

# JUNE 8, 2025 PENTECOST



Parish Web Site - [www.superiorcatholics.org](http://www.superiorcatholics.org)  
Superior Diocese Web Site - [www.catholicdos.org](http://www.catholicdos.org)  
In the event of an **Emergency after Business Hours**  
Call Fr. Andrew at 715-392-8511

## DAILY MASS INTENTIONS

**TUESDAY, JUNE 10, 2025**

**8:30 A.M.** – George Gronski-M  
Gronski & Martineau Families

**WEDNESDAY, JUNE 11, 2025**

**8:30 A.M.** – Greg Carlson-M  
Mom & Dad

**THURSDAY, JUNE 12, 2025**

**8:30 A.M.** – Andrew Lisak, Sr.-AM  
His Family

**FRIDAY, JUNE 13, 2025**

**8:30 A.M.** – Fr. Daniel Dahlberg-M  
Emil & Mary Osacho



## WEEKEND INTENTIONS

**SATURDAY, JUNE 14, 2025**

**2:00P.M. Wedding~** Jordan Moser & Kathryn Polkinghorne

**4:00 P.M.** – Mike & Jim Mikel  
Their Family

**SUNDAY, JUNE 15, 2025**

**7:30 A.M.** – Jim Warmington & Gene Howes-M  
Bonnie Lehner

**10:30 A.M.** – The Spiritual & Temporal Welfare  
of Cathedral Parishioners

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### WEDDING BANNES:

**III** Jordan Moser & Kathryn Polkinghorne

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**VOCATIONS...**Come Holy Spirit, fill the hearts of your faithful and enkindle in them the fire of your love! Send forth workers into your vineyard. May some of our parishioners choose to serve you by becoming priests, brothers, and sisters. (John 20:19-23)



### Cathedral Church Calendar

Mon. June 9 – 6:00pm - KC Council #16691 Mtg.  
Tues. June 10 – 6:00pm SVdP Meeting  
Thur. June 12 – No Adoration  
Fri. June 13 – Parish Office Closed  
Sat/Sun. June 14/15 – National Concerns Collection

**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 June 14/15

**Notice:** ALL MINISTERS OF HOLY COMMUNION, READERS, SERVERS, USHERS & GREETERS...We will be scheduling for the months of August, September & October. If you know of dates you cannot volunteer please call the parish office (715-392-8511) no later than Monday, July 7<sup>th</sup>. Thank you!

### READERS:

**4:00** Catherine Anderson  
**7:30** Sara Fouts  
**10:30** Anne Sims & Kendra Schmidt



### EUCCHARISTIC MINISTERS:

**4:00** Dean Hansen (F) & Catherine Anderson (B)  
**Need 2 Ministers for Communion Cup**  
**7:30** Justin Fouts (F) & Brendan Fouts (B)  
**Need 2 Ministers for Communion Cup**  
**10:30** Dcn. Tim Thom (F) & Thomas Sitek (B)  
**Cup: Sean Tenerelli & Anne Sims**



### SERVERS:

**4:00**  
**7:30** Caleb, Damien, & Seth Fouts  
**10:30** Stella & Tommy Tenerelli



### USHERS:

**4:00** Eric Williams (Lead)  
Need 3  
**7:30** Bob Ahlborg (Lead)  
Jim Crawford  
Steve DeVinck  
Rose Kidd  
**10:30** Walt Tafelski (Lead)  
John Berchild  
Bonnie Thom  
Need 1



### GREETERS:

**4:00**  
**7:30** Rose Kidd  
**10:30** Bonnie Thom



## STEWARDSHIP OF TREASURE

One miracle of Pentecost was that, despite their diversity, each listener heard God's word in his or her own language. The meaning for stewardship is that, by sharing the gifts poured out on us by the Holy Spirit, we will be empowered to meet the needs of our brothers and sisters, whatever they may be.

