

SIZZLE & SPIRIT

While there is not a patron saint of summer itself, Catholic tradition links many saints to the weather, activities, and feast days that define the sunny months.



St. Medard (Medardus)

Invoked directly as the patron saint of sunshine and good weather. Legend says an eagle shielded him from a storm. People pray to him against bad summer storms.



St. Adjutor

The patron saint of swimmers and boaters. He famously escaped captivity during the Crusades by swimming to safety.



St. Barbara

The patron saint of fireworks and explosions. She is often remembered during mid-summer festivals and Independence Day celebrations.



St. Lawrence

The patron saint of cooks, chefs, and barbecuing. During his martyrdom in 250 AD, he was sentenced by Roman prefects to be roasted alive over a slow fire on a gridiron.



St. Swithin

An English "rain saint" whose feast falls on July 15. Folklore says if it rains on his feast day, it will rain for the next 40 days.



St. Christopher

The traditional patron saint of travelers. He is widely invoked for protection during summer road trips and family vacations.



St. Narcissus of Girona

Known as the patron saint against insect bites, invoked against mosquitoes. Legend states that a swarm of insects protected his tomb from invaders.



St. John Gualbert

The patron saint of park rangers, forests, and parks. He is an excellent intercessor for summer camping or hiking trips.