

Gospel - Mark 4:35-41

- Jesus is with the disciples in a boat when a violent storm comes upon them.
- Upon awakening, the Lord calms the storm with a word and chastises the disciples for their lack of faith.

Fr. Andrew

Question for Children: Jesus makes the wind and the sea peaceful. How would you have felt if you were with Jesus and the disciples during the storm?

Question for Youth: Jesus is capable of great things, even calming storms. What is one thing that you wish he would calm in your own life?

Question for Adults: When and where have you been awed by God's action?

Readings for the week of June 23, 2024

Sunday: Jb 38:1, 8-11/Ps 107:23-24, 25-26, 28-29, 30-31 (1b)/2 Cor 5:14-17/Mk 4:35-41

Monday: Is 49:1-6/Ps 139:1b-3, 13-14ab, 14c-15
Acts 13:22-26/Lk 1:57-66, 80

Tuesday: 2 Kgs 19:9b-11, 14-21, 31-35a, 36
Ps 48:2-3ab, 3cd-4, 10-11/Mt 7:6, 12-14

Wednesday: 2 Kgs 22:8-13; 23:1-3/Ps 119:33, 34, 35, 36, 37, 40/Mt 7:15-20

Thursday: 2 Kgs 24:8-17/Ps 79:1b-2, 3-5, 8, 9
Mt 7:21-29

Friday: 2 Kgs 25:1-12/Ps 137:1-2, 3, 4-5, 6
Mt 8:1-4

Saturday: *Vigil:* Acts 3:1-10/Ps 19:2-3, 4-5/Gal 1:11-20
Jn 21:15-19

Day: Acts 12:1-11/34:2-3, 4-5, 6-7, 8-9
2 Tm 4:6-8, 17-18/Mt 16:13-19

Next Sunday: Wis 1:13-15; 2:23-24/Ps 30:2, 4,5-6,11,12, 13 (2a)/2 Cor 8:7, 9, 13-15/Mk 5:21-43 or 5:21-24, 35b-43



JOB OPPORTUNITIES

For the 2024-2025 School Year, we have the following positions open.

- ~School Aides
- ~Extended Care
- ~Hot Lunch Cooks (need 2)
- ~Substitute Teachers

If you are interested in any of the positions please stop by Cathedral School and pick up an application. Any Questions please call 715-392-2976 for more information.

SOCIETY OF ST. VINCENT DE PAUL

A PERFECT STORM

Shelters full, Grandma's marathon weekend with no affordable motels, no government rental assistance unless you have children, utility companies disconnecting, and some area charities unfortunately unable to assist at this time.....



And lots of rain for those trying to live in tents.

Our Society has been working with 100 households in some manner in the first two weeks of June. As members of Christ's body - our volunteers work tirelessly to try to calm the storm in the lives of people in our community. If you are feeling called to help us, we can find a place for you whether you are able to commit a few hours a year or a few hours a week.

Voicemail: 715-398-4039. Mailing Address: Society of St. Vincent de Paul, P.O. Box 98, Superior, WI 54880

CLUSTER NEWS

EUCCHARISTIC ADORATION IN OUR CLUSTER:

Cathedral – every Thursday from 1-3pm
St. Anthony, L.N – every Thursday from 9-10am
St. William – 1st Saturday from 5:30-6pm
Holy Assumption – 1st Friday from 7:30-8:00am
St. Anthony, Sup. – 1st Tuesday from 8-8:30am



CATHEDRAL NEWS



PRAYER GROUP MEETING

Monday, July 1st
6:30 PM Cathedral Kress Hall
All are welcome!

Any questions please call Anna Marie ~ 715-392-1673

Bible study! Immediately following the 8:30am daily Mass on Thursday morning at the Cathedral, we will gather in Room 2 in Kress Hall for about one hour of time to read, discuss, and prepare our hearts for the upcoming Sunday Gospel.

