

August 7, 2022  
Nineteenth 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

**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 week we have our summer Vacation Bible School! Please pray for our youth, teachers and parents. Our theme will be learning more about devotion to our Blessed Mother, the Virgin Mary.

All are invited: please mark your calendars for the annual St. Paul CCW Salad Luncheon to be held Wednesday, August 17, 2022, from 11am to 1pm! Thank you - ahead of time - to all those who are planning the event, signed up to volunteer or will make donations for the Salad Luncheon. It takes many people to make a special event like this happen - if you have not yet signed up, please do so soon!

The month of August is traditionally dedicated to growing in our devotion the Immaculate Heart of Mary. During the month of August, I will share more information with you about this wonderful devotion. This Sunday, I share with you an excerpt from the classic spiritual book: True Devotion To Mary written by St. Louis de Montfort. I recommend you this book by St. Louis de Montfort. Pope St. John Paul II read this book early in his life and he openly commented on how it changed his life for the better. In fact, he took his papal motto: 'Totus Tuus' ('Totally Yours' - referring to devotion to the Blessed Mother) from the teachings in this book.

This excerpt is taken from **Article III: The Necessity of the Blessed Virgin and of Devotion to Her**

*"Providential Function of Mary in the Latter Times"*

49. It was through Mary that the salvation of the world was begun, and it is through Mary that it must be consummated. Mary hardly appeared at all in the first coming of Jesus Christ, in order that men, as yet but little instructed and enlightened on the Person of her Son, should not remove themselves from Him in attaching themselves too strongly to her. This would have apparently taken place if she had been known, because of the admirable charms which the Most High had bestowed even upon her exterior. This is so true that St. Denis the Areopagite tells us in his writings that when he saw our Blessed Lady, he would have taken her for a Divinity, because of her secret charms and incomparable beauty, had not the faith in which he was well established taught him the contrary. But in the second coming of Jesus Christ, Mary has to be made known and revealed by the Holy Spirit in order that, through her, Jesus Christ may be known, loved and served. The reasons which move the Holy Spirit to hide His spouse during her life, and to reveal her but little since the preaching of the Gospel, subsist no longer.

I. Existence of This Function and Reasons for It

50. God, then, wishes to reveal and make known Mary, the masterpiece of His hands, in these latter times:

1. Because she hid herself in this world and put herself lower than the dust by her profound humility, having obtained from God and from His Apostles and Evangelists that she should not be made manifest.

2. Because, as she is the masterpiece of the hands of God, as well

# 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

here below by as in Heaven by glory, He wishes to be glorified and praised in her by those who are living upon the earth.

3. As she is the dawn which precedes and reveals the Sun of Justice, Who is Jesus Christ, she must be seen and recognized in order that Jesus Christ may also be.

4. Being the way by which Jesus came to us the first time, she will also be the way by which He will come the second time, though not in the same manner.

5. Being the sure means and the straight and immaculate way to go to Jesus Christ and to find Him perfectly, it is by her that the souls who are to shine forth especially in sanctity have to find Our Lord. He who shall find Mary shall find life [Prov. 8:35], that is, Jesus Christ, Who is the Way, the Truth and the Life [John 14:6]. But no one can find Mary who does not seek her; and no one can seek her who does not know her; for we cannot seek (continued on page 4)

### Catholic Vacation Bible School 2022: August 8-12

8:30am-12:00pm at Church of St. Michael, Pine Island



**Rosary procession:** Join us for a Rosary procession in honor of the Blessed Virgin Mary on Sunday, August 14, after the 10:30am Holy Mass at St. Michael, Pine Island. Hospitality with ice cream will follow the procession.

The next **Holy Hour for Men** will be on Sunday, August 14, at 6:30pm at the Church of St. Michael, PI. Fr. Kasel will give a talk on the principles used for the discernment of spirits by St. Ignatius of Loyola. All men are invited!

