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**FAMILY ROSARY**

# Summer Delights

*Living a virtuous summer*

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THE FAMILY THAT PRAYS TOGETHER STAYS TOGETHER



# WELCOME TO OUR FAMILY

We all love summer for obvious reasons. Summertime is synonymous with fun, relaxation, get-togethers, vacations, camps, no school, no schedules! But summer can so easily get overbooked and before we know it fall catches up to us!

To make the most of these beautiful sunny months, this article turns to Saint Peter's advice and encourages each of us to embrace a virtuous summer.

You have the opportunity to make this summer really matter!

## A LITTLE HISTORY

Father Patrick Peyton, C.S.C. began his ministry in 1942 with the goal of building **family unity** through daily prayer of the Rosary. Inspired by his own father who had a deep devotion to family prayer, praying the Rosary became the foundation for the life of Father Peyton (1909-92).

We at Family Rosary are ever so grateful Father Peyton's family instilled in him the importance of **family prayer**. Now it can be part of your family's tradition so you can fulfill the vision that "The Family That Prays Together Stays Together," the message created by Father Patrick Peyton, C.S.C., so many years ago.

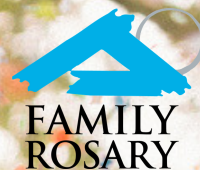


WE LEARN MANY VIRTUES IN OUR CHRISTIAN FAMILIES.  
ABOVE ALL, WE LEARN TO LOVE, ASKING NOTHING IN RETURN.

POPE FRANCIS



# SUMMER DELIGHTS



Are you looking for a way to fill your family's summer months with meaning? Here's an idea for you!

## SUMMERTIME

We all love summer. And for obvious reasons. Summertime is synonymous with fun, relaxation, get-togethers, vacations, camps, no school, no schedules! Tim McGraw sings (with a slight adaptation) "in every person's life, there seems to be an event he/she will never forget and it all began in the summer!" And so we grab summer — rather selfishly — and fill it up with carefully planned out lake times, ocean visits, golf trips, tennis matches, lemonade sales, garage sales, bike trips, swimming lessons and more. But what a paradox! Yearning for the essence of summer — free time, leisure, relaxation — while filling it up with scripted plans and schedules for the cabin, camping trips, vacations, sports camps, brainy camps, art camps, baseball or soccer practice, swimming lessons, gardening plans, building sheds, planting flowers, and so on.

Summer can so easily get overbooked, allowing us to forget having spontaneous, lemonade-sipping moments in our screened-in porches, our front porches, or backyard decks. And then, before we know it, summer trips into fall, robbing us of an abundance of leisure time and relaxation that we had hoped for! May all of us look back after this summer has passed with genuine gratitude for sharing our leisure time with plenty of people and guests we so love. By the time fall rolls around, may all of us have had more leisure time than we knew what to do with!

## SAINT PETER'S ADVICE

So, let's turn to the sage advice of St. Peter. "Make every effort — especially this summer (my emphasis added) — to supplement your faith with virtue; virtue with knowledge; knowledge with self-control, self-control with endurance, endurance with devotion, devotion with mutual affection, mutual affection with love." (2 Peter 1:7)

That's it! Let's make sure we don't lose out on a vital opportunity this summer!

## WHAT IS VIRTUE?

"A virtue is an habitual and firm disposition to do the good. It allows the person not only to perform good acts, but to give the best of himself. The virtuous person tends toward the good with all his sensory and spiritual powers; he pursues the good and chooses it in concrete actions" (Catechism of the Catholic Church 1733-68).

The four cardinal virtues are **prudence, justice, fortitude and temperance**, while the theological virtues are **faith, hope and charity**. How can you focus on one or more of these virtues this summer?

The opportunity to teach our children about virtue! Let's strike while the match is hot! [figuratively and literally speaking] and refigure summer so we ensure that our children learn to put on even more virtue — virtuously. Surely, summer-time provides parents with endlessly more opportunities to observe their children more closely! Even as we attend their games and practices, and especially as they hang out at home. Let's use summer to instill invaluable virtue training — on the sly and the not-so-sly!

## VIRTUOUS LIVING

Just as we schedule baseball practice, schedule in weekly lessons that help train your children in virtuous living. Yes, this training will need you to explain what each virtue looks and feels like; what it is; its importance; and how it opposes vice! Additionally, work on shoring up your children's self control which in turn will help them to effectuate heartfelt changes.

Allowing a child to do anything he/she wants to and in excess does not instill the virtue of self control; refocusing self-interests on others will help them re-gain the virtue. For example, allowing a child to use entertaining electronics for hours each day is excessive. Watching daytime TV is a pure waste of good summer time! Overscheduling a child's summer is also excessive.

This summer, we can all benefit from attending to St Peter's call to "make every effort to supplement our faith with virtue; virtue with knowledge; knowledge with self-control, self-control with endurance, endurance with devotion, devotion with mutual affection, and mutual affection with love." These efforts will truly help you make beautiful memories — and that's a promise from St. Peter.

May you make every effort to supplement your faith — and that of your children — with virtue! You — not society — are your children's best teacher in the art of living well. In fact, modern day society doesn't make it easy to be good at all! And so, it is critical to teach your children that virtue helps them to be good; it allows them to live more freely, and it also helps them to discover true happiness. Make this summer really matter!

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## GOING DEEPER

Pray this special prayer from *The Catholic Mom's Prayer Companion*, an excerpt from Colleen Murphy Duggan:

Mother Mary, I'm addicted to hustle and bustle. Even though I know there is a better way, I don't make the effort to lighten our load. Help me to keep my priorities in check - to spend time developing relationships with your Son first, and then my spouse and children. Amen.

## CONTINUE THE JOURNEY

If a summer day has turned to rain and puddles and you want to keep those restless children occupied, try having them watch Family Theater Production's free video web series Catholic Central that talks about all things Catholic in a fun and very engaging way. You can find episodes at [CatholicCentral.com](http://CatholicCentral.com).



### LINDA KRACHT

Linda Kracht is wife to David, mother to seven very special children and grandmother to 17 little ones [presently]. Linda enjoys speaking and writing and has developed field guides for families in English and Spanish about parenting, marriage, faith, morals, and family life. Kracht founded Fortifying Families of Faith [2008] to help parents honor their role as primary teacher of their children in matters that matter.

## BRINGING FAMILIES TOGETHER IN PRAYER

We hope the time you've spent reflecting with this material has been enriching. Remember, we're with you in prayer, every step of the way!

For additional online resources for family prayer including a Prayer Petition Page and our World at Prayer Blog, please visit our website at [www.FamilyRosary.org](http://www.FamilyRosary.org).

This e-book and all our resources represent a culmination of Father Peyton's passion for family unity through prayer. We hope our services will enhance your family's prayer life particularly remembering Father Peyton's famous words, "*The Family That Prays Together Stays Together.*"

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