

IECA First Saturday Mass

The First Saturday Mass of the International Federation of Catholic Alumnae, Rochester Circle, will be held in the Central Retreat House chapel August 1 at 8 a.m. Reservations for breakfast following may be made before Thursday, July 30, with Miss Bernadette Sentner (HO 7-2789), newly elected Regent of the local Circle, or with Miss Helen Durbin (GR 3-7665).

Ontario Parish Slates Picnic

St. Mary of the Lake Parish, Ontario, will hold its annual picnic, Sunday, Aug. 2, at Five Men's Park, Williamson. Besides the games and refreshments, the parish picnic provides an opportunity for the parishioners to welcome the new members of St. Mary's Church. Co-chairman of the affair is of the local Circle, or with Miss James N. Engleson and Frank Cass.

GOD LOVE YOU!

By MOST REV. FULTON J. SHEEN

THE COMMUNISTS in China recently told the Sisters, who were imprisoned in their convents that they were "free" to take part in "study-sessions of Communist indoctrination." One might cry out "Free!" rang out beneath their windows. As some of the nuns went into the garden to investigate, Communists leapt over the wall, seized them and forced them to follow the "free" study sessions on Communism. Three points are developed in these classes: patriotism, Bishop Kung of Shanghai, and Pope John XXIII. Any one who insists on accepting the teachings of the Church is termed "unpatriotic"; for which there are appropriate crucifixes. Next, they are asked to denounce Bishop Kung as a "running dog of the imperialist countries, such as the United States." Knives are exhibited which, the Communists prove that Bishop Kung killed children. Finally, Pope John XXIII is attacked as "more of an enemy than Pope Pius XII." What a tribute to the noble vicar of Christ!

These facts evoke two spiritual reflections: First, Our Lord is living His Passion again in His Church. "As they have hated me, so will they hate you." When the Head suffers, the Body, which is the Church, agonizes with it. Second, this Passion of Christ is ours here in these United States by sympathy. As St. Paul said: "If one member suffers anything does not the whole body suffer?" If some one steps on your foot, does not your head complain? Now, the Church in China is part of our Body, the Church; the Catholics there are our brothers and sisters in Christ. Do you feel their agony as your own? Does the crown that is on their heads prick your fingers? Do the lashes from Communist whips rend your body?

IF WE WERE PERSECUTED by the Reds, would we not expect China to aid us? For the sake of the Christ whose wounds are reopened in China, and whose scars of Resurrection once more are made red in Shanghai, deny yourself some tiny little thing each day. Thus, we may be able to give the Holy Father more than \$26 each year, not only for China, but also for all the missions of the Church. Remember that the Holy Father receives your sacrifices through his Society for the Propagation of the Faith. This is his society. It exists, not for the benefit of one order, but for all, not for one area of the mission world, but for all, not for one nationality, but for all.