	<u>May 31/June 1</u>	<u>Last Year</u>
<b>Envelopes:</b>	<b>118</b>	<b>136</b>
<b>Collection:</b>	\$6,627.00	\$8,123.00
<b>On-Line Giving (43)</b>	\$2,612.00	\$2,329.00
<b>Loose:</b>	\$ 658.00	\$ 484.00



Thank you for your generosity!

## FROM THE RECTOR'S DESK



Join us in supporting the first-ever capital campaign for the restoration, renovation, and expansion of Saint Francis de Sales Seminary! It is an exciting time as our



Seminary is literally filled to capacity with good men who are answering the Lord's call. Your gift to the **Zeal for the Lord's House Campaign** will help meet the urgent needs of the fastest growing Seminary in the country. Please prayerfully consider a sacrificial gift for this critical project. We need holy priests, and the Seminary needs our help to prepare them. Scan the QR code and pledge today!



## **SUMMER OFFICE HOURS**

**June - August**  
**Monday – Thursday**  
**8:00 AM to 4:00 PM**  
**Friday – Parish Office is closed**



## **WEEKLY MEDITATION**

There are MANY choices for Mass readings on the feast of Pentecost, so let's focus on the themes we find in the Gospel options.

### **Vigil Mass: John 7:37-39**

- Jesus quotes the prophet Isaiah, saying that he satisfies the thirsty with living water.
- His disciples later understand that this refers to the gift of the Holy Spirit after the Lord is glorified.

### **Mass during the Day: John 20:19-23**

- Jesus appears to the disciples after his resurrection saying, "Peace be with you."
- The Lord then breathes on them saying, "Receive the Holy Spirit. Whose sins you forgive are forgiven them, and whose sins you retain are retained."

### **Mass during the Day (2nd Option): John 14:15-16, 23b-26**

- Jesus teaches that we keep his commandments out of our love for God.
- We are promised the Advocate, the Holy Spirit, who will teach us everything and remind us of what the Lord taught.

Fr. Andrew

**Question for Children:** Jesus tells us that we need to forgive to have peace. Name one way that you can forgive a friend or classmate.

**Question for Youth:** St. Paul tells us that we all have unique gifts for the good of others. What is special about you? How can you use those gifts to help others – friends, family, strangers?

**Question for Adults:** Even as working disciples of Christ, we are given the gift of peace. How do you experience this gift, and how do you share it with others?



## **Readings for the week of June 8, 2025**

**Sunday: Vigil:** Gn 11:1-9 or Ex 19:3-8a, 16-20b or Ez 37:1-14 or Jl 3:1-5/Ps 104:1-2, 24, 35, 27-28, 29, 30 (see 30)/Rom 8:22-27 Jn 7:37-39  
**Day:** Acts 2:1-11/Ps 104:1, 24, 29-30, 31, 34 (see 30)/1 Cor 12:3b-7, 12-13 or Rom 8:8-17/Jn 20:19-23 or Jn 14:15-16, 23b-26  
**Monday:** Gn 3:9-15, 20 or Acts 1:12-14/Ps 87:1-2, 3 and 5, 6-7/Jn 19:25-34  
**Tuesday:** 2 Cor 1:18-22/Ps 119:129, 130, 131, 132, 133, 135/Mt 5:13-16  
**Wednesday:** Acts 11:21b-26; 13:1-3 (580)/Ps 99:5, 6, 7, 8, 9/Mt 5:17-19  
**Thursday:** 2 Cor 3:15—4:1, 3-6/Ps 85:9ab and 10, 11-12, 13-14/Mt 5:20-26  
**Friday:** 2 Cor 4:7-15/Ps 116:10-11, 15-16, 17-18 Mt 5:27-32  
**Saturday:** 2 Cor 5:14-21/Ps 103:1-2, 3-4, 9-10, 11-12 Mt 5:33-37  
**Next Sunday:** Prv 8:22-31/Ps 8:4-5, 6-7, 8-9 (2a) Rom 5:1-5/Jn 16:12-15

## **CATHEDRAL NEWS**



### **PRAYER GROUP MEETING**

Monday, June 16<sup>th</sup>  
 6:30 PM Cathedral Kress Hall  
 All are welcome!

