

March 27, 2022 Fourth Sunday of Lent (Laetare)

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,

First, I encourage you to support the St. Patrick Ham Dinner hosted by the Church of St. Paul at the Zumbrota VFW this Sunday, March 27!

The meal will be served from 10:30am – 1pm.

The month of March is dedicated to increased devotion to St. Joseph, the Spouse of the Virgin Mary and Foster Father of our Lord Jesus.

Let us go to St. Joseph, open our hearts to his love for us and experience his great kindness! This weekend I share with you a reflection on Patience and desire to grow in holiness. I encourage you to reflect over this message a few times this week:

**“Patient Struggle against Defects - The paralytic at Bethsaida.**

**Constancy in the struggle and in the desire to improve:** (In the Gospel of John, chapter 5, we learn) about a man who has been ill for thirty-eight years, and who is hoping for a miraculous cure from the waters of the pool at Bethsaida. *When Jesus saw him and knew that he had been lying there a long time, He said to him, Do you want to be healed?* The sick man replied in all simplicity: *Sir, I have no one to put me into the pool when the water is troubled, and while I am going another steps down before me.* Jesus said to him, *Rise, take up your pallet and walk.* The paralytic obeyed. *And at once the man was healed, and he took up his pallet and walked.* (John 5:1-16)

The Lord is always willing to listen to us and to give us whatever we need in any situation. His goodness is always in excess of our calculations. But it requires a corresponding response on our part, with a desire to get out of the situation we are in. There can be no pact with our defects and errors, and we must make the effort to overcome them. We cannot ever ‘get used to’ the shortcomings and weaknesses which separate us from God and from others, on the excuse that they are part of our character, or that we have already tried several times over to tackle them without positive result.

It is the heart which moves us to improve in our interior dispositions through that conversion of the heart to God and to works of penance, thus preparing our souls to receive the Graces God wishes to grant us. Jesus asks us to persevere in the struggle, and to begin again as often as necessary, realizing that it is in struggle that love grows. *The Lord does not ask the paralytic in order to learn - this would be superfluous - but to make his patience known to all, for that invalid for thirty-eight years had hoped, without ceasing, to be freed from his illness.* (St. John Chrysostom, *Homilies on the Gospel of St. John*, 36)

Our love for Christ is shown in our decisiveness and in the effort we make to root out as soon as possible our dominant defect, or to obtain a virtue which seems to us difficult to practice. But it is also shown in the patience which we exercise in the ascetical struggle: it is possible that the Lord will ask us to struggle over a long period, perhaps for thirty-eight years, to grow in a particular virtue or to overcome that particular negative aspect of our interior life.

A well-known spiritual author has taught the importance of being patient with one’s own defects so as to develop *the art of profiting from one’s faults.* (J. Tissot, *The Art of Profiting from our Mistakes*) We ought not to be surprised - or disconcerted - when, having used all the means reasonably within our reach, we have not managed to reach the goal we had set ourselves. We must not simply *get used to it*, but *use our faults* to grow in true humility, in experience, in maturity of judgement.

# 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

The man (of this Gospel event) presents to us was constant over thirty-eight years, and we may suppose that he could have so continued to the end of his days. The reward for his constancy was, above all, the meeting with Jesus.

**Patience in interior life. Return to the Lord as often as necessary:**

*Be patient, therefore, brethren, until the coming of the Lord. Behold, the farmer waits for the precious fruit of the earth, being patient over it until it receives the early and the late rain.* (James 5:7)

It is necessary for one to know, to hope and to struggle with persevering patience, realizing that this is what pleases God. St. Francis de Sales used to say: *One has to suffer, in patience, the setbacks to our perfection, doing whatever we can to make progress in good spirit.*

*We hope with patience, and instead of getting frustrated at having done so little in the past, we try diligently to do more in the future.* (J. Tissot, *loc. cit.*)

Moreover, virtue is not normally attained through sporadic bursts of effort. Rather is it in the continuity of the effort, (continued on page 3)



**You are all Invited to the**

**Church of St. Paul St. Patrick's Ham Dinner**

**on Sunday, March 27, 2022**

10:30am-1:00pm at VFW, 25 East 1st St., Zumbrota

Details on page 3.



