

JULY 12, 2026 15th SUNDAY IN ORDINARY TIME

Parish Web Site - www.superiorcatholics.org
 Superior Diocese Web Site - www.catholicdos.org
 In the event of an **Emergency after Business Hours**
 Call Fr. Andrew at 715-392-8511

DAILY MASS INTENTIONS

TUESDAY, JULY 14, 2026

8:30 A.M. – Shirley Sickler-M
 Rosie French

WEDNESDAY, JULY 15, 2026

8:30 A.M. – John Larson-M
 Cathedral Class of 1967

THURSDAY, JULY 16, 2026

8:30 A.M. – Len Forciea-M
 Patrick & Diane Ricci

FRIDAY, JULY 17, 2026

8:30 A.M. – Janet Stanley
 Joe Stanley

WEEKEND INTENTIONS

SATURDAY, JULY 18, 2026

4:00 P.M. – Helen Hansen-M
 Son, Dean Hansen

SUNDAY, JULY 19, 2026

7:30 A.M. – Edmund E. Guenard, Frances L. Guenard, &
 Eddie Guenard, Jr.-M
 Greg & Barb Guenard

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

WEDDING BANNES:

- I *Gerald Mikel & Elana Neve*
 II *Loren Johnson & Misty Bastian*

VOCATIONS... The sower went out to sow. The Lord has sown the seeds of vocations to priesthood and religious life in our parish. Be good ground! Encourage the gifts of compassion and leadership wherever you find them. (Matthew 13:1-23)

Cathedral Church Calendar

Tues. July 14 – 6:00pm SVdP Meeting KH
 Thurs. July 16 – 1-3pm Adoration
 Fri. July 17 – Parish Office Closed
 Sat. July 18 – Diocesan Wedding Anniversary Mass
 Sat/Sun. July 18/19 – Food Collection Weekend

PRAYER MINISTRY – There are people in the parish willing to share your needs and prayers. Please call Mary Jo **218-341-2606** if you or a loved one is in need.

LITURGICAL ROLES for July 18 & 19

READERS:

4:00 Jesse Johansen & Ryan Bayless
 7:30 Sara Fouts & Isaac Hopke
 10:30 Lee Sims & Tom Markee

EUCHARISTIC MINISTERS:

4:00 Tom Unterberger (F) & Jill Unterberger (B)
Cup: Anna Marie Olsen, **Need 1**
 7:30 Justin Fouts (F) & Brendan Fouts (B)
Cup: Celeste Plunkett, **Need 1**
 10:30 Dcn. Tim Thom (F) & Katee Sims (B)
Cup: Erica Milliken & Amber Nielsen

SERVERS:

4:00
 7:30 Caleb, Damien, & Seth Fouts
 10:30 Lauren & Lily Milliken

USHERS:

4:00 Eric Williams (Lead)
 Irene Peterson
 Need 2
 7:30 Bob Ahlborg (Lead)
 Jim Crawford
 Steve DeVinck
 Kevin Peterson
 10:30 Walt Tafelski (Lead)
 John Berchild
 Bonnie Thom
 Need 1

GREETERS:

4:00 Emi, Lucy & Michelle Canfield
 7:30 Barbara & Steve Schuyler
 10:30 Erica, Lauren & Lily Milliken

STEWARDSHIP OF TREASURE

May our stewardship of time, talent, and treasure show us to be among those who have heard the message of Christ and taken it in, yielding a hundred- or sixty- or thirty-fold!

	<u>July 4/5</u>	<u>Last Year</u>
Envelopes:	98	104
Collection:	\$4,743.20	\$5,742.00
On-Line Giving (51)	\$4,073.74	\$3,544.00
Loose:	\$ 888.75	\$ 624.00

Thank you for your generosity!

FROM THE RECTOR'S DESK

SUMMER OFFICE HOURS

June - August
Monday – Thursday
8:00 AM to 4:00 PM
Friday – Parish Office is closed

WEEKLY MEDITATION

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

1st Reading - Isaiah 55:10-11

- God's word is like the rain and snow that water the earth and make it fertile.
- God's word will achieve the end for which it was sent and bring it to fulfillment.

