

November 20, 2022

## Solemnity of Our Lord Jesus Christ, King of the Universe

**Father Randal Kasel, Pastor** frkasel@bevcomm.net

Josefina Meyer & Sara McNamara, Staff

**CHURCH OF ST. PAUL** 749 South Main St., Zumbrota, MN 55992

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

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

**CHURCH OF ST. MICHAEL** 451 5th St. SW, Pine Island, MN 55963

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

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

**Website:** <http://www.stpaulstmichael.com>

**BULLETIN ARTICLE DEADLINE** All articles for the bulletin are due by noon on **Wednesday**. Please e-mail Saint Paul articles to stpauls@hcinet.net and Saint Michael articles to stmichaeloffice@bevcomm.net. The business office reserves the right to edit articles as time and space allows.

### From Father Kasel

Praised be Jesus Christ through Mary!

Dear Brothers and Sisters in Christ Jesus,

This weekend we celebrate the Solemnity of Christ the King and it marks the beginning of the final week of Ordinary Time in the Church. Next Sunday we begin the Season of Advent. I pray that this past year of grace in the life of our Catholic Church has brought all of us closer to the riches of the merciful Heart of our Lord Jesus! It is truly right and just that we thank and praise Him each day for His exceeding goodness toward us! May we trust Him at all times to lead us on the path of holiness and onward toward Heaven!

Regarding today's Solemnity of Christ the King, in Sacred Scripture we can read the doctrinal basis for our celebration of our Lord's kingly authority: "Rather, He emptied Himself, taking the form of a slave, coming in human likeness; and found human in appearance, He humbled Himself, becoming obedient to death, even death on a cross.

Because of this, God greatly exalted Him and bestowed on Him the name that is above every name, that at the name of Jesus every knee should bend, of those in Heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father." (Philippians 2:7-11)

In his encyclical letter, *Quas Primas* (1925), Pope Pius XI wrote:

"Christ Himself speaks of His Own kingly authority: in His last discourse, speaking of the rewards and punishments that will be the eternal lot of the just and the damned; in His reply to the Roman magistrate, who asked Him publicly whether He were a king or not; after His resurrection, when giving to His Apostles the mission of teaching and Baptizing all nations, He took the opportunity to call Himself king, confirming the title publicly, and solemnly proclaimed that all power was given Him in Heaven and on earth. These words can only be taken to indicate the greatness of His power, the infinite extent of His kingdom. What wonder, then, that He Whom St. John calls the "prince of the kings of the earth" appears in the Apostle's vision of the future as He Who "hath on His garment and on His thigh written 'King of kings and Lord of lords!'" It is Christ Whom the Father "hath appointed heir of all things"; "for He must reign until at the end of the world He hath put all his enemies under the feet of God and the Father."

It was surely right, then, in view of the common teaching of the sacred books, that the Catholic Church, which is the kingdom of Christ on earth, destined to be spread among all men and all nations, should with every token of veneration salute her Author and Founder in her annual liturgy as King and Lord, and as King of Kings. And, in fact, she used these titles, giving expression with wonderful variety of language to one and the same concept, both in ancient psalmody and in the Sacramentaries." (*Quas Primas*, 11-12)

The early Church theologian, Origen (cir. 185-254), wrote about the our Lord's kingly power in a notebook on prayer. This reading is part of the Liturgy of the Hours of Church.

"The kingdom of God, in the words of our Lord and Savior, does not come for all to see; nor shall they say: Behold, here it is, or behold, there it is; but the kingdom of God is within us, for the word of God is very near, in our mouth and in our heart. Thus it is clear that he who

## 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

prays for the coming of God's kingdom prays rightly to have it within himself, that there it might grow and bear fruit and become perfect. For God reigns in each of His holy ones. Anyone who is holy obeys the spiritual laws of God, who dwells in him as in a well-ordered city. The Father is present in the perfect soul, and with Him Christ reigns, according to the words: *We shall come to him and make Our home with him.*

Thus the kingdom of God within us, as we continue to make progress, will reach its highest point when the Apostle's words are fulfilled, and Christ, having subjected all His enemies to Himself, will hand over His kingdom to God the Father, that God may be all in all. Therefore, let us pray unceasingly with that disposition of soul which the Word may make divine, saying to our Father who is in Heaven: *Hallowed be Your Name; Your kingdom come.*

