

July 19, 2026 Sixteenth Sunday in Ordinary Time

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,

This week (from July 19-25) we celebrate Natural Family Planning Awareness Week. This week presents us a wonderful opportunity to thank our Lord Jesus for the wonderful gift of family life. Family life, as created and intended by our Creator, is the foundation of our civilization. The more we understand its foundational role within the human family, the more we can be appreciative and help others to know the beauty and wonder of family life as intended by God. The United States Catholic Bishops have written a pastoral letter on family life. I want to share with you an abridged version of this document:

Marriage: Love and Life in the Divine Plan

“What Is Marriage? Marriage is a natural institution established by God the Creator. It is a permanent, faithful, fruitful partnership between one man and one woman, established by their free mutual consent. It has two purposes: the good of the spouses, called the unitive purpose, and the procreation and education of children. Marriage is not merely a private institution. It is the foundation of the family, where children learn values and virtues that make them good Christians as well as good citizens. Marriage is important for the upbringing of the next generation, and therefore it is important for society. Men and women are equal as persons. As male and female, they are two different ways of being human. These differences relate them to each other in a total and complementary way. They make possible a unique communion of persons in which spouses give themselves and receive each other in love. This communion of persons has the potential to bring forth human life and thus to produce the family. No other relationship symbolizes life and love as marriage does.

The two purposes of marriage are inseparable; they are two aspects of the same self-giving. The unitive purpose of marriage means that husband and wife participate in God's own self-giving love. The two become one flesh, giving mutual help and service to each other through their intimate union. The procreative purpose recognizes that married love is by its nature life-giving. The children who result from this union are the supreme gift of marriage. Some couples experience the tragedy of infertility and may be tempted to think that their union is not complete; however, it remains a distinctive communion of persons.

Challenges to Marriage

Contemporary society poses fundamental challenges to the meaning and purposes of marriage. Four of these challenges are discussed here.

(1) **Contraception.** Each act of intercourse must be open to procreation, because the whole meaning of marriage is expressed in each marital act. Contraception closes off the possibility of procreation and separates the unitive and procreative meanings of marriage. This is objectively wrong and is essentially opposed to God's plan for marriage and proper human development. Deliberately separating these two meanings can damage or destroy the marriage and bring many other negative consequences, both personal and social. Natural family planning (NFP) methods enable a couple to plan their family in accord with God's design.

(2) **Same-sex unions.** Male-female complementarity is essential to marriage. It makes possible authentic union and the generation of new life. Attempts to make same-sex unions the equivalent of marriage

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

disregard the nature of marriage. Since marriage and same-sex unions are different realities, it is not unjust discrimination to oppose the legal recognition of same-sex unions. These unions pose a serious threat to the fabric of society that affects all people.

(3) **Divorce.** Marriage is meant to be a lifelong covenantal union, which divorce claims to break. Troubled couples as well as divorced persons are encouraged to rely on God's help and to use the resources of the Church for support and healing. An annulment is a possibility for some divorced persons. This is a finding by a church tribunal, or court, that no valid marriage bond was formed because the requirements for valid consent were not met at the time of the wedding.

(4) **Cohabitation.** Many couples live together in a sexual relationship without marriage. This is always wrong and objectively sinful because the complete gift of self can only take place within the public, permanent commitment of marriage.

Marriage as a Christian Sacrament

Although marriage remains a blessing from God, Original Sin has had grave consequences for married life. As a break with God, it ruptured the original communion between man and woman.

Jesus healed this rupture when he raised marriage to the dignity of a sacrament. In marriage a man and woman become one flesh. They love each other as they love themselves and cherish each other's bodies as their own. This union is an image of Christ's love for his Church. Spouses are called to give themselves to each other as fully as Christ gave himself to his Church.

When the baptized spouses exchange their promises of loving and permanent fidelity before the Church, their marriage covenant becomes a participation in the unbreakable

(continued on page 3)

CATHOLIC VACATION BIBLE SCHOOL: JULY 20-22

Come and experience CVBS at the Church of St. Michael this summer. Daily Holy Masses at 8:30am. (details on pages 2 & 3)

The next **Holy Hour for Women** will be this Sunday, July 19, at 6:00pm at the Church of St. Michael, Pine Island. The Filiae Laboris Mariae Sisters will give a talk on *Holiness for Women*, with a question and answer session. All women are invited!

