

February 13, 2022
Sixth 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

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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,

The month of February is dedicated to the Holy Family of Jesus, Mary and Joseph: let us call upon the Holy Family to help us live family life in a holy and loving manner! This weekend I share with you a reflection on the Virtue of Humility. I encourage you to reflect over this message a few times this week:

“Personal Humility and Trust in God - Only the humble can truly trust in God: *Lord, be my Rock of safety, the stronghold that saves me... we pray in the Entrance Antiphon of today’s Holy Mass. (Entrance Antiphon, Ps. 30:3) He is our refuge, our bulwark in the midst of all the weakness we find in ourselves and in the decay that is all around us. He is our firm support at all times, at any age and in any situation. Blessed is the man who trusts in the Lord and puts all his confidence in Him, says the prophet Jeremiah in the First Reading. He is like a tree planted by the water’s edge, that sends out its roots to the stream and does not fear when summer’s heat comes, for its foliage remains green; nor has it any anxiety in the year of drought, for it does not cease to bear fruit. (Jer. 17:7-8) By contrast, cursed is he who puts his trust in man and relies on the strength of his arm, whose heart turns away from the Lord. His life will be sterile, like a thistle in a dry place.*

Lord, be my Rock of safety: personal humility and trust in God go always hand in hand. Only humility seeks happiness and strength in God. One of the reasons the proud go after praise so avidly, and have an exalted opinion of themselves and resent anything that can bring them down in their own estimation or in the eyes of others, is the lack of inner solidity. They have no point of support, no hope for happiness outside themselves. As a result, they are often ultra-sensitive to the slightest criticism, and insist on getting their own way. They want to be well-known and be given special treatment. They put their trust in themselves just as the drowning man clutches hold of the fragile spar that cannot hold him up. And whatever they might have achieved in life, the proud are always insecure, unsatisfied, without peace. That kind of man, without humility, unable to trust in his Father God Who constantly stretches out His arms to him, *shall dwell in the parched places of the wilderness, in an uninhabited salt land,* as the liturgy of today’s Holy Mass tells us. The proud man will have nothing to show for his life; he is unsatisfied, knowing nothing of real peace and happiness.

The Christian has his Hope in God. He knows and accepts his own weakness and so does not depend inordinately on his own resources. He knows that in any undertaking he must use all the human means open to him, but that above all he must rely on prayer. He knows and accepts joyfully that everything he has he receives from God. Humility is not a matter of despising ourselves, because God does not despise us, since we are the work of His hands. It consists in forgetting ourselves and sincerely thinking about others. Interior simplicity leads us to be aware that we are children of God. (cf. E. Boylan, *This Tremendous Lover*) *At the very moment when everything seems to be*

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

collapsing before our eyes, we realize that quite the opposite is the case, 'for You, Lord, are my strength' (Ps. 42:2). If God is dwelling in our soul, everything else, no matter how important it may seem, is accidental and transitory, whereas we, in God, stand permanent and firm. (J. Escriva, Friends of God, 92) In the midst of our frailty, in whatever form our weakness presents itself, we take our stand together with God in an indestructible firmness.

The great obstacle is pride. Signs of pride: The greatest obstacles to the soul’s trying to follow Christ and to help others have their origin in a disordered love of self. At times this leads us to overestimate our strength. At other times it brings discouragement and despondency as a result of our own weaknesses and our errors. Pride often reveals itself in an interior monologue, in which we exaggerate the importance of our own interests and get them out of proportion. We end up praising ourselves. In any conversation pride leads us to talk about ourselves and our affairs, and to want people to have a good opinion of us at any price. Some people stick to their own opinion, whether it be right or wrong. They seize any chance to point out another’s mistakes, and make it hard to maintain a friendly atmosphere. The most reprehensible way of emphasizing our own worth is by doing down someone else. The proud do not like to hear praise for another person and are always ready to reveal the defects of anyone who stand out from the crowd. A characteristic note of pride is an impatient dislike of being contradicted or corrected. (cf. E. Boylan, *loc. cit.*)

The man who is filled with pride doesn’t seem to have much need of God in his work and undertakings, or even in his ascetical struggle to be better. He exaggerates his personal qualities, closes his eyes to his defects, and ends up thinking that what is a lack of good spirit is really an admirable quality. He is convinced, (continued on page 3)

The next **Holy Hour for Women** will be Sunday, February 27, at 6pm at the Church of St. Michael, PI. All women invited!

CHURCH OF SAINT MICHAEL NEWS

CHURCH OF ST. MICHAEL FAITH FORMATION

The next Faith Formation class/session will be on Wednesday, March 9, at the Church of St. Michael, Pine Island.

Topic for March: The Cardinal Virtue of Justice

Below is the schedule:

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.

