <p>Residential &amp; Light Commercial Serving Zumbrota &amp; Surrounding Communities</p>	<p><b>Owens Locker Plant</b></p>  <p>110 2nd St. NE, Pine Island, MN 55963 <b>507-356-8612</b></p> <p>SCAN</p>	<p><b>MSR FINANCIAL SOLUTIONS</b></p> <p>Accountants that you can trust <b>Yasmine Ramirez CPA, MBA</b> <b>718-825-8196</b> <a href="mailto:yramirez@mrfinancialsolution.com">yramirez@mrfinancialsolution.com</a> Fractional CFO, Consulting, Budgeting, Accounting, Bookkeeping Corporate, &amp; Individual tax returns</p>	<p><b>DO YOU OR A LOVED ONE STRUGGLE TO CARE FOR YOUR FEET?</b></p> <p><b>Welcome to Foot Care Professionals!</b> Providing medical care for your feet</p> <ul style="list-style-type: none"> <li>Toenail trimming &amp; debridement</li> <li>Callus paring</li> <li>Swift microwave therapy for wart removal</li> <li>KeryFlex nail reconstruction</li> <li>OnyFix nonsurgical ingrown toenail correction</li> </ul> <p>Call <b>507-269-7827</b> for appointment or book online at <a href="http://footcaremn.com">footcaremn.com</a></p>  
<p><b>Safe Environment:</b> 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><b>Report Abuse:</b> If you or someone you know has been sexually abused, your first call should be to law enforcement.</p>	<p><b>Parish Safe Environment Coordinator:</b> Sara McNamara St. Michael: 507-356-4280 <a href="mailto:stmichaeloffice@bevcomm.net">stmichaeloffice@bevcomm.net</a> St. Paul: 507-732-5324 <a href="mailto:stpauls@hcinet.net">stpauls@hcinet.net</a></p> <p><b>St. Paul/Minneapolis Archdiocese Victim Assistance Program Hotline:</b> (651) 291-4475</p>		<p><b>ST. PIO KNIGHTS OF COLUMBUS</b> COUNCIL 16016</p> <p><b>JOIN US</b> Brother Knights of our Council invite you to join us. Contact the Parish Office visit: <a href="http://www.kofc.org/join">www.kofc.org/join</a></p>