



**Psalm - 145:1-2,8-11,13-14**

- "I will praise your name for ever, my king and my God."
- We give glory to God for his merciful and gracious works that bless us.

**2nd Reading - Romans 8:9,11-13**

- As the Spirit of God dwells in us we are united to Christ and renewed by his resurrection.
- We no longer live according to the flesh, which leads to death, but in the Spirit that brings us life.

**Gospel - Matthew 11:25-30**

- Jesus offers a prayer of praise to the Father for all that has been accomplished by his gracious will.
- The Lord then invites all who labor and are weary to come to him and rest.

Fr. Andrew

**Question for Children:** When you are generous, honest, and loving, how do you know it is Jesus who helps you do that?

**Question for Youth:** Jesus invites us to bring him our burdens and promises us that he will give us rest. How do you rely on Jesus during times of trouble? When has Jesus helped you?

**Question for Adults:** As you go about your daily life, dying in love for others, how do you experience Christ giving you consolation and peace?

**Readings for the week of July 5, 2026**

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

Monday: Hos 2:16, 17c-18, 21-22/Ps 145:2-3, 4-5, 6-7, 8-9/Mt 9:18-26

Tuesday: Hos 8:4-7, 11-13/Ps 115:3-4, 5-6, 7ab-8, 9-10/Mt 9:32-38

Wednesday: Hos 10:1-3, 7-8, 12/Ps 105:2-3, 4-5, 6-7  
Mt 10:1-7

Thursday: Hos 11:1-4, 8e-9/Ps 80:2ac and 3b, 15-16  
Mt 10:7-15

Friday: Hos 14:2-10/Ps 51:3-4,8-9,12-13,14 and 17  
Mt 10:16-23

Saturday: Is 6:1-8/Ps 93:1ab, 1cd-2, 5/Mt 10:24-33

Next Sunday: Is 55:10-11/Ps 65:10, 11, 12-13, 14  
Rom 8:18-23/Mt 13:1-23 or 13:1-9

**CATHEDRAL NEWS**



**PRAYER GROUP MEETING**

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

**CATHEDRAL SCHOOL NEWS**



**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.

**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.

**SOCIETY OF ST. VINCENT DE PAUL**

**July 4th - Feast of St. Pier Giorgio Frassati**

St. Pier Giorgio Frassati was born in 1901 in Italy. From the time he was twelve until his death at twenty-four Pier Giorgio received Holy Communion daily. At 17, he joined the Society of St. Vincent de Paul and committed himself to serving the poor. Pier Giorgio said: "Jesus visits me every morning in Holy Communion. I repay him with my poor means, visiting the poor." When asked how he could stand the bad odors and dirt of the poor, he answered: "Don't forget that even if the house you visit is very dirty, there you may find Jesus." The last months of his life were filled with suffering; he contracted poliomyelitis and became paralyzed. When he died hundreds of unknown faces who loved this generous young man came to view his body. He was canonized a saint in September of 2025 by Pope Leo XIV.

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!

**FREE POP-UP BIKE REPAIR CLINIC**

(Sponsored by Knights of Columbus Council #499)

Saturday, July 11, 2026 (Rain Date-July 18)

Superior Public Library – Front Parking Lot

1530 Tower Ave, Superior, WI ~10:00 AM – Noon

Services Offered: Minor *Adjustments*,

*Cable Replacement, Wheel Truing, Tire Repair,*

*Basic Maintenance*



In the name of the Father, and of the Son, and of the Holy Spirit. Amen

O Most Sacred Heart of Jesus:

You know the longings of our hearts,  
and you desire that we enjoy friendship with you.

From your pierced side, you have poured out the wellspring of life,  
for which we thirst.

Your heart burns with a love for all people  
to return to a right relationship with you.

We celebrate the abundant gifts you have given this nation,  
founded on the self-evident truths

that our Creator has endowed all people  
with the right to life, liberty, and the pursuit of happiness.

We make reparation for the offenses against you  
and against human dignity that have taken place in this nation.

May our hearts be united to yours,  
so that our families and communities enjoy peace and happiness;  
may broken relationships be reconciled,  
injustices repaired, and the wounds of our land be healed.

