

WEEKLY MEDITATION

Here are some of the powerful themes that surface in the Mass readings for the 1st Sunday of Lent.

1st Reading - Genesis 2:7-9, 3:1-7

- God breathes life into the man who is formed from the clay.
- In the garden in Eden, God plants many trees, including the tree of the knowledge of good and evil.
- The serpent tempts Eve to eat the forbidden fruit, and she and Adam eat it.

Psalm - 51:3-6, 12-13, 17

- "Be merciful, O Lord, for we have sinned."
- Acknowledging our sins, we call upon the Lord for mercy and ask for a clean heart and a steadfast spirit.

2nd Reading - Romans 5:12-19

- Through the transgression of one man (Adam) condemnation came upon all, so, through one righteous act (Jesus) acquittal and life came to all.
- Through the disobedience of the one man (Adam) the many were made sinners, so, through the obedience of the one (Jesus), the many will be made righteous.

Gospel - Matthew 4:1-11

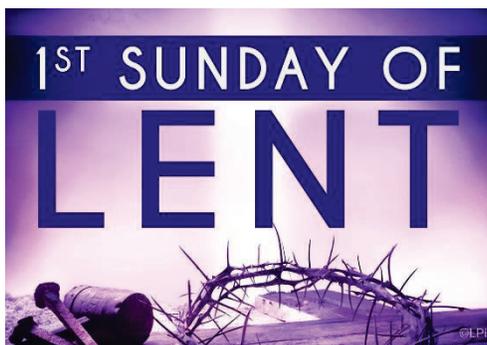
- Jesus is led by the Spirit into the desert, where he fasts for forty days and nights and is then tempted by the devil.
- The first temptation: command stones to become bread. Jesus rejects this, citing Deuteronomy 8:3.
- The second temptation: jump off the parapet of the temple. Jesus rejects this, citing Deuteronomy 6:16.
- The third temptation: worship Satan and receive the kingdoms of the world. Jesus rejects this, citing Deuteronomy 6:13.

Fr. Andrew

Question for Children: What do you plan to do during Lent this year as a way of showing you want to grow closer to Jesus?

Question for Youth: Jesus was tempted by the devil. How are you tempted? What helps you resist these temptations?

Question for Adults: When you yourself pause to be alone with God, what distracts and prevents you from dwelling in that? Busyness? The demands of life? TV? The internet?



Readings for the week of February 22, 2026

Sunday:	Gn 2:7-9; 3:1-7/Ps 51:3-4, 5-6, 12-13, 17 Rom 5:12-19 or 5:12, 17-19/Mt 4:1-11
Monday:	Lv 19:1-2, 11-18/Ps 19:8, 9, 10, 15 Mt 25:31-46
Tuesday:	Is 55:10-11/Ps 34:4-5, 6-7, 16-17, 18-19 Mt 6:7-15
Wednesday:	Jon 3:1-10/Ps 51:3-4, 12-13, 18-19 Lk 11:29-32
Thursday:	Est C:12, 14-16, 23-25/Ps 138:1-2ab, 2cde-3, 7c-8/Mt 7:7-12
Friday:	Ez 18:21-28/Ps 130:1-2, 3-4, 5-7a, 7bc-8 Mt 5:20-26
Saturday:	Dt 26:16-19/Ps 119:1-2, 4-5, 7-8 Mt 5:43-48
Next Sunday:	Gn 12:1-4a/Ps 33:4-5, 18-19, 20, 22 2 Tm 1:8b-10/Mt 17:1-9

CATHEDRAL NEWS

CATHOLIC MEN'S GROUP

Catholic Men's Group will meet on Monday's at 7:00 p.m. once a month in Kress Hall. Men of all ages are invited for Catholic fellowship and discussion.

