

Their Activities

OUR CATHOLIC WOMEN

Their Interests

Our Lady of Perpetual Help Devotions



"OH MARY, MOTHER OF GOD, HELP US!"

By REV. FRED. NASTVOGEL, C. S. S. R., M. A.

THE LADY OF PERPETUAL HELP. The following article in the series written exclusively for the C. C. W. by Rev. Fred. Nastvogel, C. S. S. R., M. A., was prepared by the Rev. Father, St. Elizabeth's Church, Rochester, N. Y., and is published with the permission of the Rev. Father, St. Elizabeth's Church, Rochester, N. Y., in conducting the Novena of Wednesdays at St. Elizabeth's Church in honor of Our Lady of Perpetual Help.

To the extent the Catholic Church has been spread over the face of the earth, everywhere where the Holy Name of Jesus is uttered with adoring love, there too in necessities and sorrows, in trials and in dangers, in every need of the human heart, there arises to heaven, to the throne of the Mother of God the prayerful, the hopeful cry: "Oh Mary, Mother of God, help us!"

And is there a day of our lives, that are with me. Let all who stand here on earth, that is free from care and anxiety? Is there a night, that is not broken by sorrow and worry, by grief and pain? Ah, from the heart of every mortal, of every child of Adam, bowed to death the weight of Original Sin, bound and fettered by the chains of personal sin, there arises ever and again, be saint or sinner, be rich or poor, be he prince or beggar, that piteous, heart-rending cry: "Oh Mary, help me, oh Mother, help me!"

Indeed, that cry for help resounds incessantly upon the fields of battle, upon the storm-tossed sea, at the flash of the lightning and the roll of the thunder, in floods and in convulsions, in each and every painful circumstance of our daily lives in this vale of tears. It arises from the heart of the sinner, when he sees the ocean of misery he has plunged upon himself, threatening to engulf him when he sees the scourges of remorse he himself has woven, threatening to destroy him body and soul. Yes, the sinner has in the hour of his agony, when conscience has risen against him and is seeking vengeance, a sure and safe recourse, if only he cry: "Oh Mary, Mother, help me!"

Is it not an unspeakable comfort to know with the certainty of faith, that our cry for help to the Mother of God is not a vain and empty cry, a meaningless sound, but a cry firmly founded and resting on the belief and teaching of the Catholic Church, for she believes and teaches that Our Lady wishes to help us and is able to help us in all our trials and necessities, in all our temptations, in all our struggles to attain to eternal salvation.

Yes, our Lady wants to be each and every one of us with all the love of her sinless heart a Mother of Perpetual Help. And therefore she has been made to say: "I am as a beautiful olive tree upon the plain." "I am that wonderful olive tree, from which the oil of mercy always flows, in which the oil of mercy always flows, I stand upon the plain, that all may see me and hasten to me, so that I may enrich them with the blessings of my grace." "Who has ever perished, sur-

Nazareth Seniors Issue Year Book Of High Standard

The 1933 Senior Year Book of Nazareth Academy which has just made its appearance can well be said to measure up to the standards of the past editions of the graduating classes of former years.

There always has been a striking and evident dignity surrounding Nazareth and this is reflected not only in the trim and neat brown leather binding of the Year Book, in the literary material both prose and poetry but also in the happy choice of pictures and illustrations which accompany the themes around which the book is built.

The Board of Editors, headed by Marie Isaac, is to be congratulated on the dedication of the book: "To the Ideal Catholic Womanhood Which, finding its true mirror in Mary Immaculate has enriched the world." There is more in that dedication than one could ever hope to tell in words.

The ideals or themes around which the book is built number seven. They are "Religion and Culture," "Wisdom," "Modesty," "Truth," "Right Human Life," "Joy" and "Integrity."

Several pages are given to articles on the Sodality of Mary and its various committees. The reports of the Committee Chairmen is most encouraging and prove that "Catholic Action" holds a high place at Nazareth.

Although we could have chosen several articles in the book as worthy of mention we do feel that "Through the Arches of the Years" would head the list. It was written by Edna Brunekel and not only in subject matter but in style does its author credit. Nor could we leave Marjorie Taggart's poem "Mary" go unmentioned. It is beautiful yet stirring and dignified.

Nazareth is graduating 157 girls this year from its three departments, classical, commercial and music. Helene Oberst, President, Imelda Ehmann, Vice-President, Margaret Lyons, Treasurer, Anne Sullivan, Secretary, Gertrude Sereu is salutatorian and Marjorie Taggart is valedictorian. Marie Isaac is editor-in-chief of the Year Book which was finely illustrated by its artist Marie Krenzer.

New Books

Regis College Review Service Denver, Colorado THE CHALLENGE OF EUROPE. By George Sherwood Eddy. Farrar, 1933. \$2.50.

As an interesting, comprehensive and fully satisfactory review of the most pressing problems of Germany, Italy, Soviet Russia, Great Britain and the United States, this book is very commendable. It is not, indeed, an exhaustive study of the main problems confronting European countries, and the solutions suggested may not be the right ones. It is, however, a fair study of these problems and their significance in the development of Europe. It presents a competent survey of the questions of the day in which we see the contrast of America's tendency towards material progress and Europe's inclination for traditional social humanitarianism.

The title of the book has been most happily chosen. Europe is challenged to solve its problem with wisdom, if it is to retain its place of honor in the coming ages. The material presented bespeaks deep research.

