

Elmdale, Upsala and St. Francis: Mary & the Saints ACC



Saint Edward
Saint Mary
Saint Francis of Assisi



Pastor: Fr. Virgil Helmin
(320) 293-6220
vhelmin@gmail.com

Parish Office: St. Mary's Church
308 S. Main Street P.O. Box 249
Upsala, MN 56384
(320) 573-2132
Email: 238catholic@sytekcom.com
Website: 238catholic.org

Bookkeeper: Randi Klasen
Tuesday & Thursday 8 a.m. - Noon
Secretary: Jessie Johnson
Monday & Friday 8 a.m. - 4 p.m.
Wednesday: 8 a.m. - Noon

Reconciliation: Confessions are 1/2
before all Masses. See Mass
Schedule.

Prayer Lines:

SM: Karen Liebsch 573-4127
Kathy Koehn 573-2363
SF: Judy Theisen 573-2933
Joyce Koopmeiners 573-2728
SE: Sally Schleper 573-2127

Sick & Homebound Ministry:

Contact the Parish Office if you need
Holy Communion or Anointing for
you or a loved one.

Marriage: Couples need to begin
preparations with our pastor nine
months in advance.

Baptism & Marriage: Contact the
office before setting a date.



Across the
Gospels, we see
Jesus giving us
proof of his
divinity. Human
beings naturally
need evidence
and examples to
understand the
truth, and the
most
extraordinary
miracle of all is

the raising of the dead; we celebrate this in our hearts with the
Memorial of Martha, Mary, and Lazarus. ~July 29th.

Martha and Mary know that Jesus is God, and Mary proves this when
she wipes clean His feet with her tears and long hair, but they learn—
as each of us must learn—that the power of God is not abstract and
distant, but alive, and here, and now. The story of Lazarus rising from
the dead prefigures the story of Christ, who is the only creature who
raises *himself* from the dead, and this miracle of grace and love was
received by the apostles and many of our greatest saints for centuries.

This is a story about the hope that is at the center of the Christian
claim and our Catholic faith: if we do our best to live in the one true
Church and stay close to the Mass, the Sacraments, and fervent, daily
prayers, we can be certain that Jesus will call to us so we can rise and
walk out of our tombs into the Light of God the Father, God the Son,
and God the Holy Spirit. Eternal life is the greatest miracle, and the
truest promise of our Lord and Savior Jesus Christ.

Saints Martha, Mary, and Lazarus, pray for us!

Ministry Schedule

Saturday 7/25		Seventeenth Sunday in Ordinary Time	
4:00 p.m. St. Edward	For Sue Partch	EM of HC: Jim Bartkowicz, Julie Wensmann c, Jim Wensmann c, Lector: Bill Boser, Servers: Bethany Hartung & Jacob Hartung, Ushers: Mike Urbanski & Nick Schleper, Gift Bearers: Ken & Deb Wensmann	
Sunday 7/26			
8:00 a.m. St. Francis	† Issy Hartung	EM of HC: Bob Theisen, Judy Theisen c, Joyce Koopmeiers c, Lector: Mary Jane Boeckermann, Servers: Emmalyn, Carter & Brayden Harren, Ushers: Mark Moorman & Syl Tschida, Gift Bearers: Barry & Colleen Harren	
10:00 a.m. St. Mary	For the People	EM of HC: Renee Scholz, Cindy Koehn c, Mike Klasen c, Lector: Mary Hollenkamp, Servers: Anne Ripplinger & Emily Ripplinger , Ushers: Bob Blonigen & Mikel Nelson, Greeters: Matt & Rhonda Ripplinger, Gift Bearers: Nathan & Laura Ripplinger, Bank Deposit: Nathan Ripplinger	
Monday, 7/27			<u>Adoration</u> 2nd Tuesdays: St. Francis 8am -7pm <u>Thursdays:</u> St. Mary's 12 noon - 9 pm <u>First Fridays:</u> St. Edward's 12 noon -9 pm
6:30 p.m. St. Mary	Rosary & Chaplet of Divine Mercy (No Mass)		
Tuesday, 7/28			
6:00 p.m. St. Mary	† Joan Gerads		
Wednesday, 7/29			Pray for us: Pat Euteneuer, Roger Thell, Kristy Brezinka, Carol Langner, Judy Gerads, Millie Gerads, Marlene Vornbrock, Jim Koczur, Gary Larson, Helen Heisick, Geraldine George, Kevin Lampert, William Hill, Pat Harren, Devota Nilson, Rosemary Pundsack, Ron Schmidt, Dave Hollenkamp, Shailyn Welinski, Bob Blonigen, Eleanor Tschida, Ken Welle, Leonard & Eileen Koroll, Andy Langner and Linda Strom
8:00 a.m. St. Francis	† Doris Burggraff ~Arnie Dobmeier		
Thursday, 7/30			
<i>St. Peter Chrysologus, Bishop & Doctor of the Church</i>			
8:00 a.m. St. Edward's	† Marlys Biniek		
Friday, 7/31			
<i>St. Ignatius of Loyola, Priest</i>			
7:30 a.m. St. Mary	† Hugo Massmann		
“Let your compassion come to me that I may live, for your law is my delight.” Ps 119:76-77			
Saturday 8/1		Eighteenth Sunday in Ordinary Time	
4:00 p.m. St. Edward	† Ron Czech ~ Arthur Jacobs	EM of HC: Jerry Theisen, Joan Theisen c, Derek Biniek c, Lector: Shari Biniek, Servers: Bethany Hartung & Jacob Hartung, Ushers: Scott Wensmann & Jim Bartkowicz, Greeters: Megan Wensmann, Gift Bearers: Jim & Julie Wensmann	
Sunday 8/2			
8:00 a.m. St. Francis	For the People	EM of HC: Janelle Roerick, Alice Westrich c, Judy Theisen c, Lector: Jane Keppers, Servers: Evan Welle, Ushers: Bob Theisen & Craig Voss, Gift Bearers: Gerry & Mary Jane Boeckermann, Sacristan: Alice Westrich	
10:00 a.m. St. Mary	† Donna & Arnold Scholz ~ Dave & Renee Scholz	EM of HC: LeAnn Beneke, Cindy Koehn c, Renee Scholz c, Lector: Kim Koehn, Servers: Anne Rippling & Emily Ripplinger, Ushers: Mathan Ripplinger & Matt Ripplinger, Greeters: Jerome & Theresa Ludwig, Gift Bearers: Patrick & Lisa Zabinski, Bank Deposit: Nathan Ripplinger	

