



ONE IN FAITH Area Catholic Community of

St. Mary - Melrose, Sacred Heart - Freeport
Immaculate Conception - New Munich
St. Rose of Lima - St. Rosa, St. Michael - Spring Hill
St. Andrew - Greenwald, St. John - Meire Grove

The Exaltation of the Holy Cross

September 14, 2025

Fr. Daniel Walz, Pastor
Fr. Mitchell Bechtold, Pastor
Fr. Oswaldo Roche, Parochial Vicar

Melrose - Spring Hill - Greenwald - Meire Grove Office:

Hours: Monday - Thursday 8:00 am - 3:00 pm

Friday 8:00 am - 12:00 pm

Office Phone: 320-256-4207

Fr. Mitchell Bechtold: 320-256-9512

mlbechtold@outlook.com

Fr. Oswaldo Roche: 320-256-9513

frosvaldo@stmarysofamelrose.com

Office Email: pam@stmarysofamelrose.com

Faith Formation: faithformation@stmarysofamelrose.com

Website: www.oneinfaith.org

Facebook: Church of St. Mary, Melrose

Mailing Address: 755 Kraft Drive SE

Melrose, MN 56352

Freeport - New Munich - St. Rosa Office:

Hours: Monday - Thursday 9:00 am - 3:00 pm

Friday 9:00 am - 12:00 pm

Office Phone: 320-836-2143

Office Email: triparish@albanytel.com

Faith Formation: faithformation@catholic-centered.org

Website: www.sacredheartfreeport.org

Facebook: Tri Parish

Mailing Address: PO Box 155

Freeport, MN 56331

Bulletin Announcements

Deadline: Tuesday before 9:00 am

Email information to: bulletin@catholic-centered.org

Confession Times

- ♦Fridays 7:45 am Sacred Heart
- ♦Saturdays 3:30 pm Immaculate Conception
- ♦Saturdays 3:30 pm St. Andrew
- ♦Saturdays 4:30 pm St. Mary
- ♦Or by appointment. Call the Parish Office.

Marriage

Couples are to begin preparation 6-12 months in advance and **must** call the respective Parish Office **before setting a date.**

*Diocesan Marriage Preparation Classes are required.

Baptism & OCIA

If you are interested in having your child baptized or participating in the OCIA program, contact the respective Parish Office.

Anointing of the Sick Homebound Communion Pastoral Visitation Joining/Leaving a Parish

If you have any of the above or other pastoral needs, please call the respective Parish Office or check the parish websites.



The Transforming Power of the Cross

For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life. For God did not send his Son into the world to condemn the world, but that the world might be saved through him. John 3:16-17

If Jesus would never have given His life on a cross for the salvation of the world, then a cross would never have been seen in "exultation." A cross, in and of itself, is an instrument of death, a horrific and violent death. It's also an instrument of humiliation and torture. Yet, today, the Cross is seen as a holy and blessed object. We hang crosses in our homes, wear them around our neck, keep them in our pocket on the end of the rosary, and spend time in prayer before them. The Cross is now an exalted image by which we turn to God in prayer and surrender. But that is only the case because it was on a cross that we were saved and brought to eternal life.

If you step back and consider the amazing truth that one of the worst instruments of torture and death is now seen as one of the holiest of images on earth, it should be awe inspiring. Comprehending this fact should lead us to the realization that God can do anything and everything. God can use the worst and transform it into the best. He can use death to bring forth life.

Continued on page 5

ACC MASS TIMES AND INTENTIONS ~ SEPTEMBER 15 - 21

ADORATION

ST. MARY - Melrose

Mo	6:30 pm	Misa en Español †Encarnacion Luis de la Cruz
Tu	8:00 am	†Al and †Janet Seanger
We	8:00 am	†Clarence Wenker
Th	8:00 am	†Stacy Meyer
*Fr	8:30 am	SM School Mass †Ralph Inderrieden
Sa	5:00 pm	†Eymard & †Lucille Orth
*Su	9:00 am	Harvey & Liz Middendorf 50th Wedding Anniversary
Su	11:30 am	Misa en Español †Jose Luis Montañez

SACRED HEART - Freeport

We	8:15 am	†Deceased/Living Members of the Herb Hennen Family
Fr	8:15 am	Mass of Thanksgiving for the Harren Family
Su	8:00 am	†Betty Goebel Anniversary

