

January 31, 2021
Fourth Sunday in Ordinary Time

Father Randal Kasel, Pastor frkasel@bevcomm.net

Father Thomas McCabe, Parochial Vicar frmccabe@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.

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 8:25am, 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

From Father Kasel

Praised be Jesus Christ through Mary!

Dear Brothers and Sisters in Christ Jesus,

The month of January is dedicated to the Most Holy Name of Jesus: let us reverently pray His Holy Name and make reparation to our good Lord for the many times that His name is spoken in vain and with irreverence! This Sunday we celebrate the 4th Sunday in Ordinary Time. I share with you a reflection on Jesus and freedom from sin. I encourage you to reflect over this message a few times this week:

“The Slavery of Sin: Christ came to free us from the devil and from sin: The Gospel for this Sunday’s Holy Mass (Mark 1:21-28) tells us about the cure of a man possessed by the devil. The name Belial or Beelzebub which we find in Scripture means *unclean spirit*. (cf. John Paul II, *General Audience*, 13 August 1986) This victory over the unclean spirit is yet another proof of the coming of the Messiah, who arrives at length to free men from their most dreaded slavery: their slavery to the devil and to sin. This tormented man from Capharnaum cried out, *What have You to do with us, Jesus of Nazareth? Have You come to destroy us? I know Who You are, the Holy One of God.* And Jesus strictly commanded him, *Be silent and come out of him!* ... *And they were all amazed.*

St. John Paul II teaches that it is possible, in certain cases, that the evil spirit manages to exercise his influence not only on material things, but also on a man’s body, which is why we can speak of *possession by the devil*. (cf. Mark 5:2-9) It is not always easy to discern how much of the preternatural there is in these cases. The Church does not favor or submit easily to a tendency to attribute many happenings to the direct intervention of the devil. But in principle we cannot deny that in his determination to cause harm and to lead us to evil, Satan can resort to these extremes in order to assert his superiority. (cf. John Paul II, *loc. cit.*) Diabolical possession generally appears in the Gospels accompanied by pathological signs like epilepsy, dumbness, deafness... The possessed frequently lose their dominion over themselves, their movements and their words. On some occasions they are *possessed*, behaving as instruments of the devil. Thus the miracles that Our Lord performed are a sign of the coming of God’s Kingdom and the casting out of the devil from every end of that Kingdom. *Now shall the ruler of this world be cast out.* (John 12:31) When the seventy-two disciples return, filled with joy at the results of their apostolic mission, they say to Jesus, *Lord, even the demons are subject to us in Your Name!* And the Master answers them, *I saw Satan fall like lightning from Heaven.* (Luke 10:17-18) From the time Christ comes, the devil has to fight a rearguard action even though he has great power and *his presence becomes stronger in proportion as man and society separate themselves from God.* (John Paul II, *loc. cit.*) Through mortal sin many men become subject to the slavery of the devil. (cf. Council

of Trent, *Session XIV*, chapter I) They separate themselves from the Kingdom of God only to enter the kingdom of darkness, of evil. In one degree or another they become instruments of evil in the world and are subjected to the worst of tyrannies. *Truly, truly, I say to you, everyone who commits sin is a slave to sin.* (John 8:34) The devil’s dominion can take on other forms of more nearly normal and less striking appearance.

We have to remain on the watch, so as to discern and reject the wiles of the tempter, who does not relax in his determination to harm us. He knows that as a result of original sin we have remained prone to evil, vulnerable to our passions and open to the assaults of concupiscence and of the devil: we were *sold like slave to sin.* (cf. Rom. 8:14) *The whole life of men, both individual and social, shows itself to be a struggle, and a dramatic one, between good and evil, between light and darkness. Man finds that he is unable of himself to overcome the assaults of evil successfully, so that everyone feels as though he were bound in chains.* (Second Vatican Council, *Gaudium et Spes*, 13) We must then give its full meaning to the last of the petitions that Christ taught us in the Our Father: *deliver us from evil.* We must keep concupiscence at a distance and, with God’s help, fight against the baneful influence of the devil (who always lies in wait) - an influence which inclines us to sin. In this specific historic event that the Gospel tells us of, we should all, with the light of Faith, see in that possessed man every sinner who wants to be converted to God, every sinner who wants to free himself from Satan and from sin. Jesus has not (cont. on pg. 3)

