

AUGUST 2, 2026 18th 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, AUGUST 4, 2026

8:30 A.M. – Kenneth Raihala-M
Jane & Arnie Prochaka

WEDNESDAY, AUGUST 5, 2026

8:30 A.M. – Donald Ritter-M
Bill & Bev Lindsey

THURSDAY, AUGUST 6, 2026

8:30 A.M. – Tim Sandor-M
Luz Lao & Family

FRIDAY, AUGUST 7, 2026

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

WEEKEND INTENTIONS

SATURDAY, AUGUST 8, 2026

2:00 P.M. Wedding: Matt Warren & Nicole Manion

4:00 P.M. – Diane Depta-M
Christine Sayban

SUNDAY, AUGUST 9, 2026

7:30 A.M. – The Spiritual and Temporal Welfare
of Cathedral Parishioners

10:30 A.M. – June Roeben-M
Kathy Moder

WEDDING BANNES:

III Matt Warren & Nicole Manion

VOCATIONS... Nothing will separate us from the love of Christ. If God is calling you to full time service in the church do not be afraid. The Lord is with you. (Romans 8:35-39)

Cathedral Church Calendar

Mon. August 3 – 6:00pm Prayer Group Meeting
Tues. August 4 – 6:00pm KC 16691 Meeting
Thurs. August 6 – 1-3pm Adoration
Fri. August 7 – 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 Aug. 8 & 9

READERS:

4:00 James Johnson & Samuel Johansen
7:30 Jim Paine & Julie Balmer
10:30 Pam Tafelski & Kent Phillips

EUCCHARISTIC MINISTERS:

4:00 Dean Hansen (F) & Susan Paine (B)
Cup: Need 2
7:30 Brekken Maas (F) & Justin Fouts (B)
Cup: Need 2
10:30 Dcn. Tim Thom (F) & Kent Phillips (B)
Cup: Wayne Maisel & Rita Farchmin

SERVERS:

4:00 Evan Soine
7:30 Tom Tracy
10:30 Marcus Farchmin & Theodore Seybold

USHERS:

4:00 Eric Williams (Lead)
Need 3
7:30 Bob Ahlborg (Lead)
Jim Crawford
Rose Kidd
John Schottenbauer
10:30 Walt Tafelski (Lead)
John Berchild
Bonnie Thom
Need 1

GREETERS:

4:00 Julie Rindal
7:30 Mavis Moran & Julia Fudally
10:30 Anthony Farchmin & Jeanine Buck



STEWARDSHIP OF TREASURE

In today's Gospel, Jesus feeds the five thousand with five loaves and two fish. The message of stewardship is that God's gifts, *shared*, will always be more than enough.

	July 25/26	Last Year
Envelopes:	95	92
Collection:	\$4,447.00	\$3,724.00
On-Line Giving (41)	\$2,608.74	\$3,037.00
Loose:	\$ 812.00	\$ 916.00

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

Let's examine some of the themes in the readings for Mass on this 18th Sunday of the Year.

1st Reading - Isaiah 55:1-3

- The Lord invites all who are hungry or thirsty to come freely and without cost.
- The benefits assured to David are now renewed for all with an everlasting covenant.

Psalm - 145:8-9,15-18

- "The hand of the Lord feeds us; he answers all our needs."
- We look hopefully to the Lord who is gracious, merciful, compassionate, and just.

2nd Reading - Romans 8:35,37-39

- Nothing can separate us from the love of Christ!
- We conquer overwhelmingly through Jesus Christ our Lord.



Gospel - Matthew 14:13-21

- Jesus responds with pity upon the vast crowd, and he cures their sick.
- He then performs a feeding miracle after blessing five loaves and two fish.

Fr. Andrew

Question for Children: What are the ways that Jesus shows he loves you?

Question for Youth: Jesus was very attentive to his followers. He cared for them and for their needs. What are your needs? What can Jesus do to help you?

Question for Adults: In your experience, what "false obstacles" have you or people you know experienced separating them from Christ? Things such as divorce? Or marrying outside the church? Or not attending Mass? Or others?

