

JUNE 7, 2026 THE MOST HOLY BODY AND BLOOD OF CHRIST



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, JUNE 9, 2026

8:30 A.M. – Douglas Edge-M
Luz Lao

WEDNESDAY, JUNE 10, 2026

8:30 A.M. – Deceased McGillis Family-M
Eugene McGillis

THURSDAY, JUNE 11, 2026

8:30 A.M. – The Family of Peggy Warring
Kathy Moder

FRIDAY, JUNE 12, 2026

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

WEEKEND INTENTIONS

SATURDAY, JUNE 13, 2026

4:00 P.M. – Mark Johnson-M
Julianne Johnson

SUNDAY, JUNE 14, 2026

7:30 A.M. – Deceased Members of the
Guenard & Biver Families-M
Greg & Barb Guenard

10:30 A.M. – In Thanksgiving of Pat & Mary Greene's
50th Wedding Anniversary

XX

VOCATIONS...Pay attention to the nourishment you receive from the Bread of Life. Share it with another. (Deuteronomy 8:2-3, 14-16)

Cathedral Church Calendar

Mon. June 8 – 6:00pm - KC 16691 Meeting Parish Office
 Tues. June 9 – 6:00pm – SVdP Meeting
 Thurs. June 11 – 1:00-3:00pm - Adoration
 Fri. June 12 – 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.



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 Tuesday, July 7th. Thank you!

LITURGICAL ROLES for June 13 & 14

READERS:

4:00 Pat Wildenberg & Jesse Johansen
 7:30 Isaac Hopke & Julie Balmer
 10:30 Lee Sims & Jessica Poskozim



EUCCHARISTIC MINISTERS:

4:00 Mitchell Hecimovich (F) & Pat Wildenberg (B)
Cup: Susan Paine, Need 1
 7:30 Susan Collins (F) & Need 1 (B)
Cup: Need 2
 10:30 Dcn. Tim Thom (F) & Thomas Sitek (B)
Cup: Katee Sims & Amber Nielsen



SERVERS:

4:00 Evan Soine
 7:30 Tom Tracy & Grace Ripley
 10:30 Alice & Margaret Sims & Caroline Smith



USHERS:

4:00 Eric Williams (Lead)
 Irene Peterson
 Bill Wildenberg
 Need 1
 7:30 Bob Ahlborg (Lead)
 Jim Crawford
 Rose Kidd
 John Schottenbauer
 10:30 Walt Tafelski (Lead)
 John Berchild
 Tom & Sandy Henning



GREETERS:

4:00 Anna Marie Olsen
 7:30 Julia Fudally & Mavis Moran
 10:30 Tom & Sandy Henning



STEWARDSHIP OF TREASURE

The Scriptures today remind us that “we, many though we are, are one body for we all partake of the one loaf.” How are we using our gifts of time and talent to build up the body of Christ?

	<u>May 30/31</u>	<u>Last Year</u>
Envelopes:	109	118
Collection:	\$4,252.67	\$6,627.00
On-Line Giving (39)	\$2,313.74	\$2,612.00
Loose:	\$ 913.00	\$ 658.00



Thank you for your generosity!

FROM THE RECTOR'S DESK

The Cathedral elevator will be out of service June 8th through July 3rd for electrical upgrades. People with limited mobility may wish to attend Mass at another church during this time.

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 in the Mass readings for the Solemnity of the Most Holy Body and Blood of Christ, sometimes called Corpus Christi.

1st Reading - Deuteronomy 8:2-3,14b-16a

- Moses reminds the people how they were fed by God with Manna during their journey of forty years.

- Moses goes on to exhort the people to never forget the Lord their God and the marvels that they experienced.

Psalm - 147:12-15,19-20

- "Praise the Lord, Jerusalem."
- We glorify God as we recall how the Lord strengthens and blesses the people with peace.