## CHURCH OF SAINT MICHAEL NEWS

### Catholic Vacation Bible School 2022: August 8-12

**"Mary Leads Me Closer to Jesus"** *Cat Chat program*



The children will discover how Mary, the Queen of Heaven, leads us closer to her Son, the King of Kings. Join us for Vacation Bible School at Church of St. Michael, Pine Island on August 8-12, 8:30am-12:00pm

\*Daily Holy Masses at 8:30am\*

Registration form is available at the entrance of the Church.

### Parish Picnic!

Dear Parishioners, You are invited to a picnic at St. Michael for all parishioners and families this **Sunday, August 7, beginning at 5pm**. We will eat around shortly after 5pm. There will be games (including kickball for children), a bonfire with Rosary and a chance to meet fellow parishioners!

The parish will provide hamburgers, corn dogs, buns, plates, cups, silverware and water/coffee.

You can bring: a dish to pass, a lawn chair or two, pop or other beverage! The weather looks to be great, so we will pray the Rosary around a bonfire. If you are staying in town this weekend, hope to see you! God bless your day!

In Christ through Mary, *Fr. Kasel*

### On Sin, Repentance and Confession

"Very harmful effects can follow accepting the philosophy which denies personal guilt or sin and thereby makes everyone nice. By denying sin, the nice people makes a cure impossible. Sin is most serious, and the tragedy is deepened by the denial that we are sinners... The really unforgivable sin is the denial of sin, because, by its nature, there is now nothing to be forgiven. By refusing to admit to personal guilt, the nice people are made into scandalmongers, gossips, talebearers, and supercritics, for they must project their real if unrecognized guilt to others. This, again, gives them a new illusion of goodness: the increase of faultfinding is in direct ratio and proportion to the denial of sin." **Ven. Archbishop Fulton Sheen**

"There is need of some judgment outside of us. A light on the deck which rolls with the pitching ship is no guide. It must flash from a white pillar founded on a rock immovable among the restless waves. God can save this world, but He can save it only one man at a time. There must be individual access to Him for the reception of forgiveness, as if He and I were the only two beings in the world. The people who are dragging their shame into a confessional... have courage to face their own shame. It is the cowards who are running off to pillboxes, and to a thousand and one other escapes, who have not the courage to face that which has within themselves the possibility of great dignity." **Ven. Archbishop Fulton Sheen**

"God in His great Mercy has instituted the Sacrament by which the sins committed after Baptism may be remitted. No human being would ever have thought of this Sacrament of Reconciliation for it is something like a Resurrection; we rise after we are dead. It is a journey back again to God. It enables us to get rid of infections before they become chronic diseases and epidemics. It is a medicine for the soul, the healing of our wounds, a homecoming, an undoing of the past; an opportunity to get a fresh start in life, another bath, a kind of secondary Baptism." **Ven. Archbishop Fulton Sheen**

"Confession is an act of honesty and courage; an act of entrusting ourselves, beyond sin, to the Mercy of a loving and forgiving God. It is an act of the prodigal son who returns to his Father and is welcomed by Him with the kiss of peace." **Pope St. John Paul II**

**WOMEN OF FAITH** Defenders of Orthodoxy August 9 & 16

"God is glorified in the assembly of the saints." —Psalm 89:7

One of the great realities of the communion of saints is the near infinite variety. Among the abundant tales, triumphs, and temperaments, interior lives and exterior actions, there is no shortage of examples of virtue to emulate and, more than that, friends to come to know. Join Christopher Check for two evenings celebrating a few of the great women in Church history. Class Discussion: 6:30pm Lecture: 7:00pm. Registration is required. To Register, visit <https://instituteofcatholicculture.org/events/women-of-faith-defenders-of-orthodoxy>

### WEEKLY TITHING July 30-31, 2022

|                   |                    |
|-------------------|--------------------|
| Sunday Envelopes: | \$ 7,255.00        |
| Plate:            | \$ 957.00          |
| EFT:              | \$ 747.50          |
| <b>Total:</b>     | <b>\$ 8,959.50</b> |

### Church of St. Michael FALL FESTIVAL

Friday-Saturday-Sunday, September 30, October 1 - 2

#### Classic Car Show on Saturday, October 1,

10:00am-3:00pm during the St. Michael Fall Festival!