Readings for the week of August 2, 2026

Sunday: Is 55:1-3/Ps 145:8-9, 15-16, 17-18
Rom 8:35, 37-39/Mt 14:13-21

Monday: Jer 28:1-17/Ps 119:29, 43, 79, 80, 95, 102
Mt 14:22-36

Tuesday: Jer 30:1-2, 12-15, 18-22/Ps 102:16-18, 19-21,
29, 22-23/Mt 14:22-36 or Mt 15:1-2, 10-14

Wednesday: Jer 31:1-7/Jer 31:10, 11-12ab, 13
Mt 15:21-28

Thursday: Dn 7:9-10, 13-14/Ps 97:1-2, 5-6, 9
2 Pt 1:16-19/Mt 17:1-9

Friday: Na 2:1, 3; 3:1-3, 6-7/Dt 32:35cd-36ab,
39abcd, 41/Mt 16:24-28

Saturday: Hb 1:12-2:4/Ps 9:8-9, 10-11, 12-13
Mt 17:14-20

Next Sunday: 1 Kgs 19:9a, 11-13a/Ps 85:9ab and 10,
11-12, 13-14/Rom 9:1-5/Mt 14:22-33

CATHEDRAL NEWS



PRAYER GROUP MEETING

Monday, August 3, 2026
6:00 PM Cathedral – Kress Hall
All are welcome!

The Cathedral Book Club 2026-2027

Join us in the Cathedral Parish Office at 6:30 pm for a lively book discussion. All are welcome to join us.

Sept. 9th - Project Hail Mary by Andy Weir.
Oct. 14th - Pope Leo XIV: Inside the Conclave and the Dawn of a New Papacy by Chris White
Nov. 11th - Theo Of Golden by Allen Levi
Jan 13th - Killers Of the Flower Moon: The Osage Murders and the Birth of the FBI by David Grann
March 10th - The 3rd Secret by Steve Barry
April 14th - A Measured Thread by Mary Behan
May 12th - Hamnet by Maggie O'Farrell

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 Jesus, you bless those who seek to serve the poor, - move our hearts from affective to effective love.

Open our eyes, -that we may see your presence in our midst.

Open our ears, -that we may hear the cries of the poor.

Open our hearts, -that we may serve with joy, constancy and tender love.

Open our hands, -that our "loaves and fishes" may receive your blessing. Amen.

The smoke and blistering heat have affected so many, particularly those who are experiencing homelessness. Thank you for your ongoing support so that we are able to help those in need who are homeless or to help others prevent homelessness.

Donations can be mailed to: SVDP P.O. Box 98 Superior, WI 54880

Voicemail: 715-398-4039

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



The Catholic Daughters & Knights of Columbus Baby Bottle Campaign has collected \$8,025.42 as of the end of July. The amount will increase after grant requests are received from the Knights of Columbus Supreme Office. This is the largest amount that has been collected at this point over the last three years. Thank you to all those who contributed for your generous support. All funds collected go to the Lake Superior Life Care Center in Superior.

PORK DINNER

St. Anthony Lake Nebagamon will be having a **Pork Dinner** on August 16, 2026, from 12 noon to 2pm in the Parish Hall. Roast pork, mashed potatoes and gravy, sweet corn, coleslaw, applesauce, relish and homemade desserts, coffee, water, and lemonade will be served. \$15 a ticket. Children 10 & under - \$5 for hotdog, chips, cookies, and drink. Tickets will be available at the door. For more information 715-374-3570.

EMBER Young Adults - Picnic at the Park

Our first EMBER event was a wonderful success, bringing together **27 young adults** for an evening of laughter, conversation, and community—and we'd love to see both familiar and new faces at our next gathering!

Join us for **Picnic at the Park** on **Thursday, August 20, from 6:00–8:00 p.m.** at **Pattison State Park** (just south of Superior). We'll fire up the grill, play volleyball, bags, and other outdoor games, enjoy great conversation, and end the evening with the opportunity to share personal prayer intentions for anyone who wishes.