IMMACULATE CONCEPTION - New Munich

Th	8:15 am	†Joe & †Eric Mergen
Sa	4:00 pm	For the People

ST. ROSE OF LIMA - St. Rosa

Tu	8:15 am	†Gerald "Jerry" Kapsner
Su	10:00 am	†Carla Wolbeck

ST. MICHAEL - Spring Hill

Tu	8:00 am	†David Schoenborn
Su	10:00 am	†Melvin and †Mary Ann Schulzetenberg

ST. ANDREW - Greenwald

Th	8:00 am	SJSA School Mass †Sr. Suzanne Slominski
Sa	4:00 pm	†For the People

ST. JOHN - Meire Grove

We	8:00 am	†Ernest Meyer
Su	8:00 am	†Chad Toenyan

St. Rose of Lima - St. Rosa

First Tuesday of the month
7:00 - 8:00 am

Immaculate Conception - New Munich

First Thursday of the month
7:00 - 8:00 am

St. Mary - Melrose

First Thursday of the month 6:30 pm
in Spanish (en Español)

Sacred Heart - Freeport

Fridays 9:00 am - 1:00 pm



*Mass will be livestreamed. Visit: oneinfaith.org for the YouTube link.

ONE IN FAITH AREA CATHOLIC COMMUNITY NEWS

Parish News:

~ St. Mary ~ St. Michael ~ St. Andrew ~ St. John ~

•**Annual Financial Reports** are in the kiosks or the backs of the churches for anyone who wants to view them.

NET Retreat Team Housing: We are looking for housing for the NET Team who are hosting a retreat on Saturday, September 20, for our 10th graders. This is a great opportunity to spend some time with these young adults who are on fire about their faith. This year we will have 5 men and 8 women missionaries needing housing on September 19 and September 20. They request that a minimum of 2 students are housed together. They bring their own pillows and sleeping bags. We would like to ask you to bring them to and from Immaculate Conception in New Munich on September 20. The retreat will run from 11:00 am – 5:00 pm. If you are interested in hosting or have further questions, please contact Kasia at 320-836-2143.

**Do You Want to Share Your Catholic Faith with Others?**

The One in Faith ACC is seeking out individuals who would like to assist with the OCIA program. We are looking for catechists, sponsors, mentors, etc. If you are interested in helping with this program, please contact one of the parish offices or Deacon Ernie Kociemba at kociemba@meltel.net or call 320-248-5124.

One In Faith ACC Employment Opportunity...

- Hiring After Care Assistants** Do you enjoy working with school-age children? Sacred Heart School is hiring part-time Assistants for the After Care Program this fall. Hours would be 3:00 - 5:30 pm. Call the school office at 320-836-2591 for application information.
- Part-Time Help.** SHS is looking for some part-time help in our infant/toddler center. Please contact the school office at 320-836-2591 if you are interested.



Mark Your Calendar Sacred Heart Catholic United Financial #101 Matching Grant Breakfast will be held on Sunday, October 12 in Freeport.

Do You Have Questions About the Catholic Faith?

Are you or anyone you know interested in exploring the Catholic Church as your church home? Have you been sitting in the pew next to your Catholic spouse for years wondering what you have to do to become Catholic? The Order of Christian Initiation for Adults (OCIA) is the Catholic Church's way of welcoming new members. It can also be the path to prepare for First Eucharist and/or Confirmation for baptized Catholics. OCIA is much more than a program. It is a learning and loving process in which conversion of the heart brings one to Jesus Christ. If you are interested in learning more about this program, please contact one of the parish offices or Deacon Ernie Kociemba at kociemba@meltel.net or call 320-248-5124 by Saturday, September 20.

**Are You Homeschooling Your Children?**

We would like to invite you to the St. Cloud and surrounding area Home Educated Youth Catholic Group. We will be having get togethers and activities throughout the school year and would love to see you there. For more information please contact Lisa Newhouse at 763-242-0346 or lisa.newhouse89@gmail.com or join our Facebook group HEY Catholic Small Group.

Pilgrims of Hope Annual Fall Conference for Catholic Women

The annual Fall Conference of the St. Cloud Diocesan Council of Catholic Women will be held Saturday, September 20, at the Church of St. Benedict, 212 1st Street SW, Avon, MN from 9:00 am - 2:30 pm. Registration of \$20 payable to St. Cloud DCCW due by September 10 and mail to Sue Burg, 39006 Co. Road #151, Avon, MN 56310; \$25 after 9/10 or at the door. Any questions contact Linda Borgerding at 320-293-1839.



Christ the King Retreat Center in Buffalo holds retreats throughout the year. Enhance your faith life with one of the retreats below. For more information or to register, please call 763-682-1394 or visit www.kingshouse.com.