2nd Reading - 1st Corinthians 10:16-17

- The cup of blessing and the bread we break are part of our communion with the blood and body of Christ.
- This communion unites us to God and one another.

Gospel - John 6:51-58

- Jesus proclaims that he is "the living bread that came down from heaven; whoever eats this bread will last forever."
- The Lord's flesh is true food and his blood is true drink; whoever eats his flesh and drinks his blood has eternal life, and Christ will raise us up on the last day.

Fr. Andrew



Question for Children: How does receiving Holy Communion change how you treat those around you?

Question for Youth: Jesus tells us that through the Eucharist we will remain in him and he is us. How does the Eucharist keep you in relationship with Jesus?

Question for Adults: Share one way that the Eucharist connects us as "one body" – how does it change the way we relate to each other?

Readings for the week of June 7, 2026

Sunday:	Dt 8:2-3, 14b-16a/Ps 147:12-13, 14-15, 19-20/1 Cor 10:16-17/Jn 6:51-58
Monday:	1 Kgs 17:1-6/ Ps 121:1bc-2, 3-4, 5-6, 7-8 Mt 5:1-12
Tuesday:	1 Kgs 17:7-16/ Ps 4:2-3, 4-5, 7b-8 Mt 5:13-16
Wednesday:	1 Kgs 18:20-39/ Ps 16:1b-2ab, 4, 5ab and 8, 11/Mt 5:17-19
Thursday:	Acts 11:21b-26; 13:1-3 (580)/Ps 65:10, 11, 12-13/Mt 5:20-26
Friday:	Dt 7:6-11/Ps 103:1-2, 3-4, 6-7, 8, 10 1 Jn 4:7-16/Mt 11:25-30
Saturday:	1 Kgs 19:19-21/Ps 16:1b-2a and 5, 7-8, 9-10/Mt 5:33-37
Next Sunday:	Ex 19:2-6a/Ps 100:1-2, 3, 5/Rom 5:6-11 Mt 9:36-10:8

CATHEDRAL NEWS



PRAYER GROUP MEETING

Monday, July 6, 2026
6:00 PM Cathedral – Kress Hall
 All are welcome!

Formed QR



Hallow QR



SOCIETY OF ST. VINCENT DE PAUL

We are Eucharistic People.

Working alongside St. Vincent de Paul, St. Louise de Marillac prayed:

"Give Yourself entirely to me, my God. May Your precious body, Your holy soul, and Your glorious divinity, which I adore in this Holy sacrament, take complete possession of me. Sweet Jesus! Gentle Jesus! My God and my All! Have mercy on all souls redeemed by Your precious blood. In flame them with the arrow of Your love in order to make them grateful for the love that urged You to give Yourself to us in the Blessed Sacrament."

Voicemail: 715-398-4039

Mailing Address: SVDP P.O. Box 98 Superior, WI 54880
 Your donations help us to help our brothers and sisters in need in our community.

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 2026-2027 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.

EUCCHARISTIC 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



BABY BOTTLE CAMPAIGN

As was done the last two years, the Catholic Daughters in collaboration with the Superior Area Knights of Columbus are promoting a Baby Bottle Campaign with the proceeds being donated to the Lake Superior Life Care Center. Baby bottles will be distributed at all Masses on Mothers Day weekend and collected at the Masses on Fathers Day weekend. All Superior Cluster parishes and St. Francis Church are participating. Last year's campaign resulted in a total donation of \$8,600 for the Lake Superior Life Care Center.





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 18, 2026 | 11:00am

WEDDING ANNIVERSARY CELEBRATION 2026

kindly register by July 1st

lnauertz@catholicdos.org | 715.234.5044

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



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.