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

## **SOCIETY OF ST. VINCENT DE PAUL**

### **NEED SUMMER CLOTHING?**

We are blessed with donations of summer clothing in most sizes, household goods, hygiene products and food. If you or someone you know is in need of these items, please leave a message for us so we might arrange for you to come to select items or have items delivered.

You are welcome to join us at our next meeting on Tuesday, June 10<sup>th</sup> at 6pm in Kress Hall at the Cathedral.

Voice mail: 715-398-4039

Mailing Address: SVPD P.O. Box 98 Superior, WI 54880

## **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 Registration** for the 2025-2026 School Year ~ for Preschool through 8<sup>th</sup> grade. **Cathedral School** continues its tradition of **3 year-old and 4 year-old Preschool**. Preschool classes are 5 days a week with half-day or full day options available. Before and after school care is available for Preschool students through our Extended Care program. For more information, please contact us at 715-392-2976.

## CLUSTER NEWS

### MASSES AT ST. MARY HOSPITAL-SUPERIOR

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

### EUCCHARISTIC ADORATION IN OUR CLUSTER:

Cathedral – every Thursday from 1-3pm

(No Adoration on June 12<sup>th</sup>)

St. Anthony, L.N. – every Thursday from 9-10am

St. William – 1<sup>st</sup> Saturday from 5:30-6pm

Holy Assumption – 1<sup>st</sup> Friday from 7:30-8:00am

St. Anthony, Sup. – 1<sup>st</sup> Tuesday from 8-8:30am



### BABY BOTTLE CAMPAIGN

The Baby Bottle Campaign with the proceeds being donated to the Lake Superior Life Care Center ends on Fathers Day weekend. Baby bottles will be collected at all Masses on Fathers Day weekend. All Superior Cluster parishes and St. Francis Church have participated. Catholic Daughters in collaboration with the Superior Area Knights of Columbus will be at all Masses to collect the bottles. Please bring bottles to church that weekend. Thank you for your donation.



### Jim Kordus Memorial Scholarship

Sponsored by Holy Assumption & St. William Family Council #7106

Criteria: *High School Graduate. Student must be an active confirmed member of Holy Assumption, St. William, Cathedral, St Anthony Superior, or St. Anthony Lake. Nebagamon*

Applications are available at the entrances of the Church or in the office.

*Deadline for applying is August 15, 2025*

## SAVE THE DATE | ANNUAL DIOCESAN WEDDING CELEBRATION | SATURDAY, JULY 26, 2025

11:00am Mass and Luncheon  
Cathedral of Christ the King, Superior



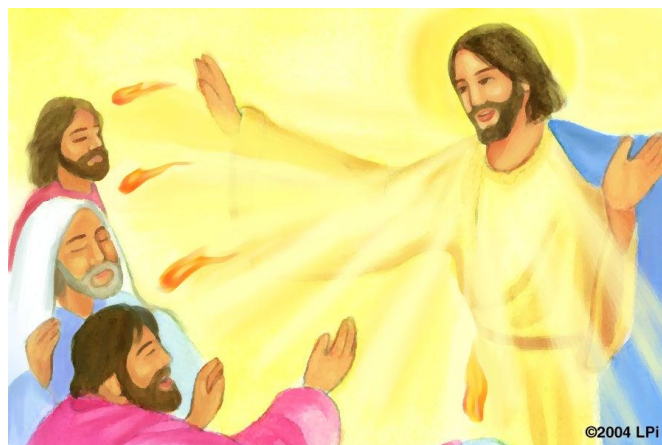
Bishop Powers is inviting all married couples celebrating a milestone anniversary in 2025 to register for the Annual Diocesan Wedding Anniversary Celebration. It is scheduled for Saturday, July 26, 2025, at Cathedral of Christ the King, Superior, WI, beginning with Mass at 11 a.m. (presentation of certificate included at Mass) followed by a luncheon in Kress Hall (lower level of the Cathedral).

