



### *Equipping families to encounter Christ*

Happy Summer! We are taking a break from the regular newsletter and encouraging you to take time this summer to explore the world, yourself, and the Lord. Here are some ideas on how to pursue the Lord during the next two beautiful months.

#### **Some saints and feasts to celebrate:**

July 1 – Junipero Serra

July 6 – Maria Goretti

July 14 – Kateri Tekakwitha

July 22 – Mary Magdalene

July 26 – Joachim and Anne

July 31 – Ignatius of Loyola

August 4 – John Vianney

August 6 – Feast of the Transfiguration

August 11 – Clare of Assisi

August 14 – Maximilian Kolbe

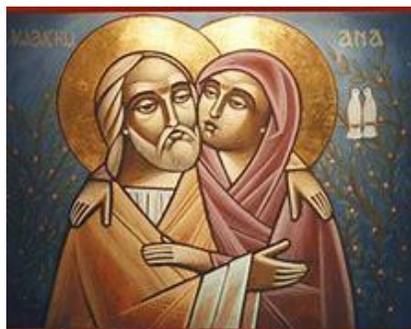
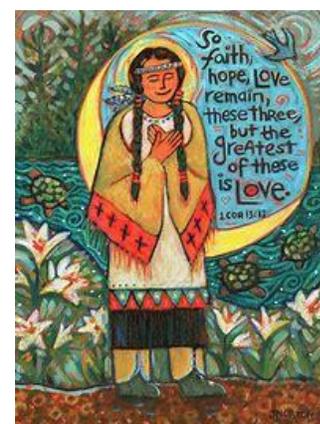
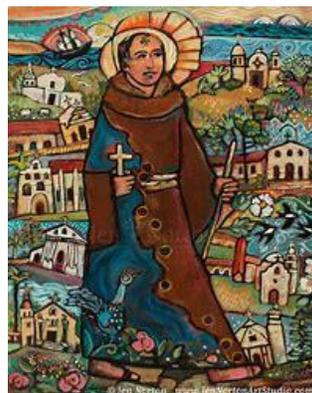
August 15 – Solemnity of the Assumption of the Blessed Virgin Mary

August 8 – Dominic

August 26 – St. Monica

August 27 – St. Augustine

August 29 – Beheading of St. John the Baptist



#### **Pilgrimages for Summer Explorers**

Summer is a great time to travel and see the world (large or small). Here are some places to go that connect to our faith. For more ideas or information see: [www.catholictravelguide.com](http://www.catholictravelguide.com) and [www.catholicplaces.org](http://www.catholicplaces.org)

#### **Olympia, WA – Shrine of Our Lady of Perpetual Help**

Every August there is a pilgrimage to this site. It is attached to a Byzantine Catholic Church (in communion with Rome). Call to get the dates for this year: 360-459-8373

9730 Yelm Highway SE, Olympia, WA 98513

## Pilgrimages

### Portland, OR – National Sanctuary of Our Sorrowful Mother (“The Grotto”)

<https://thegrotto.org/>

This shrine was established in 1924 by a Servite priest. The site was originally a quarry and now contains beautiful grounds and artwork dedicated to the Blessed Mother.

“Happy are those who find  
refuge in you, whose hearts  
are set on pilgrim roads.”  
Psalm 84:6

### Juneau, AK – Shrine of Saint Therese of Lisieux

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

A retreat house and a chapel, the shrine offers a place a quiet and reflection.

### Coeur d’Alene, ID – Cataldo Mission State Park

<https://parksandrecreation.idaho.gov/parks/coeur-d-alenes-old-mission/>

Part of the Idaho Parks Department, the Mission of the Sacred Heart was constructed between 1850 and 1853 by Catholic missionaries and members of the Coeur d’Alene Tribe, and features the oldest building in Idaho.

### Butte, MT – Our Lady of the Rockies

<https://www.ourladyoftherockies.net/>

This 90-foot statue, made in the likeness of Mary, Mother of Jesus, stands atop the continental divide, at an elevation of 8,510 feet, overlooking the city of Butte. This is a non-denominational site.