The next Holy Hour for Women will be on Sunday, January 31, 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 Session: Wednesday, February 3, at 6:30-7:45pm

TOPIC for February: Sacrament of the Sick

(Everything You Always Wanted to Know and Never Got to Ask)

All our love must be for God:

"No one who is in love with himself is capable of loving God. The man who loves God is the one who mortifies his self-love for the sake of the immeasurable blessings of Divine Love. Such a man never seeks his own glory but only the glory of God. If a person loves himself he seeks his own glory, but the man who loves God loves the glory of his Creator. Anyone alive to the love of God can be recognized from the way he constantly strives to glorify Him by fulfilling all His commandments and by delighting in his own abasement. Because of His great majesty it is fitting that God should receive glory, but if he hopes to win God's favor it becomes man to be humble. If we possess this love for God, we too will rejoice in His glory as St. John the Baptist did, and we shall never stop repeating: *His fame must increase, but mine must diminish...*

Anyone who loves God in the depths of his heart has already been loved by God. In fact, the measure of a man's love for God depends upon how deeply aware he is of God's love for him. When this awareness is keen it makes whoever possesses it long to be enlightened by the Divine Light, and this longing is so intense that it seems to penetrate his very bones. He loses all consciousness of himself and is entirely transformed by the love of God. Such a man lives in this life and at the same time does not live in it, for although he still inhabits his body, he is constantly leaving it in spirit because of the love that draws him toward God. Once the love of God has released him from self-love, the flame of Divine Love never ceases to burn in his heart and he remains united to God by an irresistible longing. As the Apostle says: *If we are taken out of ourselves it is for the love of God; if we are brought back to our senses it is for your sake.*" - from the *Treatise On Spiritual Perfection* by Diadochus of Photice, Bishop

PRO-LIFE QUOTES:

"Oh Mary, Mother of Jesus and Mother of Life, we honor you as Our Lady of Guadalupe. Thank you for pointing us to Jesus your Son, the only Savior and hope of the world. Renew our hope in Him that we all may have the courage to say YES to life and to defend those children in danger of abortion. Give us your compassion to reach out to those tempted to abort and to those suffering from a past abortion. Lead us to the day when abortion will be a sad, past chapter in our history. Keep us close to Jesus, the Life of the World, who is Lord forever and ever. Amen." www.priestsforlife.org

"The difference between the way of life and the way of death is great. Therefore, do not murder a child by abortion or kill a newborn infant." *from the Didache, a collection of apostolic moral teachings compiled at the end of the first century A.D.*

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. *Blessed Mother Teresa*



†ADORATION of the BLESSED SACRAMENT†

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

Rochester Rosary Rallies: Our country continues to need fervent prayer. The next two **Rosary rallies will be at 3pm on January 31 & February 7** near the Rochester Government Center at the corner of 4th St. SE and 3rd Ave. SE.

Pine Island Food Shelf: The items requested for February: Shampoo and Toothpaste

WEEKLY TITHING for January 23-24, 2021

Envelopes:	\$ 2,604.00
Plate:	\$ 882.35
EFT:	\$ 507.50
Total:	\$ 3,993.85

Holy Spirit Novena for February: February 1 - February 9.