Jesus said to his disciples: "The Kingdom of heaven is like a treasure buried in a field, which a person finds and hides again, and out of joy goes and sells all that he has and buys that field." Matthew 13:44

Steubenville

Please pray for the 26 youth and chaperones who went to the Steubenville Youth Conference July 24-26.

Noah Boeckermann, Vincent Eggert, Madison Goebel, Emmalyn Harren, Addison Hudulla, Anika Jensen, Jack Jensen Jimmy Jensen, Riley Klasen, Lydia Kokett, Sam Laliberte Lilli Leither, Genevieve Mrozek, Jack Peterson, Alexa Pilarski, Evan Pipenhagen, Carson Primus, Anne Ripplinger, Emily Ripplinger, Aubree Roerick, Faith Wuebkers, Chantelle Frie-chaperone, Laura Lange-chaperone, Jonathan Leither-chaperone, Jim Scholz-chaperone

Youth Food Stand: August 8th

The youth of our parishes will be having a food stand at Upsala Heritage Days again this year on Aug. 8th. Help from our parishes will again be appreciated. We are looking for a few helpers at various shifts. There is a sign-up sheet at St. Mary's Church or call Chad Koopmeiners at 293-7092. Donations toward the Food Stand are welcomed.

Help Wanted!

We are looking for teachers for this year's Faith Formation Program. Students meet with the teachers once a month and there is a lot of teacher support within the program. Please prayerfully consider how you can help support our children and families. Let's grow in our faith together! If you would like to volunteer please call Beth Lange 630-8390. If you have a child that is entering kindergarten please let Beth know. Thank you!

St. Francis of Assisi

70th Annual Fall Festival ~ Sunday August 23rd

10 a.m. Mass in our air-conditioned church
music by LaVerne and the Starlites.

After Mass join us for a homemade roast beef dinner, music all day,
Silent Auction, 7 p.m. Grand Raffle, Food Stand, Kids Games,
Bingo, Straw Stand, Country Store, Cake Walk, Fried Bread and
more! Fun for the whole family!
(44055 Hwy 238, Freeport, MN).

Proceeds will go for new lawn & snow removal equipment

Cake Walk

We will have the Cake Walk Stand at Heritage Day, August 8th. Each parishioner/family is asked to bring two or three heat stable cakewalk items. Drop off in the church kitchen before 3:00 p.m. on August 8th or bring directly to the park after 3:00 p.m. Help is needed. Contact Nicole Frie at 630-4374 to help from 4:30-6 p.m. or 6p.m.-clean-up, or both shifts if you're willing.



Organist/Singer/Pianist needed

Thank you to Karen Becker for her ministry as the choir director for St. Francis of Assisi. She will be stepping down and we are looking to fill this paid position. Please call the Parish Office if interested.

St. Mary's News

SACRAMENT OF BAPTISM



Delilah Burggraff
Child of Brady & Shanna
July 25, 2026
St. Mary's Church



St. Francis' News

St Francis Festival

Meeting: St. Francis Fall Festival meeting will be on Monday, July 27th in the church basement.

Bazaar worksheets and raffle tickets are ready to be picked up and can be found in the back of church. If you would like more raffle tickets please call Kelly Wiechman at (320) 241-8203 or stop by the Parish Office. Please note: there is a misprint on the worksheet about the price of the quilt raffle chances. They are **\$3 a ticket**, not \$2. Thanks!

