

THE CATHOLIC COMMUNITY OF Elmdale, Upsala and St. Francis : MARY & THE SAINTS ACC

Parish Office
308 South Main St., P.O. Box 249
Upsala, MN 56384
238catholic@sytekcom.com
320 573 2132



St. Edward's, Elmdale St. Mary's, Upsala St. Francis of Assisi, St. Francis

Pastor: Fr. Jimmy Joseph
(320) 573-2975 : triparishcom@gmail.com

Sister Mary Pat Burger :
St. Francis Rectory: (320) 573-2203

PARISH OFFICE:
308 South Main Street,
P.O. Box 249, Upsala, MN 56384
(320) 573-2132 : 238catholic@sytekcom.com
Website: www.238catholic.org

Bookkeeper: Randi Klasen
Hours: Tues. & Thurs. 8 am - 12 noon
Office Secretary: Jessie Johnson
Hours: Mon., Wed., Fri., 8 am.- 4pm

RECONCILIATION SCHEDULE
Confessions are 1/2 hour before all Masses.
Please see Mass Schedule on next page.

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

MINISTRY TO THE SICK & HOMEBOUND
Holy Communion can be brought to you or a loved one at home. Please contact the Central Office if needed.

SACRAMENT OF MARRIAGE
Couples need to begin preparations with Fr. Jimmy nine months in advance and must call him before setting the marriage date.

SACRAMENT OF BAPTISM
Contact the office before the desired date.

The Feast of the Exaltation of the Holy Cross, also known as the Feast of the Triumph of the Cross, commemorates three historical events: the discovery of the True Cross in 326, its initial exaltation for public veneration in 335, and the recovery of the Cross from the Persians in 628. Nowadays, this feast also celebrates the boundless impact of Christ's Cross upon all of creation.

In 326, Constantine's mother, Saint Helena, a devout Christian, embarked on a pilgrimage to the Holy Land. Her mission was to identify significant sites from Christ's life and establish churches at those locations. In Jerusalem, she aimed to find the True Cross and to build a church over the sites of Mount Calvary and Jesus' tomb, known as the Holy Sepulcher. Upon identifying Mount Calvary and the empty tomb, she discovered three discarded and buried crosses. After an investigation, the local bishop confirmed they were the crosses used to crucify Jesus and the two thieves. Since Helena did not know which cross was Christ's, she arranged for a sick woman to touch all three. The woman was immediately healed upon touching one of them, indicating that it was the True Cross.

Although we commemorate these three historical events today, the core of our celebration is not the physical wood of the Cross or the holy sites where Jesus died and was buried. Our primary focus is the infinite love shown through the selfless and perfect Sacrifice of the Son of God and the boundless mercy that has poured forth upon the world as a result. The Cross itself is a cruel instrument of torture and death. The fact that it is now the symbol of God's perfect love only further magnifies that love and showcases God's infinite power to use the worst for the best: to use death to bring life and to transform the greatest act of cruelty ever known into the greatest act of mercy ever bestowed upon the world.

As we commemorate the triumph of Christ's Cross, call to mind the crosses you bear each day. More often than not, when faced with crosses, we seek a way out, succumb to self-pity, and are often tempted by anger and despair. Instead, try to allow Jesus to enter those crosses, transform them, and use them for His glory, your good, and the good of others. Crosses in life should not be avoided; they must be transformed. Although the suffering may remain, it must become redeemed suffering, thus bearing an abundance of good fruit in ways that only God can accomplish. ~ Excerpts from mycatholic.life

