

September 14, 2025
The Exaltation of the Holy Cross

Father Randal Kasel, Pastor frkasel@bevcomm.net

Josefina Meyer & Sara McNamara, Staff

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

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

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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@hcninet.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



From Father Kasel

Praised be Jesus Christ through Mary!

Dear Brothers and Sisters in Christ Jesus,

This Sunday we celebrate the Exaltation of the Cross of our Lord Jesus Christ! This weekend I offer the history of this Feast and a sermon by St. Andrew of Crete on the Holy Cross. First the history: "The Feast of the Exaltation of the Holy Cross celebrates three historical events: the finding of the True Cross by Saint Helena, the mother of the emperor Constantine; the dedication of churches built by Constantine on the site of the Holy Sepulchre and Mount Calvary; and the restoration of the True Cross to Jerusalem by the emperor Heraclius II. But in a deeper sense, the feast also celebrates the Holy Cross as the instrument of our salvation. This instrument of torture, designed to degrade the worst of criminals, became the life-giving tree that reversed Adam's Original Sin when he ate from the Tree of the Knowledge of Good and Evil in the Garden of Eden.

History of the Feast of the Exaltation of the Holy Cross: After the death and resurrection of Christ, both the Jewish and Roman authorities in Jerusalem made efforts to obscure the Holy Sepulchre, Christ's tomb in the garden near the site of His crucifixion. The earth had been mounded up over the site, and pagan temples had been built on top of it. The Cross on which Christ had died had been hidden (tradition said) by the Jewish authorities somewhere in the vicinity.

According to tradition, first mentioned by St. Cyril of Jerusalem in 348, St. Helena, nearing the end of her life, decided under Divine Inspiration to travel to Jerusalem in 326 to excavate the Holy Sepulchre and attempt to locate the True Cross. A Jew by the name of Judas, aware of the tradition concerning the hiding of the Cross, led those excavating the Holy Sepulchre to the spot in which it was hidden. Three crosses were found on the spot. According to one tradition, the inscription *Iesus Nazarenus Rex Iudaeorum* ('Jesus of Nazareth, King of the Jews') remained attached to the True Cross. According to a more common tradition, however, the inscription was missing, and St. Helena and St. Macarius, the bishop of Jerusalem, assuming that one was the True Cross and the other two belonged to the thieves crucified alongside Christ, devised an experiment to determine which was the True Cross.

In one version of the latter tradition, the three crosses were taken to a woman who was near death; when she touched the True Cross, she was healed. In another, the body of a dead man was brought to the place where the three crosses were found, and laid upon each cross. The True Cross restored the dead man to life.

In celebration of the discovery of the Holy Cross, Constantine ordered the construction of churches at the site of the Holy Sepulchre and on Mount Calvary. Those churches were dedicated on September 13 and 14, 335, and shortly thereafter the Feast of the Exaltation of the Holy Cross began to be celebrated on the latter date. The feast slowly spread from Jerusalem to other churches, until, by the year 720, the celebration was universal.

In the early seventh century, the Persians conquered Jerusalem, and the Persian king Khosrau II captured the True Cross and took it back to Persia. After Khosrau's defeat by Emperor Heraclius II, Khosrau's own son had him assassinated in 628 and returned the True Cross to Heraclius. In 629, Heraclius, having initially taken the True Cross to Constantinople, decided to restore it to Jerusalem. Tradition says that

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

he carried the Cross on his own back, but when he attempted to enter the church on Mount Calvary, a strange force stopped him. Patriarch Zacharias of Jerusalem, seeing the emperor struggling, advised him to take off his royal robes and crown and to dress in a penitential robe instead. As soon as Heraclius took Zacharias' advice, he was able to carry the True Cross into the church.

For some centuries, a second feast, the Invention of the Cross, was celebrated on May 3 in the Roman and Gallican churches, following a tradition that marked that date as the day on which St. Helena discovered the True Cross. In Jerusalem, however, the finding of the Cross was celebrated from the beginning on September 14."