### Baskets/Items for the Fall Festival Silent Auction:

Calling all parishioners! We are looking for silent auction baskets and items for our silent auction fundraiser. We are in need of baskets to be donated for the Silent Auction held during the Festival this Fall. Please make up any type of "basket" that you like or any individual items, including religious items, gift certificates, gift cards, homemade items or purchased items. Please drop off any items at the parish office. Thank you!



**KC Meeting:** Our next meeting is 6:00pm, August 10, at the Church of St. Michael. This will be the installation of officers and a family meal. All Knights and their families are invited.

### Historic Church of St. Rose Ice Cream Social

You are invited to attend the 17<sup>th</sup> Annual Ice Cream Social at St. Rose as we celebrate 20 years of progress to restore this treasure from the past on Sunday, August 21, from 1:00-4:00 p.m. Enjoy live Dixieland Jazz with your ice cream and see our historic PowerPoint presentation. New this year is a homemade quilt raffle and a youth scavenger hunt. The church is located at 8778 County Hwy 11 Blvd., Kenyon, MN 55946. [www.friendsofstrose.org](http://www.friendsofstrose.org)

**Pine Island Food Shelf:** items requested for August: Paper products: Toilet paper, Kleenex, Paper towel, etc.

### HOLY MASS TIMES

#### Monday, August 8, 2022

8:30am Holy Mass

#### Tuesday, August 9, 2022

8:30am Holy Mass

#### Wednesday, August 10, 2022

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

12:15pm-5:00pm Adoration of the Blessed Sacrament

#### Thursday, August 11, 2022

8:30am Holy Mass

#### Friday, August 12, 2022

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

#### Saturday, August 13, 2022

4:00pm-4:50pm Confessions

5:00pm Holy Mass

#### Sunday, August 14, 2022

7:00am Latin Holy Mass

10:30am Holy Mass

### HOLY MASS INTENTIONS

#### August 8, 2022

†Nancy McKay (T & J Meyer)

#### August 9, 2022

Abram Efta (Ocariz family)

#### August 10, 2022

Angelique Niekamp (Pam Beaulieu)

#### August 11, 2022

Al Winkles

#### August 12, 2022

Suffering Souls

#### August 13, 2022

†James Clemens (Betty Clemens & family)

#### August 14, 2022

†Philip Bestgen (Linda Kelly)

#### August 14, 2022

Parishioners



## CHURCH OF SAINT PAUL NEWS

### Catholic Vacation Bible School 2022: August 8-12

**"Mary Leads Me Closer to Jesus"** *Cat Chat program*



The children will discover how Mary, the Queen of Heaven, leads us closer to her Son, the King of Kings. Join us for Vacation Bible School at Church of St. Michael, Pine Island on August 8-12, 8:30am-12:00pm

\*Daily Holy Masses at 8:30am\*

Registration form is available at the entrance of the Church.

Please pray for parishioners

**Nick Nilssen and Ashley Hinsch**, who will be united in the Sacrament of Matrimony on August 20!



### On the Immaculate Heart of Mary

"While Mary contemplated all she had come to know through reading, listening and observing, she grew in Faith, increased in merits, and was more illuminated by Wisdom and more consumed by the Fire of Charity. The Heavenly Mysteries were opened to her, and she was filled with joy; she became fruitful by the Spirit, was being directed toward God, and watched over protectively while on earth. So remarkable are the Divine Graces that they elevate one from the lowest depths to the highest summit, and transform one to a greater holiness. How entirely blessed was the mind of the Virgin which, through the indwelling and guidance of the Spirit, was always and in every way open to the power of the Word of God. She was not led by her own senses, nor by her own will; thus she accomplished outwardly through her body what Wisdom from within gave to her Faith.

It was fitting for Divine Wisdom, which created Itself a home in the Church, to use the intervention of the Most Blessed Mary in guarding the law, purifying the mind, giving an example of humility and providing a spiritual sacrifice.

