

JULY 19, 2026 16th 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 21, 2026

8:30 A.M. – Timothy Moder-M
Kathy & Family

WEDNESDAY, JULY 22, 2026

8:30 A.M. – The Family of Dr. Antonio Lao
Kathy Moder

THURSDAY, JULY 23, 2026

8:30 A.M. – William Idziorek-M
His Wife, Children & Grandchildren

FRIDAY, JULY 24, 2026

8:30 A.M. – Stan Dahlberg-M
Claudia Dahlberg

WEEKEND INTENTIONS

SATURDAY, JULY 25, 2026

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

6:00pm Wedding ~ *Loren Johnson & Misty Bastian*

SUNDAY, JULY 26, 2026

7:30 A.M. – Ray & Jean Biver-M
Greg & Barb Guenard

10:30 A.M. – Raynita Hougum-M
Lynn & Tom Tracy

WEDDING BANNES:

I *Matt Warren & Nicole Manion*

II *Gerald Mikel & Elana Neve*

III *Loren Johnson & Misty Bastian*

VOCATIONS...Yeast which a woman kneaded...Say thanks today to that special woman who has kneaded the yeast of God's love into your life. Pray God's blessing on all people who bring leaven and light. (Matthew 13:24-43)

Cathedral Church Calendar

Mon. July 20 – 6:00pm Prayer Group Meeting KH

Thurs. July 23 – 1-3pm Adoration

Fri. July 24 – 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.

LITURGICAL ROLES for July 25 & 26

READERS:

4:00 Tom Unterberger & Michael Remington

7:30 Lynn Tracy & Vickie Owens

10:30 Jessica Poskozim & Pam Tafelski

EUCHARISTIC MINISTERS:

4:00 Susan Paine (F) & Pat Wildenberg (B)

Cup: Mitchell Hecimovich, **Need 1**

7:30 Vickie Owens (F) & Joe Perfetti (B)

Cup: Sandy Frazier, **Need 1**

10:30 Dcn. Tim Thom (F) & Anne Sims (B)

Cup: Christine Polkinghorne & Rita Farchmin

SERVERS:

4:00 Aria & Kiera Ramsey

7:30 Tom Tracy

10:30 Gift Uchejbu

USHERS:

4:00 Eric Williams (Lead)
Bill Wildenberg
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 Vickie & Greg Owens

10:30 Anthony Farchmin & Larry French

STEWARDSHIP OF TREASURE

Good stewards in a parish are like the yeast in today's Gospel. Their selfless gifts of time and talent help the parish grow and thrive, their example inspires others to become good stewards, too.

	<u>July 11/12</u>	<u>Last Year</u>
Envelopes:	130	102
Collection:	\$4,470.00	\$6,694.00
On-Line Giving (47)	\$3,363.74	\$4,785.00
Loose:	\$ 943.42	\$ 720.00

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 main themes that surface in the Mass readings for the 16th Sunday of the Year.

1st Reading - Wisdom: 12:13,16-19

- God is the source of all might and justice who judges with clemency.
- The Lord teaches the people that those who are just must also be kind and seek repentance.

Psalm - 86:5-6,9-10,15,16

- "Lord, you are good and forgiving."

- God, who is merciful and gracious, abounds in kindness toward all who plead for help.

2nd Reading - Romans 8:26-27

- Spirit comes to the aid of our weakness, even when we do not know how to pray.
- God's will is that the Spirit will intercede for us.

Gospel - Matthew 13:24-43

- Jesus offers three parables: about weeds in a wheat field, a mustard seed, and yeast mixed into wheat flour.
- The Lord then explains to the disciples about the parable of the weeds and the wheat.

Fr. Andrew

Question for Children: What are the things that keep you from being a friend of Jesus?

Question for Youth: The good and the bad have the same opportunity to rule our life. What are you doing (bad habits, poor choices, etc.) that you need to weed out? Who can help you with that?

Question for Adults: How would you describe "the weeds" which have polluted your own faith, or the faith of people whom you know.

