

Our Lady of Prompt Succor Nursing Home
C'est la Vie Apartments
Newsletter ~ July 2021
A Ministry of the Marianites of Holy Cross



Enjoying the Wondrous Gifts of Summer!

During this time of the year, nights are short and days are warm, hot and long.

Sun shines brightly and everything around is whispering to go and enjoy the outdoors because all of nature is flourishing. Birds are singing; brooks and streams are babbling happy sounds! Plants and trees are giving their fruits. Flowers are blooming with their different shapes and colors. There are amazing smells in the air.

In the summer season, everything in nature receives a lot of energy from the sun in order to support life, breeding, and feeding. Warmth of the summer days creates lifelong conditions for animal and plant activities.

Summer is the best time for plants and flowers to grow, flourish, and blossom! Due to warm weather and sunny days they are growing very quickly and also have a chance to dissipate! Wind helps plants to scatter their seeds, playing a major role in the prosperity of all of nature. The sunlight in summer is very important to plants and trees, because they have perfect conditions for photosynthesis. In this process, plants get useful nutrition and afterwards we get fresh air to breathe.

The most popular summer flower is the Begonia. These plants are appreciated for their beauty and their flexibility. They offer big and colorful blossoms and they can live as well in the sun as in the shade throughout the whole summer period. This is also the best time for planting some vegetables, for example beans, celery, corn, cucumbers, soybeans, broccoli, okra, muskmelons and eggplants.

In the summer, animals are at the peak of their activity. They hunt, reproduce, and, of course, in this time of the year they start to store energy, that will be really necessary for them in autumn and winter. Summer for animals is one of the best times in the year. They have a lot of food to eat, places to live and, due to warm weather, they do not need a special shelter.

Warm days with perfect weather allow animals to breed. Birds, for example, have their most active reproductive period in summer. They can be seen courting, breeding and looking for a place to nest and give life to the next generation. Once hatched, they are searching for food for their nestlings and teaching them to fly. At the end of the summer, birds begin to grow new feathers. This will help them to feel more comfortable and warmer in the winter months. Also, during this time, birds will need to increase the level of fat in their bodies, to have more energy when it becomes cold in wintertime.

Another phenomenon of summer is the thunderstorm. The thunderstorm helps nature to survive in this hot period and the rain enables crops to grow and to later give harvest. Often, an effect of a thunderstorm is a rainbow and, actually, summer is the best season for seeing rainbows! This amazing and beautiful phenomenon is created by the mingling of sun rays and water. A rainbow is actually a meteorological marvel that is caused by reflection, refraction and dispersion of light in water droplets resulting in a spectrum of light appearing in the sky. Rainbows can be observed in the following conditions: whenever there are water drops in the air and sunlight shining from behind the observer who is at a low altitude angle. Because of this, rainbows are usually seen in the western sky during the morning and in the eastern sky during the early evening. They take the form of a multi-colored circular arc and appear in the section of sky directly opposite the sun.

When a ray of sunlight enters a raindrop, it bends and gets separated into its constituent colors. The colors of a rainbow include: red, orange, yellow, green, blue, indigo and violet. While these are the colors usually seen, a rainbow can display a large variety of these primary colors.

Rainbows can be full circles. However, the observer normally sees only an arc formed by illuminated droplets above the ground, and centered on a line from the sun to the observer's eye. In a primary rainbow, the arc shows red on the outer part and violet on the inner side. The colors are caused by light being refracted when entering a droplet of water, then reflected inside on the back of the droplet and refracted again when leaving it.

In a double rainbow, a second arc is seen outside the primary arc, and has the order of its colors reversed, with red on the inner side of the arc. This is caused by the light being reflected twice on the inside of the droplet before leaving it.

As recounted in the story of Noah, the rainbow is a beautiful sign of God's fidelity to all creation. *"I set my bow in the clouds to serve as a sign of the covenant between Me and the earth. When I bring clouds over the earth, and the bow appears in the clouds, I will recall the covenant I have made between Me and you and all living beings...."* (Genesis 9:13-15)

Take the time to look all around and enjoy the many wondrous gifts of summer!

Summer Praise to God Almighty

*All things bright and beautiful,
All creatures great and small,
All things wise and wonderful:
You, Lord God, made them all.*

*The changing of the seasons,
The pleasant summer sun,
The ripe fruits in the garden,
You made them everyone.*

*Each little flower that opens,
Each little bird that sings,
You made their glowing colors,
You made their tiny wings.*

*The tall trees in the greenwood,
The meadows where we play,
The rushes by the water,
To gather every day.*

*The purple headed mountains,
The river running by,
The sunset and the morning
That brightens up the sky.*

*You gave us eyes to see them,
And lips that we might tell
How great is God Almighty,
Who has made all things well.
(By: Cecil F. Alexander)*

☞ Celebrating Birthdays in July ☞

L. Bertrand 7/30
M. Francois 7/14
P. Helton 7/24

S. Laws 7/20
M. Roberie 7/12
L. Scallan 7/28

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*Happy 4th of July!
May God bless America!*

