

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



Saint Edward  
Saint Mary  
Saint Francis of Assisi



**Pastor: Fr. Sebastian**  
(320) 573-2975

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

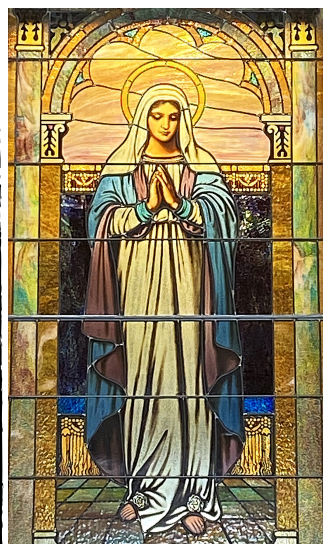
**SM:** Karen Liebsch 573-4127  
Kathy Koehn 573-2363  
**SE:** Judy Theisen 573-2933  
Joyce Koopmeiners 573-2728  
**SE:** Sally Schleper 573-2127

## 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.



## The Seven Sorrows of Mary

September is the month when devout Catholics turn their souls towards the Seven Sorrows of Mary. Our Blessed Mother Mary was always very near our Lord and Savior Jesus Christ, and she shared every moment of His life, His ministry, His Passion, and death on the Cross. In fact, she carried her own crosses until the moment of her Assumption, and this is why we pray the Rosary as we ask for her intercession. Oh, Mother of God, who accompanied our Lord in his suffering, pray for us who have recourse to thee!

4

STEPS TO READING THE

# BIBLE

**READ**

Choose a chapter from the Bible that you would like to read and start reading it little by little.

**OBSERVE**

Make constant observations. Highlight the words and phrases that you find interesting.

**APPLY**

Ask yourself how this part of the Scripture applies to you today.

**PRAY**

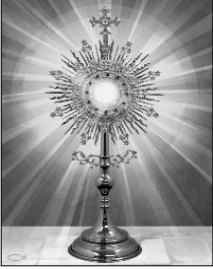
Ask God for grace and wisdom to understand His Word and to apply it in your life.

**"THE WORD OF GOD IS ALIVE AND ACTIVE" (HEB 4: 12)**

**CatholicLink**

## Ministry Schedule

|                          |                                                     |                                                                                                                                                                                                                                                                                                       |
|--------------------------|-----------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Saturday 9/12            |                                                     | Twenty-Fourth Sunday in Ordinary Time                                                                                                                                                                                                                                                                 |
| 4:00 p.m.<br>St. Edward  | For the People                                      | <b>EM of HC:</b> Jerry Theisen, Jackie Oldakowski c Derek Biniek c, <b>Lector:</b> Karla Schneider, <b>Servers:</b> Jasmyn Oldakowski, <b>Ushers:</b> Gerard Oldakowski Jr. & Greg Larson, <b>Greeters:</b> Raymond Kokott, <b>Gift Bearers:</b> Dean & Jackie Wolbeck                                |
| Sunday 9/13              |                                                     |                                                                                                                                                                                                                                                                                                       |
| 8:00 a.m.<br>St. Francis | † Roman, Aurelia & Jim Sundermann<br>~ Jane Keppers | <b>EM of HC:</b> Brittany Harren, Colleen Harren c, Syl Tschida c, <b>Lector:</b> Jane Keppers, <b>Servers:</b> Emmalyn, Carter & Brayden Harren, <b>Ushers:</b> Frank & Joyce Koopmeiners, <b>Gift Bearers:</b> Lloyd & Judy Lashinski, <b>Sacristan:</b> Syl Tschida                                |
| 10:00 a.m.<br>St. Mary   | † Phyllis Vornbrock ~ Marlene Vornbrock             | <b>EM of HC:</b> Chantelle Frie, Renee Scholz c, Jon Leither c, <b>Lector:</b> Mary Hollenkamp, <b>Servers:</b> Lilli Leither, <b>Ushers:</b> Darren Lange & Mitch Lange, <b>Greeters:</b> Jerome & Theresa Ludwig, <b>Gift Bearers:</b> Elmer Frie & Mary Frie, <b>Bank Deposit:</b> Marvin Wensmann |