The Church of St. Michael Men's Club Fish Fries

Serving each Friday of Lent from 4:30-7:00pm

March 4, 11, 18, 25, April 1 & 8

STATIONS OF THE CROSS at 7:30pm



Congratulations to:

Adam & Autumn Mulhern on the baptism of their daughter, Loretta Annette Mulhern, on February 6, 2022 at the Church of St. Michael.



The 2022 Catholic Services Appeal is about to kick off!

Together in Hope - we can make a difference. Your Gift Can Help. When you give to the Catholic Services Appeal Foundation (CSAF), you partner with fellow Catholics to share Christ's love with neighbors in need and help provide a better future for all! From campus ministry to support for the disabled; deaf ministry to room and board for future priests, your gift makes a real difference across several different ministries! To learn more, go to www.csafspm.org.

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.



Indwelling of the Holy Trinity

To attain the ideal life of the soul, I believe we must live on the supernatural level. We must become aware that God dwells within us and do everything with Him. Then we are never commonplace, even when performing the most ordinary tasks, for we do not live in these things, we go beyond them! A supernatural soul never deals with secondary causes but with God alone. Oh, how its life is simplified, how it resembles the life of the blessed, how it is freed from self and from all things! Everything for it is reduced to unity, to that *one thing necessary*, of which the Master spoke to Mary Magdalene. Then the soul is truly great, truly free, for it has enclosed its will in God's.

When we contemplate our eternal predestination, visible things seem so worthless. Listen to Saint Paul: *Those whom God has foreknown He has also predestined to be conformed to the image of His Son*. That is not all, my little one: you are going to see that you are one of the number of the known! *And those He has known He has called*: it is Baptism which has made you a Child of Adoption, which has stamped you with the seal of the Holy Trinity! *And those whom He has called He has also justified*: how often you have been justified by the Sacrament of Penance and by all those touches of God in your soul, without you even being aware of it! *And those whom He justified He has also glorified*: that is what awaits you in Eternity! But remember that our degree of Glory will depend on the degree of Grace in which God finds us at the moment of death; allow Him to complete His work of predestination in you. St. Elizabeth of the Trinity (St. Elizabeth of the Trinity († 1906) was a French Carmelite nun whose writings focused on the indwelling of the Holy Trinity. She died from Addison's disease at the age of twenty-six. From: *I Have Found God: Complete Works*, Volume I, Sister Aletheia Kane, O.C.D., Tr. 1984, ICS Publications, Institute of Carmelite Studies, Washington, D.C.)

WEEKLY TITHING for February 5-6, 2022

Sunday Envelopes:	\$ 3,196.00
Plate:	\$ 1,109.50
EFT:	\$ 1,692.50
Total:	\$ 5,998.00

Parishioner Fish Fry on Saturday, February 19, at 6pm!

All parishioners are invited to our Parish Family Fish Fry on Saturday, February 19, at 6pm in St. Michael. There is no cost to participate! Please RSVP to the parish office. God bless you!

Litany of Humility by Rafael Cardinal Merry del Val

O Jesus, meek and humble of heart, *Hear me*.

From the desire of being esteemed, *Deliver me, O Jesus.*

From the desire of being loved, *Deliver me, O Jesus.*

From the desire of being extolled, *Deliver me, O Jesus.*

From the desire of being honored, *Deliver me, O Jesus.*

From the desire of being praised, *Deliver me, O Jesus.*

From the desire of being preferred to others, *Deliver me, O Jesus.*

From the desire of being consulted, *Deliver me, O Jesus.*

From the desire of being approved, *Deliver me, O Jesus.*

From the fear of being humiliated, *Deliver me, O Jesus.*

From the fear of being despised, *Deliver me, O Jesus.*

From the fear of suffering rebukes, *Deliver me, O Jesus.*

From the fear of being calumniated, *Deliver me, O Jesus.*

From the fear of being forgotten, *Deliver me, O Jesus.*

From the fear of being ridiculed, *Deliver me, O Jesus.*

From the fear of being wronged, *Deliver me, O Jesus.*

From the fear of being suspected, *Deliver me, O Jesus.*

That others may be loved more than I, *O Jesus, grant me the grace to desire it.*

That others may be esteemed more than I, *O Jesus, grant me the grace to desire it.*

That, in the opinion of the world, others may increase and I may decrease, *O Jesus, grant me the grace to desire it.*

That others may be chosen and I set aside, *O Jesus, grant me the grace to desire it.*

That others may be praised and I go unnoticed, *O Jesus, grant me the grace to desire it.*

That others may be preferred to me in everything, *O Jesus, grant me the grace to desire it.*

That others may become holier than I, provided that I may become as holy as I should, *O Jesus, grant me the grace to desire it.*

