

WEEKLY MEDITATION

Let's examine some of the themes that we find in the Mass Readings for the Most Holy Body and Blood of Christ.

1st Reading - Genesis 14:18-20

- Melchizedek, a king and a priest, brings out bread and wine, offering a blessing to Abram.
- Abram gives a tenth of his possessions to Melchizedek in return.

Psalm - 110:1-4

- "You are a priest for ever, in the line of Melchizedek."
- God rules with power over the people and grants them his blessing.

2nd Reading - 1st Corinthians 11:23-26

- Paul reminds the people that Jesus defined and commanded the reception of the Eucharist.
- Paul then teaches that as often as they eat the bread and drink the cup, they proclaim the death of the Lord until he comes.

Gospel - Luke 9:11b-17

- Jesus takes five loaves and two fish, blesses and gives them to a crowd of 5000 people.
- The people eat their fill, and there are twelve wicker baskets of leftover fragments.

Fr. Andrew

Question for Children: How can you share what you have received from Jesus with others this week?

Question for Youth: Each week, when we celebrate the Holy Eucharist we are asked to "do this in remembrance of me". How else do you acknowledge the importance of Jesus in your life? Through prayer? Through the ways that you treat others?

Question for Adults: How can you prepare yourself to be nourished by Jesus in the Eucharist this week?

Readings for the week of June 22, 2025

Sunday:	Gn 14:18-20/Ps 110:1, 2, 3, 4 (4b) 1 Cor 11:23-26/Lk 9:11b-17
Monday:	Gn 12:1-9/Ps 33:12-13, 18-19, 20 and 22 Mt 7:1-5
Tuesday:	Is 49:1-6/Ps 139:1b-3, 13-14ab, 14c-15 Acts 13:22-26/Lk 1:57-66, 80
Wednesday:	Gn 15:1-12, 17-18/Ps 105:1-2, 3-4, 6-7, 8-9 Mt 7:15-20
Thursday:	Gn 16:1-12, 15-16 or 16:6b-12, 15-16 Ps 106:1b-2, 3-4a, 4b-5/Mt 7:21-29
Friday:	Ez 34:11-16/Ps 23:1-3a, 3b-4, 5, 6 (1) Rom 5:5b-11/Lk 15:3-7
Saturday:	Gn 18:1-15/Lk 1:46-47, 48-49, 50 and 53, 54-55/Mt 8:5-17
Next Sunday:	<i>Vigil:</i> Acts 3:1-10/Ps 19:2-3, 4-5/Gal 1:11-20/Jn 21:15-19 <i>Day:</i> Acts 12:1-11/Ps 34:2-3, 4-5, 6-7, 8-9 2 Tm 4:6-8, 17-18/Mt 16:13-19

CATHEDRAL NEWS



PRAYER GROUP MEETING

Monday, July 7th
6:30 PM Cathedral Kress Hall
All are welcome!

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

SUPERIOR CATHOLIC WOMEN'S GROUP

Tuesday, June 24th

Time: 6:30-8:30pm

Topic: Sacred Pilgrimages

Location: Girl Scout Point – Billings Park (look for signs)

Notes: Campfire and Snacks, Wear comfy clothes for outdoors. In case of rain – we may move to a small pavilion in the main Billings Park area.

Contact: Michelle 715-817-5218

SOCIETY OF ST. VINCENT DE PAUL

THE EUCHARIST - PROVIDING FOR THE NEEDS OF THE SOUL

"Do you think that God merely expects you to bring his poor a morsel of bread, a scrap of meat, some soup and medicine? Oh! no, no, no, that was not his design when he chose you for all eternity to render him the services which you render him in the person of the poor; he expects you to provide for the needs of the soul as well as for those of the body. They are in need of the heavenly manna; they are in need of the Spirit of God, and where will you find it so that you may communicate it to them? In Holy Communion." St. Vincent de Paul

Join us in this mission of charity. Our next meeting is on Tuesday, June 24th at 6pm in Kress Hall at the Cathedral.

NEEDED: We have been contacted by a person in need of a used wheelchair in excellent condition. If you have one to donate - please leave us a voicemail.

Voicemail: 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 8th 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.

EUCHARISTIC ADORATION IN OUR CLUSTER:

Cathedral – every Thursday from 1-3pm

(No Adoration on June 26th)

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



BLOOD DRIVE

St. Anthony Church
11648 E County Rd B – Lake Nebagamon
Tuesday, July 1, 2025 ~ Noon to 6:00 p.m.
To schedule donation, please call
1-800-RED CROSS (1-800-733-2767)



Don't just drive, pray while you go!

Use your drive time to grow closer to Christ. Real Presence Radio is the perfect travel companion, whether you're headed across town or across the state. With Catholic programming, prayer, and reflection, your drive time can become grace-filled time. Listen on the app, online, or on your local station, 88.1 FM!

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.

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

Formed QR



Hallow QR



AVAILABLE NOW!

PRINT & DIGITAL AD SPACES

The Support of Your Business is Greatly Appreciated

John Witte from LPi, our bulletin printer, will be securing new ads for our church in the coming weeks. It is the support of the business community that helps to make our church thrive. Please consider purchasing a print and/or digital ad as your participation makes our bulletin successful, and you attract customers!

Church bulletin advertising

is a cost-effective way to advertise 52 times per year and show support for your local community; in turn, parishioners will support you!

Digital advertising allows your business to be front and center to anyone who visits a church profile page on ParishesOnline.com — that's approximately 500,000 page views per month!



John Witte
414-334-9488
jwitte@4lpi.com

"...IN THIS WORLD I CANNOT SEE
THE MOST HIGH SON OF GOD WITH
MY OWN EYES, EXCEPT FOR HIS
MOST HOLY BODY AND BLOOD."

ST. FRANCIS OF ASSISI



CATHEDRAL OF CHRIST THE KING

MASS

of Thanksgiving

TO CELEBRATE

Fr. Zack Mazurek

JUNE 28

4:00 PM

Reception to follow
in Kress Hall



www.superiorcatholics.org



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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“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

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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.



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