Parishioners with anniversaries ending in 0 or 5 (exceptions will be considered), can register for this special celebration by going to the diocesan website at <https://catholicdos.org/wedding-anniversaries-jubilees>. If you need assistance, please contact your parish office. The deadline to sign up with the parish office is July 11. Registrants will receive an email confirmation and a postcard reminder. There is no cost for the anniversary couple to attend. Any additional guests will be charged \$20 each. If you have any questions that your parish office is unable to answer, please contact Loree Nauertz, 715-234-5044, [lnauertz@catholicdos.org](mailto:lnauertz@catholicdos.org).

### Formed QR



### Hallow QR



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Jesus said to them again, "Peace be with you. As the Father has sent me, so I send you." And when he had said this, he breathed on them and said to them, "Receive the Holy Spirit. Whose sins you forgive are forgiven them, and whose sins you retain are retained." — Jn 20:21-23





## DIocese of Superior

### Office of the Bishop

June 2025

My Dear Friends in Christ,

As the warmth of summer embraces us, so too does an opportunity to extend our care and support to crucial Catholic ministries through the National Concern Collection on the weekend of June 14th and 15th, 2025. This annual effort provides essential funding for five impactful initiatives that strengthen our faith community both here in Wisconsin and across the nation.

Consider the impact of the **National Retirement Fund for Religious**. This fund offers a lifeline to our dedicated sisters and religious institutes throughout the United States, ensuring they can provide compassionate care for their elderly and frail members. Many of these communities, which have selflessly served for years, face significant financial challenges in meeting the growing healthcare and retirement needs of their aging members.

The **Catholic Campaign for Human Development**, working through our own Diocesan Department of Development, empowers local organizations by awarding national grants that tackle the root causes of poverty in low-income communities. These grants have often provided vital resources right here in our diocese.


In our rapidly evolving world, the **Catholic Communication Campaign** plays a vital role in sharing the Gospel message in innovative ways. From offering daily spiritual nourishment through podcasts to broadcasting the Mass and fostering online faith communities, this campaign meets people where they are. Importantly, 50% of the funds collected through this initiative directly support our local communication efforts within the Diocese.

The **Archdiocese for the Military Services** extends the loving embrace of our Church to nearly two million Catholics serving in the armed forces. These brave men and women, often far from home and facing unique challenges, rely on the Archdiocese for essential pastoral care.

Finally, the **Catholic University of America** in Washington, D.C., stands as a beacon of Catholic intellectual tradition, offering students an exceptional education deeply rooted in our faith. By supporting the University, we invest in the formation of future leaders.

I sincerely invite you to prayerfully consider making a generous contribution to these vital initiatives. You can donate through the collection envelope at your parish or conveniently on the parish website.

Gratefully yours in the Lord,

  
Most Rev. James P. Powers  
Bishop of Superior

# Impact

Bring faith to life. Find life in faith.



## What would you say?

The Holy Spirit prompts us to share God's love



What would you say to someone who asked about the impact of faith in your life? How do you “speak” to your faith through your actions as well as your words?

Those who were gathered in the upper room at Pentecost experienced an outpouring of the Holy Spirit that prompted them to speak in different tongues — people from every race and nation understood them as they shared the Good News of Jesus’ resurrection with all who would listen.

We may not speak in foreign tongues, but in Baptism and Confirmation, we too have received the Holy Spirit.

Perhaps we sometimes read the account of what took place at Pentecost and dismiss it by thinking to ourselves, “surely, I am not called to speak in a language I do not know.” Maybe in thinking the story as something too distant or remote, we miss the point of the account for us in our lives today.

In what “tongue” is the Holy Spirit prompting you to speak? Perhaps you are called to encourage a friend to be

are in need of clothing, housing, or food; perhaps a co-worker knows you go to church on Sunday and has opened the door to a conversation about faith.

**Come, Holy Spirit,  
fill the hearts of your faithful  
and kindle in us  
the fire of your love.  
Send forth your Spirit  
and we shall be created  
and you shall renew  
the face of the earth.**

Pentecost reminds us that we are not alone when we answer the call to open our hearts to God and allow faith to shape our lives. The Holy Spirit dwells within and among us!

