

Worldwide Year of Faith Begins Thursday

Catholics around the world will begin "A Year of Faith" next Thursday, June 29.

Pope Paul at the Vatican and Bishop Sheen at Sacred Heart Cathedral will launch the year-long 19th centenary of the martyrdom of St. Peter and St. Paul in special ceremonies.

The Pope will celebrate Mass with the 27 new Princes of the Church at an outdoor altar in front of St. Peter's basilica at Rome.

Bishop Sheen will celebrate a centenary Mass with priests of the Diocese at Sacred Heart Cathedral Thursday at 12:15 noon.

Similar rites are also scheduled in other areas of the Diocese by local Episcopal Vicars as follows:

In Elmira, Monsignor Philip McGhan will celebrate a Mass at Sts. Peter and Paul's Church, Thursday, at 8 p.m., to signal opening of the Year of Faith in the southern vicariate of the Diocese. Father Bartholomew O'Brien, vicar of that area, will preach. An ecumenical choir known as the Cantata Singers will sing the Mass. Clergy and lay people of all churches in the Elmira area are invited.

Two centenary Masses are to be celebrated for residents of the eastern vicariate area of the Diocese:

In Geneva, a Mass will be said at St. Francis de Sales Church, Thursday, at 7:30 p.m.

In Auburn, Father Paul Cuddy will celebrate a Mass at St. Mary's Church, Thursday, at 7:30 p.m.

Father Raymond Wahl, vicar of that area, will preach.

Pope Paul, earlier this year, asked that a Year of Faith be observed beginning June 29, feast of St. Peter and St. Paul, both of whom were martyred at Rome sometime between the years 64 and 68.

Purpose of the Year of Faith, the Pope said, is "to strengthen our faith in the true meaning of that term, to encourage study of the teachings of the recent ecumenical Council, to sustain the energies of Catholic thought in its search for fresh and original expressions."

The Pope proposed that the ritual highlight of the Year be the solemn recitation of the Creed "... in every cathedral ... in every religious house

... in every Christian household, in every Catholic association, in every Catholic school, hospital and place of worship."

This will give every Catholic the opportunity, he said, to give "to Jesus Christ ... a humble yet exalting 'I believe' — the full assent of intellect and will to His person and His mission of salvation."

"What better tribute of remembrance, of honor, and of solidarity could we offer Peter and Paul than that of the very faith which we have inherited from them?" the Pope asked.

Father Albert Shamon, Bishop Sheen's Vicar for Religious Education, is currently at work on plans for further diocesan observance of the Year of Faith.

Want to Pray Better?

Kneel on Your Heels

New York — A leading retreat-master suggests that the best way to pray is lying down flat on one's back.

The superior general of the Jesuit Order demonstrates for a national magazine his favorite prayer position: sitting back on his heels.

Famed spiritual writer Thomas Merton authors "Mystics and Zen Masters" and tells how Westerners might benefit from the example of Zen monks who "for several hours a day must sit in the lotus posture meditating."

There is even in circulation a book by a Benedictine monk, titled "Christian Yoga," complete with instructions and diagrams.

These are just several items helping to dispel the idea that kneeling is the best or only formal position for prayer. In fact, it's even been suggested that kneeling can be harmful — to both the ecumenical movement and the aged.

Dr. John V. Connorton, an executive of the Greater New York Hospital Association, wondered aloud in the pages of "America," the Jesuit weekly review:

"Have the experts, given any thought to eliminating kneeling? A simple bow would be just as reverential, and would be much more graceful than the awkward attempts at kneeling being made by almost all but the most agile. Eliminating kneeling would be helpful in the ecumenical movement, since it is not used in the Orthodox ritual or in services of the Protestant denominations with the exception of the High Anglicans and the Lutherans.

"Another factor that should be considered is the life expectancy of modern man in the time of Christ, life expectancy was about 30, but today it is nearer 70. One out of ten is now over 65 ... Efforts of the elderly to kneel gracefully during the Mass and other ceremonies are rarely successful. The advice of most orthopedists and cardiologists would be to avoid the strain and stress of kneeling in these circumstances. Kneeling is a struggle for all the elderly, whether clerical or lay."

The Gospels record only one instance of Christ kneeling to pray — during the Agony in the Garden — and catacomb art shows early Christians standing with outstretched hands while in prayer. But those favoring different formal positions of prayer are not so much trying to discredit kneeling (the Acts and Epistles record several instances of kneeling for prayer) as they are trying to acquaint 20th Century Christians with the advantages of other positions.

Jesuit Father Bernard Basset, an English retreat-master who has made several tours of the U.S. conducting retreats, said in New York recently that one of the best ways to put oneself in God's presence is by lying on one's back.

"It's one of the quickest ways to relax yourself to concentrate," Father Basset said. "That's why psychiatrists have their patients lie on the backs. Besides, if you pray to God lying on your back it's like being in your coffin — a very chilling effect but a very effective one for putting yourself in God's presence."

In its lengthy profile on the Rev. Pedro Arrupe, S.J., head of the Jesuits, the "Saturday Evening Post" stressed the influence that his 27 years of service in Japan has had on his thought and religious practice.

"Would you like to see how I pray?" he asked the magazine writer, and "leading me into a tiny oratory adjoining his bedroom, he pointed to a Japanese 'tatami,' or floor mat, knelt on

IF YOU MOVE ... let us know about it so we can keep your Courier coming to you on time. Phone or mail us notice of your change of address. Include your old address and new address and the name of your parish.

