



Photo Courtesy, The Evening Tribune, Hornell

Father Haffey Feted

Father Joseph P. Haffey, second from left, pastor emeritus of St. Ignatius Loyola Church, Hornell, was guest of honor at a party Nov. 10 at the Big Elms Restaurant. The party honored Father Haffey's 16 years of service to St. Ignatius, the 40th anniversary of his ordination to the priesthood and his birthday. Pictured with Father Haffey are Francis (Dye) Hogan, Francis Maher and Father Leo Mans, pastor of St. Ignatius.

Ecumenical Commission Revitalized

As an affirmative sign toward ecumenism, Bishop Joseph L. Hogan has announced the appointment of 10 members to a revitalized Commission for Ecumenical and Interreligious Affairs.

In an effort for unity within the Catholic Church and the establishment of better relations with people of other faiths, the commission will suggest, educate, promote and support ecumenical involvement at every level of diocesan life.

The Bishop's announcement stems from the 10th Anniversary of the Vatican II Decree on Ecumenism which states: the concern for restoring unity in-

volves the whole Church, faithful and clergy alike.

A study completed earlier this year by the Diocesan Priests' Council indicated the need for more encouragement for ecumenical activity. The study recommended the reactivation of the commission and the naming of a priest-director, Father Charles Latus, to serve at the Pastoral Center two days a week.

According to Father Latus, the local ecumenical groups have come to take ecumenism for granted and have settled into a routine of polite annual worship services.

The commission will meet bi-

monthly in Geneva where it will strive to provide a creative resource of help to the local ecumenical groups.

Members, who will serve a two-year term on the commission are:

Father Charles J. Latus, director, Rochester; Sister Phyllis Bernardo, Rochester; Father Joseph E. Brennan, Rochester; Father William J. Cosgrove, Hornell; Sister Marie Halligan, Rochester; Father Robert J. Kanka, Seneca Falls; Mrs. Cono S. Navatta, Elmira; Mrs. Donald Nurnberg, Elmira; Mr. and Mrs. Armand R. Tanguay, Pittsford.

CIM Slates John Boler

Elmira — Dr. John Boler will address himself to Karl Marx as Prophet of the New Man in a Classless Society at the Park Church, Monday, Nov. 18, at 8 p.m.

Dr. Boler's talk is the sixth in a series sponsored by the Christian Institute of Man. The general theme of the season's lectures is The Spiritual Challenge of Modern Technology, the Revolution of Hope.

Dr. Boler is an associate professor in the Philosophy department at the University of Washington at Seattle. He received his AB from Creighton University in Omaha, Neb., his MA from St. Louis University and his PhD from Harvard. He has published on both American Pragmatism and Medieval Philosophy.

OHD Sets Information Meetings

The Office of Human Development is sponsoring an informational Open House meeting in November on "What is the Office of Human Development?" The meeting will be on Monday, Nov. 25, from 8-9:30 p.m. at Becket Hall in East Rochester, and repeated at the same time the next day — Tuesday, Nov. 26, at St. Charles School in Elmira Heights.

The meetings are open to all and will deal with the social mission of the Church, the organizational structure of the office, the work of each of the office's divisions, and opportunities for involvement with the office.

100 Neediest Cases

Continued from Page 3

- 16. The O. family consists of a mother and four children. The family suffers from many problems. Two of the children are emotionally disturbed. The family must rely on public assistance for their income.
- 17. There are nine members in the R. family: the father and mother and their seven children ranging in age from 1-1/4 to 10 years. The father is working but his wages are not enough to provide for the extras that go along with Christmas Day. This family's Christmas will be like any other day without some help.

second mother. Mrs. J. would appreciate a truly adequate Christmas Dinner for the family.

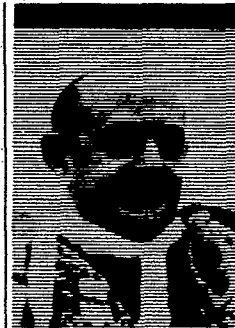
- 19. Mr. and Mrs. P. are a middle age couple who receive disability benefits from Social Security. Neither is well, and Mrs. P. has a very serious illness. This couple will appreciate a very special Christmas Dinner.

20. Mrs. S. is receiving assistance from the Monroe County Department of Social Services which means a tight budget for herself and her five children. Her husband left home five years ago and she has not seen him since. The children range in age from 11 to 5. A Christmas Dinner with "all the trimmings" would be a special treat!