Church Cleaning: Monday, August 10th
Join us for our church cleaning for the Fall Festival .

Congratulations



Steven & Holly Skroch
Married on July 25, 2026
St. Francis of Assisi

WEEKEND COLLECTION 7/12/2026

St. Edward: Adults: \$897, Loose: \$130, Fire Fund: \$10, **Total: \$1,037**

St. Francis: Adult: \$335, Loose: \$194, Votive: \$205, **Total: \$734**

St. Mary: Adults: \$1,339, Loose: \$514, Votive: \$211.75, Choir: \$150, **Total: \$2,215.25**

Give your servant
a listening heart.



Knights of Columbus
St. Gregory Council
Grand Knight: Jeff Czech

Next Meeting:

There will be no July Meeting.

Opportunities to attend a Healing the Whole Person Retreat!

Pacem in Terris (26399 State Hwy 47, Isanti), 3 day weekday retreat on August 26th, 27th & 28th. Check in is on Wednesday at 11 a.m. and concludes at 5 p.m. on Friday. Full retreat including 2 nights & three days, Pacem food basket, workbook, 4 meals and videos-\$375. After August 4th \$425. Commuter option (no overnight stay) -workbook, 4 meals and videos- \$100. After August 4 -\$150.

St. Stanislaus Kostka Church (428 Main Street, Bowlus) Friday, Oct. 23rd (2 p.m. to 9 p.m.), Saturday, Oct. 24th (9 a.m. to 3:30 p.m.) & Sunday, Oct. 25th (10 a.m. Mass until 4:30 p.m.) \$75 before Oct. 13th then \$100.

Alexandria: an Advent December 4-6th. More information to come. To register contact Janice: healing@spiritandsaints.org. (320) 640-7623.

The parish office will be closed on Friday, July 31st. Thank you for your understanding.

Ready to find faithful friendships?



**Young Adult
Weekend: August
27-30th at
Camp Lebanon**

There will be opportunities for prayer, Mass & Adoration, games and fellowship for ages 18-39. Call Marissa Throener (320) 630-2433.

Breakfast Fundraiser: Sunday, August 2nd

Knights of Columbus Council 1804 invite you for breakfast at Holy Family Gathering Space (18777 Riverwood Drive, Little Falls) in support of their Christian Clown Ministry (Sharing the Love of Jesus one smile at a time!). 9:00 a.m. until 1:00 p.m. Freewill Offering. Scrambled eggs, sausage, potatoes, fruit salad, rolls & beverages.

Vocations Camp: August 6th Join Fr. Doug and seminarians for three days at Lake Osakis. We seek to provide an engaging environment where young Catholic men are able to listen to the voice of Jesus Christ. Cost: \$50 – Scholarship available. Register: Julie.Jacobs@gw.stcdio.org or call 251-5001.

Marriage Encounter

Give yourselves one of the greatest gifts you can give each other: an opportunity to enrich, celebrate, and strengthen your marriage! Make plans now to attend the August 1–2 Marriage Encounter Weekend at Mt. Olivet Retreat Center in Farmington. Marriage Encounter offers couples practical tools to communicate more deeply, grow closer, and renew their relationship with each other and God. Remember, “A perfect marriage is simply two imperfect people who refuse to give up on each other.” Register today at marriages.org. Questions? Call Mary at 651-454-3238. Visit: info@marriages.org

Upsala Heritage Day

Saturday, August 8th join us for the parade at 4 p.m. There will be a party in the park afterwards including kids games, bouncy houses, face painting, mini golf, bingo, vintage cars, zoo and vendors. At 8-12:30 p.m. music: Chopper DJ with Fireworks at 9:30 p.m. *Don't forget to stop in at the Youth Food Stand.* Have a great meal and support our youth! If you would like to donate or have questions, please call Chad Koopmeiners at 293-7092. Thank you!

Holy Family Mini Fest: August 13th-16th

Come experience the beauty and wonder of God alongside fellow Catholics at the historical Holy Family Catholic Church and Belle Prairie Park along the Mississippi River just north of Little Falls, MN. This is a family weekend with activities planned for the entire family of every age. Included: continental breakfast, guest speakers, quality activities, entertainment, and the opportunity to receive the sacraments and experience prayer throughout the day. Family Registration is \$300 Contact Kimberly Zimmerman at 320.247.2293 or Website: www.holyfamilyland.org.

Journey with St. Francis Everyone is welcome to participate in the mini pilgrimage at the Franciscan Sisters Campus, (116 8th Ave. SE, Little Falls, MN) on Thursday, August 13th. Registration at 8:30 a.m., then get a tour and history of Franciscans from 9 - 10:30 a.m., followed by Mass at 11 a.m. Stay and have lunch with the Sisters at noon and continue your visit. There is no fee but pre-registration is required. Call Linda Borgerding at (320) 293-1839 to register. Sponsored by St. Cloud Diocesan Council of Catholic Women. (no bus, carpooling encouraged).