

Collection Planned For Black Catholics

The Pastoral Office has announced that the second collection in Monroe County parishes Sunday, Dec. 10, will be for the National Office for Black Catholics (NOBC).

The three-year-old NOBC, which began with the help of the National Council of Catholic Bishops, has attempted to address itself to the renewal of the Church in the black community.

Faced with declining numbers of blacks in the Church, a decrease in black religious vocations, and complaints from blacks that the liturgy of the Roman Church reflects little of the rich heritage of the black man, NOBC has geared its programs to survival of a Catholic religious expression within the black community.

Scheduled for Nov. 28 is an in-

formational session for all Monroe County parish priests, featuring Brother Joseph Davis, national director of NOBC, at St. Lucy's Hall, 10:30 to noon.

The purposes will be to inform the local clergy of benefits and community needs of NOBC.

Programs of the National Office for Black Catholics include a highly successful series of liturgical workshops centered around "Freeing the Spirit" (enabling Black Catholics to recognize and utilize the beauty within their own cultural backgrounds), two workshops geared to meet the needs of white clergy and religious serving the black community, and an ongoing program of consultation with parochial schools in order to help them maximize their potential benefit to the poverty community.

Religious Vocation

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in with the establishment of a Diocesan Pastoral Council.

Father Connor said he hoped that every parish would one day have a parish vocation committee, which would feed into the regional and pastoral councils.

However, for now, the vocation council will include representatives from Sisters, the Serrans, the Knights of Columbus, seminarians, the campus ministry, and possibly the high schools.

"We want to provide a channel for any boy or girl who is struggling with the idea of a religious vocation," said Father Connor.

He said that so far the vocation program that had given the "most tangible results" was the seminary visitation idea, whereby juniors and seniors in high school voluntarily visit either St. Bernard's or Becket Hall for a weekend, in order to get the feel of seminary life.

One of the most difficult areas in vocation recruiting is the high schools. Father Connor mentioned instances at high school presentations where students would not come forward and express their interest in vocations for fear of negative peer reactions.

It would be the job of the vocation council to decide which programs are the most effective, and which will be used.

Father Connor also plans to implement a poster campaign and radio and television spots to get more visibility for vocation programs.

"Right now visibility should be our only goal," he said. "We can't let it (the vocation council) sleep."

Bishop McCafferty emphasized, however, that the council should be "a simple structure. We are overstructured now, as it is," he said.

SPEAKING CONTEST

The Monroe County American Legion will hold its 36th annual oratorical contest for high school students on Jan. 14. The competition for scholarship awards requires speeches eight to ten minutes long on the U.S. Constitution. Details are available at high school offices and legion headquarters, 100 Exchange St.

DANCE PLANNED

Penn Yan — "Autumn Serenade", a dance, sponsored by the Parish Council at St. Michael's will be held Nov. 18, 1972, from 9 to 1. The public is invited. For more information contact Grace Monaghan, Nancy Flynn, or Joanne Quinn.

British Names Tribunal for IRA Cases

London (RNS) — The British government has named a tribunal of three commissioners to hear cases involving suspected terrorists of the Irish Republican Army (IRA) in Northern Ireland.

The move is designed to replace the controversial policy of internment IRA suspects without trial.

Contest Winners Named

Wayland — Winners of the 1972 Community Chest poster contest have been announced, and all winners are students at St. Joseph's School.

They are Linda McLaughlin, seventh grade, first prize of \$5.00; Kurt Wolfanger and Matthew Robertson, sixth graders who share the \$3.00 second prize and Kim Traphagen, sixth grade, \$2.00 third prize winner.

The theme of this year's drive to raise \$9,896 is "Happiness Is Sharing." Tom Quinlin, Chest president, is director of the campaign that was conducted Nov. 5. Assisting were Anna Wright, allocations chairman; Dr. Ralph Murray, vice president; James Beckerman, special gifts; Mary Edmonds, secretary; Harold Kiesel, Jr., treasurer; Gordon Siek, publicity; Dean Henty of Dansville, Red Cross, and Rita Morsch, poster chairman.

RG&E consumer news

Consumer Center on Ranges

How to save a meal while you save energy

Have you ever stopped to consider that by learning how to use your range correctly you can reduce your workload and keep the expenditure of fuel at a minimum? November's Consumer Information Center will help you do both. Throughout the month graduate Home Economists from RG&E will staff the Center to give you advice on how to use your range efficiently and economically. They will be at the Center every Monday through Friday from 11 a.m. to 3 p.m. and Tuesday evenings from 7 to 8:30.

Use right burner

Do not put a four-inch sauce pan on a six-inch burner. This wastes energy. A few electric ranges have a burner that can be adjusted to fit the circumference of the pan you are using. Such a burner has three concentric elements — 4 inches, 6 inches and 8 inches in circumference. If you want to use a 6 inch pan on such a burner, it will heat only the 4 and 6 inch elements. This is an instance where you can put a small pan on a large burner.



The pot on the left is the right size for the burner. The right-hand pot is on a burner which is adjusted to heat an area the size of the pan. In this case the pot can be put on a large burner.

Cooking with the right amount of heat

How many times have you rapidly boiled a vegetable just to shorten the cooking time and ended up with an overcooked, less appetizing and less nutritious product? You can shorten the cooking time by boiling a vegetable — if you watch the time very carefully, but for best results, once the boiling point is reached, turn the burner down to simmer.

Our Home Economists can suggest other similar ways of using the top of the range for the best results and with the least expenditure of energy: such as, cooking with the lid on the pot; partially thawing frozen vegetables before cooking them; and using the least amount of cooking water necessary. They may also suggest that you try steaming some vegetables.

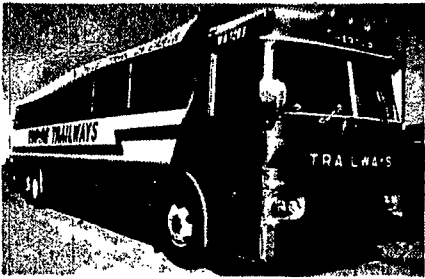


Get in the habit of using your oven timer.

Timing oven cooking

Most ranges today have minute timers. If yours does, get in the habit of using it. This should eliminate peeking in the oven to see if something is done. If your oven is accurate and you are baking a cake that calls for a time of 25 to 35 minutes, there should be no need to open the oven door before 25 minutes. This is important, for you can lose from 50 to 100 degrees every time you open the oven door; this not only lengthens cooking time, but can also produce a lower quality product. Plan ahead so that while you are cooking a dinner entree in the oven, you also bake cookies, for instance. Or plan a dinner so that you can cook the entire meal in the oven at the same time. You can adjust time and temperature on most vegetables and casseroles so that they can be done simultaneously. Did you get any new ideas? You can get many more when you talk to one of our Home Economists at the Consumer Information Center on Ranges. Visit us soon.

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