

# JULY 6, 2025 14<sup>th</sup> SUNDAY IN ORDINARY TIME

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, JULY 8, 2025**  
 8:30 A.M. – Lucille Wildenberg-M  
 Bill & Pat  
**WEDNESDAY, JULY 9, 2025**  
 8:30 A.M. – Steve Lisak-AM  
 His Family  
**THURSDAY, JULY 10, 2025**  
 8:30 A.M. – Fr. Dan Dahlberg-M  
 Mike & Chris Sabyan  
**FRIDAY, JULY 11, 2025**  
 8:30 A.M. – Stan Dahlberg-M  
 Marcia Manion

## WEEKEND INTENTIONS



**SATURDAY, JULY 12, 2025**  
 2:00 PM Wedding: *Thomas Shamla & Lauren Ketola*  
 4:00 P.M. – Joseph & Patricia Maisuk-M  
 David Dusek  
**SUNDAY, JULY 13, 2025**  
 7:30 A.M. – The Spiritual & Temporal Welfare  
 of Cathedral Parishioners  
 10:30 A.M. – Greg Carlson-M  
 Mom & Dad

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### WEDDING BANNES:

II *Tristan Davenport & Madeline Jonas*  
 II *Ryan Silvas & Katelyn Flesichman*  
 III *Thomas Shamla & Lauren Ketola*



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**VOCATIONS...**The harvest is rich, but the workers are few. Ask the harvest master to send workers into the harvest. Pray for vocations! (Luke 10:1-9)

### Cathedral Church Calendar

Mon. July 7 – 6:30pm Prayer Group Mtg. KH  
 Tues. July 8 – 6:00pm SVdP Meeting  
 Thur. July 10 – 1-3pm Adoration  
 Fri. July 11 – Parish Office Closed

**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 12/13

**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 Pat Wildenberg  
 7:30 Sara Fouts  
 10:30 Larry French & Janette Gil de Lamadrid



### EUCCHARISTIC MINISTERS:

4:00 Dean Hansen (F) & Pat Wildenberg (B)  
**Need 2 Ministers for Communion Cup**  
 7:30 Justin Fouts (F) & Brendan Fouts (B)  
**Need 2 Ministers for Communion Cup**  
 10:30 Bonnie Thom (F) & Christine Polkinghorne (B)  
**Cup: Kent Phillips & Renee DeMoure**



### SERVERS:

4:00 Lucy & Penelope Canfield  
 7:30 Caleb, Damien, & Seth Fouts  
 10:30 Lily & Lauren Milliken



### USHERS:

4:00 Bill Wildenberg  
 Need 3  
 7:30 Bob Ahlberg (Lead)  
 Jim Crawford  
 Steve DeVinck  
 Rose Kidd  
 10:30 Walt Tafelski (Lead)  
 Sandy & Tom Henning  
 Need 1



### GREETERS:

4:00  
 7:30 Mavis Moran  
 10:30 Tom & Sandy Henning



## STEWARDSHIP OF TREASURE

"The harvest is rich," Jesus tells the seventy-two in today's Gospel, "but the workers are few." The situation is the same today. How can I help with God's harvest? Am I called into the field? Am I one who could provide food or shelter or wages to those who toil in the fields of the Lord?

	<u>June 28/29</u>	<u>Last Year</u>
<b>Envelopes:</b>	<b>95</b>	<b>117</b>
<b>Collection:</b>	\$4,327.92	\$5,479.00
<b>On-Line Giving (45)</b>	\$2,687.00	\$2,312.00
<b>Loose:</b>	\$ 771.00	\$ 535.00



*Thank you for your generosity!*

## FROM THE RECTOR'S DESK

### SUMMER OFFICE HOURS

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



## WEEKLY MEDITATION

Let's examine some of the themes that we discover in the Mass readings for the 14th Week of the Year.

### 1st Reading - Isaiah 66:10-14c

- God will spread prosperity over Jerusalem for all its inhabitants.
- Like a mother who nurses a child, so shall Jerusalem provide for the people.

### Psalm - 66:1-7,16,20

- "Let all the earth cry out to God with joy."
- All creation gives praise for the marvels that the Lord has done.

### 2nd Reading - Galatians 6:14-18

- Paul boasts in the Cross of Christ, through which the world has been crucified.
- God's grace, peace, and mercy come upon all who draw near to Jesus.

### Gospel - Luke 10:1-12,17-20

- Jesus sends out seventy-two disciples in pairs to preach in those places the Lord intends to visit.
- When they return, the disciples rejoice at what they have seen and experienced.

Fr. Andrew

**Question for Children:** How do you let others know about your faith?

**Question for Youth:** Jesus sent the disciples out into the world, but told them that it wouldn't be an easy job. How have you shared your faith with others this past week? What were the risks for you?