Spiritual Communion Prayer: *My Jesus, I believe that You are truly present, Body, Blood, Soul and Divinity in the Most Holy Eucharist. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally in the Most Holy Eucharist, please come at least spiritually into my heart now. I spiritually embrace You and choose to unite myself wholly to You. Never permit me to be separated from You and Your Love. Thank You, Jesus! I love You! Amen.*

WORDS TO LIVE BY:

"In the life of the body a man is sometimes sick, and unless he takes medicine, he will die. Even so in the spiritual life a man is sick on account of sin. For that reason he needs medicine so that he may be restored to health; and this grace is bestowed in the Sacrament of Penance." St. Thomas Aquinas
 "The want of proper examination, true contrition, and a firm purpose of amendment, is the cause of bad confessions, and of the ruin of souls." St. Benedict Joseph Labre
 "Confession heals, Confession justifies, Confession grants pardon of sin, all hope consists in Confession; in Confession there is a chance for mercy." St. Isidore of Seville
 "Strive always to confess your sins with a deep knowledge of your own wretchedness and with clarity and purity." St. John of the Cross
 "The devil does not bring sinners to hell with their eyes open: he first blinds them with the malice of their own sins. Before we fall into sin, the enemy labors to blind us, that we may not see the evil we do and the ruin we bring upon ourselves by offending God. After we commit sin, he seeks to make us dumb, that, through shame, we may conceal our guilt in confession." St. Alphonsus Liguori

HOLY MASS TIMES

Tuesday, February 2, 2021

6:30pm Extraordinary Form Holy Mass-The Presentation of the Lord

Wednesday, February 3, 2021

8:00am Confessions/8:30am Holy Mass (also live-streamed)

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

Friday, February 5, 2021

8:00am Confessions/8:30am Holy Mass (also live-streamed)

6:30pm (EF) First Friday Holy Mass

Saturday, February 6, 2021

4:00-4:50pm Individual Confession

5:00pm Holy Mass

Sunday, February 7, 2021

7:00am Extraordinary Form Holy Mass

10:30am Holy Mass (also live-streamed)

HOLY MASS INTENTIONS

February 2, 2021	(EF)The Ocariz Family
February 3, 2021	†Robert Sullivan (Katie Brost)
February 5, 2021	†Mary Jane Johnson (Carolyn Ocariz)
February 5, 2021	(EF)†Jerry Bodensteiner (Janet Shannon)
February 6, 2021	†Cliff Edstrom (Cele Heinen)
February 7, 2021	(EF)Parishioners
February 7, 2021	†Dolores Bauer (Christine Grabow)



CHURCH OF ST. PAUL FAITH FORMATION

The Next Session: Wednesday, February 3, at 6:30-7:45pm

TOPIC for February: Sacrament of the Sick

(Everything You Always Wanted to Know and Never Got to Ask)

(From Father Kasel...from pg. 1) come to free us from dominating nations, but from the devil; not from the captivity of the body, but from the malice of the soul. (St. Augustine, Sermon 48)

Deliver us, Lord, from evil, from the evil one; lead us not into temptation. Grant in Your infinite mercy that we should not give in to the infidelity to which the one who has been unfaithful from the beginning endeavors to seduce us. (John Paul II, loc. cit.)

The malice of sin: The experience of offense against God is a reality. It is easy for the Christian to discover that deep vestigial imprint of evil in his nature and to see a world enslaved by sin. (cf. Second Vatican Council, loc. cit., 2) The Church teaches that there are sins which are *mortal* by nature, sins that cause spiritual death, the loss of supernatural life, whilst others are *venial*.

Although the latter do not radically oppose God, they are an obstacle to the practice of the supernatural virtues and dispose the soul to fall into grave sin.

St. Paul reminds us that we were ransomed at a great price. (cf. 1 Cor. 7:23) He firmly exhorts us not to fall back into slavery; we have to be sincere with ourselves, so as to avoid relapsing into sin and at the same time kindle in our souls an eagerness for holiness.

If we are to banish this evil... we must first try to ensure that our dispositions, both habitual and actual, are those of a definite aversion from sin. Sincerely, in a manly way, we must develop, both in our heart and in our mind, a lively horror of mortal sin.

We must also cultivate a deep-seated hatred of deliberate venial sin, those negligences which, while they do not deprive us of God's grace, do serve to obstruct the channels through which His grace comes to us. (J. Escriva, Friends of God, 243)

Mortal sin is the greatest misfortune that can befall a Christian.