- Pilgrims of Hope Women's Silent Retreat** - September 16-18 (Midweek)
- Pilgrims of Hope Men's Silent Retreat** - September 26-28 (Weekend)

CHURCH OF ST. MARY

Physical Address: 755 Kraft Drive SE
Melrose, MN 56352

◆◆◆◆◆◆◆◆◆◆ **Weekly Offerings** ◆◆◆◆◆◆◆◆◆◆

Total.....	\$6,704.50
Regular Adult Offering	4,778.00
Plate/Loose	939.50
Designated Funds	987.00

St. Mary's Calendar Raffle

09-07	\$25	Mike (Olivia) Klasen, Burtrum
09-08	\$25	Jenny Welle, Burtrum
09-09	\$25	Coltin Schmidt, New Munich
09-10	\$25	John & Rose Waldorf, Elrosa
09-11	\$25	Mike & Angela Feldewerd, Melrose
09-12	\$50	Roselyn Matchinsky, Melrose
09-13	\$25	Adam Walz % Gary Walz, Melrose

**Baptized in Christ...**

♥Tadeo José Ramírez Alvarez, ♥Damian Alexander Reyes Alvarez,
♥Beckett Scott Sopkowiak

Died in the Hope of Resurrection...

†Michael "Mike" Pohlmann, 68

All Are Welcome! St. Mary's Spirituality Group meets every Tuesday at 10:00 am at the St. Mary's parish conference room. Prayer, Book Study, Discussion! Come when it works for you!

Holy Wash Group is looking for a few extra helping hands! This ministry is both meaningful and flexible—you can give your time in a way that works for you, and even a little help makes a big difference. If you'd like to learn more, we'd love to hear from you! Please contact the parish office for details.

**The Scriptures This Week**

Year C, Weekdays - Cycle I

Mo	Our Lady of Sorrows (Memorial) (Twenty-Fourth Week in Ordinary Time) 1 Tm 2:1-8 Jn 19:25-27 or Lk 2:33-35
Tu	Saints Cornelius, Pope, and Cyprian, Bishop, Martyrs (Memorial) 1 Tm 3:1-13 Lk 7:11-17
We	Weekday (Saint Robert Bellarmine, Bishop and Doctor of the Church; Saint Hildegard of Bingen, Virgin and Doctor of the Church) 1 Tm 3:14-16 Lk 7:31-35
Th	Weekday 1 Tm 4:12-16 Lk 7:36-50
Fr	Weekday (Saint Januarius, Bishop and Martyr) 1 Tm 6:2c-12 Lk 8:1-3
Sa	Saints Andrew Kim Tae-gŏn, Priest, and Paul Chŏng Ha-sang, and Companions, Martyrs (Memorial) 1 Tm 6:13-16 Lk 8:4-15
Next Sunday - Twenty-Fifth Sunday in Ordinary Time	
	Am 8:4-7 1 Tm 2:1-8 Lk 16:1-13 or 16:10-13

CHURCH OF THE SACRED HEART

Physical Address: 106 3rd Avenue NE Freeport, MN 56331
Church Basement 320-836-2191

◆◆◆◆◆◆◆◆◆◆ **Weekly Offerings** ◆◆◆◆◆◆◆◆◆◆

Total.....	\$6,153.15
Regular Adult Offering	5,139.54
Plate	449.51
Votive	214.10
Building/Maintenance	180.00
School Support	10.00
All Soul	25.00
All Saints	25.00
World Mission Sunday	50.00
Human Development	60.00

Parish Events

Su	09/14	9:00 am	Catholic United Financial Quarterly Mtg.
Su	09/14	9:00 am	Baptism
We	09/17	6:00 pm	Elementary Faith Formation
We	09/17	7:00 pm	Middle/High School Faith Formation
Fr	09/19	7:45 am	Individual Confessions
Fr	09/19	9:00 am	Adoration
Sa	09/20	11:00 am	Grade 10 NET Retreat - NM
Mo	09/22	6:00 pm	Youth Event
Tu	09/23	7:10 pm	Knights of Columbus Meeting - SR



Children's Liturgy is offered during most Sunday Masses throughout the year. Children, pre-k through those preparing for First Holy Communion, are invited to participate in Children's Liturgy. For those who have received the Sacrament of the Eucharist, we ask that they remain and are active participants in the Mass.

Quarterly Meeting

Sacred Heart Catholic United Financial PVT #101 will be having a quarterly meeting on Sunday, September 14 after the 8:00 am Mass in Freeport. Rolls and coffee will be served. Business meeting will include discussion of details for the Matching Grant Breakfast to be held in October as well as suggestions/ideas for upcoming activities. All members are invited to attend.



Annual Meeting Freeport Christian Women are hosting their Annual Meeting on Tuesday, October 7 beginning at 6:00 pm in the Sacred Heart Church basement. Join us for a light meal, a quick year in review and a fun round of Trivia. All Freeport Christian Women and those interested in joining are invited attend. Door prizes will be given out as well.

