

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.

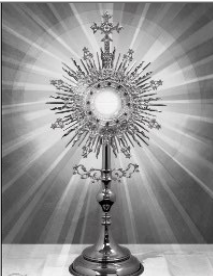
Marriage: Couples need to begin
preparations with Fr. Helmin nine
months in advance.

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

Fr. Jimmy's Farewell Party-you will be missed!



Ministry Schedule

Saturday 7/4		Fourteenth Sunday in Ordinary Time	
4:00 p.m. <u>St. Edward</u>	For the People	EM of HC: Jim Wensmann, Julie Wensmann c, Derek Biniek c, Lector: Shari Biniek, Servers: Bethany Hartung & Jacob Hartung, Ushers: Donald Welinski & Jeff Czech, Greeters: Megan Wensmann, Gift Bearers: Greg & Renee Wensmann	
Sunday 7/5			
8:00 a.m. <u>St. Francis</u>	† Dan Lange	EM of HC: Rosanne Voss, Bob Theisen c, Judy Theisen c, Lector: Jane Keppers, Servers: Evan Welle, Ushers: Mark Moorman & Syl Tschida, Gift Bearers: Jim & Tammy Lehner	
10:00 a.m. St. Mary	† Ken Roske	EM of HC: LeAnn Beneke, Cindy Koehn c, Jon Leither c, Lector: Kim Koehn, Servers: Lilli Leither, Ushers: Darren Lange & Mitch Lange, Greeters: Mikel & Julie Nelson, Gift Bearers: Jamie & Jennie Leners, Bank Deposit: Judy Michels	
Monday, 7/6	<i>St. Maria Goretti, Virgin & Martyr</i>		 <p>Adoration 2nd Tuesdays: St. Francis 8am -7pm Thursdays: St. Mary's 12 noon - 9 pm First Fridays: St. Edward's 12 noon -9 pm</p>
6:30 p.m. St. Mary	Rosary & Chaplet of Divine Mercy (No Mass)		
Tuesday, 7/7			
6:00 p.m. St. Mary	† Rich Boeckermann		
Wednesday, 7/8			
8:00 a.m. St. Francis	† Deceased members of the Gilbert & Carol Gerads Family		
Thursday, 7/9	<i>St. Augustine Zhao Rong, Priest & Companions, Martyrs</i>		
No Mass			
Friday, 7/10			
7:30 a.m. St. Mary	Special Intentions ~ G & M		
The Lord is faithful in all his words and holy in all his works.Ps 145:13-14			
Saturday 7/11		Fifteenth Sunday in Ordinary Time	
4:00 p.m. St. Edward	† Lois Maciej	EM of HC: Derek Biniek, Joan Theisen c, Jerry Theisen c, Lector: Tracey Hartung, Servers: Bethany Hartung & Jacob Hartung, Ushers: Jim Wensmann & Justin Wensmann, Greeters: Raymond Kokott, Gift Bearers: Steve & Kathy Blonigen	
Sunday 7/12			
8:00 a.m. St. Francis	† Melvin Pundsack	EM of HC: Brittany Harren, Colleen Harren c, Alice Westrich c, Lector: Jim Scholz, Servers: Emmalyn, Carter & Brayden Harren, Ushers: Mark Moorman & Syl Tschida, Gift Bearers: Mike & Shelly Harren	
10:00 a.m. St. Mary	† Josephine Schneider	EM of HC: Chantelle Frie, Renee Scholz c, Mike Klasen c, Lector: Leonice Prokott, Servers: Riley Klasen & Wyatt Klasen, Ushers: Tom Kilian & Mary Frie, Greeters: Walt & LeAnn Beneke, Gift Bearers: Patrick & Lisa Zabinski, Bank Deposit: Mike Klasen	

“Come to me, all you who labor and are burdened, and I will give your rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light.”

~Matthew: 11:25-30



Dear Parishioners,

As I will be serving you until Fr. Sebastian arrives, I will attempt to meet your spiritual needs. You are welcome to call (320) 293-6220. I will attempt to answer all calls, even when I am fishing.

I will keep the Mass schedule as Fr. Jimmy has in place as well as the Confession schedule. I will be available to celebrate Baptisms and funerals. I am happy that I can be of service to our three parishes. ~ Fr. Virgil Helmin

Steubenville

Please pray for the 26 youth and chaperones going to the Steubenville Youth Conference July 24-26. We would like to have them in constant prayer while they are gone so you are invited to sign up for a prayer slot to pray wherever you may be at the time. Contact Jim Scholz for questions. 229-2898.

Vocations Camp: August 6th

Join Fr. Doug and seminarians for three days at Lake Osakis packed with fishing, swimming, frisbee, kickball, confession, Mass, Adoration, lots of bacon and more. Draw closer to Jesus and learn to live a new life, saying with St. Paul, "It is no longer I who live, but Christ who lives in me." Check-in: 9:00-9:30 a.m. We seek to provide an engaging environment where young Catholic men are able to listen to the voice of Jesus Christ. We desire to instill in their lives the faith and trust to follow Him no matter where He may lead.

