

# JUNE 28, 2026 13<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, JUNE 30, 2026**

8:30 A.M. – Erikka Bergson  
 Claudia Dahlberg

**WEDNESDAY, JULY 1, 2026**

8:30 A.M. – Mary Ely-M  
 A Friend

**THURSDAY, JULY 2, 2026**

8:30 A.M. – The Family of Mark Johnson  
 Kathy Moder

**FRIDAY, JULY 3, 2026**

8:30 A.M. – Dave Melde  
 Joe Stanley



## WEEKEND INTENTIONS

**SATURDAY, JULY 4, 2026**

4:00 P.M. – The Spiritual and Temporal Welfare  
 of Cathedral Parishioners

**SUNDAY, JULY 5, 2026**

7:30 A.M. – Kathy Dusek-M  
 David Dusek

10:30 A.M. – Chuck Halverson-M  
 Rita LaVenture



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**VOCATIONS...** Anyone who does not accept the cross is not worthy of Jesus. Are you willing to embrace the cross and follow after him? (Matthew 10:37-42)

### Cathedral Church Calendar

Thurs. July 2 – 1-3pm Adoration  
 Fri. July 3 – 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 7<sup>th</sup>. Thank you!

## LITURGICAL ROLES for July 4 & 5

### READERS:

4:00 Irene Peterson & James Johnson  
 7:30 Greg Leszcynski & Jim Paine  
 10:30 Larry French & Janette Gil de Lamadrid



### EUCCHARISTIC MINISTERS:

4:00 Anna Marie Olsen (F) & Mitchell Hecimovich (B)  
**Cup: Need 2**  
 7:30 Celeste Plunkett (F) & Susan Collins (B)  
**Cup: Joe Perfetti, Need 1**  
 10:30 Dcn. Tim Thom (F) & Bonnie Thom (B)  
**Cup: Kent Phillips & Mary Davis**



### SERVERS:

4:00  
 7:30 Tom Tracy  
 10:30 Gift Uchejbu



### USHERS:

4:00 Eric Williams (Lead)  
 Irene Peterson  
 Need 2  
 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 Erin Keeley & Robin DeShayes  
 10:30 Tom & Sandy Henning



## STEWARDSHIP OF TREASURE

Both the first reading and the Gospel today speak of hospitality and welcome. Our ministers of hospitality are a most visible example of using one's time and talents to welcome the people of God. But the Gospel assures us that all who give even just "a cup of cold water" to one of His lowliest ones will be rewarded.

|                            | June 20/21 | Last Year  |
|----------------------------|------------|------------|
| <b>Envelopes:</b>          | <b>105</b> | <b>92</b>  |
| <b>Collection:</b>         | \$4,428.70 | \$3,962.00 |
| <b>On-Line Giving (32)</b> | \$2,998.74 | \$3,707.00 |
| <b>Loose:</b>              | \$ 563.00  | \$ 697.00  |

*Thank you for your generosity!*



## FROM THE RECTOR'S DESK

**The Cathedral elevator will be out of service June 8<sup>th</sup> through July 3<sup>rd</sup> 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 explore some of the main themes in the Mass readings for the 13th Sunday of the Year.

### 1st Reading - 2nd Kings 4:8-11,14-16a

- Elisha is befriended by a childless couple who make a place for him to stay in their home.
- The prophet foretells that she will be holding her own baby in the following year.

### Psalm - 89:2-3,16-19

- "For ever I will sing the goodness of the Lord."
- The people rejoice and proclaim the blessings that they have received from God.

## 2nd Reading - Romans 6:3-4,8-11

- Baptized into Christ Jesus, we have been baptized into his death on the Cross.
- Having died with Christ, we also believe that we will rise with him.

## Gospel - Matthew 10:37-42

- Whoever loves anything in this life more than Jesus, will lose everything.
- Whoever receives a disciple of Jesus, receives Jesus, and will receive a reward from the Lord.

Fr. Andrew

**Question for Children:** How can you live as a follower of Jesus?

**Question for Youth:** What does Jesus demand of his followers?

**Question for Adults:** What does this Gospel teach you about the cost of discipleship and how does it relate to your experience so far?