Public Rosary...

We have much to pray for and even more to be thankful for.
All are invited and welcome!

- Sundays at 7:30 am in the church in Meire Grove.
- Mondays at 7:00 am in the church in Meire Grove.
- Tuesdays at 7:00 am in the church in Melrose.
- Wednesdays at 1:00 pm in the church in Melrose.
- Every Thursday except the first Thursday at 6:30 pm in Spanish in the church in Melrose.
- Fridays at 7:30 pm at the church in St. Rosa.
- 30 minutes prior to each weekday and weekend Mass in Freeport, New Munich, St. Rosa, and Spring Hill.
- 20 minutes prior to each weekday and weekend Mass in Greenwald.



CHURCH OF IMMACULATE CONCEPTION

Physical Address: 650 Main Street
New Munich, MN 56356
Church Basement 320-837-5217

◆◆◆◆ Weekly Offering ◆◆◆◆

Total.....	\$2,843.83
Regular Adult Offering.....	2,424.33
Plate	232.00
Building/Maintenance.....	37.50
Furnace	150.00

Parish Events

Su 09/14	1:00 pm	Private Event
Tu 09/16	6:30 pm	Catholic United Financial Meeting
We 09/17	6:00 pm	Elementary Faith Formation - FR
We 09/17	7:00 pm	Middle/High School Faith Formation - FR
Sa 09/20	11:00 am	Grade 10 NET Retreat
Sa 09/20	3:30 pm	Individual Confessions
Mo 09/22	6:00 pm	Youth Event - FR
Tu 09/23	7:10 pm	Knights of Columbus Mtg. -SR

**Matching Fund Breakfast**

Sunday, September 28, sponsored by St. Leo Court # 786, Catholic Order of Foresters, of New Munich in the Immaculate Conception Church basement. Menu: Ham, fried potatoes, eggs, etc. Serving from 8:30 am to 12:30 pm. Proceeds go to: "Restoration & Painting Church Sanctuary Expenses". Contact: 320-837-5239 for more information.

Bake Sale St. Ann's Christian Women will hold a bake sale Sunday, September 28 in conjunction with the Catholic Order of Forester's Breakfast in the church basement. Parish members with the last names beginning with N-Z are asked to bring baked items to the church basement Saturday afternoon or Sunday morning. If you choose not to bake, you are asked to please donate \$10.

St. Ann's Christian Women's Meeting will be held on Wednesday, September 24 at 7:00 pm in the gathering space at the Immaculate Conception Church. We welcome all members.

CHURCH OF ST. ROSE OF LIMA

Physical Address: 28905 County Road 17
St. Rosa, MN 56331
Church Basement 320-836-2537

◆◆◆◆ Weekly Offering ◆◆◆◆

Total.....	\$17,285.46
Regular Adult Offering.....	16,863.46
Plate	402.00
Votive	20.00

Parish Events

Tu 09/16	9:00 am	Quilting & Lunch
We 09/17	6:00 pm	Elementary Faith Formation - FR
We 09/17	7:00 pm	Middle/High School Faith Formation - FR
Fr 09/19	7:30 pm	Rosary
Sa 09/20	11:00 am	Grade 10 NET Retreat - NM
Su 09/21	11:00 am	Baptism
Mo 09/22	6:00 pm	Youth Event - FR
Tu 09/23	7:10 pm	Knights of Columbus Mtg.



Congratulations to Isaiah & MaKenzie (Herzog) Gerads who were married at Sacred Heart on Saturday, September 6. May God bless you with many years of happiness together.

Raffle Winners A list of raffle winners can be found on the Tri-Parish website and Facebook page, or by contacting the Tri-Parish Office in Freeport for a copy.

CHURCH OF ST. MICHAEL

Physical Address: 102 St. Michael Avenue N.
Spring Hill, MN 56352
Church Basement 320-987-3405

◆◆◆◆ Weekly Offering ◆◆◆◆

Total	\$1,447.00
Regular Adult Offering.....	1,105.00
Plate/Loose	92.00
Maintenance Fund	50.00
Fuel Fund	200.00

Liturgical Ministries**Sunday, September 21 - 10:00 am**

(S) Olivia & Lukas Kalthoff
(L) Lisa Wuertz
(U) Nick Waldorf & Bob Welle
(EM) (B) Mark Schoenberg
(EM) (C) No Precious Blood
(Sacristan) Kathy Welle
(RL) Marilyn Gruber
(CC) Doreen Schwieters & Tom Stalboerger
(HK: September 7-20) Mary Ann Orbeck, Cheri Poepping, & Melissa Poepping



Thank You to Group 3 and everyone that helped with the Catholic United Financial Matching Grant Breakfast & Bake Sale and for everyone that attended to make it a great success. Quilt winner: Father Oswaldo