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

4:30—7:00pm each Friday of Lent

**STATIONS OF THE CROSS AT CHURCH OF ST. PAUL**

Each Tuesday of Lent at 7:00pm

**STATIONS OF THE CROSS AT CHURCH OF ST. MICHAEL**

Each Friday of Lent at 7:30pm

The next **Holy Hour for Women** will be **Sunday, March 27**, at 6:00pm at Church of St. Michael, Pl. Fr. Kasel will give a talk on the Topic: The Graces of Holy Week. All women are invited!

# CHURCH OF SAINT MICHAEL NEWS

## CHURCH OF ST. MICHAEL FAITH FORMATION

The next Faith Formation class/session will be on Wednesday, April 6, 6:00-7:45pm at the Church of St. Michael, PI

Topic for April: The Cardinal Virtue of Temperance

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.

**Holy Spirit Novena: April 1 to April 9**

### Fundraiser for Ukrainian Refugees - April 3

The Saint Padre Pio Knights of Columbus are hosting a brunch fundraiser on April 3 after the 7:00am and 10:30am Holy Masses. Funds will go to support the Knights of Columbus in Poland who are distributing supplies and providing shelter to refugees from Ukraine. The event will be a free will donation.

### The Great Dignity of the Immaculate Heart of Mary

"We must carefully consider the advantages the Blessed Virgin has enjoyed over all other creatures as a consequence of her Immaculate Conception. The first is that she never harbored tendencies that could push her to sin. She never knew this evil that dwells in all the children of Adam. Oh what peace, gentleness, charity, and humility there were in the soul of the Virgin since it is this instinct that causes us so much trouble by leading us into sin.



The knowledge that God gives us of the Immaculate Conception of the Blessed Virgin should cause us to glorify Him eternally for this masterpiece of His Omnipotence in a nature that is purely human. We are also led to admire the beauty of the purity of our Lady's thoughts. Her mind never indulged in useless thoughts nor was it occupied with sin.

May the frailty of human beings, conceived in sin that leads them to revolt against God, bring to light the honor that the Blessed Virgin rendered to Him by remaining immersed in Justice and Truth. May souls devoted to the holy and most pure Virgin attentively consider her actions, which were never in the least disagreeable to God since they were always accomplished according to His Will. The Immaculate Conception of the Blessed Virgin, therefore, completely enlightened her mind and strengthened her will so that she continually acted in such a way that she never omitted anything that God asked of her. Consequently, she was filled with virtue both in the matter and in the form of the being which God gave to her. This is why, throughout my life, in time and in eternity I desire to love and to honor her to the best of my ability by my gratitude to the Blessed Trinity for the choice made of the Holy Virgin to be so closely united to the Divinity." St. Louise de Marillac (St. Louise de Marillac († 1660) was the co-founder, with Saint Vincent de Paul, of the Daughters of Charity. From *Vincent de Paul and Louise de Marillac: Rules, Confernces and Writings*. Edited by Francis Ryan, D.C., and John E. Rybolt, C.M.; introduced by Hugh F. O'Donnell, C.M., Frances Ryan, D.C., Louise Sullivan, D.C., Vie Thorgren and Edward R. Udovic, C.M. © 1995 by Vincentian Studies Institute, published by Paulist Press, Inc., New York/Mahwah, NJ.