Psalm - 65:10-14

- "The seed that falls on good ground will yield a fruitful harvest."
- God blesses the earth and prepares it to abound in a rich crop of food.

2nd Reading - Romans 8:18-23

- Paul counts his present suffering as nothing when compared to the glory of God.
- While all creation is groaning at this moment, we have the first fruits of the Spirit and await the redemption of our lives.

Gospel - Matthew 13:1-23

- Jesus offers the parable of the sower who sowed his seed.
- Some seed fell on the path, some on rocky ground, some among thorns, and some fell on good soil where it produced a fruit.

Fr. Andrew

Question for Children: Who helps you to grow deeper in your faith?

Question for Youth: When the sower, in this week's Gospel, sowed his seed, not all of it fell in "good soil." What can you do in the coming week to make sure that you are open to God in your life? What is getting in the way of your being "good soil?"

Question for Adults: Using the parable of Jesus in this reading, describe how faith has been planted in your life? How long did it take for that seed to land "on good soil?"

Readings for the week of July 12, 2026

Sunday:	Is 55:10-11/Ps 65:10, 11, 12-13, 14 Rom 8:18-23/Mt 13:1-23 or 13:1-9
Monday:	Is 1:10-17/Ps 50:8-9, 16bc-17, 21 and 23 Mt 10:34-11:1
Tuesday:	Is 7:1-9/Ps 48:2-3a, 3b-4, 5-6, 7-8 Mt 11:20-24
Wednesday:	Is 10:5-7, 13b-16/Ps 94:5-6, 7-8, 9-10, 14-15 Mt 11:25-27
Thursday:	Is 26:7-9, 12, 16-19/Ps 102:13-14ab and 15, 16-18, 19-21/Mt 11:28-30
Friday:	Is 38:1-6, 21-22, 7-8/Is 38:10, 12abcd, 16 Mt 12:1-8
Saturday:	Mi 2:1-5/Ps 10:1-2, 3-4, 7-8, 14/Mt 12:14-21
Next Sunday:	Wis 12:13, 16-19/Ps 86:5-6, 9-10, 15-16 Rom 8:26-27/Mt 13:24-43 or 13:24-30

CATHEDRAL NEWS



PRAYER GROUP MEETING

Monday, July 20, 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 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.

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

Lord, make us sowers, who spread the good news, -with eyes to see the poor.

Lord, make us your seed in our words and example, -with ears to hear the cries of the poor.

Lord, make us your rich soil, -with hearts filled with love and mercy. Amen

Join us at our next meeting on Tuesday, July 15th at 6pm in Kress Hall at the Cathedral.

If you or someone you know is in need of assistance, please leave a message for us.

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 – 1st Saturday from 5:30-6pm

Holy Assumption – 1st Friday from 7:30-8:00am

St. Anthony, Sup. – 1st Tuesday from 8-8:30am



Many thanks to all who gave **bud vases** for my cousin's special education project "Operation Giving Circle" Thank you. Lucy Nielsen (St. William parish).

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!

"The Catholic Church is working diligently to prevent sexual abuse by parish employees, volunteers, deacons, and priests. If you have been sexually abused by someone associated with the Church and would like to report or discuss the experience, we urge you to contact:

Bonnie Thom (715) 718-1110.

The Diocese of Superior welcomes your call and understands how difficult it may be to reach out in this situation. The phone number provided is confidential and dedicated solely to these calls. Know that your call will be treated with respect, dignity, and compassion. The Diocese of Superior is bound by civil and canon law to report sexual abuse of a minor to civil authorities. Anyone who believes that they have been sexually abused is strongly encouraged to report as well.

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.

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](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*



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.

