



**Pilgrim
to the
Holy Land**



St. Peter, chosen by our Lord to be head of His group of twelve apostles, came to Bays from Jerusalem to preach the good news of salvation. St. Paul, after 22 years as a missionary in Greece and what is today-called Turkey, also came to Rome. The two saints were martyred there and a series of persecutions over a three-century period took a toll of thousands who preferred to die rather than deny the new faith.



The Catholic Church today considers the pope at Rome as the successor of St. Peter, the chief shepherd of the flock of Christ. From Rome, the Church directs a worldwide apostolate to give the Word of God and His holy sacraments to people of all races, nations and social conditions. The purpose of the Vatican Council of the world's Catholic bishops is to make this apostolate more effective in the modern world.



During the twenty centuries since Christ lived and died in Palestine, devout Christians have trudged to the shrines which mark His birthplace, His miracles, His crucifixion and resurrection. When Moslems conquered the Holy Land in the early Middle Ages, crusading armies from Europe fought to recapture the sacred places, with a fleeting victory, settled for a shaky truce which allowed Franciscan friars to remain in charge of the shrines at Nazareth, Bethlehem, Mt. Tabor, Gethsemane and Jerusalem and Christians were permitted to come as pilgrims to these shrines.



The Holy Land is now divided between two nations technically at war, Israel and Jordan. A fragile peace is kept by a United Nations police force. Christians still come as in past centuries to visit the holy places but they pray in the shadow of guns. Pope Paul said his pilgrimage will be "to implore divine mercy for peace among men."



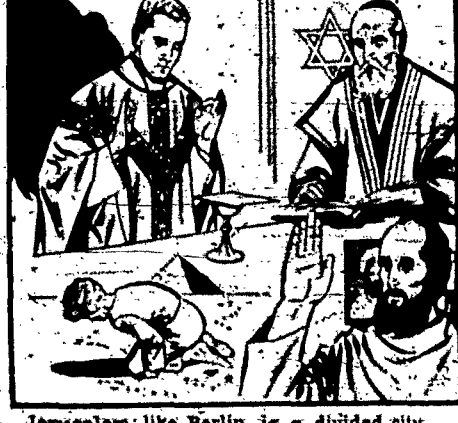
Christians at this time of year are reminded that the message of "peace on earth" is an ancient hope—sung by the angels when Christ was born at Bethlehem but an elusive goal both before and since that historic event. Men of good will of many different Christian denominations are expected to join Pope Paul in his pilgrimage prayer for peace.



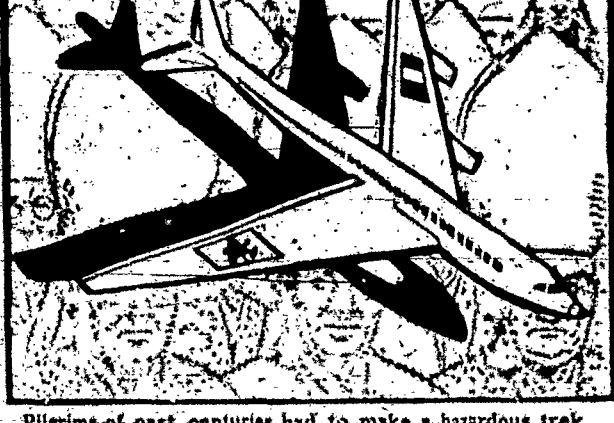
Despite its many continuing problems, the world has made spectacular progress in science, culture, art and also in religion in recent years. Christians, once hostile to each other across the dividing denominational barriers, now seek unity—as dramatized by the proposal of Greek Orthodox Patriarch Athenagoras to meet Pope Paul at Jerusalem in 1969. Napoleon, supposedly a Catholic, took Pope Pius VII as a prisoner to France. Today, ready to greet Pope Paul on his Holy Land tour are Jewish and Moslem chiefs of state.



Pope Paul, like countless pilgrims through the centuries, will pray at Bethlehem's Church of the Nativity (upper right); on Mt. Tabor (upper left), follow the route Christ took on His way to Golgotha (lower pictures).



Jerusalem, like Berlin, is a divided city but is still sacred to men of many different faiths—Jews, Roman Catholics, Greek Orthodox and Moslems. A mosque now stands on the spot where the Jewish Temple once towered over the city, where Christ preached to the crowds and worked many of His miracles.