Catholic Men's Group 2025-2026: Into the Breach

Feb. 23 – Bill Kovaleski presents on Suffering

Mar. 30 – Brad Montgomery presents on Masculinity

Apr. 27 – Tom Tracy presents on Prayer



PRAYER GROUP MEETING

Monday, March 2, 2026

6:00 PM Cathedral – Kress Hall

All are welcome!

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

The Cathedral Book Club 2025-2026

We meet in the Cathedral Parish Office at 6:30 pm. All are welcome to join us.



March 11 - Hope: The Autobiography by Pope Francis

May 6 - Golden Doves by Martha Hall Kelly

SOCIETY OF ST. VINCENT DE PAUL

WORKS OF MERCY

The works of mercy are charitable actions by which we come to the aid of our neighbor in his spiritual and bodily necessities. Instructing, advising, consoling, comforting are spiritual works of mercy.... The corporal works of mercy consist especially in feeding the hungry, sheltering the homeless, clothing the naked, visiting the sick and imprisoned, and burying the dead. Among all these, giving alms to the poor is one of the chief witnesses to fraternal charity: it is also a work of justice pleasing to God. - Catechism of the Catholic Church.

Consider works of mercy this Lent.

Our next meeting is in Kress Hall at 6pm on Tuesday, February 24th. Join us!

Voicemail: 715-398-4039

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

RELIGIOUS EDUCATION

Religious Ed. Classes



Wednesday, February 25th in Kress Hall.
Pre K – 6th grade classes from 5:30-6:30pm.
7th grade - Confirmation class from 7-8pm.

EUCHARISTIC ADORATION IN OUR CLUSTER:

Cathedral – every Thursday from 1-3pm
St. Anthony, L.N. – every Thursday from 8-9am
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



CATHEDRAL SCHOOL NEWS



IMPORTANT DATES:

- March 6th - MS Retreat
- March 6th – Reconciliation @ 1:00pm
- March 24th - Chrism Mass @ 12:00

Cathedral School Registration

Cathedral School Registration for the 2026-2027 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 through 8th grade for our 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.

FISH DINNER



St. Anthony Church, 4315 E. 3rd. St. in Superior, will be serving our Annual Lenten Fish Dinner each Friday during Lent starting February 20th and continuing through April 3rd from 4:00 – 6:30 p.m. The dinner will be dine-in or take-out.

Meal includes: Fried or Baked Fish, Mashed or Baked Potato, Coleslaw, Vegetable, Pickled Beets, Roll, and Dessert (Beverage for dine-in). Adults – \$15.00, Students (12 and under) – \$7.00 and Preschool – Free.

We are handicapped accessible. Local deliveries will be available by calling **715-398-3261** Monday through Thursday each week. If there is no answer, please leave a message including name, address and phone number.

ST. WILLIAM'S FAMILY BINGO

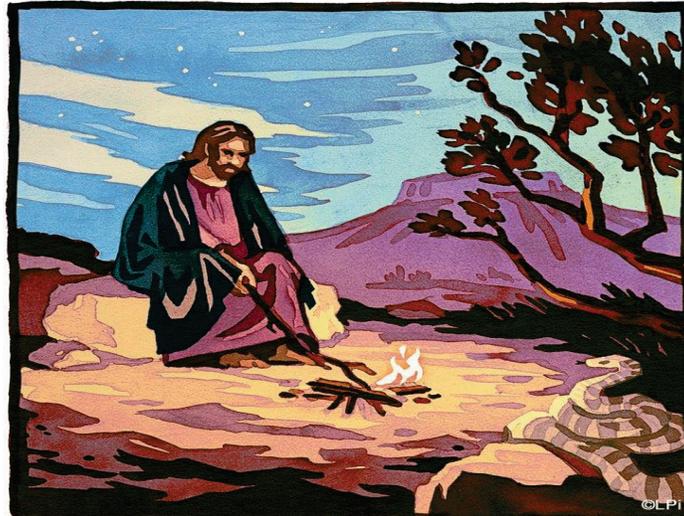
Tuesday, March 3rd

Concessions will be available at 5:30 pm

Bingo starts at 6:30 pm

Come for a fun evening of Bingo, Food and Prizes. \$200 in prizes to be given away and a 50/50 raffle.