Note this too about the kingdom of God. It is not a *sharing of justice with iniquity, nor a society of light with darkness, nor a meeting of Christ with Belial.* The kingdom of God cannot exist alongside the reign of sin. Therefore, if we wish God to reign in us, in no way should sin reign in our mortal body; rather we should *mortify our members which are upon the earth* and bear fruit in the Spirit. There should be in us a kind of spiritual paradise where God may walk and be our sole ruler with His Christ. In us the Lord will sit at the right hand of that spiritual power which we wish to receive. And He will sit there until all His enemies who are within us become His footstool, and every principality, power and (continued on page 4)

### Holy Masses for Thanksgiving:

8:30am on Thurs., Nov. 24, at St. Paul, Zumbrota

9:30am on Thurs., Nov. 24, at St. Michael,  
Pine Island (Latin Mass)

There will be a collection to assist the poor - **Let us thank God for all our blessings!**

The next **Holy Hour for Women** will be Sunday, November 27, at 6:00pm at Church of St. Michael, PI. All women are invited!



## CHURCH OF SAINT MICHAEL NEWS

### CHURCH OF ST. MICHAEL FAITH FORMATION

The next Faith Formation class/session will be **Wednesday, December 7**, at the Church of St. Michael.

**Topic for December: The Virtue of Prayerfulness or Piety**

**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.

**Cemetery Collection:** There will be a second collection November 19-20 to provide for the upkeep of the St. Michael Cemetery. Please be generous in remembering our beloved departed in prayer and alms.

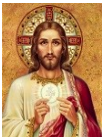
### Birthday Celebration

Father Kasel is coming up on his 50<sup>th</sup> Birthday on December 3. Since this represents a milestone year, many parishioners have expressed a desire to have a birthday party for Father Kasel. We are planning to do this on December 4 after the 10:30am Holy Mass. This will be an opportunity to celebrate Father's birthday with him as a parish family at St. Michael. There will be a sign up sheet at the entrance of the Church, asking for volunteers to bring a variety of salads. Cake will be provided. Thank you - and if you have any questions, please contact Barb Keehn or Carol Berns.

### PRO LIFE QUOTE:

"God, the Lord of life, has entrusted to men the noble mission of safe-guarding life, and men must carry it out in a manner worthy of them-selves. Life must be protected with the utmost care from the moment of conception: abortion and infanticide are abominable crimes." Second Vatican Council, Church in the Modern World, #51

"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." -Pope John Paul II



### 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!*

**Institute of Catholic Culture Lecture: SWORDS AND SERPENTS:** A Study of Salvation History by: Rev. Hezekias Carnazzo

Trying to read the Bible for the first time can be a frustrating and confusing experience for those seeking insight and guidance for their personal spiritual life. In this salvation history lecture series, you will be guided on a journey through the Scriptures and be given the tools needed to read them as a coherent whole. Following the major figures and events of the Bible, you will build bridges through the confusing and lesser known parts of Sacred Scripture so as to "connect the dots" from Adam to the coming of the Messiah.

Event Details: Mondays, November 28, December 5, & 12. Pre-Class Discussion: 7:30 PM EST, Lecture: 8:00 PM EST. Registration is required at: <https://instituteofcatholicculture.org/events/swords-and-serpents-regular-lecture-series>

### WEEKLY TITHING November 12-13, 2022

Sunday Envelopes:	\$ 1,645.00
Plate:	\$ 583.00
EFT:	\$ 897.50
<b>Total:</b>	<b>\$ 3,125.50</b>
All Saints Day Collection: \$ 734.00	



### HOLIDAY TEA

*Peace on Earth to People of Goodwill*

Saturday, December 3, from 9:00am-11:30am  
at Church of St. Michael, Pine Island

**Baked items, Crafts, & Raffle items are available!**

**Enjoy our Holiday Tea Table!**

Ladies of the Parish: Please sign up to bring baked goods, and other food, and volunteer to work.

### Pancake Breakfast! November 20:

St. Pio Knights of Columbus Council 16016 will host a Pancake Breakfast on Sunday, November 20, from 8:00am-12:30pm at the Church of St. Michael.