HAPPENINGS AROUND THE AREA

Look for more information about these and other events in Central Minnesota Catholic Magazine or Local Paper or Online

September 14, Sunday

◆ Visitors from Germany, Meire Grove. The city of Garrel's *Heimatverein* (local heritage club) is doing a 24-person, 14-day tour of the Midwest, visiting areas where their emigrants settled. One stop is Stearns County because the Melrose Kemper family emigrated from Garrel, and there are Deters family ties between Garrel and Meire Grove. The Germans would love to visit with anyone who wants to come for all or part of the day, especially descendants of the two families. 9:30 am - Bus arrives. 10:00 am - Mass. 11:00 am - Greenwald Pub Catered meal (\$14) in the church basement. 1:00 pm - Meire Grove Band Concert in the City Hall. 2:00 pm - Cemetery visit and bus tour to see the Deters, Kemper, and other farms. 5:00 pm - Catered supper and local history slideshow in the City Hall, with more visiting until the Germans bus back to Mpls.

◆ Breakfast at St. John the Baptist Parish Hall in Swanville. Sponsored by Grey Eagle/Swanville Knights of Columbus. Serving from 8:00 am - 12:00 pm. Freewill donation. All proceeds will go to help young adults attend SEEK 2026 in Columbus, Ohio.

September 18, Thursday

◆ Freeport Senior Citizens meeting at 1:00 pm at the Freeport Senior Center. All area seniors welcome. Bingo and 500 will be played.

September 19, Friday

◆ Melrose American Legion "all you can eat" fish fry. Please join us from 4:30 pm to 7:30 pm. Take outs are available. Your support is very much appreciated!

September 21, Sunday

◆ St. Donatus Catholic Church of Brooten's Annual Turkey & Ham Dinner at the Padua Pub Reception Hall in Padua. Serving from 11:00 am - 1:30 pm. Take outs will also be available.

◆ All You Care to Eat Breakfast at St. Anthony Parish Center in St. Cloud. Serving from 8:00 am - 12:00 pm. Adults \$12. Grades 7-12 \$6. PreK-6 Free.

September 23, Tuesday

◆ American Red Cross Blood Drive at the Melrose American Legion from 12:30 - 6:30 pm. Please call 1-800-REDCROSS (1-800-733-2767) or visit RedCrossBlood.org and enter: Melrose to schedule an appointment.

◆ Night of Live Music at New Munich City Hall from 6:30 - 8:30 pm to enjoy the music of the Jerry and Joyce Band. This is sponsored by the New Munich Lions and the Catholic United Financial Council #42. Snacks and refreshments will be served.

CHURCH OF ST. ANDREW

Physical Address: 211 W 2nd Avenue N.
Greenwald, MN 56335
Church Basement 320-987-3160

◆◆◆◆ Weekly Offering ◆◆◆◆

Total	\$864.00
Regular Adult Offering	605.00
Plate/Loose	136.00
Votives	18.00
School Support	105.00

Liturgical Ministries**Saturday, September 20 - 4:00 pm**

(S) Jada Worms & Luke Worms
(L) Kathy Gilk
(U) Bob Worms & Jon Worms
(GB) Jim & Sheryl Braun
(EM) (B) Mary Opatrny
(EM) (C) No Precious Blood
(HK - September) *Jen Stepan, Amy Stueve, Linda Trisko, & Kay Van Beck



We adore
you, O Christ,
and we bless
you, because
by your Cross
you have
redeemed
the world.

CHURCH OF ST. JOHN

Physical Address: 20 State Highway 4 S.
Meire Grove, MN 56352
Church Basement 320-987-3631

◆◆◆◆ Weekly Offering ◆◆◆◆

Total	\$2,254.25
Regular Adult Offering.....	1,730.00
Children	.25
Plate/Loose	385.00
Votives.....	64.00
School Support	75.00

Liturgical Ministries**Sunday, September 21 - 8:00 am**

(S) Cole Funk & Luke Funk
(L) Missy Illies
(U) Jerry Imdieke & Nick Kelzer
(GB) Daryl & Abby Zenzen
(EM) Karl Meyer & Sue Meyer
(HK - September) *Char Meyer, Sue Meyer, Geri Meyer, Heidi Meyer, Karen Meyer, & Martha Meyer

**Save the Date!**

St. John's Catholic United Financial Potato Pancake & Sausage Supper in St John's church basement will be Sunday, October 19.

Congratulations to Ken Schneider who was elected to a three-year term on the St. John's Finance Council. Thank you to Tom Klaphake for serving a three-year term on the St. John's Finance Council.