Whether you came to our first event or have been thinking about checking out EMBER for the first time, this is the perfect opportunity to join us. EMBER is open to **all young adults ages 21–39**—you don't have to be Catholic or even actively practicing a faith to belong. If you're looking for authentic community, meaningful conversation, and a fun night outdoors, we'd love to have you.

Please register through our GroupMe so, we can plan for food, estimate vehicle count, and provide you with a **free day pass** to Pattison State Park for the evening.
This is an adult-only (child-free) event.



PASTY ~ Calling all pasty lovers! St. William Church is making pasties on Saturday, August 22. (Potatoes, carrots, Italian sausage, and onions.) Pre-orders are being taken until Friday, August 13. Cost per pasty is \$5. You can pick them up after Mass on Saturdays or make arrangements to pick them up another time or have them delivered to town. Call Amy 218-590-7354 with orders or questions.

FREE POP-UP BIKE REPAIR CLINIC

(Sponsored by Knights of Columbus Council #499)

Saturday, August 8, 2026 (Rain Date-August 22)

St. Francis Xavier Church – West Side Parking Lot



2316 E 4th St. Superior, WI ~10:00 AM – Noon

Services Offered: Minor *Adjustments*, *Cable Replacement*, *Wheel Truing*, *Tire Repair*, *Basic Maintenance*

Volunteer Opportunity: Bring Comfort and Compassion

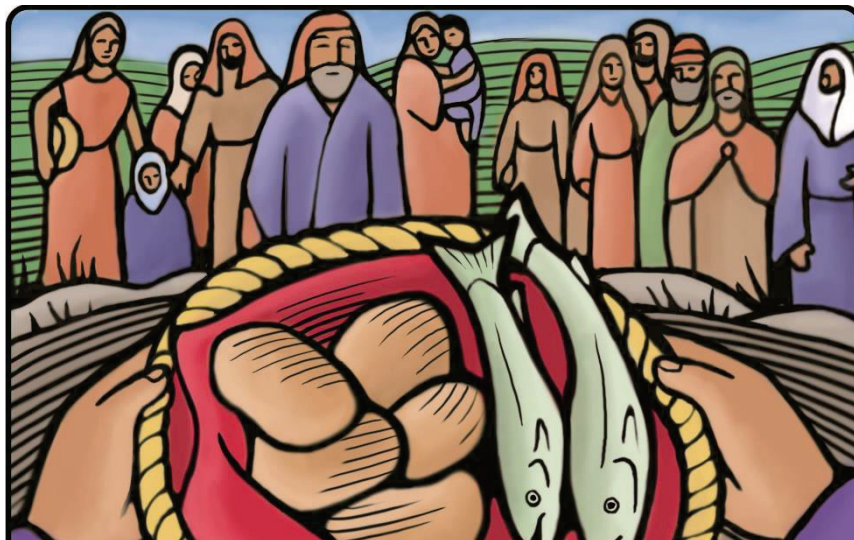
Join us in making a difference! Essentia Health Hospice is seeking caring volunteers for our hospice patients. Share your warmth through companionship, caregiver respite, sharing hobbies, etc. for those in their final stages of life.

To learn more, contact Ashley or Brenda in the Hospice Volunteer office at 218-786-4020 or

HospiceDuluthVs@essentiahealth.org

Want to help bring the Babbitt/Ely Real Presence

Radio signal back to full power? 106.7 in Babbitt has been operating at just a fraction of its normal coverage since a December 2025 winter storm, making it difficult for many families to receive Catholic programming. Help us fix the antenna and restore the signal, ensuring the Gospel continues on the radio. To make a gift and learn more, contact Margaret@realpresenceradio.com, Lynne@realpresenceradio.com, or visit RealPresenceRadio.com.



He said the blessing, broke the loaves, and gave them to the disciples, who in turn gave them to the crowds. They all ate and were satisfied, and they picked up the fragments left over—twelve wicker baskets full. Those who ate were about five thousand men, not counting women and children. — Mt 14:19c-21

ROAST PORK DINNER

Sunday, August 16, 2026

12 noon – 2PM

St. Anthony Catholic Church

11648 E. County Rd. B

Lake Nebagamon, WI 54849

Menu

Roast Pork
Mashed Potatoes
Gravy
Sweet Corn
Coleslaw
Applesauce
Relish
Rolls & Butter
Homemade
Desserts
Coffee, Lemonade,
Water



Special
Kid's Menu
Children 10 &
Under
Hot Dogs
Chips
Cookie
Drink

\$5 at the Door

Tickets \$15-Available at the door of the event
For More Information Call Church Office Monday or
Thursday mornings at 715-374-3570

Takeouts
Available

Impact

Bring faith to life. Find life in faith.