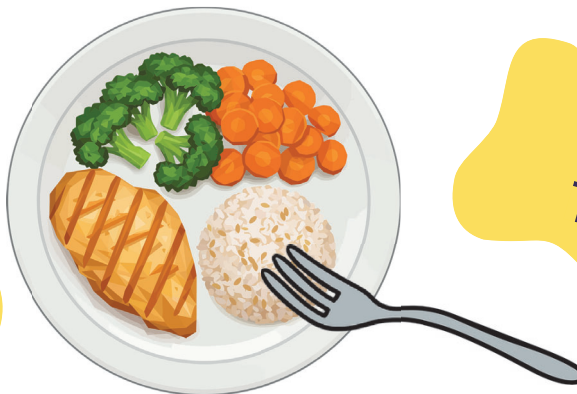
DID YOU KNOW?

Senior Connections routinely provides over 60,000 meals a year to participants in Douglas County! Some of these meals are delivered to six dining sites and Holy Assumption is one of those sites. The program is open to those over the age of 60 and you do not need to be a member of the church to join.

- **To sign up, call Molly Andrews at Senior Connections 715-394-3611.**
- **Meals are served Monday-Friday, 11:00-11:30, at Holy Assumption.**
- **Cost is \$6 per meal.**
- **24 hours advanced reservation is needed to ensure a meal will be ready for you.**

So, if you are 60+, come join us!

**BRING A
FRIEND AND
MAKE IT A
GATHERING!**



**SIGN UP
TODAY!**

Have more questions?
Call Kylee in the Parish Office.

715-394-7919

Senior Connections, Inc.
 1805 N. 16th Street
 Superior, Wisconsin 54880
 (715) 394-3611 or 800-870-2181
www.seniorconnectionswi.org
www.facebook.com/SeniorConnectionsWI



JUNE 2026

\$6.00 per Meal Contribution Requested

Monday	Tuesday	Wednesday	Thursday	Friday
1 Porcupine Meatballs Gravy Cheesy Hashbrowns Veggie / Bread Fruit Cuo	2 Spaghetti Meat Sauce Tossed Salad Garlic Bread Jello Cup	3 Breaded Chicken Brst Baked Potato Veggie Dinner Roll Cookie Bar	4 Lemon Pepper Fish Wild Rice Pilaf Veggie Bread & Butter Asst Muffins	5 Polish on a Bun Boiled Potatoes Baked Beans Coleslaw Watermelon
8 Meatloaf Mashed Pots & Gravy Green Beans Bread & Butter Lemon Bar	9 Ham & Chz on a Bun Cuke & Tomato Salad Wild Rice Soup Fresh Fruit	10 Pork Roast (Shredded Mashed Pots & Gravy Veggie Bread & Butter Applesauce	11 Beef Tips in Gravy Buttered Noodles Veggie Dinner Roll Strawberry Shtcake	12 Baked Chicken Thigh Rice Pilaf Veggie Dinner Roll Cereal Bar
15 Sliced Ham Au Gratin Potatoes Veggie Bread & Butter Cookie Bar	16 Tater Tot Casserole Veggie Bread & Butter Cottage Cheese Pears	17 Turkey & Swiss /Bun Lettuce & Tomato Potato Soup Pasta Salad Rice Crispie Bar	18 Salisbury Steak Gravy Baked Potato Stewed Tomatoes Dinner Roll Apple Pie Square	19 Breaded Fish Patty/Bun Potato Salad Pasta Salad Fresh Fruit
22 Chicken A La King Biscuit Peas Pineapple	23 Beef Hot dog Coney Sauce Tater tots Coleslaw Pudding cup	24 Swedish Meatballs In Gravy Buttered Noodles Veggie / Dinner Roll Fruit Salad	25 Shredded Pork / Bun Potato Salad Broccoli Salad Tuxedo Brownie	26 Tuna Salad on a Croissant Bean Soup / Crackers Jello w/topping
29 Pineapple Ham Sweet Potatoes Veggie Dinner Roll Peanut Butter Bar	30 Lasagna Tossed Salad Veggie Garlic Bread Fruit Cobbler			

All meals are served with milk and coffee. Chartwells provides the meals. **Menu is subject to change without notice.**
You must reserve your meal at least 24 hours in advance at the Meal Site of your choice by calling either
(715) 394-3611 or 1-800-870-2181

Listed below are Senior Connections Congregate Meal Sites:
Lew Martin Senior Center in Superior / Gordon, WI Town Hall / Holy Assumption Church in Superior
Solon Springs, WI Community Center / Phoenix Villa Apartments in Superior / Amnicon Town Hall in Wentworth

Superior Catholic Moms

Superior Catholic Mom's Group is a mix of casual gatherings and structured nights of fellowship with other moms.