Church Basement Cleaning Monday night, October 6 beginning at 6:00 pm.

**HISPANIC MINISTRY**

Bodas en 2026: Se le invita a todas las parejas que están planeando recibir el sacramento del matrimonio el próximo año en nuestra parroquia a que pasen a la oficina parroquial a agendar su fecha. Es importante comenzar su preparación por lo menos 6 meses antes de la fecha planeada ya que a veces el proceso puede prolongarse más de lo planeado.

Coros Parroquiales: Los coros parroquiales hispanos están invitando a todas las personas que tienen talento para cantar o tocar algún instrumento a que se registren para formar parte del ministerio de música. Los coros necesitan más integrantes y todos son bienvenidos.

¡Necesitamos servidores! Los invitamos a que se unan a cualquier ministerio parroquial para ofrecer su tiempo y talento al Señor y a su Iglesia. Los ministerios en los que ustedes pueden servir son: ministros extraordinario de la comunión, lectores, sacristanes y monaguillos. Si están interesados hablen con cualquier diácono o llamen a la oficina parroquial para más información.

*The Transforming Power of the Cross* Cont'd. from page 1

Though our celebration today, the "Feast of the Exaltation of the Holy Cross," is first and foremost a feast by which we give glory to the Father for what He did in the Person of His divine Son, it is also a feast by which we must humbly understand that God can "exalt" every cross we endure in life and bring forth much grace through them.

What is your heaviest cross? What is the source of your greatest suffering? Most likely, as you call this to mind, it is painful to you. Most often, our crosses and sufferings are things we seek to rid ourselves of. We easily point to crosses in life and blame them for a lack of happiness. We can easily think that if only this or that were to change or be removed, then our life would be better. So what is that cross in your life?

The truth is that whatever your heaviest cross is, there is extraordinary potential for that cross to become an actual source of grace in your life and in the world. But this is only possible if you embrace that cross in faith and hope so that our Lord can unite it to His and so that your crosses can also share in the exaltation of Christ's Cross. Though this is a profoundly deep mystery of faith, it is also a profoundly deep truth of our faith.

Reflect, today, upon your own crosses. As you do, try not to see them as a burden. Instead, realize the potential within those crosses. Prayerfully look at your crosses as invitations to share in Christ's Cross. Say "Yes" to your crosses. Choose them freely. Unite them to Christ's Cross. As you do, have hope that God's glory will come forth in your life and in the world through your free embrace of them. Know that these "burdens" will be transformed and become a source of exaltation in your life by the transforming power of God.

My exalted Lord, I turn to You in my need and with the utmost faith in Your divine power to save. Please give me the grace I need to fully embrace every cross in my life with hope and faith in You. Please transform my crosses so that You will be exalted through them and so that they will become an instrument of Your glory and grace. Jesus, I trust in You.

mycatholic.life

FAITH FORMATION

Freeport, New Munich, St. Rosa:

Contact Information: faithformation@catholic-centered.org

- **Grades 1-6: Next Class:** Wednesday, September 17 at 6:00 pm. All grade 1-6 classes will meet in their designated classroom in the Tri-Parish Office. Please follow room signs.
- **Grades 7-10: Next Class:** Wednesday, September 17 at 7:00 pm.
 - **Grade 7:** Tri-Parish Office First Level Living Room
 - **Grade 8:** Sacred Heart School Art Room
 - **Grade 9:** Sacred Heart School Auditorium
 - **Grade 10:** Sacred Heart Church Basement
- **Grade 10: NET Retreat 2025-2026** 10th graders save the date of Saturday, September 20 from 11:00 am - 5:00 pm for the required NET Retreat. This retreat will be held at Immaculate Conception in New Munich.
- **Grade 11: Next Class:** Wednesday, September 24 at 7:00 pm. Please meet in the Sacred Heart School gym. Enter using the door on the east side of the building by the gym.
 - **The Rite of Confirmation** will take place on Saturday, October 11 at 7:00 pm at the Church of the Immaculate Conception.

Melrose, Spring Hill, Greenwald, Meire Grove:

Contact Information: faithformation@stmarysofmelrose.com

- **Grades 1, 3-6:** Wednesday September 17, 6:00 pm - 7:00 pm Students and parents.
- **Grades 7-8:** Wednesday September 17, 7:15 pm - 8:30 pm Students and some parents. Annual Bible & Church scavenger hunt!
- **Grades 9-10:** Wednesday September 17: 6:30 pm - 7:30 pm (NOTICE earlier time! because we'll be outside), Service projects with Roger. Students & some parents.
- **10th and 11th Graders - Save the Date!** The Diocese of St. Cloud requires that all Confirmation candidates attend a retreat before celebrating the Sacrament Confirmation (they may attend in their 10th or 11th grade year). Our One in Faith ACC is offering a NET retreat on Saturday, September 20 11:00 am - 5:00 pm. Please plan on attending, unless you have a different Diocesan retreat (e.g., a 2-day Castaway or 3-day TEC retreat) in mind!
- **Confirmation:** Wednesday September 17: NO CLASS, but SOME students & parents have their small-group conversations with Fr. Mitchell tonight at 6:00 pm and 7:15 pm (check Sign-up Genius form).