Readings for the week of July 19, 2026

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
Monday:	Mi 6:1-4, 6-8/Ps 50:5-6, 8-9, 16bc-17, 21 and 23/Mt 12:38-42
Tuesday:	Mi 7:14-15, 18-20/Ps 85:2-4, 5-6, 7-8 Mt 12:46-50
Wednesday:	Sg 3:1-4b or 2 Cor 5:14-17/Ps 63:2, 3-4, 5-6, 8-9/Jn 20:1-2, 11-18
Thursday:	Jer 2:1-3, 7-8, 12-13/Ps 36:6-7ab, 8-9, 10-11 Mt 13:10-17
Friday:	Jer 3:14-17/Jer 31:10, 11-12ab, 13 Mt 13:18-23
Saturday:	2 Cor 4:7-15/Ps 126:1bc-2ab, 2cd-3, 4-5, 6 Mt 20:20-28
Next Sunday:	1 Kgs 3:5, 7-12/Ps 119:57, 72, 76-77, 127-128, 129-130/Rom 8:28-30 Mt 13:44-52 or 13:44-46

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

A FEW GOOD MEN

Are you free to help out at our free store occasionally on Wednesday afternoons? We are in need of a few good men who are willing to serve those in need for a couple of hours a week or a couple of hours a month. If you are interested in learning more, leave a message for us and we would love to talk to you about this opportunity to grow in spirituality and friendship while serving those in need.

Voicemail: 715-398-4039

Mailing Address: SVDP P.O. Box 98 Superior, WI 54880
Tax deductible contributions can be mailed to this address. 95% of all donations go directly to provide basic needs for our neighbors who are struggling.

CLUSTER NEWS

MASSES AT ST. MARY HOSPITAL-SUPERIOR

Masses are celebrated at St. Mary's Hospital, Superior, on Wednesdays at 11:15 A.M.

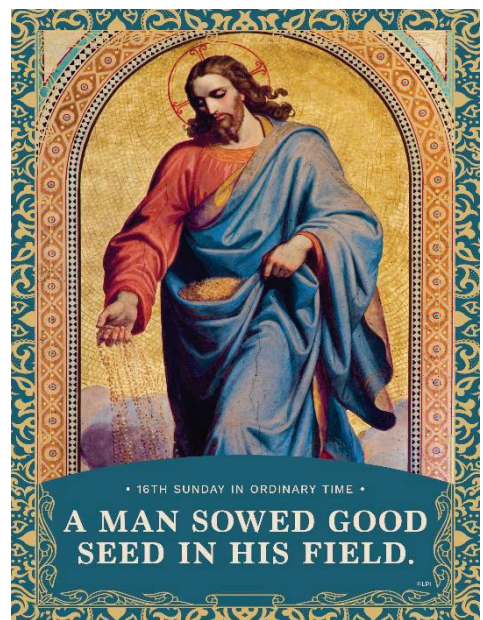
EUCCHARISTIC ADORATION IN OUR CLUSTER:

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



PASTORAL MUSICIANS

Save the date for our 2026 diocesan *Music Ministry Retreat and Workshop* taking place October 16 and 17 at Holy Family Church in Woodruff. "Pastoral Musicians: as parish evangelizers, as believers, disciples and servants." Our presenters are Anna Betancourt and Dr. Glenn Byer—provided in consultation with Oregon Catholic Press and **"InstitutoOCP: Sing to the Lord."** For more information see our diocesan website at: <https://catholicdos.org/diocesan-workshop-1>
Online registration will be available July 22.





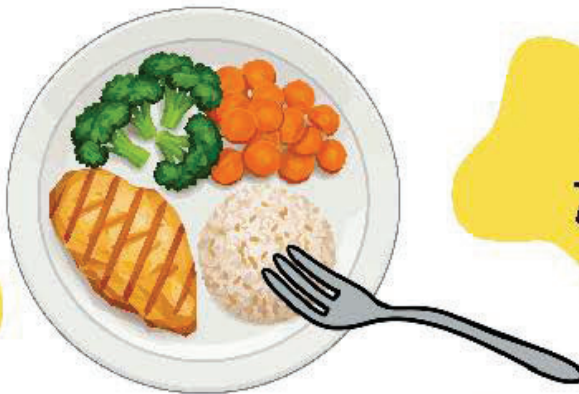
DID YOU KNOW?