(from www.catholicism.about.com)

A sermon by St. Andrew of Crete: "We are celebrating the Feast of the Cross which drove away darkness and brought in the light. As we keep this Feast, we are lifted up with the crucified Christ, leaving behind us earth and sin so that we may gain the things above. So great and outstanding a possession is the Cross that he who wins it has won a Treasure. Rightly could I call this Treasure the fairest of all fair things and the costliest, in fact as well as in Name, for on it and through it and for its sake the riches of salvation that had been lost were restored to us. Had there been no Cross, Christ could not have been crucified. Had there been no Cross, Life itself could not have been nailed to the tree. And if Life had not been nailed to it, there would be no streams of immortality pouring from Christ's side, Blood (continued on page 4)



French Toast Breakfast: The St. Padre Pio Knights of Columbus Council 16016 will host a **French Toast Breakfast** fundraiser at the Church of St. Paul, Zumbrota on Sunday, **September 14**, after the 8:45am Holy Mass. More details on page 3.



The next Holy Hour and Social for Men: Sunday, September 14, at 6:30pm at the Church of St. Michael, Pine Island. Fr. Kasel will present on *Current Events in the Church*. All men are invited!

CHURCH OF SAINT MICHAEL NEWS

CHURCH OF St. Michael FAITH FORMATION:

The next Faith Formation session will be on **Wednesday, October 1** at the Church of St. Michael.

Topic for October:

Chap. 13 Mary, Mother of God and the Church (PreK- Grade 3); Chap. 22 Perfect Christian Love & Chap. 23 Duties Flowing from Love of God & Others (Grades 4-6); Chap. 20 The Church, The People of God & Chap. 21 The Church as a Community (Confirmation 1, 2, & Adults)

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.

Our program is open for all of our parishioners to attend and it will benefit all ages!

Youth Group Event! All Youth, Grades 7-12, are invited for a prayer, food, and game night Wednesday, **September 24**, 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!

Andrew Dinner: Tuesday, October 14, at 6 – 8pm, at St. Joseph Hall Archdiocesan Catholic Center, 777 Forest Street St. Paul. Operation Andrew Dinner is for Catholic men, 16 and older, who are interested in the priesthood. Andrew Dinners are hosted by Archbishop Bernard Hebda and Father Mark Pavlak, Vocation Director. Typically, guests attend with their pastor, religious or youth minister and meet them at the Archdiocesan Catholic Center for the Andrew Dinner. Register on-line before Thursday, October 9. Go to <https://www.10000vocations.org/andrew-dinner.html> for registration and more information.

40 Days for Life Prayer Vigil: From September 24 to November 2, you're invited to join other Christians for 40 Days for Life – 40 days of prayer and fasting for an end to abortion. You're also invited to stand and peacefully pray during a 40-day vigil in the public right-of-way outside Rochester Planned Parenthood, and also to help spread the word about this important community outreach. If you'd like more information – and especially if you'd like to volunteer to help, please contact: Margaret Mulligan at 40daysforliferoch@gmail.com or <https://www.40daysforlife.com/rochester>

40 Days for Life Pro-Life Speaker: 40 Days for Life will be hosting Ramona Trevino, former Planned Parenthood Manager, on Thursday, September 25, at 6pm at St. Francis Church at 1114 3rd Street SE, Rochester MN. **How Prayer and Fasting Changes Hearts and Minds** will begin at 6 pm with a Holy Half Hour at 7 pm, followed by the same presentation in Spanish at 7:30 pm. We hope you will join us and bring a friend!

Institute of Catholic Culture Lecture Series:

THE CHURCH'S BEST KEPT SECRET: *Catholic Social Teaching from Leo XIII to Leo XIV*

"Now, it is to the interest of the community, as well as of the individual, that peace and good order should be maintained; that all things should be carried on in accordance with God's laws and those of nature; that the discipline of family life should be observed and that religion should be obeyed..." Thus wrote Pope Leo XIII in the landmark encyclical, *Rerum Novarum*. Nowadays there are "new things" to address, and a new Leo in the papacy, but the timeless truths of Catholic Social Doctrine continue to inform the Church's response to modern social questions.

Details: Monday, September 29

Pre-Class Discussion: 7:30pm EST Lecture: 8:00pm EST

Instructor: Most Rev. James D. Conley, D.D., S.T.L.