When he is moved by love, everything can be used for the glory of God and the service of his brother men, and earthly realities themselves are sanctified - homes, work, sport politics... By contrast, when a Christian allows himself to be led astray by the devil, his sin brings into the world a principle of radical disorder which separates him from his Creator and is, at bottom, the cause of all the horrors that afflict mankind. Let us ask God for that purity of conscience which will lead us to abominate any offense against His sovereign goodness and never to make such an offense appear acceptable. We have to make our own that lament of the prophet Jeremiah, which has in it such a strong sense of atonement: *Be appalled, O heavens, at this; be shocked, be utterly desolate, says the Lord, for My people have committed two evils - they have forsaken Me, the fountain of living waters, and hewed out cisterns for themselves, broken cisterns, that can hold no water. (Jer. 2:12-13)*

It is here that the evil of sin resides: in that men *although they knew God... did not honor Him as God or give thanks to Him, but... became futile in their thinking and their senseless minds were darkened... and they worshipped and served the creature rather than the Creator. (Rom. 1:21-25)*

Sin, even a single sin, exercises, sometimes in a hidden way and sometimes in a visible and palpable way, a mysterious and pernicious influence on families, friends, the Church and on the whole of mankind. If a branch withers, the whole living plant is weakened; if a branch becomes sterile, the vine does not produce the fruit expected of it; and what is more, other branches can then wither and die.

Today, let us renew our firm resolution to keep away from everything (shows, unsuitable books, environments that are out of harmony with the presence of a man or woman who wants to follow Christ) which may be an occasion of offending God. Let us truly love the Sacrament of Penance and teach others to love it by instructing them about this Sacrament. (cont. on pg. 4)

WEEKLY TITHING for January 24, 2021

Envelopes:	\$ 710.00
Plate:	\$ 8.00
Total:	\$ 718.00

Holy Spirit Novena for February: February 1 - February 9.

Meal in a Bucket The Catholic Daughters will be having their "Meal in a Bucket" sale for the next three weeks. Pre-order slips are in the back of Church. Available meals are BBQ with buns, Chili, Potato soup, Portage soup, and Cinnamon Rolls. Meals will be available for pick up following Holy Mass on February 21. Your support is appreciated! *All COVID food prep safety protocols will be followed when food is being prepared.*

"The Church Prepares"

Faith and Culture Series: Register Now

Inspired by the thousands of participants at the Prayer and Listening Events, this series connects their stories to the story of the Church. Each virtual event includes a talk, testimonials, and a live panel discussion including Archbishop Hebda.

Registration is required to participate live.

Dates and topics are listed below; all events will be 7:00-8:30pm.

Thursday, February 4: The Church's Understanding on the Dignity of Women, presented by Helen Alvarez

Tuesday, February 9: The Priesthood (Both Baptized and Ordained), presented by Sister Esther Mary Nickel

Register online to participate and submit your questions! Zoom links will be sent to registrants prior to each event. Registration is limited to 500 participants per event.



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, February 2, 2021

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

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

Thursday, February 4, 2021

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

Sunday, February 7, 2021

8:25am Confessions/Rosary

8:45am Holy Mass - On 1st, 3rd, & 5th Sundays of the month

Holy Mass will be versus populum; 2nd & 4th ad Orientem

HOLY MASS INTENTIONS

February 2, 2021

†Janet Quandt (Annette Fritz)

February 4, 2021

†Gloria Bradley (Anne Varner)

February 7, 2021

Parishioners



NEWS FROM SAINT MICHAEL AND SAINT PAUL

(from pg. 3) Let us meditate frequently on Our Lord's Passion so that we can understand better the malice of sin. Let us ask Our Lord to make that well-known saying *I'd rather die than commit a sin*, into an abiding resolve for the rest of our lives.