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**

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



August 2026

\$6.00 per Meal Contribution Requested

Monday	Tuesday	Wednesday	Thursday	Friday
3 Breaded Chicken Baked potato Vegetable Dinner roll Cookie bar	4 Beef Tips/ Gravy Butter Noodles Vegetable Pull a Part Strawberry Shortcake	5 Turkey/cheese sandwich Cucumber and tomato Salad Spilt pea soup Bun	6 Goulash Cottage cheese Vegetable Garlic bread Mandarin orange	7 Lemon Pepper Fish Wild rice pilaf Vegetable Bread w/ butter Bar treat
10 Beeg Stroganoff Noodles Broccoli Dinner roll Fresh Fruit	11 Ham Potatoes Au gratin Vegetables Bread w/ butter Pears	12 Spaghetti Meat Sauce Toss Salad Veggie Garlic Bread Jello	13 Beef Hot Dog on Bun Relish and onion Mac and Cheese Baked Beans Bar	14 Baked Chicken Mashed potatoes W/ Gravy Vegetable Dinner Roll Pudding
17 Meat Loaf Mashed potatoes W/ Gravy Green Beans Bread w/ butter Fresh fruit	18 Sweet & Sour Chicken Rice Vegetables Egg Roll Brownie	19 Tator tot Casserole Vegetable Bread w/ butter Cottage Cheese Melon	20 Roast Pork Mashed potatoes W/ Gravy Vegetable Dinner Roll Apple sauce	21 Tuna Salad Croissant Lettuce and tomatoes Bean Soup Cheesecake w/ toppings
24 Scalloped potatoes w Ham Vegetables Dinner roll Cookie	25 Chicken Al Fredo Penne Noodles Broccoli Pull a part bread Cake	26 Swedish Meat balls Gravy w/ Buttered noodles Vegetable Dinner roll Yogurt parfait	27 Polish w/ Sauerkraut Boiled potato Vegetable Bun Mandarin orange	28 Breaded Fish Patty Cheese Tator tots Baked beans Bun Muffin
31 Hamburger w/ gravy Mashed potatoes Vegetable Dinner roll Fruit Salad				

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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.

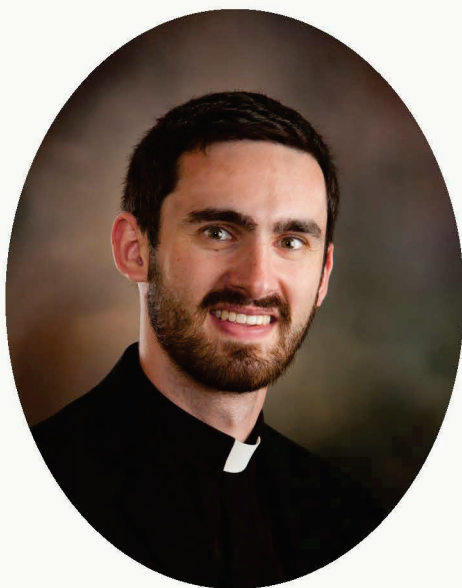


FRIDAY KEYNOTE SPEAKER

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.



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*



T W E N T I E T H
A N N U A L



*Diocese of Superior Music Ministry
Retreat and Workshop*

SAVE THE DATE!

Pastoral Musicians:

- **As Parish Evangelizers**
- **As Believers, Disciples,
& Servants**

Instituto OCP: SING TO THE LORD

Oregon Catholic Press

October 16 & 17, 2026

\$45 - One day | \$90 Two days

Holy Family Church | Woodruff, WI

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

Online Registration opens July 22 at:

<https://catholicdos.org/diocesan-workshop-1>

T WENTIETH ANNUAL DIOCESE OF SUPERIOR MUSIC MINISTRY RETREAT AND WORKSHOP

Preliminary Agenda:

Friday

5:00 pm	Social Time
6:30 pm	Welcome, Prayer, Dinner
7:30 pm	Keynote: <u>"Maintenance to Mission: The Role of Pastoral Musicians in Parish Evangelization"</u> Anna Betancourt and Dr. Glenn Byer
9:00 pm	Night Prayer

**Also available to attendees:
"POP-UP CHOIR" REHEARSAL**

**following the conclusion of the event on Saturday.
Choir sings at the 4pm Parish Mass at Holy Family Church**

Saturday

Continental Breakfast	8:30 am
Welcome, Opening Prayer	9:00 am
Keynote: <u>"The Minister of Music: Believer, Disciple and Servant"</u>	9:30 am
Breakout session #1 <i>Track I</i> <u>"The Cantor's Ministry: Guiding the Assembly"</u> Anna Betancourt	11:00 am – Noon <i>Track II</i> <u>"Welcoming: The Minister of Music, Hospitality and Outreach"</u> Dr. Glenn Byer
Lunch	12:00 pm – 1:00 pm
Breakout session #2	1:00 pm – 2:00 pm
Morning breakout discussion continues.	
Reading/Repertoire Session <u>"Music for Advent and Christmas"</u> Anna Betancourt and Dr. Glenn Byer	2:00 pm – 3:30 pm
Evaluation and Closing Prayer	3:30 pm



Anna Betancourt is a professional singer, songwriter, music director and workshop presenter. Based in Fort Worth, Texas, she previously worked in various bilingual communities as music director, choral director and cantor in the parishes of Southern

California. She has more than 35 years of experience working with various choirs including youth, children's, adult, contemporary, traditional choirs and handbells choirs.