## Readings for the week of June 28, 2026

Sunday: 2 Kgs 4:8-11, 14-16a/Ps 89:2-3, 16-17, 18-19/Rom 6:3-4, 8-11/Mt 10:37-42

Monday: **Vigil:** Acts 3:1-10/Ps 19:2-3,4-5/Gal 1:11-20 Jn 21:15-19  
**Day:** Acts 12:1-11/ Ps 34:2-3, 4-5, 6-7, 8-9 2 Tm 4:6-8, 17-18/Mt 16:13-19

Tuesday: Am 3:1-8; 4:11-12/Ps 5:4b-6a, 6b-7, 8 Mt 8:23-27

Wednesday: Am 5:14-15, 21-24/Ps 50:7, 8-9, 10-11, 12-13, 16bc-17/Mt 8:28-34

Thursday: Am 7:10-17/Ps 19:8, 9, 10, 11/Mt 9:1-8

Friday: Eph 2:19-22/Ps 117:1bc, 2/Jn 20:24-29

Saturday: Am 9:11-15/Ps 85:9ab and 10,11-12,13-14 Mt 9:14-17

Next Sunday: Zec 9:9-10/Ps 145:1-2, 8-9, 10-11, 13-14 Rom 8:9, 11-13/Mt 11:25-30

## CATHEDRAL NEWS



### PRAYER GROUP MEETING

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

## 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 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.

## SOCIETY OF ST. VINCENT DE PAUL

In today's Gospel hear Jesus tell us: "Whoever gives only a cup of cold water to one of these little ones to drink because the little one is a disciple—Amen, I say to you, he will surely not lose his reward."

There are many ways to give - pray for us and those we serve, assist financially or offer your time in service.

If you have questions, or if you or someone you know is in need - leave us a message.

Voicemail: 715-398-4039

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

## 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 – 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



**EMBER - Young Adults** is a new community for adults ages 21–39 seeking authentic friendships, meaningful connections, and a place to belong. Our mission is to gather young adults in the Superior area and create opportunities to explore faith, community, and life together in a welcoming environment. Whether you're a practicing Catholic, returning to faith, curious about Christianity, or simply looking for wholesome community, you are welcome here. Ember focuses on building genuine relationships first, with faith naturally woven into the experience. Join us for our kickoff event, **Not Your Dad's BBQ**, on July 16 at Holy Assumption Catholic Church. Enjoy food, yard games, fellowship, and a relaxed evening with other young adults. Know someone who may enjoy this event? Invite a friend and help us spread the word!



GOD Bless AMERICA

# 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](mailto:fatherandrew97@gmail.com) to let him know the group has formed.



# THE SHROUD OF TURIN

EXPERIENCE THE MYSTERY



THE "MAN OF THE SHROUD" EXHIBIT

HOSTED BY:

**ST. MICHAEL CATHOLIC CHURCH**

Knights of Columbus Council #12738

LOCATION: 68105 S. George St., Iron River, WI

ADMISSION: FREE & OPEN TO THE PUBLIC

## WHAT YOU WILL SEE & EXPERIENCE

- LIFE-SIZE REPLICA (14-FOOT CANVAS)
- SCIENTIFIC & HISTORICAL PANELS (Over 30)
- CRUCIFIXION ARTIFACT REPLICAS
- THE 3D STATUE (Based on Shroud Markings)
- CONTINUOUS DVD DOCUMENTARY PRESENTATION

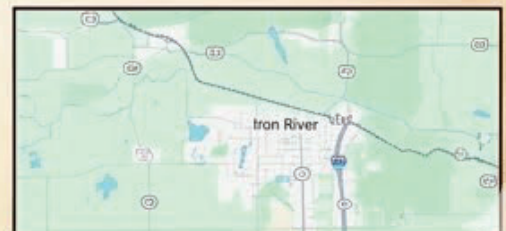


## FULL EXHIBIT SCHEDULE: JUNE 25 - JULY 1, 2026

Thurs, June 25: 10AM-3PM & 5PM-8PM  
Fri, June 26: 10AM-3PM & 5PM-8PM  
Sat, June 27: 10AM-3PM & 5PM-8PM (Mass @ 4PM)  
Sun, June 28: 10AM-6PM (Mass @ 9AM)  
Mon, June 29: 10AM-3PM & 5PM-8PM  
Tues, June 30: 10AM-5PM  
\*Wed, July 1: Final viewing: 10AM-1PM\*

**\*\*Final hours added!\*\***


The exhibit closes at 1 PM  
on Wednesday, July 1.