CATHEDRAL SCHOOL NEWS



SCHOOL OFFICE SUMMER HOURS:

The summer hours for the school will be Tuesday, Wednesday, and Thursday 10:00am to 1:00pm. Please call (715-392-2976) ahead to make sure someone is in the office.

MASS OFFERINGS: The Bishops of Wisconsin have increased the amount of an offering for a Mass Intention. As of this day on, the offering for a Mass will be \$20. Please note this as you schedule any Masses at the parish or a funeral home.

Baby Bottle Fundraiser for the Lake Superior LifeCare Center

Thank you to everyone who participated in this fundraiser - a joint effort by the Catholic Daughters and our three area Councils of the Knights of Columbus. If you still have a baby bottle and wish to donate - please bring the bottle to your parish office or to the Cathedral parish office by Wednesday, June 26th. We will report the total amount collected in an upcoming bulletin.

Please continue your prayers for the Lake Superior LifeCare Center and the families they serve. They are still in search of an ultrasound technician. After seeing their child alive in their womb - many women who were abortion-minded, choose life!



CATHEDRAL OF CHRIST THE KING

1410 Baxter Avenue, Superior, WI 54880

Office (715) 392-8511 Fax (715) 392-3457

www.superiorcathedral.org

Father Andrew's Summer Challenge!

This is an excerpt from an article published by Eyesafe Nielsen Estimates...

Recent reports from Nielsen suggest that **media consumption has increased 60%** due to COVID-19 and home confinement during March, 2020. Given already high screen time hours, this increase is significant. Eyesafe analyzed the current **Nielsen Audience Report** numbers to develop the “Screen Time Report” which excludes Radio, to understand the actual amount of time the population is in front of devices on a daily basis.

Nielsen has found that in previous times of crisis requiring forced time spent home can lead to a **60% increase in media use**. Additional surveying from Nielsen has found that **working from home results in increased screen time** with worker in the office spending more than 21 hours per week, and workers from home spending 25 hours per week, on work devices.

With a 60% increase in TV and Game Console Media use, and 14% increase in Mobile and Work-Related Device Use, Eyesafe estimates U.S. screen time per person 18+ has increased to 13:28 hours per day in March 2020, up from 10:09 hours per day in Q3 2019.

The Eyesafe estimated per day use of screens for March 2020 in the U.S. includes:

- Live TV: **5:31**
- Time-Shifted TV: **:46**
- Game Console: **:20**
- Internet Connected Device: **:43**
- Internet on a Computer: **:36**
- App/Web on a Smartphone: **4:31**
- App/Web on a Tablet: **:59**
- Total Screen Time Per Day: **13:28**

This shift in screen time is resulting in increased **high-energy blue light exposure**, concerning for children and adults. Further analysis will review this continued trend in screen time consumption globally and exposure to high-energy blue light in our new reality.

Source: <https://eyesafe.com/covid-19-screen-time-spike-to-over-13-hours-per-day/>
Date Verified: March 28, 2021

“We unite our hearts to Jesus Christ through study, prayer, and service.”

I look at these statistics and I believe that we can do better!

Now while I admit that there is good programming on television and on the web, I suggest that at times it is difficult to find. **Therefore, I propose a challenge: Take time during the month of May to talk about the role of television, internet, and video games in your house, and consider one of the following for the three great summer months of June, July, and August:**

1. Cold Turkey. That's right! Dump the screens and fill your life with 1001 activities that are good for your mind and your body. Unplug the set(s), stop the video games, and shut down the internet wherever possible. Take back your life and CHOOSE for yourself what kind and type of entertainment and recreation is good for you. And if you need "screen time" by all means take it... but only when YOU CHOOSE what and when you watch. If you can't handle this.....

2. Cut the time. The average American now watches 38+ hours of television a week (that's 5 hours and 31 minutes a day). Decide for yourselves what you choose to watch and set a goal for each person in the house to watch no more than 10 hours a week (about 1 ½ hours a day). If this is still too much for your electronic addiction then.....