IT MAY ONLY SEEM LIKE A LITTLE

Do you sometimes feel small, inadequate, insufficient? Are there times when you want to make a difference, and yet feel there is little you can do? The disciples in the gospel passage we hear on August 2 had only a little - a few loaves of bread and two fish. How could such a meager meal begin to feed the hunger of the thousands of people present? Where the disciples saw little, however, Jesus saw the abundance that is possible through the blessing and grace of God.

PUT WHAT YOU HAVE IN GOD'S HANDS

When we hear the word "sacrifice," most of us think of giving up something, like the things we forgo during Lent. That is certainly part of what it means to sacrifice. The sacrifice to which Christ calls us, however, is much more than a simple renunciation of a favorite food or activity.

To sacrifice means "to make holy." In the Gospel of Matthew, the disciples' sharing of the bread and fish was certainly a sacrifice -- they did not know what was going to happen with what they gave. Yet they put the loaves and fish in Jesus' hands, trusting that he would know what to do with their offering.

LET JESUS TAKE, BLESS, BREAK, AND GIVE YOU

In that deserted place, Jesus took the food, blessed it, broke it, and gave it to the people. At Mass, we bring bread, wine, and monetary donations to the altar. These symbolize our offering of our lives, gifts, and resources, which we ask God to consecrate -- to make holy, to use to bring about his good work in the world.



Our offering of bread and wine are taken, blessed, broken, poured out, and given. They become Christ's Body and Blood, our food for the journey of life. In receiving, we are called to allow Christ to transform us, so that as members of Christ's Body, we might meet the needs of a hungry and hurting world.

A LITTLE CAN BECOME A LOT

Jesus took what seemed to be a small, insignificant offering and made of it a feast. In those moments in which we feel small, ill-equipped to meet the challenges of life, it is good for us to remember that from the meager five loaves and two fish, thousands were fed.

As disciples, we are called to follow the way of the Lord who shows us that living sacrificially -- giving when we might think it difficult or impossible -- is a way of freedom and joy, a way that leads to holiness, to being more like Jesus who always shows us God's way of self-giving love. We are invited to give our very selves, our lives, time, attention, and resources and in doing so, witness to the overflowing, bountiful love of God which seeks to feed every hunger, bring solace to those in pain, and peace, healing, light, and grace to all who are in turmoil.

Jesus shows us that a little can become a lot when we put our gifts in God's hands. We can trust that God will make our lives, gifts, and resources more fruitful than we can imagine - God will do great things with whatever we offer him. What little do you bring to the Lord today? What will you sacrifice so that others will know Christ's love through your stewardship?

"Left alone to face the difficult challenges of life today, you feel conscious of your inadequacy and afraid of what the future may hold for you. But what I say to you is this: place your lives in the hands of Jesus. He will accept you, and bless you, and he will make such use of your lives as will be beyond your greatest expectations! In other words: surrender yourselves, like so many loaves and fishes, into the all-powerful, sustaining hands of God and you will find yourselves transformed with "newness of life", with fullness of life. "Unload your burden on the Lord, and he will support you". -- St. Pope John Paul II

Impact

Bring faith to life. Find life in faith.

Get out of the boat.

"At once Jesus spoke to them, "Take courage, it is I; do not be afraid." Peter said to him in reply, "Lord, if it is you, command me to come to you on the water." He said, "Come." Peter got out of the boat and began to walk on the water toward Jesus. But when he saw how strong the wind was he became frightened; and, beginning to sink, he cried out, "Lord, save me!" Immediately, Jesus stretched out his hand and caught Peter, and said to him, "O you of little faith, why did you doubt?"