Registration is required. <https://instituteofcatholicculture.org/events/catholic-social-teaching/>

Pine Island Food Shelf: items requested for September: Cereals including oatmeal

WEEKLY TITHING September 6-7, 2025

Sunday Envelopes:	\$ 3,075.00
Plate:	\$ 1,202.50
EFT:	\$ 3,895.00
Total:	\$ 8,172.50



PLEASE MARK YOUR CALENDARS!

FALL FESTIVAL at the Church of St. Michael
October 3 - 5, 2025



FALL FISH FRY- Friday, October 3 from 4pm to 7:30pm

Join us for our fabulous St. Michael Fish Fry

Both baked & fried fish will be offered!

Take out available!

Prices: Adults \$15.00, Children 5-12 \$6.00, Family maximum \$45.00



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. 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!*



Dear Parishioners:

Mums are available for sale starting this weekend, September 13 - 14. Prices are: \$20 for a solid color and \$25 for a tri-color mum. Thank you for supporting this fundraiser and our Fall Festival! In Christ through Mary,
Fr. Kasel



Archbishop's Discernment Retreat for Catholic men, 17 - 24, (High School Juniors to age 24) October 24 - 26, 2025

Christ the King Retreat Center, Buffalo MN

\$100 (includes all meals and 2 night's lodging)

Retreat check-in at 5pm on Friday. Retreat concludes at 1pm on Sunday. RSVP required before October 17.

Visit: <https://www.10000vocations.org/archbishops-discernment-retreat.html>

Calling all bookworms! Join the Catholic Authors Book Study. We rotate between spiritual books, literature and writings of Doctors of the Church. On September 23, we will begin discussing *Jesus and the Jewish Roots of the Eucharist: Unlocking the Secrets of the Last Supper* by Brant Pitre. We meet every 2 - 3 weeks, usually on Tuesdays from 7 - 8:30 pm in Rochester.

HOLY MASS TIMES

Wednesday, September 17, 2025

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

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

Friday, September 19, 2025

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

Saturday, September 20, 2025

4:00pm-4:50pm Confessions

5:00pm Holy Mass

Sunday, September 21, 2025

7:00am Latin Holy Mass

10:30am Holy Mass

HOLY MASS INTENTIONS

September 17, 2025 †Renae Kasel (Bill & Nicole McCoy)

September 19, 2025 Lucy Simones (Paul Lorentz)

September 20, 2025 Dean Ferber & family

September 21, 2025 Bill & Nicole McCoy

September 21, 2025 Parishioners



CHURCH OF SAINT PAUL NEWS

CHURCH OF St. Paul FAITH FORMATION:

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Our program is open for all of our parishioners to attend and it will benefit all ages!

French Toast Breakfast fundraiser: The St. Padre Pio Knights of Columbus Council 16016 will host a **French Toast Breakfast** fundraiser with french toast, sausage, and eggs, at the Church of St. Paul, Zumbrota on **Sunday, September 14**, after the 8:45am Holy Mass. Please bring your appetites! Our fundraiser will be a free-will offering. The breakfast will raise funds for Coats for Kids, Pro-Life work and other charitable works of the Knights of Columbus. Thank you, ahead of time, for your support!

The Victory of the Holy Cross

"Have you seen the wonderful Victory? Have you seen the splendid deeds of the Holy Cross? Shall I tell you something still more marvelous? Learn in what way the Victory was gained, and you will be even more astonished. For by the very means by which the devil had conquered, by these Christ conquered him; and taking up the weapons with which he had fought, He defeated him. Listen to how it was done.

A virgin, a tree and a death were the symbols of our defeat. The virgin was Eve: she had not yet known man; the tree was the tree of the knowledge of good and evil; the death was Adam's penalty. But behold again a Virgin and a tree and a death, those symbols of defeat, become the symbols of His Victory. For in place of Eve there is Mary; in place of the tree of the knowledge of good and evil, the tree of the Holy Cross; in place of the death of Adam, the death of Christ.

Do you see him defeated by the very things through which he had conquered? At the foot of the tree the devil overcame Adam; at the foot of the tree Christ vanquished the devil. And that first tree sent men to Hades; this second one calls back even those who had already gone down there. Again, the former tree concealed man already despoiled and stripped; the second tree shows a naked Victor on high for all to see. And that earlier death condemned those who were born after it; this second death gives life again to those who were born before it. Who can tell the Lord's mighty deeds? By death we were made immortal: these are the glorious deeds of the Holy Cross.