3. Have a household discussion. Sit down and discuss what you are watching and come up with a plan. How much TV is too much? What kind of programming is being viewed? How much “surfing” on the web is really useful? What are some alternatives to the mind-numbing effects of the tube? Set limits for yourself.

Talk about the challenge and decide if you would be willing to follow through for 3 months. Some people think that I am crazy to even suggest this, but do we really want our lives completely wrapped around a screen? Do we really want to open our minds and hearts to programming, images, and ideas that are contrary to the Gospel?

This can be an incredible opportunity for all of us to rediscover the beauty and power of summer. In the coming weeks I will suggest different activities and ideas.

Now, if you want to really do your homework and learn more (I warn you it will make you rethink the role of TV/internet in your life!) the web does offer a wealth of information in seconds. If you are looking for some solid sources for information about television and movies there is hope!

Common Sense Media

<https://www.common sense media.org/>

Parents Television and Media Council

<https://www.parentstv.org/>

US Conference of Catholic Bishops
(Catholic News Service)

<https://www.catholicnews.com/movie-reviews/>

REMEMBER: we got through COVID-19 the best we could, we can choose how to respond now.

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Father Andrew's Summer Challenge!

Part II - What's the point?

Oh, have I received comments in the last week! And I have gotten "the look" from a number of people, ranging from sheepish grin to skin scorching stare!

Many people have started talking about my challenge, which is ultimately what I hope for from this annual event. The fact is, I want us to THINK about what we watch and when we watch it. Do we stop and choose to view a show, or are we so programmed that we automatically turn on the tube whenever we feel like it?

It is the unthinking, automatic, unfiltered approach that concerns me. Just because something is on doesn't mean that we have to view it. Consider the following:

- Do I turn on the TV for comfort or background noise?
- Do I watch TV because I can't think of anything else relaxing to do?
- Do I watch TV programming that I'm not interested in, only because I'm bored?
- Do I watch TV late into the night, losing sleep and gaining nothing in return?
- Does the content of my TV viewing conflict with my morality, integrity, and beliefs?
- Is TV keeping me from a relationship with: spouse, kids, family, friends, faith, or life?
- Am I constantly checking social media?
- Do I text spontaneously? Can I live without my phone for longer than one hour?
- Do I surf the web mindlessly? Do I find myself online even when it is not necessary?
- Am I using the web as a tool or an escape? Have I lost the ability to entertain myself?

Now, if you are looking for an excellent source for information about television and movies there is hope!

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Next week I will offer some ideas for life apart from television. Now, for those who missed last week, here's the challenge:

1. Cold Turkey. That's right! Dump the screens and fill your life with 1001 activities that are good for your mind and your body. Unplug the set(s), stop the video games, and shut down the internet wherever possible. Take back your life and CHOOSE for yourself what kind and type of entertainment and recreation is good for you. And if you need "screen time," rent a movie (or check one out at the library), but only when YOU CHOOSE what and when you watch. If you can't handle this.....

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Another thought for concern: TV & Violence

In a position paper citing research statistics, the American Academy of Family Physicians sites the following:

- The average American youth will witness 200,000 violent acts on television before the age of 18
- Cartoons are now available on demand and frequently have between 20-25 violent acts an hour, about five times the average prime-time program
- 46% of all violence on TV now comes from cartoons
- 91% of all movies on TV contain violence

Taken from: Violence in the Media and Entertainment (Position Paper)

<https://www.aafp.org/about/policies/all/violence-media-entertainment.html>

December 2020

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Fr. Andrew's Summer Challenge!

Part III – Now what do I do? Here are some ideas...