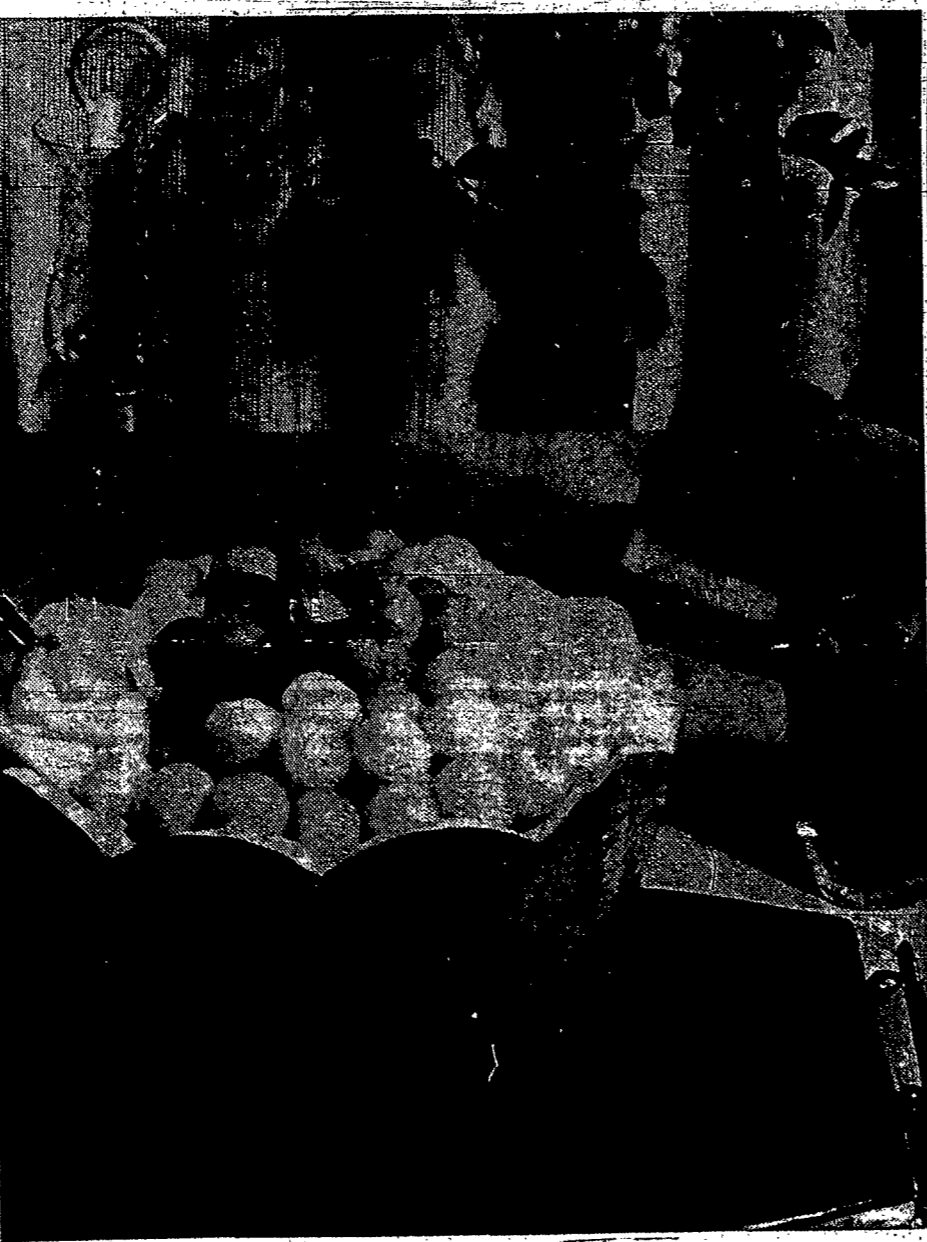
GOD LOVE YOU TO M.L.M. for \$15 "I am enclosing this money for the Society for the Propagation of the Faith. I made this from the sale of my gift cards among friends." . . . to T.M.B. "I work in a State Hospital and know what it is like to have the sick and needy next to you. I thank you for giving me the opportunity of sending my donation and one dollar for your sick and needy." . . . to A.G. for \$5 "I promised that I would send this money to the Society for the Propagation of the Faith if I got a job for the summer. I am 17 years old and wanted to show love for the missions, by giving this small amount." . . . to C.O.M. for \$1 "This small amount is to help you fight Communism."

Do you have a Lady of Television Status in your living room? If not, send us your request and a \$3 offering and we will be happy to send one to you.

Cut out this column, pin your sacrifice to it and mail it to Most Rev. Fulton J. Sheen, National Director, Society for the Propagation of the Faith, 366 Fifth Avenue, New York 18, N.Y. or your Diocesan/National Director.

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Hot Weather Treat - Watermelon Chalice

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Melon Magic

It's melon time again. In half crosswise. With a melon ball or measuring spoon scrape the pulp into balls. Then with a large spoon, remove remaining pulp leaving a one-inch shell. Chill melon balls. Scallops the edge of the shell and cut a thin slice from the base so that the melon stands straight. Just before serving fill the chalices with a mixture of watermelon and cantaloupe balls, diced pineapple of any other fresh fruit.

WATERMELONS boast a sweet flavor and crisp, juicy texture. Red or pink is most common. Although this natural thirst quencher seems as typically American as apple pie, it has been known since prehistoric times. Pictures recovered from ancient Egypt show that watermelons were popular then.

For many years it was believed that the original home of the watermelon was Asia but explorer David Livingston settled the question when he found large areas in central Africa literally covered with wild watermelons.