Bring your family and friends. Bingo is free.



T*he tempter approached and said to him, “If you are the Son of God, command that these stones become loaves of bread.” He said in reply, “It is written: One does not live on bread alone, but on every word that comes forth from the mouth of God.”*

Cenacle Prayer Group

Would you like to be part of a faith sharing small group? Are you looking for a weekly opportunity to pray and reflect on how God is working in your life, but in a way that respects your time and is both focused and positive? Our cluster is looking for people who want to grow together in faith through a Cenacle prayer group.

Cenacle – a faith sharing small group (it refers to the “Upper Room” where the disciples met.)

Cenacle Key Points

The group is ideally composed of 4-7 people.

Each week, a different person in the group leads the Cenacle.

The group meets weekly (with rare exceptions based on holidays and life situations).

The Cenacle lasts between 30-60 minutes; it never goes beyond an hour.

The group can meet in person or digitally

- If in person, do it at a regular time that suits everyone (after Mass, over coffee, at home, etc.)
- If online, use what works for your group (FaceTime, Google Meet, a Zoom call, etc.)

Cenacle Format – THIS IS WHAT YOU ACTUALLY DO

- Opening Prayer (1-2 minutes)
 - Led by whoever is leading the meeting that week; when in doubt, use the Our Father!
- Check in with each other (10-15 minutes)
 - Each person takes 2-4 minutes (never more than 5!) to share events from the past week
- Reflection (15-30 minutes)
 - Sunday Gospel Reading
 - The Gospel is read out loud
 - People share something (a word/phrase/image) that touched them from the reading
- Goals for the coming week (10-15 minutes)
 - Each person takes 2-3 minutes to share their goals and objectives for the coming week.
- Closing Prayer
 - Each person names any specific prayer intentions that they have.
 - The Leader offers a concluding prayer; if you're not sure what prayer to use, say the Hail Mary!

Hallmarks of a healthy Cenacle

- Positivity – the focus is always on personal growth when sharing struggles; “venting” is to be avoided.
- Vulnerability – requires participants to be real in their joys and burdens.
- Leadership – group is accountable: gossip, toxic behaviors, being present, not monopolizing time, etc.
- Investment – participants make the Cenacle a priority and are thoughtfully present and prepared.

Who can join?

- Anyone! What's required is someone who wants to make a weekly commitment to grow in faith.
- In fact, if you connect each week on a Zoom call, you can be anywhere in the world!
 - Note: the big thing is that people make this a priority in their lives.
 - Once a week, they come together to pray, reflect, and support each other.
 - It's not complicated, but over time we find ourselves growing closer to God and each other.

Choose a Group Leader and connect with Fr. Andrew to begin

- The Leader keeps the group organized and communicates with Fr. Andrew.
- This person emails Fr. Andrew at fatherandrew97@gmail.com to let him know the group has formed.



Christ the King Council 16691
Superior WI
Knights of Columbus

40 Cans for Lent 2026

Our Christ the King Council 16691 of the Knights of Columbus is again helping the St. Vincent de Paul food shelf with this year's 40 Cans for Lent. Can you help us? As much as you are able, please consider 40 cans (or boxes or packages) for Lent. Here is a list of items requested by our St. Vincent de Paul food shelf for the 2026 Cathedral collection. Their needs are very great this year.

Please do not purchase or donate items in glass jars, as they could break and cause a big mess. Plastic jars (such as plastic peanut butter jars) are fine. Please do not provide fresh foods (such as bread and fresh vegetables and fruits) and items requiring refrigeration, and please do not donate expired or opened items. PLEASE: The Food Shelf DOES NOT NEED plain canned beans (like lima beans, pinto beans, garbanzo beans, etc.). Thank you!

