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**RE SUMMER NEWSLETTER...SUNNY AND
SLOWER**

**Holy Spirit Catholic Community
July 12, 2020**



Summertime...what do you think about when you hear that word? More than likely it brings to mind long, hot days and probably even warmer nights. A lazy swing in the hammock or a leisurely bike ride with the family...that sounds so nice! But sometimes our reality is, let's mow the lawn, paint that fence, fix the deck...and do all of it before the temperature starts to creep up so we can get back inside!

We named our RE Newsletter for summer...sunny and slower...but are we really taking that to heart? For months we have looked forward to summer, flowers, gardens or maybe catching fireflies.

Think about going outside to take in the beauty of our environment and surroundings.

This week (July 14) we will celebrate the Feast of St. Kateri Tekakwitha. This gives us a perfect opportunity to get outside, "stop and smell the roses" so to speak. There is beauty all around us. Have a meal outside and maybe pick one thing your family can do to honor this gift from God.

Happy Summer!



Pop-Up Catechesis: Caring for the Environment and St. Kateri Tekakwitha



Paper Plate Flower Craft

Get inspiration from the flowers in your yard when making this paper plate flower. Think about taking all the materials you need outside to make it!

What you need to make it:

Paper plate, markers, yarn, chenille stems, scissors, pencil, stick

from your yard.

How to make it:

Turn the plate over and make a dot in the middle with a pencil. Poke a small hole through the plate where you made the pencil dot. Make lines from the middle dot to the outer edges of the plate. The number of lines will depend on how many petals you want. Cut out a petal design between each of the drawn lines.

Using about a 2 ft piece of yarn, hold one end with your fingers and go back and forth across the front of the plate and in between the petals, tie it off. It will look like a pieces on a pizza.

Now the fun part, weaving the middle of the flower. Poke a 36 inch piece of yarn through the front, middle hole, and tie it in the back.

Now start weaving the long piece of yarn in a circular pattern over and under the yarn pieces you made earlier between the petals.

You will go around and around and the yarn will start to form the middle of your flower. Don't worry if it isn't perfect...every flower is unique! Once you get to the end of the yarn, secure it by pushing it underneath the other pieces.

Take the stick you found and start wrapping it with green chenille stems. Now take some contrasting chenille stems and make them into the shape of leaves and attach to the stem. How cute to make several and put them in a vase!

God

Family

Friends

The church has always proclaimed that the family is the domestic church. Use this resource from the diocese as a chance to grow in love with Jesus as a family. In this resource, called "God Family Friends", mom or dad reads the Sunday Gospel aloud then there's a game, crafts, and dinner discussions. Each Sunday a new "God Family Friends" will be sent to you.

[Access it here!](#)

Yeast and Seeds Guided Reflection

Take advantage of the warm weather and soft, green grass in your yard to try a guided reflection with your family. Have everyone find a spot in the yard, lay down, get comfortable and close their eyes. Too hot outside, not problem, this reflection can also be done inside.

Click the button below and follow a simple format to help your children become more comfortable with reflective prayer.

[Yeast and Seeds Guided Reflection](#)



In need of a refreshing snack, but don't want to warm up the kitchen? Make a fruit necklace...great for keeping little hands busy and it's good for them too!

What you need: String, a yarn needle, fresh fruit or berries.

How to make it: Wash the fruit and dry it well. Cut about 2 feet of string and make a knot at one end. Think about a fun pattern and then start putting the fruit on the string. When your fruit necklace is as big as you want, tie the two ends together. So

easy...the hardest part is trying not to eat all of your "fruit beads" before you finish your necklace! Enjoy.



HOW CAN WE PRAY FOR YOU TODAY?

Our parishioners are on an email prayer chain and they would like to give you the gift of prayer. Just give them your request and the person's first name by emailing prayer@hsc.us.

Anything you would like to see in an upcoming newsletter?
Email Kim at asst.dre@hsc.us with ideas, links, or videos.

Peace,
Jane, Kim, and Claire



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