

All in the Family
'Renewal'
Aptly Named

By Sarah Child



Our parish is having a "mission" or "renewal." I listened to the visiting priest on Sunday morning and laughed loudly at a few of his quips designed to make me do exactly that and to make me want to come to the renewal.

I thought about it and said I would. By the time Sunday evening rolled around, however, I was too tired and besides I knew what it is like going to church at night.

If anybody knows, I know. When I was growing up, anybody at our house who missed Wednesday and Friday night Lenten devotions either had two broken legs or was confined to bed by order of the doctor. Any lesser medical authority had no weight.

Forty Hours? We were there. En Masse.

Holy Week? Day and Night.

My first year of college was spent at a Catholic girls college run by the Sisters of St. Joseph.

If we weren't being wakened at 5:30 a.m. to take part in some special feast day Mass, then we were having evening retreat sessions, often conducted by a priest who was something less than inspiring.

As if that weren't enough, the frosh boarders (most of our students were day students) took to going into the almost totally black chapel at midnight to say a prayer or two, as a group. Diversion, not piety, was the motive — but I doubt you'd have gotten any of us to admit it.

For some of the girls, the dimly lit chapel may have been peaceful and inspiring.

In me it inspired nothing more sublime than anxiety — real and lasting anxiety.

To hear the Passion of Our Lord recounted by anyone with

any ability at all can cause me to break into cold sweat. Flickering votive lights add to the setting and spell that not even a creaky organ and an unbalanced chorus of voices can break.

All this is to explain why I usually find myself too "tired" to take part in evening church services.

Then the morning after the first renewal session the phone rang. It was a friend who said the last night before dismissing them was "to bring a friend."

By the time she arrived to pick me up I was very "tired," "out of sorts" and generally cranky.

My first impression inside the church was, how bright it was, every light on.

The brightness extended itself elsewhere. Father started with a couple of hymns. I love to sing. The talk was pertinent and particularly applicable for the female audience.

Communion and then a question and answer period. The questions seemed routine. The answers were not.

We heard just how hard it is to commit a mortal sin. We heard there was no need to go to confession for long periods of time as long as no mortal sin had been committed. We heard that sympathy and understanding start at home.

It was a lesson delivered with humor, a great deal of intelligence and real insight.

In one hour, an attitude of 15 years about evening church services had been made to fall away.

May you all be so lucky as to have a friend who will make a phone call. May you all be so fortunate as to participate in such a renewal.

Food Tips for Senior Citizens

Catholic Press Features

North Easton, Mass.—A newsletter to help the elderly feed themselves better economically and nutritiously has been launched by the Food Research Center for Catholic Institutions here.

Called "The Golden Nugget," the newsletter is beginning as a quarterly and will be sent free to anyone wishing it, according to its editor, Brother Herman E. Zaccarelli, C.S.C.

Brother Herman, who founded the Food Research Center at Stonehill College in 1958 has since become an internationally-recognized expert on food planning.

He said that although many elderly people are cared for in special homes, "millions live alone in poverty and must survive on a very small income. The Food Research Center is publishing the newsletter to assist the elderly living alone to plan, purchase and prepare foods within a modest budget."

For example, Brother Herman explained, The Golden Nugget will regularly offer recipes for the service of one and two people in such a way that all the food will be utilized and not wasted.

Issue Number One contains, among other items, a "Menu Guide" that lists "Economical Meat Dishes" and includes: Oven roast, pot roast, Swiss steak, chopped beef, Swedish meat balls, broiled chicken and roast leg of lamb.

A preview of upcoming topics even includes a "Gout Diet."

Brother Herman who has conducted food seminars for many religious institutions throughout the country and was cited as one of the ten most notable people in food service by Food Service magazine, said The



Brother Herman shows what's cooking.

Golden Nugget is "a direct response to recommendations made by both the President's Task Force on Aging and the recent White House Conference on Food, Nutrition and Health."

Consequently, the first issue of "The Golden Nugget" includes such diet tips as:

"Large meals should be avoided. It is better to eat smaller quantities of food more frequently."

"Decrease the use of sweets and fats in your daily diet."

The elderly with small food budgets are advised, in another section of the first issue of The Golden Nugget:

"Store brands — with no money devoted to costly promotion — are frequently top qual-

ity and cost far less than nationally-advertised names."

"It costs a company more to package a quantity (such as cereal) in many small boxes than in one large box — and you will pay more, too."

Brother Herman also plans to include in future issues non-food topics, such as by-lined articles by physicians, gerontologists, social workers and elderly persons active in senior-citizen programs and even a written column for the exchange of ideas, household hints, and problem-solving tips offered by the elderly.

Copies of "The Golden Nugget" can be obtained by writing to the Food Research Center for Catholic Institutions, North Easton, Mass., 02356.

BUYERS GUIDE

"Quality Shopping With Confidence" "A Handy Reference To Friendly Service"

She's Got 4 Children And a Scholarship, Too

Mrs. Patricia Emerson, a senior in the St. James Mercy Hospital School of Nursing, has been named recipient of a scholarship given by Riedman Agency, Inc., Rochester.

A member of the class of 1971, Mrs. Emerson will graduate in June, realizing a long time ambition and dream—that of becoming a registered nurse. Back in 1955, she entered the St. James School of Nursing, and completed two years of study, but left school at the end of her junior year to be married. This past September, helped by refresher studies, she returned to the nursing school program to complete her classroom instruction and clinical experience. She has four chil-

dren, Mark 13, Karen 12, Mary Kathleen 6, and Michael 5.

The scholarship, in the amount of \$400, is given to a student with scholastic ability and financial need.

KAZUYOSHI AKIYAMA PHILHARMONIC GUEST CONDUCTOR

The 29-year-old Japanese conductor, Kazuyoshi Akiyama, who has moved local audiences to standing ovations in his previous appearances here will be the guest conductor for the Rochester Philharmonic's seventh subscription concert tomorrow, Jan. 21, at 8:15 p.m. in the Eastman Theatre.

Beethoven's Egmont Overture, Stravinsky's Jeu de cartes and the Brahms Second Symphony are on tomorrow's program.

On Thursday, January 28 in the Eastman Theatre, he will be guest conductor for the subscription concert that features a solo appearance by pianist Misha Dichter.

RED CROSS NAMES MERCY SENIOR

Susan Houters, a senior at Mercy High School, has been appointed by the Red Cross as assistant director of its youth leadership training program at Manlius-Pebble Hill School, Aug. 22-26.

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