The rind of a watermelon should have a bright fresh appearance with an even bloom that gives it a somewhat velvety texture. A ripe melon has a yellowish color on the underside - a white or pale green color usually means an immature melon. A common test for watermelon maturity is the sound given off when the melon is thumped. A dull, hollow sound indicates that the melon is ripe.

It is not wise to place complete confidence in this test however, since an overripe or stale melon produces the same sound. When buying a watermelon you may want to ask the grocer to cut out a plug so that you may see the color of the flesh.

WATERMELON CHALICES A beautiful way of serving watermelon is a watermelon chalice. To make one like the picture just cut a medium size melon in half crosswise. With a melon ball or measuring spoon scrape the pulp into balls. Then with a large spoon, remove remaining pulp leaving a one-inch shell. Chill melon balls. Scallops the edge of the shell and cut a thin slice from the base so that the melon stands straight. Just before serving fill the chalices with a mixture of watermelon and cantaloupe balls, diced pineapple of any other fresh fruit.

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Among Women Vacation

By MARY LENNON SNYDER

There is an old saying, "What is seldom is wonderful." In that sense any vacation which the parents of four children can take is indeed wonderful. However, my husband and I have just returned from a vacation through French Canada which was wonderful in yet another sense, in that it provided me with so many things to wonder about, to ponder, and to meditate on.

The first wonderful thing was the fact that we were able to leave our home and children under the supervision of my husband's sister, who left but hours several hundred miles away to stay with our family. Sometime I shall write about the important role of aunts and uncles in the lives of the young.

WE ALL LOVE our parents who are the embodiment of supreme authority in our young lives; however, a kind and patient aunt or uncle is necessary something that might be defined as authority plus. They bring a little of the unknown possibilities of the world outside the four walls of our home.

So it was with light hearts that we set out for Montreal, for we were happy in the thought that our youngsters would continue in the usual routine of every day living but that they would also have a lot of fun tucked in. When we returned, we learned that is exactly what they did.

EMBARKING AT Montreal we spent eight happy and inspiring days on the S.S. Robo-Lieu of the Canada Steamship Lines. After a leisurely stop we passed the mouth of the Saguenay down the St. Lawrence River to Father's Point, where the pilots board the trans-oceanic steamers for the trip up the St. Lawrence. We turned back and headed for the Saguenay which we followed to Chicoutimi.

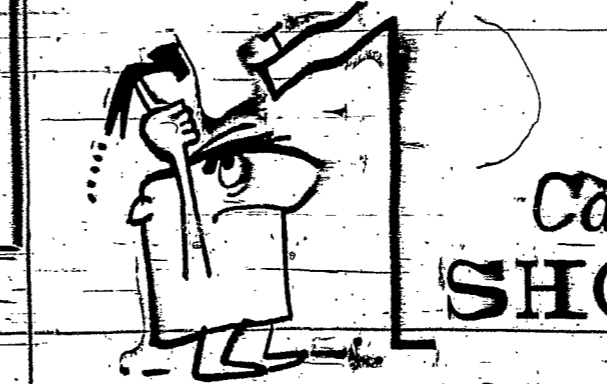
We stayed in Chicoutimi for about twenty-four hours and in that time I purchased some books dealing with the history of the region. Throughout the trip I was impressed with the consciousness of the past which every French Canadian seems to possess. As a tourist, I was the recipient of the Province of Quebec and when the French Canadian says, "Chal, he implies I remember with pride and gratitude all that has gone to make up the history of my country."

IN ONE of the history books purchased at Chicoutimi I encountered a wonderful incident. At Tadoussac which is on the St. Lawrence - at the mouth of the Saguenay there was a flourishing settlement in the early days and in 1698 a fête or celebration was organized there in honor of the Canadian Martyrs.

The sermon of the day was preached by Pere L. Auren Tremblay, O.M.I. and I am going to quote my translation of some of his remarks on that occasion, for they echo the gratitude and pride I sensed wherever I heard French Canadians speak of their country.

The glory of our country has been that in every epoch there appeared the men who were needed. Although true it is that times, it is especially so in the first years of our history. . . . A country such as ours had need at its birth of a veritable constellation of saints. We had them. True saints, not men made great by pious legends, but

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