### Pine Bluffs, WY – Our Lady of Peace Shrine

<http://www.ourladyofpeaceshrine.com//>

Erected in 1998, this sculpture of Mary is 30 feet (5 stories) high and weighs 180 tons.

### Golden, CO – Mother Cabrini Shrine

<https://mothercabrinishrine.org/>

Mother Cabrini Shrine is a shrine in honor of the Sacred Heart of Jesus and St. Frances Xavier Cabrini. Originally a summer camp for the girls from the Queen of Heaven Orphanage, the property became a place of prayer, pilgrimage, and devotion after the canonization of St. Cabrini in 1946. The Shrine offers retreat facilities, daily mass and is open every day for visitors and pilgrims to come and pray, explore, and visit.

### Molokai, HI – Shrine of Saint Damien

<https://thecompletepilgrim.com/shrine-father-damien/>

The Shrine of Father Damien is located on an isolated beach on the north shore of the island of Molokai, approximately fifty miles east of Honolulu. It is immediately next door to St. Philomena’s Church. The grave is an open site. There is no cost of admission.

## Pilgrimages

### Albuquerque, NM – the Shrine of Saint Bernadette

<http://shrineofstbernadette.com/>

The Shrine of St. Bernadette is the only shrine in the United States dedicated specifically to St. Bernadette. The Shrine has a lock of St. Bernadette's hair as well as a sleeping sock which Bernadette actually wore during her last years.

### Santa Fe, NM – Chapel of Loretto

<https://www.lorettochapel.com/info/staircase>

Fr. Brad gave an altar side chat about the staircase in this chapel. It is said to have been built by St. Joseph in answer to the sisters' prayers.

### Hereford, AZ – Our Lady of the Sierras Shrine

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

The Shrine is on a mountainside at an elevation 5,300 feet. The focal point is a 75-foot cross. Next to the cross is a 30-foot statue of Our Lady. Close by there is a small field stone chapel honoring the continued presence of Our Lord in the Blessed Sacrament. The chapel has a Tabernacle donated the St. Patrick's Church in St. Charles IL dating 1924. The shrine is private but open to the public.

### San Diego, CA -- Mission Basilica San Diego de Alcalá

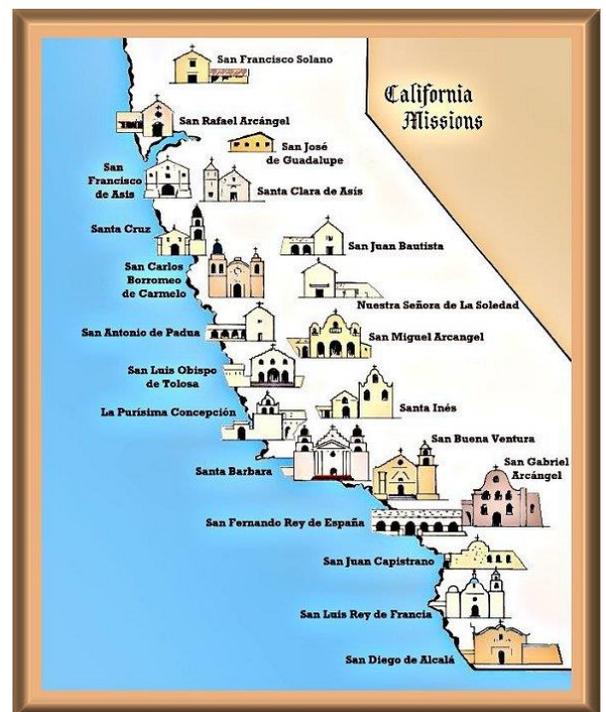
<https://www.missionsandiego.org/>

On July 16, 1769, Father Serra established Mission San Diego and the California mission system was begun on a site overlooking the bay. In 1775, Indians pillaged the mission, burned it to the ground and massacred Father Jayme who became California's first Christian Martyr.

