

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



Saint Edward
Saint Mary
Saint Francis of Assisi



Pastor: Fr. Jimmy Joseph
(320) 573-2975
triparishcom@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
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 brought to you or
a loved one.

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

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

Lent Is Only Step 1 of 3

Classical Catholic spirituality has long taught that the spiritual life unfolds in three “ages” or stages: the purgative way, the illuminative way, and the unitive way... In other words, the spiritual life progresses through recognizable stages. Beginners first learn to turn away from sin and disordered attachments. Then they begin to grow in deeper understanding of God through a direct illumination in the soul by God. Finally, they reach a more profound union with him.

The Purgative Way (Beginners)

This stage is focused on purification—turning away from sin, disciplining the passions (the lower faculties of the soul), and learning the habits of prayer and virtue.

The Illuminative Way (Proficients) Here the soul grows in deeper knowledge of God, guided more directly by the gifts of the Holy Spirit.

The Unitive Way (The Perfect) This stage is characterized by a profound union with God through charity. But the beginning is always purification. And that is exactly what Lent is about.

The Ascetical Life and the Mystical Life

To understand why the purgative way comes first, we need to distinguish between two important aspects of the spiritual life: the *ascetical* life and the *mystical* life.

The *ascetical life* refers to the part of the spiritual life where we actively cooperate with grace through discipline, prayer, and the practice of virtue. It involves effort, struggle, and deliberate conversion.

The *mystical life*, by contrast, refers to the deeper work that God himself does in the soul through the gifts of the Holy Spirit. In this stage, the soul becomes more directly guided by divine action. And according to Matthew 16, this stage involves more crosses that we are given than only acts of denying ourselves (i.e., God purifies us directly).

Lent and the Purgative Way

This is exactly why the church gives us Lent—we are all called to true holiness, the kind that leads to a mystical relationship with God. The three traditional Lenten disciplines—prayer, fasting, and almsgiving are not random acts of piety. They correspond directly to the purification needs in the purgative stage. ~ *Joshua Mazrin-excerpts for catholic.com/magazine/online-edition/lent-is-only-step-1-of-3.*

Ministry Schedule

Saturday 3/21		
4:00 p.m. St. Francis	†Deceased family of Charles & Loretta Gerads	EM of HC: Bob Theisen, Judy Theisen c, Colleen Harren c, Lector: Mary Jane Boeckermann, Servers: Emmalyn, Carter & Brayden Harren, Ushers: Mark Moorman & Syl Tschida, Gift Bearers: Bob & Gail Wuebkers, Sacristan: Bob Theisen
Sunday 3/22		
8:00 a.m. St. Edward	†Frances & Marcellus Theisen ~ Jerry & Joan Theisen	EM of HC: Derek Biniek, Jim Wensmann c, Julie Wensmann c, Lector: Jeff Czech, Servers: Bethany Hartung & Jacob Hartung, Ushers: Mike Urbanski & Nick Schleper, Greeters: Volunteers, Gift Bearers: Kris & Carrie Wensmann
10:00 a.m. St. Mary	For the People	EM of HC: Jon Leither, Chantelle Frie c, LIsz Zabinski c, Lector: Leonice Prokott, Servers: Lilli Leither, Ushers: Tom Kilian & Mary Frie, Greeters: Walt & LeAnn Beneke, Gift Bearers: Mikel & Julie Nelson, Bank Deposit: Judy Michels

Monday, 3/23	<i>St. Turibius of Mogrovejo, Bishop</i>
6:30 p.m. St. Mary	Rosary & Chaplet of Divine Mercy (No Mass)
Tuesday, 3/24	<i>St. Oscar Romero, Bishop & Martyr</i>
6:00 p.m. St. Mary Stations of the Cross	† Leo & Catherine Hartung ~ Pat & Lisa Zabinski
Wednesday, 3/25	<i>The Annunciation of the Lord</i>
8:00 a.m. St. Francis Stations of the Cross	† Marcellus & Frances Theisen ~ Bob & Judy Theisen
Thursday, 3/26	
8:00 a.m. St. Edward Stations of the Cross	† Bob, Phyllis, Jeanette & Elaine Yasgar ~Joyce Holtz
Friday, 3/27	
7:30 a.m. St. Mary Stations of the Cross 7:00 p.m. St. Edward	† Jerome Beddow Rosary & Stations of the Cross



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: Dee Booth, 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, Lorraine Frie, Pat Harren, Devota Nilson, Rosemary Pundsack, Ron Schmidt, Dave Hollenkamp, Shailyn Welinski, Bob Blonigen, Eleanor Tschida, Ken Welle, Leonard & Eileen Koroll