Donations can be brought to Cathedral between now and Holy Thursday. We anticipate that items will be on display on the steps to the stage in Kress Hall. **THANK YOU FOR YOUR GENEROUS DONATION! VIVAT JESUS!**

Breakfast Foods

- Cereal
- Pancake Mix and syrup

Fruit and Vegetables

- Canned fruit
- Canned Vegetables

Beverages

- Coffee
- Hot Cocoa Packages
- Powdered milk
- Shelf stable milk

Ready-to-Eat Foods

- Cheese and Crackers
- Crackers (all kinds)
- Healthy Bars (such as granola or cereal bars)
- Jell-O or pudding cups

Miscellaneous

- Easy Snacks for kids

Easy Meals in a Box or a Can and Protein

- Baked Beans (like Bush's, etc.)
- Beef Ravioli
- Beef stew
- Canned meats (chicken, ham, salmon, Spam, tuna)
- Chili (Hormel with pop-top lids)
- Chili in a Bag
- Ground Beef (canned)
- Hearty Soups (not creamed soups) chunky, hearty (such as Progresso, etc.)
- Peanut Butter (and Jelly!)
- Spaghetti and meatballs
- Spaghetti-O's

Carbohydrates

- Instant potatoes
- Macaroni and Cheese bowls
- Ramen Noodles
- Scalloped Potatoes
- Spaghetti Sauce
- Stove Top Stuffing



Cathedral Centennial

Cathedral of Christ the King Campaign



Make a Spiritual Plan

Clarify your goals and intentionally map out how you will grow in your relationship with God.



Spiritual Training Techniques

Learn practical habits and disciplines that strengthen your faith through consistent spiritual practice.



Spiritual Action & Implementation

Put your plan into motion by living out your faith daily through intentional choices and actions.

THURSDAYS

5:00 PM

**Soup Supper to follow in Kress Hall
Sponsored by the
Knights of Columbus #16691**

*Cathedral of
Christ the King*





42nd Annual Garbage Omelet Breakfast

Sponsored by the
Knights of Columbus Council 7106

When: SUNDAY, February 22, 2026

**Where: Holy Assumption Church Hall
5601 Tower Avenue, Superior, WI**

Time: 8:00 am to NOON

**Cost: Adults: \$12.00
Children: 12 & Under \$6.00**



“FAMOUS THREE EGG – GARBAGE OMELET BREAKFAST”

Includes beverage (Orange Juice, Coffee or Milk) Toast and Hash Browns. Omelets are made from three eggs and are filled with your choice of fixings – ham, bacon, sausage, cheese, hash browns, onions, mushrooms, green peppers, tomatoes or olives.

Wednesday Night Religious Education – Cathedral of Christ the King – Grades K-Confirmation – 2025-26

Date	Notes	Parent/Special Events
09/24/25		Meeting for First Reconciliation/ Communion/Confirmation families, 5:30pm
10/1/25	FIRST Class	
10/8/25	Class	
10/15/25	Class	Circle of Grace/Safe Environment
10/17/25		Confirmation Retreat
10/18/25		Kress Hall
10/22/25	Class	Family Dinner
10/29/25	Class	
11/5/25	Class	Vocations Week
11/12/25	Class	Confession & Adoration available
11/14/25		High School Discipleship Weekend
11/16/25		Crosswoods Camp, Mason, WI
11/19/25	Class	Family Dinner
11/26/25	NO CLASS	Thanksgiving Break
12/3/25	Class	
12/10/25	Class	Meeting for First Reconciliation Families
12/13/25		First Reconciliation, 11am
12/17/25	Class	Christmas Party! Baptismal Records Due!!!!
12/24/25	NO CLASS	Christmas Break
12/31/25	NO CLASS	New Year's Day
1/7/26	Class	
1/14/26	Class	
1/21/26	Class	Family Dinner
1/28/26	Class	
2/4/26	Class	
2/11/26	Class	Family Dinner and K-6 Service Project
2/18/26	NO CLASS	Ash Wednesday – Mass at 7pm
2/25/26	Class	
3/4/26	Class	24 hours for the Lord; Confession & Adoration available
3/11/26	NO CLASS	Spring Break
3/18/26	Class	Family Dinner
3/22/26		First Communion Retreat & Family Meeting, 12-3pm
3/25/26	Class	
4/1/26	Class	
4/5/26		EASTER
4/8/26	Class	
4/15/26	LAST Class	Pizza Party!
4/19/26		First Communion, 2pm
4/29/26		Confirmation Rehearsal, 7pm
5/1/26		Sacrament of Confirmation, 7pm

