

May 17, 2026  
The Ascension of the Lord

Father Randal Kasel, Pastor frkasel@bevcomm.net

Josefina Meyer & Sara McNamara, Staff

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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.

### From Father Kasel

Praised be Jesus Christ through Mary!

Dear Brothers and Sisters in Christ Jesus,

During this month of May I encourage all of us to renew ourselves in loving devotion to our Blessed Mother! The Virgin Mary unfailingly leads us to Jesus and teaches us how to trust in His merciful Love!

This weekend we celebrate the manifestation of our Lord's almighty power in His Ascension into Heaven. This event is a most joyful and inspiring Dogma of our Catholic Faith; for Jesus has preceded us into Heaven to prepare a place for us (cf John 14:2). Here is what the Catechism of the Catholic Church teaches us about this hope-filled event:

“So then the Lord Jesus, after he had spoken to them, was taken up into heaven, and sat down at the right hand of God.” (Mark 16:19) Christ's body was glorified at the moment of his Resurrection, as proved by the new and supernatural properties it subsequently and permanently enjoys. (Cf Luke 24:31; John 20:19,26) But during the forty days when he eats and drinks familiarly with his disciples and teaches them about the kingdom, his glory remains veiled under the appearance of ordinary humanity. (Cf. Acts 1:3; 10:41; Mark 16:12; Luke 24:15; John 20:14-15; 21:4) Jesus' final apparition ends with the irreversible entry of his humanity into divine glory, symbolized by the cloud and by heaven, where he is seated from that time forward at God's right hand. (Cf. Acts 1:9; 2:33; 7:56; Luke 9:34-35; 24:51; Exodus 13:22; Mark 16:19; Psalm 110:1) Only in a wholly exceptional and unique way would Jesus show himself to Paul ‘as to one untimely born’, in a last apparition that established him as an apostle. (1 Corinthians 15:8; cf. 9:1; Galatians 1:16)

The veiled character of the glory of the Risen One during this time is intimated in his mysterious words to Mary Magdalene: ‘I have not yet ascended to the Father; but go to my brethren and say to them, I am ascending to my Father and your Father, to my God and your God’. (John 20:17) This indicates a difference in manifestation between the glory of the risen Christ and that of the Christ exalted to the Father's right hand, a transition marked by the historical and transcendent event of the Ascension.

This final stage stays closely linked to the first, that is, to his descent from heaven in the Incarnation. Only the one who ‘came from the Father’ can return to the Father: Christ Jesus. (Cf. John 16:28) ‘No one has ascended into heaven but he who descended from heaven, the Son of man.’ (John 3:13; cf. Ephesians 4:8-10) Left to its own natural powers humanity does not have access to the ‘Father's house’, to God's life and happiness. (John 14:2) Only Christ can open to man such access that we, his members, might have confidence that we too shall go where he, our Head and our Source, has preceded us. (Roman Missal, Preface of the Ascension)

# Welcome to the Churches of

## St. Paul &

## St. Michael



*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

‘And I, when I am lifted up from the earth, will draw all men to myself.’ (John 12:32) The lifting up of Jesus on the cross signifies and announces his lifting up by his Ascension into heaven, and indeed begins it. Jesus Christ, the one priest of the new and eternal Covenant, ‘entered, not into a sanctuary made by human hands. . . but into heaven itself, now to appear in the presence of God on our behalf.’ (Hebrews 9:24) There Christ permanently exercises his priesthood, for he ‘always lives to make intercession’ for ‘those who draw near to God through him’. (Hebrews 7:25) As ‘high priest of the good things to come’ he is the center and the principal actor of the liturgy that honors the Father in heaven. (Hebrews 9:11; cf. Revelation 4:6-11)

Henceforth Christ is *seated at the right hand of the Father*: ‘By ‘the Father's right hand’ we understand the glory and honor of divinity, where he who exists as Son of God before all ages, indeed as God, of one being with the Father, is seated bodily after he became incarnate and his flesh was glorified.’ (St. John Damascene)