EMBER PRESENTS

# Not Your Dad's BBQ



Come connect with other 21–39 year olds for a relaxed evening of food, fellowship, yard games, and prayer. Please note that this is a child-free gathering.

JULY | **16** | 2026



**6:00 - 8:00 PM**

**HOLY ASSUMPTION CATHOLIC CHURCH**  
5601 Tower Ave, Superior, WI 54880



Please RSVP  
via Google Form





# 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](mailto:lnauertz@catholicdos.org) | 715.234.5044**

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



# Superior Catholic Moms

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

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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

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## **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

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Corinne Steele, Coordinator [superiorcatholicmoms@gmail.com](mailto:superiorcatholicmoms@gmail.com)



Cathedral of Christ the King



Cathedral of Christ the King ([superiorcatholics](https://www.instagram.com/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*





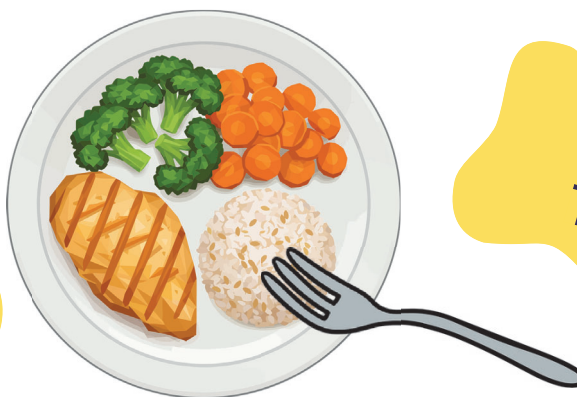
# DID YOU KNOW?

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

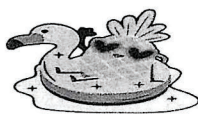
Senior Connections, Inc.  
 1805 N. 16<sup>th</sup> Street  
 Superior, Wisconsin 54880  
 (715) 394-3611 or 800-870-2181  
[www.seniorconnectionswi.org](http://www.seniorconnectionswi.org)  
[www.facebook.com/SeniorConnectionsWI](http://www.facebook.com/SeniorConnectionsWI)



## JUNE 2026

**\$6.00 per Meal Contribution Requested**

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



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**

Senior Connections, Inc.  
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[www.seniorconnectionswi.org](http://www.seniorconnectionswi.org)  
[www.facebook.com/SeniorConnectionsWI](http://www.facebook.com/SeniorConnectionsWI)



## July 2026

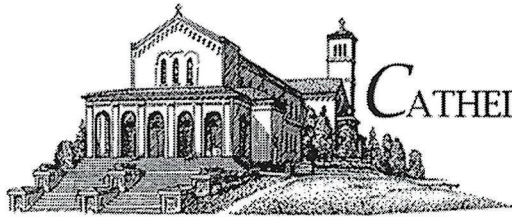
**\$6.00 per Meal Contribution Requested**