Youth Event Deadlines

	DEADLINE	FOR	NOTES
March for Life	October 1, 2025	Final Day for Discounted Price	Diocese must have Parish Registration Form & Deposits for discount
	October 17, 2025	Parish Registration Form & Deposits Due	Diocese must have Parish Registration Form & Deposits
	November 21, 2025	Online Registrations & Finals Balances Due	Diocese must have final payments, online registration needs to be done
Fall High School Discipleship	October 10, 2025	Parish Registration Form & ALL Payments Due	Diocese must have Parish Registration Form & Payments
	October 24, 2025	Online Registrations Due	Every student/their parents must have all forms completed
Spring High School Discipleship	March 6, 2026	Parish Registration Form & ALL Payments Due	Diocese must have Parish Registration Form & Payments
	March, 20 2026	Online Registrations Due	Every student/their parents must have all forms completed
Extreme Faith Camp	January 9, 2026	Initial Parish Registration Form & Deposits Due	Must have Parish Registration Form & Deposits
	April 1, 2026	Online Registrations, Final Balances, & Substitutions Due	Diocese must have final payments, online registration needs to be done

DIOCESE OF SUPERIOR
EVANGELIZATION & MISSIONARY DISCIPLESHIP



JOHN 15:5

HIGH SCHOOL DISCIPLESHIP

Weekend



— FALL —

Nov. 14-16, 2025

CrossWoods | Mason, WI

— SPRING —

April 10-12, 2026

Crescent Lake | Rhinelander, WI

EXPERIENCE THE HEART OF GOD THROUGH

Mass & Sacraments
Formation
Personal Prayer Time
Outdoor Adventure
Community



REGISTRATION INFO

Parish Registration and \$125 per person secures spots.

Due **October 10th, 2025** (for fall weekend)

Due **March 6th, 2026** (for spring weekend)



catholicdos.org/high-school-discipleship-weekend |





DIOCESE OF
SUPERIOR

EXTREME FAITH CAMP 2026

CHECK ONLINE TO SEE WHICH WEEK YOUR PARISH ATTENDS!



