

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

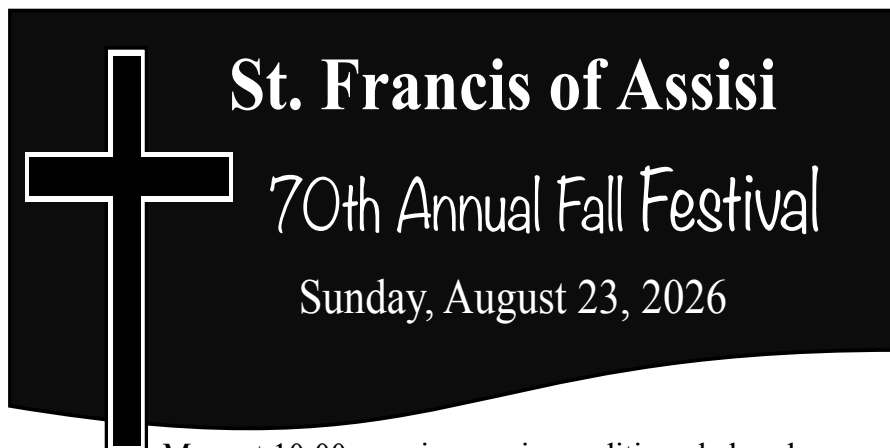
Sick & Homebound Ministry:

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.



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

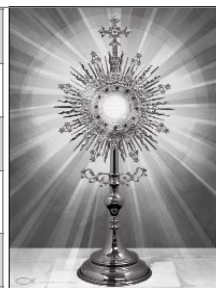
The Twenty-First Sunday in Ordinary Time

August 23, 2026

Ministry Schedule

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

Monday, 8/24	
6:30 p.m. St. Mary	Rosary & Chaplet of Divine Mercy (No Mass)
Tuesday, 8/25	<i>St. Louis; St. Joseph Calasanz, Priest</i>
6:00 p.m. St. Mary	† Frank Gerads & Joan Gerads ~Jeanette Gerads
Wednesday, 8/26	
8:00 a.m. St. Francis	† Jerome Gerads. ~ Joanne Gerads
Thursday, 8/27	<i>St. Monica</i>
8:00 a.m. St. Edward	† Sherry Bartkowicz ~ Carol Molus
Friday, 8/28	<i>St. Augustine, Bishop & Doctor of the Church</i>
7:30 a.m. St. Mary	† Lorraine Frie



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

...For from him and through him and for him are all things. To him be glory forever. Amen. Rom. 11:36

Saturday 8/29		Twenty-Second Sunday in Ordinary Time
4:00 p.m. St. Edward	For Norbert & Hellen Dehn	EM of HC: Derek Biniek, Jackie Oldakowski c, Jim Bartkowicz, Lector: Tracey Hartung, Servers: Jasmyn Oldakowski, Ushers: Donald Welinski & Jeff Czech, Gift Bearers: Scott & Jen Wensmann
Sunday 8/30		
8:00 a.m. St. Francis	† Julie Scegura ~Barry & Colleen Harren	EM of HC: Syl Tschida, Judy Theisen c, Rosanne Voss c, Lector: Jane Keppers, Servers: Evan Welle, Ushers: Bob Theisen & Craig Voss, Gift Bearers: Kurt & Jackie Goebel, Sacristan: Bob Theisen
10:00 a.m. St. Mary	For the People	EM of HC: Mike Klasen, Chantelle Frie c, Jon Leither c, Lector: Tom Kilian, Servers: Riley Klasen & Wyatt Klasen, Ushers: Bob Blonigen & Mikel Nelson, Greeters: LeAnn & Walt Beneke, Gift Bearers: Elmer Frie & Mary Frie, Bank Deposit: Mike Klasen

"But who do you say that I am?" Simon Peter said in reply, "You are the Christ, the Son of the living God."

Religious Education

K-6: Beth Lange- bethlange 83@gmail.com (320) 630-8390

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

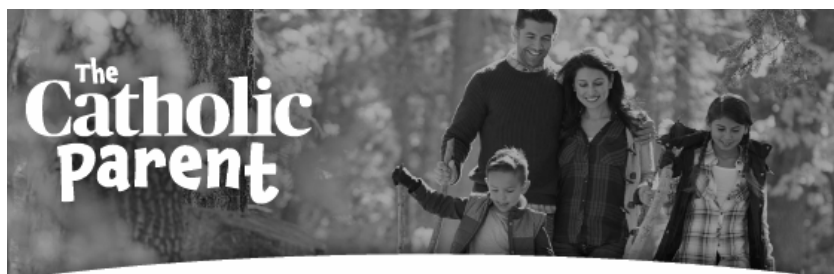
Faith Formation Teachers Needed.

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!

Upcoming Opening Mass:

September 16th at 7:00 p.m. St. Mary's, Upsala

K-6 arrive at 6:15 p.m. & 7-10 class will be at 7:30 p.m.



