

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.



Since no passage in Sacred Scripture describes the moment of the Assumption of the Most Holy Virgin, the liturgy presents us in the first reading from the Book of Revelation with the radiant image of our Lady being raised to Heaven in the integrity of her soul and body. In the splendor of heavenly glory shines the Woman who, through her humility, became great before the Most High to the point that all generations will call her blessed. This meditation explains it. The Psalm proclaims the role of our Mother as Queen: "At your right stands the queen in gold of Ophir!"

We repeat this as the response to Psalm 44. In fact, seven days after the Assumption, we celebrate Mary as Queen. She is now beside her Son as Queen, in the eternal happiness of paradise, and from on high, she gazes upon her children.

With this comforting certainty, we turn to her and invoke her, asking for her intercession for her children: for the entire Church and for all of humanity. So that all, imitating her in faithful following of Christ, may reach the definitive homeland of heaven. ~catholic-link.org

The Twentieth Sunday in Ordinary Time

August 16, 2026

Ministry Schedule

Saturday 8/15		Twentieth Sunday in Ordinary Time
4:00 p.m. St. Edward	† Don Maciej ~ Jeanette Maciej	EM of HC: Jim Wensmann, Julie Wensmann c, Karla Schneider c, Lector: Bill Boser, Servers: Bethany Hartung & Jacob Hartung, Ushers: John Kokett & Raymond Kokett, Gift Bearers: Brian & Tracey Hartung
Sunday 8/16		
8:00 a.m. St. Francis	For the People	EM of HC: Joyce Koopmeiners, Rosanne Voss c, Alice Westrich c, Lector: Mary Jane Boeckermann, Servers: Evan Welle, Ushers: Bob Theisen & Craig Voss, Gift Bearers: Bob & Sharon Thell, Sacristan: Joyce Koopmeiners
10:00 a.m. St. Mary	† Connie Harren	EM of HC: LeAnne Beneke, Renee Scholz, c, Jon Leither c, Lector: Chantelle Frie, Servers: Lilli Leither, Ushers: Tom Kilian & Mary Frie, Greeters: Randy & Jane Tretter, Gift Bearers: Jamie & Jenny Leners, Bank Deposit: Marvin Wensmann

Monday, 8/17	
6:30 p.m. St. Mary	Rosary & Chaplet of Divine Mercy (No Mass)
Tuesday, 8/18	
6:00 p.m. St. Mary	† Ralph Lange ~Beth Lange
Wednesday, 8/19	<i>St. John Eudes, Priest</i>
8:00 a.m. St. Francis	† Irene Tschida. ~ Arnold Dobmeier
Thursday, 8/20	<i>St. Bernard, Abbot and Doctor of the Church</i>
8:00 a.m. St. Edward	† Elizabeth Molus
Friday, 8/21	<i>St. Pius X, Pope</i>
7:30 a.m. St. Mary	† Julie Scegura



Adoration

2nd Tuesdays:

St. Francis 8am -7pm

Thursdays:

St. Mary's 12 noon - 9 pm

First Fridays:

St. Edward's 12 noon -9 pm

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, Linda Strom Andy Langner & Christine Wuebkers

Observe what is right, do what is just; for my salvation is about to come, my justice about to be revealed. Is 56:1

Saturday 8/22		Twenty-First Sunday in Ordinary Time
4:00 p.m. St. Edward	† Lester Maciej	EM of HC: Jim Bartkowicz, Joan Theisen c, Jackie Oldakowski c, Lector: Jerry Theisen, Servers: Jasmyn Oldakowski, Ushers: Gerard Oldakowski Jr. & Greg Larson, Gift Bearers: Brad & Crystal Hartung
Sunday 8/23		
8:00 a.m. St. Mary	For the people	EM of HC: Renee Scholz, Lisa Zabinski c, Volunteer c, Lector: Leonice Prokott, Servers: Anne Ripplinger & Emily Ripplinger , Ushers: Patrick Zabinski, Greeters: Mikel & Julie Nelson, Gift Bearers: Nathan & Laura Ripplinger, Bank Deposit: Nathan Ripplinger
10:00 a.m. St. Francis	† Eileen Stiller	EM of HC: Brittany Harren, Colleen Harren c, Janelle Roerick c, Lector: Barb Moorman, Servers: Emmalyn, Carter & Brayden Harren, Ushers: Bob Theisen & Craig Voss, Gift Bearers: John & Marsha Rakotz, Sacristan: Kathy Thell

Please note the Mass time changes above for Sunday, August 23rd due to the St. Francis Fall Festival. Everyone come enjoy the roast beef dinner, games, auction, music and more!

St. Francis of Assisi

70th Annual Fall Festival

Sunday, August 23, 2026

Mass at 10:00 a.m. in our air-conditioned church
Music led by LaVerne and the Starlites

After Mass, join us for a homemade Roast Beef dinner
with all the fixings starting at 11:00 a.m.

Silent Auction throughout the day.

Grand Raffle at 7:00 p.m.

100+ prizes!

Live Music all day by LaVerne and the Starlites &
the Eagle Valley Playboys

*Food Stand	*Country Store
*Kids Games	*Cake Walk
*Bingo	*Fried Bread
*Straw Stand	*Fancyworks
* Pull Tabs.	*and more!

Fun for the whole family!

