



A Mom's Litany for Summer Rest and Renewal

For the rising sun, for light that warms the earth and gladdens the heart—we give You thanks. Come, be our rest, O Lord.

With grateful hearts, we thank You for the warmth of the sun and the light that sustains all life. May we bask in the opportunity to be outside longer this season, relishing in the glory of Your universe. Come, be our rest, O Lord.

For long days and golden evenings, for the beauty of flowers in bloom and the fruitfulness of the earth, we praise You, God, Creator of all. Come, be our rest, O Lord.

For the call to nurture life—within homes, within hearts, within the world—may Your Holy Spirit guide us in our daily vocations this summer. May our vocation to love be our daily priority. Come, be our rest, O Lord.

For moments of mind, body, and soul rest beneath Your sky, for silence, for renewal. Grant us peace that surpasses all understanding. Come, be our rest, O Lord.

For the witness of Martha and Mary of Bethany, Martha in her service, and Mary in her contemplation, teach us to balance work and prayer. Come, be our rest, O Lord.

For the joys and challenges of opening our hearts to receive others this summer—whether it's children on vacation, family, or visiting friends—Lord, we ask for Your grace and mercy to be poured out upon us, so that we might freely offer it to others. Come, be our rest, O Lord.

For the little way of Saint Therese of Lisieux, who found holiness in simple, hidden acts, to be born in us anew. May we be inspired to lovingly act without seeking recognition. Come, be our rest, O Lord.

Pope Francis invited us to care for this earth, our common home. May we be faithful stewards of Your creation, mindful of its beauty and fragility. Come, be our rest, O Lord.

For the quiet joys of summer, for the pleasure of playtime, laughter, and shared meals, for the wonder of stars and fireflies, may we continue to delight in Your goodness. Come, be our rest, O Lord.

May we relish the sacredness of the present moment, relinquishing our calendars to divine appointments rather than overscheduling. May we accept the invitation to slow down our daily rhythms this season. Come, be our rest, O Lord.

For the faithfulness of Your Love through every season, we trust in You, now and forever. Come, be our rest, O Lord.

Mary, Mother of the Light of the World and Queen of Peace, pray for us. Saint Therese of Lisieux, pray for us. Amen.

Learn more about Walking with Purpose
at StAmbrose.us/Walking-With-Purpose.



at Saint Ambrose



There's something for everyone at Saint Ambrose Parish.

Scan the QR code below or visit StAmbrose.us/Summer for a complete list of ongoing and upcoming events.



INFO SESSION

Learn more about our "Well-Read Mom" series.

July 10, come learn more about this series!



VBS REUNION NIGHT

Outdoor Mass, dinner & a movie for everyone!

July 12, RSVP at StAmbrose.us/Summer.



LEMONADE STAND

Join us for Mass then enjoy some lemonade!

July 27, after the morning & noon Masses.



The FEST

Perfect family day with music & lots more!

August 3, 12 pm - www.thefest.us

When You Pray:

A Clear Path to a Deeper Relationship with God

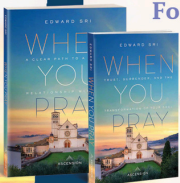
**Mondays | 6:30 pm
Father McGivney Room**

*August 4, August 11, August 18, August 25
September 1, September 8, September 15*

Join us for our summer series on deepening our relationship with God through prayer.

For more information and to register visit StAmbrose.us/Summer.

\$10 per person



Summer Sipper LUAU

Friday, August 15

**6:30 pm - 10:00 pm
Lehner Center Parking Lot**

Come for a fun summer night out for all adults at Saint Ambrose.

*Fun Music. Great People.
Refreshments and Tasty Food.*

**Bring your neighbors and your friends.
Aloha! RSVP at StAmbrose.us/Summer.**

