

God. This tradition continued throughout the New Testament, their religious and their Amer-There was fasting when it was necessary to choose a new ican heritage. Apostle, in particular he who was to become St. Paul, and

before the ordination of priests.

It is important to note these conditions concerning fasting:

1. It need not be excessive.

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2. It must be done with love of God.

3. It must be in accordance with one's circumstances of life. There need not be the same kind of self-denial for all.

Readers, stop dieting. Fast! What is the difference between Readers, nop deting, rash what is the difference between ation of this need, the Knights the two? Materially, none. You will lose ten pounds either way, ation of this need, the Knights Dut there is a spiritual difference which lies in the motivation. Christians must themselves had Campbell Craig, top offi-that "as Presbyterians, we forthcoming Second Vatican a friendly gesture. We would Dut there is a spiritual difference which lies in the motivation. Christians must themselves cial of the Scottish Church, should show no eagerness in Council, and in sending observ- hope that the Pope would be

The diet to make your body beautiful, if that is possible: The diet to make your soul beautiful, which is always possible: The diet to make your soul beautiful, which is always possible: The diet to make your soul beautiful, which is always possible: The diet to make your soul beautiful, which is always possible: The diet to make your soul beautiful, which is always possible: The diet to make your soul beautiful, which is always possible: The diet to make your soul beautiful, which is always possible: The diet to make your soul beautiful, which is always possible: The diet to make your soul beautiful, which is always possible: The diet for thought: Why not lose ten pounds by sending the diet for thought: Why not lose ten pounds by sending the diet for thought: Why not lose ten pounds by sending the diet for thought: Why not lose ten pounds by sending the diet for thought: Why not lose ten pounds by sending the diet for thought: Why not lose ten pounds by sending the diet for thought: Why not lose ten pounds by sending the diet for thought: Why not lose ten pounds by sending the diet for thought: Why not lose ten pounds by sending the diet for thought: Why not lose ten pounds by sending the diet for thought: Why not lose ten pounds by sending the diet for the diet

Blackfoot tribe.

"Don't let anyone tell you that you can't do anything with today's young people," he said. 'They're full of vitamins. And

by 1970, a sociologist has predicted, one-half of the population of this country will be under 27. We must show them

To convince the rising gener. pays a courtesy call on Pope John XXIII.

Press Hears Negro Prelate

Washington - (RNS) - policy of establishing a native, Cardinal Rugambwa called on aurian Cardinal Rugambwa, African episcopacy, he noted the press "as powerful mould-Bishop of Bukoba, Tanganyika, that the Church is beginning to ers of public opinion" to study told a National Press Club audi- take root in native structures. deeply the traditional African ence here that Christianity is He observed that there are family concept. "You must "the most precious thing Africa presently 40 African prelates recognize the differences that has received from the West." in the Church's hierarchy. exist between your own tradi-

In a luncheon address before Replying to a newsman's quest tion and ours with regard to the Washington newsman the tion the prolate said Tonger. the family," he told the news the Washington newsmen, the tion, the prelate said Tangan-men. first Negro to be elevated to yika would welcome Peace

the Church's Sacred College of Corps representatives provided Cardinals asserted that the they are "well-trained and care-first high-ranking member of progress of Christianity in fully selected." He did not the hierarchy to speak before Africa, particularly in recent elaborate. 🗝

ate, resplendent in red robes aid and technical assistance, te Washington press corps durand skull cap, read his address but that this should be done ing his 1936 visit to the U.S. in fluent English in a serious "in a spirit of brotherly love when he was Papal Secretary vein, but smiled warmly dur and understanding, in a spirit of State. ing a question period that fol. of cooperation and not of dom-

lowed. He was applauded en. ination." He observed that the thusiastically by the reporters African wants "recognition of COURIER-JOURNAL his basic dignity and of the Friday, June 23, 1961 values in his own culture and

many benefits to the powers.

Cardinal Rugambwa stated his audience that "the greatest of these has been a strong faith aution that "it is in the field of eduin God." He added: "Africa has always accepted the existence of a one true God, Creator of Heaven and Earth. But this be-lief was clouded he existence lief was clouded by superstiti- ed American generosity, appealous preoccupation with a world ing for more funds to be apof lesser spirits. Christianity plied to school construction in Africa. Citing statistics of the

Church's growth on the African Cardinal Rugambwa also con- continent, he said there were tended that Christianity has 50,000 Catholics there in 1800, given Africa "a concern for in 1890, 377,000; and in 1907,

tributed this to the self-sacri-three-and-a-half million in 1931: fice of Christian missionaries 13 million in 1950; and today Hthere.