CHURCH OF SAINT MICHAEL NEWS

CATHOLIC VACATION BIBLE SCHOOL JULY 20-22 (MONDAY-WEDNESDAY)

The *Filiae Laboris Mariae* Sisters (Daughters of the Work of Mary) will be back this summer to conduct our Catholic Vacation Bible School at the Church of St. Michael! This CVBS is for children ages 4 years old through high school. Come and experience CVBS at the Church of St. Michael this summer. *Daily Holy Masses at 8:30am*

Registration form is available at the entrance of the Church.

Youth Group Event! All Youth, Grades 7-12, are invited for a prayer, food, and fun night on Wednesday, July 22, from 6:30-9pm at the Church of St. Michael, Pine Island. The *Filiae Laboris Mariae* Sisters will be with us! All high school students and confirmation candidates are invited to this youth event. Please RSVP to our parish office - God bless you!

Natural Family Planning Awareness Week - July 19 - 25, 2026: *Celebrate and reverence: God's vision of human sexuality*

Natural Family Planning Awareness Week is a national educational campaign. The Natural Family Planning Program of the United States Conference of Catholic Bishops develops a poster each year with basic supportive materials. It is the individual dioceses, however, that offer a variety of educational formats in the local church to focus attention on Natural Family Planning methods and Church teachings that support their use in marriage. The dates of Natural Family Planning Awareness Week highlight the anniversary of the papal encyclical *Humanae Vitae* (July 25) which articulates Catholic beliefs about human sexuality, conjugal love, and responsible parenthood. For further information, contact nfp@uscce.org.

WORDS TO LIVE BY:

"It takes three to make love, not two: you, your spouse, and God. Without God people only succeed in bringing out the worst in one another. Lovers who have nothing else to do but love each other soon find there is nothing else. Without a central loyalty life is unfinished." *Venerable Fulton Sheen*

"It is easy to love the people far away. It is not always easy to love those close to us. It is easier to give a cup of rice to relieve hunger than to relieve the loneliness and pain of someone unloved in our own home. Bring love into your home, for this is where our love for each other must start." *St. Teresa of Calcutta*

"When a man loves a woman, he has to become worthy of her. The higher her virtue, the more noble her character, the more devoted she is to truth, justice, goodness, the more a man has to aspire to be worthy of her. The history of civilization could actually be written in terms of the level of its women." *Venerable Fulton Sheen*

"Love is never something that is ready-made, something merely 'given' to man and woman; it is always at the same time a 'task' (to) which they are set. Love should be seen as something which in a sense never 'is' but is always only 'becoming,' and what it becomes depends upon the contribution of both persons and the depth of their commitment." *St. John Paul II*

"We become what we love and who we love shapes what we become." *St. Clare of Assisi*

"The charity which burned in the household at Nazareth should be an inspiration for every family. All the Christian virtues should flourish in the family, unity should thrive, and the example of its virtuous living should shine brightly." *St. John XXIII*

"Marriage is to help married people sanctify themselves and others. For this reason they receive a special Grace in the Sacrament which Jesus instituted. Those who are called to the married state will, with the Grace of God, find within their state everything they need to be holy." *St. Josemaría Escrivá*

Pine Island Food Shelf: items requested for July: Pasta - elbow macaroni, rotini, spaghetti, etc.

WEEKLY TITHING July 11-12, 2026

Sunday Envelopes:	\$ 3,328.00
Plate:	\$ 972.35
EFT:	\$ 1,140.00
Total:	\$ 5,440.35

Marriage Banns



CONGRATULATIONS to:

Raphael Daul & Kristina Hoerle, who will be united in the Sacrament of Matrimony on July 25, 2026.

Michael Lorentz and Alexandra Muller, who will be united in the Sacrament of Matrimony on August 7, 2026.



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.

Seminary Information Night: The Vocations Office is hosting an info session at SJV (St. John Vianney) College Seminary for parents and high-school men who might be interested in learning about the seminary. This will be on **Wednesday, August 12**, starting at 5:00pm, and it includes Mass, dinner, a presentation, and a tour of the seminary. RSVP at 10000vocations.org/seminary-information-night by Friday, August 7.