|                       |                                                                                                                         |                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|-----------------------|-------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday, 9/14          | <i>The Exaltation of the Holy Cross</i>                                                                                 |  | <b><u>Adoration</u></b><br><b><u>2nd Tuesdays:</u></b><br>St. Francis 8am -7pm<br><b><u>Thursdays:</u></b><br>St. Mary's 12 noon - 9 pm<br><b><u>First Fridays:</u></b><br>St. Edward's 12 noon -9 pm                                                                                                                                                                                                                                                                       |
| 6:30 p.m. St. Mary    | Rosary & Chaplet of Divine Mercy (No Mass)                                                                              |                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Tuesday, 9/15         | <i>Our Lady of Sorrows</i>                                                                                              |                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| 6:00 p.m. St. Mary    | Special Intentions ~ Dave & Renee Scholz                                                                                |                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Wednesday, 9/16       | <i>St. Cornelius, Pope, and Cyprian, Bishop, Martyrs</i>                                                                |                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| 8:00 a.m. St. Francis | † Lorraine Ettel ~ Arnie Dobmeier                                                                                       |                                                                                    | <b><u>Pray for us:</u></b> 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, Linda Strom Andy Langner, Christine Wuebkers, Jerry Pohlmann & Renee Wensmann |
| Thursday, 9/17        | <i>St. Robert Bellarmine, Bishop and Doctor of the Church; St. Hildegard of Bingen, Virgin and Doctor of the Church</i> |                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| 8:00 a.m. St. Edward  | † Bob, Phyllis, Jeanette & Elaine Yasgar<br>~ Joyce Holtz                                                               |                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Friday, 9/18          |                                                                                                                         |                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| 7:30 a.m. St. Mary    | Living & deceased members of the Reinhard Anne Gerads Family                                                            |                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |

|                          |                               |                                                                                                                                                                                                                                                                                                                |
|--------------------------|-------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Saturday 9/19            |                               | The Exaltation of the Holy Cross                                                                                                                                                                                                                                                                               |
| 4:00 p.m.<br>St. Edward  | † Elmer Molus                 | <b>EM of HC:</b> Jim Bartkowicz, Jim Wensmann c, Julie Wensmann c, <b>Lector:</b> Jerry Theisen, <b>Servers:</b> Bethany Hartung & Jacob Hartung, <b>Ushers:</b> Mike Urbanski & Nick Schleper, <b>Gift Bearers:</b> Mark & Kaye Nienaber                                                                      |
| Sunday 9/20              |                               |                                                                                                                                                                                                                                                                                                                |
| 8:00 a.m.<br>St. Francis | For the People                | <b>EM of HC:</b> Rosanne Voss, Janelle Roerick c, Alice Westrich c, <b>Lector:</b> Barb Moorman, <b>Servers:</b> Evan Welle, <b>Ushers:</b> Frank & Joyce Koopmeiners, <b>Gift Bearers:</b> Pete & Joan Boeckermann, <b>Sacristan:</b> Alice Westrich                                                          |
| 10:00 a.m.<br>St. Mary   | † Brian Lange<br>~ Beth Lange | <b>EM of HC:</b> Chantelle Frie, Cindy Koehn, c, Mike Klasen c, <b>Lector:</b> Leonice Prokott, <b>Servers:</b> Riley Klasen & Wyatt Klasen, <b>Ushers:</b> Bob Blonigen & Mikel Nelson, <b>Greeters:</b> Walt & LeAnn Beneke, <b>Gift Bearers:</b> Matt & Rhonda Ripplinger, <b>Bank Deposit:</b> Mike Klasen |

I give you a new commandment, says the Lord; love one another as I have loved you. ~Jn 13:34

## Religious Education

**K-6:** Beth Lange- [bethlange83@gmail.com](mailto:bethlange83@gmail.com) (320) 630-8390

**7-10:** Randi Klasen [randiklasen@gmail.com](mailto:randiklasen@gmail.com) (320) 493-5624

**Confirmation:** Bob Vouk 249-3398, Jenny Revermann 249-9938

Katie Urbanski: [confirmation@tworiverscatholic.com](mailto:confirmation@tworiverscatholic.com).