I will put my spirit in you that you may live! Ez 37:12

Saturday 3/28		
4:00 p.m. St. Francis	For the People	EM of HC: Joyce Koopmeiners, Alice Westrich c, Mary Jane Boeckermann c, Lector: Jane Keppers, Servers: Evan Welle, Ushers: Mark Moorman & Syl Tschida, Gift Bearers: AJ & Pam Welle, Sacristan: Judy Theisen
Sunday 3/29		
8:00 a.m. St. Edward	†Raymond Jendro ~ Ione Brezinka	EM of HC: Joan Theisen, Jerry Theisen c, Jackie Oldakowski c, Lector: Bill Boser, Servers: Bethany Hartung & Jacob Hartung, Ushers: Gerard Oldakowski & Greg Larson, Greeters: Volunteers, Gift Bearers: Dan & Barb George
10:00 a.m. St. Mary	†Luke Jacobs ~ Marvin & Shirley Wensmann	EM of HC: LeAnn Beneke, Mike Klasen c, Renee Scholz, Lector: Chantelle Frie, Servers: Riley Klasen & Wyatt Klasen, Ushers: Darren Lange & Mitch Lange Greeters: Randy & Jane Tretter, Gift Bearers: Patrick & Lisa Zabinski, Bank Deposit: Mike Klasen

Religious Education

K-6: Reba Leither-leitherreba@gmail.com, (701) 426-1607

Beth Lange- bethlange 83@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, confirmation@tworiverscatholic.com

This Week's Classes: Wednesday, March 25th

Confirmation: 6:15p.m. All Saints-St. Mary's, Holdingford
k-10 Gr. Journey with Jesus to Calvary performance

Children's Liturgy 10:00 a.m. Mass at St. Mary's. To join us Contact Chelsea Fuchs fuchschelsea92@gmail.com.

Youth Group (8-12 grade) Sunday, March 22nd, 5-6:30 p.m. at St. Mary's, Upsala-games, food, and faith. Bring a friend!

Dinner Theater

Our own Bob Theisen will star in *Whose Wives Are They Anyway?* April 10th-12th, 17th-19th at Sandy's Sunset Bay in St. Anna. Call (320) 845-7738 for more information.

Friday & Saturday: 5:30 p.m. dinner \$30-reservations needed. Sunday: 1:30 p.m. \$8 at the door.

Lenten Ideas for Serving/Almsgiving

- *Show an act of kindness to each family member today.
- *Do someone else's chores this week.
- *Send a card to someone who is sick or lonely.
- *Bring food to the parish or community food shelf.
- *Be kind to someone who is difficult to like.

St. Edward's Spaghetti Supper

A sign-up sheet to help with the Spaghetti Supper is on the table in the entry of church. We'll need kitchen help and clean-up. Bars, cookies and cakes can be brought to the basement that day. We have poster printed and on the entry table if you'd like to help deliver to businesses.



WEEKEND COLLECTION 3/15/2026

St. Edward: Adult: \$285, Loose: \$49, Easter Flowers: \$75, Fire Fund: \$50, Catholic Relief: \$5, **Total: \$464**

St. Francis: Adult: \$724, Loose: \$283, Votive: \$217.43, Food Shelf: \$50, Fire Fund: \$20, Catholic Relief: \$30

Total: \$1,324.43

St. Mary: Adults: \$1,244 Loose: \$93.85 Easter Flowers: \$75, Catholic Relief: \$100, **Total: \$1,512.85**

St. Mary's Fish Fry and Raffle is Friday, March 27th 4-8pm with a cash raffle at 7:30pm. Everyone welcome!

St. Mary's Parishioners: please sign up to help! Preparation day is Thursday, March 26th, starting at 4:00 p.m. Take a shift of fish fry day! Shifts are 4-6:30 p.m. and 6:30 p.m. until finished. To sign-up, please contact Laura Ripplinger (320.333.9184) or put your name on the sign-up sheet in the gathering area. We are asking each family to bring bars or cookies on Thursday or Friday to help contribute as well. (Church will be open from 6:30 p.m. to 9:00 p.m. for drop-off). Thank you, parishioners, for all of your help!

Graduation Scholarship Scholarship forms for all the parishes are available in the church entry or Upsala High School. The deadline is April 24th to have them returned to the Parish Office.

March is Food Share Month The Social Justice Committee has set up a donation box at the entry of St. Mary's church. Thank you! St.

Francis Men's Society After the 4 p.m. Mass on this weekend on March 21st the St. Francis Men's Society will be serving donuts, coffee, milk & juice. Come down to visit or grab a donut and go.

Come see Journey with Jesus to Calvary at St. Francis of Assisi Church (44055 Hwy 238, Freeport). Performance dates are:

Wednesday, March 25th at 7:00 p.m.

Friday, March 27th at 7:30 p.m.

Saturday, March 28th at 7:30 p.m.

Sunday, March 29th at 1:00 p.m.

On the Radio!

We will be on KASM radio on Wed., March 25th at 9:15 a.m. Listen in!