Week 1 | CrossWoods

June 7 - 12, 2025



Week 2 | CrossWoods

June 14 - 19, 2025



Week 1 | Crescent Lake

June 14 - 19, 2025



Week 2 | Crescent Lake

June 21-26, 2025

Price

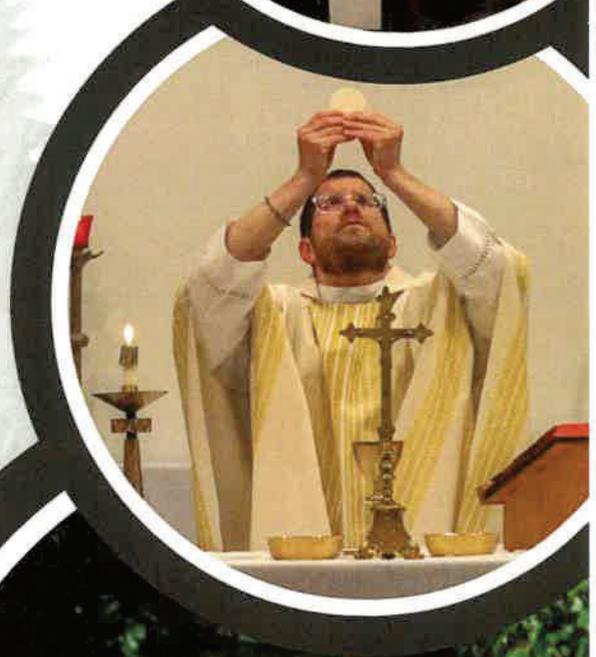
\$450



catholicdos.org/extreme-faith-camp



(715) 234-5044





Save the Date! Annual Salmon Dinner & Silent Auction

Benefit for the Star of the North Maternity Home

Friday, March 20, 2026

5:30 - 8:00 PM

St. James Catholic Church | 721 N. 57th Ave. W. | Duluth



Please Consider Sponsoring!

Purchase Tickets Here

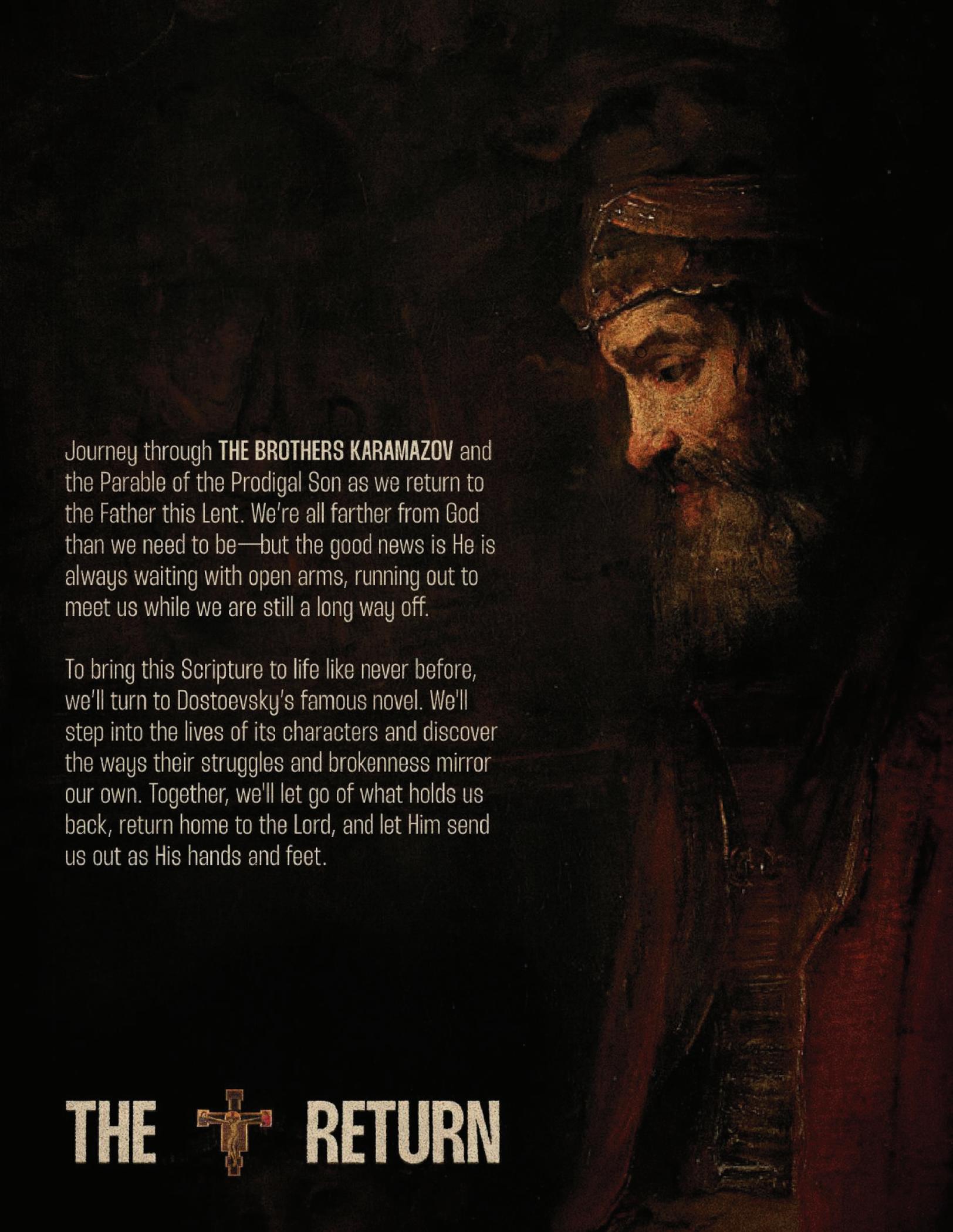
Tickets at: www.starofthenorthmaternityhome.org/events