Proceeds will go for new lawn & snow removal equipment

St. Francis is located 10 miles north of Albany or 25 miles Southwest of Little Falls on Hwy 238



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, August 17th and
Sept. 21st at 6:30 p.m. at St. Mary's

Church. Contact Jill and Isaac Uphus uphus.nfp@gmail.com
or (320) 290-8751.

Little Falls on Tuesday, Sept. 1st 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 or call the
Little Falls NFP Office at (320) 631-5660.

Sauk Centre on Thursday, Aug. 20th and Sept. 17th 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 or (320) 290-8751.

St. Cloud on Thurs. Aug. 20th Monday, Sept. 21st at 6:30
p.m. at the Office of Marriage & Family. Contact Sheila
Reineke at omf@gw.stcdio.org or (320) 258-7609.

O God, let all the nations praise you!

Help Wanted!

Faith Formation teachers needed. Students meet with the teachers once a month and there is a lot of teacher support within the program. Let's grow in our faith together! If you would like to volunteer please call the Parish Office. If you have a child that is entering kindergarten call Beth Lange 630-8390. Thank you! Registration forms are available on our website and in the entry of our churches.

St. Francis' News

St Francis Festival : Sunday, August 23rd **Silent Auction items needed**

If you have items you would like to donate to the Silent Auction please contact: Rosanne 248-8910, Jane 232-3290 or Carol 290-9790.

Fancy Work Stand

Donations for the Fancy Work Stand are always welcomed. We do ask that they be handmade. Please leave in the church labeled and call Rosie (320) 836-2457 to let her know they are there. Thank you!

Cucumbers and Tomatoes are needed. If you have some to donate, please bring them to the church basement by Friday at 1pm.

Help needed Please come help on Saturday to peel potatoes, set-up stands etc.

Turn in Sold & Unsold Raffle Tickets on Friday and Saturday to help avoid last minute paperwork on Sunday.

Everyone's help is greatly appreciated!

May God bless you all!

SACRAMENT OF BAPTISM



Jacqueline Voigt
Newly Baptized
August 16, 2026
St. Mary's Church



WEEKEND COLLECTION 8/9/2026

St. Edward: Adults: \$800, Loose: \$194,
Assumption: \$5, **Total: \$999**

St. Francis: Adult: \$285, Loose: \$307, Chair
Rental: \$20, **Total: \$612**

St. Mary: Adults: \$1,624, Loose: \$208, **Total:**
\$1,832

Youth Food Stand: \$7,988 (before cost)

Cake Walk: \$581.25



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

Heritage Day Float: Sunday,
 August 8th. (Correction)

VA Escorts: Sunday, August 30th.

Central Minnesota Koinonia

Faith as small as a mustard seed can move mountains. Are you climbing a mountain in your life right now? 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 for more information and to register.

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. Cloud Diocese Council of Catholic Women Annual Fall Conference: Saturday, Sept. 19th

“Make me an Instrument of Your Peace”

Holy Family Church (18777 Riverwood Dr., Little Falls, MN)

8:30 a.m. Registration

9:00 a.m. Welcome & Meeting

9:45 a.m. Speaker-Fr. Tim Tran

11:00 a.m. Mass

Noon: Lunch

1:15 p.m. Film on the life of Archbishop Fulton J. Sheen.

2:15 Closing

Registration \$25 by Sept. 10th -\$30 after or at the door.

Make checks payable to: St. Cloud DCCW.

Mail to: Nita Hayes (16695 Jewel Road, Little Falls, MN 56345. Contact: Nita (320) 630-0388.



Scan the QR code to learn more about HWP



JOHN PAUL II Healing Center
Transformation in the Heart of the Church

Join us at Pacem in Terris!

Healing the *Whole* Person
 THE 8-PART GROUP SERIES

Your paragraph text

**Video Series by Dr. Bob Schuchts
 & Sr. Miriam James Heidland**



COME EXPERIENCE

**8 Talks | Community
 Reflections | Healing & Restoration**



Scan the QR code to register



This is a 3 day retreat at Pacem in Terris on August 26th-28th. The cost is \$475 and includes two nights and 3 days stay, workbook signature Pacem food basket, 4 meals, and videos. Commuter option: cost \$150 (no overnight stay) includes workbook, 4 meals and the videos. Contact Janice at healing@spiritandsaints.org or call (320) 640-7623.

Adore at George! Tuesday, August 25th form 3-7:30 p.m. Everyone is invited to this outdoor Adoration event located at the South end of Lake George, St. Cloud. (1101 7th Street S. St.)

3:00 p.m. Exposition, Reading, Homily & Testimony, Divine Mercy Chaplet.

4:00 p.m. Silent Prayer, Prayer Teams, Confession.

6:00 p.m. Praise & Worship.

7:15 p.m. Benediction & Closing Prayer.



2026

**RURAL LIFE
 CELEBRATION**

**FRUIT OF THE EARTH,
 WORK OF HUMAN HANDS**



Join us for
 Mass • Award Presentations
 • Fun for the whole family

**August 16
 1:30 p.m.**

**Moenkedick Family Farm
 38153 – 431st Street
 Perham, MN 56573**



DIocese of Saint Cloud

MONTHLY Mercy Challenges

Looking for a simple way to keep Christ's Heart of Mercy theme fresh? We've designed a series of "Mercy Challenges" to complete on your own.

Scan the QR code with your smartphone for more information