Imitate her, O faithful soul. Enter into the deep recesses of your heart so that you may be purified spiritually and cleansed from your sins. God places more value on good will in all we do than on the works themselves.

Therefore, whether we give ourselves to God in the work of contemplation or whether we serve the needs of our neighbor by good works, we accomplish these things because the Love of Christ urges us on. The acceptable offering of the spiritual purification is accomplished not in a man-made temple but in the recesses of the heart where the Lord Jesus freely enters." *From a sermon by St. Laurence Justinian, Bishop*

### WORDS TO LIVE BY:

"The greatest method of praying is to pray the Rosary." St. Francis de Sales

"If you ever feel distressed during your day, call upon our Lady, just say this simple prayer: 'Mary, Mother of Jesus, please be a mother to me now.' I must admit, this prayer has never failed me." St. Mother Teresa

"Let us run to Mary, and, as her little children, cast ourselves into her arms with a perfect confidence." St. Francis de Sales

"May the mother of Jesus and our mother, always smile on your spirit, obtaining for it, from her most Holy Son, every heavenly blessing." St. Padre Pio

"In trial or difficulty I have recourse to Mother Mary, whose glance alone is enough to dissipate every fear." St. Therese of Lisieux

### Are you growing in our Catholic Faith?

You can learn about our Catholic Faith online at any time through FORMED! You will have access to thousands of enriching Catholic movies, programs, audio, & books instantly on FORMED when you sign up through our parishes. There is no cost you! Just follow these easy steps: 1. Visit: [signup.formed.org](http://signup.formed.org) 2. Enter your parish zip code or name (St. Michael 55963 or St. Paul 55992) 3. Grow in our Catholic Faith!

### WEEKLY TITHING July 31, 2022

Sunday Envelopes: \$ 665.00

Plate: \$ 96.00

Total: \$ 761.00



### CCW Salad Luncheon August 17, 2022

The Annual CCW Salad Luncheon will be on August (Wednesday) from 11:00am-1:00pm at Church of St. Paul, Zm

Assorted Salads, Cheese Tray, Deviled Eggs,

French Bread, and Beverages

Take-outs available: Call 732-5347

Prices: Adults- \$10.00, Children 6-12 -\$4.00, Preschool FREE

Tickets at Church the day of Luncheon

**St. Paul CCW Ladies:** Pull out your favorite recipes and plan to supply a salad on August 17 for the Annual CCW Salad Luncheon. Your salad should serve 20.

There is a sign-up sheet at the back of church for you to indicate what you wish to bring and when you wish to work. It takes a number of us to make this a success, so please take the time to sign up.

**Thank you for your participation.**



### Suscipe Prayer

Take Lord, and receive all my liberty, my memory, my understanding, and my entire will, all that I have and possess. Thou hast given all to me. To Thee, O Lord, I return it. All is Thine, dispose of it wholly according to Thy Will.

Give me Thy Love and Thy Grace, for this is sufficient for me. (St. Ignatius of Loyola - Feast: July 31)

**Dear Parishioners: Volunteers** are needed to work at the Goodhue County Minnesota Citizens Concerned for Life (MCCL) fair booth to be held August 9-13. No prior experience needed! Please contact Maggie Eggerichs if you are interested at 507-951-2316.

### 10 years of Adoration of the Blessed Sacrament at the Church of St Paul

**Thank you to our Good Lord** and to the Adorers for the 10 years of the Adoration of the Blessed Sacrament at the Church of St. Paul! So many answered prayers, blessings, and graces were received through approximately 4,100 hours of Adoration during these 10 years. **We are looking for more Adorers!** Please contact the parish office at 507-732-5324 or [stpauls@hcinet.net](mailto:stpauls@hcinet.net) if you are interested in signing up to spend one hour a week with Our Lord.