Do you ever feel like it's almost impossible to raise holy kids who love God (and sit still in Mass!) in our modern world? You're not alone. This six-episode series features real Catholic families like yours sharing their daily struggles and victories. Created by the Augustine Institute and Catholic Sprouts, The Catholic Parent aims to encourage you as a mom or dad as you embrace your God-given role to form your family in the richness of the Catholic faith.

Watch the series on FORMED.org with your spouse, with friends, on your own, or as part of a small group! The participant guide includes questions for group discussion, topics for personal reflection, and ideas to try at home.

The Catholic Parent will empower parents in your community to:

- Faithfully take their families to Sunday Mass, even in difficult seasons
- Commit to praying as a family, even when life is hectic
- Receive Jesus' forgiveness and mercy in the Sacrament of Confession, even when it's hard to face our sin
- Live sacrificially for each other out of love, even when it's uncomfortable
- Give generously to those in need, even when it requires a lot of trust
- Raise the next generation of saints, even today

Subscribe to FORMED for free at:

www.signup.formed.org. Enter parish zip code (56384). Enter your name and email address. movies, talks, prayers and kid's content.

Please Join in the Celebration!

The St. Catherine's Corner Group of St. Edward's, Elmdale invites everyone in our ACC to come welcome our new Pastor, Fr. Sebastian after the 4:00 p.m. Mass next Saturday, Aug. 29th.

WELCOME

OUR NEW PRIEST

Fr. Sebastia

Let's welcome Fr. Sebastia into our community!

JOIN US FOR A

POTLUCK

SATURDAY
AUGUST 29, 2026
AFTER 4 PM MASS

POTLUCK
PLEASE BRING A DISH TO SHARE

ELMDALE CHURCH
BASEMENT

SMOKED HAM SANDWICHES,
LEMONADE, COFFEE,
AND WATER WILL BE PROVIDED

Come one, come all!
ELMDALE • UPSALA • ST. FRANCIS

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.

Opportunities to attend a Healing the Whole Person Retreat!

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. To register contact Janice: healing@spiritandsaints.org. (320) 640-7623.

WEEKEND COLLECTION 8/16/2026

St. Edward: Adults: \$612, Loose: \$302, Assumption: \$297, **Total: \$1,211**

St. Francis: Adult: \$555, Loose: \$344, Votive: \$154.85, Assumption: \$50, **Total: \$1,103.85**

St. Mary: Adults: \$2,696, Loose: \$390, Assumption: \$150, Funeral: \$50 **Total: \$3,286**



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

VA Escorts: Sunday, August 30th.

Next Meeting: Tuesday, September 8th, 8:00 p.m. at St. Edward, Elmdale.

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 for more information and to register.

10 Things to Teach Your Kids About Being Catholic Before They Leave Home.

1. You are a beloved son/daughter of the King.
2. You are seen, known and loved.
3. When the noise of the world is too much, Jesus quite literally waits for you in the quiet at any Catholic Church.
4. When you feel alone in a struggle, connect with a Saint.
5. When you miss us, call Mother Mary and implore her help, protection, and guidance.
6. When you don't feel connected in relationship or in your circle, reach outside yourself and plug into local volunteers opportunities.
7. Don't forget the power and grace in the sacraments. Confession is not just about seeking forgiveness; it's a sacrament of healing and it's a testament to God's unending mercy.
8. Don't forget to pray.
9. You have a unique calling from God. Seek God's guidance in prayer.
10. Go to Mass-it's your spiritual anchor. ~excerpts from catholic-link/Christie McGee

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.

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.



Her Queenship in Church Tradition

Mary is the Mother of the Church because she was the Mother of Jesus Christ, who is God. This profound familial relationship is not somehow dissolved or lessened in significance after Mary's death, but instead is exalted. Just as Christ is exalted in heaven as King of Kings and Lord of Lords, Mary is similarly exalted in heaven as Queen Mother.

In this life, Mary shared in the Passion of Christ, and in heaven she shares in the Glory of Christ. This privilege of reigning with Christ is not meant for Mary alone, but she is our example in that all of us are intended to reign with Jesus in heaven, too. Mary has the special exalted place as Mother of Jesus and Mother of the Church, who helps the faithful journey to her Son. ~ <https://www.catholiccompany.com/blogs/magazine/lessons-on-the-queenship-of-mary-5873>

Natural Family Planning

*Note: Most insurance plans cover the cost of NFP Instruction and follow-up! Class is approximately 1½ to 2 hours long.

Alexandria on Monday, 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 of St. Gabriel's Hospital. Contact Mary Bontjes at bontjesmary@yahoo.com or call the Little Falls NFP (320) 631-5660.

Sauk Centre on Thursday, Sept. 17th at 6:30 p.m. at St. Paul's Church or Sauk Centre Hospital. Contact Jill and Isaac Uphus at uphus.nfp@gmail.com or (320) 290-8751.