Anna graduated from Loyola Marymount University in Los Angeles, where she studied voice and music theory, and where she also worked as assistant director of liturgy and music. At the archdiocesan level, she has served as a music committee member, deanery representative and a member of the Los Angeles Religious Education Congress Liturgy Committee.

Anna's voice can be heard on more than 50 recordings, including some by Jaime Cortez, Bob Hurd and Eleazar Cortés. Her first solo collection, *Te Doy Gracias*, features 12 popular contemporary Spanish and bilingual songs. Her collection *Tomaré Mi Cruz* presents inspiring songs for liturgy, worship groups or retreats. Her music is also featured in OCP's *Novena a la Virgen de Guadalupe/Novena to Our Lady of Guadalupe* collection.

Anna has been a speaker and presenter at various conferences and workshops on music and liturgy. She is the former Spanish choir director at Cathedral of Our Lady of the Angels in Los Angeles and Christ Cathedral in Orange County, California. She currently ministers with her husband, Deacon Mike Betancourt, at St. Mark Catholic Church in Argyle, Texas.



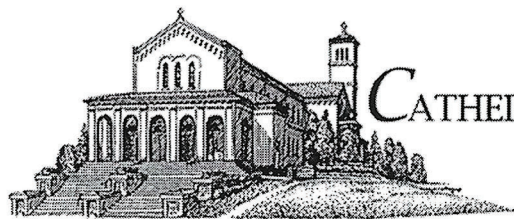
Dr. Glenn Byer was born and raised on a farm near Edmonton, Alberta, Canada. He has written widely on the liturgy, including an ongoing series of articles in *Today's Liturgy* on the link between the Catechism of the Catholic Church and

liturgical ministry and books on pastoral liturgical topics. He speaks widely on how to get more out of the liturgy.

His work in liturgy led to a post as professor of liturgy at Kenrick School of Theology in St. Louis, Missouri. He taught three years for the Paul VI Catechetical Institute, also in St. Louis. Glenn has served on the liturgy commissions of three archdioceses, Edmonton, Baltimore and St. Louis. He received a master's in liturgy from the University of Notre Dame in 1987 and a sacred liturgy doctorate (SLD) from Sant' Anselmo in Rome in 1994. Glenn currently works as OCP's worship publications manager.

He was recently awarded honorable mention for his book, [Unlocking the Feasts and Seasons of the Liturgical Year](#) and, in 2018, won first place for his book, [26 Ordinary Ways to Live the Liturgy](#), in the CPA (Catholic Press Association) Book Awards. Glenn is the co-author with Mary Jo Tully and Paulette McCoy of [The Catholic Catechist's Companion](#), with Msgr. William Belford and Michael R. Prendergast of [Parish Liturgy Basics](#) and with Michael R. Prendergast of [Hospitality Basics](#).

In 2022, Glenn was elected to the executive of the North American Academy of Liturgy. He will serve as Vice President for a year including the 2023 meeting in Toronto, and then will serve as President for the following year, ending with the meeting in Seattle in 2024.



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

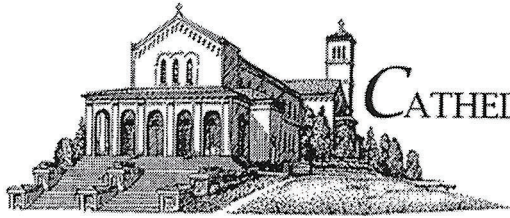
<https://www.parentstv.org/>

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.commonsensemedia.org/>

Parents Television and Media Council

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

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<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:

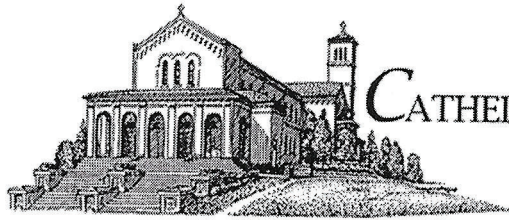
- The average American youth will witness 200,000 violent acts on television before the age of 18
- Cartoons are now available on demand and frequently have between 20-25 violent acts an hour, about five times the average prime-time program
- 46% of all violence on TV now comes from cartoons
- 91% of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

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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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