JULY 14, 2024 15th SUNDAY IN ORDINARY TIME

Parish Web Site - www.superiorcatholics.org
Superior Diocese Web Site - www.catholicdos.org
In the event of an Emergency after Business Hours
Call Fr. Andrew at 715-392-8511

DAILY MASS INTENTIONS



TUESDAY, JULY 16, 2024 8:30 A.M. – Brian Tokar-M Marie Godfrey Olson

WEDNESDAY, JÚLY 17, 2024 8:30 A.M. – Dolly Cosgrove-M

Her Family
THURSDAY, JULY 18, 2024
8:30 A.M. – Jean Dotterwick-M
Dave & Kay Winek
FRIDAY, JULY 19, 2024
8:30 A.M. – Timothy Gronski-M
Bluette Puchner

WEEKEND INTENTIONS



SATURDAY, JULY 20, 2024 4:00 P.M. – Joe Rosman-M His sister, Barbara DeLonjay SUNDAY, JULY 21, 2024

7:30 A.M. – The Spiritual & Temporal Welfare of Cathedral Parishioners

10:30 A.M. – Mary Lu Gallagher-M

Luz Lao

<u>VOCATIONS</u>... Pray today for those whom God calls and sends as ministers of Good News. (Amos 7:12-15)

Cathedral Church Calendar

Mon. July 15 – 6:30pm Prayer Group Meeting KH Thur. July 18 – 1:00-3:00pm Adoration

Fri. July 19 – Parish Office Closed

Sat/Sun. July 20/21 - Food Collection Weekend



PRAYER MINISTRY -

There are people in the parish willing to share your needs and prayers. Please call Mary Jo **218-341-2606** if you or a loved one is in need.



LITURGICAL ROLES for July 20 & 21

READERS:

4:00 Ryan Bayless

7:30 Sara Fouts

10:30 Kendra Schmidt & Kent Phillips



EUCHARISTIC MINISTERS:

4:00 Dean Hansen (F) & Susan Paine (B)

Need 2 Ministers for Communion Cup

7:30 Justin Fouts (F) & Brendan Fouts (B)

Need 2 Ministers for Communion Cup Thomas Sitek (F) & Anne Sims (B)

10:30 Thomas Sitek (F) & Anne Sims (B)

Cup: Mary Davis & Christine Polkinghorne

SERVERS:

4:00

7:30 Caleb, Damien, & Seth Fouts

10:30 Tom Markee & Diana Markee-O'Brien



USHERS:

4:00 Eric Williams (Lead) Irene Peterson

Need 2

7:30 Bob Ahlborg (Lead)
Jim Crawford
Bruce Haraldson
Kevin Peterson

10:30 Walt Tafelski (Lead) Bonnie & Tim Thom

Need 1

GREETERS:

4:00

7:30 Robyn Deshayes

10:30 Bonnie Thom



STEWARDSHIP OF TREASURE

Today's readings are about being chosen and sent. The prophet Amos was chosen by the Lord and sent to use his talents for the people of God. The Gospel recounts the story of the sending of the twelve disciples; and in the second reading, St. Paul reminds us that we, too, are chosen. For what have I been chosen? To whom have I been sent?

	<u>July 6/7</u>	<u>Last Year</u>
Envelopes:	99	69
Collection:	\$4,386.84	\$2,531.00
On-Line Giving 62	\$5,027.00	\$5,867.00
Loose:	\$ 481.00	\$ 770.00



Thank you for your generosity!

FROM THE RECTOR'S DESK

MASSES AT ST. MARY HOSPITAL-SUPERIOR

Masses are celebrated at St. Mary's Hospital, Superior, on Wednesdays at 11:15 A.M.

WEEKLY MEDITATION

Let's examine some of the themes that we discover in the Mass readings for the 15th Sunday of the Year.

1st Reading - Amos 7:12-15

- When challenged by Amaziah, Amos claims his humble heritage tending sycamore trees.
- It was God that called Amos, empowering him to prophesy to the people of Israel.

Psalm - 85:9-14

- "Lord, let us see your kindness, and grant us your salvation."
- The Lord proclaims peace and justice to the people.

2nd Reading - Ephesians 1:3-14

- We have been blessed in Christ with every spiritual blessing in the heavens.
- We are known, saved, redeemed and filled with wisdom through the Father, Son, and Holy Spirit.

Gospel - Mark 6:7-13

- The Twelve Apostles receive the authority of Jesus and are sent out two by two.
- They cure the sick, drive out demons, and preach repentance.

Fr. Andrew

Question for Children: To whom would you announce the Good News about Jesus? Who do you think most needs to hear this message?

Question for Youth: When Jesus sent the disciples out, he was preparing them for the future when he would be gone. How are you growing in your own faith and preparing for a life as a Christian disciple?

Question for Adults: Why do you think Jesus sent them out two by two, rather than alone?