Pilgrims of past centuries had to make a hazardous trek across barren wastelands, risk robbery or worse at the hands of brigands, or cross the often-turbulent Mediterranean Sea in frail ships, take months away from home to make a pilgrimage to the Holy Land. Now Pope Paul will jet the distance in less than three hours. His purpose, however, remains the same as all other pilgrims to the Holy Land—to find in the footsteps of Christ a path to follow in today's confusing world.

**God's World
Emotional Health**

By REV. LEO J. TRESE

Recently I received a letter from a reader of this column who proposes a problem which, to some degree, probably is shared by quite a few persons. The letter reads in part as follows:

"For quite some time I have been depressed. I cannot understand how a person can remain depressed if he has no mortal sin on his soul, and if the Holy Spirit is truly intimately united to his soul. Shouldn't there be a sense of joy and confidence, knowing that even though one has shortcomings, he can overcome them through the grace of God and his own earnest desire? Can one at the same time be in the state of grace and also have an emotional problem such as to cause depression? Doesn't the emotional problem imply a spiritual problem?"

The last question summarizes the others, and the answer is, "No, an emotional problem does not imply a spiritual problem." There could be occasions, of course, when a spiritual problem would precipitate an emotional effect. For example, a person of religious faith who chooses to live a sinful life certainly will experience an interior conflict between his ideals and his actions. This conflict easily could produce emotional strain.

In general, however, the presence or absence of grace has no more to do with emotional disturbance than it has to do with poor eyesight or an arthritic joint. Grace operates in the soul; its purpose and effect is to produce spiritual health, not mental or physical health.

AN EMOTIONAL problem, such as neurotic anxiety, is a product of the physical organism (brain, glandular and nervous systems) rather than an affliction of the soul. A person could be solidly established in grace, could even be a very holy person in God's eyes, yet still suffer from anxiety, depression, compulsion, or any one of a dozen mental or emotional disabilities.

The fact that an emotion is a mind-body phenomenon rather than a spiritual product is seen in the everyday emotion of embarrassment, in which blood rushes to the face to betray one's agitated state. Other examples are the emotions of anger and fear, in which the adrenal glands discharge their secretions into the blood-stream to prepare for attack or flight.

Emotion also can trigger repercussions in the urinary and digestive tracts. Moreover, if emotional disturbance had its origin in the spiritual soul, it would not respond to such forms of material therapy as shock treatment and tranquilizing drugs.

ALL OF US at times experience minor physical illnesses such as colds, headaches, upset stomach. So also most of us at times experience minor

**'Layman'
To Be Priest**

Hartford — (NC) — A former Protestant clergyman who five years ago browsed through some books on Catholic doctrine and subsequently entered the Church expects to be ordained to the priesthood next March.

Now completing his studies for the priesthood is Rev. Mr. Richard F. Layman, who in 1958 was an Anglican clergyman serving as a chaplain with the Navy in the western Pacific.

The story of his conversion was told by Father (Lt. Cmdr.) Charles E. Webb, a priest of the Archdiocese of Hartford and Navy chaplain, who received the former minister into the Church.

"In 1958," said Father Webb, "Mr. Layman was the Protestant chaplain assigned to Amphibious Squadron No. 5, of which I was senior chaplain. In the summer of 1958 this squadron was on duty in the western Pacific area during the crises in Lebanon and at Quemoy."

"A normal chain of circumstances under those near-war time conditions brought Mr. Layman to my cabin as its occupant for six weeks while I was away in another sector. During this period he read most of the books on my shelf and upon my return announced without ceremony but with strong conviction that he wished to become a Catholic."

Driver Education
Trenton — (NC) — A state legislative commission has recommended a tax-paid driver education program for high school students in both public and independent schools.

As far as a cure is concerned, however, God expects us to make use of the natural means at hand — the therapy afforded by the healing acts. This is true whether our illness is tuberculosis or a disabling neurosis.

If we are in good health, physically, mentally and emotionally, then a grace-filled soul certainly should result in feelings of tranquility and confidence. Nevertheless a person may suffer from such emotional aberrations as to drive family and friends to distraction, yet still be a saint. Under the roof of every mental hospital and psychiatric clinic there unquestionably are many, many holy souls.



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