One Tuesday night per month

7:00PM-8:30PM

Cathedral of Christ the King Catholic Church- Kress Hall

*All Superior Catholic Mom's group events are child free

September: Meet & Greet

-Learn about what Superior Mom's group entails for the year, raffle, door prizes.

October: Wine & Chocolate Night

-Guest Speaker on: Developing a Prayer Life

November: Service Night

-Creating and filling care packages

December: Bunco Night

January: Craft Night

February: Wine & Chocolate Night

-Bring a Friend Night!

-Guest Speaker on: Encountering Christ

March: Mini Lenten Retreat

April: Yearly Wrap up

Event dates will be posted July 2026

Corinne Steele, Coordinator superiorcatholicmoms@gmail.com



Cathedral of Christ the King



Cathedral of Christ the King ([superiorcatholics](#))

CATHEDRAL OF CHRIST THE KING
CATHOLIC CHURCH
1410 BAXTER AVE
SUPERIOR, WI 54880

Catholic Moms Group



WHAT IS A CATHOLIC MOMS GROUP?

A Catholic moms group is where women discover a ministry which offers friendship and support to women as we live out our vocation as mothers from all walks of life. If you are a mom in search of friendship and support, please join us.

WHEN IS MOMS GROUP?

-All Mom Group Events are from 7PM-8:30PM one Tuesday evening per month

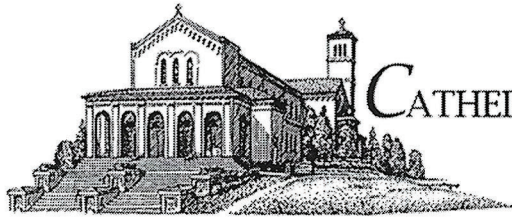
WHO CAN ATTEND?

- Moms in the Superior diocese who have a child 5 years old or younger*
- All moms group events are child free*

HOW DO I JOIN?

- Moms in the Superior diocese will be able to join all Mom Group Events*
- Events will be posted in parish bulletin and on social media pages*
- All events are free*





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

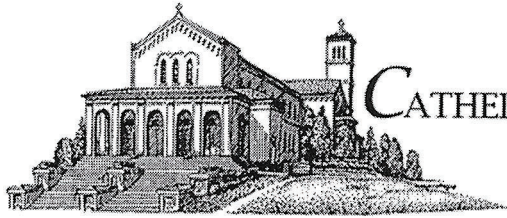
<https://www.parentstv.org/>

US Conference of Catholic Bishops
(Catholic News Service)

<https://www.catholicnews.com/movie-reviews/>

REMEMBER: COVID-19 is done, let's dump the screens and personally connect with people we love!

"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:

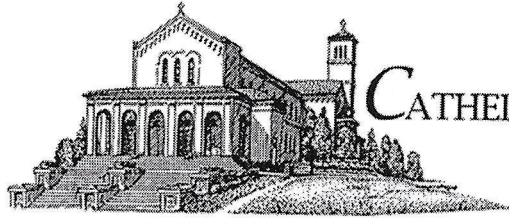
- The average American youth will witness 200,000 violent acts on television before the age of 18
- Cartoons are now available on demand and frequently have between 20-25 violent acts an hour, about five times the average prime-time program
- 46% of all violence on TV now comes from cartoons
- 91% of 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.

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