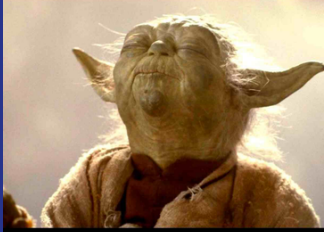


CRUSADER CHAPLAIN CHATTER

SUMMER 2023 EDITION

MONDAY

MONDAY IT IS.



FRESH START YOU HAVE.

TUESDAY

welcome to tuesday



where monday's history
and friday's a mystery

Wednesday

Welcome to Wednesday!
As Bon Jovi Once Said...



#jussayin

THURSDAY

THROWBACK THURSDAY



MUSIC NEVER DIES

Friday



It's Friday !

SIMPLE THINGS TO DO IN THE
SUMMER:

See a movie at the drive-in.
Walk on the boardwalk and listen
to the boards creak under your
feet.

Blow bubbles.

Play tag, hopscotch, or one of
your favorite childhood games.

Ride a roller coaster.

Play miniature golf.

Win a prize at the fair.

Build a sandcastle at the beach.

Cruise around town on a bike,
roller skates, or a skateboard.

Do a cannonball into the pool.

Run through the sprinklers.

Make homemade popsicles.

Tie dye a t-shirt.

Roast marshmallows over a fire
and make s'mores.

Make lemonade from scratch.

SIMPLE THINGS TO DO IN THE
SUMMER:

Eat corn on the cob.

Sip a glass of iced tea.

Eat a slice of watermelon.

Buy fresh produce at the
farmers' market.

Nap in a hammock.

Have a picnic in the park.

Sit on a porch swing.

Stargaze while lying in the grass.

Watch the sunset from a beach.

Dangle your feet off a dock.

Bring a blanket and lie on the
grass at an outdoor concert.

Watch the clouds go by.

Go river tubing.

Go to a Renaissance fair or a
Shakespeare in the park
performance.

Paint rocks to decorate your
garden.



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WELCOME TO THE START OF SUMMER! NOW SLOW DOWN.

YOU DON'T WANT TO MISS ANYTHING BY HURRYING PAST IT. AND THERE IS NO NEED TO SWEAT EVEN MORE, UNLESS YOU'RE ALSO HAVING FUN WHILE DOING IT. THAT'S THE WISDOM OF SUMMER. IT TEACHES US TO BE FULLY AWAKE, ENGAGED AND OPEN TO EVERYTHING AROUND US. IT'S ABOUT BEING OUTSIDE, WHETHER ON POPULATED STREETS OR DEEP IN NATURE. IT'S THE SEASON FOR RELAXING AND THE PURSUIT OF HAPPINESS. SO GET OUT! GO CAMPING, OR AT LEAST SPEND THE DAY IN THE WOODS. SAVOR CHERRIES, PEACHES, WATERMELON, FUNNEL CAKE AND ICE CREAM. GULP LEMONADE. GET WET, SEE AN OUTDOOR PERFORMANCE OR TWO, WATCH MOVIES AND THUNDERSTORMS, ENJOY BOOKS WITH SCANT LITERARY MERIT JUST FOR THE GUILTY PLEASURE OF IT.

IN HIS BOOK "THE RURAL LIFE," VERLYN KLINKENBORG REFERRED TO SUMMER AS "THE SEASON IN WHICH LEISURE SWELLS LIKE A TOMATO, UNTIL IT'S ROUND AND RED AND RIPE." TAKE A SLOW, JUICY BITE. SUMMER IS LIFE. AND LIFE IS PRECIOUS AND WILD — AND IT MOVES TOO FAST.

SUMMER IS FULL OF SIMPLE OUTDOOR PLEASURES, SUCH AS THE FEELING OF SUN AND WIND ON YOUR ARMS AND LEGS, FRESHLY UNCOVERED. THE SEASON CONTAINS A KIND OF HAPPINESS BORN OUT OF ESCAPES OF ANY KIND. IT TASTES OF ROASTED VEGETABLES AND FRUIT SO RIPE IT DRIBBLES OFF YOUR CHIN.

THIS IS THE TIME TO GET OUT AS MUCH AS YOU CAN FOR AS LONG AS YOU CAN. TEND THE GARDEN, CLIMB THE TREES, SWIM IN THE WAVES, EAT OUTDOORS, TAKE A WALK AT DUSK AND SLEEP UNDER THE STARS.

STUDIES HAVE LONG ESTABLISHED A LINK BETWEEN MENTAL HEALTH AND NATURE. THE MORE WE CONNECT WITH WHAT IS OUTSIDE, THE MORE CONTENT WE BECOME INSIDE. "IN THOSE VERNAL SEASONS OF THE YEAR, WHEN THE AIR IS CALM AND PLEASANT," JOHN MILTON WROTE, "IT WERE AN INJURY AND SULLENNESS AGAINST NATURE NOT TO GO OUT."

INTERNATIONALLY, SUMMER HOLIDAYS ARE LARGELY CELEBRATIONS OF NATURE. FOR EXAMPLE, THE SUMMER SOLSTICE — THE LONGEST DAY OF THE YEAR EVERY JUNE — ALIGNS WITH HOLIDAYS IN SWEDEN AND NORWAY THAT ARE FULL OF SINGING, DANCING, EATING AND PARTYING. THROW YOUR OWN SOLSTICE PARTY, EVEN IF YOU'RE THE ONLY GUEST; JUST MAKE SURE THE VENUE IS OUTSIDE.