Notes for Actors: On performance nights all actors should try to be at church 30-45 minutes before show time. We all need to be ready to go on stage 5 minutes before the start time. Thank you all in advance for your time and effort. May we all enjoy putting on a performance that starts Holy Week off for all the people attending. For questions call Bob at 573-2933.

Easter Mass Schedule

March 29: Palm Sunday-Regular Schedule
April 2: Holy Thursday-7:00 p.m. St. Francis
April 3: Good Friday-12 Noon St. Mary
3:00 p.m. St. Edward
April 4: Holy Saturday-8:30 p.m. St. Mary
April 5: Easter Sunday-8:00 a.m. St. Edward
10:00 a.m. St. Francis

Stations of the Cross will be after Daily Mass on Tuesday through Friday and 7:00 p.m. on Fridays at St. Edward throughout Lent.



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

Knights of Columbus Breakfast & Raffle

will be on this Sunday, March 22nd at St. Stanislaus, Bowlus from 9:00 a.m.-12:30pm. Free Will offering. All welcome to attend!

VA Escorts: March 29th

Knights of Columbus Divine Mercy Chaplet Novena

4/3 Elmdale following Good Friday Service
4/4 Bowlus at 3pm
4/5 North Prairie following Easter Mass
4/6 Upsala following the 6:30 p.m. Rosary
4/7 Elmdale, 7pm, meeting to follow
4/8 North Prairie at 7 pm.
4/9 Upsala at 7 p.m.
4/10 Bowlus at 7:30 p.m.
4/11 Elmdale at 3 p.m

Spring Campaign for Life until Mar 29th

Please sign up for an hour to walk near Planned Parenthood on Monday-Friday through March 28th. Help us promote LIFE! Contact: judy4life@meltel.net

Rosary Walk for Life

Meet at 4:00 p.m. outside or inside All Saints-St. Mary's, Holdingford to pray for life! Tuesday, March 24th. Not able to attend, pray at home with us!

CRS Rice Bowl Bowls are in the entry of our churches to add your donation. Learn more at crsricebowl.org/donate. Return to church by April 3rd so we can send ours altogether.

Join the Franciscan Sisters of Little Falls for Taizé Prayer

on Tuesday, March 24, 5:30 p.m. in the Gathering Space on the campus of the Franciscan Sisters. Enter at the Main Entrance, Door F. All are welcome!

Taizé is a simple meditative practice that includes readings, long periods of silence and brief repetitive songs. Participants find this prayer service to be a time to center themselves and experience quiet contemplation, a perfect way to end a busy day. No experience with meditation needed, nor a singing voice! Each service will be about 45 minutes long. No RSVP is needed.

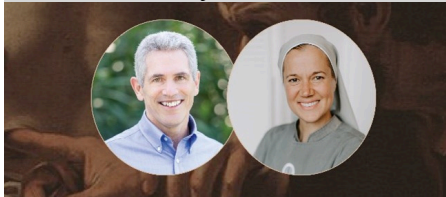
Chrism Mass will be celebrated on Thursday, March 26th at 7:00 p.m. at the Cathedral of St. Mary in St. Cloud. During the Chrism Mass, the Bishop gathers with the priests, deacons and people of the diocese to consecrate the Sacred Chrism and bless the Oil of the Catechumen and the Oil of the Sick. These Holy Oils will be used for baptisms, confirmations, ordinations, and anointing of the sick throughout the diocese from Easter to Easter. All are welcome to attend.

Holy Family Church Ham Bingo Sunday, March 29th at 1:30 p.m. 20 games for \$5, 2 Blackout games for \$1 per card. (18777 Riverwood Drive, Little Falls).

God, come to my assistance. Lord, make haste to help me.

Healing the Whole Person

Video Series by Dr. Bob Schuchts & Sr. Miraim James Heidland



Engage your story with honesty-accept His invitation to make you whole-live in His freedom and transform the world!

Join us for this in person video series:

8 Talks/Community Reflections/Healing/Restoration

Little Falls: Mondays-April 13th, 20th, 27th and May 4th at 7:00 p.m. at the JohnPaul II Center (108 3rd St. NW, Little Falls). Register by April 3rd-\$20/person.

Holdingford: * Only 50 spots available* 3 day weekend retreat at the Gathering Barn (35204 County road 155, Avon). Friday: 3-8:30pm, Saturday: 9:30am-4pm and Sunday: 10am-4:30pm. Register by April 8th-\$50/person (includes meals).

St. Cloud: 4 Saturday mornings, 8am-12pm, April 25th, May 2nd, 16th, 30th at Christ Church Newman Center (396 1st Ave. S. St. Cloud). Register by April 15th- \$20/person.

Questions: Janice (320) 640-7623 healing@spiritandsaints.org

Registration: forms.gle/NZkuqkG6xUnXy4mw7

Or scan the QR code on posters in church entry or on our website.

*Licensed series used with permission the JP II Healing Center.