A dramatic, low-key painting of a person's back and hands. The person is shown from the back, with their head bowed. A hand is resting on their shoulder, suggesting comfort or support. The lighting is warm and focused, highlighting the textures of the clothing and the skin. The background is dark and textured, with a prominent red vertical element on the left side.

THE RETURN

LENT PRAY40



Journey through **THE BROTHERS KARAMAZOV** and the Parable of the Prodigal Son as we return to the Father this Lent. We're all farther from God than we need to be—but the good news is He is always waiting with open arms, running out to meet us while we are still a long way off.

To bring this Scripture to life like never before, we'll turn to Dostoevsky's famous novel. We'll step into the lives of its characters and discover the ways their struggles and brokenness mirror our own. Together, we'll let go of what holds us back, return home to the Lord, and let Him send us out as His hands and feet.

THE  **RETURN**



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WHAT DOES LOVE LOOK LIKE?

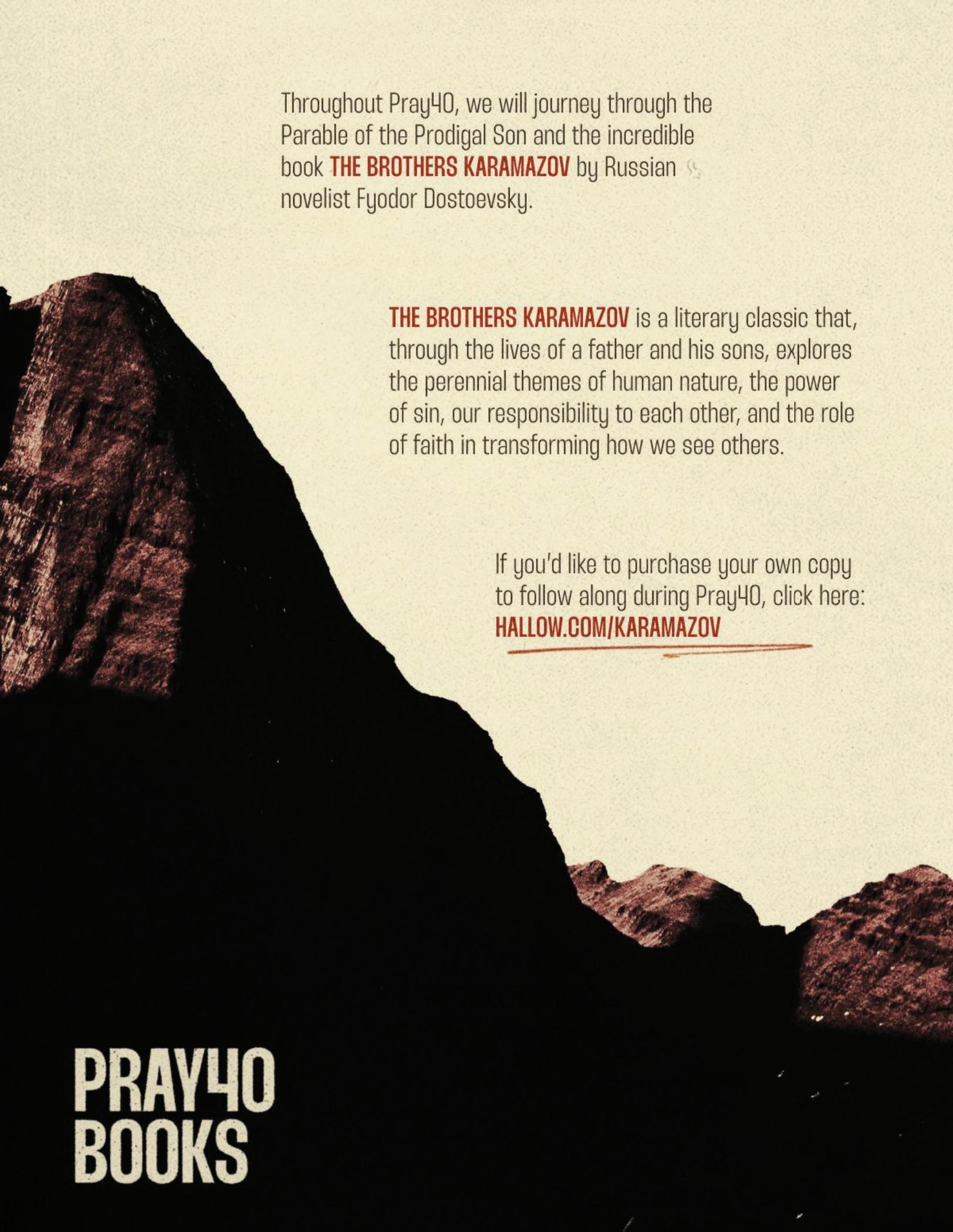
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Throughout Pray40, we will journey through the Parable of the Prodigal Son and the incredible book **THE BROTHERS KARAMAZOV** by Russian novelist Fyodor Dostoevsky.

THE BROTHERS KARAMAZOV is a literary classic that, through the lives of a father and his sons, explores the perennial themes of human nature, the power of sin, our responsibility to each other, and the role of faith in transforming how we see others.

