

JULY 13, 2025

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 15, 2025

8:30 A.M. – Tom & Kathy Dahlberg-M
 Mike & Chris Sabyan

WEDNESDAY, JULY 16, 2025

8:30 A.M. – The Bergstrom Family-M
 Bonnie Lehner & Sondae Gull

THURSDAY, JULY 17, 2025

8:30 A.M. – Stan Dahlberg-M
 Margie Lisak

FRIDAY, JULY 18, 2025

8:30 A.M. – Nancy Lisdahl-M
 Jeff & Shari Bong

2:00 PM Wedding: *Ryan Silvas & Katelyn Flesichman*

WEEKEND INTENTIONS

SATURDAY, JULY 19, 2025

2:00 PM Wedding: *Tristan Davenport & Madeline Jonas*

4:00 P.M. – Doris Griffith-M

Rick & Sharon Hoch

SUNDAY, JULY 20, 2025

7:30 A.M. – Ray & Jean Biver

Barb & Greg Guenard

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

WEDDING BANNS:

I *Billy Casserly & Bailey Loso*
 III *Tristan Davenport & Madeline Jonas*
 III *Ryan Silvas & Katelyn Flesichman*

VOCATIONS... It's a simple concept: love God with your whole being and put that love into practice. How is God calling you to love? Have you considered the way of loving called priesthood or religious life? (Luke 10:25-37)

Cathedral Church Calendar

Thur. July 17 – 1-3pm Adoration
 Fri. July 18 – Parish Office Closed
 Sat/Sun. July 19/20 – 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 19/20

READERS:

4:00 Tom Unterberger
7:30 Jim Paine
10:30 Erica Milliken & Pam Tafelski

EUCCHARISTIC MINISTERS:

4:00 Tom Unterberger (F) & Jill Unterberger (B)
Need 2 Ministers for Communion Cup
7:30 Louise Pope (F) & Susan Collins (B)
Need 2 Ministers for Communion Cup
10:30 Dcn. Tim Thom (F) & Thomas Sitek (B)
Cup: Mary Davis & Erica Milliken

SERVERS:

4:00
7:30
10:30 Alice & Margaret Sims

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)
 Jim Ronchak
 Steve Tanko
 Need 1

GREETERS:

4:00
7:30 Cathy Wenho
10:30 Erica, Lauren & Lily Milliken

STEWARDSHIP OF TREASURE

The Good Samaritan was also a good steward, giving his time and his treasure to meet his neighbor's need. At the end of this familiar story, Jesus urges his hearers – and us – to go and do the same!

	<u>July 5/6</u>	<u>Last Year</u>
Envelopes:	104	99
Collection:	\$5,742.00	\$4,386.00
On-Line Giving (42)	\$3,544.00	\$5,027.00
Loose:	\$ 624.00	\$ 481.00

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

Here are some of the themes that we find in the Mass readings for the 15th Sunday of the Year.

1st Reading - Deuteronomy 30:10-14

- Moses exhorts the people to heed the voice of the Lord and keep his commandments.
- God's command is not mysterious or remote, but near and close to our hearts.

Psalm - 69:14,17,30-31,33-34,36-37 (Option #1)

- "Turn to the Lord in your need, and you will live."

- In our affliction and pain we call upon God for mercy and kindness.

Psalm - 19:8-11 (Option #2)

- "Your words, Lord, are Spirit and life."
- God's law and precepts enlighten us and bring us wisdom.

2nd Reading - Colossians 1:15-20

- Christ Jesus is the image of the invisible God, the firstborn of all creation.
- He is the head of the body, the Church, and he has made peace by the blood of his Cross.

Gospel - Luke 10:25-37

- Having quoted the great commandments to love God and neighbor, a scholar asks Jesus, "And who is my neighbor?"
- Jesus then offers the parable of the Good Samaritan as an example.

Fr. Andrew

Question for Children: Jesus tells us to love today. Name a time when you showed your love for your family or friends during the past week or two.

Question for Youth: The Samaritan reached out to a stranger and helped him. Who are the strangers who you could reach out and help in the coming week or month? How will you respond?

Question for Adults: Jesus tells us today to love God, our neighbor and our self. How will you love God this week? How will you love your neighbor this week? How will you love yourself this week?