**FIGHTING THE DEVIL** (Lecture Series) Tuesday, March 29-April 5

### Christ Versus Satan in our Daily Lives

Many Christians today live as if evil does not exist, even if they claim to believe otherwise. This is a great tragedy leading many souls away from the path of Christ. Drawing from the greatest spiritual masters, Fr. Robert Spitzer will show us how to recognize God's goodness, how the devil distorts it, and how to unite yourself with Jesus Christ to defeat evil in your own life. Registration is required <https://instituteofcatholicculture.org/events/sacrificial-love>

**Pine Island Food Shelf:** items requested for March: Baking mixes (Pancakes, Muffins, Biscuits, Cakes)

## WEEKLY TITHING for March 19-20, 2022

Sunday Envelopes:	\$ 1,559.00
Plate:	\$ 1,415.00
EFT:	\$ 2,612.50
<b>Total:</b>	<b>\$ 5,586.50</b>

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

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

**April 1 & 8**

\*\*\*Both baked & fried fish will be offered!\*\*\*

Prices: Adults—\$12.00, Children 5-12—\$6.00,  
Family maximum \$40.00 TAKE OUT AVAILABLE!

**STATIONS OF THE CROSS at 7:30pm**



**Please pray** for the repose of the soul of *Donald M. Rietveld* (step-father of Tim Fuller, parishioner), who passed away March 1. 'Eternal rest grant unto him, O Lord; and let perpetual light shine upon him. May he rest in peace. Amen.'

### EASTER FLOWERS FOR THE ALTAR

There is an envelope in your contribution packet for Easter flowers in memory of a loved one. The suggested donation is \$13. Please consider making a donation and place in the collection plate or return to the office by Sunday, April 10. Thank you!



### WORDS TO LIVE BY:

"God had one Son on earth without sin, but never one without suffering." St. Augustine

"Whenever anything disagreeable or displeasing happens to you, remember Christ Crucified and be silent." St. John of the Cross  
"In difficult moments, I will fix my gaze upon the silent Heart of Jesus stretched on the Cross, and from the exploding flames of His merciful Heart, will flow down upon me power and strength to keep fighting." St. Faustina

"The road is narrow. He who wishes to travel it more easily must cast off all things and use the cross as his cane. In other words, he must be truly resolved to suffer willingly for the Love of God in all things." St. John of the Cross

"The Passion of Christ is the greatest and most stupendous work of Divine Love. The greatest and most overwhelming work of God's Love." St. Paul of the Cross

### †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.



### HOLY MASS TIMES

#### Wednesday, March 30, 2022

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

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

#### Friday, April 1, 2022 (First Friday)

8:00am Confessions/8:30am (Latin) Holy Mass

#### Saturday, April 2, 2022

4:00pm-4:50pm Confessions

5:00pm Holy Mass

#### Sunday, April 3, 2022

7:00am (Latin) Holy Mass

10:30am Holy Mass

### HOLY MASS INTENTIONS

**March 30, 2022** Baby Torberg (Ocariz family)

**April 1, 2022 (Latin)** †Rick Thiem (Paul & Mary Sutton)

**April 2, 2022** Jason & Joy Sutton

**April 3, 2022 (Latin)** †Eugene Peters

**April 3, 2022** Parishioners



# CHURCH OF SAINT PAUL NEWS

## CHURCH OF ST. PAUL FAITH FORMATION

The next Faith Formation class/session will be on Wednesday, April 6, 6:00-7:45pm at the Church of St. Michael, PI  
Topic for April: The Cardinal Virtue of Temperance

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) the constancy of going on trying each day, each week, helped by Grace. *To win the battles of the soul, the best strategy often is to bide one's time and apply the suitable remedy with patience and perseverance. Make more acts of Hope. Let me remind you that in your interior life you will suffer defeats, and you will have ups and downs - may God make them imperceptible - because no one is free from these misfortunes. But our all-powerful and merciful Lord has granted us the precise means with which to conquer... All we have to do is to use them, resolving to begin again and again at every moment, whenever necessary.* (J. Escriva, *Friends of God*, 219)

The heart of constancy lies in Love: only with Love can one be patient (cf. St. Thomas, *Summa Theologiae*, II-II, q136, a3) and struggle, without accepting failures and defeats as inevitable, as baffling difficulties that do not have a solution. We cannot become like those Christians, who, after many skirmishes and battles, find *their strength has come to an end; their courage has failed them, when they are only a couple of steps from the fountain of Living Water.* (cf. St. Teresa, *The Way of Perfection*, 19, 2)