May your holy Catholic Church serve as a sign,  
pointing all people to your infinite love.

O Desire of Nations and Center of History,  
we ask you to bless these United States of America.

Who live and reign with God the Father  
in the unity of the Holy Spirit,  
God, for ever and ever.

Amen.

Most Sacred Heart of Jesus, have mercy on us!

Immaculate Heart of Mary, pray for us!

In the name of the Father, and of the Son, and of the Holy Spirit. Amen

# 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.

# Impact

Let your heart be moved.

**Be changed by the word of God.  
Be changed by the Word of God.**

*“Thus says the LORD: Just as from the heavens the rain and snow come down and do not return there till they have watered the earth, making it fertile and fruitful, giving seed to the one who sows and bread to the one who eats, so shall my word be that goes forth from my mouth; my word shall not return to me void, but shall do my will, achieving the end for which I sent it.” (Is 55:10-11)*

There is the word of God, words recorded in Sacred Scripture, that reveal who God is and what it means to live in right relationship with God and others. And there is the Word of God, Jesus Christ, who shows and shares God’s love perfectly and who invites us, calls us, compels us to live as God desires. We are called to listen to God’s word and to see God’s love manifested in Jesus, the Word of God, so that we may be of one heart and mind with the Lord, bearing the fruit of God’s love, justice, and peace in our lives, cities, and world.

### **All ears**

We all know there is a difference between hearing and listening. Sometimes, perhaps often, we physically hear the things people are saying to us. We may hear the word of God proclaimed at Mass or in prayerful reading. We might hear the sound of a bird calling or child singing. But we do not always listen. With the word of God, we should be all ears. As St. Benedict says in his Rule, we should listen with the ear of our heart. We listen for the meaning of the passage in light of the circumstances of our lives and all that has been revealed through Scripture and Tradition.

### **Eyes wide open**

Jesus looked beyond the surface and saw the pain, suffering, confusion, and sorrow of the people in his midst. He did not let anything stand between him and those who needed him. In seeing, he responded with God’s mercy, forgiveness, and healing. As Christ’s people, we are called to open our eyes to the needs of those around us. We must honestly examine our lives, admit that we are sometimes weak, selfish, complacent, or trapped by fear. With eyes wide open we see the ways we might show God’s love through our attitudes and actions and resolve to respond as the Lord desires.

### **Hearts moved by love**

Our Sunday readings this month challenge us to not only hear the word of God, but to take it deeply to our hearts, and to act on it. The word of God, we are told, is like a seed. Do we cultivate our hearts as good soil in which God’s word may take root and grow? Do we open our minds to the challenge of living as Christ’s people? Do we bear good fruit, as disciples and stewards who hear the call of Christ and respond with our lives? The Gospels may sound harsh at times, as Jesus describes the difference between those who are faithful and fruitful and those who are not. Yet when we allow God’s Word to take root in our hearts, responding will not be burdensome, but rather, our lives will bear an abundant harvest of love in the world.

### **Faithful and fruitful**

With our ears, eyes, and hearts open to the Word and the word, our lives will be transformed. Our hearts will be moved. We will become more like the One whose word we hear. Our listening to the Word of God will change us! We will be Christ’s people in the world.

# Impact this month

## OPEN YOUR EARS

*Prayerfully reflect on God's word and hear Christ's call more deeply in your life.*

## OPEN YOUR EYES

*See the needs of people around you and the need for justice, peace, and hope in our world.*

## OPEN YOUR HEART

*Allow God to transform your heart with love. Filled with love of God, make a commitment to love of neighbor.*

## BE FAITHFUL

*Make a "conscious, firm decision, carried out in action, to be a follower of Jesus Christ, no matter the cost to yourself." (SDR, 1, adapted)*

## BE FRUITFUL

*Examine your life, acknowledge areas of selfishness, prejudice, and complacency and resolve to take action.*

## How deep are your roots?

Gardeners know there is little as frustrating as carefully planting seeds, only to have the plant fail to bear fruit.

