

The Sweetest Things

When the bee has gathered the dew of heaven and the earth's sweetest nectar from the flowers, it turns it into honey, then hastens to its hive. In the same way, the priest, having taken from the altar the Son of God (who is as the dew from heaven, and true son of Mary, flower of our humanity), gives him to you as delicious food.

- St. Francis de Sales

Summer is in full swing and many people are soaking it all in. It's time for vacations, water fun, cool drinks and ice cream! But don't leave behind the sweetest thing this side of heaven, Mass and the Most Holy Eucharist. Leisure is so important that the Lord has set aside a full day for it - not just one week of vacay! This month, amp up your Sunday observance. Have summer activities pushed Mass aside? Come back! If your traveling, check out Masstimes.org to find Mass wherever you are. Already attending Mass every Sunday? Set aside servile work for the day and spend time in prayer and bonding as a family and couple. Which leads to this month's date!

Old Fashioned Ice Cream Social

This one could be for the whole family.

1. Set a Sunday: Attend mass and keep your afternoon open for treats and a dance.
2. Head to the store and buy waffle cones, a few ice cream flavors and all the toppings!
3. Plan your best Sock Hop outfits; think poodle skirts, cuffed pants, and pastel colors.
4. Find an oldies station or play list.
5. Enjoy a special treat as a family.
6. Mom and Dad kick off a dance party with a couples dance!



**Why Must We Rest
from Work on Sunday?**

Raise a Toast!

To our Blessed Mother whose Assumption we celebrate on August 15th. Try a Snow White float to honor Mary's purity. Simply combine lemon-lime soda and vanilla ice cream. Add a lemon wedge to your rim to dress it up.

<https://youtu.be/x1-lukuj8OU>