



PRIVATE TALK with a retreatant at Rochester's Notre Dame Retreat House on Alexander St. is given by Father Thomas J. Fallon, C.S.S.R., Superior. Retreatants are encouraged to talk over problems and seek the advice of the retreatmaster.

Weekend Retreats

'48 Hours With God'

"Father, I recall the thrill of seeing my first Big League ball game, the thrill when I arrived home from Europe after serving in the Army, but the greatest thrill of all was the retreat I made last weekend.

"I am 36 years old and I never felt so good in my life as I did during those three days. This was my first retreat and I pray that I can make every other retreat until God is ready for me."

These words are from a letter received by Father Thomas J. Fallon, C.S.S.R., superior at Rochester's Notre Dame Retreat House, from an ex-G.I.

More or less sums up the feeling of most people after they have made their first retreat, according to Father Fallon.

In Rochester, there are two retreat houses, Notre Dame for men, conducted by the Redemptorist Fathers, and Our Lady of the Cenacle for women, maintained by the Religious of the Cenacle.

Fifty years ago, scarcely a man or woman in this country could say he had made a closed, weekend retreat. Today, possibly a million Catholic laymen and women have made such retreats. Each year, some 250,000 men and another 150,000 women spend weekends but some in mid-week retreats.

THE GROWTH in numbers of lay retreatants has been rapid in recent years, especially since World War II. It was not very many years ago that a retreat chairman of a Holy Name Society, the Knights of Columbus, the Council of Catholic Women or the Christian Mothers had few in their groups who had made a retreat and knew from practical experience what the chairman was talking about.

Although that is no longer so true today, there are, of course, a large majority in almost any parish who have not attended a closed retreat. It is said, and perhaps with a great deal of truth, that once a person has made a retreat, he will be a re-

What is a Retreat?

Each year, usually around New Year's Day, businessmen take an inventory of their goods to know their physical assets. Once a year, too, they hold an annual board meeting to assess the progress or failure of a year's work, and to map a course for the coming year.

They find it necessary to find out where they stand in order to make plans for the future.

In a retreat, Catholic men and women take a spiritual inventory, so they know where they stand with God, and they make plans for the coming year so that their future life will conform to the purpose for which God created them.

The weekend retreat from Friday evening to Sunday afternoon is a time of reflection and prayer, but with consideration for the habits of the average American workman or woman. A million Americans have made them. Have you?

Why is it that once a person has made a retreat he continues to decide to make that first retreat? What, in the first place, is a retreat?

GENERALLY A person who has never made one has only a hazy notion of what they are. Those who have attended are frequently inarticulate in describing them. The real answer is found in being actually at a retreat. A retreat has been described as a withdrawal from ordinary life that by thought and prayer and under the guidance of a retreat master, a person may reconsider the purpose of life on earth, make plans to reach his goal, and gain spiritual strength to carry them out.

Generally weekend retreats begin on Friday around supper time and conclude on Sunday afternoon after dinner or in late afternoon. This time is spent in

a retreat house—a place set aside either permanently or temporarily for holding retreats.

IN THE UNITED STATES there are about 150 retreat houses for men. Some 100 of them hold retreats all year round. The other 50 are seasonal. Of the 110 retreat houses for women, 62 are permanent and the remaining 48 seasonal.

A rule faithfully followed in all retreats is strict observance of silence, another essential for a successful retreat. Some schedules make provision for breaks in silence for lay people on retreats. These may occur in the Saturday recreation period or after breakfast on Sunday. In other retreat houses, strict silence is observed once the retreat begins. But in those where silence is broken, retreatants are cautioned to respect the wishes of those who prefer to spend the entire period in silence.

CONFESSIONS are generally heard by the retreat master at any time, and he puts himself, at the disposal of retreatants for chats on any spiritual problem or difficulty.

With the increasing popularity of retreats, generally it is necessary now to place reservations for particular weekends, members of a parish group or society go as a unit. Unfilled or cancelled reservations are filled in with individuals not of the group.

In any general retreat group are found men and women of wide social and economic background. A men's group might be composed of a judge, insurance man, salesman, a carpenter, a shop foreman, and a retired businessman. In a women's group will be housewives, teachers, stenographers, a nurse, a social worker and a librarian.

DESPITE DIVERGENT walks of life, the men in a group frequently establish a temporary, unspoken common bond as they share quarters at the wash.

Msgr. Cuffney Named To 4th Degree Post

His Excellency Bishop Kearney announced this week the appointment of Monsignor James D. Cuffney, procurator of St. Bernard Seminary, as Faithful Friar of the Fourth Degree Knights of Columbus.



A GRACIOUS SMILE welcomes the retreatant at Our Lady of the Cenacle Retreat House on Rochester's East Ave. Mother Ellen Lynch, R.C., guest mistress, assigns week-end retreatants to their rooms and gives them schedule of exercises for their stay.

Zelda Lyons Rites Held, Fisher College Registrar

Solemn funeral rites were held yesterday, July 25 for Cathryn Zelda Lyons, prominent Catholic laywoman, from Holy Cross Church and the Boyce Funeral Home, Culver Rd., Rochester.

Miss Lyons, 42, died Sunday, July 21, 1957. She had been ill for several weeks.