**Jesus used the metaphor of seed and soil to show us what growing and living in faith is all about.**

He was talking with people who were still getting to know him. He used a parable that many of us can relate to, to encourage them to allow the seed of faith in him to take root in their lives and to bear good fruit.

**"Some seed fell on the path, and birds came and ate it up. Some fell on rocky ground, where it had little soil. Some seed fell among thorns. But some seed fell on rich soil, and produced fruit, a hundred or sixty or thirtyfold." (Mt 13:1-23)**

The seed of faith has been planted in our hearts, but it is up to us to allow it to take root deeply and to impact the way we live. **How deep is the soil of**

**your faith? Is it:**

**Shallow**, where faith is at the surface of life, and temptation can easily take hold?

**Rocky**, saying you believe in God and want to follow Jesus, but wavering when difficulties arise?

**Thorny**, resolving to commit yourself to living faithfully, yet striving for material riches and worldly success?

**Good**, rooted in a life of prayer, active participation in the Eucharist, sacramental life of the Church, and the faith community?



**Invite God to till, fertilize, and nurture the good soil of faith in your heart and life.**

## Bearing the fruit of faith

Faith in Jesus Christ calls us to look beyond ourselves, to assess the situations we encounter in our daily lives, and to make decisions as a response to the great love God has for humanity and for all of creation. "Blessed are your eyes, because they see, and your ears because they hear," Jesus said to the disciples. (Mt 13:1-23, Gospel on July 16)

As people of faith, we grow in the ability to see the world and its people through the eyes of God, to hear the need to be good stewards of creation, to respond to the cry of the poor, the lonely, and the brokenhearted, to give of ourselves and our resources.

Faith is not meant to be abstract, but a driving force in our lives. Putting faith in Jesus means taking his way of life and making it our own. Think about that. Jesus spent time with people who were outcasts, poor, and forgotten. He offered people forgiveness, mercy, and peace. In Jesus, we see that the fruit of faith is to live for God and for others.


The fruit of faith is to touch the world with God's love. What fruit will you bear?





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



SUPERIOR DIOCESAN  
COUNCIL OF CATHOLIC WOMEN  
76TH ANNUAL CONVENTION

living  
WATER



THURSDAY & FRIDAY  
JULY 23-24, 2026

Immaculate Conception  
151 S Washington Avenue  
New Richmond, WI 54017



REGISTER  
ONLINE

# Convention 2026 Speakers

THURSDAY BANQUET SPEAKER

*Yen Fasano*

## Stop Drinking from Puddles: There is a Deeper Well



Yen Fasano is the Executive Director of Bethany Center for Prayer and Renewal and a nationally sought-after Catholic speaker and retreat leader passionate about women encountering the truth of their identity as the Lord's beloved and delight. Yen, a mother to three teenaged children, is known for her engaging, compassionate, and Spirit-led approach to ministry.

FRIDAY KEYNOTE SPEAKER

*Fr. Isaiah Schick*

## Give Me a Drink: Quenching the Thirst of God



Fr. Isaiah Schick is a priest of the Diocese of Superior. Ordained May, 2023, he has been serving in the Rice Lake cluster of parishes as his first pastoral assignment after his formation at St. Francis de Sales Seminary in Milwaukee.



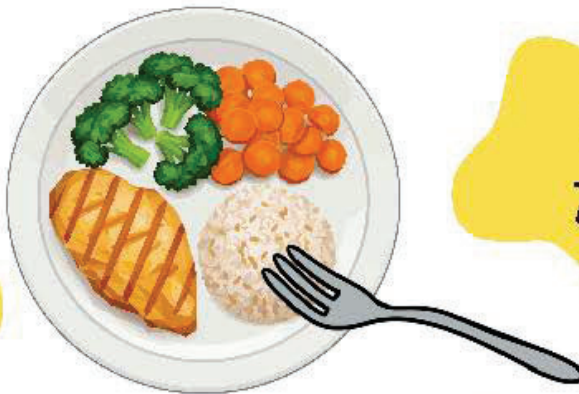
# DID YOU KNOW?

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)



## July 2026

**\$6.00 per Meal Contribution Requested**

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

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

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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*