### San Francisco, CA – Mission San Francisco de Assis & The Mission Dolores Basilica

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

The Mission was founded on June 29, 1776, by Lieutenant José Joaquín Moraga and Father Francisco Palóu. The present Mission church was begun in 1782 and dedicated in 1791. It was constructed of adobe and became part of a complex of buildings used for housing, agricultural and manufacturing. The church was restored in 1917. The only intact Mission Chapel in the chain of 21 established under the direction of Father Serra. It is also the oldest intact building in the City of San Francisco.



**Book suggestion:** Monuments, Marvels, and Miracles: A Traveler's Guide to Catholic America by Marion Amberg

## Summer Reading

### **Faith for kids:**

Mary Fabyan Windeatt wrote 20 books on saints. They are for ages 7-13, but both older and younger can enjoy these books. Some of the saints include St. Martin de Porres, St. Rose of Lima, and St. Catherine Laboure.

Miraculous! Catholic Mysteries for Kids by Kathryn Giffin Swegart (ages 8+)

I'm a Saint in the Making by Lisa M. Hendley (grades K-4)

### **Faith for adults:**

How to be a Monastic and Not Leave Your Day Job by Br. Benet Tvedten. Originally written for monks, the principles in the Rule of St. Benedict may be applied by anyone.

With Open Hands by Henri J.M. Nouwen. Henri Nouwen's first book on spirituality and a treasured introduction to prayer.

Simplicity: The Freedom of Letting Go by Richard Rohr. Rohr explores St. Francis's ancient call to the simple life, where joy, not dry theology, helps us build relationships and find peace in ourselves.

### **Fiction:**

Joy in the Morning by Betty Smith (teen to adult) tells the story of a young newlywed couple, Carl and Annie Brown, who marry against their parents' wishes while Carl is still in law school and struggle to maintain their relationship. With hardship and poverty weighing heavily upon them, they come to realize that their greatest sources of strength, loyalty, and love will help them make it through.

Swallows and Amazons by Arthur Ransome (ages 9-14 but also enjoyable for adults) The Walker children (John, Susan, Titty, and Roger) are on school holiday in the Lake District and are sailing a borrowed catboat named "Swallow," when they meet the Blckett children (Nancy and Peggy), who sail the boat, "Amazon." Adventures ensue.

The Reluctant Dragon by Kenneth Grahame (ages 7-13) The boy who finds the dragon in the cave knows it is a kindly, harmless one, but how can he convince the frightened villagers and especially St. George the dragon killer that there is no cause for concern?

The Chestertons and the Golden Key by Nancy Carpentier Brown (ages 7-13) Young Clare has trouble writing a detective story until the famous mystery writer G.K. Chesterton and his wife come to town and befriend their family.

The Father Brown Reader: Stories from Chesterton adapted by Nancy Carpentier Brown (ages 7-13).

Manalive by G.K. Chesterton (ages teen to adult) A comic novel about murder, bigamy, burglary, insanity, and truth, beauty, and the goodness of life.

**Non-Fiction:**

He Leadeth Me by Fr. Walter J. Cizek, S.J. (older teen and adult) Captured by a Russian army during World War II and convicted of being a "Vatican spy," Jesuit Father Walter J. Cizek spent 23 agonizing years in Soviet prisons and the labor camps of Siberia.

Courageous World Changers: 50 True Stories of Daring Women of God by Shirley Raye Redmond (grade 2-6).

Brave Heroes and Bold Defenders: 50 True Stories of Daring Men of God by Shirley Raye Redmond (gr 2-6).

## Catholic Cooking

### A Forest of Cupcakes

St. John Gualbert's feast day is celebrated on July 12 and he is the patron saint of forest workers, park rangers, and parks. Perfect for summer! Remember him with these cute cupcakes.

[www.catholiccuisine.blogspot.com](http://www.catholiccuisine.blogspot.com)

***Ingredients***

Chocolate cupcakes (a box mix or homemade)

White frosting

Green candy melts

Cocoa candy melts

***Directions***

1. Frost the cupcakes with white frosting.
2. Line a cookie sheet with wax paper.
3. Melt the green and cocoa melts in two separate bowls.
4. Using a spoon, take some green melted candy and drizzle a line back and forth starting from the narrow top to a wide base creating the greenery of the tree.
5. Then, take a bit of the melted cocoa with another spoon and drizzle a line of the melted candy down the center of the greenery. This creates the trunk of the tree.
6. Put these trees in the refrigerator to cool.
7. Carefully peel them from the wax paper and place onto the cupcakes. Celebrate!