The appealing power of the book might, indeed, be considerably improved had the material been marshalled out according to a more logical plan. As it is, nevertheless, the work is highly commendable.

ST. ALBERT THE GREAT. By Rev. Thomas M. Schwerner, O.P. (Science and Culture Series). Bruce, 1932. \$3.00.

In the vast field of modern biography it will be difficult to find a more illuminating and inspiring subject than St. Albert the Great, profound theologian, eminent and progressive scientist, indomitable leader of men, superior of his order and bishop of Ravenna, recently canonized as doctor of the Church.

His interesting career proves that scientific attainments are not the exclusive prerogative of our age. Even in the thirteenth, scientific study, research and experimentation were favorite pursuits of men like St. Albert, a born naturalist and enthusiastic student of science.

In declaring him patron of scientific studies, in these our days of materialistic progress and new scientific discoveries, the Church's perennial wisdom has been made manifest. She thereby encourages scientific pursuits on the part of her children and incidentally pays a tribute of honorable and well-deserved recognition to the scholarly attainments of the illustrious sons of St. Dominic.

Before using delicate china, place it in a pan of cold water and bring it to the boiling point; leaving the china in until the water becomes cold; this tempers the china to withstand washing in hot or cold water. Never use soda when washing china with gilt on it, as this destroys the gilt.

Sunday, May 28, was a busy day in some of the Rochester Sodality. Blessed Sacrament Sodality had a Communion breakfast following the nine o'clock Mass at which the Sodality received in a body. About 70 Sodality members attended the breakfast.

It may interest you to know that representation at the recent Parish Sodality convention included delegates not only from Rochester Sodality but also from Buffalo Industry, East Rochester, Elmira, Auburn, Coldwater, Churchville, Jamestown, Danville, King's Ferry, Ludlowville and Ovid.

Sodaltalk

We, the Sodality of the Diocese of Rochester, join in the people's mourning for the passing of our beloved Bishop. With his death we mourn the loss of a leader whose interest and enthusiasm never waned. Under his supervision and with his approval the Rochester Parish Sodality has taken form and thrived. Despite the press of duties and episcopal cares there was always time to hear and learn our plans, ambitions and progress. The remembrance of our Convention day takes on a new and hallowed beauty. The remembrance of him, celebrating the Mass, his words of encouragement and love, his gracious hospitality and kindness as with Father Lord he led the thousand Sodality of his flock from the Cathedral, we shall always cherish. Not content with this, he "dropped in" he might say, unexpected and unobserved, in his neighborly, friendly way during the afternoon sessions to speak to us again. It gives us pleasure to know that we were the recipients of one of his last great services to his people.

In grateful remembrance, for the great holiness of his life and example, for his ineffable sweetness and gentleness of soul, for his fatherly care and rule over us, we give thanks to God that he has been given to us for these four years that were all too short, as our Bishop and Friend.

The Immaculate Conception news reporter turns in this unusual bit of news: "On Sunday, June 4, the Immaculate Conception candidates are to be received into the Sodality of Our Lady. This beautiful and impressive ceremony will take place in the church at 7:15 in the evening. The Rev. William F. Lanahan will deliver the sermon."

Are you talented in fine arts or do you display your skill best in summer sports? The Immaculate Conception Sodality has split over this question. Many are planning

The election returns show the following slate of officers for the 1933-34 Sodality year: President, Ann Fennelly; Vice-President, Margaret Kenney; Secretary, Clara Crummett; Treasurer, Margaret Collins.

At a most impressive service, if candidates were received into the St. Andrew's Sodality on Friday evening, May 26. The altar boys and the procession of candidates and Sodality who carried lighted candles. The candidates wore dresses of pastel shades with head-bands to match. Standing before the altar rail the candidates pledged their allegiance to the Sodality and promised to strive to attain to the ideals of the Sodality. Having made their act of consecration to Mary, two by two they entered the sanctuary and before a beautiful shrine of the Blessed Virgin they received from the Rev. George W. Meek, the Sodality Medal and from the Rev. Joseph Maloney their card of membership in the St. Andrew's Sodality. The Rev. Eugene B. Meehan gave the reception address. These were the ceremony a Sodality choir sang. The services ended with benediction and Holy Communion.

Following the solemn reception a social was held. A play was presented for the entertainment followed by dancing and refreshments.

The Sodality of St. Andrew's Church are busy with their plans for the third annual Sodality picnic which will be held in June. We think this a sure way to show an active Sodality year.

The Mt. Carmel Minister Show was a huge success which the directors and participants well-deserved.

AS ONE WOMAN TO ANOTHER. Advertisement for women's clothing and accessories.

JUNE BRIDES. Advertisement for wedding services and decorations.

FOR THAT TIRED. Advertisement for refreshments and beverages.

HATS are the important part of the costume this summer. Advertisement for hats.

THE BATHING season will soon be in full swing and the hair problem will be twice as great. Advertisement for hair care.

WITH JUNE, also starts the vacation period. Advertisement for vacation services.

Mother of Mercy. Religious text and prayer.

Rochester Diocesan Council of the National Council of Catholic Women. Office: 1020 Columbus Civic Center, 50 Chestnut Street.

CATHOLIC CHURCH BONDS ARE GOOD BONDS because THEY INSURE... Advertisement for Catholic Church Bonds.

Before she hears... THE BRIDE. Advertisement for B. Forman Company.