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

### Dear Parishioners,

**Panthers Holiday Helpers Project** needs your help! This Christmas project collects gift donations for children in need from Pine Island. You may donate any of the following winter wears: **HATS, CAPS, SCARVES, MITTENS, SNOWPANTS, GLOVES, and/or FACE MASKS**. These donations will go to both girls and boys, from birth to 18 years. Please consider making a donation to this worthy project. If you wish to make a monetary donation, someone from the Church of St. Michael will shop for you. Families will be coming to the school to choose the items for their children, so please do NOT wrap them. Please bring donations by December 3<sup>rd</sup> and place in the box in the entryway.

**Pine Island Food Shelf:** items requested for November: Canned Meats -tuna, chicken, Spam, salmon

### HOLY MASS TIMES

#### Wednesday, November 23, 2022

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

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

#### Thursday, November 24, 2022

9:30am Latin Thanksgiving Day Holy Mass

#### Friday, November 25, 2022

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

#### Saturday, November 26, 2022

4:00pm-4:50pm Confessions

5:00pm Holy Mass

#### Sunday, November 27, 2022

7:00am Latin Holy Mass

10:30am Holy Mass

### HOLY MASS INTENTIONS

**November 23, 2022** †Eugene Peters (family & friends)

**November 24, 2022** †John Tazell (Barbara Tazell)

**November 25, 2022** Rita Kaiya

**November 26, 2022** †Alfred Ganther (Anna Taubel)

**November 27, 2022** †Mary Sullivan (Mary Amiot)

**November 27, 2022** Parishioners





## CHURCH OF SAINT PAUL NEWS

### CHURCH OF ST. PAUL FAITH FORMATION

The next Faith Formation class/session will be **Wednesday, December 7**, at the Church of St. Michael.  
**Topic for December: The Virtue of Prayerfulness or Piety**  
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.

### Thank you!

Thank you to all who prayed for me and expressed your good wishes to me as part of Priesthood Sunday. Your kindness was greatly appreciated! May our good Lord reward you!  
In Christ through Mary,  
Fr. Kasel

**Cemetery Collection:** There will be a second collection November 20 to provide for the upkeep of the St. Paul Cemetery. Please be generous in remembering our beloved departed in prayer and alms.



### Prayer to Christ our King

O Lord Jesus Christ, I acknowledge you as universal King. All that has been made has been created for You. Exercise all Your rights over me. I renew my Baptismal Vows. I renounce Satan, his pomps and his works; I promise to live as a faithful and generous Catholic. In particular I pledge myself to labor, to the best of my ability, for the triumph of the rights of God and of Your Holy Catholic Church. O Divine Heart of Jesus, to You do I offer my poor services, laboring that all hearts may acknowledge Your sacred Kingship, and that thus the reign of Your Peace may be established throughout the whole universe. Amen.

**St. Paul CCW** will next meet on Tuesday, November 29, at the Church of St. Paul. There will be a Holy Mass at 6pm followed by the meeting. All ladies are invited!

### WORDS TO LIVE BY:

"The Word of God, as consubstantial with the Father, has all things in common with Him and, therefore, has necessarily supreme and absolute dominion, over all things created." St. Cyril of Alexandria

"We must make our way towards Eternity, never regarding what men think of us, or of our actions, studying only to please God." St. Francis Borgia

"He who carries God in his heart bears Heaven with him, wherever he goes." St. Ignatius of Loyola

"Jesus Christ, Lord of all things! You see my heart, You know my desires. Possess all that I am - You alone. I am Your sheep; make me worthy to overcome the devil." St. Agatha

"It is better to be a child of God than king of the whole world." St. Aloysius Gonzaga

"He who trusts in himself is lost. He who trusts in God can do all things." "What does it cost us to say, 'My God help me! Have mercy on me!' Is there anything easier than this? And this little will suffice to save us if we be diligent in doing it." St. Alphonsus Liguori

"How good and pleasant it is to dwell in the Heart of Jesus! Who is there who does not love a heart so wounded? Who can refuse a return of love to a Heart so loving?" St. Bernard of Clairvaux

"Nowhere other than looking at himself in the mirror of the Cross can man better understand how much he is worth." St. Anthony of Padua

**Catholic Daughters Court St. Mary Peter #1864** will meet Monday, November 28, 6:30pm at Holy Trinity in Goodhue. We will have a speaker from 6:45 - 7:30 p.m. Our guest speaker is Clare Ruff from the Hosea Initiative who will speak about the conversion of Dr. Bernard Nathanson, America's Abortion King. All are invited to the presentation.