Readings for the week of July 14, 2024

Sunday: Am 7:12-15/Ps 85:9-10, 11-12, 13-14 (8)

Eph 1:3-14 or 1:3-10/Mk 6:7-13

Monday: Is 1:10-17/Ps 50:8-9, 16bc-17, 21 and 23

Mt 10:34—11:1

Tuesday: Is 7:1-9/Ps 48:2-3a,3b-4,5-6,7-8/Mt 11:20-24 Wednesday: Is 10:5-7, 13b-16/Ps 94:5-6, 7-8, 9-10, 14-15

Mt 11:25-27

Thursday: Is 26:7-9, 12, 16-19/Ps 102:13-14ab and 15,

16-18, 19-21/Mt 11:28-30

Friday: Is 38:1-6, 21-22, 7-8/Is 38:10, 11,12abcd, 16

Mt 12:1-8

Saturday: Mi 2:1-5/Ps 10:1-2, 3-4, 7-8, 14/Mt 12:14-21 Next Sunday: Jer 23:1-6/Ps 23:1-3,3-4, 5,6(1)/Eph 2:13-18

Mk 6:30-34

CATHEDRAL NEWS



PRAYER GROUP MEETING

Monday, July 15th
6:30 PM Cathedral Kress Hall
All are welcome!

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

<u>Bible study!</u> 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.

Cathedral School has the following teaching positions for the 2024/2025 school year:

Preschool Early Childhood K-8 Music 5-8 Grade Band Librarian

The ideal candidate will be a self-motivated, enthusiastic, faith-filled teacher. Interested candidates should be knowledgeable in instructional best practices and able to differentiate instruction to meet a variety of learning styles. To apply for any of the teaching positions, please submit your letter of interest, resume, letters of recommendation and transcripts

to <u>mrs.samarziya@superiorcs.org</u> or visit <u>https://wecan.wa</u> spa.org/, CESA 12, Diocese of Superior.

Cathedral School has the following staff position available for the 2024/2025 school year:

Hot Lunch School Aides Extended Card Aides

To apply, please send your resume to mrs.samarziya@superiorcs.org, or contact us at 715-392-2976.

SOCIETY OF ST. VINCENT DE PAUL

Third Weekend Food Collection

The weekend of July 20/21 we invite you to place food donations in the entryway of the Cathedral and St. Anthony-Superior. We find ourselves particularly low on shampoo, body wash, all-purpose cleaner and laundry detergent.

June seemed to be a month of "thirds". Of the 150+ calls for assistance we received - a third were from households who were homeless. Of the 150+ requests, a third we visited at their home or elsewhere, providing for needs such as rent, utilities, transportation or goods. A third we are continuing to help navigate the system - and who we may eventually assist in some manner. A final third we were able to assist through information and referral or had found a resource and did not need our assistance.

Thank you for your ongoing prayers and generosity. In 24 years, we have never turned anyone away for lack of funds.

Voicemail: 715-398-4039. Mailing Address: SVDP P.O. Box 98, Superior, WI 54880

CLUSTER NEWS

EUCHARISTIC 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



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.

ST. WILLIAM PASTY SALE

St. William is selling pasties for \$5.00 each. They are available after the 6:00 pm Mass on Saturdays or call Amy at 218-590-7354 to place your order.

OUTDOOR POLKA MASS

Everyone is invited to attend St. Michael Catholic Church's outdoor Polka Mass on Sunday, July 28th at 10:00 am in Iron River at Moon Lake Park during Blueberry Fest. Music by the Singing Slovenes. We hope to see you there.

mpact

Bring faith to life. Find life in faith.

Impact this month

This month, invite the Holy Spirit to show you how you may grow as a disciple and as a good steward.

Make a list of the ways in which you give your time, gifts, and material or financial resources in service or outreach.

Consider, too, the ways you give to your family, parish, and local community.

Reflect on how you may be called to risk giving more. How might you deepen your commitment to love and serve? What or who would help you to trust God more deeply in order to sacrifice in this way? How might doing so enrich your life and faith?

Make some commitment to follow-through on this reflection. Share with another who will check in with you about this periodically.

As you reach out in sacrificial love, be attentive to the ways in which doing so gives you a sense of purpose, meaning, or peace.

Risk giving more.

Follow the example of the young boy

The crowd had followed Jesus into a deserted place. And, as time passed, Jesus sensed their hunger. They hungered for him, the hope they felt in his presence, and for physical food - the day had been long and they had left in haste to follow him. He tested the disciples, wondering if their experience of being sent in mission had strengthened their faith. "Where can we buy enough food for them to eat?"

This is a story of faith - the faith of the disciples who sought to respond to their Teacher, and of the young boy who gave his five loaves and two fish. Surely he did not expect the great miracle that produced enough food to feed them all. The boy could have succumbed to the fear that the disciples would eat his food and leave him hungry. He might have simply stated the obvious - the little he had could not possibly feed the crowd. Yet, he risked giving what he had and trusted that Jesus would use it well. Through his generosity, the crowds were fed and all experienced a remarkable outpouring of the mercy and care of God through Jesus.

What will your response to Jesus' command be? How might you feed the hungry - those who need spiritual, physical, and emotional sustenance? When we consider what faith in Jesus leads us to do with our lives, especially when we pay close attention to the Gospel and Jesus' message of care for the hungry and poor, compassion for those who are suffering, grieving, and in need, suddenly discipleship becomes real, and so does stewardship. This is where faith meets life.