- 18. Mrs. J is an elderly widow who receives Social Security which is her sole income. Her daughter died three years ago and two teenage granddaughters live with Mrs. J. They receive assistance from Monroe County Department of Social Service. It is most difficult for Mrs. J. to make ends meet, especially since other grandchildren come home to spend special days, like Christmas, with "Grandma", their

HESBURGH ELECTED

Notre Dame, Ind. [RNS] — Father Theodore M. Hesburgh, president of the University of Notre Dame, has been elected member-at-large of the National Academy of Education.



SOMEONE FOR THANKSGIVING

THE HOLY FATHER'S MISSION AID TO THE ORIENTAL CHURCH

You'll be happier this Thanksgiving if you give something of yourself to someone who has nobody.

Giving belongs in Thanksgiving.

Attend Mass that morning in your parish church.

- SOMEONE WHO HAS NOBODY Take fifteen minutes to visit someone in the hospital.
- Have someone who eats alone join your family for turkey and all the trimmings.

Better yet, feed someone who needs food.

There are millions of people in the world who have hollow eyes and swollen stomachs because they have no food.

We don't see them because they're overseas.

We know they're there, however.

Can we ignore them, let them starve?

Your \$10 by itself will feed a family of refugees for a month.

\$100 will feed ten families.

\$975 will give a two-acre model farm to a parish in southern India, so that the priest can raise his own food and teach his people better crop-production.

\$10,000 will enable Archbishop Mar Gregorios to give a churchless village a church, school, rectory and convent. Name the parish for your favorite saint, in memory of your loved ones. The Archbishop will write to you.

Giving belongs to Thanksgiving, it's part of life.

How much will you give back to God?

Dear Monsignor Nolan: ENCLOSED PLEASE FIND \$ _____ CH

FOR _____

Please return coupon with your offering NAME _____

STREET _____

CITY _____ STATE _____ ZIP CODE _____

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ALL IN THE FAMILY

Sarah Child

If it is true that there is no one more tiresome than a reformed drunk then it must be equally true that there is nobody more boring than a reformed chair sitter, couch sprawler and general non-mover.

Six months ago I was initiated into the benefits of exercise through a program designed to shed some weight. Frankly the weight hasn't come off as fast. I'd like to have had it but I have become a believer, an advocate of exercise.

To understand the enormity of this statement it is important to know that I had not engaged in anything that could remotely be called exercise (other than a walk on a nice day or a leisurely bike ride) since adolescence.

Called upon to move one extra muscle, climb one additional set of stairs, or engage in the least competitive sport I balked.

On weekends when my spouse and I would shop together I would fly into a silent rage if there was space available and he didn't park squarely in front of the store.

Now after a half-year of a little exercise every day my stamina is still nowhere near where it should be or where I'd like it but already I can rattle off a list of benefits only one of which is toning up sagging muscles.

Doctors and experts in the field

tell us that a little vigorous exercise every day such as jumping rope, jogging, swimming hard, etc. will strengthen our hearts and increase our lung capacity. Simply put, our bodies will last longer.

I was more interested in more immediate benefits. The first one I noticed was that I wasn't getting out of bed tired in the morning. Even if you can't jog or jump rope a brisk walk every day will accomplish this.

The second greatest benefit I noticed was that the tension and general mild anxiety I seemed to be prone to disappeared. Now I know why my mother's doctor recommended walking several miles a day as treatment for her nerves. Exercise dispels tension.

If there were any doubt in my mind, it was removed during a two-week period when an extended period of flu kept me inactive. All of the old neurotic fears came flying back as if invited.

The leader who administers the program I'm in cited other benefits of vigorous exercise. Better circulation, less respiratory ailments and fewer sinus attacks. General immunity rises. But best of all energy seems to triple.

A couple of weeks ago a friend who almost singlehandedly with the aid of her pick ax has dug enough stone to wall one whole boundary line of their lot came over with three books on aerobics by Dr. Kenneth Cooper.

I devoured all three in one night finding what this exercise enthusiast had to offer as exciting and motivating as anything I've read in years. Some change for a woman who used to jeer and laugh at the joggers I passed as I drove along.

Only one word of warning for those contemplating a change from sedentary existence. Check with a doctor before any strenuous exercise. In the meantime Walk.