Upcoming Class: Wednesday, Sept. 16th

**K-10 gr.** 7:00 p.m. Mass, St. Mary's, Upsala. Arrive at 6:30 p.m.

**Conf:** 6:15 p.m. All Saints-St. Mary's, Holdingford-Parent & Student meeting.

## Faith Formation Teachers Needed.

K-6th grade meets with teachers once a month and 7-10th grade meets 20 times total for an hour. **If you would like to volunteer please call Beth or Randi. Thank you!**

## Youth Group

Our next gathering is this Sunday, September 13th at St. Francis. Mass at 8:00 a.m. and gathering to follow from 9:00 a.m. to 1:00 p.m.

**The St. Cloud Diocese 40 days for life** starts on Wednesday, September 23rd and goes to Sunday, November 1st. We will meet to pray the Rosary in front of and inside All Saints-St. Mary's Church in Holdingford on Tuesdays from 4-5 p.m. during those weeks. We start on Tuesday, September 29th and continue on October 6th, 13th 20th and 27th. Please join us when you can or pray along with us during that hour at home.

## Corn Maze

Are you looking for a fun way to connect with your community.? Join us on the future site of the new All Saints Catholic Church in Holdingford (Across from the Holdingford High School) for a Corn Maze. Suggested donation \$1. Dates: Sept. 19th & 20th, Sept. 26th & 27th, Oct. 3rd & 4th from 4-7:00 p.m. or on Wednesday, Sept. 30th from 4-6:00 p.m.

**Natural Family Planning** The class is approximately 1½ to 2 hours long. \*Note: Most insurance plans cover the cost of NFP Instruction and follow-up!

**Alexandria** on Monday, Sept. 21st & Oct. 19th at 6:30 p.m. at St. Mary's Church. Contact Jill and Isaac Uphus [uphus.nfp@gmail.com](mailto:uphus.nfp@gmail.com) or (320) 290-8751.

**Little Falls** on Tuesday, Oct. 6th at 7:30 p.m. at the NFP Office in the Unity Specialty Center of St. Gabriel's Hospital. Contact Mary Bontjes at [bontjesmary@yahoo.com](mailto:bontjesmary@yahoo.com) or call the Little Falls NFP Office at (320) 631-5660.

**Sauk Centre** on Thursday, Sept. 17th & Oct. 15th at 6:30 p.m. at St. Paul's Church or CentraCare Health – Sauk Centre Hospital. Contact Jill and Isaac Uphus at [uphus.nfp@gmail.com](mailto:uphus.nfp@gmail.com) or (320) 290-8751.

**St. Cloud** on Monday, Sept. 21st & Thursday, Oct. 22nd at 6:30 p.m. at the Office of Marriage & Family. Contact Sheila Reineke at [omf@gw.stcdio.org](mailto:omf@gw.stcdio.org) or (320) 258-7609.

## In the News



Congratulations to our own, Faith Wuebkers! Faith won Grand Champion at the State Fair with her Crochet blanket. Way to go Faith!

## Wedding BANNERS II



Anthony Boeckermann &  
Kaelee Yourczek

October 10, 2026  
St. Edward's, Elmdale

## May Eternal Rest be granted to:



Donald Ferdinand Lang  
Passed to Eternal Life: Sept. 1, 2026  
Burial: September 11, 2026  
St. Edward, Elmdale

## WEEKEND COLLECTION 9/6/2026

**St. Edward:** Adults: \$1,403, Loose: \$141, Rel. Ed.: \$245, Fire Fund: \$10, Campaign for Human Dev: \$2, **Total: \$1,801**

**St. Francis:** Adult: \$680, Loose: \$241, **Total: \$921**

**St. Mary:** Adults: \$1,623, Loose: \$240, Votive: \$259.50, Fall Collection: \$500, Rel. Ed. \$255 **Total: \$2,877.50**

### Prayer for Rain

Almighty God, we are in need of rain.

We realize now, looking up into the clear, blue sky, what a marvel even the least drop of rain really is. To think that so much water can fall out of the sky, which now is empty and clear! We place our trust in you. We are sure that you know our needs. But you want us to ask you anyway, to show you that we know we are dependent on you. Look on our dry hills and fields, dear God, and bless them with the living blessings of gentle rain.