I have to admit, I feel for Peter in this passage from the gospel of Matthew. The disciples had been miles offshore. A storm had risen, and their boat was being tossed about. Keep in mind, many of these men were fishermen. They knew the sea and its ways and would not have easily been made afraid. This must have been a mighty storm! Jesus approached them, walking on the sea, and the disciples are terrified. They wonder if this is a ghost. Which is where the passage above begins. Peter wants assurance that this truly is Jesus. He is literally ready to put his life on the line in order to know for certain that this is Jesus, and in this act of faith and trust, he is also coming to grips with the reality of who Jesus is, the Messiah, the Anointed One of God.

I don't know if you have moments when you need to get out of your boat, but I know I do. The boat is familiar, comfortable, tried and true, tested. The boat offers the assurance of safety, at least until the waters become fierce. But that's the thing. Sometimes, our tried and true, safe routines and devices don't stand up to the challenges of life. Being absorbed in work suddenly pales when a family member becomes ill or a friend is in crisis. Keeping to ourselves and maintaining a blind eye to the needs of others may feel fine, until their plight can no longer be ignored. Spending hours binge-watching TV or reading social media posts might seem a good distraction, until our heart calls us to be aware of the very things we're trying to distract ourselves from. The day-to-day routines seem adequate until life changes, and suddenly we find ourselves like Peter, calling to the Lord, "command me to come to you on the water." Call me out of my safe, "normal" life! Reassure me that you will be with me when I reach out to you in trust.

There are times when we falter, unsure if we can get through this moment. We may cry out to God, "Lord, save me!" When that happens, we can be assured that Jesus will stretch out his hand and catch us. Sure of Christ's compassion, mercy, and peace, may we, with disciples throughout the ages declare, "Truly you are the Son of God." - Leisa Anslinger



Do not fear what may happen tomorrow. The same loving Father who cares for you today will care for you tomorrow and every day. Either he will shield you from suffering or he will give you unfailing strength to bear it. Be at peace then, and put aside all anxious thoughts and imaginings.

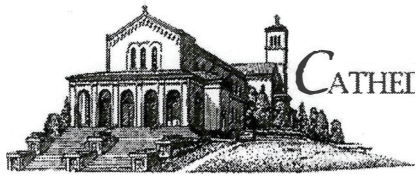
St. Francis De Sales



Impact this month

Pause regularly for prayer this month. Quiet your mind and heart and pause for a few moments of silent contemplation. Use Psalm 63 or another passage of Scripture as you place your life in God's hands, trusting that God will be with you as you strive to discern and do God's will.

My soul is thirsting for you, O Lord my God. O God, you are my God whom I seek; for you my flesh pines and my soul thirsts like the earth, parched, lifeless and without water. You are my help, and in the shadow of your wings I shout for joy. My soul clings fast to you; your right hand upholds me. (PS 63: 1-2, 6, 8)



CATHEDRAL OF CHRIST THE KING

Worship Aid

18th Sunday in Ordinary Time

August 1-2, 2026

Introductory Rites

Opening Hymn..... Ritual Song Hymnal #931 | All Who Hunger Gather Gladly
Mass Parts Setting..... Ritual Song Hymnal #284-295 Mass of Joy and Peace
(Includes Gloria, Gospel Acclamation, Sanctus, Memorial Acclamation, and Lamb of God)

Liturgy of the Word

Readings found in Ritual Song Hymnal #1245

First Reading..... *Isaiah 55:1-3*
Come to the water.
Resp. Psalm..... *Psalms 145:8-9.15-16.17-18*
The hand of the Lord feeds us; He answers all our needs
Second Reading..... *Romans 8:35.37-39*
Nothing can separate us from the love of God.
Gospel..... *Matthew 14:13-21*
Jesus feeds the five thousand

Liturgy of the Eucharist

Preparation of the Altar..... Ritual Song Hymnal #820 | The King of Love My Shepherd Is

Communion Rite

Communion..... Ritual Song Hymnal #1045 | O Blessed Savior

Concluding Rite

Closing Song..... Ritual Song Hymnal #821 | I Heard the Voice of Jesus Say

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

JOIN EMBER YOUNG ADULTS GROUP FOR

* PICNIC AT THE PARK *

THURSDAY, AUGUST 20 | 6-8 PM

Pattison State Park

6294 S State Rd 35, Superior

Picnic & Outdoor Games

RSVP in GroupMe for free parking pass:



Ages 21-39 welcome. This is a child-free event.