Pine Island Food Shelf: items requested for February: Shampoo & Toothpaste

HOLY MASS TIMES

Wednesday, February 16, 2022

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

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

Friday, February 18, 2022

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

Saturday, February 19, 2022

4:00pm-4:50pm Confessions

5:00pm Holy Mass

Sunday, February 20, 2022

7:00am (Latin) Holy Mass

10:30am Holy Mass

HOLY MASS INTENTIONS

February 16, 2022 Jason Kaiya

February 18, 2022 Arlene Faber (Nancy Sowada)

February 19, 2022 †Chuck Long

February 20, 2022 (Latin)†Souls in Purgatory

February 20, 2022 Parishioners



CHURCH OF ST. PAUL FAITH FORMATION

The next Faith Formation class/session will be on Wednesday, March 9, at the Church of St. Michael, Pine Island.

Topic for March: The Cardinal Virtue of Justice

Below is the schedule:

- 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 & Benediction.

(from page 1) for example, that he has a generous and bold spirit because he neglects as insignificant the small duties of each day. He forgets that to be faithful in the big things, we have to be faithful in the small ones. So he believes himself to be better than others, and dismisses the good qualities of people who are more virtuous than himself. (cf. R. Garrigou-Lagrange, *The Three Ages of the Interior Life*, vol. 1, p. 442)

St. Bernard sets out the various progressive indications in the growth of pride (St. Bernard, *On the Degrees of Humility*, 10): first, curiosity - wanting to know everything about everybody; then superficiality because of a lack of depth in prayer and in deeds; again, a shrill, misplaced cheerfulness which thrives on the defects of others and lapses into ridicule; there follows boasting, the desire to be in the foreground, to be conspicuous, to stand out; arrogance; presumption; refusing to admit our own faults, even when they are obvious; and, a short step thereafter, a covering up of our faults in Confession...

The proud man has little interest in knowing the truth about himself. In our prayer today let us ask ourselves if we value humility sufficiently, and ask God for it over and over again. We can examine ourselves as to whether we constantly ask God Our Father to help us, in big things as in little. *O God*, we say with the Psalmist, *Thou art my God, I seek Thee; my soul thirsts for Thee; my flesh faints for Thee, as in a dry and weary land where no water is.* (Ps. 63:2) We could usefully repeat this prayer throughout the day.

Practicing the virtue of humility: Forgetting about ourselves is an essential condition for holiness. It enables us to see God as our absolute Good, and to think about others. Together with prayer, which is the first means we must always use, we must also practice the Virtue of Humility, in our work, in family life, when we are alone... always. We must make an effort not to be preoccupied with our own concerns: our health, our rest, whether people think well of us and take us sufficiently into account. We should try to speak as little as possible about ourselves and our affairs, of whatever can possibly put us in a good light. We should avoid curiosity, the desire to know everything and to let everyone know that we know it. Patiently, with good humor, we will accept difficulties and offer them up joyfully as sacrifices to God. We shall not insist on our own point of view unless the Truth or Justice demand it, and even then we shall be moderate while remaining firm. We shall overlook the mistake of others; we shall find excuses for them and in all Charity assist them to overcome their failings. We will accept corrections even if these seem unfair, and give way on appropriate occasions to other people's opinions when Charity or duty is not at stake. We will avoid making a display of our good qualities, of our material possessions, of our knowledge. It will matter nothing if we are despised, overlooked or not consulted in a field in which we think we have particular competence or have greater knowledge or experience. We will not crave to be held in high esteem or to be admired, and will rectify our intentions when we are praised. We certainly should seek greater professional prestige, but for God's glory, not out of pride or the desire to be outstanding.

We shall grow in this virtue especially when we are humiliated and accept the humiliation joyfully for Christ (cf. J. Escriva, *The Way*, 594), cheerfully put up with being despised, patiently bear with our own defects and make the effort to glory in our weaknesses in front of the Tabernacle. We shall go there to ask Our Lord to give us His Grace and not abandon us. (continued on page 4)

WEEKLY TITHING for February 6, 2022

Sunday Envelopes:	\$ 955.05
Plate:	\$ 626.51
EFT:	\$ 1,765.00
Total:	\$ 3,346.56

****St. Patrick's Ham Dinner at the Zumbrota VFW****

Sunday, March 27, 2022

Serving from 10:30am to 1:00pm

Available for Dine-In & Take Out

The 2022 Catholic Services Appeal is about to kick off!

Together in Hope - we can make a difference. Your Gift Can Help. When you give to the Catholic Services Appeal Foundation (CSAF), you partner with fellow Catholics to share Christ's love with neighbors in need and help provide a better future for all! From campus ministry to support for the disabled; deaf ministry to room and board for future priests, your gift makes a real difference across several different ministries! To learn more, go to www.csafspm.org.