The Exaltation of the Holy Cross

September 14, 2025

The Exaltation of the Holy Cross		
Saturday 9/13		
8:00 p.m. St. Francis	For the People	EM of HC: Brittany Harren, Colleen Harren c, Volunteer c, Lector: Jim Scholz, Servers: Emmalyn, Carter & Brayden Harren, Ushers: Frank & Joyce Koopmeiners, Gifts: Brian & Jessica Donabauer
Sunday 9/14		
8:00 a.m. St. Edward	† Sue Partch	EM of HC: Karla Schneider, Jerry Theisen c, Joan Theisen c, Lector: Jim Bartkowiez, Servers: Isaac Harren & Jacob Hartung, Ushers: Jeron Wensmann & Jim Czeck, Greeters: Raymond Kokett & Volunteer, Gifts: Brian & Tracey Hartung
10:00 a.m. St. Mary	Special Intentions ~ Dave & Renee Scholz	EM of HC: Renee Scholz, Lisa Zabinski c, Jon Leither c, Lector: Chantelle Frie, Servers: Lilli Leither & Volunteer, Ushers: Darren Lange & Mitch Lange, Greeters: Walt & LeAnn Beneke, Gifts: Elmer Frie & Mary Frie, Bank Deposit: Judy Michels

Weekday Masses

Monday, 9/15	<i>Our Lady of Sorrows</i>	 Adoration <u>2nd Tuesdays:</u> 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, 9/16	<i>Sts. Cornelius, Pope, and Cyprian, Bishop, Martyrs</i>	
6:00 p.m. St. Mary	† Joan Gerads ~ Lorene Koopmeiners	Pray for us: Dee Booth, Pat Euteneuer, Roger Thell, Ron Dingmann, Kristy Brezinka, Kathy Hennek, Carol Langner, Judy Gerads, Millie Gerads, Marlene Vornbrock, Jim Koczur, Gary Larson, Helen Heisick, Geraldine George, Kevin Lampert, William Hill, Lorraine Frie, Pat Harren, Devota Nilson, Rosemary Pundsack, Ron Schmidt, Dave Hollenkamp, Shailyn Welinski, Bob Blonigen & MJ Beockermann
Wednesday, 9/17	<i>St. Robert Bellamine, Bishop & Doctor of the Church; St. Hildegard of Bingen, Virgin & Doctor of the Church</i>	
8:00 a.m. St. Francis 7:00 p.m. St. Mary	† Evelyn Locnikar For Our Teachers and Students	
Thursday, 9/18		
8:00 a.m. St. Edward	† Elmer Molus	
Friday, 9/19	<i>St. Januarius, Bishop and Martyr</i>	
7:30 a.m. St. Mary	† Rita Schiller	

The Twenty-Fifth Sunday in Ordinary Time

Saturday 9/20		
8:00 p.m. St. Francis	† Irene Lashinski	EM of HC: Janelle Roerick, Syl Tschida c, Alice Westrich c, Lector: Volunteer, Servers: Volunteers, Ushers: Frank & Joyce Koopmeiners, Gifts: Allen & Renee Douvier
Sunday 9/21		
8:00 a.m. St. Edward	† Ken Hartung	EM of HC: Julie Wensmann, Jim Wensmann c, Jackie Oldakowski c, Lector: Karla Schneider, Servers: Isaac Harren & Jacob Hartung, Ushers: Gerard Oldakowski Jr. & Greg Larson, Greeters: Volunteers, Gifts: Brad & Crystal Hartung
10:00 a.m. St. Mary	For the People	EM of HC: Jan Kilian, Chantelle Frie c, Mike Klasen c, Lector: Tom Kilian, Servers: Riley Klasen & Wyatt Klasen, Ushers: Volunteers, Greeters: Randy & Jane Tretter, Gifts: Randy & Donna Roske, Bank Deposit: Mike Klasen

For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life. (Jn 3:16)

All Cluster News

Religious Education

K-6: Reba Leither (leitherreba@gmail.com) (701) 426-1607
K-6: Beth Lange (bethlange83@gmail.com) (320) 630-8390
7-10: Randi Klasen (randiklasen@gmail.com) (320) 493-5624
Confirmation: Bob Vouk (320) 249-3398, Jenny Revermann (320) 249-9939, Confirmation Assistant: Katie Urbanski (320) 423-2203 or confirmation@tworiverscatholic.com.

Upcoming Confirmation Dates (Holdingford)

Wed., Sept. 17th at 6:15 p.m. at All Saints-St. Mary's,

Upcoming Faith Formation Dates (Upsala)

Wed., Sept. 17th First Class for All Religious Ed. Students 6:15 –6:45 p.m. K-6 Family Formation, 7:00 p.m. Mass, 7:30 p.m. 7-10 Rel. Ed.