To be patient with oneself while uprooting unwholesome tendencies and defects in character implies both an unyielding approach and an acceptance of the fact that one will often have to present oneself before God like *the servant who had no resources with which to pay* (cf. Matt. 18:23) - with humility, seeking Grace anew. On our way towards the Lord, many will be the defeats we suffer; many of these will be of no consequence, some will. But the atonement and contrition for these will bring us even closer to God. This sorrow and reparation for our sins and shortcomings, are not useless moods of gloom, for they are sorrow and tears born of Love. It is the heavy thought of not returning as much Love as our Lord merits; it is the sorrow of returning evil for good to One Who so much Loves us.

**Patience, too, with others. Taking their defects into account.**

**Patience and constancy in the apostolate:** In addition to being patient with ourselves, we have to exercise this virtue with those we must frequently deal with, and especially so if we have a special obligation to give formation, to help them in an illness, etc. We have to take into account the defects of those who are around us. Fortitude and understanding will enable us to remain calm, correcting when necessary and at the right time. Waiting a little while before correcting, giving a positive reply, smiling... all this allows our words to touch the hearts of these people, hearts that would otherwise have remained closed. Now we can help them much more, with greater effectiveness.

Impatience makes mutual relationships difficult, (continued on page 4)

The **Catholic Daughters** will meet on Monday, March 28, at SS Peter and Paul Church in Mazeppa. We are hosting a **Pampered Chef fundraising** event and welcome and invite all women to attend this meeting! We will start our fundraiser at 6:15, with meeting beginning at 7:00pm.

### Thank you!

**Thank You** to all who helped at the KC breakfast held in Mazeppa for the benefit of the people of Ukraine. We received donations of over \$3,000. **A special thank you to those who donated so generously!**

**Zumbrota Food Shelf Assistance:** The Zumbrota Area Food Shelf will participate in the Minnesota March Food Share Campaign. The annual effort raises money and food to stock nearly 300 food shelves in MN. Donations can be mailed to Zumbrota Area Food Shelf, PO Box 43, Zumbrota, MN 55992. Volunteers will be available at the food shelf every Monday during the month of March from 8-10am for donations.

## WEEKLY TITHING for March 20, 2022

Sunday Envelopes:	\$ 525.00
Plate:	\$ 796.00
EFT:	\$ 1,750.00
<b>Total:</b>	<b>\$ 3,071.00</b>

## St. Patrick's Ham Dinner

**Sunday, March 27, at VFW, 25 East 1st St, Zumbrota**  
*Today we are hosting our Annual St. Patrick's Ham Dinner!*



Bring your family & friends and join us at the Zumbrota VFW  
Serving from 10:30 AM to 1:00 PM  
Available for Dine-In & Take Out  
Ticket Prices:



Adults or Take Out-\$12, Children 6-12-\$6, & Under 6-Free



## Holy Spirit Novena: April 1 to April 9

**Stations of the Cross at the Church of St. Paul:**  
Each Tuesday of Lent at 7:00pm



## EASTER FLOWERS FOR THE ALTAR

There is an envelope in your contribution packet for Easter flowers in memory of a loved one. The suggested donation is \$13. Please consider making a donation and place in the collection plate or return to the office by Sunday, April 10. Thank you!



**Spring Cleaning:** Spring pew cleaning at the Church of St. Paul will be Wednesday, April 6, 2022 starting at 9:15am. All are invited. Please bring your own bucket and cloth for washing and rubber gloves, if you wish. Many hands will make the work go faster. Please contact Mary Kingsbury at [kingsburymary@gmail.com](mailto:kingsburymary@gmail.com) or the parish office if you have any questions. Thank you!

## Come and See, Come and Share!

St. Paul and Minneapolis Archdiocesan Council of Catholic Women invites you to the 89<sup>th</sup> Convention on April 29, 2022 at St. Albert Catholic Church, 11400 57th St NE, Albertville, MN 55301. Cost is \$55 if you register by April 14, after \$65 or register on-line at [www.archspm.org/accw2022conv](http://www.archspm.org/accw2022conv). Registration forms are available at the church entrance. For more information, go to [www.accwarchspm.org](http://www.accwarchspm.org).