- exercise
- call a friend
- study, do your homework
- write a handwritten letter to friends or family
- talk to a family member in your home
- catch up on needed sleep
- read something related to a hobby
- telephone a relative - see what grandma is up to.
- clean your room
- start a home improvement project
- practice an instrument
- go to a museum
- go to a sporting event
- go for a bike ride
- tell mom you love her; ask about her childhood
- rent or check out from the library a foreign film
- look at your baby pictures; get your folks to tell stories
- make a movie
- help a family member with homework
- help your parents
- go skiing
- go mountain biking
- work on a yard or house project
- study a foreign language
- prepare a tasty meal
- volunteer at a local institution i.e. hospital
- go to a quiet field and count stars
- ask a question of your parents
- work in the garden
- listen to a great radio station
- read the newspaper
- do a triathlon
- go to the library
- visit an historical society
- explore a new neighborhood
- spend time w/your pet
- help a friend
- tell your brother or sister that you love him or her
- go to a jazz jam session
- visit a cemetery and read the gravestones
- study your favorite religious book
- write a letter
- write a poem
- write a story, play, song or script
- send a thank you card
- make and fly a kite
- play in a band
- go to a café and study
- go to a café and visit a friend
- road trip!
- observe an up-and-coming artist
- take an adventure trip
- go for a walk
- Pray
- call your Mother (Dad won't mind either)
- Play some games with kids
- Clean a room
- Learn a song
- Pray
- Sing together
- Bake something new
- Catch up on projects
- Memorize Scripture
- Read a book
- Paint a picture
- Color
- Read some more books
- Listen to a new piece of music
- Refinish a piece of furniture
- Make paper airplanes
- Research your family history
- Cook, then invite people to the house
- Order pizza, then invite people to the house
- Make a date with someone – special!
- Listen, truly listen, to someone in need
- Pray some more

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1 - Talk to someone. Your spouse or kids is a good place to start. Also, you might consider catching up with a friend or family member.

2 - Read. Magazines, newspaper, books, etc. It's all good, and good for you.

3 - Go for a walk. With someone or alone. It's healthy, plus you'll get a chance to talk with someone one on one if you take them with you.

4 - Take up a hobby. Guitar, woodworking etc. The thing doesn't matter. It's the doing that does. You can do it at home or sign up for a class. It's not that difficult and you might just have some fun.

5 - Go for a drive. Preferably somewhere you enjoy.

6 - Do a puzzle. Crossword, jigsaw, etc.

7 - Clean up the place. The house, the garage, your computer. There's always something that needs either cleaning or tidying up.

8 - Play with your kids. Enough said.

9 - Repair something. There's always something broken, why not go fix it.

10 - Learn something. Either at home, or away at a class or in a course. Learn a new language, get a degree. It's all possible.

11 - Write. Novels, short stories, poems, songs or letters, e-mail. Your choice.

12 - Play a sport. Basketball, volleyball, football, baseball. There's a ton of them to choose from, all good for your physical health, plus the social aspect will help keep your mood light.

13 - Do some landscaping. Yard work. It's all out there waiting.

14 - Go out for a long dinner. Preferably with someone you like.

15 - Plan an event. Family, work, friends. Family reunion? Class reunion? A local dance?

16 - Visit a friend. Or an enemy. Someone. Anyone.

17 - Workout. At home or at a gym. Or go swimming or play tennis. Or golf.

18 - Play games. Board games, social games, any kind of game. Most of them are fun.

19 - Socialize with others. Shoot pool. Throw a party.

20 - Make a fancy meal. What sounds good?

21 - Go somewhere you've never been. How about rowing a boat across a lake? Or go sit on a bench outside of a store at a strip mall and watch the people come and go.

22 - Go to a sporting or entertainment event. A ball game, or a play, concert or comedy club. Whatever you like.

23 - Go dancing. Regular or country. Both are pretty fun.

24 - Join a club. Computer, chess, dancing etc.

25 - Start a business. At home or with a partner. Whatever kind you like. You'll probably have some fun while doing it.

26 - Dream about what you would like to change in your life. Imagine new possibilities for yourself. Now take the time to make them come true.

27 - Pray. Set aside a few minutes each day to check in with the Lord. Listen to the Scriptures.