### WEEKLY TITHING November 13, 2022

Sunday Envelopes:	\$ 820.00
Plate:	\$ 78.00
<b>Total:</b>	<b>\$ 898.00</b>

All Saints Day Collection: \$ 147.00

**Christmas Sharing Collection:** We will again be collecting items for those in our community that are need this Christmas - through the Community Connections Event. This is the same collection as in the past; however, no need to pick an ornament from the tree. Choose whatever requested item you wish and return to the vestibule or church office by **December 4**. Items requested are: Household products such as paper products, laundry detergent, soap, shampoo, toothpaste. Gift cards are also welcome. You could donate local cards - preferably \$20 increments so that all are the same value. Reminder tags are available on the board. Thank you for your generosity in sharing God's gifts with those in need. Please contact Maggie Eggerichs at 507-951-2316 with questions.

### Birthday Celebration

Father Kasel's 50<sup>th</sup> Birthday is rapidly approaching, on December 3! Many parishioners have expressed a desire to have a birthday party for Father Kasel. We are planning to do this on December 4 after the 8:45am Holy Mass. This will be a great opportunity to come together as a parish family to celebrate Father's 50<sup>th</sup> birthday. There is a signup sheet in the back of the Church, asking for egg bakes, fruits, and juices. Cake will be provided. Thank you! If you have any questions please contact Louise Gerken or Shirley Gregory.

### Teach Us, Good Lord

Teach us, good Lord, to serve You as You deserve; to give and not to count the cost, to fight and not to heed the wounds, to toil and not to seek for rest, to labor and not to ask for reward, except that of knowing that we are doing Your Will. Amen. By St. Ignatius of Loyola

**Looking for Volunteers!** As the holidays approach, we are looking for people to help decorate for advent and Christmas. If you are interested to help, please call the office and leave your name and number and someone will get back to you. Thank you!

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

### HOLY MASS TIMES

#### Tuesday, November 22, 2022

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

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

#### Thursday, November 24, 2022

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

#### Sunday, November 27, 2022

8:20am Rosary/8:25am Confessions

8:45am Holy Mass

### HOLY MASS INTENTIONS

**November 22, 2022** †Victor Fritz (Louise Gerken)

**November 24, 2022** †Richard Thamert (Katie Holmstadt)

**November 27, 2022** Parishioners



## NEWS FROM SAINT MICHAEL AND SAINT PAUL

(from page 1) virtue in us is cast out.

All this can happen in each one of us, and the last enemy, death, can be destroyed; then Christ will say in us: *O death, where is your sting? O hell, where is your victory?* And so what is *corruptible* in us must be clothed with holiness and *incorruptibility*; and what is *mortal* must be clothed, now that death has been conquered, in the Father's *immortality*. Then God will reign in us, and we shall enjoy even now the blessings of rebirth and resurrection."

Through the intercession of Mary, the Queen of Heaven and earth, St. Joseph, St. Michael and St. Paul, may the loving Heart of Jesus Christ our King reign over all human hearts!

In Christ through Mary,  
Fr. Kasel

### Advent Penances and Act of Charity

**Dear Parishioners:** As we enter Advent, I invite all to prayerfully consider undertaking voluntary penances and acts of Charity toward God and neighbor appropriate to this Season of the Church year. Doing this together across our parishes will increase our unity and provide new openings for the Holy Spirit to work in our parishes and our personal lives.

Here are some suggestions: abstaining from meat on Friday and another day of the week; fasting on Friday or another day of the week (fasting is: two half meals and only one full meal during that day, with no snacking in between meals); giving up desserts; volunteer your time at the church; make time for more personal prayer; attend one or two weekday Holy Masses per week; give special financial alms; forgive offenses; make apologies for wrongs and make a good Sacramental Confession. You may also have some ideas for penances and acts of Charity. Let us make this an Advent that truly prepares our hearts for our good Lord at Christmas!

