

CRUSADER CHAPLAIN CHATTER

SUMMER 2024 EDITION

MONDAY

MONDAY IT IS.



FRESH START YOU HAVE.

TUESDAY

HAPPY
TUESDAY



Wednesday

HAPPY WEDNESDAY



WE'RE HALF WAY THERE!

THURSDAY

TODAY IS



THOR'S DAY

Things to do **IN THE SUMMER**

Friday

WE'VE GOT THAT



FRIDAY FEELING

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.

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, AND STARING UP AT TREE LIMBS SWAYING IN THE BREEZE.

IT'S FOR BLOCKBUSTER MOVIES, ENTERTAINING BOOKS 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.

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IMPORTANT DATES

JULY = EGYPTIAN HERITAGE MONTH (ONT.)

JULY = TIBETAN HERITAGE MONTH (ONT.)

JULY 1: CANADA DAY

JULY 9: NUNAVUT DAY (NUNAVUT)

JULY 28: DAY OF COMMEMORATION OF
THE GREAT UPHEAVAL

AUGUST 1: EMANCIPATION DAY

AUGUST 15: NATIONAL ACADIAN DAY

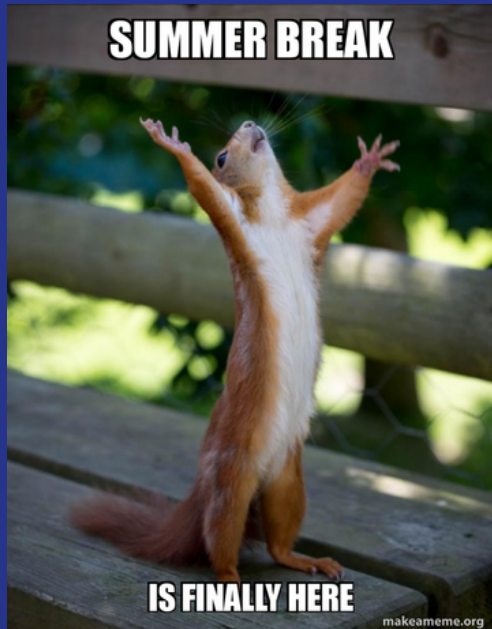
AUGUST 7: CIVIC HOLIDAY

AUGUST 27: AMBASSADOR PREP DAY

AUGUST 28: GR. 9 ORIENTATION DAY

SEPT. 3: PD DAY

SEPT. 4: FIRST DAY OF SCHOOL



DAD JOKE OF THE WEEK

What happens when ice
cream gets angry?

It has a meltdown.



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**

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a prayer at the end of the year

Lord, as the year comes to an end
help me to settle for a moment in your presence...
to be still and set aside the agitations of the past year,
to be grateful for my life, for the gift of everything.

Help me now to consider the year--
to let the events play out,
my encounters with people, my thoughts,
my reactions to unexpected moments, to interruptions.
What rises in me when I think of this past year?
What plays on my mind? What tugs at my heart?
What drained me of life?
What enlivened me?
What stretched me a little into being?
What diminished me?

What did I do for others that was helpful? that was unhelpful?
Did I say anything to demean another,
to get one over, one up?
Where might I have been more attentive?
What in my lifestyle remains unexamined
that I know is unhealthy, selfish, unsustainable?
What am I sorry for? Where did I fall again?

What is going to change?
Where does your Spirit need to get at me,
to make me more forgiving, more compassionate, more patient,
more committed to my neighbour?

Lord, bless all those I love.
Keep us from fear and anxiety
and bring us safely to a new year, with new purpose
and a new desire to change, to grow, to be our better selves.

(written by Raymond Friel and David Wells, 2020. pp.21-2.)