



Dear Father Hohman,

In response to the article enclosed [on our Lord's 40-day fast in the desert] I have found the book, God's Chosen Fast, by Arthur Wallis to be an invaluable guide with a wealth of information.

In Luke 4:2 we are told that "he ate nothing" but not that he drank nothing. Afterwards it says that he was hungry but not that he was thirsty — Satan tempted him to eat but not to drink. This all suggests that the fast was an abstaining from food, but not from water. In fact the human body could not survive forty days without water apart from being supernaturally sustained [normal fast — abstaining from all forms of food but not from water]. The absolute fast [Acts 9:9] is abstaining from drinking as well as eating. Normally this was never more than three days, probably because any longer might prove physically injurious. The body can go for long periods without food and be physically benefited, but only a short time without water. The partial fast is an emphasis upon restriction of diet rather than complete abstinence [Dan 10:3; 1 Kings 17]. And, of course in the New Testament we can look at John

the Baptist: in addition to fasting often, he maintained the simplest of diets, wild honey and locusts [ugh].

I am sure that we have many other food sources at our disposal, that is, those of us who are blessed to have food available to us. That can bring us to the form of fasting or self-denial that our beloved bishop has asked us to do, to be in empathy with our less fortunate brothers and sisters in our own country and those throughout the world who right now are enduring such hardships.

By our forgoing one meal once a day or whatever one is being called to do, some may ask what good this does. Well, I believe we may never know in this lifetime — all we can be sure of is our effort. Please God, let us, by His grace, become truly other Christs — showing His love, compassion, understanding and concern for all humanity!

I remain an avid reader of your column —

Peace be with you,  
Mrs. Jack Lyle  
Bath, N.Y.

Dear Mrs. Lyle,

Thank you for your plug for the ongoing fasting program suggested by the bishops. I think it is a vitally important program for each of us for many reasons: 1. It makes us conscious of and takes a first small step toward alleviating the plight of so many millions of starving people. 2. It shows us what "fat cats" we really are, how spoiled with over-abundance. 3. It shows us dramatically the correlation between good health and self-denial. 4. It gives an opportunity for self-imposed self-denial (without constraints of law), which at the same time has a marvelous rationale. Thank you again.

## Pope Paul Hails Pius XII Courage

Vatican City [RNS] — Pope Paul, in an address commemorating the 36th anniversary of the election and coronation of Pope Pius XII, hailed his predecessor's "courage and kindness" as "a real defender of the city of Rome" during World War II.

Recalling the accession of Eugenio Pacelli to the papacy, Pope Paul also praised his "venerated and great predecessor" for "wisdom, goodness, and foresight" in the "government" of the Church.

"We cannot forget," said Pope Paul, "how Pius XII was able to rule the Church of God, with the wisdom of his government, the richness of his word, the goodness of his example, and with his foresight on so many questions which (Vatican II) later dealt with."

Among these topics, Paul cited "liturgical reform, the constitution of the Church, social communications, Biblical studies, the apostolate of the laity, and missionary expansion."

"This was all an immense and fruitful preparation for the subsequent doctrinal and pastoral declarations of the Second Vatican Council," Pope Paul declared.

"But," he emphasized, "where the figure of Pius XII shone out most brilliantly was in the courage and kindness which he radiated during the period of the war, the fearful events of which affected the city of Rome."

"This was the city which — as he confided to us — he would never have abandoned for any reason and which he, with intrepid heart, tried to protect and assist in every way possible, even

in its most dangerous and tragic moments.

"In all the sad situations which afflicted the city of Rome, Pius XII did all that was humanly possible to safeguard it and to alleviate unspeakable sufferings even when the sudden turn of events cut off the possibility of the success of his generous and beneficial works."

(Pope Paul, as Msgr. Giovanni Battista Montini, served in the Vatican Secretariat of State during the war years and was closely associated with Pius XII.)

Paul told the crowd in St. Peter's Square that "the words" Pius XII "spoke in this very Square on March 12, 1944 to the multitude of refugees and citizens" still "resounded in our heart."