Institute of Catholic Culture Lecture

THE HIGH HALLOW: *Tolkien's Liturgical Imagination*
J.R.R. Tolkien was raised Catholic and from childhood steeped in the faith and liturgical life of the Church. He would famously describe his Lord of the Rings trilogy as a "fundamentally religious and Catholic work." From themes of grace and sacrifice to the struggle against evil, his stories reflect a deeply sacramental vision of the world. Learn how his Catholic faith informed and inspired this great writer of the 20th century.

Tuesday, July 28 Pre-Class Discussion: 7:30PM Lecture: 8:00 PM
Instructor: Ben Reinhard, Ph.D. Registration is required.

Visit: <http://instituteofcatholicculture.org/events/the-high-hallow>

HOLY MASS TIMES

Monday, July 20, 2026 (note: this week only due to the CVBS)
8:30am Holy Mass (Latin)

Tuesday, July 21, 2026 (note: this week only due to the CVBS)
8:30am Holy Mass (Latin)

Wednesday, July 22, 2026
8:00am Confessions/8:30am Holy Mass (Latin)
1:00-5:00pm Adoration of the Blessed Sacrament

Friday, July 24, 2026
12:00pm Holy Mass (Latin) (note: change of time this week only)

Saturday, July 25, 2026
4:00pm-4:50pm Confessions
5:00pm Holy Mass

Sunday, July 26, 2026
7:00am Holy Mass (Latin)
10:30am Holy Mass

HOLY MASS INTENTIONS

July 20, 2026 †Harry Kelly (Ben & Jennifer Erikson)
July 21, 2026 †Larry & Julie Hobbs (Sara McNamara)
July 22, 2026 Alexander Monosmith
July 24, 2026 †Franciscek Janicki (Elizabeth Skellie)
July 25, 2026 Garth Maine & Danelle Bania (Santi & Carolyn Ocariz)
July 26, 2026 The family of Luke & Jennifer Plenge
July 26, 2026 Parishioners



CHURCH OF SAINT PAUL NEWS

CATHOLIC VACATION BIBLE SCHOOL JULY 20-22 (MONDAY-WEDNESDAY)

The *Filiae Laboris Mariae* Sisters (Daughters of the Work of Mary) will be back this summer to conduct our Catholic Vacation Bible School at the Church of St. Michael!

This CVBS is for children ages 4 years old through high school. Come and experience CVBS at the Church of St. Michael this summer. *Daily Holy Masses at 8:30am*

Registration form is available at the entrance of the Church.

(From *Father Kasel* - from page 1) covenant between Christ and the Church. The Holy Spirit binds the spouses together and enables them to perform acts of self-giving love to the benefit of themselves, their families, and the whole Church. In this way their marriage does more than symbolize Christ's love; it makes that love present in the world. In order to imitate Christ's love for his Church, the relationship between man and woman needs healing. Their relationship is not a one-sided subjection of the wife to the husband, but a mutual subjection of husband and wife, following St. Paul's charge to "be subordinate to one another out of reverence for Christ" (Eph 5:21).

Marriage and Family: A Communion of Love

The Christian married couple, with their children, forms an image of the Trinitarian God: Father, Son and Holy Spirit. Marriage and family life images the Trinity in two ways. First, like the Trinity, marriage is a communion of love between co-equal persons, beginning with husband and wife and extending to all the members of the family. Second, just as Trinity's love is life-giving, a married couple's love conceives and cares for children. In addition to reflecting the Trinity, the family is a microcosm of the Church. The ancient expression "domestic church" accurately describes the family because it is a small communion of persons that draws its sustenance from the larger Church and reflects its life in unique ways. Within this domestic church, parents have a special responsibility to teach children the faith and help them to grow in virtue. The family matures as a domestic church by participating in the life and worship of the larger Church, especially Sunday Eucharist. In the Eucharist, members of the family are most fully united to Christ, to one another, and to their brothers and sisters throughout the world. Christian spouses in a mixed marriage (between a Catholic and a baptized person who is not Catholic) witness to the universality of God's love, even without sharing the Eucharist. They can make an important contribution towards Christian unity. Sometimes, Catholics marry non-Christians. These marriages are not sacramental, although the parties do commit to fidelity, permanence, and openness to children. Both types of unions face particular challenges, especially the religious upbringing of children. The Catholic party needs to take seriously the promise to maintain his or her Catholic faith and to do all in his or her power to have the children baptized and raised Catholic. Marriage is a vocation, or divine call, as necessary and valuable to the Church as other vocations. Discernment of and preparation for marriage is a process that begins early in life and continues through the engagement period. Because marriage is for the good of the Church and the entire community, the Church and the state have an obligation to help support and sustain marriage. Growth in Virtue with God's grace, couples are called to grow in holiness. A holy marriage is made up of many virtues. Fundamentally, the couple lives out the theological virtues of faith, hope and love. Love is the heart of the vocation of marriage. It calls (continued on page 4)