**Question for Adults:** To what part of the harvest are you being sent? What are you being called to do for the Reign of God?

### Readings for the week of July 6, 2025

Sunday:	Is 66:10-14c/Ps 66:1-3,4-5, 6-7, 16, 20 (1) Gal 6:14-18/Lk 10:1-12, 17-20 or 10:1-9
Monday:	Gn 28:10-22a/Ps 91:1-2, 3-4, 14-15ab Mt 9:18-26
Tuesday:	Gn 32:23-33/Ps 17:1b,2-3,6-7ab,8b and 15 Mt 9:32-38
Wednesday:	Gn 41:55-57; 42:5-7a, 17-24a/Ps 33:2-3, 10-11, 18-19/Mt 10:1-7
Thursday:	Gn 44:18-21, 23b-29; 45:1-5/Ps 105:16- 17, 18-19, 20-21/Mt 10:7-15
Friday:	Gn 46:1-7, 28-30/Ps 37:3-4, 18-19, 27-28, 39-40/Mt 10:16-23
Saturday:	Gn 49:29-32; 50:15-26a/Ps 105:1-2, 3-4, 6-7/Mt 10:24-33
Next Sunday:	Dt 30:10-14/Ps 69:14, 17, 30-31, 33-34, 36, 37 (see 33)/Col 1:15-20/Lk 10:25-37

## CATHEDRAL NEWS



### PRAYER GROUP MEETING

Monday, July 7<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

### FREEDOM

Our Society was established in 1833 by our founder Blessed Frederic Ozanam. As we celebrate our freedom over this 4th of July weekend, let us reflect on his words "Education is the key to unlock the golden door of freedom."

He believed that education empowers individuals to overcome adversity and ignorance, enabling them to make a positive difference in the world.

Join us at our next meeting on Tuesday, July 8th at 6pm at the Cathedral. Learn about poverty in our community and how you can make a positive difference in the world.

Voicemail: 715-398-4039

Mailing address: SVDP 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  
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



### FREE POP-UP BIKE REPAIR CLINIC

(Sponsored by Knights of Columbus Council #499)

Saturday, July 12, 2025 (Rain Date-July 19)  
Side Parking Lot

St. Anthony Church, 11648 E Cty Rd B  
Lake Nebagamon WI ~10:00 AM – Noon  
Services Offered: Minor Adjustments,

Cable Replacement, Wheel Truing, Tire Repair,  
Basic Maintenance



**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).

**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**



"The Catholic Church is working diligently to prevent sexual abuse by parish employees, volunteers, deacons, and priests. If you have been sexually abused by someone associated with the Church and would like to report or discuss the experience, we urge you to contact:

Bonnie Thom (715) 718-1110.

The Diocese of Superior welcomes your call and understands how difficult it may be to reach out in this situation. The phone number provided is confidential and dedicated solely to these calls. Know that your call will be treated with respect, dignity, and compassion. The Diocese of Superior is bound by civil and canon law to report sexual abuse of a minor to civil authorities. Anyone who believes that they have been sexually abused is strongly encouraged to report as well."

**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**

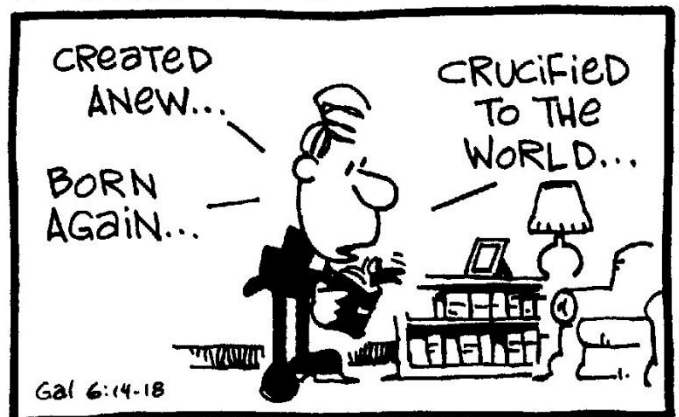
is a cost-effective way to advertise 52 times per year and show support for your local community; in turn, parishioners will support you!

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



John Witte  
414-334-9488  
[iwitte@4lpi.com](mailto:iwitte@4lpi.com)

14<sup>TH</sup> SUNDAY IN ORDINARY TIME







# 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



# Impact

Bring faith to life. Find life in faith.

## Impact this month

### OPEN YOUR HEART

Take a few moments each day, or longer if you are able, to open your heart to God's love. Recall moments when you have felt God's presence or remember that God always waits for you!

