PASTORAL COUNSELING is the topic of betweensessions chat for Father Joseph Brennan, new rector of St. Bernard's Seminary and Brother Joseph Egan, ester, with four groups funcwho spoke on counseling topic at this week's Pastoral tioning in the area. Workshop held at St. John Fisher College.

Bartenders Often Good Therapists

last week.

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Bartenders who know how to Fisher College.

The man behind the bar need went on. What is important is that he "be with" the troubled Priests must put across to well-known

The whimsical illustration was one of many made by the author of many articles on the of four visiting speakers who of priest in dealing with those day session. who seek his guidance.

A priest has many "built-in" stated. These include:

he emphasized. "The other person must see the answer for were "commuters" each day.

Some bartenders are the best. The good counselor has to be perimental group started in therapists in the world," a more than a listener, he con 1937. It was not until 1953 that counseling expert told a priests' tinued, "he has to be a dynamic he was sufficiently satisfied pastoral workshop in Rochester listener, a real 'presence' to the with the program to promote it person he's helping."

listen to their customers' trou-concerned with the spiritual old as Adam — several people bles perform a great service, welfare of his people, he must with like problems getting tosaid Brother Joseph Egan, who be aware that "grace builds on gether to offer mutual assistteaches pastoral counseling at nature," Brother Egan told his ance to each other. In modern lona College. He spoke to 250 hearers. "Good counseling helps times, it has become an increaspriests who were attending "Pas- them to work out their problems ingly effective tool in combattoral Workshop '66" at St. John so that they can more fully live ing mental illness and other the life of grace."

People with serious emotional

customer, who is "washing out people the notion that "if you're his conflicts in his favorite going to be a Christian, you will

counseling process, as he reviewed the role of the pastoral rich variety of fare in the four-the book, put its principles into

advantages for counseling ef- nor Marvin Bordelon, who spoke fectiveness, Brother Eagan on parish organization in the ery program. 20th century; Father Charles

religious formation.

• His image as a spiritual Co-chairmanned by Fathers ion. Under the guidance of a lather to his flock.

Co-chairmanned by Fathers ion. Under the guidance of a lather to his flock. mey, the workshop attracted • The trust people have in priests from various New York ing falls into four parts: him to keep their confidences. state dioceses and Canada, as It's not enough for the priestcounselor to see the right solution for the person's problem,
he emphasized. "The other per-

-Father Robers Kanke



At Our House $^{\circledR}$

Two-Way Street

scrawled "Dear-

on his own impulse, to add.

Making It Easy

At the inevitable, "Nov

what'll I say?" inference is that

at least he has said "thank you"

for children to write thank you "Thank you." letters for presents received from relatives? This may seem unimportant but it has become a personal thank-you enough?

of written thank-yous. "Chief to-do is between my mother-in-law and our only child, a boy of ten. His grand- novelty, when the dress or suit may take up to 5 minutes to set mother gave him a bicycle for has been tried on, this is the forth, members discuss the exhis birthday and he thanked time when the giver is most ample for about 10 minutes. her nicely. Now, my husband closely associated with the gift They try to be very positive thinks Bobby should also write in a child's mind. Certainly not they're not trying to pick faults her a letter (it is a rather for at the end of an exciting ex in the example. They offer honmal family). Because his father hausting birthday party need est praise when the example insisted, Bobby started a letter notes be penned. Twould be a showed good use of Recovery but when I read it, there were real chore. But next day, when techniques-suggest other steps re-write it and Bobby tore it is surely an appropriate time have used. up. Now everybody is made at

"What do you think?

Mrs. F. X. 0'C."

This reminds me of a facelate Senator Fred T. Dubois of that a child look up pen, pen-Idaho: "Write no letters, dic-cil, paper envelopes, stamps, betate no letters - and destroy fore starting his task But i these are ready, attractive small

(this is a psychological factor) In the light of present day notepaper, lined or unlined, he disclosures in the press, this may at first complain but be might be good, though hardly fore long becomes intrigued practical, advice to political with the project. If he asks figures but is scarcely conducive help in spelling, give it to him; to smooth-running personal re- if not, O.K.

Easy Does It!