### HOLY MASS TIMES

**Tuesday, August 9, 2022** (note: change of time this week only)  
7:00am Confessions/7:15am Holy Mass

7:45am-5:00pm Adoration of the Blessed Sacrament

**Thursday, August 11, 2022** (note: change of time this week only)  
7:00am Confessions/7:15am Holy Mass

**Sunday, August 14, 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

**August 9, 2022**

†Pam May

**August 11, 2022**

†Terry Eggerichs

**August 14, 2022**

Parishioners



## NEWS FROM SAINT MICHAEL AND SAINT PAUL

(from page 1) or desire an unknown object. It is necessary, then, for the greater knowledge and glory of the Most Holy Trinity, that Mary should be more than ever known.

6. Mary must shine forth more than ever in mercy, in might and grace, in these latter times: in mercy, to bring back and lovingly receive the poor strayed sinners who shall be converted and shall return to the Catholic Church; in might, against the enemies of God..., who shall rise in terrible revolt against God to seduce all those who shall oppose them and to make them fall by promises and threats; and finally, she must shine forth in grace, in order to animate and sustain the valiant soldiers and faithful servants of Jesus Christ, who shall battle for His interests.

7. And lastly, Mary must be terrible to the devil and his crew, as an army ranged in battle, principally in these latter times, because the devil, knowing that he has but little time, and now less than ever, to destroy souls, will every day redouble his efforts and his combats. He will presently raise up cruel persecutions and will put terrible snares before the faithful servants and true children of Mary, whom it gives him more trouble to conquer than it does to conquer others."

Through the intercession of the Immaculate Heart of Mary, St. Joseph, St. Michael and St. Paul, may God bless the whole Catholic Church, our parishes, families, and all members!

In Christ through Mary,  
Fr. Kasel

### 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!*

### Prayers of the Angel at Fatima to grow in love of our Lord in the Holy Eucharist:

My God, I believe, I adore, I hope and I love You! I beg pardon for those who do not believe, do not adore, do not hope, and do not love You.

O Most Holy Trinity, Father, Son and Holy Spirit, I adore You profoundly. I offer You the most precious Body, Blood, Soul and Divinity of Jesus Christ, present in all the tabernacles of the world in reparation for the outrages, sacrileges and indifference by which He is offended. And, through the infinite merits of the Sacred Heart of Jesus and the Immaculate Heart of Mary, I beg of You the conversion of poor sinners. *Our Lady of Fatima, pray for us!*

[www.avemariapress.com](http://www.avemariapress.com)



### PRO LIFE QUOTE

"That special power of loving that belongs to a woman is seen most clearly when she becomes a mother. Motherhood is the gift of God to women. How grateful we must be to God for this wonderful gift that brings such joy to the whole world, women and men alike! Yet we can destroy this gift of motherhood, especially by the evil of abortion, but also by thinking that other things like jobs or positions are more important than loving, than giving oneself to others. No job, no plans, no possessions, no idea of "freedom" can take the place of love. So anything that destroys God's gift of motherhood destroys His most precious gift to women-- the ability to love as a woman." *Saint Theresa's Letter to the 4th World Conference on Women, Beijing, 1995*

"The Gospel of Life is for the whole of human society. To be actively pro-life is to contribute to the renewal of society through the promotion of the common good." (#101)(quotes from 'Gospel of Life, St. John Paul II)