Christ our Life Conference 2026

Join thousands of Catholics from across the Midwest from magnificent weekend of faith on **September 26-2, 2026** at the **Casey Center** in Des Moines, Iowa. This year's world-Class lineup features Chris Stefanick, Bishop Joseph Espallat, Crystalina Evert, Gabe Castillo and many others. Enjoy Holy Mass, Eucharist Adoration, Reconciliation and moving presentations.

*Tickets: \$30 for the entire weekend.

*Youth/Young adults: Free for anyone ages 23 and under

*Live Stream: a virtual option

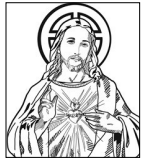
For tickets, hotel blocks and the full schedule visit: christourlifeio-wa.com. Contact Maggie Eggerichs if you have questions.

WEEKLY TITHING July 12, 2026

Sunday Envelopes:	\$ 755.00
Plate:	\$ 83.00
Total:	\$ 838.00

Put Christ First in Your Life

"Whenever you begin any good work you should first of all make a most pressing appeal to Christ our Lord to bring it to perfection; that He, Who has honored us by counting us among His children, may never be grieved by our evil deeds. For we must always serve Him with the good things He has given us in such a way that He may never - as an angry father disinherit his sons or even like a master who inspires fear - grow impatient with our sins and consign us to everlasting punishment, like wicked servants who would not follow Him to Glory.



So we should at long last rouse ourselves, prompted by the words of Scripture: *Now is the time for us to rise from sleep.* Our eyes should be open to the God-given Light, and we should listen in wonderment to the message of the Divine Voice as it daily cries out: *Today, if you shall hear His Voice, harden not your hearts;* and again: *If anyone has ears to hear, let him listen to what the Spirit is saying to the churches.* And what does the Spirit say? *Come My sons, listen to Me; I will teach you the Fear of the Lord, hurry, while you have the Light of Life, so that death's darkness may not overtake you.*

And the Lord as He seeks the one who will do His work among the throng of people to whom He makes that appeal, says again: *Which of you wants to live to the full; who loves long life and the enjoyment of prosperity?* And, if when you hear this you say, I do, God says to you: *If you desire true and everlasting Life, keep your tongue from evil and your lips from deceit, turn away from evil and do good; seek Peace and pursue it.* And when you have done these things My Eyes will be upon you and before you call upon my Name I shall say to you: *Behold, I am here.* What could be more delightful, dearest brothers, than the Voice of our Lord's invitation to us? In His loving Kindness He reveals to us the way of Life.

And so, girded with Faith and the performance of good works, let us follow in His paths by the guidance of the Gospel; then we shall deserve to see Him *who has called us into His Kingdom.* If we wish to attain a dwelling place in His Kingdom we shall not reach it unless we hasten there by our good deeds.