**Book Suggestions:**

The Catholic Table – Finding Joy Where Food and Faith Meet by Emily Stimpson Chapman

Cooking with the Saints by Alexandra Greeley





## Catholic Social Teaching

### Care for God's Creation

"We show our respect for the Creator by our stewardship of creation. Care for the earth is not just an Earth Day slogan, it is a requirement of our faith. We are called to protect people and the planet, living our faith in relationship with all of God's creation. This environmental challenge has fundamental moral and ethical dimensions that cannot be ignored." [www.usccb.org](http://www.usccb.org)

Summer in the Northwest provides amazing opportunities to get outside and revel in God's creation. Go to National Parks (4th graders get a free annual National Park pass in August/September), State Parks, local parks, beaches, your backyard, any place that gives you the opportunity to praise the wonders of the Lord!

Some ways to care for creation:

Reduce – refrain from buying what you really do not need. Use less of what you do need.

<https://www.epa.gov/recycle/reducing-and-reusing-basics>

Reuse – buy used from Goodwill, consignments shops, antique shops.

Recycle – try not to throw away anything that can be recycled. Keep in mind that plastic is toxic to the environment and will not break down and can only be recycled a limited number of times. Microplastics are found throughout the environment and even in animals. Check out this article for kids:

<https://newsforkids.net/articles/2021/01/13/microplastics-found-all-through-arctic-ocean>

Voluntary simplicity: <http://simplicitycollective.com/start-here/what-is-voluntary-simplicity-2>

Voluntary simplicity is a way of approaching life, acknowledging God's blessings and gifts, and not succumbing to materialism and consumerism. It is living with less so that others may live. This is not just for the Care of Creation, but also for the themes of Solidarity and Option for the Poor and Vulnerable.

How to teach kids to live simply:  
<https://theartofsimple.net/9-ways-to-encourage-your-kids-to-live-simply/>

**Book suggestion:** How Much is Enough? By Arthur Simon.

In a world filled with both prosperity and poverty, how can Christians handle their finances in a way that honors God? In How Much Is Enough? Arthur Simon takes an uncompromising look at America's wealth, reflecting what dominates the hearts and motivations of its people. He diagnoses Western civilization as sick with "affluenza," or runaway materialism, and shows readers how to reject the disease and set new priorities.



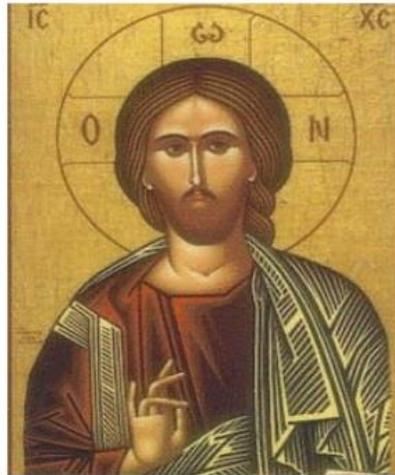
"Much will be required of the person entrusted with much, and still more will be demanded of the person entrusted with more." Luke 12:48

## Prayer

Prayer is simply being in relationship with God. We can pray in a variety of ways, but the important thing is to pray every day. All day. Unceasingly.

### What is the Jesus prayer?

- The Jesus prayer:  
" Lord Jesus Christ, son of God have mercy on me, a sinner."
- The Jesus prayer is one of the most profound and perhaps mystical prayers in Eastern Catholicism.
- This prayer is often called the prayer from the heart, by some Fathers of the Church.



Pope Francis encourages everyone to pray always in all that we do:  
<https://www.americamagazine.org/faith/2021/06/09/pope-francis-prayer-catechesis-general-audience-240820>

“Rejoice always. Pray without ceasing. In all circumstances give thanks, for this is the will of God for you in Christ Jesus.”

Thessalonians 5:16--18

# All Things Were Made by Him

And God saw everything  
that He made,  
and that it was good.