SUMMER IS A WONDERFULLY KINETIC TIME, A SEASON OF YOUTH, ACTIVITY, CELEBRATION AND REVOLUTION. IT ENCOURAGES DANCING UNDER SPRINKLERS, SPARKLERS AND STARS. IT BECKONS US ON LONG BIKE RIDES AND HIKES. IT'S THE SEASON OF SWIMMING AND TENTS, OF GIVING INTO THE GRAVITATIONAL PULL OF TREES AND BODIES OF WATER. IT'S ALSO THE TIME TO DO AS LITTLE AS POSSIBLE. IT'S THE SEASON TO JUST ... BE.

LET THE HEAT ENCOURAGE YOU TO BE SLUGGISH SO YOU HAVE TIME TO SAVOR THESE PLEASURES. WASTE TIME WITHOUT GUILT. "DEEP SUMMER IS WHEN LAZINESS FINDS RESPECTABILITY," THE PHILOSOPHER SAM KEEN WROTE.

'TIS THE SEASON FOR LAYING IN A HAMMOCK, SIPPING ICED TEA OR A SEASONAL BEER, AND STARING UP AT TREE LIMBS SWAYING IN THE BREEZE. IT'S FOR BLOCKBUSTER MOVIES, ENTERTAINING BOOK AND MAGAZINE INDULGENCES, AND OUTDOOR FESTIVALS. LONG HOURS OF DAYLIGHT MEAN MORE DAYTIME TO GREEDILY PARTAKE IN MORE OF EVERYTHING. DINNERS AND BEDTIMES MIGRATE LATE, AND IF YOU'RE REALLY LUCKY SLEEPING IN CAN STRETCH UNTIL THE SUN STREAMS THROUGH WINDOWS. TIME SHIFTS IN SUMMER — THERE SEEMS TO BE MORE OF IT WHILE ALSO GOING BY TOO QUICKLY. (FOR MORE: [HTTPS://WWW.CNN.COM/2021/06/19/HEALTH/SUMMER-WISDOM-PROJECT-WELLNESS/INDEX.HTML](https://www.cnn.com/2021/06/19/health/summer-wisdom-project-wellness/index.html))

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Upcoming Events

JULY: EGYPTIAN HERITAGE MONTH (ONTARIO)

JULY 1: CANADA DAY

JULY 9: NUNAVUT DAY (NUNAVUT)

JULY 28: DAY OF COMMEMORATION OF THE GREAT UPHEAVAL

AUGUST 7: CIVIC HOLIDAY

AUGUST 29: AMBASSADOR PREP DAY

AUGUST 30: GR. 9 ORIENTATION DAY

SEPT. 5: PD DAY

SEPT. 6: FIRST DAY OF SCHOOL



DAD JOKE OF THE WEEK

My cloning experiments finally paid off.

I'm so excited, I'm beside myself.

Quote for the week

"Life moves pretty fast. If you don't stop and look around once in a while, you could miss it."

-Ferris, from Ferris Bueller's Day Off.



For More Information

@assumptioncrusader
gobluego.ca



GOOD NEWS STORIES

CHINESE METHOD FOR GROWING VEGGIES YEAR-ROUND IN FRIGID CANADA REALLY WORKS—AND HAS NO HEATING COSTS

A Chinese agronomist has helped Canadian greenhouse technology move forward, curiously by moving backward.

Dong Jianyi uses only materials and the laws of thermodynamics to grow cucumbers, peppers, lettuce, tomatoes, and more—even in the frigid Alberta winter—all without using a single watt. A geologist who abandoned the oil industry due to crashing oil prices, Dong Jianyi's Fresh Pal Farms is believed to be the largest "passive greenhouse" in Canada.

Growing vegetables in China's cold north necessitates innovation, and passive greenhouses which don't use electricity are common in that part of the country. "In north China, it also gets really cold and pretty dark in winter, but people can grow year-round," Dong told CBC. "Where I lived in China, there were so many passive solar greenhouses. But in Canada, I didn't see any on the commercial scale," he said.

The 300-foot long, 30-foot wide greenhouse is constructed out of a steel frame with two polyolefin plastic roofs. An electric motor allows operators to extend and retract an insulating blanket to trap heat absorbed during the day. This keeps the 10,000-square foot interior space at 82°F (28°C) compared to outside December temperatures of 20°F (-7°C).

On the north side lies a 24-inch thick clay wall, which captures light more easily from a south-lying sun. At night the clay radiates heat into the space, further ensuring the plants can survive winter temperature that in Olds, Alberta can fall to -31°F (-35°C).

Last year Dong grew 29,000 pounds of tomatoes alone last year while saving \$30,000 in energy and heating costs. The passive solar greenhouses have a high upfront cost, Dong admits, but they pay back the investment in subsequent years through energy savings, as greenhouses tend to be powered by natural gas. (Click the article title and it will take you to the link for the story!)

If you need support in the summer months, try these agencies in the Burlington/Halton area:

ROCK: rockonline.ca
kidshelpphone.ca

Distress Centre Halton (905-681-1488)

SAVIS (Sexual Assault and Violence Intervention Service) (905-875-1555)

COAST (Crisis Outreach and Support Team) (1-877-825-9011)



@msrchaplain



Prayer

*Loving God,
it is now summer.*

*This is a season
for slowing down
from the busy pace
of the school year.*

*It is also a time of slowing down
for more meaningful encounters.*

*Help me use this summer break wisely:
to take time for people...for prayer...
for nature...for those hobbies and activities*

that interest me...for reading...

for recognizing You

in the wondrous world around me.

*Our Lady of the Assumption,
pray for us!*