### THINK ABOUT YOUR LIFE

What is most important? How do your daily activities, decisions, and focus show your love for God? In what ways does your faith direct and influence your life?

### GROW IN FAITH AND HOPE

Allow Jesus to touch your heart with peace, healing, love and hope.

Trust that God is with you in all things. Share the blessing of this loving, trusting relationship with family, friends, co-workers and fellow parishioners.



## Who or what do you love with all your heart?

Your answer to this question says it all.

Have you ever had someone ask, "What's in your heart?" Or say, "This is at the heart of our discussion"? When we speak of the heart, we get to what is most important, at the center, the crux of the matter. **What is at the heart of our lives has the greatest impact.** When we know where our heart is, we prioritize and put things in proper perspective. In doing so, we begin to see how all of the many aspects of our lives fit together.

**Is God at the heart of your life?** Some could clearly say yes — and their decisions and actions reflect the heart of God. Yet, many will say that their heart is not quite there yet. As we listen to the readings and hear the stories of the early disciples, it is clear that they gave Jesus a place in their lives. We may forget, however, that before the disciples were sent out two by two, before they asked Jesus to teach them to pray, before they walked from town to town with him, there was an encounter. As they came to know Jesus, he touched their hearts; they experienced peace, healing, mercy and love in ways they had never known before. This encounter is the beginning point for us as well. It must be.

**How do we come to know Jesus?** The answer may be a bit different for each of us. No matter the circumstances, however, the starting point is an open heart. When we open our hearts to an encounter with Christ, we can be certain that God is there, waiting, ready to touch our hearts with love beyond our imagining or comprehension. An open heart leads to a heart filled with love. A heart filled with love naturally reaches out to others, overflowing with mercy, generosity, and peace. In this Jubilee Year, may we be like the disciples sent out on the journey as pilgrims together. Let us dare to open our hearts to the hope of Christ, loving the Lord with all our heart, being, strength, and mind, and our neighbor as our self.





## Martha, Martha

Mary chose the better part. What about Martha?



**"Martha, Martha, you are anxious and worried about many things..."**

Jesus' words may sting for those of us who relate to Martha. Mary, it seems, ignores Martha's bustle, focusing instead on Jesus' and his teaching. We rankle at Jesus' response to Martha. After all, she was taking care of Jesus and those in his company, wasn't she?

This exchange between Jesus and Martha is not the only one between them in the Gospels, however. Martha is featured in another key Gospel narrative, the one in which her brother, Lazarus, has died. Jesus waits to come to the grieving family. Martha is the first to question his absence, and to declare her belief that he is the Messiah.

It seems that Martha has been listening all along. She has a trusting relationship with and faith in Jesus. Perhaps she, like Jesus' mother Mary, has been pondering many things in her heart. Maybe we overreact to Jesus' words to Martha, and therefore miss something important for us as well. Perhaps Jesus wasn't chiding Martha about her anxious pace as much as he was showing care for her, drawing her back to her trusting relationship with him. The testimony of the later interaction between them gives evidence that Martha didn't leave after Jesus commented on her anxiousness and worry. She must have remained, perhaps stilling her heart and anxious life to let Jesus in more completely.

**As we go about our daily lives, it will be good for us to remember Martha and Mary.** Let us consider our relationship with the Lord in the midst of our daily living. and allow Christ's love, forgiveness, and mercy to permeate our hearts, and to shine through us. At times, we must be like Mary and "choose the better part," and at other times, we will be Martha, busy with many things. We can let go of the worry and anxiousness that burdened Martha and sometimes burdens us, and learn to trust in God even in, especially in, our busy, bustling, lives!

**You shall love  
the Lord your  
God with all your  
heart, and with  
all your soul,  
and with all  
your strength,  
and with all  
your mind, and  
your neighbor  
as yourself.**

– Lk 10:25–27

## Who is your neighbor?

When Jesus responded to the scholar who wished to trick him, he teaches us all what it means to see our neighbor through the heart of God. He exposes the hypocrisy of the religious leaders whose concern for the *letter* of the law overrode their concern for the injured man, and the compassion at the *heart* of the law.



In placing the Samaritan as the one who was neighbor to the victim, Jesus challenges the social prejudices of the time. Samaritans and Jews held each other in contempt, yet **this Samaritan not only cared for the victim, he reflected God's love** through his lavish expression of compassion and mercy. The one who was hated became the one revered and respected.

Who is your neighbor? Are there individuals or people of a particular ethnic or social group that you avoid or hold in contempt? How are you called to the love and service that is at the heart of Christ's message? Who waits for your compassion, acceptance, selfless sharing, or attention?



## 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!

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(Catholic News Service)

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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

"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.