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|---|--|--|---|---|
|  <p>Buy one Blizzard at regular price, receive 2nd Blizzard of equal/lesser value <b>FREE!</b><br/>215 E. 18th St. Zumbrota<br/><b>732-5910</b></p>  | <p><b>Pine Haven Community</b><br/><b>Pine Haven Care Center:</b><br/>skilled nursing care,<br/>private rooms,<br/>rehabilitation &amp;<br/>therapy services.<br/><b>Evergreen Place:</b><br/>senior housing<br/>with services.</p>  <p>210 3rd St NW • Pine Island • (507) 356-8304<br/><a href="http://www.PineHavenCommunity.org">www.PineHavenCommunity.org</a></p> |  <p><b>Hub Food Center</b><br/>228 West Ave. Zumbrota<br/><b>507-732-7329</b><br/><a href="https://www.nilssensfoods.com">https://www.nilssensfoods.com</a></p>  | <p><b>Steve Johnson's</b></p>  <p>Hwy 52 &amp; 58 in Zumbrota<br/><b>507-732-5127</b><br/>Home: 651-460-6706<br/><a href="http://www.zumbrotaford.com">www.zumbrotaford.com</a></p>   | <p><b>ZUMBROTA MINI STORAGE</b><br/>Lighting—Paved<br/>24 Hour Access<br/>1550 Jefferson Drive,<br/>Zumbrota<br/><b>507-696-4406</b></p>  |
|  <p><b>TOM &amp; SCOTT SHANE</b><br/>Commercial &amp; Industrial<br/><b>507-824-2191</b></p>  | <p><b>Knollwood Apartments</b><br/>Located next door to the<br/>Church of St. Michael<br/>Walk to Sunday Mass!<br/>Call for more information<br/><b>(507)-356-8448</b></p>   | <p><b>Mahn Family</b><br/>Funeral Homes<br/>Larson Chapel<br/>1475 Jefferson Dr. Zumbrota, MN<br/><b>(507) 732-5444</b><br/><b>Mahler Chapel</b><br/>209 NW 1st Ave. Pine Island, MN<br/><b>(507) 356-4620</b><br/><a href="http://mahnfamilyfuneralhome.com">mahnfamilyfuneralhome.com</a></p>  | <p><b>HEMANN, GROVER &amp; Company Ltd.</b><br/>Certified Public Accountants<br/><i>"Building &amp; managing wealth for your business &amp; family"</i><br/><b>Glen P. Hemann, CPA</b><br/><a href="mailto:ghemann@zumbrotacpa.com">ghemann@zumbrotacpa.com</a><br/>404 Main St. S. Zumbrota<br/><b>732-7800</b></p>                                | <p><b>Owen Locker Plant</b></p>  <p>110 2nd St. NE<br/>Pine Island, MN 55963<br/><b>507-356-8612</b></p> |
|  <p><b>Robert D. Ziller</b><br/>LPL Financial Advisor</p> <p>Investments • Insurance • Retirement Planning</p> <p>2657 Overlook Blvd. SW Rochester MN 55902<br/><a href="http://www.discoveryfinancial.com">www.discoveryfinancial.com</a><br/><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</b><br/>Practitioner<br/><b>507-258-4465</b><br/><b>AutoImmuneAngels.com</b><br/>3143 Superior Dr. NW, Rochester, MN</p>   | <p><b>Gadient Garage Doors</b><br/>Doors &amp; Openers Sales<br/>Service &amp; Repair<br/>Exceptional Customer Service<br/><a href="http://GadientGarageDoors.com">GadientGarageDoors.com</a></p>  <p><b>651-388-0550</b><br/><i>"When You Expect the Very Best"</i><br/>Teresa &amp; Todd Gadient</p> | <p><b>FOOT CARE PROFESSIONALS</b> Mobile Foot Care Service<br/><b>507-269-7827</b></p> <p><a href="mailto:footcareprofessionalsllc@gmail.com">footcareprofessionalsllc@gmail.com</a><br/><i>Care provided by</i><br/><b>Sheila Buehler, APRN, CNP, CFCS</b><br/>Certified Foot Care Specialist<br/><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<br/>St. Michael: 507-356-4280<br/><a href="mailto:stmichaeloffice@bevcomm.net">stmichaeloffice@bevcomm.net</a><br/>St. Paul: 507-732-5324<br/><a href="mailto:stpauls@hcinet.net">stpauls@hcinet.net</a></p> <p><b>St. Paul/Minneapolis Archdiocese Victim Assistance Program Hotline:</b><br/>(651) 291-4475</p>             | <p><b>Church of St. Michael Cemetery</b><br/>For Plot Information<br/>Call the Parish Office<br/><b>507-356-4280</b><br/><i>"Remember To Pray For Our Beloved Departed."</i></p>  | <p><b>Church of St. Paul Cemetery</b><br/>For Plot Information<br/>Call the Parish Office<br/><b>507-732-5324</b></p>   |