Holy Family Society To Be Entertained

Holy Name Society of Holy Family Church will meet Wednesday, March 7 and will hear the Liederkranz Choral Society.

The society entertained the Holy Name Society of St. Helen Church on Wednesday evening, February 1, which consisted of a bowling match, ping-pong, pool, cards and a lunch

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International Relations Workshop To Be Held

Delegates from nine colleges were invited to attend a Regional Workshop on International Relations to be held at Nazareth College on Sunday, March 4 from 1 to 5:30 p.m.

The topic of the Workshop will be the "Ethical Solution to the Problem of Colonization in Israel."

The program will begin with the presentation of background material on the topic by one speaker from each school. Possible solutions to the problem will be suggested. Group discussions will be held. A final general meeting will formulate a definite resolution in regard to the problem.

GENERAL CHAIRMAN is Joan Mans, senior. Discussion Chairman is Elizabeth Boyle, freshman. Speakers from Nazareth are: Agnes Kellner, junior; Kathleen Hiney, junior; Kathleen Gordon, freshman and Shirley Scuteri, sophomore.

Margaret Frisch, senior, is in charge of arrangements. Mary McGowan, senior will take care of refreshments and Mary Ann Barletta invitations.

Schools represented will include: Villa Maria College, Mercyhurst College and Gannon College, Erie; Canisius, Rosary Hill and D'Youville Colleges, Buffalo; and St. Bonaventure University, St. Bonaventure, New York.

All the colleges participating have International Relations Clubs and are in the Lake Erie Region of the National Federation of Catholic College Students.

L. C. B. A. TO MEET IN EAST ROCHESTER

Ladies Catholic Benevolent Association 1174, East Rochester, will hold its monthly meeting March 8 at 7:30 p.m. in St. Jerome Church hall.

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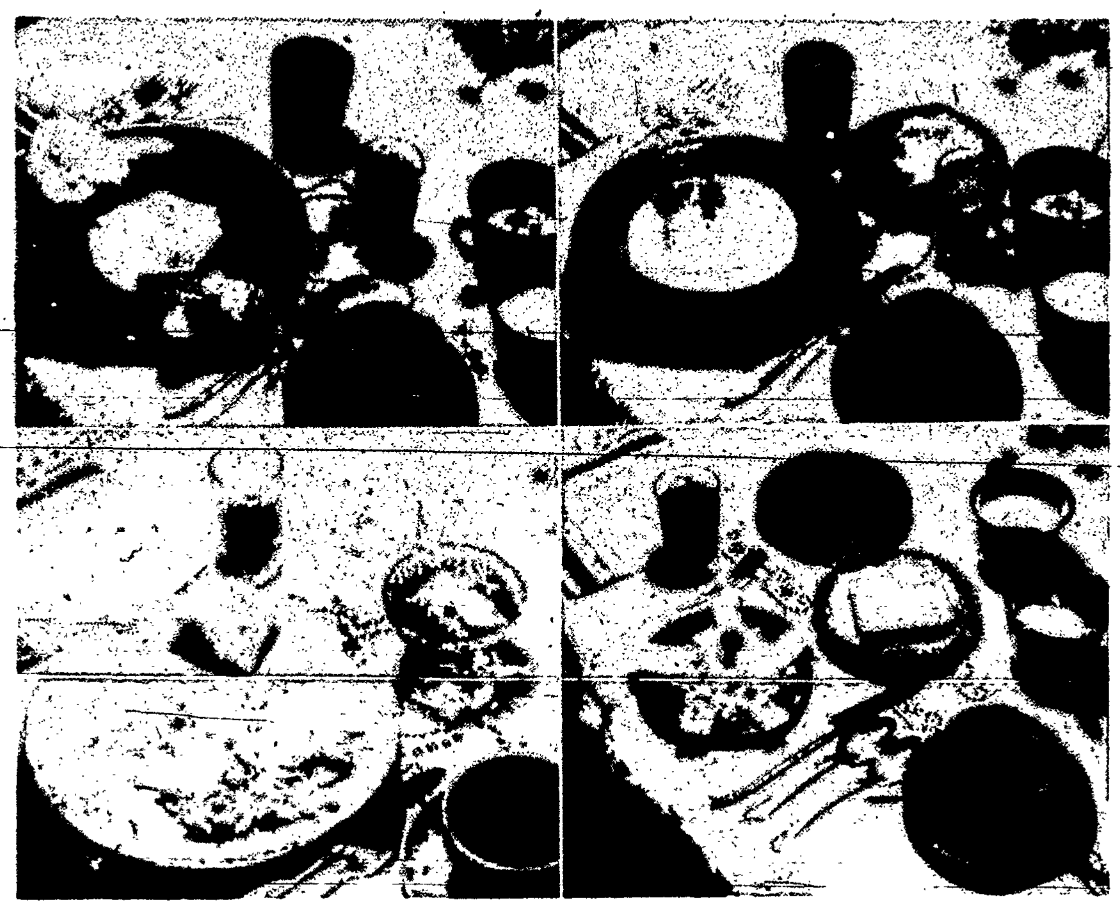
How Much Can You Eat At Lenten Fast Meals?

