



ST. JOHN GUALBERT  
PATRON SAINT  
OF  
PARK RANGERS

# family MATTERS

## THE MONTH OF July

A SAINT IS WAY MORE THAN  
THEIR PATRONAGE.  
SOMETIMES WE JUST NEED A  
SAINT IN OUR LIVES WHO CAN  
PRAY FOR US IN A  
PARTICULAR WAY.

# Summer with the Saints

Summer can be a wonderful time for travel, family, friends, destinations, freedom, a whole lot of fun, and chaos. But through it all, don't leave our friends the saints at home. Exploring the lives of the Saints is a great activity to do with your family this summer. Here are some saints who can help you out and be good companions during those summer activities. Wherever you go and whatever you do this summer, there is a saint to walk with you and your family.

**St. Christopher** July 25 *patron saint of travel*

Make a habit of saying a special prayer in the car before you begin driving. Conclude the prayer with a special request for St. Christopher's protection..



Do you have a St Christopher Visor Clip in your car?

**St. Adjutor** April 30 *patron saint of swimmers*



Invoke on St. Adjutor for all your water-destinations or just a visit to the pool.

**St. Barbara** December 4 *patron saint of anything that goes BOOM! Fireworks, artillery, lightning, storms, etc.*



To this day, it is to St. Barbara that many faithful Catholics pray to be protected from lightning and from fires.

**St. Frances Cabrini** November 13 *patron saint against car trouble*



Another good saint to get to know, invoke her against car troubles, and to help find a parking spot. Pray this: "Holy Souls, Holy Saints, help me find an empty space."

**St. George** April 23 *patron saint of camping*

When evening rolls around, swap one of those campfire stories with the story of St. George the dragon slayer.



**St. Frances of Rome** March 9 *patron saint of cars and drivers*



Invoke her before you start a road trip. Legend has it that an angel used to light her way to keep her safe from hazards.

**St. Joseph of Cupertino** September 18 *patron saint of air travellers, aviators, astronauts*

Pray to him as you board an airplane and for your pilot. He is the patron of these things because he was often seen levitating!



**St. Erasmus (Elmo)** June 2 *patron saint of those suffering from abdominal pain*



He once had hot pokers stuck in his intestines as a form of torture. Invoke him against seasickness and stomach problems—very good when taking a cruise or trying new foods.

Saints in general lived a good life, however, most of them were not born perfect. Saints were normal human beings prone to temptation like us. Yet, in their desire to live a good life, they would fight temptation through prayer, fasting, penance and acts of charity. This is the reason Jesus allows His followers the Saints to teach us and help us. Through their trials and errors we can easily learn how to rely on God's mercy and grace in order to improve our lives. We Catholics learn through the stories of the lives of Saints. We by their example, can experience God's love and live an extraordinary life; because WE ARE ALL CALLED TO HOLINESS!