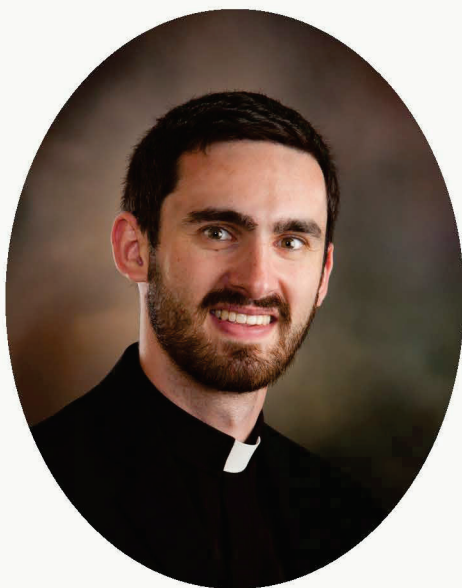


FRIDAY KEYNOTE SPEAKER

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.





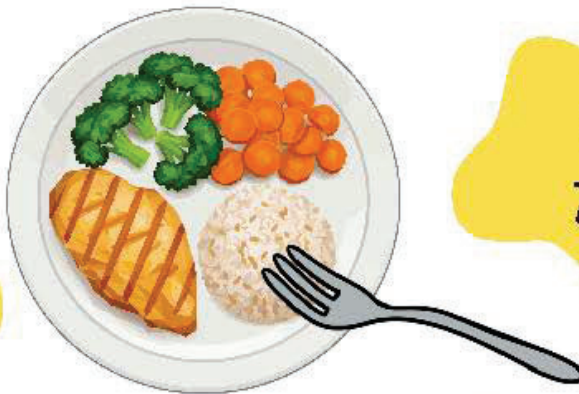
DID YOU KNOW?

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



July 2026

\$6.00 per Meal Contribution Requested

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

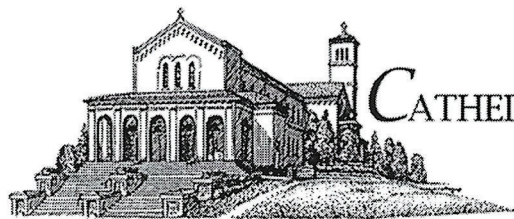
All meals are served with milk and coffee. Chartwells provides the meals. **Menu is subject to change without notice.**

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**



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

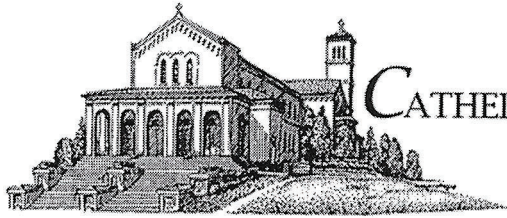
<https://www.parentstv.org/>

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!

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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!

Common Sense Media

<https://www.common sense media.org/>

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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.....

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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.

Another thought for concern: TV & Violence

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

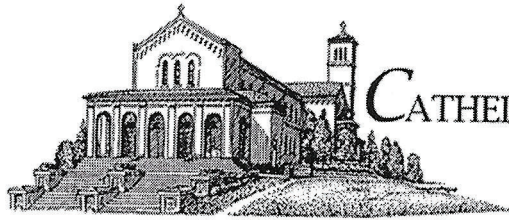
- The average American youth will witness 200,000 violent acts on television before the age of 18
- Cartoons are now available on demand and frequently have between 20-25 violent acts an hour, about five times the average prime-time program
- 46% of all violence on TV now comes from cartoons
- 91% of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

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

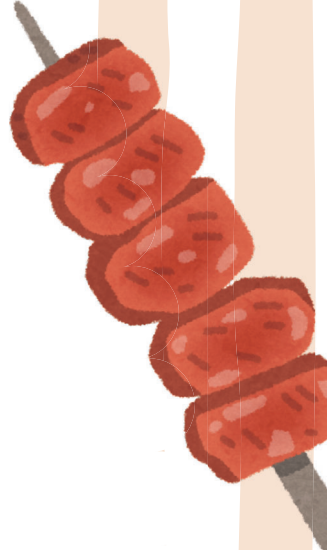
- 1 - Talk to someone. Your spouse or kids is a good place to start. Also, you might consider catching up with a friend or family member.
- 2 - Read. Magazines, newspaper, books, etc. It's all good, and good for you.
- 3 - Go for a walk. With someone or alone. It's healthy, plus you'll get a chance to 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.

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EMBER PRESENTS

Not Your Dad's **BBO**



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