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday   |
|--|---|--|---|--|
|  |   | <b>1</b><br>Ham<br>Mac & Cheese<br>Veggie<br>Bread<br>Bar                                  | <b>2</b><br>Meatloaf<br>Mashed Pots & Gravy<br>Vegetable<br>Dinner roll<br>Watermelon | <b>3</b><br><b>CLOSED FOR<br/>4<sup>TH</sup> OF JULY</b>                                   |
| <b>6</b><br>Chicken Ala King<br>Veggie<br>Mandarin Orange<br>Biscuit                 | <b>7</b><br>Roast Pork<br>Mashed Pots & Gravy<br>Veggie<br>Bread & Butter<br>Pear           | <b>8</b><br>Turkey<br>Sandwich/cheese<br>Pasta salad<br>Broc cheese soup<br>Yogurt parfait | <b>9</b><br>Tator-tote casserole<br>Veggie<br>Coleslaw<br>Dinner Roll<br>Brownie      | <b>10</b><br>Beef Hotdog /Bun<br>Coney sauce<br>Pot wedges<br>Baked beans<br>Pudding       |
| <b>13</b><br>Roast Beef<br>Baked Pot / Gravy<br>Veggie<br>Dinner roll<br>Fresh Fruit | <b>14</b><br>Tuna Casserole<br>Cole Slaw<br>Veggie<br>Bread<br>Cookie bar                   | <b>15</b><br>Spaghetti<br>Meat sauce<br>Tossed Salad<br>Garlic Bread<br>Fruit cup          | <b>16</b><br>Ham<br>Cheesy Hashbrown<br>Veggie<br>Dinner Roll<br>Melon                | <b>17</b><br>Baked Fish<br>Oven Fries<br>Veggie<br>Bread<br>Cookie                         |
| <b>20</b><br>Sweet & Sour Chicken<br>Rice<br>Veggie<br>Egg Roll<br>Fresh Fruit       | <b>21</b><br>Egg Salad /Bun<br>Pasta Salad<br>Lettuce/ Tomato<br>Navy beans soup<br>Pudding | <b>22</b><br>Roast Turkey<br>Mashed Pot/ Gravy<br>Veggie<br>Dinner Roll<br>Caked           | <b>23</b><br>Polish / bun<br>Boiled pot<br>Baked beans<br>Coleslaw<br>Fruit cup       | <b>24</b><br>Pork Loin<br>Mashed pot/ gravy<br>Veggies<br>Bread<br>Brownie                 |
| <b>27</b><br>Ham<br>Scalloped pot<br>Green Beans<br>Dinner Rolls<br>Oranges          | <b>28</b><br>Swedish Meat Balls<br>Mashed Pot/Gravy<br>Veggie<br>Bread<br>Muffin            | <b>29</b><br>Beef Stroganoff<br>Egg noodles<br>Veggie<br>Dinner Roll<br>Grapes             | <b>30</b><br>Shredded Pork<br>Wedges<br>Veggie<br>Bread<br>Apple Sauce                | <b>31</b><br>Fish Patty/ Bun With<br>Cheese<br>Tots<br>Baked beans<br>Cheese Cake /Topping |

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 Solon Springs, WI Community Center / Phoenix Villa Apartments in Superior / Amnicon Town Hall in Wentworth**



## CATHEDRAL OF CHRIST THE KING

1410 Baxter Avenue, Superior, WI 54880

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

[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

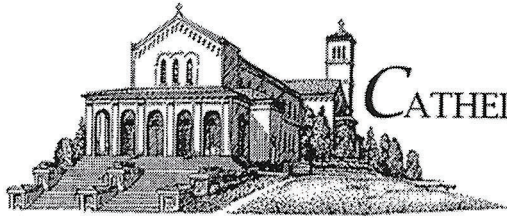
<https://www.parentstv.org/>

US Conference of Catholic Bishops  
(Catholic News Service)

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

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

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## CATHEDRAL OF CHRIST THE KING

1410 Baxter Avenue, Superior, WI 54880

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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.....

**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.....

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*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.*

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### **Another thought for concern: TV & Violence**

In a position paper citing research statistics, the American Academy of Family Physicians sites the following:

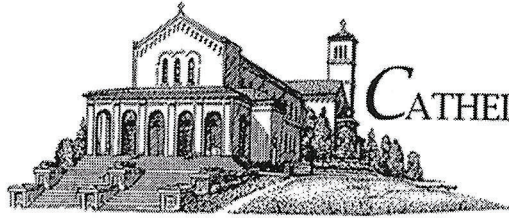
- The average American youth will witness 200,000 violent acts on television before the age of 18
- Cartoons are now available on demand and frequently have between 20-25 violent acts an hour, about five times the average prime-time program
- 46% of all violence on TV now comes from cartoons
- 91% of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

Taken from: Violence in the Media and Entertainment (Position Paper)

<https://www.aafp.org/about/policies/all/violence-media-entertainment.html>

December 2020

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# Fr. Andrew's Summer Challenge!

Part III – Now what do I do? Here are some ideas...