We always have room to grow as disciples and stewards, whether we have never given these things conscious thought before or we have been on the path of stewardship for a long time. And we always have fears to face. It might be fear that if we give too much of our financial resources there won't be enough for us; it might be worry that if we give too much of our time, we will be tired and stressed. The obstacles might be more subtle, however. Perhaps it is not fear that we will not have enough, but rather, simple selfishness. Sometimes we simply don't want to share with others.



We find the path through the obstacles when we act on our commitment to Jesus. The leap of faith that feels so risky becomes easier when we are encouraged by and learn from those in our lives and community who freely give of themselves and their resources. There is great value to the example of people who embrace stewardship and tell us that "God will never be outdone in generosity," or "God loves a cheerful giver."

How might you follow the example of the young boy whose generosity and trust in the Lord brought about an outpouring of the love of God?

2

Be prepared.

Grace is in your midst

I include in my email signature a brief quote from St. Elizabeth Ann Seton who said, "Be prepared to meet your grace in the daily circumstances of your life." Every time I send an email, I see the quote and am reminded to be attentive, to pay attention to the ways I experience God's love and how I am called to share it with others.

Like the air we breathe and the passing of days, nights, weeks and months, God's grace is always with us. In order for this to change us, we must be attentive to God's love and mercy in our daily lives.

Being attentive is not always easy. We have responsibilities we must fulfill, people who need us, many things that vie for our attention. Being attentive to God and God's action in our lives may feel like another "thing" that has to be done, even while we know that doing so is good for our spiritual well-being. Let us consider small ways in which we may grow in attentiveness, becoming conscious of God's love throughout our days.

Morning: Begin the day with a time of prayer. If only for five minutes, take time to be mindful of God's love and mercy. Invite the Holy Spirit to give you an open mind and heart throughout the day, in order to perceive God's grace in your life and to respond to it freely and generously.

Midday: Just before or during lunch, pause to thank God for the blessings of the morning. Make a note of any special moments, experiences, or gifts received — a kind interaction with a co-worker, a task completed, a complicated situation that was resolved. Just being alive is a gift! Look ahead to the afternoon, and ask God to give you the grace to live as a disciple in the hours that come.

Dinnertime: If you live with others, take a moment at dinnertime to hear about each person's day. Pray a prayer of blessing over the meal you will share and the time you have together. Ask God to be with those who lack food, shelter, or

companionship, and consider ways you may help to meet their needs in the future. If you dine alone, talk with God while you eat, as a friend would converse with a friend, sharing silence and your inmost thoughts.

Night: Before you go to bed, thank God for the day that is passing. Make note of the grace of the day, mercy received and given. Resolve to grow in attentiveness to God's love and in willingness to be a bearer of God's mercy in the days to come.

Taking St. Elizabeth Ann's instruction to heart can be lifechanging. The grace of God is not abstract, distant, only for a few special ones. God's grace is for each of us. In our midst. Waiting for us to pay attention, to be prepared. We know and experience God's grace uniquely, as each of us is fearfully and wonderfully made, created in God's image and likeness. Just as God's grace is poured out on each of us personally, so we are called to share the love of God with others in the way in which only we can. Be prepared to meet your grace. - Leisa Anslinger

The hand of the Lord feeds us; he answers all our needs.



The Lord is faithful in all his words, and gracious in all his deeds.

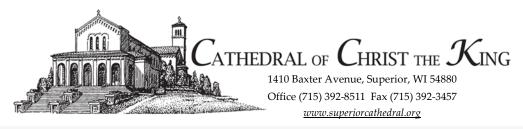
The Lord upholds all who are falling,
and raises up all who are bowed down.

The eyes of all look to you,
and you give them their food in due season.

You open your hand, satisfying the desire of every living thing.
The Lord is just in all his ways, and kind in all his doings.

The Lord is near to all who call on him,
to all who call on him in truth.

PS 145:10, 13-18



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: :46Game 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

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!

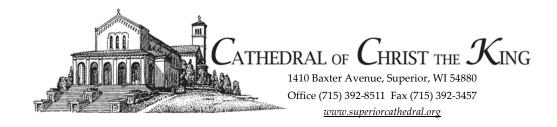
Common Sense Media https://www.commonsensemedia.org/

Parents Television and Media Council https://www.parentstv.org/

US Conference of Catholic Bishops https://www.catholicnews.com/movie-reviews/

(Catholic News Service)

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



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!

Common Sense Media https://www.commonsensemedia.org/

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US Conference of Catholic Bishops https://www.catholicnews.com/movie-reviews/

(Catholic News Service)

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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<u>Talk about the challenge and decide if you would be willing to follow through for 3 months.</u> 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.

Another thought for concern: TV & Violence

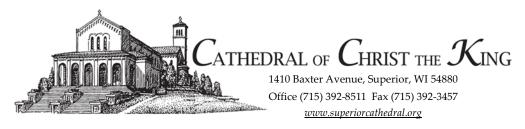
In a position paper citing research statistics, the American Academy of Family Physicians sites the following:

- 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



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

- 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 parner. 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.