Rather than make a cause and the response might be, "Just celebre out of the case, every-say love and sign your name, body - with a little diplomatic unless you want to say some handling-might simmer down. thing about school or the prize For instance, after Bobby has you won. . . had a particularly good time on his new bike, Mrs. O'C. could suggest he write "a short note to Grandma and thank her again." Paper, pen and envelope would be laid out and no hint of censorship given. Just, of censorship given. Just, "When you finish, ride your bike to the mail box, slip it in and Grandma will be so glad to get it in the morning."

that note, no matter how short, that a "thank you for a thank no matter how many words are you" is superfluous. misspelled, no matter how smudgy the paper. Those are the notes grandmas cherish — have a whole box of them my-have a more a child's gift — at least this grandmother does — with only an oral "Thank you."

Most children dislike letter too young for the gracious note. writing, but as one of the refinements of civilization it is It's a two-way street

All too often, I'm afraid, we of the older generation neglect this "letter back" business, Grandma will be glad to get steeped in the sophistication

"Will I get a letter back?"

Moreover, we sometimes take

We're never too old, never

Recovery Inc.

New Approach to Nervous Problems

with them.

member's problems.

tables each Wednesday evening means of informal discussion. Dr. Low's slogans. At a Recovat the Notre Dame Retreat House on Alexander St. might well be a parish discussion group working on some topical the new liturgy, etc.

But they're not.

health, in fact. They are a Recovery group.

Recovery, Inc. — a self help non-sectarian organization for nervous and former mental patients — is a fast growing and remarkably effective movement. It now has roots in Roch-

with a dozen members. Today, there are more than 500 such groups, numbering 15,000 rnembers, in America and Canada.

Brainchild of an Illinois psychiatrist, Dr. Abraham A. Low, the Recovery technique was worked out painstakingly over toms. many years. Dr. Low's first ex-

on a wider basis. While the priest is ultimately Group therapy is basically as rise of such feelings."

Almost everyone has heard of not say much to be effective in his "counseling" role, the Irish Christian Brother psychologist themselves, he explained.

People with serious emotional Alcoholics Anoymous — aimed to love God, they can't even love at helping those afflicted with a christian Brother psychologist themselves, he explained. sobriety. Recovery is not yet so

> have to love yourself," Brother ery approach is its well-defined technique, based primarily on a book of Dr. Low's, "Mental Brother Egan was the first Heath Through Will Training."

action in their lives and be Other speakers were Monsig faithful to a weekly meeting -the real heart of the Recov-

A visitor at a Recovery meet-Keating, on parish liturgy, and ing (and visitors are welcome) • His role as a representative Donald P. Gray who discussed is impressed with the businesslike handling of the weekly ses-

> "Mental Health Through Will ing, or read aloud by some of the members on hand.

2. An "example" period, in which three or four of the members relate recent experiences in their lives, situations in which they applied Recovery

There is a regular pattern for narrating the example: the situation is described, usually some trivial event which caused tension and aroused nervous symp-By Mary Tinley Daly toms. The symptoms are mentioned briefly: most are rather something to which they should common to nervous people, e.g. 'Do you think it is necessary it becomes as natural as an oral The person also mentions which Recovery rules or points he utilized to help keep the situ-Promptness, brevity and con ation under control. Recovery venience are key directives for has a language of its own a sore spot at our house. Isn't the mother who would train her simple, non-technical, easy to children in the gracious gesture remember. E.g. "Temper is my worst enemy.

> While the toy retains its After each example, which

3. After the example period, As to brevity, a printed or -: Thank there is a brief "question you" is sufficient, with what period" in which additional ever else the child may care, questions or comments are made on any of the previous ex-

4. Last part of the meeting is In the realm of convenience, called "mutual aid," in which

The group of people seated members break up into small "Symptoms are distressing members think that a smaller around one of the dining room groups to help each other by but not dangerous" is one of group is more workable.

At Recovery meetings, all discomes to realize that his "uni-lenough, myself," said the leadcussions during the example or que" symptoms are rather gen. er in the meeting I attended, subject such as ecumenism or ed to the application of Recovithat others have learned to cope ple can have a worthwhile meetery principles.

Recovery members are quick They are people working on to point out that the group is working member of the group, three years ago, when a young the general subject of mental not trying to form amateur psy- a non-professional (in terms of man talking to a priest at the health — their own mental chiatrists. Recovery does not medicine). He has had special Notre Dame Retreat House try to probe deeply into causes training for the work, however, said:
of the individual's nervous (Buffalo is the nearest Recov-

problems — this, they point out, ery leaders' training center in is the physician's role. And if this area.) there is anything that the Recovery rules emphasize, it is -"Follow the authority of your strate the method, but not to act as an authority for the doctor.

