



## SPEND SUMMER LIKE JESUS

The weather is warmer, school is almost over and plans are being made for the summer. Whether you are going away or having a 'backyard vacation' plan to spend some time this summer like Jesus would. *Be My Disciples* gives us Disciple Powers to help us live like Jesus. In Level 2, Chapter 24 the *Disciple Power* is hope. Hope helps us to trust that God will take care of us. Jesus shows us how to have hope.

Jesus loved to celebrate! He often spoke of parties like the time the prodigal son returned and there was a big party. In Canada we start the summer with a four-day party that begins on June 21 with National Aboriginal Day, moves on to Saint-Jean-Baptiste Day on June 24, Canadian Multiculturalism Day on June 27 and finishes on July 1 with Canada Day. Taking part in any or all of these celebrations would be a great way to kick off your summer fun. Jesus spent time with adults and children, Jews and Gentiles, men and women, healthy and sick, rich and poor, and people of all professions including tax collectors and sinners. These events give us an opportunity to celebrate with the many different cultures Canada has to offer.

Are you getting all the family together this summer for a family reunion? Family gatherings can be a lot of fun, and a lot of work! Remember that when Jesus finished feeding the five thousand he dismissed the crowd, told the disciples to go ahead to the next destination, and went up on a mountainside to pray alone (Matthew 14:13-23). When the hustle and bustle of a busy event is done be like Jesus and take some time to be alone in prayer.

Sometimes you might need some time away from the demands of people just like Jesus did when he went to Tyre (Mark 7:24). Jesus seemed to need a break so he went to a friend's house. We all can use a break from the busyness of our lives and find a quiet place to settle our hearts and minds. Spend some quiet time in your garden thinking about what is important to you while you enjoy

the beauty around you. When you begin to feel the demands of so many people weigh heavy, be like Jesus and visit a close friend for comfort and relaxation.

Jesus probably had more demands on his time than we do, but still he found time for prayer, for meditation, and time with friends. So, no matter how busy your summer is, set aside time for Jesus and for rest. God thought rest was so important that he commanded us to spend one day and rest with him.

## IDEAS FOR YOUR FAMILY TIME

- Summer would be a great time to take out your *Be My Disciples* books and look at some of the *With My Family* pages for ideas of things to do. See page 222 in Level 2 for some ideas on how your family can live as people of hope.
- For those who are going away on vacation, take the time to visit a local Catholic Church. You might be surprised how familiar the Mass seems even if it is in another language.
- If you go fishing tell some of the stories of Jesus and fishing - like the time he chose fishermen to be his disciples.
- Whether your trip is by car, or train or by plane, you could talk about the many trips Jesus took and what his mode of transportation was.
- If your vacation this year is to stay at home, plan a picnic to a local park and tell the story of the time Jesus fed five thousand people at his picnic with just a few loaves and fish.