Being seated at the Father's right hand signifies the inauguration of the Messiah's kingdom, the fulfillment of the prophet Daniel's vision concerning the Son of man: ‘To him was given dominion and glory and kingdom, that all peoples, nations, and languages should serve him; his dominion is an everlasting dominion, which shall not pass away, and his kingdom one that shall not be destroyed.’ (Daniel 7:14) After this event (continued on page 4)

The next **Holy Hour for Men** will be **Sunday, May 17, at 6pm** at the Church of St. Michael, Pine Island. The topic for this month will be Fr. Kasel's *pilgrimage to Greece and an opportunity for questions and answers*. All men are invited!

The next **Holy Hour for Women** will be **Sunday, May 31, at 6:00pm** at the Church of St. Michael. All women are invited!

# CHURCH OF SAINT MICHAEL NEWS

## Memorial Day Holy Masses - Monday, May 25

8:00am Latin Holy Mass at St. Michael, Pine Island (*note earlier time*)  
 (Prayers at the St. Michael Cemetery at 9:30am)  
 11:30am Holy Mass at St. Rose, Cherry Grove  
 (8778 County Highway 11 Blvd., Kenyon, MN 55946)  
 (Prayers at the St. Rose Cemetery to follow)

**Youth Group Event!** All Youth, Grades 7-12, are invited for a prayer, food, and game night Wednesday, **May 27**, from 6:30-9pm 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 the newly confirmed students from our parish. All are invited to attend a reception for them after the 10:30am Holy Mass on Sunday, May 17. *May God bless you!*  
*Please keep the youth of our parish in your prayers!*

**Cemetery Collection:** There will be a second collection the weekend of May 16 & 17 to support the upkeep of the parish cemetery. Please consider donating to honor our beloved departed and to keep the parish cemetery looking beautiful!

## St. Michael's Garden Plots - Now Available!

Need a patch of dirt to plant a garden? The 2026 growing season has begun and garden plots are now available to Parishioners at no cost. There are nine 10x20 ft. plots available on a first come, first served basis. Multiple plots can be claimed. Call or text Andy Drees at (952) 465-9841 for more information or to reserve a plot.

### WORDS TO LIVE BY:

"Our Lord Jesus Christ ascended into Heaven; let our hearts ascend with Him." *St. Augustine*  
 "Had Christ remained on earth, sight would have taken the place of Faith." *Venerable Fulton Sheen*  
 "The Ascension was the triumph of redeemed man. It is the completion of His redemption. It was the last act, making the whole sure, for now man is actually in Heaven." *St. John Henry Newman*  
 "The Ascension is not only about Our Lord's Divinity ascending into Heaven, but also about our humanity being admitted to seat itself at the Right Hand of the Father in Heaven!" *St. Leo the Great*  
 "Our Lord does not come down from Heaven every day to lie in a golden ciborium. He comes to find another Heaven which is infinitely dearer to Him - the Heaven of our souls, created in His Image, the living temples of the Adorable Trinity." *St. Therese of Lisieux*  
 "Our Lord needs from us neither great deeds nor profound thoughts. Neither intelligence nor talents. He cherishes simplicity." *St. Therese of Lisieux*  
 "It is simply impossible to lead, without the aid of prayer, a virtuous life." *St. John Chrysostom*

### Institute of Catholic Culture Lecture

#### COOKING FOR CROWDS: *Eggs for Pascha*

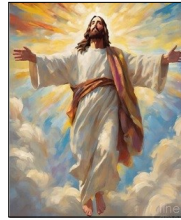
Why Eggs? As we celebrate the gift of the Resurrection, many families will enjoy the tradition of an Easter egg hunt. But why eggs on Easter? Join Fr. Hezekias for a special ICC "Cooking for Crowds," as Father shares some of his favorite breakfast recipes and teaches us the beautiful story of how eggs became associated with Easter in the early Church—a tradition deeply rooted in faith, sacrifice, and the joy of new life.