Celebrant of the Requiem Mass was the Rt. Rev. Msgr. John S. Randall. He was assisted by Rev. John P. O'Meara, C.S.B., as deacon, and the Very Rev. John P. Murphy, C.S.B., subdeacon.

Representing His Excellency Bishop Kearney, Monsignor John E. Maney, Diocesan Chancellor, spoke at the funeral Mass of Miss Lyons' great work in behalf of the Church.

"The debt owed Miss Lyons by this diocese," he said, "can only be repaid by her Maker."

Msgr. Maney extended his sympathy to the family of Miss Lyons and asked that those present remember her in their prayers.

In a tribute this week to Miss Lyons, Father Murphy, president of St. John Fisher College, said: "I regret the passing of one of the outstanding Catholic women of the Rochester area. She must be listed and remembered as one of the founders of St. John Fisher College.

The Rev. Hugh Hailey, C.S.B., paid tribute to Miss Lyons from his present post at the University of St. Thomas, Houston, Texas. Father Hailey stated that he knew of no woman in the country who had given so much in the cause of Catholic education. Father Hailey was executive director during the planning days of St. John Fisher College.

The following students and alumni of the college served as pallbearers: John David Lyons, Thomas Patrick Carroll, Richard K. Kim, George F. Frymester, John Pietropoli, and John J. Schmitt.

The following members of the Board of Advisory Regents at the college served as honorary pallbearers: Harold Coleman, Robert E. Girna, F. William Gregory, Raymond E. Healy, Walter B. D. Hickey, Louis Langie, Dr. Leo F. LaPalma, Daniel E. Macken, Joseph J. Myler, Fred



MISS ZELDA LYONS

Mary Nolan Sullivan, Ruth Lintz Starkweather, Rita Krauf, Helen Morrish, Lucille Odenbach Williams, Elizabeth Doyle Schwab.

Present in the sanctuary were Monsignors John E. Maney, Arthur E. Rattigan, John E. McCafferty, and Louis Edelman.

Also present were Joseph L. Logan, John P. March, C.S.B., James W. Embler, C.S.B., Albert G. Gira, Joseph J. Desiderio, C.S.B., Anthony H. Hazzard, Robert H. Wood, C.S.B., E. S. Rull, C.S.B., John E. McKeever, C.S.B., Thomas J. Skolas, C.S.B., Father Francis A. Nathan, Albert B. Schaefer, Peter Bennett, C.S.B., Edward Dorr, C.S.B., Robert A. Hall, C.S.B., William G. Hazzard, C.S.B., Robert O'Neil, C.S.B., William J. Reed, Leon G. Hart, C.S.B., William Hart, William H. Shannon, C.S.B., C.S.B., Edward A. O'Reilly, C.S.B., Robert Fennessy, Walter Cassling, Percy Bolger and John C. Mulvey.

Burial took place in Holy Sepulchre Cemetery.

Friends may contribute to the Zelda Lyons Memorial Scholarship Fund, St. John Fisher College.

Nazareth College alumnae who formed a guard of honor were: Marion Smith Phillips, president, Alumnae Association; Dorothy Bowlian Knittel, alumnae council representative, Class of 1937; Marjorie Boschart Loos, Dorothy Dispensa, Mary Agnes Doyle, Rose Ferro, Mary Elizabeth Golding, Laura Hohener, Helen Flusard O'Sullivan, Gladys Engler Kipp, Margaret Mary Morrow Reed, Marilyn Moore Sullivan, Mabel Perdue Eaton, Joan Ringelstein, Jacqueline Leib Hoeffel, Rita Malampy Hummel, Mary Jane La Iuppa Mayka, Evelyn Regan McGrath,

Red Creek Church Parishioners Donate Time To Improve Church, Hall

Busy hands have been at work in St. Thomas Church, Red Creek, on evenings and Saturdays during the past few weeks in a parish project. Men of the parish have donated their free time to make necessary improvements in the frame church building and the parish hall.

"I've never seen anything like it," said the Rev. William J. Gaynor, pastor. "The men have taken on the task with such enthusiasm and voluntary sacrifice of their time that they have already made more improvements than were originally planned."

THE SMALL frame church was built in 1943 to replace the former church destroyed by fire. It seats 180.

Father Gaynor said a group of parish men were invited to a meeting three weeks ago to discuss needed improvements. "So enthusiastic was the response," said Father Gaynor, "that the men set to work immediately."

WORK ACCOMPLISHED thus far by the men includes a new concrete approach to the church, replacing the outside walls enclosing the cellar stairway, tearing down and replacing the ceiling in the hall, painting the hall, installing new light fixtures in the hall and grading the side of the building.

Men who have donated their time include Peter Tilly, Joseph Cramer, Sam Calletto, Francis Henwood, Robert Wurz, Joseph Bassett, James O'Connor, Michael Griffin, Fay Lutzkenheimer, Frank Jennings, Bernard Har-

ington, Schuyler Scott, Joseph Penzel, Harry Murphy and Robert Carter.

Friday Speaker

FIRST FRIDAY Luncheon Club will hear the Rev. Daniel V. Hogan at the Sheraton Hotel on Friday, Aug. 2. The luncheon from 12:15 to 1:15 p. m. is open to all Catholic men who have received Holy Communion that day. Joseph Altman, Knights of Columbus Activities chairman, is in charge of the luncheon.

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