Remember that the disciples who were gathered on the day of Pentecost had previously been afraid and uncertain, locked in a room, withdrawn from the world. With the outpouring of the Spirit, they were made bold in the ways they shared the impact of Christ with others. The Holy Spirit is

with us as well, emboldening us to share God’s love in all of the ways we are able.

The question for us is, how will we “speak” to others in what we say and do, that they may know God’s love through us?

open to a relationship with Jesus; maybe to spend time with someone who is struggling with illness, aging, or loneliness; perhaps an acquaintance is in the midst of difficulty at work or in a relationship and needs your support; maybe you have an opportunity to serve in a new way, to reach out to those who



# The Body of Christ

## What do you mean when you say “Amen”?

The people were tired and hungry. They had ventured away from their homes to hear Jesus teach. Jesus recognizes their hunger and tells the disciples to feed them. The disciples wonder: how could they feed all the people who had gathered?

**The disciples gave Jesus the loaves and fish they had, and Jesus turned their offering into food for thousands.**

What gifts have we been given that we may put in the Lord's hands? When we come to Mass, we know that the bread and wine are consecrated and become Christ's Body and Blood. What we may miss is that we also bring ourselves, our gifts and talents, and our material resources to be sanctified. Then, as we receive Holy Communion, we are reminded that we are members of Christ's Body. Receiving the Body and Blood of our Lord calls us to share all that we are and have as good stewards, in communion with Christ and one another.

**“Amen” means “I do believe!” “So be it!” “Let it be so!”**

What do you mean when you say “Amen”? What do you bring to the Lord to be transformed and used to feed others physically, emotionally, or spiritually?



As is their habit, Joe and Rachel sat on Sunday evening with their calendars, thinking ahead to the coming week. Rachel had a big meeting on Tuesday that would end with dinner and delay her return home; Joe's brother would be visiting on Wednesday; the children had soccer practice. While it is all manageable, the two of them seemed to think the same thing simultaneously: Is there a way to keep perspective in the midst of all the “stuff” that is part of their lives? Joe was the first to say it aloud, as Rachel nodded. Then she said, “Remember the readings today at Mass, and our conversation in the car on the way home? “Maybe it is time for us to take to heart our call to follow Jesus and find hope in faith. If we put God first, and dedicate some time each month to serving others, who knows what could happen?”



Brothers and sisters: Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith to this grace in which we stand, and we boast in the **hope** of the glory of God. Not only that, but we even boast of our afflictions, knowing that affliction produces endurance, and endurance, proven character, and proven character, **hope**, and **hope does not disappoint**, because the **love of God has been poured out into our hearts through the Holy Spirit that has been given to us.** (Rom 5:1-5, Solemnity of the Most Holy Trinity)

## Impact this month

1. Pray to the Holy Spirit. Ask for an open mind and heart, that you may perceive God's grace and respond in your daily life.
2. Set aside time to reflect on the Sunday readings before Mass, or on your experience of the liturgy as you drive home. You can find the readings at <https://bible.usccb.org/readings/calendar>.
3. Ask yourself: “What one change might I make this month in order to live my faith more deeply, share my gifts in service, or my faith with others?”



## CATHEDRAL OF CHRIST THE KING

1410 Baxter Avenue, Superior, WI 54880

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[www.superiorcathedral.org](http://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!

Common Sense Media

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

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“We unite our hearts to Jesus Christ through study, prayer, and 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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### **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

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



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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

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



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.



# Save the Date



## THE ANNUAL DIOCESAN WEDDING ANNIVERSARY CELEBRATION

for couples celebrating anniversaries ending in 0 or 5

**Cathedral of Christ the King, Superior**

**Saturday, July 26, 2025**

Kindly register by July 11, 2025

**<https://catholicdos.org/wedding-anniversaries-jubilees>**

Inauertz@catholicdos.org | 715.254.5044

Therefore, what God has  
joined together let  
not man separate.  
- Mark 10:9