In Christ through Mary, Fr. Kasel


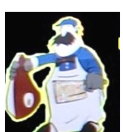
### Parish Safety

Dear Parishioners: I am in the early stages of developing a parish committee dedicated to forming a Parish Emergency Action Response Plan for Inclement Weather (Tornadoes, Storms), Emergencies (parishioner injury or health crisis, parking lot accidents), and Security Threats (demonstrations, protests, etc). I hope to identify parishioners for input and volunteers - especially those with First Responder/Emergency, Medical, and Security training/skills.

Until a final action plan is completed and made known to you, the immediate response in case of an Emergency Event would be as follows: Do Not Panic - Remain Calm. Listen to instructions from Father, Ushers, and/or Designated Personnel to Shelter In Place - "Duck and Cover" under pews protecting the vulnerable as best as possible allowing Visual and Mobile Access to Designated Personnel to Assess and Mitigate any sort of Emergency Event. Assist families and parishioners around you, if possible. Evacuation instructions would also be issued by responsible Personnel according to the circumstances of the Event. Thank you for your attention to this important topic and your assistance. To provide your input and/or volunteer status, contact or email Fr. Kasel or Pat Smith at [ltpsmith@gmail.com](mailto:ltpsmith@gmail.com) -- A proactive parish is a safer parish!

### Retirement Fund for Religious second collection: December 3-4 Help our elderly Religious: Thousands of elderly sisters, brothers, and religious order priests have devoted their lives to helping others.

Across the US, generations of Catholics gratefully recall their ministry in Catholic schools, hospitals, parishes, and works of mercy. Most older religious served for little pay. Today, without enough retirement savings, many religious communities are struggling to care for senior members. Your gift to the Retirement Fund for Religious helps provide nursing care, medicine, and other necessities. Thank you for your generosity!

 <p>Buy one Blizzard at regular price, get 2nd Blizzard at 99¢! 215 E. 18th St. Zumbrota <b>732-5910</b></p>	<p><b>ZUMBROTA MINI STORAGE</b> Lighting—Paved 24 Hour Access 1550 Jefferson Drive, Zumbrota <b>507-696-4406</b></p>	 <p><b>Hub Food Center</b> 228 West Ave. Zumbrota <b>507-732-7329</b> <a href="https://www.nilssensfoods.com">https://www.nilssensfoods.com</a></p>	<p>Steve Johnson's</p>  <p>Hwy 52 &amp; 58 in Zumbrota <b>507-732-5127</b> Home: 651-460-6706 <a href="http://www.zumbrotaford.com">www.zumbrotaford.com</a></p>	 <p><b>Foot Care Service</b> <b>507-269-7827</b> 125 Elton Hills Dr. NW Suite 112, Rochester, MN 55901 <a href="mailto:footcareprofessionalsllc@gmail.com">footcareprofessionalsllc@gmail.com</a> Care provided by <b>Sheila Buehler</b>, APRN, CNP, CFCSS Certified Foot Care Specialist <i>Helping YOU live well with YOUR feet!</i></p>
 <p><b>TOM &amp; SCOTT SHANE</b> Commercial &amp; Industrial <b>507-824-2191</b></p>	<p><b>Gadient Garage Doors</b> Doors &amp; Openers Sales Service &amp; Repair Exceptional Customer Service <a href="http://GadientGarageDoors.com">GadientGarageDoors.com</a></p>  <p><b>651-388-0550</b> "When You Expect the Very Best" Teresa &amp; Todd Gadient</p>	<p><b>Mahn Family Funeral Homes Larson Chapel</b> 1475 Jefferson Dr. Zumbrota, MN (507) 732-5444 <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>HEMANN, GROVER &amp; Company Ltd.</b> Certified Public Accountants <i>"Building &amp; managing wealth for your business &amp; family"</i> <b>Glen P. Hemann, CPA</b> <a href="mailto:ghemann@zumbrotacpa.com">ghemann@zumbrotacpa.com</a> 404 Main St. S. Zumbrota <b>732-7800</b></p>	<p><b>Owen Locker Plant</b></p>  <p>110 2nd St. NE Pine Island, MN 55963 <b>507-356-8612</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>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>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 <a href="mailto:stmichaeloffice@bevcomm.net">stmichaeloffice@bevcomm.net</a> <b>St. Paul:</b> 507-732-5324 <a href="mailto:stpauls@hcinet.net">stpauls@hcinet.net</a> <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>	