Date: Tuesday, May 19  
 Pre-Class Discussion: 7:45 PM ET Lecture: 8:00 PM ET  
 Instructor: Rev. Hezekias Carnazzo. Registration is required.  
<https://instituteofcatholicculture.org/events/cooking-for-crowds-eggs-for-pascha>

**Pine Island Food Shelf:** Items requested for **May:**  
 Condiments—ketchup/mustard, salad dressings, mayo

## WEEKLY TITHING May 9-10, 2026

Sunday Envelopes:	\$ 3,030.00
Plate:	\$ 1,670.06
EFT:	\$ 1,110.00
<b>Total:</b>	<b>\$ 5,810.06</b>



## Ascend with Jesus

"Today our Lord Jesus Christ ascended into Heaven; let our hearts ascend with Him. Listen to the words of the Apostle: *If you have risen with Christ, set your hearts on the things that are above where Christ is, seated at the right hand of God; seek the things that are above, not the things that are on earth.* For just as He remained with us

even after His Ascension, so we too are already in Heaven with Him, even though what is promised us has not yet been fulfilled in our bodies. Christ is now exalted above the heavens, but He still suffers on earth all the pain that we, the members of His Body, have to bear. He showed this when He cried out from above: *Saul, Saul, why do you persecute Me?* and when He said: *I was hungry and you gave Me food.*

Why do we on earth not strive to find rest with Him in Heaven even now, through the Faith, Hope and Love that unites us to Him? While in Heaven He is also with us; and we while on earth are with Him. He is here with us by His Divinity, His Power and His Love. We cannot be in Heaven, as He is on earth, by Divinity, but in Him, we can be there by Love.

He did not leave Heaven when He came down to us; nor did He withdraw from us when He went up again into Heaven. The fact that He was in Heaven even while He was on earth is borne out by His own statement: *No one has ever ascended into Heaven except the One who descended from Heaven, the Son of Man, who is in Heaven.*

These words are explained by our oneness with Christ, for He is our Head and we are His Body. No one ascended into Heaven except Christ because we also are Christ: He is the Son of Man by His union with us, and we by our union with Him are the sons of God. So the Apostle says: *Just as the human body, which has many members, is a unity, because all the different members make one body, so is it also with Christ.* He too has many members, but one Body.

Out of compassion for us He descended from Heaven, and although He ascended alone, we also ascend, because we are in Him by Grace. Thus, no one but Christ descended and no one but Christ ascended; not because there is no distinction between the Head and the Body, but because the Body as a unity cannot be separated from the Head." (From a sermon by St. Augustine)

## HOLY MASS TIMES

### Wednesday, May 20, 2026

8:00am Confessions/8:30am Holy Mass  
 9:00am-5:00pm Adoration of the Blessed Sacrament

### Friday, May 22, 2026

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

### Saturday, May 23, 2026

4:00pm-4:50pm Confessions  
 5:00pm Holy Mass

### Sunday, May 24, 2026

7:00am Latin Holy Mass  
 10:30am Holy Mass

## HOLY MASS INTENTIONS

**May 20, 2026** Kristimari Kaiya  
**May 22, 2026** †John & Mary Brumm (Joan Krause)  
**May 23, 2026** †Charlyne Lenn (Duane & June Andrist)  
**May 24, 2026** Carol Berns (Nicole McCoy)  
**May 24, 2026** Parishioners



**The Goodness of Divine Love**

“A new commandment I give you, that you love one another. This commandment that He is giving them is a new one, the Lord Jesus tells His disciples. Yet was it not contained in the Old Law, where it is written: *You shall love your neighbor as yourself?* Why does the Lord call it new when it is clearly so old? Or is the commandment new because it divests us of our former selves and clothes us with the new man? Love does indeed renew the man who hears, or rather obeys its command; but only that Love which Jesus distinguished from a natural love by the qualification: *As I have loved you.*