WORDS TO LIVE BY:

"For there are three ways of performing an act of mercy: the merciful word, by forgiving and by comforting; secondly, if you can offer no word, then pray - that too is mercy; and thirdly, deeds of mercy. And when the Last Day comes, we shall be judged from this, and on this basis we shall receive the eternal verdict." *St. Faustina*

"If a man finds it very hard to forgive injuries, let him look at a Crucifix, and think that Christ shed all His Blood for him, and not only forgave His enemies, but even prayed His Heavenly Father to forgive them also. Let him remember that when he says the Pater Noster, every day, instead of asking pardon for his sins, he is calling down vengeance on himself." *St. Philip Neri*

"He who knows how to forgive prepares for himself many graces from God. As often as I look upon the cross, so often will I forgive with all my heart." *St. Faustina*

"To the extent that you pray with all your soul for the person who slanders you, God will make the truth known to those who have been scandalized by the slander." *St. Maximus the Confessor*

"The Christian law commands that we forgive our enemies and those who have wronged us. I must therefore say here that I forgive Taikosama. I would rather have all the Japanese become Christians." *St. Paul Miki - one of the Martyrs of Nagasaki*



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, February 15, 2022

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

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

Thursday, February 17, 2022

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

Sunday, February 20, 2022

8:20am Rosary/8:25am Confessions

8:45am Holy Mass - On 1st, 3rd, & 5th Sundays of the month versus populum; 2nd & 4th ad Orientem

HOLY MASS INTENTIONS

February 15, 2022 †Richard Krause (Joan Krause)

February 17, 2022 †Catherine Steger (Tom Steger)

February 20, 2022 Parishioners



NEWS FROM SAINT MICHAEL AND SAINT PAUL

(from page 3) We will tell Him once again there is nothing good in us that does not come from Him. Our personal failings are the only obstacles that prevent the Holy Spirit from filling us with His gifts. In an intimate conversation with Jesus and Mary we shall learn to be humble. Frequent meditation on the Passion will lead us to contemplate the figure of Christ, humiliated and abused for our sake. Our love will be set ablaze and give rise to a sincere desire to imitate Him. The example of our Mother Mary, *Ancilla Domini*, the Handmaid of the Lord, will move us to practice the Virtue of Humility. As we finish our prayer, we turn to her, since *she is Mother of both Mercy and Tenderness, and no one has ever gone to her in vain. Cast yourself with confidence into her maternal embrace; ask her to obtain for you this virtue she esteemed so highly. Don't have any fears about not being listened to. Mary will put forward your request to that God Who lifts up the humble and casts down the proud, and since Mary is omnipotent in her requests to her Son, she will certainly be heard.* (J. Pecci, (Pope Leo XIII), *The Practice of Humility*, 85-86)" (From *In Conversation with God*, by Francis Fernandez)

Through the intercession of Mary, Mother of Mercy, St. Joseph, St. Michael, and St. Paul, may our good Lord grant us the grace to live and practice the Virtue of Humility!

In Christ through Mary,
Fr. Kasel

Youth Group Event! All Youth in grades 7-12 are invited to a **Youth Group Event on Wednesday, February 16**, at 6:00-8:30pm at Bowlocity Entertainment Center. Bowling, pizza, pop and other food will be provided. **Please RSVP** by phone or email, so we can plan for needed space at Bowlocity!

PRO LIFE QUOTE:

"The Gospel of Life is not for believers alone: it is for everyone. The issue of life and its defense and promotion is not a concern of the Christian alone. Although faith provides special light and strength, this question arises in every human conscience which seeks the truth and which cares about the future of humanity. Life certainly has a sacred and religious value, but in no way is that value a concern only of believers. The value at stake is one which every human being can grasp by the light of reason; thus it necessarily concerns everyone." - St. John Paul II

"Never tire of firmly speaking out in defense of life from its conception and do not be deterred from the commitment to defend the dignity of every human person with courageous determination. Christ is with you: be not afraid!" - St. John Paul II



Thirty-Days Prayers to St. Joseph
Dear Parishioners,
Join us starting Friday, February 18, as we begin the 30-Days Prayers to St. Joseph for any Special Intention. **St. Joseph Feast day is on March 19.** The 30-days Prayers to St. Joseph will be the Bulletin insert this weekend.



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



Rachel's Vineyard Twin Cities
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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 register for a VIRTUS class, complete the Essential 3, or do updates.

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

Church of St. Michael Cemetery
For Plot Information
Call the Parish Office
507-356-4280
"Remember To Pray For Our Beloved Departed."

Church of St. Paul Cemetery
For Plot Information
Call the Parish Office
507-732-5324