Just as there exists an evil fervor, a bitter spirit, which divides us from God and leads us to hell, so there is a Good Fervor which sets us apart from evil inclinations and leads us toward God and Eternal Life. Monks should put this Fervor into practice with an overflowing Love: that is, they should *surpass each other in mutual esteem*, accept their weaknesses, either of body or of behavior, with the utmost patience; and vie with each other in acceding to requests. No one should follow what he considers to be good for himself, but rather what seems good for another. They should display brotherly Love in a chaste manner; Fear God in a Spirit of Love; revere their abbot with a genuine and submissive affection. Let them put Christ before all else; and may He lead us all to Everlasting Life." (From the Rule of Saint Benedict, abbot)

HOLY MASS TIMES

Tuesday, July 21, 2026 (note: change of time this week only due to the CVBS)

5:00pm Holy Mass

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

Thursday, July 23, 2026

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

Sunday, July 26, 2026

8:20am Rosary/8:25am Confessions

8:45am Holy Mass

HOLY MASS INTENTIONS

July 21, 2026

†Craig Scheffer

July 23, 2026

†Earl Klagstad

July 26, 2026

Parishioners



NEWS FROM SAINT MICHAEL AND SAINT PAUL

(From Father Kasel - from page 3) spouses to imitate Jesus by their willingness to sacrifice themselves in everyday situations for each other and their children. Couples must also grow in the moral virtues of prudence, justice, fortitude, and temperance.

Two virtues that are sometimes overlooked are chastity and gratitude. Marital chastity means that the couple's love is total, faithful, exclusive and open to life. It protects a great good: the communion of persons and the procreative purpose of marriage. Marriage is a school of gratitude, in which husband and wife are thankful for the gift of each other. They express their joyous gratitude in giving themselves completely to each other. Their gratitude leads them to be open to children and to be generous towards others. Growth in virtue is a lifelong journey, in which the spouses become more like Christ so that they can more perfectly love each other as Christ loves his Church.

The Eucharist

In the Eucharist, Catholic couples meet Christ, the source of their marriage. This encounter moves them to reach out in love to the broader Church and to the world. The Eucharist nourishes the virtue of marital hospitality and helps the couple to recognize God's image in others. This hospitality builds up the Church and makes it a stronger witness to Christ's love in the world.

A marriage that is truly in Christ is a sign of the Kingdom that is coming. At the end of time, at the celebration of the heavenly wedding banquet, the love to which the spouses have been called will find its completion when the entire Church is assumed into the glory of the risen Christ."

Through the intercession of the Holy Family of Jesus, Mary, and Joseph, and our patrons, St. Michael and St. Paul, may God bless all of our families!

In Christ through Mary,
Fr. Kasel

Prayer to St. James (The Greater)

O glorious Apostle, Saint James, who by reason of thy fervent and generous heart was chosen by Jesus to be witness of His glory on Mount Tabor, and of His agony in Gethsemane; thou, whose very name is a symbol of warfare and victory; obtain for us strength and consolation in the unending warfare of this life, that, having constantly and generously followed Jesus, we may be victors in the strife and deserve to receive the victor's crown in Heaven. Amen. (Feast day: July 25)
<https://mycatholicprayers.com/prayers/prayer-to-st-james-the-greater/>

PRO-LIFE QUOTES:

"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."

Venerable Fulton Sheen

"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". *St. Mother Teresa of Calcutta*

"The hairsplitting difference between formed and unformed makes no difference to us. Whoever deliberately commits abortion is subject to the penalty for homicide." *St. Basil the Great (329-379), Father and Doctor of the Church*

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

 MAXON FAMILY Parishioner  Cremation & Life Celebrations 1624 37th Street NW, Rochester, MN 55901	 Hub Food Center 228 West Ave. Zumbrota 507-732-7329 https://www.nilssensfoods.com	ZUMBROTA MINI STORAGE LIGHTING—PAVED 24 HOUR ACCESS 507-696-4406	Catholic United Financial <i>A Trusted Fraternal Life Brand</i> Pete Herold Local Member Advisor 952-994-7558 Pherold@CatholicUnited.org Rates better than CD's? Catholic United offers 5% first year, then 4.25% and zero fees. 
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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. Report Abuse: If you or someone you know has been sexually abused, your first call should be to law enforcement.	Parish Safe Environment Coordinator: Sara McNamara St. Michael: 507-356-4280 stmichaeloffice@bevcomm.net St. Paul: 507-732-5324 stpauls@hcinet.net St. Paul/Minneapolis Archdiocese Victim Assistance Program Hotline: (651) 291-4475		ST. PIO KNIGHTS OF COLUMBUS COUNCIL 16016 JOIN US Brother Knights of our Council invite you to join us. Contact the Parish Office visit: www.kofc.org/join