Wed., Sept. 24th

7-8:00 p.m. 7-10 Rel. Ed.

Children's Liturgy

We will be resuming Children's Liturgy at the 10:00 a.m. Sunday Mass at St. Mary's, Upsala on September 21st. If you have questions or would like to join in contact: Chelsea Fuchs: fushschelsea92@gmail.com.

Benefit for Ron Schmidt Spaghetti Dinner & Silent Auction

400 Limited Raffle Tickets to be sold. Prizes 1st-\$3000, 2nd \$2000, 3rd \$1000, 4th-7th -\$500. Event will be held on Saturday October 11th 4:00 p.m. - 7:00 p.m. Lucky's Pub (24 3rd Street Swanville. Ron suffered a fall and has paralysis. All money raised will help the family with medical bills and expenses. Ron has given so much to our community with sharing his love of music in playing the concertina. Please join us in helping out Ron and his family! Thank You!

DCCW Meeting: Sept. 20th

The annual Fall Conference of the St. Cloud Diocesan Council of Catholic Women will be held Saturday, September 20th, at the Church of St. Benedict, (212 1st Street SW, Avon) from 9:00 a.m. - 2:30 p.m. Registration of \$20 payable to St. Cloud DCCW due by September 10th. Mail to Sue Burg (39006 Co. Road #151, Avon, MN 56310); \$25 after 9/10 or at the door.

Are you homeschooling your children?

We would like to invite you to the St. Cloud and surrounding area Home Educated Youth Catholic Group. We will be having get togethers and activities throughout the school year and would love to see you there. Our opening Mass is Tuesday September 23rd at 11:00 a.m. at St James Catholic Church Jacob's Prairie. For more information and/or to attend opening Mass please contact Roseanne Throener at (320) 360-2196 or arhoener@gmail.com or join our Facebook group HEY Catholic Small Group."

WEEKEND COLLECTION 9/7/2025

St. Edward: Adult: \$1,590, Loose: \$182, Rel. Ed: \$188,

Total: \$1,952

St. Francis: Adult: \$801, Loose: \$113, Rel. Ed: \$5

Total: \$919

St. Mary: Adults: \$2,584, Loose: \$137.25, Rel Ed: \$165

Total: \$2,885.25



40 Days Opening Rally: Sept. 24th

12:00 Noon Mass at St. Mary's Cathedral, **1:00 p.m.** Speaker Ramona Trevino *a light lunch provided. Ramona is a wife, mother, and grandmother. She is the author of Redeemed by Grace: A Catholic Women's Journey to Planned Parenthood and Back.

Peaceful, Prayerful Vigil at Planned Parenthood: Sept 24th-Nov. 2nd

Pray with us in front of Planned Parenthood for an end to abortion. We need volunteers to sign up for a one hour time slot from 7:00 a.m. –7:00 p.m. Monday-Friday. Email Judy Haag : judy4life@meltel.net or visit: <https://www.40daysforlife.com/en/st.cloud>.

Evening for Life: Saturday, October 4th

Freeport Event Center, Freeport Social Hour 5:30 p.m., Dinner 6:30 p.m., Program 7:30 p.m. Keynote Speaker: Gianna Jessen tells her story of surviving an abortion. Reservations required by **Sept. 19th**. Call (320) 351-4025.

Sr. Annella Zervas, OSB:

Cause for Canonization

Bishop Andrew Cozzens and the Board of Directors of the Sister Annella Guild invite you to this historical celebration on Thursday, October 9th at the Cathedral of the Immaculate Conception (702 Summit Ave. N., Crookston, MN 56716). **4:00 p.m.** Exhibit on the Life of Sister Annella, **5:00 p.m.** Patrick Norton shares his story, **6:00 p.m.** Organ Recital, **6:30 p.m.** Opening Mass. Refreshments available for purchase. Sister Annella is buried in the St. Benedict Monastery Cemetery in St. Joseph MN. For more information visit: sisterannella.org.