NOTE: Camp families are welcome to join for Mass on August 5 at 11 a.m.. with a potluck lunch to follow.

COST: \$50 – Scholarship available **DEADLINE:** July 13th.

QUESTIONS: Julie.Jacobs@gw.stcdio.org or call 251-5001.

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, July 20th & Aug. 17th 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, July 7th & Aug. 4th 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, July 16th & Aug. 20th 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 Monday, July 20th & Thursday, Aug. 20th at 6:30 p.m. at the Office of Marriage & Family. Contact Sheila Reineke at omf@gw.stcdio.org or (320) 258-7609.

Prayer to the Precious Blood

Most Precious Blood of Life Eternal, price of sinful man's redemption, by whose saving streams the thirst of souls is quenched, and their stains are washed away, You who plead the cause of man before the throne of infinite mercy, from the depths of my heart I adore You and desire, as much as lies in my power, to make atonement for the injuries and insults that are constantly offered You by mankind, and especially by those who rashly dare to blaspheme You.

Who will not bless and praise this Blood of infinite value? Whose soul would not be inspired with love for Jesus Who shed It all for us? What would be my fate, had I not been redeemed by this Divine Blood? And what drew You from the veins of my Savior even to the last drop? It was love! O Boundless love, which has given us this saving balm! O priceless balm, welling from the fount of immeasurable love! Grant that all hearts and tongues may praise You, magnify You, and give You thanks, now and throughout all ages. Amen.

www.catholictradition.org/Christ/precious-blood23.htm

St. Francis' News

Save the Date:

St Francis Festival Auction Meeting will be Monday July 6th at 6pm in our church basement. Please attend. All ideas welcome. Contacts: Jane, 320- 232 -3290, Rosanne, 320-248-8910, Carol, 320-290-9790 See you there!

Wedding BANNERS I



Holly Keppers & Steven Skroch

July 25 2026

St. Francis of Assisi

WEEKEND COLLECTION 6/21/2026

St. Edward: Adults: \$1,262, Loose: \$166, Votive: \$75.19, **Total: \$1,503.19**

St. Francis: Adult: \$425, Loose: \$135, **Total: \$560**

St. Mary: Adults: \$1,095, Loose: \$332, **Total: \$1,427**



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

Next Meeting:

There will be no July Meeting.

KC Float: August 8th, Upsala parade.

Wondering how to inspire your kids this summer?

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.

ALL WOMEN WELCOME!

5th Annual

All City Women's Mixer

Wednesday, July 15th at 6 p.m.

In the Pavilion

Jordie's Garden, Bowlus

Chicken Buffet Style Meal

RSVP by July 8th

Call the Parish Office to register

Natural Family Planning (NFP)

Awareness Week July 19-25th

This year's theme from the USCCB is, "Natural Family Planning: Designed by God – Guided by Love – Open to Life." To learn more contact Sheila Reineke at (320) 258-7609 or email sreineke@gw.stcdio.org



**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.

The Anima Christi

Soul of Christ, sanctify me. Body of Christ, save me. Blood of Christ, inebriate me. Water from the side of Christ, wash me. Passion of Christ, Strengthen me.

O Good Jesus, hear me. Within Your wounds hide me. Suffer me not to be separated from you. From the evil one defend me. In the hour of my death, call me. And bid me come to You, That with all Your saints, I may praise You forever and ever. Amen.

Humanae Vitae Mass & Award Reception July 23, 2026

Join the celebration at Saint Mary's Cathedral in Saint Cloud. We will celebrate the 58th Anniversary of *Humanae Vitae* with Mass at 7:00 p.m. with Bishop Patrick Neary presiding. A reception will follow, with the presentation of the 2026 *Humanae Vitae* Award to Tom & Meg Klecker. For details, visit <https://stcdio.org/event/humanae-vitae-award-2026/>.

Upsala Heritage Day

Saturday, August 8th beginning with 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.

The youth of our parishes will be having a food stand at Heritage Days. Help form our parishes will be greatly appreciated. A sign up sheet will be available very soon for different shifts. If you would like to donate or have questions, please call Chad Koopmeiners at 293-7092. Thank you!

Holy Family Mini Fest: August 13-16, 2026

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.

Rural Life Celebration

The annual Rural Life Celebration will take place on Sunday, August 16th. This annual diocesan event celebrates our rural nature as a diocese, including various rural life awards, promotes care for creation and raises funds for the diocesan Rural Life Fund. The event will begin with Mass on the farm with Bishop Patrick Neary at 1:30pm. Immediately following Mass, Bishop will present this year's Catholic Century Farm Awards and Rural Business Award. Everyone is then invited to stay for refreshments, fellowship and activities for the whole family. All are welcome to attend. More information to come.

The Stearns County Household Hazardous Waste (HHW) event is scheduled for Wednesday September 30th, 10am to 5pm in the St. Francis Church parking lot. Save the date.