



ALL IN THE FAMILY
Sarah Child

Some weeks before my birthday I hinted, not too subtly, that I'd like to have a book that has been on the best seller lists for some time.

Thanks to his father, one of my children did hand me a lovingly wrapped copy of "How to Be Your Own Best Friend" by Mildred Newman and Bernard Berkowitz with Jean Owen.

Newman and Berkowitz, husband and wife, are analysts who in this slim book (56 pages) show us how we can help ourselves.

What most people need, the authors say, is "to learn to be aware of our own accomplishments, to have compassion for ourselves, and to praise our own achievements — all things we probably give to others without a moment's hesitation."

The book in question and answer form begins by discussing happiness. Acquiring happiness say the authors is an art which can be learned.

In fact, this is the thrust of the book — what happens to us ultimately is up to us. It is we who are responsible.

If we want to make a good life for ourselves it is up to us. For most of us that means make profound changes in our approaches to life.

Newman and Berkowitz show us the practical steps toward changing our attitudes.

One is learning to see the good in yourself. Or as the analysts say: "Do you want to lift yourself up or put yourself down? Are you for yourself or against yourself?"

If you are truly for yourself then you search for the good things about yourself and dwell on them. Nobody, the authors say, needs to be taught to look down on himself. We are all past masters at doing that.

I was synopsising this book for a weekend visitor when she broke in and said she'd recently heard a homily in which the priest had told his parishioners that they had to learn to love themselves before they could love others.

"Love myself? I hate myself!" she trumpeted. Far too many of us feel this way. If you want to change try borrowing "How to Be Your Own Best Friend" from your local library for a few practical suggestions.

Keeping Tabs

Holy Redeemer parishioners will put on their annual Fall festival Friday and Saturday nights, Nov. 9 and 10, in the school hall, Hudson Avenue at Alphonse.

The Alhambra Ladies will hold their Fall card party luncheon Wednesday noon, Nov. 14, at the Spring House. Mrs. George J. Schenk has charge.

The Rosary and Altar Society of Our Lady of Good Counsel plans a festival for Saturday, Nov. 10, 6-11 p.m., in the school auditorium, 630 Brooks.

Holy Family Rosarians will have a memorial service for deceased members at 7:45 p.m. Wednesday, Nov. 14. The regular business meeting, at 8:15, will be followed by a festival. Donations for the variety booth may be left with Mrs. Peter Crisanelli, 912 Jay, or brought to the meeting.

A fashion show, followed by a wine and cheese tasting party will be held Monday night, Nov. 19, by Christ the King Rosary Guild. Families and friends of members are invited, free of charge. The festivities will follow 8 p.m. church services.

The Southwest Golden Age Group will get together at 1:30 p.m. Friday, Nov. 9, for live music, dancing and refreshments. Newcomers are welcome.

A book review kaffee klatsch at St. Thomas More Wednesday morning, Nov. 14, will be a benefit for the parish scholarship fund. The Womens Guild will present Mrs. Alfred Boylan in a review of The Marlborough Set, by Anita Lesley. The meeting will start at 10 a.m. in the school auditorium, 2617 East Ave. Nursery service will be offered. Reservations may be made with Mrs. John Greisberger, 271-7077, or Miss Kay Atkinson, 586-3175.

Parishioners of St. Joseph's, Rush, will serve a spaghetti supper Saturday, Nov. 10, 5-8 p.m. Mass will follow. Supper prices are \$2 for adults, \$1 for children, or \$6.50 for a family.

Members of the Rosary and Altar Society of Our Mother of Sorrows will gather at 6:30 tomorrow evening for a tureen supper and a talk on crewel embroidery by Vi White.

The Womens Club of St. Philip Neri has scheduled its annual bake sale for this weekend, after all Masses Nov. 10-11. A new feature will be the Mens Club turkey shoot Saturday night.

St. Rita's Society will sponsor a show of holiday fashions at 8 p.m. Tuesday, Nov. 13, in The Barn, 1008 Maple Dr., West Webster.

Open house for seventh and eighth graders and their parents will be held at Cardinal Mooney High School, 800 Maiden Lane, on Wednesday evening, Nov. 14, from 7 to 9. The evening will include a general slide presentation, as well as a tour, with demonstrations. Members of the student council will act as guides, and the Cardinal Mooney Women's Guild will serve refreshments.

The Catholic Mission Guild will meet at 7 p.m. Wednesday, Nov. 14, at 513 Monroe.

The Senior Association of St. Peter and Paul will meet for lunch in the parish hall tomorrow after the regular 11:20 a.m. Mass.

A Christmas craft workshop will highlight the meeting of the Sacred Heart Cathedral Rosary Guild Monday night, Nov. 12. Church services at 7:45 p.m. will precede the meeting in the rectory hall.

