

SARAH CHILD
**All In
 The Family**



I was attempting to cheer up a temporarily down-in-the-dumps friend via the telephone the other day. I knew what her problem was even if she wasn't about to admit it herself. Her "baby" had left for college the week before and while she was applauding herself on the surface for having pushed another fledgling out of the nest underneath she was feeling lost and not particularly needed.

Her husband was happily absorbed in some new business project and the rest of the children were pursuing their own interests.

I said all the usual things

one says to people who are down. About how it won't last and how she, at least, could get out of the house whenever she wanted to without dragging a toddler with her, etc., etc.

Nothing was making much of an impression until I remembered something I'd read by a psychologist dealing with depression.

"All of us," he wrote, "must have something pleasurable to look forward to each day." We must have a good reason for getting out of bed each morning if we are to remain mentally healthy.

In other words if we do not find our jobs pleasurable or look forward to some other facet of our daily routine with happy anticipation then we must take steps to manufacture a pleasurable treat.

The soundness of such a prescription is instantly apparent to anyone who has ever found himself in a rut. Some of us respond to a dull routine by becoming physically exhausted, so tired as to be unable to complete necessary daily activities. Others tend toward anxiety or possibly anger or maybe an escape from reality.

Should something happen to take us out of the routine the exhaustion, the anger, the anxiety can drop as if by magic.

To manufacture a break in the routine, if none is forthcoming elsewhere, is looked upon by some as self-indulgence. Experts know better. For all of us, pleasurable anticipation in life is a factor so important that we cannot remain sane without it.

For many women who may spend the day at home alone,

the anticipated moment may well have to do with other people, talking with someone other than a child, relating to someone. On the other hand for those who spend the day in a throng of people, the anticipated moment may be one spent alone.

For some people the break may be one spent creating something of beauty. For others it may be the admiring of someone else's creation.

Whatever it is for you don't ever leave it out. It's not a luxury, but sheer necessity.

**Medical Auxiliary
 Hosts Conference**

The Women's Auxiliary to the Monroe County Medical Society is entertaining delegates from all other counties in the state at the 25th anniversary conference.

The conference, at the Holiday Inn, ends Oct. 7. Mrs. Philip Winslow of Henrietta and Mrs. Joseph Izzo of Penfield are chairmen.

**RACL Plans
 Meeting on Poor**

The responsibility of Christians to the poor will be the theme of the Rochester Association of Catholic Laymen regional meeting Sunday, Oct. 17.

The Human Dignity Committee of RACL planned this meeting for the 16 parishes in the southeast region of Monroe County, to provide an understanding of welfare problems.

The speakers will be Father John Hempel, rector of Becket Hall and former director of the Office of Human Development; Sarah Jones, president of the Welfare Rights Organization; Burton Richardson and William Carreo of the Monroe County Welfare Department.

The meeting, which will be at Our Lady of Lourdes Church from 2:30 p.m. to 4 p.m. will be followed by Mass celebrated by Father Charles Mulligan, the present director of the Office of Human Development.



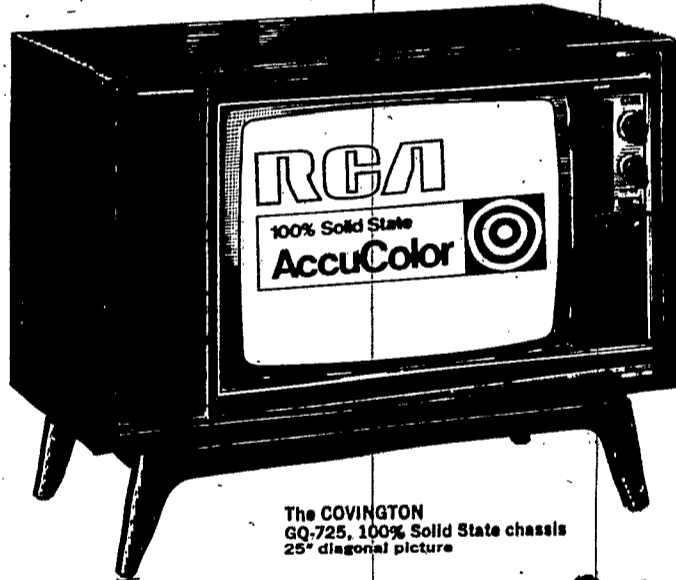
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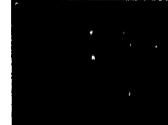


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