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CCB Parent Connector

St. Andrew, St. Mary & St. Theresa parishes



SUMMER 2017

Hello parents!

What ever happened to the lazy days of summer? I can remember summer vacation seeming to last forever when I was young. There were days when my friends and I actually tried to watch the grass grow! But not anymore. Summer has become as busy as the rest of the year for many folks. I hope that is not true for you. I pray you are able to slow down during these warm months and enjoy spending time with those you love. One thing I have found necessary in enjoying “down time” is to actually plan for it! It won’t necessarily happen unless you choose for it to happen. Perhaps you could write down what you would like to do this summer, and what you would like your child(ren) to experience. It could be a day (or two!) at the beach, or to read a good book, catch fireflies, get an ice cream cone, run through a sprinkler, eat an ice pop, have a picnic at a park, or a cookout in your yard. Plan ahead and allow yourself, and your children, to slow down and simply enjoy each activity for what it is. Thank God for the sun and the sand, and all of His creation.

Perhaps, you may be planning a longer family vacation. Plan ahead and check out where you can attend Sunday Mass, or even daily Mass. Many people find the beach to be a good place to pray. It is somewhat “easy” to be in awe of God’s creation when looking out at the ocean. Or watching a sunset. Nature speaks to us of the glory of God. We read in Job 12:7-10 “But now ask the beasts to teach you, the birds of the air to tell you; Or speak to the earth to instruct you, and the fish of the sea to inform you. Which of all these does not know that the hand of God has done this? In his hand is the soul of every living thing, and the life breath of all mortal flesh.” Or in Romans 1:20 - “Ever since the creation of the world, his invisible attributes of eternal power and divinity have been able to be understood and perceived in what he has made.” Take time to contemplate the beauty of God’s creation all around you this summer. And take time to teach your children about God, the all-loving creator who made us and sent His Son so that we might “have life and have it more abundantly” (John 10:10).

Have a wonderful summer!

*Adrienne*



## Prayer Corner - Visio Divina

Visio Divina (Sacred Seeing) is a prayer practice similar to Lectio Divina (Sacred Reading):

“Choose an image (painting, photograph, sculpture, or other artwork). Perhaps use the image below of The Annunciation by Henry Ossawa Tanner. Set aside some quiet time with this piece and begin with a prayer of intent to be open to God.

Look slowly at the image, taking in every detail without critique. Observe the colors, shapes, shadows, lines, empty spaces. Allow your unfiltered response to arise—feelings, memories, thoughts. Notice and welcome these reactions, without evaluation, whether they seem negative or pleasing.

How do these feelings, evoked by the image, connect with your life? What desires are stirring in you? How are you drawn to respond?

Take a few moments to reflect in writing, movement, or sound—whatever embodiment fits your expression. Finally,

simply rest in God’s presence.”

### *A Summer Blessing*

May you walk with God  
This summer  
In whatever you do  
Wherever you go

Walking with God means...  
Walking with honesty

And with courage,  
Walking with love  
And respect

And concern for the feelings of others

May you talk to God  
This summer  
And every day and  
In every situation

Talking with God means...  
Praying words of praise  
For the beauty of creation  
Saying prayers of thanks  
For friends and good times,  
Asking God’s help  
In all your decisions  
Expressing sorrow  
When you have failed

May you talk with God  
Every day. Amen.

- Author unknown



### Looking for a good beach read this summer?

If you enjoyed Matthew Kelly’s book “Rediscover Jesus,” you may like to try his “Rediscover Catholicism – A Spiritual Guide to Living With Passion & Purpose.” You can order a free copy at <http://dynamiccatholic.com/>

