February 18, 2024 First Sunday of Lent

Father Randal Kasel, Pastor frkasel@bevcomm.net Josefina Meyer L 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 & 1 pm-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,

We are now at the First Sunday of Lent and entering the first full week of this time of penance and spiritual growth before Holy Week and Easter! If you have not taken some time to consider how you can grow closer to Jesus with the help of His Grace or if you have thought about it, but need more ideas, here are several suggestions that may be helpful you this Lent:

1. Ask for God's will to be done in your life and then let Him lead. The best way to grow is to reflect on your life, talk it over with God and then follow Him. We need our Lord's grace to move forward in love with Him – so be sure to talk over your life with Him!

2. Go to the Sacrament of Confession. This is the Sacrament of Conversion and the Sacrament that brings about wonderful change in the soul. Remember the five elements of a good Confession: A. Examine your conscience; B. Have true contrition for having sinned against God; C. Make a firm resolution to not sin anymore; D. Confess all your sins, particularly mortal sins in number and kind; E. Complete the penance assigned by the priest.

3. Go to daily Holy Mass whenever possible. The Real Presence of our good Lord Jesus in the Holy Eucharist is the center of our Catholic Faith. Try to be with Him as much as possible!

4. Sign up for a Small Group. We have several possibilities for small groups. You will have a chance to be closer to Jesus, learn about our Catholic Faith and get to know others in our parish and community!

5. Examine your interior life. Our Lord would very much like us to do this on a daily basis: what are my thoughts, feelings and desires? Then share what is in the heart with Jesus and Mary. We also need to look for our faults. In what areas of life is the heart resistant to the Will of God or the teachings of His Catholic Church?

6. Pray the Rosary (if possible in the Church) and pray with a greater conviction of God's personal love for you. We all have need for more contact with God, especially with how busy we let our lives become. Mary teaches us how to be open to God. Through the Holy Rosary, Mary brings us closer to Jesus. Also, take time to practice the four core habits of the interior life of prayer (ARRR): <u>A</u>cknowledge (inside oneself: thoughts, feelings, desires), <u>R</u>elate what is in the soul to God; <u>R</u>eceive from God what He wills to communicate; <u>R</u>espond to what God shares with you.

7. Pray the Stations of the Cross in the Church or at home. Our Lord Jesus desires love from our hearts. Meditating on His Passion is a good way to love Him! He is consoled by this practice.

8. Fast from not only food, but anything that takes one away from awareness of God's loving presence. Is it too much 'facebook', internet, television, or video games? Is it a habit of negativity or a critical tongue? Whatever tends to take your attention off of God during the day, try to fast from it.

9. Give alms or tithe. The ancient practice sustains the Church and helps those who have less than we do. It also expands our souls to love God and our neighbor more. The sacrifice of almsgiving helps us become more like God, who has given us all good things in life:

Welcome to the Churches of



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 at10:30am

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

our time, talents and financial resources!

10. Apologize to someone you have offended and forgive the faults of others. Who needs to hear you say that you are sorry for what you have done or said? Think it through and really mean it from your heart when you apologize. Forgive grudges you have held onto. Let go of negative feelings. Forgive and let go of the debt of the lack of charity in any relationships.

11. Volunteer for God. What are you doing to build up the Kingdom of God? God delights in our effort to work with Him to build up His Church on earth. Volunteer to work for the salvation of souls! If you want know ways to get involved, ask your pastor!

12. Read a good book. Our minds and hearts need to be nourished with Love and Truth, who is God. Find a great Catholic spiritual book and enjoy it. Some suggestions: *The Diary of St. Faustina; The Story of a Soul; The Sanctifier; The Miracle of the Mountain; True Devotion to the Virgin Mary.*

Let us try some or even all of these 12 suggestions and then have the best Lent ever!

Through the intercession of the Holy Family: Jesus, Mary and Joseph, St. Michael, and St. Paul, may our good Lord bless our parishes, our Archdiocese, and the whole Church!

In Christ through Mary, Fr. Kasel

> The Church of St. Michael Men's Club Fish Fries 4:30-7:00pm and run each Friday of Lent

STATIONS OF THE CROSS AT CHURCH OF ST. PAUL Each Tuesday of Lent at 5:30pm STATIONS OF THE CROSS AT CHURCH OF ST. MICHAEL Each Friday of Lent at 7:30pm

The next <u>Holy Hour for Women</u> will be Sunday, February 25, at 6:00pm at Church of St. Michael, Pine Island. All women are invited!

CHURCH OF SAINT MICHAEL NEWS

CHURCH OF ST. MICHAEL FAITH FORMATION The next Faith Formation session will be on Wednesday, March 6, 2024 at the Church of St. Michael, Pine Island.