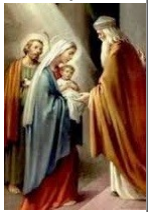
The liberating character of Confession. We should struggle to avoid venial sins: We can never go deep enough into the reality of sin, the *mysterium iniquitatis*. But if we catch as much as a glimpse of the malice of *any* offense against God, we will never conduct our struggle against evil at the boundary between *grave* and *slight* sin, for the greatest sin consists in *underestimating the importance of fighting skirmishes. The refusal to fight the little battles can, little by little, leave one soft, vulnerable and indifferent, insensitive to the accents of God's voice.* (J. Escriva, *Christ is Passing By*, 77) *Venial sins* are able to have this lamentable effect on souls that do not stoutly fight to avoid them, and they constitute an excellent ally of the devil, who is determined to exploit weakness and cause harm. Although they do not kill the life of grace, they debilitate it. They make it difficult to practice virtue and to hear the suggestions of the Holy Spirit. If we do not react energetically, they inevitably dispose us towards grave faults and sins. *How sad you make me feel when you are not sorry for your venial sins! For until you are, you will not begin to live a real interior life.* (*idem.*, *The Way*, 330) Let us ask God to purify us with His light, His love and His fire, so that the greatness of our vocation should never be lost sight of; so that we should never become trapped in that spiritual mediocrity which a half-hearted struggle against venial sins surely leads to.

If he wants to fight against venial sins, the Christian has to assign to them their true importance. They are the cause of spiritual mediocrity and lukewarmness. They make the way of interior life

really difficult. The saints have always recommended Confession which is frequent, sincere and contrite, as an effective means against those faults and sins, and a sure way of making progress. St. Francis de Sales advised, *Have always a true sorrow for the sins you confess, however small they may be, with a firm purpose of amendment for the future. Many who confess their venial sins by custom, and as it were by way of routine, without thinking of ridding themselves of them, remain burdened with them all their lives.* (St. Francis de Sales, *Introduction to the Devout Life*, II 19) *O that today you would listen to His voice! Harden not your hearts as at Meribah (Responsorial Psalm, Ps. 94: 1-2; 6-7; 8-9), we are exhorted in the Responsorial Psalm of the Holy Mass. Let us ask the Holy Spirit to help us to have a heart which is ever cleaner and stronger, capable of throwing off any oppressive bonds and of opening itself to God in the way that He expects of every Christian.* (From: *In Conversation with God*, by Francis Fernandez) Through the intercession of Mary, Virgin most Powerful, St. Joseph, St. Michael, and St. Paul may we grow in the practice of complete rejection of sin and whole-hearted love for God! In Christ through Mary,
Fr. Kasel

The Presentation of the Lord or Candlemas February 2nd

"Now, Master, You may let Your servant go in peace, according to Your word, for my eyes have seen Your salvation, which You prepared in the sight of all the peoples: a light for revelation to the Gentiles, and glory for Your people Israel."
Luke 2: 29-32



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 <p>TOM & SCOTT SHANE Commercial & Industrial 507-824-2191</p>	<p>Knollwood Apartments Located next door to the Church of St. Michael Walk to Sunday Mass! Call for more information (507)-356-8448</p>	<p>Mahn Family Funeral Homes Larson Chapel 1475 Jefferson Dr. Zumbrota, MN (507) 732-5444 Mahler Chapel 209 NW 1st Ave. Pine Island, MN (507) 356-4620 www.mahnfamilyfuneralhome.com</p>	<p>HEMANN, GROVER & Company Ltd. Certified Public Accountants <i>"Building & managing wealth for your business & family"</i> Glen P. Hemann, CPA ghemann@zumbrotacpa.com 404 Main St. S. Zumbrota 732-7800</p>	
				<p>St. Paul/ Minneapolis Archdiocese Victim Assistance Program Hotline: (651) 291-4475</p>
<p>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.</p>		<p>Parish Safe Environment Coordinator: Sara McNamara St. Michael: 507-356-4280 stmichaeloffice@bevcomm.net St. Paul: 507-732-5324 stpauls@hcinet.net</p>	<p>Church of St. Michael Cemetery For Plot Information Call the Parish Office 507-356-4280</p> <p><i>"Remember To Pray For Our Beloved Departed."</i></p>	<p>Church of St. Paul Cemetery For Plot Information Call the Parish Office 507-732-5324</p>