Courier Journal, 35 Scio St., Rochester, N.Y. 14604. Phone-716-454-7050.



Rev. Pedro Arrupe, S.J., Jesuit Superior General, in Japanese-style prayer position. (Photo by John Launio ©1967 Curtis Publishing Co.)

it and, removing his shoes, sat back on his heels, Japanese fashion. "It's so comfortable," he said, grinning.

But trying to get into those Oriental prayer positions — either sitting back on one's heels for extended periods or working oneself into the muscle-straining contortions of "Christian Yoga" — is not a grinning matter for someone who hasn't spent 27 years in the Far East. But there are some efforts being made to train American youngsters in the art of Oriental prayer.

The children need all the head start they can get. "It took me six months to feel comfortable sitting cross-legged in the Indian fashion," confessed the Rev. J.M. Dechanet, O.S.B., Benedictine author of "Christian Yoga," and eighteen to succeed with the Lotus posture: right foot on left thigh, left foot on the right thigh, making a variable knot with the legs.

But Father Dechanet believes the spiritual ways of the East

are well worth the trouble to emulate. "In the East there exists a large group of thoroughly tested techniques that could be termed the way or path of silence," he writes. "From distant times, sages in India have been teaching men to keep mastery over their thoughts, to control their psychic being, and to establish themselves in an atmosphere of relaxation and profound peace, far from everything 'noising' in man and around him; and all this has been achieved by means of a series of physical disciplines.

"Might we, of the West, not be able to profit from this authentic experience of theirs, and, while keeping in mind the differences in temperament, culture and especially faith, might we not make use of their methods to find again the way to God — to a God from whom our civilization and technology, our habits and all the noise surrounding our daily routines have already cut us off, and threaten to divorce us irrevocably?" — (Catholic Press Features)

The Catholic COURIER

THE NEWSPAPER OF THE ROCHESTER DIOCESE

Journal

78th Year

ROCHESTER, N.Y., FRIDAY, JUNE 23, 1967

Price 15 cents



Bishop Sheen turns a clod of earth to start construction of new St. Jude Chapel at Rochester State Hospital. With him at Sunday afternoon wind-swept ceremony are Father L. James Callan, hospital chaplain, John Owens of the hospital staff, Dr. Guy Walters, director, and New York State Secretary of State John P. Lomenzo.

The Problems Of Ecumenism

The Mass opening the Year of Faith honoring the 19th centenary of the martyrdom of St. Peter and St. Paul scheduled for next Thursday evening at 8 p.m. at Sts. Peter and Paul Church, Elmira, will be in Latin.

Why in Latin? We first thought maybe to symbolize the world-wide nature of the centenary observance ... or perhaps because the two great Apostles were martyred in Rome ... or to dramatize the continuity of faith in an era of transition.

Actually, the Protestants are to blame for it!

An ecumenical choir called the Cantata Singers will sing Thursday's Mass and the Protestant members can sing the old Latin Mass texts but they haven't had time to practice the chants of the new English texts.

Chapel Begun at Hospital

Religious, civic and mental health officials were on hand Sunday afternoon to signal start of construction of a chapel at Rochester State Hospital.

Bishop Sheen dug a spadeful of earth—and said he had considerable experience at such a task ... from digging post holes when a lad on a farm.

Dr. Guy Walters, director of the Hospital, voiced his own personal convictions of the need for religion in all of life, particularly in the process of healing those whose minds are disturbed.

He said, "Man has to have something beyond the needs of daily life."

He termed construction of a permanent chapel at the Rochester Hospital "long overdue"

and attributed the present accomplishment to "the continuous hard-working efforts of Father Callan," Catholic chaplain at the Hospital.

New York State Secretary of State John P. Lomenzo represented Governor Rockefeller at the rite.

BISHOP SHEEN, in his talk following the groundbreaking

ceremony, cited "what a great change" has taken place in care of mentally sick during past two decades.

He said Scriptural descriptions of those "possessed by the devil" aptly expressed in terms of that time basic cause of much mental illness today — "Many suffer because they are not loved and so they turn in upon themselves, and become self-contained, 'possessed.'"

The Bishop said in the new St. Jude Chapel, patients and staff members can see in the crucifix the evidence that "no man is really alone — there is One who has given His life for all and there is no greater love than His to inspire those who work and those who wait for His healing hand."

Father Callan hopes the chapel will be ready for use by October 28, feast of St. Jude.

Bishop Sheen

Forms a Club—

Want to join?

See 'Duties'

on page 2.

Bishop Sheen's Three Evenings of Study for Adults



JESUS CHRIST
Son of God

You've often said you'd like a fast refresher course on your religion.

And you've probably thought dozens of times you'd like to know more about the Bible.

So here's your chance —

Bishop Sheen will personally conduct a three-evening Adult Education Congress at Nazareth Academy, 1001 Lake Avenue, Rochester, this Wednesday, Thursday and Friday, June 28, 29, 30.

Theme of his talks will be three of the



MOSES
Servant of God

Bible's outstanding personalities — Abraham, Moses and Jesus Christ.

Following the Bishop's talks each evening, Father Joseph Brennan of St. Bernard's Seminary and Capuchin Father Sebastian Falcone will lead a discussion period. Both priests are well known Scripture scholars.

The Bishop's talk each evening is scheduled for 7:30 p.m. so those who come into Rochester from other areas of the Diocese can return home at a good hour.



ABRAHAM
Friend of God