Topic for March: The Virtue of Sincerity

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.

Youth Group Event! All Youth, Grades 7-12, are invited for a prayer, food, and game night Wednesday, February 28, 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.

Thirty-Day Prayer to St. Joseph

Dear Parishioners,

Join us starting Monday, February 19, as we begin the 30-Day Prayer to St. Joseph for any Special Intention. **The Solemnity of St. Joseph is on March 19.** The 30-Day Prayer to St. Joseph is included in the Bulletin this weekend.

WORDS TO LIVE BY:

"If God sends you many sufferings, it is a sign that He has great plans for you and certainly wants to make you a saint." St. Ignatius Loyola

"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

"One must not think that a person who is suffering is not praying. He is offering up his sufferings to God, and many a time he is praying much more truly than one who goes away by himself and meditates his head off, and, if he has squeezed out a few tears, thinks that is prayer." St. Teresa of Avila

"Blessed be He, Who came into the world for no other purpose than to suffer." St. Teresa of Avila

"Suffering is a great favor. Remember that everything soon comes to an end... and take courage. Think of how our gain is eternal." St. Teresa of Avila

"It is You Jesus, stretched out on the Cross, who gives me strength and are always close to the suffering soul. Creatures will abandon a person in his suffering, but You, O Lord, are faithful..." (Diary, 1508) St. Faustina

"I always want to see you behaving like a brave soldier who does not complain about his own suffering but takes his comrades' wounds seriously and treats his own as nothing but scratches." St. Therese of Lisieux, to her novices

Want to grow 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 for you! Just follow these easy steps:

1.Visit: <u>signup.formed.org</u> **2.** Enter your parish zip code or name (St. Michael 55963 or St. Paul 55992) **3.** Grow in our Catholic Faith!

Curatio Catholic Apostolate of Healthcare Workers Lenten Retreat

Saturday, March 2, 2024, from 7:45 am - 1:15 pm at the Church of St. Helena, 3204 E 43rd St. Mpls, MN 55406

All Catholic healthcare workers are invited to enjoy Lenten renewal! Holy Mass at 8am followed by light breakfast; Adoration & Reflec tion by Fr. Milless, former Curatio & hospital chaplain. There will be a unique Stations of the Cross designed for Healthcare, and a Q & A with Fr. Milless and a Healthcare Panel Discussion that will include: Ann Tescher, RN, Critical Care CNS and newly ordained Deacon Patrick Spencer, APRN, CNP from AALFA Clinic. There will be a catered lunch, fellowship & option for 1pm Confessions. Please register online by Feb. 27 at: CuratioApostolate.com

WEEKLY TITHING February 10-11, 2024

Sunday Envelopes: Plate: EFT: **Total:**

\$ 2,165.00 \$ 1,080.50 <u>\$ 955.00</u> **\$ 4,200.50**



Men of Christ - *Rising Daily in Discipleship* on Saturday, March 23, from 9am - 3pm, at the Church of St. Joseph, Rosemount. Join men from throughout the Archdiocese for the 2024 men's conference. Keynote speakers Deacon Harold Burke-Sievers and Jeff Cavins will lead the day that will include presentations by Bishop Joseph Williams, Deacon Joe Michalak, and Bishop Izen. Archbishop Bernard Hebda will celebrate Holy Mass. For more information call 651.291.4488 or email <u>flomos@archspm.org</u>.

Institute of Catholic Culture Lecture Series:

Jesus of Nazareth: Discovering Christ with Pope Benedict XVI Pope Benedict XVI realized that the absence of God in our lives and society posed the greatest crisis facing the world today. During his Pontificate, therefore, he wrote a trilogy of works that invites us to come to know more fully the One who leads us to the Father, Jesus of Nazareth. These masterpieces guide us through the Church's tradition of reading the Gospels in a way that speaks to the needs of today, addressing contemporary objections while proposing Jesus as the source of true hope.

Join Dr. Staudt and the ICC for a guided book study of Pope Benedict's *Jesus of Nazareth* trilogy. *Note: This series is already underway, but you may register at any time to access the recordings of previous lectures.

Details: Mondays, Feb. 12 & 26, Mar. 11 & 25 Pre-Class Discussion: 7:30 PM ET, Lecture: 8:00 PM ET Instructor: Jared Staudt, Ph.D., Registration is required. Visit: https://instituteofcatholicculture.org/events/jesus-of-nazareth

<u>Pine Island Food Shelf</u>: items requested for February: Soups of any kind.