If you'd like to purchase your own copy to follow along during Pray40, click here:
[**HALLOW.COM/KARAMAZOV**](https://HALLOW.COM/KARAMAZOV)

**PRAY40
BOOKS**

WHAT DO I OWE?

WEEK

02

DAY 8

THE BOW

Where might God be inviting you to practice real, active love—not in ideals, but by stepping into someone's burden with humility today?

DAY 9

STORY OF RETURN

What stood out to you from this testimony?

DAY 8

"I bowed yesterday to his great future suffering."

WHAT DOES LOVE
LOOK LIKE?

WEEK 05

DAY 27

LOVE WHERE NO ONE SEES

Where is God asking you to leave the "safe, peaceful" place and practice active love today—showing up for the person right in front of you, even if no one notices and nothing gets fixed immediately?

DAY 28

LOAVES & FISHES

What are your "five loaves and two fish" right now—small, ordinary offerings you tend to dismiss—and how can you place them in Jesus' hands today instead of trying to be enough on your own?

DAY 27

"Seek happiness in sorrow.
Work, work tirelessly."

DAY 28

"You give them something to eat."

MEMORY ETERNAL

WEEK 07

DAY 41

"Where sin abounds, grace abounds all the more."

DAY 42

"Seek happiness in sorrow."

DAY 41

WHERE GRACE ABOUNDS

Where is Christ inviting you to choose patient love instead of retaliation this week—so that grace can ripple farther than sin ever did?

DAY 42

SEEK HAPPINESS IN SORROW

What "great sorrow" are you carrying right now—and what might it look like to let God meet you there instead of escaping it?