Praising the Catholic Church's passed." Scot Churchman To Visit Pope

Edinburgh --- (RNS) --- Another historic milestone of Rome and the Reformed ans generally, by his recent that they have to dedicate in relations between the Roman Catholic Church and Churches." visit to the Vatican. themselves to the future of our other Churches may be reached next year when the Declaring that "we all must "Why should not a represen-

we are not airaid

moderator of the Church of Scotland (Presbyterian) have welcomed the new ecu- tative of Presbyterianism-and menical attitude of Pope John," who better than the moderator

Dr. Sanderson cited the latter's

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The African prelate was the

the National Press Club in 25

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"Then," he said, "began the cial welfare as well." He at amazing period of growth; the 20 million mark has been

Chicago to discuss Indian problems. Sister Inez, who teaches anthropology, is an adopted member of the

House of Representatives has to think for ourselves," he said also the appreciation of Anglic- and bitterness.

GOD LOVE YOU to Mrs. C.B.R. for \$5 "I am 83 years old this denction by tion allowed for contributions of the Senate brations marking the centenary Before God we recognize that GOD LOVE YOU to Mrs. C.B.R. for \$5 "I am 83 years old a bin interaction of the Scots Kirk (St. An-and not able to work hard, but I collected this donation by tion allowed for contributions of the Scots Kirk (St. An-men may be conscientiously di-direw's church) there. Should vided on certain issues. It is to buy food." ... to A.M.B. for \$5 "In thanksgiving to St. Anthony for favors received." . . to A Third-Grade Catechism Class for \$13.06 "This represents pennies, nickels, dimes, quarters and a state of the state of figures and a loss of adjusted gross income for Geoffrey Francis Fisher, who The committee charged with iter half-dollars sacrificed for the poor children of the mission of adjusted gross income for leating relations right, who have a committee charged with direct gifts to churches, oper Anglican Archishop of Canter-hand set of our pay in the church envelope of our budget book. This offering is what was left after our parish obligations had lated medical research institut leavers with Pope John denter and advise the moderator." been met for the year. It does not seem like a sacrifice as lated medical research institut converse with Pope John.

Dr. Sanderson went on to

we had never thought of it as ours. We are simply returning tions. The Assembly took its action stress that "we ought all to be However, a tax deduction of after Dr. Roy Sanderson of deeply concerned with bringing only 20 per cent is allowed for Glasgow had praised the "new about a closer relationship begifts to foundations established ecumenical attitude" shown by tween the Christian Churches. to support such organizations. Pope John and suggested that

"For too long," he said, "the Dr. Craig take advantage of his The bill (H.R. 2244) passed stay in Rome to meet the Pon- separated Churches - our own by the House (June 14) would tiff. among them - have sought to raise to 30 per cent the amount defend themselves smugly beof the deduction allowed for His recommendation stirred h i n d ecclesiastical curtains.

gifts to foundations, all of up a heated debate during Today the curtains are being

whose earnings go to organiza- which a counter motion was lowered little by little, but the tions for which the present 30 submitted by the Rev. J. Walsh highest curtain naturally has

per cent deduction is allowed. Wernyss of Fife, who declared remained between the Church

Let's ALL GO To

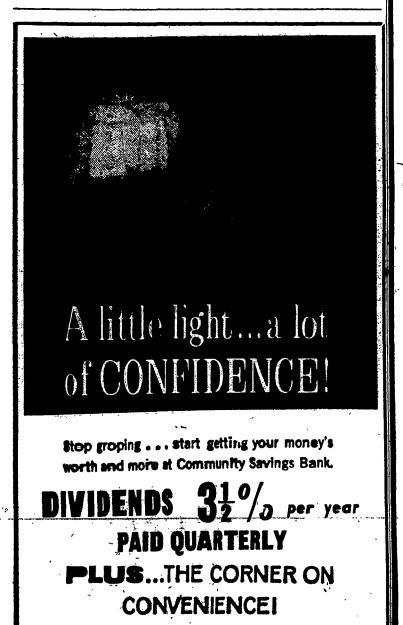
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to the Lord a small part of what He has given us."

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