HOLY MASS TIMES

Wednesday, February 21, 2024 8:00am Confessions/8:30am Holy Mass 9:00am-5:00pm Adoration of the Blessed Sacrament Friday, February 23, 2024 8:00am Confessions/8:30am Holy Mass Saturday, February 24, 2024 4:00pm-4:50pm Confessions 5:00pm Holy Mass Sunday, February 25, 2024 7:00am Latin Holy Mass 10:30am Holy Mass

HOLY MASS INTENTIONS

February 21, 2024†LaVerne Zabel (St. Michael Rosary Group)February 23, 2024†Richard Krause (Joan Krause)February 24, 2024†George Maca (Rosemary Turk)February 25, 2024†Gerry Arnold (Catherine Arnold)February 25, 2024Parishioners

CHURCH OF ST. PAUL FAITH FORMATION

The next Faith Formation session will be on Wednesday, March 6, 2024 at the Church of St. Michael, Pine Island. Topic for March: The Virtue of Sincerity

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.

Stations of the Cross at the Church of St. Paul: Each Tuesday of Lent at 5:30pm

Thirty-Day Prayer to St. Joseph

Dear Parishioners,

Join us starting Monday, February 19, as we begin the 30-Day Prayer to St. Joseph for any Special Intention. The Solemnity of St. Joseph is on March 19. The 30-Day Prayer to St. Joseph is included in the Bulletin this weekend.

Pray for Divine Light

"No one can be saved without Divine Light. Divine Light causes us to begin and to make progress, and it leads us to the summit of perfection. Therefore if you want to begin and to receive this Divine Light, pray. If you have begun to make progress and want this Light to be intensified within you, pray. And if you have reached the summit of perfection, and want to be illumined so as to remain in that state, pray.

If you want Faith, pray. If you want Hope, pray. If you want Charity, pray. If you want poverty, pray. If you want obedience, pray. If you want chastity, pray. If you want humility, pray. If you want meekness, pray. If you want fortitude, pray. If you want some virtue, pray. And pray in this fashion, namely, always reading the Book of Life, that is, the life of the God-man Jesus Christ, whose life consisted of poverty, pain, contempt, and true obedience. A soul thus exercised in cleansing itself goes with greater confidence to Confession to have its sins washed away. And so that nothing impure may remain, it puts itself to a kind of scrutiny. It enters into prayer and examines the good and evil it has done. As a result, you begin to feel the presence of God more fully than usual because your palate is more disposed to savor God's presence than before. It is through prayer, then, that one will be given the most powerful Light to see God and self." St. Angela of Foligno († 1309) St. Angela was a wife and mother who later became a Franciscan tertiary and an esteemed mystical writer. From Angela of Foligno: Complete Works (CWS), translated with an introduction by Paul Lachance, O.F.M. © 1993 by Paul Lachance, O.F.M. Paulist Press, Inc., New York/Mahwah, NJ.

Lenten Day of Recollection: On March 9, the Shrine of Our Lady of Guadalupe, in La Crosse, WI will be hosting a Lenten Day of Recollection from 8:30am - 5:00pm. The day includes talks on The Four Last Things: Death, Judgement, Hell, and Heaven. The Shrine gives its Pilgrims the opportunity to grow during the penitential season. The talks will be given by: Fr. Check, Fr. Hildebrand, Fr. Raymond, and Deacon Kabat. Increase your understanding of the end of our earthly life. No admission cost! Learn more about the day's schedule at GuadalupeShrine.org/events !

Vatican International Exhibition of The Eucharistic Miracles of the World

The Church of St. Dominic will host the Vatican International Exhibition of The Eucharistic Miracles of the World [http://www. miracolieucaristici.org] on Friday, March 1 (6-8pm), Saturday, March 2 (9am-8pm.) and Sunday, March 3 (9am-3pm). All are welcome; admission is free. The Church of St. Dominic [https://church ofstdominic.org] is located at 104 Linden St. N., Northfield, MN.

WEEKLY TITHING February 11, 2024

Sunday Envelopes:	\$ 870.00
Plate:	\$ 163.00
Total:	\$ 1,033.00

St. Patrick's Ham Dinner at the Zumbrota VFW

March 17 at the Zumbrota VFW, serving from

10:30am -1:00pm Prices: Adults: \$16.00, Children 6-12: \$6.00, Under 6: free

Available for Dine-In & Take Out * * * * * Please sign up to give donations and also to volunteer your time for the event. The sign-up board is at the entrance of the Church. You may also email at stpauls@hcinet.net or call the Parish Office at 732-5324 to sign up. For those who wish to give a cash donation, there is a box and enve-* * * * lopes located by the entrance of the Church or you may drop your donation in the collection basket. If you have any questions, contact the Ham Dinner committee

members: Linda Kazmierczak & Karen Hodgman, Steve & Mary Kingsbury, Mark & Donna Huneke, and Fr. Kasel Thank you in advance for your willingness to make this endeavor a success!