This is the kind of Love that renews us. When we Love as He Loved us we become new men, heirs of the new covenant and singers of the new song. My brothers, this was the Love that even in bygone days renewed the holy men, the patriarchs and prophets of old. In later times it renewed the blessed Apostles, and now it is the turn of the Gentiles. From the entire human race throughout the world this Love gathers together into one body a new people, to be the bride of God’s only Son. She is the bride of whom it is asked in the Song of Songs: *Who is this who comes clothed in white?* White indeed are her garments, for she has been made new; and the source of her renewal is none other than this new commandment.

And so all her members make each other’s welfare their common care. When one member suffers, all the members suffer with him, and if one member is glorified all the rest rejoice. They hear and obey the Lord’s words: *A new commandment I give you, that you Love one another;* not as men love one another for their own selfish ends, nor merely on account of their common humanity, but because they are all gods and sons of the Most High. They Love one another as God Loves them so that they may be brothers of His only Son. He will lead them to the goal that alone will satisfy them, where all their desires will be fulfilled. For when God is all in all, there will be nothing left to desire.

This Love is the Gift of the Lord who said: *As I have Loved you, you also must love one another.* His object in Loving us, then, was to enable us to Love each other. By Loving us Himself, our mighty Head has linked us all together as members of His own Body, bound to one another by the tender bond of Love.” (From a treatise on John by Saint Augustine, Bishop)

**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!*

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

**WEEKLY TITHING May 10, 2026**

Sunday Envelopes: \$ 1,335.00  
 Plate: \$ 260.05  
**Total: \$ 1,595.05**

**Memorial Day Holy Masses - Monday, May 25**

8:00am Latin Holy Mass at St. Michael, Pine Island (note earlier time)  
 (Prayers at the St. Michael Cemetery at 9:30am)  
 11:30am Holy Mass at St. Rose, Cherry Grove  
 (8778 County Highway 11 Blvd., Kenyon, MN 55946)  
 (Prayers at the St. Rose Cemetery to follow)

**Cemetery Collection:** There will be a second collection on May 17 to support the upkeep of the parish cemetery. Please consider donating to honor our beloved departed and to keep the parish cemetery looking beautiful!

**Baccalaureate Holy Mass and Reception—May 31**  
**Congratulations to our Graduate: Gunner Mancilman**

Please join me in congratulating Gunner on his achievement and please keep him in your prayers as he moves to new challenges and learning experiences.



May God bless you! Fr. Kasel

A reception will follow downstairs in the community room after the Sunday, 8:45am Holy Mass on May 31.

**Everyone is invited!**

**Youth Group Event!** All Youth, Grades 7-12, are invited for a prayer, food, and game night Wednesday, **May 27**, from 6:30-9pm 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!

**Ordination to the Priesthood**

**Date:** Saturday, May 30 at 10am-11:30am

**Location:** Cathedral of St. Paul, St. Paul and via livestream (Facebook & YouTube) All are welcome to attend the Presbyteral Ordination at the Cathedral of St. Paul. Five seminarians in the Theology IV class from the Archdiocese of St. Paul and Minneapolis are scheduled to be ordained to the Priesthood of Jesus Christ!



**†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 at St. Michael, Pine Island on Wednesdays from 9am-5pm.

**Atheist—Catholic Dialogue on the Shroud of Turin**

All are welcome to take part in a respectful debate at 6:30pm on Friday, May 22, hosted by St. James Coffee (4156 18th Avenue NW, Rochester) between an atheist and a Catholic on the authenticity of the Shroud of Turin. Free treats, and the audience will have the opportunity to weigh in on the strength of the evidence presented.