Then the land will rejoice, and the rivers will sing your praises, and the hearts of men will be made glad.

Amen. ~ CRL Rural Life Prayer Book

### **Andrew Dinner: Oct. 1st**

Do you have young men in your parish grades 8-12 who have potential for a priestly calling? Fr. Doug would love to hear from you! This simple and powerful night consists of evening prayer and dinner with Bishop Neary while priests share their vocation stories. Young men find it very meaningful and special to have a night with the bishop and priests. Please contact Julie in the Vocations Office at [julie.jacobs@gw.stcdio.org](mailto:julie.jacobs@gw.stcdio.org) if you have young men interested in joining this evening.

### **Pray for Vocations**

Loving God, bless your Church with an abundance of holy priests, deacons, brothers and sisters. Give those you have called to marriage, and those you have chosen to live as singles, a special grace that their lives require. Form us all in the likeness of your Son, so that in Him, with Him, and through Him we may love you more dearly, and serve you more faithfully. We ask this through Christ, our Lord. Amen

### **Let Yourself Be Loved: A Morning of Reflection:**

**Tuesday, Sept. 15th, 9-11:30 a.m.**

What if you stopped striving and simply allowed yourself to receive God's love? Join us for a morning of reflection inspired by St. Elizabeth of the Trinity and her simple, yet profound invitation: "**Let yourself be loved.**" Through reflections led by Kristin Molitor, along with time for individual reflection and small-group sharing, we'll explore what it means to rest in the truth that we are already known, cherished, and loved by God.

**Gathering Barn of Avon:** 35204 County Road 155, Avon, Minnesota 56310. Time 9-11:30 a.m.

**Cost: \$20** Light refreshments and handouts will be provided. Please bring a journal for individual reflection. Contact: 237-2241 or [kristinmolitorministries@gmail.com](mailto:kristinmolitorministries@gmail.com)

### **Central Minnesota Koinonia**

IS THE LIGHT OF CHRIST IN YOU? Are you looking for that light? Join us on this weekend retreat that commemorates the Paschal Mystery on September 18th-20th at the TEC Center north of Little Falls, Cost of the weekend is \$70. Go to [www.centralmnkoinonia.org](http://www.centralmnkoinonia.org) for more information and to register.

"**Make Me an Instrument of Your Peace**" is the theme of the Annual Fall Conference of the St. Cloud Diocesan Council of Catholic Women to be held Saturday, September 19th at Holy Family Parish in Belle Prairie. Registration begins at 8:30 a.m., followed by the business meeting at 9:00 and Fr. Tim Tran at 9:45. Mass will be celebrated at 11 a.m., followed by lunch and "Servant of All" - a documentary film on the life of Archbishop Fulton J. Sheen. Fee is \$25 by Sept. 10; or \$30 after the 10th or at the door. Plan to attend and invite a friend. Contact Nita Hayes @ (320) 630-0388.

### **Charism Bootcamp: Sept. 25th at the Gathering Barn (35204 County Road 155, Avon)**

This is a fun evening for women hosted by the Molitor sisters to discover the unique gifts God has given you and how He may be calling you to use them. (Time: 7-9 p.m.) Guest Speaker, Kristen Molitor will help us better understand charisms, the personal, supernatural graces we receive at Baptism, and how they can be lived out in our everyday lives. Families, parishes, workplaces, and communities. Take the Charism assessment before the event: <https://www.manypartsministries.com/product/charism-assessment>. Then register for the event: <https://tinyurl.com/dat3wbap> or call Kristin at 237-2241 or [kristinmolitorministries@gmail.com](mailto:kristinmolitorministries@gmail.com). Cost: \$20.

### **The Stearns County Household Hazardous Waste**

Clean up time? Bring your old paints fluorescent bulbs, garden chemicals, etc. on Wednesday September 30th from 10am to 5pm in the St. Francis Church parking lot. Please keep in mind the material we can accept at our mobile events is more limited than what we may accept at our Facility in Waite Park. For more information contact: Michael Rogers (320)257-8607.