**PRAYER WARRIORS NEEDED** at Rochester Planned Parenthood on March 28, & April 4.

**40 Days for Life** has started and will continue until April 10. Rochester does not have a campaign this year, but please consider praying on Mondays at Planned Parenthood, as that is when the chemical abortion pill is given. Planned Parenthood is open Mondays from 10-5:30. There are no designated prayer times. Bring a friend and stop by to pray whenever it works for you. Contact Maggie at [maggiereggers@hotmail.com](mailto:maggiereggers@hotmail.com) or the parish office with questions.

## HOLY MASS TIMES

### Tuesday, March 29, 2022

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

### Thursday, March 31, 2022

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

### Sunday, April 3, 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

- March 29, 2022** Gordy Hall (Dawn Udenberg)
- March 31, 2022** †Carl Lindmark (Lenny & LaVonne Feuling)
- April 3, 2022** Parishioners



# NEWS FROM SAINT MICHAEL AND SAINT PAUL

(from page 3) and renders any possible help and correction ineffectual. Continue making the same exhortation, St. John Chrysostom recommends, and never lazily. Always act amiably and pleasantly. Do you not see how often painters will erase their sketches and at other times retouch them, when they are trying to portray a beautiful face? Don't let the painter be one up on you. For if they make so much of an effort for a bodily image, how much greater reason do we have when we try to form the image of a soul, leaving no stone unturned in trying to perfect it. (St. John Chrysostom, *Homilies on the Gospel of St. Matthew*, 30)

We ought to be particularly constant and patient in the apostolate. People need time, and God is patient: at every moment He gives His grace, He pardons offenses and encourages progress. He has had, and continues to have, this limitless patience with us. And we ought to have it with those whom we wish to bring to Our Lord, although it might seem on occasions that they are not listening, or that the things of God do not interest them. We cannot abandon them just for this reason. On these occasions it will be necessary to intensify both our prayer and our mortification, our Charity too and our sincere friendship. None of our friends should ever be able to speak to Our Lord in the words of the paralytic: *I do not have anyone to help me.* This, unfortunately, could be said by many who are spiritually sick and paralytic, who could be useful - and should be useful. Lord: may I never remain indifferent to souls. (J. Escriva, *Furrow*, 212)

Let us examine ourselves today in our prayer, to see if we are sufficiently concerned about those who accompany us on our journey through life; let us ask ourselves if we are concerned about their formation, or if we, on the other hand, have got used to their defects as something we have come to regard as incorrigible; are we really patient towards them?

It would also be good this Lent to recall that with mortification we can also atone for the sins of others and, in some way, merit for them the

## KITUI UPDATE: Living Water Program- Lent 2022

*Give Change...Change Lives.*

**Kitui Water Bottle Project:** Please continue filling your water bottles with change and return to the church when full or by the end of Lent to help those in the Kitui Diocese in Africa with their water shortage. Questions regarding the Kitui Partnership may be directed to Parish Office 507-356-4280



### PRO LIFE QUOTE

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

Grace of Faith, of conversion, of a greater dedication to God. In Jesus Christ lies the remedy for all the evils of which humanity complains. In Him everyone can find life and health. He is the fountain of those waters that give life to everything. This is what Ezekiel the prophet tells us: *This water flows east down to the Arabah and to the sea; and flowing into the sea it make its waters wholesome. Wherever the river flows, all living creatures teeming in it will live. Fish will be very plentiful, for wherever the water goes it brings health, and life teems wherever the river flows.* (Ezek. 47:8-9) Christ converts into life everything which was previously dead, and turns shortcomings and error into virtue." (From *In Conversation with God*, by Francis Fernandez)

Through the intercession of Mary, Refuge of Sinners, St. Joseph, the Terror of demons, St. Michael, St. Paul, and our Guardian Angels, may our good Lord grant us the Grace to patiently grow in holiness!

