

Sir Knights,

As I write this, we are currently in the time of year commonly referred to as the “Dog Days of Summer.” I am sure that you have heard this phrase before, but have you ever considered where this phrase originated? According to Columbia Encyclopedia, the “dog days of summer” is the name for the sultriest period of summer, from about July 3 to August 11.

The name originated in countries bordering the Mediterranean, where the hot days of this time period, that often coincided with disease and discomfort, occurred at the time extending from 20 days before to 20 days after the conjunction of Sirius (the dog star) and the sun. Thus, it became known as the “dog days of summer”.

We are now in the midst of summer, sandwiched between the freshness of spring and the glory of the harvest. This is a common time for people to seek rest and relaxation, or simply just to find ways to get out of the heat. While there is absolutely nothing wrong with seeking rest; in fact, it is highly recommended that we do just that in order to recharge and not burn ourselves out. But we still need to make sure that we do not get stuck in a routine of sitting back and let that become our “routine”.

While these days may be hot and sometimes miserable, we can still thrive in them. After all, God has promised to be with us always, that includes even when the heat is turned up. Remember the story of Shadrach, Meshach, and Abednego in Daniel chapter 3, when these three young men were thrown into the furnace by Nebuchadnezzar for refusing to bow down to the king’s image and instead remained faithful to God. Yet when the king looked into the furnace he saw four men. God was with them and kept them safe amidst the intense heat and fire. God’s protection allowed them to survive and even thrive during their Babylonian captivity.

As Knights Templar, we would do well to remember that God walks with us. Remember to keep your focus in the right place and seek how we may continue to serve others as we travel through the summer heat, and, more especially, the social tension going on in the world around us. Let us seek to be the hands and feet of Christ as we go about our daily routines. But as you continue to serve, enjoy some time of relaxation, and remember that God is with you wherever you go and in whatever you’re doing. Rest in that fact and keep things simple this summer.

Always and All Ways in Christ

Rick Saunders

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