- exercise
- call a friend
- study, do your homework
- write a handwritten letter to friends or family
- talk to a family member in your home
- catch up on needed sleep
- read something related to a hobby
- telephone a relative - see what grandma is up to.
- clean your room
- start a home improvement project
- practice an instrument
- go to a museum
- go to a sporting event
- go for a bike ride
- tell mom you love her; ask about her childhood
- rent or check out from the library a foreign film
- look at your baby pictures; get your folks to tell stories
- make a movie
- help a family member with homework
- help your parents
- go skiing
- go mountain biking
- work on a yard or house project
- study a foreign language
- prepare a tasty meal
- volunteer at a local institution i.e. hospital
- go to a quiet field and count stars
- ask a question of your parents
- work in the garden
- listen to a great radio station
- read the newspaper
- do a triathlon
- go to the library
- visit an historical society
- explore a new neighborhood
- spend time w/your pet
- help a friend
- tell your brother or sister that you love him or her
- go to a jazz jam session
- visit a cemetery and read the gravestones
- study your favorite religious book
- write a letter
- write a poem
- write a story, play, song or script
- send a thank you card
- make and fly a kite
- play in a band
- go to a café and study
- go to a café and visit a friend
- road trip!
- observe an up-and-coming artist
- take an adventure trip
- go for a walk
- Pray
- call your Mother (Dad won't mind either)
- Play some games with kids
- Clean a room
- Learn a song
- Pray
- Sing together
- Bake something new
- Catch up on projects
- Memorize Scripture
- Read a book
- Paint a picture
- Color
- Read some more books
- Listen to a new piece of music
- Refinish a piece of furniture
- Make paper airplanes
- Research your family history
- Cook, then invite people to the house
- Order pizza, then invite people to the house
- Make a date with someone – special!
- Listen, truly listen, to someone in need
- Pray some more

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1 - Talk to someone. Your spouse or kids is a good place to start. Also, you might consider catching up with a friend or family member.

2 - Read. Magazines, newspaper, books, etc. It's all good, and good for you.

3 - Go for a walk. With someone or alone. It's healthy, plus you'll get a chance to talk with someone one on one if you take them with you.

4 - Take up a hobby. Guitar, woodworking etc. The thing doesn't matter. It's the doing that does. You can do it at home or sign up for a class. It's not that difficult and you might just have some fun.

5 - Go for a drive. Preferably somewhere you enjoy.

6 - Do a puzzle. Crossword, jigsaw, etc.

7 - Clean up the place. The house, the garage, your computer. There's always something that needs either cleaning or tidying up.

8 - Play with your kids. Enough said.

9 - Repair something. There's always something broken, why not go fix it.

10 - Learn something. Either at home, or away at a class or in a course. Learn a new language, get a degree. It's all possible.

11 - Write. Novels, short stories, poems, songs or letters, e-mail. Your choice.

12 - Play a sport. Basketball, volleyball, football, baseball. There's a ton of them to choose from, all good for your physical health, plus the social aspect will help keep your mood light.

13 - Do some landscaping. Yard work. It's all out there waiting.

14 - Go out for a long dinner. Preferably with someone you like.

15 - Plan an event. Family, work, friends. Family reunion? Class reunion? A local dance?

16 - Visit a friend. Or an enemy. Someone. Anyone.

17 - Workout. At home or at a gym. Or go swimming or play tennis. Or golf.

18 - Play games. Board games, social games, any kind of game. Most of them are fun.

19 - Socialize with others. Shoot pool. Throw a party.

20 - Make a fancy meal. What sounds good?

21 - Go somewhere you've never been. How about rowing a boat across a lake? Or go sit on a bench outside of a store at a strip mall and watch the people come and go.

22 - Go to a sporting or entertainment event. A ball game, or a play, concert or comedy club. Whatever you like.

23 - Go dancing. Regular or country. Both are pretty fun.

24 - Join a club. Computer, chess, dancing etc.

25 - Start a business. At home or with a partner. Whatever kind you like. You'll probably have some fun while doing it.

26 - Dream about what you would like to change in your life. Imagine new possibilities for yourself. Now take the time to make them come true.

27 - Pray. Set aside a few minutes each day to check in with the Lord. Listen to the Scriptures.

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