In Christ through Mary,  
Fr. Kasel

 <p>Buy one Blizzard at regular price, receive 2nd Blizzard of equal/lesser value <b>FREE!</b> 215 E. 18th St. Zumbrota <b>732-5910</b></p>	<p><b>Pine Haven Community Pine Haven Care Center:</b> skilled nursing care, private rooms, rehabilitation &amp; therapy services. <b>Evergreen Place:</b> senior housing with services.</p>  <p>210 3rd St NW • Pine Island • (507) 356-8304 www.PineHavenCommunity.org</p>	 <p><b>Hub Food Center</b> 228 West Ave. Zumbrota <b>507-732-7329</b> https://www.nilssensfoods.com</p>	<p><b>Steve Johnson's ZUMBROTA Ford</b></p> <p>Hwy 52 &amp; 58 in Zumbrota <b>507-732-5127</b> Home: 651-460-6706 www.zumbrotaford.com</p>
 <p><b>TOM &amp; SCOTT SHANE</b> Commercial &amp; Industrial <b>507-824-2191</b></p>	<p><b>Knollwood Apartments</b> Located next door to the Church of St. Michael Walk to Sunday Mass! Call for more information <b>(507)-356-8448</b></p>	<p><b>Mahn Family Funeral Homes Larson Chapel</b> 1475 Jefferson Dr. Zumbrota, MN <b>(507) 732-5444</b></p> <p><b>Mahler Chapel</b> 209 NW 1st Ave. Pine Island, MN <b>(507) 356-4620</b> mahnfamilyfuneralhome.com</p>	<p><b>HEMANN, GROVER &amp; Company Ltd.</b> Certified Public Accountants <i>"Building &amp; managing wealth for your business &amp; family"</i></p> <p><b>Glen P. Hemann, CPA</b> ghemann@zumbrotacpa.com 404 Main St. S. Zumbrota <b>732-7800</b></p>
 <p><b>Robert D. Ziller</b> LPL Financial Advisor</p> <p>Investments - Insurance - Retirement Planning 2657 Overlook Blvd. SW Rochester MN 55902 www.discoveryfinancial.com <b>507-289-2691</b></p> <p><small>Securities and advisory services offered through LPL Financial Member FINRA/SIPC</small></p>	<p><b>Lab guided, drug-free, all-natural treatment programs to restoring health.</b></p>  <p><b>Debbie O'Meara Practitioner</b> <b>507-258-4465</b> <b>AutoImmuneAngels.com</b> 3143 Superior Dr. NW, Rochester, MN</p>	<p><b>Gadient Garage Doors</b> Doors &amp; Openers Sales Service &amp; Repair Exceptional Customer Service GadientGarageDoors.com</p>  <p><b>651-388-0550</b> <i>"When You Expect the Very Best"</i> Teresa &amp; Todd Gadient</p>	 <p><b>Mobile Foot Care Service</b> <b>507-269-7827</b> footcareprofessionalsllc@gmail.com <i>Care provided by</i> <b>Sheila Buehler, APRN, CNP, CFCSS</b> Certified Foot Care Specialist <i>Helping YOU live well with YOUR feet!</i></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 register for a VIRTUS class, complete the Essential 3, or do updates.</p>	<p><b>Parish Safe Environment Coordinator:</b> Sara McNamara <b>St. Michael:</b> 507-356-4280 stmichaeloffice@bevcomm.net <b>St. Paul:</b> 507-732-5324 stpauls@hcinet.net</p> <p><b>St. Paul/Minneapolis Archdiocese Victim Assistance Program Hotline:</b> (651) 291-4475</p>	<p><b>Church of St. Michael Cemetery</b> For Plot Information Call the Parish Office <b>507-356-4280</b> <i>"Remember To Pray For Our Beloved Departed."</i></p>	<p><b>Church of St. Paul Cemetery</b> For Plot Information Call the Parish Office <b>507-732-5324</b></p>