

SARAH CHILD
**All In
The Family**



A friend once confessed that when she was feeling particularly low she would soft boil an egg and then spoon it carefully over soft bits of bread. After eating it her spirits would rise. Somewhat sheepishly she explained that's what her mother used to give her and her sisters when, as children, they weren't feeling well.

What she didn't say and didn't have to say was that along with the invalid food came an extra dose of love. Her mother was no longer nearby to dole out comfort but the special food was available and so she helped herself to something that reminded her of that love.

Psychologists tell us that food and our emotions are clearly linked — sometimes inextricably so.

My husband and I both have stories we tell our children about certain happy eating experiences

**Fire Prevention
Workshop Set**

Fire prevention programs for churches will be a major topic at a workshop Saturday morning, Jan. 27, in Central Presbyterian Church, 50 N. Plymouth. Endowment funds also will be considered.

The workshop is sponsored by Genesee Ecumenical Ministries and is open to clergy, trustees and others involved in church business. There is no admission fee, but reservations should be made with GEM, at 232-6530.

Conducting the sessions will be Ward Whipple, an attorney and a member of the Lake Avenue Baptist congregation that lost its church a year ago in a fire of undetermined origin. Participants will include John W. Norton, insurance coordinator for the diocese.

**Poetry and Essay
Contest Announced**

A poetry and essay contest centered on religious and patriotic themes was announced last week by Our Lady of the Cenacle, Catholic Daughters of America.

Invitations to take part in the poetry competition were sent to 46 parish grammar schools in the Rochester area. Students at seven high schools and two colleges were asked to enter the essay contest. Deadline is Feb. 15.

Mental Health Commentary

By THE DE PAUL CLINIC

Question: Do children get depressed?

Answer: Yes, believe it or not. Infants get depressed by removal from their mothers after a few months of age. This has been called the "anaclitic depression". If this depression is prolonged, it may have a retarding effect on the child's subsequent growth, both physical and mental.

Children, as a group, get depressed because of the loss of someone close to them and on whom they are dependent. Children may also get depressed when a parent, usually their mother, gets depressed.

Depressed children look depressed and are irritable. They sometimes are less interested in play and may have sleep and eating disturbances and difficulty concentrating. Their school work usually suffers. They feel unloved and may speak of not wanting to live. Children rarely recognize that they are depressed and usually are not recognized as being depressed. In older children, depression may take the form of angry behavior such as temper tantrums, disobedience, truancy, running away, and stealing.

As with any emotional problem, treatment depends on the evaluation of the child and his life situation. Particularly significant are those factors which may be perpetuating the condition and the family's resources to assist in overcoming the condition. Each case must be dealt with in terms of its unique circumstances.

Questions on children's mental health should be mailed to: Mental Health Commentary, Courier-Journal, 67 Chestnut St., Rochester, 14604.

Courier-Journal

we had as youngsters. Interestingly enough both stories involve our fathers coming home late from nightwork tricks.

My husband's father came home with a lemon meringue pie sometime after midnight, woke the children and they all had a party. If I ask my husband now what kind of pie he prefers it is almost always chocolate cream or apple but when he tells the lemon pie story you can see his eyes light up as if there never were, nor ever will be anything quite as scrumptious as that particular bit of pastry.

My story starts with my mother being sick and spending the day in bed, a gloomy situation for three children all under ten. My father who worked long hours at a grocery came home at 10 with a head of lettuce, a carton of root beer and a package of white butcher's paper containing some boiled ham. Spreading everything out on the bed, he handed around sandwiches and warm root beer. Sitting crosslegged on that bed, and watching my mother smile for the first time all day. I never felt so secure in my life.

Another friend gets all misty just thinking of soggy buttered toast and sugary tea. That's the treat she got as a little girl when she wasn't up to par. Never mind that she's a dry toast and black coffee addict now. It's the memory that counts.

A psychiatrist once suggested that if a girl wanted to catch a guy she should bring on the milk and ice cream. He declared that in most men's eyes the link between mother and the food she urged on him as an infant is so strong as not to be denied. If anybody is interested in trying it out, remember girls, skim milk won't work. Milk, without cream, was deprivation in the maternal eye.

The children at our house wax poetical when anybody mentions pancakes. Not just any pancakes but tiny ones slightly larger than a silver dollar. Their great grandmother makes them that way for them, lets them help turn the fragrant discs on the old black griddle and never ever suggests that their eyes are bigger than their stomachs even when the evidence is incontrovertible.

When they grow up they may not want pancakes. But, undoubtedly, the thought of them, dished up with so much affection, will warm and fill them the rest of their lives.

**Pontiff
Condemns
Mafia**

Vatican City (RNS) — Pope Paul has pointed to the Mafia as one of the more deadly of criminal elements in the world today.

The pontiff told thousands of pilgrims gathered in St. Peter's Square beneath his papal apartment, that the increase of crime and civil disorder in the world today makes life many times "sad and obscure."

Pope Paul alluded to the "outbreak of Mafioso conspiracies" as one of the major contributors to present-day sadness. He warned that crime destroys the quest "for a just and free peace" and robs men of the right to "a quiet and safe life."

He also singled out for criticism what he termed the "failing of the spirit of organized protest... as a method of social claims."

He called on people throughout the world to build up their faith, honesty and dedication to common good as an answer to encroaching criminality.

The address marked the first time the pontiff has used the term "Mafioso" in a speech obviously aimed in part at the secret crime society which had its roots in Italy and is known in the United States as "Cosa Nostra."

**Washington
Marks 25th**

Washington, D.C. (RNS) — Two silver anniversaries — of the Roman Catholic Archdiocese of Washington and of the installation of Patrick Cardinal O'Boyle as first resident archbishop here — were observed recently at a Mass at St. Matthew's Cathedral.

More than 300 archdiocesan priests were invited to concelebrate, with the 76-year-old cardinal as chief celebrant. Archbishop Philip M. Hannan of New Orleans, a former Auxiliary and chancellor of the Archdiocese of Washington, delivered the homily.

A second Mass, for the public and parishioners of St. Matthew's was celebrated Jan. 14, a date coinciding with Cardinal O'Boyle's consecration as a bishop 25 years ago in St. Patrick's Cathedral, New York.

Washington became an archdiocese in 1939 through an apostolic constitution issued by the late Pope Pius XII. At the same time, the Pope designated the parish church of St. Matthew the Apostle as the cathedral or episcopal seat of the Washington See.

The cardinal, who received his red hat and membership in the College of Cardinals from Pope Paul VI in 1967, observed the 50th anniversary of his ordination to the priesthood in 1971.

**Senior Citizens
Honored by CYO**

The CYO throughout the diocese will host a Senior Citizen Sunday at area basketball games Jan. 28.

Each player, coach and cheerleader will invite grandparents or senior citizens to ball games slated in over 40 gym facilities.

MISS DE ANGELIS

A Latin Mass is scheduled at Our Lady of Good Counsel Church, Sunday, Jan. 28, at 12:15 p.m. The choir of Our Lady of Perpetual Help Church will sing, directed by Edward Rizzo. Mrs. Wilhelmina Boehm will be the organist.

Wednesday, January 24, 1973

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Page 18