Annual Rummage Sale: Oct 16th –19th

The All Saints Christian Mothers are having their Annual Rummage Sale at All Saints-St. Hedwig's. If you have items to bring-contact Corrine Hadrich (320) 310-1260 for specific drop off hours– no items may be left outside.

St. Francis' News

Congratulation



Clara & Cameron Lemke
Married September 6, 2025
St. Francis

News and Events



**Knights of Columbus
St. Gregory Council
Grand Knight Jeff Czech
(320) 630-2753**

Upcoming Event

Our Council has been invited to join in the Newman Center Social and program coming up on Oct. 5th in Mankato. The Speaker will be Bishop Robert Barron. If interested contact Jeff.

Ditch Clean-up: Sept. 27th at 10 a.m. Meet at Bowlus parking lot.



Dominican Sisters of Saint Cecilia Vocation Discernment

Single, Catholic women ages 17-30 are invited to visit our Motherhouse in Nashville, Tennessee on Oct. 24th-26th. For more information, contact: vocation@op-tn.org or (615) 256-0147, www.nashvilledominican.org.



The Christian Women

Turkey Bingo Sunday, Oct. 5th, 1:00 p.m. with the Raffle after. Raffle tickets are \$2 and available at the door. That day we will have door prizes, a

bake sale and refreshments. Come join us for a fun-filled afternoon!

Central MN Koinonia is a weekend Catholic retreat program that is designed to help you carry your cross. The next retreat is scheduled for September 19-21, 2025, at the TEC Center north of Little Falls, Minnesota. Cost of the weekend is \$70. Go to www.centralmnkoinonia.org for more information and to register for retreats.

Beacon of Hope 14th Annual Kyes Benefit

Join us on Friday, September 26th at St. Francis Xavier Church in Sartell for a Social Hour at 6:00 p.m. and then a Program featuring Bishop Patrick Neary and our Keynote speaker Glen Lewerenz at 7:00 p.m. Light snacks and beverages will be provided. Visit: kyesradio.com/2025-benefit-registration/.

Happy Birthday to Pope Leo XIV on September 14th!

Add a prayer to his Spiritual Bouquet: <https://www.dioceseofscranton.org/youre-invited-to-wish-pope-leo-xiv-a-happy-birthday-and-add-your-prayers-to-a-spiritual-birthday-bouquet/>.

Our Lady of Sorrows: Monday, Sept. 15th

When you pray the Sorrowful Mysteries...

you'll see that her sorrows are not tragedies. They certainly are difficult struggles, but because Mary was and is so close to God, anything that happened in her life could not be ruinous. Her son was crucified, died, and was buried. But! He rose again.

Love of God sustained her through her sorrows as the love of God sustains those who trust and believe in Him. As Christians, we should remember that when we look at the crucifix we should never see it without remembering the Resurrection. When the world trips us up or sadness floods into your life, we should remember Noah's rainbow and think of God's promises.

Look forward to eternal life in heaven with all your might, offering even the sorrows of this life to God! September 15th is the Feast of Our Lady of Sorrows, one of Mary's many titles. Make a genuine effort to attend Mass, pray her Seven Sorrows, or both.

September Reflection Questions

What sorrows are in your life and how can you see God's love sustaining you in them?

What title would you give to Mary in addition to the ones she already has?

How can you help people in your life who need help turning sadness and struggles into a love-filled sorrow and perhaps even an unexplainable joy?

Who can you share the Seven Sorrows of Mary prayer with?

How do you pray in times of sorrow

September Catholic Challenge:

Attend Mass and/or pray the seven sorrows on September 15th. Throughout the month, intentionally bring the Good News to those who need to hear it, even if it's not explicitly reading the Bible to them. Offer your efforts to Jesus through Our Lady of Sorrows. ~Catholic-link.org

Catholic Campaign for Human Development: Sept. 20th - 21st

CCHD is the domestic anti-poverty office of the U.S. Bishops, focusing on poverty, education, outreach, and grants to grass-roots organizations working to address poverty across the U.S. Funds collected are used for grants locally and nationally, with a minimum of 25% of all funds raised in our parishes remaining in our diocese to help local organization. Special collection envelopes are in your parish packets. For additional information contact: Kateri.Mancini@gw.stcdio.org.