Have you understood the Victory? Have you grasped how it was wrought? Learn now, how this Victory was gained without any sweat or toil of ours. No weapons of ours were stained with blood; our feet did not stand in the front line of battle; we suffered no wounds; witnessed no tumults; and yet we obtained the Victory. The battle was the Lord's, the crown is ours. Since then Victory is ours, let us imitate the soldiers, and with joyful voices sing the songs of Victory. Let us praise the Lord and say, *Death is swallowed up in Victory. O death, where is thy victory? O death, where is thy sting?*

The Holy Cross did all these wonderful things for us: the Holy Cross is a war memorial erected against the demons, a sword against sin, the sword with which Christ slew the serpent. The Holy Cross is the Father's Will, the glory of the Only-begotten, the Spirit's exultation, the beauty of the Angels, the guardian of the Church. Paul glories in the Holy Cross; it is the rampart of the Saints, it is the Light of the whole world." *Sermon by St. John Chrysostom*

WEEKLY TITHING September 7, 2025

Sunday Envelopes:	\$ 955.00
Plate:	\$ 158.00
EFT:	\$ 1,415.00
Total:	\$ 2,528.00

Council of Catholic Women (CCW) Fall Meeting

Saturday, September 27, 2025

10:30 AM at Mary Herring's Gardens

550 Highway 63 South, Rochester

Any questions, call Sue Hinrichs 732-5607, Maggie Eggerichs, or Donna Huneke.

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

WORDS TO LIVE BY:

"The Cross is the School of Love." *St. Maximilian Kolbe*

"Let us bear our Cross and leave it to God to determine the length and the weight." *St. Rose Philippine Duchesne*

"God has, in His Wisdom, foreseen from eternity the Cross that He now presents to you as a gift from His inmost Heart." *St. Francis de Sales*

"Remember that when your heart feels restless, when your heart feels hurt, when your heart feels like breaking... 'I am precious to Him. He has called me by name. I am His. He loves me.' And to prove that love He died on the Cross." *St. Teresa of Calcutta*

"One cannot desire freedom from the Cross when one is especially chosen for the Cross." *St. Theresa Benedicta of the Cross*
Yes, I love the Cross, the Cross alone, because I always see it behind Jesus' shoulders." *St. Pio of Pietrelcina*

First Choice Clinic Fall Banquet—October 2, 2025: You won't want to miss this uplifting and encouraging pro-life event with our executive director, current clients, donors, and board members! Two options: noon luncheon or 6:30 PM dinner at Saint Joseph's Catholic Church, Red Wing, MN. RSVP online, via email info@firstchoiceclinic.org, or call the clinic at 651-267-4357. Visit website: www.friendsoffirstchoice.org/events

Healing from the Heart of Christ – Curatio Apostolate Retreat Weekend for healthcare workers: Friday–Sunday, September 26-28, in Buffalo, MN. Father Michael O'Connor, the "POD Apostle", will be your Retreat Master to reflect on *Living a Life of Virtue and Self-Knowledge in Healthcare*. Opportunities for silence and networking provided. Retreat options, weekend itinerary, complimentary tickets, and pricing can be found at CuratioApostolate.com. Register by September 15. For more information email curatioevent@gmail.com.

HOLY MASS TIMES

Tuesday, September 16, 2025

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

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

Thursday, September 18, 2025

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

Sunday, September 21, 2025

8:20am Rosary/8:25am Confessions

8:45am Holy Mass

HOLY MASS INTENTIONS

September 16, 2025 Ann DeFrang (John & Dawn Udenberg)

September 18, 2025 †Holy Souls in Purgatory

September 21, 2025 Parishioners



NEWS FROM SAINT MICHAEL AND SAINT PAUL

(from page 1) and Water for the world's cleansing. The legal bond of our sin would not be cancelled, we should not have attained our freedom, we should not have enjoyed the fruit of the Tree of Life and the gates of Paradise would not stand open. Had there been no Cross, death would not have been trodden underfoot, nor hell despoiled.