YOUTH MINISTRY

One in Faith ACC Youth Ministry:

Contact Information: youthministry@catholic-centered.org
or faithformation@stmarysofmelrose.com

- **Flower Arrangement Making** will be held on September 22 from 6:00 - 8:00 pm in the Sacred Heart Church Basement in Freeport for grades 6-12. Bring your friends and creativity! Snacks will be provided.



ONE IN FAITH ACC NEWS CON'T FROM PG 2

Marriage & Natural Family Planning: A Divine Design! Natural Family Planning (NFP) is a genuine and dependable way to plan your family. NFP cooperates with God's design for married love. It is effective, wholesome and healthy. A First Instruction in the Billings Ovulation Method will be offered in Sauk Centre on Thursday, September 18 & October 16 at 6:30 pm at St. Paul's Church or CentraCare Health – Sauk Centre Hospital. For more information, or to register, contact Jill and Isaac Uphus at uphus.nfp@gmail.com or (320) 290-8751. The class is approximately 1½ to 2 hours long. *Note: Most insurance plans cover the cost of NFP Instruction and follow-up!



Voices of Hope - Bishop's Annual Appeal 2025: Our diocese recognizes the need to accompany those experiencing mental health challenges, along with their families and loved ones. The Mental Health Ministry provides compassionate presence, spiritual support, and practical resources while fostering greater awareness. An 11-member diocesan team is helping form ministries of presence within our ACCs so that no one walks this journey alone. To learn more, please visit: <https://youtu.be/TDs-TL2FKGM>.



Be Not Afraid! Of course, you don't have to have a faith crisis to attend a Koinonia retreat, some of us just like to meet new people and share our gifts and talents. Maybe that is what you like to do too. CENTRAL MINNESOTA KOINONIA is a Catholic retreat program sponsored by the St. Cloud Diocese and designed for adults. The next weekend is scheduled for September 19-21, 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 for retreats.

Finding Peace in Christ A Catholic Virtual Retreat for Stress and Anxiety You weren't created to live in stress, burnout, or spiritual exhaustion. Join us for a 4-week virtual retreat to reclaim peace, rewire your mindset and realign your soul with God's truth. Spirit-led journey grounded in Catholic theology, Scripture, and the latest findings in neuroscience. You'll receive guidance, insight and tools from Catholic therapist and seasoned retreat leader Jim Otremba, who has helped thousands navigate anxiety and stress with faith-filled confidence. Cost: \$47/person. Limit: 100 participants. Retreat Schedule (Live on Zoom) Each Sunday 7:00 - 8:00 pm. September 28, October 5, 12, and 19. Each session includes 45 minutes of teaching and 15 minutes of live Q&A with Jim. To register please visit stcdio.org/event/finding-peace-in-christ-a-catholic-virtual-retreat-for-stress-and-anxiety



Known By God A Retreat for Mothers Grieving the Loss of an Unborn Child All mothers grieving the loss of an unborn child due to stillbirth or miscarriage are invited to attend our Known By God unborn child loss retreat. Participants will receive large group talks on prayer and grief, small group sharing time, lunch, personal prayer time, shared resources, and more. Saturday, November 15 at Christ Church Newman Center 396 - 1st Avenue S., St. Cloud, MN 56301 from 9:00 am - 3:00 pm. Cost is \$35. Please register online by Saturday, November 1. For more information or to register please visit stcdio.org/known-by-god/.



CATHOLIC SCHOOLS NEWS



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PRINCIPAL: Kristie Harren
ADMINISTRATIVE ASSISTANT:
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SHS BOARD:
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 Ben Kalthoff, Tamara Welle,
 Lindsay Frieler, and Chris Klapchake
 www.shsfreeport.org School Phone: 320-836-2591
 Toddler Center Phone: 320-836-2585



PASTOR: Fr. Mitchell Bechtold
PRINCIPAL: Autumn Nelson
ADMINISTRATIVE ASSISTANT:
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SMS BOARD:
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 Jake Primus, Pat Christenson,
 Lindsey Gruber, and Greta Rademacher
 Phone: 320-256-4257
 www.smsmelrosemn.org



PASTOR: Fr. Mitchell Bechtold
PRINCIPAL: Mary Miller
ADMINISTRATIVE ASSISTANT:
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SJSA BOARD:
 Amber Bueckers, Kathy Gilk, Adam
 Kalthoff, Kate Kelzer, Heidi Meyer,
 Trista Roelike, and Jenny Wilson
 Phone: 320-987-3133
 www.sjsaschool.org

♥ **With a full campus, we are looking for some part-time help** in our Infant/Toddler Center. Please contact the school office at 320-836-2591 if you are interested.