"Dearly beloved people of Rome," Paul quoted Pius as saying, "in the whirlwind of so many disasters and trials we feel and recognize in the bitterness of our spirit just how unequal and insufficient all human help is for the tremendous excess of our misery without name."

"We again beseech, beg, and entreat all those who possess the means to come and help, not to deny effective contribution and assistance, to so urgent and charitable an action."

(During the period of August 1943 to May 1944 — the month when the Allies took Rome — they refrained from bombing Rome although the German Army was in full possession of the city.)

Pope Paul said that Pius' appeals to the belligerents to spare Rome won for his predecessor a popular title as "real defender of the city."

## Chalk Up 200 For Webster Knights

One of the most important and successful projects initiated by Trinity Council 4618, Webster, has been the semimonthly Mass at the Hill Haven Nursing Home in Penfield.

On April 12, with Msgr. G. Schultheiss as the primary celebrant, more than 150 persons attended the 200th Mass. Msgr. Schultheiss who is the associate state chaplain for the Knights of Columbus was assisted by William Reedy, a permanent deacon from the Archdiocese of New York, Father William Michatek of Holy Trinity Church in Webster, Deputy Grand Knight Thomas Sweeney and Financial Secretary Robert Stein.

When the home was opened in 1968, Charles Keown, Catholic activity chairman, was concerned with the inability of most nursing home patients to receive the spiritual inspiration of participating in the Mass.

He approached Father Joseph Lynch, then pastor of Holy Spirit Church in Penfield, in whose parish the home is located. Father Lynch gave his enthusiastic approval and offered his



Mr. William Reedy, a permanent deacon, distributes Holy Communion, assisted by Charles Keown at K of C Mass at Hill Haven Nursing Home.

assistance. Robert Goldstein, Hill Haven manager, not only approved but asked for a weekly program.

The first Mass was offered by Father Lynch on Jan. 23, 1968. The success of the program was

an inducement to some of the Protestant Clergy to offer services on the alternate Tuesdays.

The dream of Charlie Keown in 1968 has become an institution at Hill Haven and an example to other K of C councils.

## 'Young Audiences' Seeks New Musical Groups

Recruiting of musical ensembles for the 1975-76 season is now being launched by the Rochester Chapter of Young Audiences. The organization promotes the involvement of children with good music by sending professional ensembles into area schools.

A workshop for prospective new groups will be held Friday and Saturday, April 25 and 26, in the auditorium of St. John Fisher College's administration building, Fairport Road at East Avenue.

Players in Young Audiences instrumental ensembles must be members of the Musicians Union. In addition to artistic excellence, they have to demonstrate an ability to work effectively with young children. Ensemble programs are geared to teaching musical fundamentals through entertainment and stimulating a desire in children for more experiences with music.

According to Arthur Zuckerman, chairman of the Rochester Chapter, there will be a particular need for trios. Quartets will also be considered, he said.

## Astronaut Visits Pope

Vatican City [RNS] — U.S. astronaut Eugene A. Cernan and his wife were received in private audience by Pope Paul on April 14. Commander Cernan was a member of the Gemini 9-A manned space flight of June 3, 1966 and the Apollo 10 moon orbital flight of May 18, 1969, and spent 74 hours and 59 minutes on the surface of the moon as a member of the Apollo 17 moon shot team. He is one of the reserve crew of a joint Soviet-American space venture scheduled for July 15.

## Holy Cross Family Day

More than 200 persons from 43 families participated in a family enrichment meeting recently at Holy Cross parish. The event was coordinated by the Family Life Committee of the Parish Council, assisted by Father Robert Collins of the diocesan Family Life Office.

The purpose of the session was to define relationships within the family and a feeling of community within the parish.

Family games, role-playing, and special activities for age groups featured the meeting. Highlight was a Family Mass. The day was concluded with a potluck supper in the school cafeteria.

and there is an opening for one brass quintet.

Ensembles interested in participating in the workshop should call the Young Audiences office, 325-7486, between 1 and 4 p.m.; Mrs. Marion Groet, 586-7674, or Mrs. Edna Brown, 223-7084.

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