Lenten Regulations allow us one full meal each day and "two other meatless meals, sufficient to maintain strength." No exact limit is put on these meals, except that "together they should not equal another full meal." Meals which fulfill this spirit are pictured here. (Courtesy of THE CATHOLIC STANDARD, Washington, D. C.)



Breakfasts

(left)

Prune juice
One egg (any style)
2 pieces of buttered toast
Coffee (with cream and sugar)

(right)

Orange juice
½ bowl of hot cereal
2 pieces of buttered toast
Coffee (with cream and sugar)

Lunches

(left)

Grapefruit juice
Tuna fish and noodle casserole (average helping)
1 roll
Dish of Jello
Coffee (with cream and sugar)

(right)

V-8 juice
Cottage cheese and pineapple salad
Ice cream and cake (small helping)
Coffee (with cream and sugar)

3,505 Weddings

Pompeii, Italy — (NC) — A record for marriages was set in 1955 by the Basilica of Our Lady of the Rosary of Pompeii here. A total of 3,505 couples were married in the church during the year.

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AMONG WOMEN

'Ten Commandments' For Everyone

By Mary Lennon Snyder

The other day on a visit to Mt. Carmel High School I was very interested to read a Ten Commandments for the School Children posted on the bulletin board in the main corridor. Because I believe that there may be many readers of this column who might be interested in these and be inspired by them I asked one of my young friends at the school to copy the list for me. So today we are indebted to Mary Ann Cubito for supplying us with the following:

Mrs. Snyder

1. Love your schoolmates; they will be your companions for life and work.
2. Love instruction, the food of the spirit. Be thankful to your teachers as to your own parents.
3. Consecrate every day by one good useful deed and kindness.
4. Honor all honest people; esteem men but humble yourself before no man.
5. Suppress all hatred and beware of insulting your neighbor; be not revengeful but protect your own rights and those of others. Love justice and bear pain and misfortune courageously.
6. Observe carefully and reflect well in order to get at the truth. Deceive not yourself or others and beware of lying, for lies destroy the heart, the soul, and the character. Suppress passions and radiate love and peace.
7. Consider that animals also have a right to your sympathy and do not harm them or tease.
8. Think that all good is the result of work; he who enjoys without working is stealing the bread from the mouth of the worker.
9. Call no man a patriot who hates or has contempt for other nations, or who wishes and approves wars. War is the remains of barbarism.
10. Love your country and your nation but be co-workers in the high task that will make man live together like brothers in peace and happiness.

Undeniably these are thought provoking. Furthermore a few minute's spent in re-reading them will make one realize that with a substitution of a word or two these "commandments" are as meaningful to those of us who have been out of school for many years as they are for today's students.

Each one of us can adopt these to our own plan of life. For example in the third rule, I would prefer to read instead of the thought of consecrating every day by one good useful deed and kindness, to offer every moment of our living to Almighty God through the immaculate hands of the Blessed Virgin Mary.

These ten commandments for school children were, I suspect, drawn up for all children in all schools. However, whoever wrote them, they are worthy of our consideration and I suggest clipping these and putting them on the family bulletin board or in some prominent place in the home where all the members will see them and read them.

Vocation of a Poet

Years ago I heard a message
That the Lord God spoke to me:
"I have blessed you with a
poet's heart
And poet's eyes to see"

"You must write to give Me glory
I have seeds for you to sow;
I Myself will send the sun and rain
To make the flowers grow."

O, I felt like Jeremias
As he stammered out, dismayed:
"Ah . . ah . . ah . . Lord God,
I cannot speak!
I am a child — afraid!"

Yet I listened for His Whisp'rings,
And I copied down His Words—
But the fumblings are my own—
and the
Successes are the Lord's!

Sister Mary Francis

'Making Marriage Click' Topic Slated In Auburn

Auburn—"True Values f[illegible] Marriage" was the subject of the talk by the Rev. Al[illegible]t J. Shamon, professor of English at St. Andrew's Seminary, which opened the ninth annual Marriage Preparation Course sponsored by the Cayuga Deanery Council of Catholic Women Monday at the K of C Home, Auburn. Introduced by the Rev Leo A. Jones, deanery moderator, Father Shamon delineated the ideals of Catholic courtship and engagement period

Mrs. James O'Donnell, general chairman of the series, was assisted by Mrs. Veronica M Smith, deanery council president, Mrs. Joseph L. Barry, series co-chairman and Mrs Anthony Camardo

THE SECOND of the series scheduled for Monday, March 5 will be entitled "Making Marriage Click" and will be presented by the Rev C Richard Nangle, principal of DeSales High School, Geneva.

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