**HOLY MASS TIMES**

**Tuesday, May 19, 2026**

8:00am Confessions/8:30am  
 9:00am-5:00pm Adoration of the Blessed Sacrament

**Thursday, May 21, 2026**

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

**Sunday, May 24, 2026**

8:20am Rosary/8:25am Confessions  
 8:45am Holy Mass

**HOLY MASS INTENTIONS**

**May 19, 2026**

Sarah Peñarete

**May 21, 2026**

†Gary Miller (Karen Hodgman)

**May 24, 2026**

Parishioners



# NEWS FROM SAINT MICHAEL AND SAINT PAUL

(From *Father Kasel* - from page 1) the apostles became witnesses of the 'kingdom [that] will have no end'. (Nicene Creed) Christ's Ascension marks the definitive entrance of Jesus' humanity into God's heavenly domain, whence he will come again (cf. Acts 1:11); this humanity in the meantime hides him from the eyes of men (cf. Colossians 3:3).

Jesus Christ, the head of the Church, precedes us into the Father's glorious kingdom so that we, the members of his Body, may live in the hope of one day being with him forever.

Jesus Christ, having entered the sanctuary of heaven once and for all, intercedes constantly for us as the mediator who assures us of the permanent outpouring of the Holy Spirit." (CCC 659-667)

Through the intercession of Mary, Queen of Heaven, St. Joseph, St. Paul and St. Michael, may God bless you, your families and our parishes!

In Christ through Mary,  
Fr. Kasel



**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.

## PRO-LIFE QUOTES:

"Give us the grace - When the sacredness of life before birth is attacked, to stand up and proclaim that no one ever has the authority to destroy unborn life." *St. John Paul II*

"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*

"As a gift to humanity, which sometimes seems bewildered and overwhelmed by the power of evil, selfishness, and fear, the Risen Lord offers His love that pardons, reconciles, and reopens hearts to love. It is a love that converts hearts and gives peace. How much the world needs to understand and accept Divine Mercy! Lord, who reveals the Father's love by Your death and Resurrection, we believe in You and confidently repeat to You today: Jesus, I trust in You, have mercy upon us and upon the whole world." *St. John Paul II, Regina Caeli prepared for Divine Mercy Sunday, April 3, 2005.*

"Some people argue that changing laws will not eliminate abortions. It is certainly true that a change of heart is more important than a change of law. What is forgotten, however, is that the law is the great teacher. Children grow up believing that if a practice is legal, it must be moral." *John Cardinal O'Connor*

## Carmelite Spirituality Silent Retreat:

I invite you to prayerfully consider attending the Carmelite Spirituality Silent Retreat, taking place July 24-26, 2026, at the Franciscan Retreat Center in Prior Lake.

The retreat will be led by Fr. Elias Mary of Mt. Carmel and the Immaculate Heart, FI, and will focus on the theme:

"The Practice of the Presence of God in Union with Mary."

To register: see Registration form at the entrance of the Church. Deadline to register is on June 24, 2026.

 <p><b>MAXON FAMILY</b> Parishioner</p>  <p><b>Cremation &amp; Life Celebrations</b> 1824 37th Street NW, Rochester, MN 55901</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 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</p> <p><b>Mahler Chapel</b> 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</p> <p>Monday and Tuesday 7-5pm, Wednesday 7:30-5pm, Thursday 11-5pm <a href="http://www.quarryhillfamilydental.com">www.quarryhillfamilydental.com</a></p> <p><b>507-216-9891</b> 828 11th Ave NE, Rochester, MN Comfortable, Convenient Dental Care for the Entire Family</p> 	
 <p><b>Reliable</b> HEATING &amp; COOLING 507-732-4777 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>Accountants that you can trust <b>Yasmine Ramirez CPA, MBA</b> 718-825-8196 <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>FOOT CARE PROFESSIONALS</b></p> <p>Welcome to Foot Care Professionals! 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 507-269-7827 for appointment or book online at <a href="http://footcaremn.com">footcaremn.com</a></p>   <p>Sheila Soeffen DPM, FACC Nurse Practitioner, Certified Foot Care Specialist</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> 	