The Blessed Sacrament Parish Life Committee announces two events: a tureen supper for all adult parishioners tomorrow night, under the auspices of the Rosary Society, and a card tournament at 7:30 p.m. Friday, Nov. 16. Transportation and reservations for the supper are being handled by Catherine Burns, 473-5458; Walt Aleksandrowicz, 271-5440, and Barbara Herman, 473-0947. For the tournament, bridge and euchre reservations are being taken by John McCrank, 442-2869; Dick Miller, 244-3395, and Joyce Yatteau, 473-0956.

The St. Christopher's Ladies Guild invites all interested adults to a film presentation of Alvin Toffler's book, Future Shock, at the church, 3350 Union St., North Chili, at 8 p.m. on Tuesday, Nov. 13.

Pressure Group Charged With Maude Abortion

New York [RNS] — Two officials of the U.S. Catholic Conference (USCC) suggested here that "a hard-driving pressure group called the Population Institute" — which has substantial United Methodist ties — "induced" the abortion that took place on CBS-TV's comedy series, "Maude."

If true, they observed, this would corroborate the USCC's key contention in the protest against the Maude series — that the episodes constituted "advocacy" of abortion, presented under a guise of comedy and at a time when children comprised a large part of the viewing audience.

Robert B. Beusse, secretary for communications of the USCC, and Russell Shaw, associate secretary, said the Population Institute sponsored luncheons, conferences and even "contests, with substantial cash prizes" for writers and producers of TV shows dealing with population matters.

They also said an institute brochure noted that "the producer of Maude has made it clear that the attention his scripts have given abortion and vasectomy originated in his attendance at the first of these conferences."

Writing in the Nov. 3 issue of America, the Jesuit review published here, the Catholic officials said they were not protesting the right of pressure groups like the Population Institute to promote abortion or other forms of population control.

They said they simply wanted to point out that there is

"something strange in the fact that protests and pressure against the Maude shows on abortion evoke outcries in some quarters while the pressure that helped bring Maude's pro-abortion decision into millions of living rooms is passed over in silence."

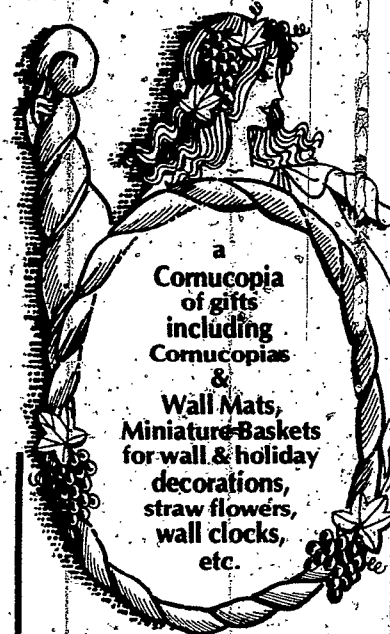
In fact, the USCC communications officials proposed that those in the pro-life (anti-abortion) movement "take a leaf from the book of groups like the Population Institute and conduct the well-planned, well-organized efforts needed to get a fair hearing in the communications media."

But, they observed, little was noted or said about where the pressure for the abortion episodes had been exerted in the first place.

In addition to the Population Institute's brochure, which they said provided a direct link between institute activities and the Maude abortion shows, Beusse and Shaw said other sources, including the New York Times and a newsletter of the Pathfinder Fund, a population group, confirmed the relationship.

"Finally," they said, "it is worth noting that the Population Institute jumped into the fray when the Maude re-runs were challenged. A four-column advertisement (apparently aimed

at the Hollywood television production community) appeared in the Aug. 21 Los Angeles Times" and "deplored the U.S. Catholic Conference protest. It was identified as having been paid for by the Population Institute."



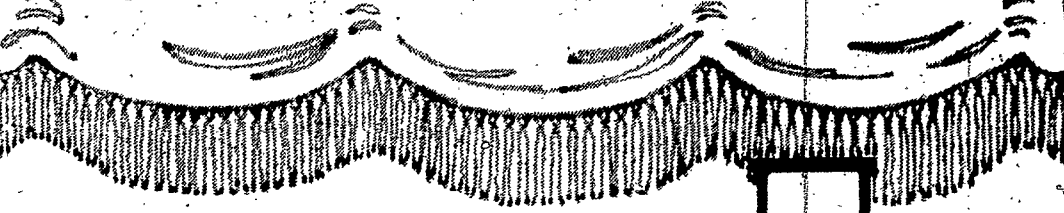
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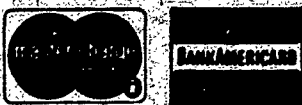
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