Therefore, the Cross is something wonderfully great and honorable. It is great because through the Cross the many noble acts of Christ found their consummation - very many indeed, for both His miracles and His sufferings were fully rewarded with Victory. The Cross is honorable because it is both the sign of God's suffering and the trophy of His Victory. It stands for His suffering because on it He freely suffered unto death. But it is also His trophy because it was the means by which the devil was wounded and death conquered; the barred gates of hell were smashed, and the Cross became the one common salvation of the whole world. The Cross is called Christ's Glory; it is saluted as His Triumph. We recognize it as the cup He longed to drink and the climax of the sufferings He endured for our sake. As to the Cross being Christ's Glory, listen to His words: *Now is the Son of Man glorified, and in Him God is glorified, and God will glorify Him at once.* And again: *Father, glorify Me with the Glory I had with You before the world came to be.* And once more: *'Father, glorify Your Name'. Then a voice came from Heaven: 'I have glorified It and will glorify It again'.* Here He speaks of the Glory that would accrue to Him through the Cross. And if you would understand that the Cross is Christ's Triumph, hear what He Himself also said: *When I am lifted up, then I will draw all men to Myself.* Now you can see that the Cross is Christ's Glory and Triumph." (Sermon by St. Andrew of Crete)

Through the intercession of Mary, Our Lady of Sorrows, St. Joseph, St. Michael, and St. Paul, may our Lord Jesus grant us in abundance the blessings of the Triumph of His Holy Cross!

In Christ through Mary,
Fr. Kasel

All are invited to watch the movie *TRIUMPH OF THE HEART*, an extraordinary true story of St. Maximilian Kolbe, a Polish Catholic priest who volunteered to die in place of another man in Auschwitz during World War II. The movie will be in theaters into next week. <https://www.marcustheatres.com/movies/triumph-of-the-heart>

A Prayer for Trust and Confidence in God's Mercy

by St. Pio of Pietrelcina (Feast: Sept. 23)

O Lord, we ask for a boundless confidence and trust in Your Divine Mercy, and the courage to accept the crosses and sufferings which bring immense goodness to our souls and that of Your Church. Help us to love You with a pure and contrite heart, and to humble ourselves beneath Your Cross, as we climb the mountain of holiness, carrying our Cross that leads to Heavenly Glory. May we receive You with great Faith and Love in Holy Communion, and allow You to act in us as You desire for your greater Glory. O Jesus, most adorable Heart and eternal fountain of Divine Love, may our prayer find favor before the Divine Majesty of Your Heavenly Father. Amen.



Fall Festival Sept. 21 at St. Joachim Church, Plainview, MN:

You are invited to their Fall Festival on Sunday, Sept. 21 at 9:30-1pm. Enjoy their Farmer's Market & Bake Sale, chicken dinner, concession stand, children games, Bingo, and Kids Raffle & Cash Raffle Drawing

Fall Festival Sept. 21 at St. Pius V Church, Cannon Falls, MN:

You are invited to an afternoon of celebration, connection, and community at 10am—1:00 pm. Enjoy their KC's Grill Tent, BINGO, Wine & Kiddie Pull, Petting Zoo, Balloon Artist, Country Store, Classic Cars, 1:00 pm Live Auction, Raffle Drawing after Auction

32nd Annual Turkey Dinner at St John Baptist de la Salle Church,

Dodge Center, MN: You are invited to a turkey dinner with all the fixings on Sunday, September 21, from 10am-1:00pm. Prices: adults-\$15, children 6 to 12-\$6, 5 and under-free. Enjoy bingo & bucket drawings, raffle, country store, quilts for sale, & quilt raffle!

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ST. PIO KNIGHTS OF COLUMBUS COUNCIL 16016

JOIN US

Brother Knights of our Council
invite you to join us.
Contact the Parish Office
visit: www.kofc.org/join



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.

Parish Safe Environment

Coordinator: Sara McNamara

St. Michael: 507-356-4280

stmichaeloffice@bevcomm.net

St. Paul: 507-732-5324

stpauls@hcinet.net

St. Paul/Minneapolis Arch-

diocese Victim Assistance

Program Hotline:

(651) 291-4475