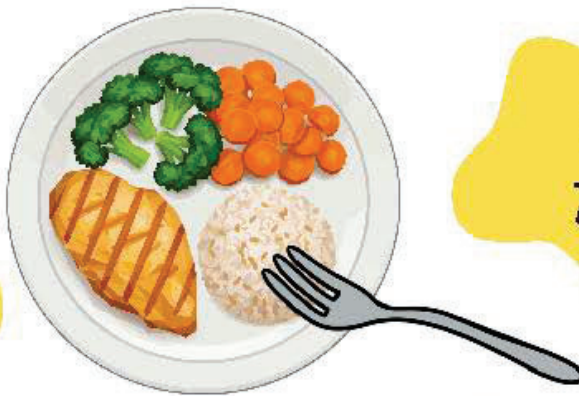
DID YOU KNOW?

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



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				

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

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.

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
CATHOLIC CHURCH
1410 BAXTER AVE
SUPERIOR, WI 54880



Cathedral of Christ the King



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

Catholic Moms Group



WHAT IS A CATHOLIC MOMS GROUP?

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

WHEN IS MOMS GROUP?

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

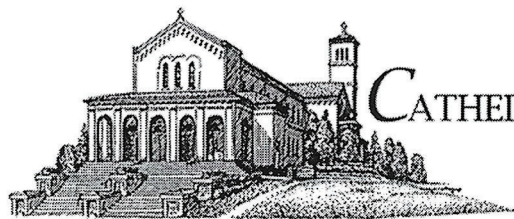
WHO CAN ATTEND?

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

HOW DO I JOIN?

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





CATHEDRAL OF CHRIST THE KING

1410 Baxter Avenue, Superior, WI 54880

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

www.superiorcathedral.org

Father Andrew's Summer Challenge!

This is an excerpt from an article published by Eyesafe Nielsen Estimates...

Recent reports from Nielsen suggest that media consumption has increased 60% due to COVID-19 and home confinement during March, 2020. Given already high screen time hours, this increase is significant. Eyesafe analyzed the current Nielsen Audience Report numbers to develop the "Screen Time Report" which excludes Radio, to understand the actual amount of time the population is in front of devices on a daily basis.

Nielsen has found that in previous times of crisis requiring forced time spent home can lead to a 60% increase in media use. Additional surveying from Nielsen has found that working from home results in increased screen time with worker in the office spending more than 21 hours per week, and workers from home spending 25 hours per week, on work devices.

With a 60% increase in TV and Game Console Media use, and 14% increase in Mobile and Work-Related Device Use, Eyesafe estimates U.S. screen time per person 18+ has increased to 13:28 hours per day in March 2020, up from 10:09 hours per day in Q3 2019.

The Eyesafe estimated per day use of screens for March 2020 in the U.S. includes:

- Live TV: **5:31**
- Time-Shifted TV: **:46**
- Game Console: **:20**
- Internet Connected Device: **:43**
- Internet on a Computer: **:36**
- App/Web on a Smartphone: **4:31**
- App/Web on a Tablet: **:59**
- Total Screen Time Per Day: **13:28**

This shift in screen time is resulting in increased high-energy blue light exposure, concerning for children and adults. Further analysis will review this continued trend in screen time consumption globally and exposure to high-energy blue light in our new reality.

Source: <https://eyesafe.com/covid-19-screen-time-spike-to-over-13-hours-per-day/>
Date Verified: March 28, 2021

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

I look at these statistics and I believe that we can do better!

