

### AMONG WOMEN Plan For Family Retreat

By Mary Lennon Snyder

Last week in writing of the family retreat I mentioned the aims and purposes of the program. Today I should like to speak of a specific program.



The National Catholic Conference on Family Life in its suggestions for a family retreat reports as follows:

The family retreat seldom extends more than a day. In fact, it frequently lasts only a half day.

The main reason for this brevity is that usually a considerable number of those making the retreat are parents of young children who cannot be left on their own.

SUBSTITUTES CAN be found to take the parents' place for a short time, but it is not so easy nor is it feasible to supplant the parents for long periods.

The ideal is that the family retreat be held on a parish basis. Sometimes there is a special Mass and sermon for the retreatants. Then in the afternoon—the most satisfactory time has proved to be from 2 o'clock until 5:30—the following program is carried out, preferably in the parish hall with the exception of the closing service which is held in the church.

THREE OR FOUR separate discourses by the retreat master, covering the topics indicated in last week's column.

An examination of conscience, the retreat director suggesting questions to help with the examination.

One or two opportunities for prayer in quiet, husband and wife making a visit to the Blessed Sacrament or reciting the Rosary, or a part thereof, together.

An opportunity to ask questions of the priest who conducts the exercises.

A CLOSING FAMILY Holy Hour is held in the church and consists of the following: prayers to the Holy Family; consecration of the family to the Sacred Heart; an appropriate sacred hymn or two; renewal of the marriage promises; recitation of the pledge to Christian marriage; benediction of the Most Blessed Sacrament; the TeDeum. The children may well attend the Family Holy Hour.

THE NATIONAL Catholic Family Life Conference points out that there may be some variation from the foregoing in the program of a family retreat depending either on the views and wishes of the priest conducting the exercises or on particular circumstances of a place.

However, they add that the program described closely represents the norm that has generally been followed, and that, where followed, has been found satisfactory.

THE Family Life Conference also points out a few things that should not be included in the retreat.

THESE ARE SUCH problems as: economic problems, medical problems, problems of child training; problems of marital adjustment.

If and where these exist they are not part of the family retreat.

### Ex-Army Chaplain Recalls Doctor's Story Of Lourdes

(The true story of the Shrine of Our Lady of Lourdes in France told below by Father Callen, pastor of Our Lady of Victory Church, Rochester, in connection with a Triduum to Our Lady of Lourdes opening in the church on Pleasant St. on Wednesday, Feb. 9. Services will be conducted by the Rev. Albert F. Rawley, SS. CC. of Washington at 12:15 p. m. (noon) and 7:30 p. m.)

By REVEREND EDWARD F. CALLEN, SS. CC.

When we speak about Valley Forge, Gettysburg, Normandy, Tarawa, just to mention a few, a feeling of pride surges throughout our entire being. These names are to us the symbols of our courage and devotion of our soldiers who fought and died for the cause of freedom and right.

When we mention Dachau or Buchenwald, the recollection of infamy and unbelievable horror presses down upon us.

When we mention Lourdes, a feeling of intense gratitude, piety and jubilation grips our entire being.

Ever since the first appearance of Our Blessed Mother to Bernadette Soubirous, Lourdes has been the blessed witness of a constant flow of miracles showing more eloquently than words ever will, the power of Our Blessed Mother and her tender loving care of us—her children.

NO ONE WHO HAS gone to Lourdes to pray at the grotto, has not come back a better man. Lourdes leaves a lasting and indescribable impression upon everyone who ever went there to pray.

It is this feeling which has caused innumerable shrines to Our Lady of Lourdes to be erected all over the world. From the mighty churches to humble chapels and little roadside shrines, they all are the expression of childlike love and veneration to Our Lady of Lourdes.

It was the same feeling of gratitude and devotion which prompted the late Father Notebaert to erect in his church of Our Lady of Victory, a shrine to Our Lady of Lourdes.

It is but a humble shrine and, artistically speaking, it is disturbed the harmony and balance of the side altar, but love built that shrine and, what is more precious, what is more sublime than love! Day in, and day out, people come and kneel before that shrine and offer to the Blessed Mother, their love.

You know the story of Lourdes. You have heard about the many miracles. Allow me to tell you a story about Lourdes as I lived it.

IT ALL STARTED during the second world war. It was a sultry dark September evening—1944. We had pitched our tents in a muddy meadow somewhere in the vicinity of Le Mans, France. I had one of those little bellied stoves and it was going full blast. I was trying to get warm and to get my clothes dried.

In came Doc Dolan, sputtering and fuming about the weather and the mud and the war in general. That was the Doc all right! Actually, he was a very bright and most likeable young doctor, and like so many others, when

### Marriage Course Mapped By DCCW

A Marriage Preparation Course to be held on the six Monday evenings during Lent beginning Feb. 23 at Powers Hotel will be sponsored by Rochester Diocesan Council of Catholic Women; it was announced at the January meeting held in Columbus Civic Center.

The course to be held in the hotel's Empire room will be for engaged couples and married persons who desire to take advantage of the course. It is open to non-Catholics as well as Catholics.

Speakers and subjects will be announced. The purpose is to provide a solid foundation for a truly Christian marriage and to help newlyweds on the road to temporal and eternal happiness.

Mrs. Lawrence Weis, Family Education Chairman, made the announcement following the installation of officers.

Mrs. Richard Weider was installed as president of the deanery unit together with these officers: Mrs. James Rains, vice president; Mrs. Walter Veltz, recording secretary; Miss Sophie Cudillo, secretary; and Mrs. Richard Sander, treasurer.