Baskets or Items for the Ham Dinner Silent Auction

Calling all parishioners! We are looking for silent auction baskets and items for this fundraiser held during St. Patrick's Ham Dinner. Any type of themed basket or items including religious items, gift cards/certificates, homemade or purchased items will be appreciated! If you have



any questions, contact Josefina or Sara in the parish office. Please drop off any items at the office. Thank you!

PRO-LIFE QUOTES:

Look at the mothers who truly love their children — how many sacrifices they make for them. They are ready for everything, even to give their own blood so that their babies grow up good, healthy and strong. St. Gianna Molla

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

Once that living love is destroyed by contraception, abortion follows easily... And abortion, which often follows from contraception, brings a people to be spiritually poor, and that is the worst poverty and the most difficult to overcome. St. Teresa of Calcutta

POWERFUL LENTEN DRAMA brings to life the stories of the Samaritan Woman, the Blind Beggar, and Lazarus at Open Window Theatre in Inver Grove Heights, MN, February 23 - March 27. "The Living Water" is a new play by Jeremy Stanbary featuring original music & songs by Jeromy Darling. Make this soul-stirring musical drama a part of your Lenten journey! Tickets & info are available at openwindowtheatre.org or over the phone at 612-615-1515.

HOLY MASS TIMES

Tuesday, February 20, 2024 8:00am Confessions/8:30am Holy Mass 9:00am-5:00pm Adoration of the Blessed Sacrament Thursday, February 22, 2024 8:00am Confessions/8:30am

Sunday, February 25, 2024

8:20am Rosary/8:25am Confessions 8:45am Holy Mass

HOLY MASS INTENTIONS

February 20, 2024	Paula Breid (St. Paul CCW)
February 22, 2024	Clare Taylor (J. Meyer)
February 25, 2024	Parishioners



NEWS FROM SAINT MICHAEL AND SAINT PAUL

Eucharistic



Looking for a way to grow spiritually this Lent?

Encounter Jesus anew, expand our parish community, and meet new people through small groups! Check out small group options online and sign up at: https://archspm.groupvitals.com/groupFinder

National Eucharistic Pilgrimage: Marian Route Wational Eucharis

Starting on Pentecost Sunday, May 19, four processions starting at different locations around the country will begin, concluding at the Eucharistic Congress July 16. The route coming through the Archdiocese of Saint Paul and Minneapolis is the Marian Route.

The procession departs from the headwaters of the Mississippi, the northern arm of the Pilgrimage will descend through the midwestern United States, pass through Wisconsin and Illinois, and meet up with the other three Pilgrimage routes in Indianapolis at the 10th National Eucharistic Congress.

The Marian Route pilgrimage will be traveling through the Archdiocese of St. Paul and Minneapolis from May 24-31. Our parishes are blessed to be along the route of the pilgrimage route and will host the pilgrimage on May 31!

More information at: https://www.eucharisticpilgrimage.org/marian-route

Kitui Living Water Program- Lent 2024

Give change... change lives

Here we are at another season of Lent! Water bottles are again available to support our brothers and sisters in Kitui, Kenya through the Partnership of Kitui program. The people in the vicinity of Kitui regularly experience rain and water shortages. This collection is a way for us to help them! Questions regarding the Kitui Partnership may be directed to the parish office. Thank you, ahead of time, for any contributions vou are able to make!

The next St. Pio Knights of Columbus meeting will be held on Wednesday, Feb. 21, at 7:00pm at the Church of St. Michael.

Catholic Services Appeal 2024

Christ waits for you to join Him in His desert trial this Lent. The adventure is hard, and worth it. You



can help others find the joy of the Gospel this Lent through your support of the Catholic Services Appeal. This appeal supports many ministries whose outreach is beyond the boundaries of individual parishes, such as prison ministry, Catholic Schools, campus and young adult ministry, Venezuelan mission, hospital chaplains, Catholic Charities of St. Paul/Minneapolis, deaf ministry, and more.

Giving is Faith in Action. Give to the Catholic Services Appeal today. GIVE ON-LINE TODAY: https://www.archspm.org/catholic-services-appeal

"I ask you to prayerfully consider making a gift to the Catholic Services Appeal and sharing your blessings with those around you. Just as Christ's love for us is unwavering, your generosity will demonstrate that our Giving is Faith in Action." - Archbishop Bernard Hebda



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!