Now while I admit that there is good programming on television and on the web, I suggest that at times it is difficult to find. **Therefore, I propose a challenge: Take time during the month of May to talk about the role of television, internet, and video games in your house, and consider one of the following for the three great summer months of June, July, and August:**

1. Cold Turkey. That's right! Dump the screens and fill your life with 1001 activities that are good for your mind and your body. Unplug the set(s), stop the video games, and shut down the internet wherever possible. Take back your life and CHOOSE for yourself what kind and type of entertainment and recreation is good for you. And if you need "screen time" by all means take it... but only when YOU CHOOSE what and when you watch. If you can't handle this.....

2. Cut the time. The average American now watches 38+ hours of television a week (that's 5 hours and 31 minutes a day). Decide for yourselves what you choose to watch and set a goal for each person in the house to watch no more than 10 hours a week (about 1 ½ hours a day). If this is still too much for your electronic addiction then.....

3. Have a household discussion. Sit down and discuss what you are watching and come up with a plan. How much TV is too much? What kind of programming is being viewed? How much "surfing" on the web is really useful? What are some alternatives to the mind-numbing effects of the tube? Set limits for yourself.

Talk about the challenge and decide if you would be willing to follow through for 3 months. Some people think that I am crazy to even suggest this, but do we really want our lives completely wrapped around a screen? Do we really want to open our minds and hearts to programming, images, and ideas that are contrary to the Gospel?

This can be an incredible opportunity for all of us to rediscover the beauty and power of summer. In the coming weeks I will suggest different activities and ideas.

Now, if you want to really do your homework and learn more (I warn you it will make you rethink the role of TV/internet in your life!) the web does offer a wealth of information in seconds. If you are looking for some solid sources for information about television and movies there is hope!

Common Sense Media

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

Parents Television and Media Council

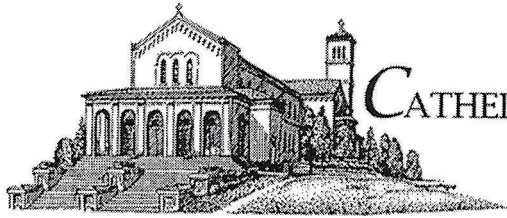
<https://www.parentstv.org/>

US Conference of Catholic Bishops
(Catholic News Service)

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

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

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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

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(Catholic News Service)

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

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

Next week I will offer some ideas for life apart from television. Now, for those who missed last week, here's the challenge:

1. Cold Turkey. That's right! Dump the screens and fill your life with 1001 activities that are good for your mind and your body. Unplug the set(s), stop the video games, and shut down the internet wherever possible. Take back your life and CHOOSE for yourself what kind and type of entertainment and recreation is good for you. And if you need "screen time," rent a movie (or check one out at the library), but only when YOU CHOOSE what and when you watch. If you can't handle this.....

2. Cut the time. The average American now watches 38+ hours of television a week (that's 5 hours and 31 minutes a day). Decide for yourselves what you choose to watch and set a goal for each person in the house to watch no more than 10 hours a week (about 1 ½ hours a day). If this is still too much for your electronic addiction then.....

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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:

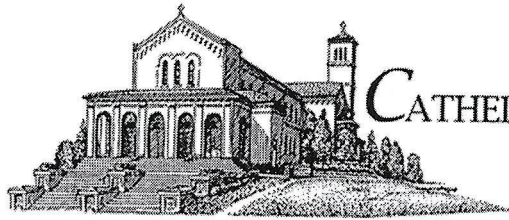
- The average American youth will witness 200,000 violent acts on television before the age of 18
- Cartoons are now available on demand and frequently have between 20-25 violent acts an hour, about five times the average prime-time program
- 46% of all violence on TV now comes from cartoons
- 91% of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

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Dinner

*An evening of opportunity to
Discern God's call in your life*

Talks, Dinner, Evening Prayer

Open to Young Men:

- **Middle School**
- **High School**
- **College**
- **Young Adults**



and their parents

WEDNESDAY, AUGUST 12, 2026

5:00 PM – 8:00 PM

HOLY ROSARY PARISH

215 S WASHINGTON AVE.
MEDFORD, WI 54451



CALLED NORTH
DIOCESE OF SUPERIOR PRIESTLY VOCATIONS

To register:
contact your pastor or
Fr. David Neuschwander

dneuschwander@catholicdos.org
651.300.9739