"In fact," one member points out "if your doctor doesn't thirak that Recovery is helping In 1953, there was one Recov. you, and counsels you to drop ery group in the United States, out, you would certainly do so."

ed causes of emotional prob people find it beneficial.

of their symptoms than any regularly. thing else," another member explained. "They know from ex-

perience how uncomfortable Recovery manuals list a whole

age nervous patient:

"Recovery helps you to face know" what the problem is like. Rochester area, for those who

will training to overcome sympomember, some by reading an in church institutions, it is a article about it. Visitors are non-sectarian group, open to all, "Most people are more afraid interested, invited to attend color.

Not everybody can benefit

ery meeting, the new member

The meetings are led by a

The leader's job is to demon- ous) problem."

Members anonymity can be alaxy of symptoms, most of preserved. First names are used dissolve all your fears, but Re-scholarship to Miss Judic Landwhich are familiar to the aver- at meetings, and that's all a covery can help you to handle visitor is expected to give.

Tensemess — tremors—fears Among those who persevere - (a whole litany of fears, in- in attending Recovery meetings, lucling fear of: darkness, there develops a strong rapport, covery for any length of time crowds, contamination, etc.) — based on mutual problems and are convinced that it does work, pancic — head noises, etc. It's understanding. Others may be if the person really follows the sympathetic, but it takes a fel- program. low nervous sufferer to "really



Junior Miss Visits Kodak

so many mistakes, I told him to presents are being put away, this which the other person might Diane Wilkins, America's Junior Miss, was a recent vīsitor at Eastman Kodak Company. The 18-year-old graduate of Divine Saviour High School, Wauwatosa, Wisconsin, plans to enter Marymount College at Tarrytown, N.Y., this September. Kodak is one of the sponsors of the national Junior Miss pageant to develop character, citizenship, ambition, poise and school tious remark once made by the it is perhaps too much to ask coffee and cookies are served, activities of the pageant participants.

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of Married Couples.'

mutual aid periods are confineral among nervous people, and "but even as few as 3 or 4 peo-tical worth of retreats for married couples, Father McGarrity was of the opinion that this type of retreat is the most effec-Recovery got started locally three years ago, when a young Vatican II operative in Christive means available for making tian families.

Notre Dame Retreat House is offering two retreats for mar-"I wish there were some kind ried couples this summer, weekof a group for people who could end of July 8, 9, and 10, and help each other in this (nervweekend of Aug. 12, 13 and 14.

about Recovery, suggested that the man write for information from a Recovery group. Some He did and with another young Receives Grant people just don't go for the man, decided to form a local group therapy approach. But group. group therapy approach. But group.

judging from the national figThe first group was based Cotton, Mrs. Helen Hogan and What is Recovery's value then, ures, as well as the local at the retreat house. Three Sister Mary Thomas (Mrs. Mc-

been formed from the original on Friday, June 3rd at a lunuit. It should be noted that cheon meeting in St. James Recovery stresses the use of ery by hearing about it from a while two of the meetings are Mercy Hospital. welcome at a meeting, and if regardless of race, creed or viewed the profiles of twelve Recovery members are mod-

they can be, and dread the next probably stick to it, the member will be told a sults, and financial need. new member will be told.

The priest, Father William

"There's no magic which will them," is the way another mem-

your symptoms, realize that they are not insurmountable and live The Recovery rules limit the might like to look into the What characterizes the Recov- with them," said one woman, size of groups to 30, but most group, are listed below, with night and time of the weekly

> Sunday nights: 8 p.m. Young Vomen's Christian Association. 75 Clinton Ave. N.

Monday, 8 p.m. Mental Health Chapter, 973 East Ave. Tuesday, 8 p.m. Lutheran hurch of Epiphany, East Avon. Wednesday, 8 p.m. Notre

-Father Robert J. Kanka

Dame Retreat House, 246 Alex-

Retreats Set For Married

Father Patrick McGarrity C.Ss.R., is collaborating with Rev. Doctor Bernard Haering in preparing an English text of his soon to be published lectures, "Confessional Problems

Interviewed about the prac-

Jamison had read something Judie Lander

Hornell-The DeSales Scholif rict to get at the deep-root groups' growth, a good many other groups, listed below, have Mahon unable to attend), mel

> The members present re applicants who requested scholarship assistance. Areas consid-Usually if someone keeps coming for a month, he will movement's efficacy. "Don't exnursing and guidance test re-

It was decided to award the er of Wayland, Judie will be a June graduate of the Wayland

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