♥ **We would like to welcome** Ms. Josie Schmiesing our new 1st grade teacher at SHS!

♥ **We are happy to announce** that we will celebrate Grandparent's Day on Friday, September 26! All are welcome to Mass at 10:00 am, a short program after Mass and lunch after in the church basement in Freeport.

♥ **SAVE THE DATE** Freeport Fall Fest is Saturday, September 27! SHS will have their 1K race and back by popular demand - Our Famous Rummage Sale Soup! We will be selling the delicious soup at Fall Fest and will also be taking pre-orders. Contact the school if you would like to pre-order soup.

• **Pick up a registration form** at the school or view our Facebook page to print off a 1K form. We will also have race day registration!

♦ **The Next School Board Meeting** is on Wednesday, September 17, at 6:30 pm in the school lounge.

♦ **Please consider pledging a student** for our upcoming Marathon/Prayer-A-Thon on Friday, October 3. Our goal is to raise \$23,000 on this fundraiser. This is a budgeted item in our school budget for the 2025-2026 school year. We also believe in the power of prayer and want to pray for you and your families. Please feel free to send in prayer requests as well. All donations and prayers can be sent to St. Mary's School, 320 5th Ave. SE Melrose, MN 56352.

♦ **Thank you to an anonymous donor** who provided a stipend to each teacher to purchase items for their classroom that would be a benefit to the teacher and student. The donation also paid for the assignment notebooks for our 4-6 graders. We appreciate all the different ways our community gives back to St. Mary's School.

♦ **SJSA 3rd - 6th graders** joined Catholic school students across Minnesota via YouTube on Friday, September 5 to pray the Rosary for Annunciation School. Archbishop Hebda and Catholic school students from St. Paul led the Rosary.

♦ **SJSA School Board** meets Tuesday, September 16 at 7:30 pm in the school basement.

♦ **SJSA Harry's Pizza Sale** is going on now through September 17. You can place your order with an SJSA family or call the school at 320-987-3133. Pizza pick up is Saturday, September 17 from 9:00-10:00 am in the school basement. Thank you!

♦ **Greenwald Elevator Softener Salt Sale** The Greenwald Elevator is having a salt sale with proceeds benefiting SJSA. Salt can be ordered by the bag or pallet now through Tuesday, October 15. The pick up date is Thursday, November 6 at the Greenwald Elevator. You can place your order with any SJSA family, by calling the school at 320-987-3133, or by calling the Greenwald Elevator at 320-987-3159. Thank you for supporting the Greenwald Elevator Salt Sale.

♦ **Animal Blessing** The Blessing of the Animals will be Friday, October 3 at 2:00 pm between the church and school. All are welcome to bring their pets to be blessed. Farm animals are welcome too. We hope you can come and celebrate the Feast of St. Francis with us.

♦ **SJSA Workathon** is Friday, October 10. The students will be raking leaves and doing outside clean-up in Greenwald. If you would like your yard raked, please call the school at 320-987-3133. Please support our students as they seek pledges to reach our fundraising goal of \$18,000. Thank you.



Prayer Requests...

Please call the parish office to be added to this list.

Banns of Matrimony:

II Tara Christian ♥ Dustin Rademacher, 9-27 FR

For the Sick: Anne Wolke, Ted Hoeschen, Tillie Bueckers, Kathy Elfering, Sandy Welle, Joyce Hauser, Dorothy Schneider, Michelle Russel, Lori Austing

Contact Persons for Prayer Line Requests:

Sacred Heart - Judy Caveny	320-248-8830
Immaculate Conception - Bernice Zink	320-837-5321
St. Rose of Lima - Kayla Harren	320-333-8461
St. Michael - Sharon Schulzetenberg	320-248-7702
St. Mary's	320-256-3878



Sacred Heart School Calendar Raffle Winners!

09/07	\$25	Gary & MaryAnn Harren - Freeport
09/08	\$50	MaryLynn Roles - St. Joseph
09/09	\$25	Dave VonWahlde - Sauk Centre
09/10	\$25	Brenda Goebel - Freeport
09/11	\$25	Morgan Linn - Melrose
09/12	\$25	Mike Arnzen - Melrose
09/13	\$25	Sheri Leuthmer - Melrose

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