Readings for the week of July 13, 2025

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
Monday:	Ex 1:8-14, 22/Ps 124:1b-3, 4-6, 7-8 Mt 10:34—11:1
Tuesday:	Ex 2:1-15a/Ps 69:3, 14, 30-31, 33-34 Mt 11:20-24
Wednesday:	Ex 3:1-6, 9-12/Ps 103:1b-2, 3-4, 6-7 Mt 11:25-27
Thursday:	Ex 3:13-20/Ps 105:1 and 5, 8-9, 24-25, 26-27/Mt 11:28-30
Friday:	Ex 11:10—12:14/Ps 116:12-13, 15 and 16bc, 17-18/Mt 12:1-8
Saturday:	Ex 12:37-42/Ps 136:1 and 23-24, 10-12, 13-15/Mt 12:14-21
Next Sunday:	Gn 18:1-10a/Ps 15:2-3, 3-4, 5 (1a) Col 1:24-28/Lk 10:38-42

CATHEDRAL NEWS



PRAYER GROUP MEETING

Monday, July 21st
6:30 PM Cathedral (Upper Church)
All are welcome!

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

STRIKEPOINT

Handbell Concert
Friday, August 1 ~ 7:30 PM
Cathedral of Christ the King

Admission free ~ Suggested donation \$18
20% of the donations benefit the Cathedral's organ fund



SOCIETY OF ST. VINCENT DE PAUL

AND WHO IS MY NEIGHBOR?

And after telling the parable of the Good Samaritan - Jesus said, "Go, and do likewise".

Join us as we serve our neighbors in need.

Our next meeting is on Tuesday, July 22nd at 6pm at the Cathedral in Kress Hall.

If you or someone you know is in need - leave a message for us at 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

Cathedral School Registration for the 2025-2026 School Year is available 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.

Employment Opportunities

Cathedral School is currently accepting applications for the 2025-2026 school year. Employment opportunities are available in the following areas:

- Preschool
- Physical Education
- Extended Care
- School Aides
- Hot Lunch Program

To learn more or to apply, please visit our website at www.superiorcathedralschool.org or 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 – 1st Saturday from 5:30-6pm
Holy Assumption – 1st Friday from 7:30-8:00am
St. Anthony, Sup. – 1st Tuesday from 8-8:30am



Council 499 Superior Knights of Columbus will be celebrating the 125th of their founding on July 20 with a 3:00 PM Mass at St Francis Church, Superior celebrated by Bishop Powers, followed by a 5:00 PM dinner. All are invited. If you are a knight or appreciate the work we do please reserve your spot by calling Darryl at 218-349-9165. Menu includes baked ham, roast turkey, roast beef, glazed carrots, garlic mashed potatoes, and dessert. Cost is \$25.00/person and \$10/child less than 13 years old. You must reserve your meal by no later than July 15.

SUPERIOR CATHOLIC WOMEN'S GROUP
Friday, July 25th

Topic: Spiritual Warfare

Location: WI Point – Lot 1 (look for the yellow balloons)

Notes: Bring your swimsuit/towel, chair and rosary and beverage (campfire snacks provided)

Time: 7-9pm

Contact: Janelle Roe – 715-965-0103

Deepen Your Faith Beyond Sunday

Catholic radio is here to accompany you every day of the week, not just on Sundays. Tune in to Real Presence Radio for inspiring conversations, solid Catholic teaching, and encouragement to live your faith fully. Listen on the radio - 88.1 FM, online, or on our free mobile app.

ST. MICHAEL CATHOLIC CHURCH
IRON RIVER, WI BLUEBERRY FEST AT
MOON LAKE PARK

Outdoor Mass



Sunday, July 27th ~ 10:00 AM Mass



Father Joji Boyapati Celebrant
northwoodscatholics.org

Music by the Spirit Seekers of
St. Anthony-Superior

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



“But a Samaritan traveler who came upon him was moved with compassion at the sight. He approached the victim, poured oil and wine over his wounds and bandaged them. Then he lifted him up on his own animal, took him to an inn, and cared for him.” — Lk 10:33-34



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.

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



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!

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.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/>

“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.....

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.

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.”



CATHEDRAL OF CHRIST THE KING

1410 Baxter Avenue, Superior, WI 54880

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

www.superiorcathedral.org

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.