The council meetings are held at 8:15 p. m. on the third Tuesday of each month at Columbus Civic Center with presidents and delegates of all Catholic women's organizations in the Rochester area attending.

The meetings, according to Mrs. Weider, are open to all interested women who will be welcomed.

### R. B. I. Success Story

Mary Ann Auning

"After taking the Medical Secretarial Course at R.B.I. and being trained to cope with the surroundings in a Doctor's Office, I was able to secure a position which is very interesting, stimulating and essential to medical practice. I shall long remember my training at R.B.I."

Mary Ann Auning graduated from the Medical Secretarial Course at R.B.I. in 1948 and secured a position in the 40 weeks Medical Secretarial Course. While a student, Miss Auning was a member of R.B.I.'s Student Council and the Newman Club, an affiliate of the National Federation of Newman Clubs, the new star in Medical Secretarial to two prominent physicians in Rochester.

Day School Spring Term Begins Monday, February 23

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### St. Elizabeth College Graduate Wins National Grant Here

Winner of one of eight national scholarships awarded by Eastman Kodak Company, Miss Barbara Atkinson of Caldwell, N. J., here to take the course offered, is an active member of Rochester Chapter of St. Elizabeth College alumnae.

Chosen from several hundred applicants throughout the country, Miss Atkinson is now doing graduate work in the Eastman Kodak Company's industrial dietetic intern course.

The course prepares for industrial and institutional management and administration.

The award won by Miss Atkinson is granted to only eight graduates of accredited colleges throughout the country and is made on the basis of scholarship, personality and aptitude.

The Rochester Alumnae of the College of St. Elizabeth welcomed Miss Atkinson to Rochester at a luncheon held at the A.A.U.W. in East Ave.

### Youth Club Panel Set At St. Charles

St. Charles Byzantine Rosary Society will hold their monthly meeting Tuesday, Feb. 3, following recitation of the Rosary in the church at 8 p.m.

Main feature of this evening will be a panel discussion in which four youngsters from the Youth Club will participate with Rev. John E. Norris, assistant pastor, as spiritual advisor.

Questions will be invited from the ladies present.

Plans are under way for a gala Mardi Gras on Feb. 17 for the members of the Society and their husbands. Final details for the affair will be discussed at the meeting.

The members will receive Holy Communion on Sunday, Feb. 1 at the 8 o'clock Mass.

### Lourdes Group Sets Hat Show

Members of Our Lady of Lourdes Rosary Society will be able to give their "mid-winter spirits a lift" at their next meeting on Monday, Feb. 2, at 8 p.m.

Miss Sally Franklin of E. W. Edwards & Son will be in charge of a fashion program, "Preview of Easter Hats."

### Mary's Offering Yours

Mary's purification is celebrated Monday. Every Jewish mother used to offer her first-born to God. No other mother ever realized how complete her offering would be.

MANY MAIDENS OFFER TO GOD TODAY in the Near East. They themselves completely for life. Throughout they will spend every hour touching his children in remote desert wastes, lovingly gathering his orphans and soothing his sick, lepers and aged.

Thousands more are needed. Many more willing girls do not have the \$150 needed yearly to keep them during their two years training. MARY'S BANK is our dollar-a-month support club for novices. Make a deposit TODAY—YOUR OFFERING TO GOD. Won't you get a friend to join with you? This bank pays the ONLY INTEREST YOU CAN TAKE WITH YOU.

We need more members for all our seven clubs. THE MYSTIC SEWER. Our many schools are supported by the BASHLEANS. THE MONICA GUILD supplies our mission chapels with sacred vessels, vestments and linens. ORPHANS BREAD helps keep our thousands of homeless waifs. We'd love to have you join one or all. Only a dollar a month, but it does marvels.

Smile! 1,500 meals a day, shelter for over 400 families, 12,000 glad faces of bread every week. That's the constant charity of the great St. Vincent de Paul Society of old Jerusalem, a city still devastated by a man-made war, where there is no employment whatever. Don't you have a little for this wonderful work? "A cup of cold water" for the people?

ALWAYS ALOYSIUS Not a Jesuit like the patron saint of pure youth, but this Aloysius wants to give himself as a priest to God. He needs \$100 for each of the six years of study before him. Can you give him that much each year in six installments, or give all \$600 now?

AGATHA AGAIN This lovely young girl, Sister Agatha at Birjaya, will not die the martyr's death of St. Agatha, but years for the slow martyrdom of serving souls. Poorer of the poor, she needs a noble friend to give \$150 for each of the two years. Will you help this courageous young girl?

Our DAMIEN LEFFE found in a lifesaver for our many bereft Near East sisters caring for the most pitiful of humanity, the lepers. Every day they take care of the most pitiful cases. Don't you have an aim to spare for the wonderful women tending to these tormented and waiting brother? Give today.

SHOW ME The sacred vessel used to expose the Blessed Sacrament for public adoration at the monstrance. In Latin this word means "show" or "display." Would you like to help "show" the Eucharistic Lord to the humble

Missionary chapels in Egypt, Ethiopia and India tell us of hundreds of isolated mountain and desert villages inhabited by "forgotten" Christians abandoned by their own churches. They could easily be brought into the true Faith in large numbers if small chapels could be provided for them. Can you help us with part of it? Maybe you will join our "Chapel of the Month Club" for a dollar a month. Dollar added to dollar eternally will build another home for God in a distant land.

Your "miraculous gifts" are added to our emergency fund which the Holy Father uses to meet many urgent appeals He receives every day.

### Near East Missions

Send all contributions to Catholic Near East Missions Association, 400 Broadway Ave. at 40th St., New York 17, N. Y.

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