

ON THE RIGHT SIDE



Fr. Paul J. Cuddy

Every two weeks I celebrate Mass for the residents at a proprietary home in Webster. There are only about a dozen Catholics there, and an occasional non-Catholic joins them for the devotions. Only half of them can get around without walker or cane, but they are all delightfully cheerful. They have a gentle sense of humor, are very

appreciative of the Mass, and they have a beautiful concern for one another.

Usually I bring along some holy card, or a postal card from one of our C) Tours, or a verse or poem as a souvenir, because people who cannot get out much, enjoy little tokens more than most people. A few weeks ago I gave each a copy of Cardinal Cushing's prayer, "Slow me down, Lord," with this comment: "The title may not seem terribly applicable to most of our people here. But speed is not just in the legs and in the muscles. It is especially in the mind and in the emotions. Too many minds are racing, charging more than full speed ahead with worry, anxieties, fears. This little prayer is to help us develop an easy confident pace, walking with God, and trusting in His Sacred Heart." Here it is:

SLOW ME DOWN, LORD.

Slow me down, Lord!

Ease the pounding of my heart by the quieting of my mind.

Steady my hurried pace with a vision of the eternal reach of time.

Give me, amidst the confusion of the day, the calmness of the everlasting hills. Break the tensions of my nerves and muscles with the soothing music of the singing streams that live in my memory. Help me to know the magical, restoring power of sleep. Teach me the art of taking minute vacations — of slowing down to look at a flower, to chat with a friend, to pat a dog, to read a few lines from a good book.

Remind me each day of the fable of the hare and the tortoise, that I may know that the race is not always to the swift — that there is more to life than increasing its speed.

Let me look upward into the branches of the towering oak and know that it grew great and strong because it grew slowly and well.

Slow me down, Lord, and inspire me to send my roots deep into the soil of life's enduring values that I may grow toward the stars of my greater destiny.

The idea "If you spend good money, then get your money's worth" must have been inoculated into my mind back in childhood days, because I hate to spend 13 cents to mail a letter. So I usually insert with a letter some encouraging poem, or helpful thought or devotional prayer, or frequently a copy of an "On The Right Side" article. One day I sent a note to a friend which was just a piece of information he had requested, and stuck in with the note a "Slow Me Down, Lord" folder.

Shortly afterward he wrote: "That little prayer you sent could not have come at a better time. I had been over-working, taking on more than I could handle. I had been neglecting my wife and children, and I was cross as an ugly bear. The tension in the house was great — but I did not realize it. The prayer gave me a jolt because it was just what I needed. Thank you!"

The Bishop's Public Appointments



June

- 1 — Priests' Council Meeting, St. Bernard's Seminary — 10:30 a.m.
- 1 — Campaign for Human Development Presentation of Local CHD Grants Program, Good Shepherd School, Henrietta — 7:30 p.m.
- 2 — Concelebration of Eucharist and Homily with Priests' Jubilee Class of 1951 and priests of the Diocese, St. Jude's Church — 11 a.m.
- 3 — Confirmation, St. James Church, Waverly — 7:45 p.m.
- 4 — Diocesan Finance Committee Meeting — 9 a.m.
- 4 — Diamond Jubilee Celebration of Reverend Monsignor George W. Eckl, Mapledale Party House — 7:30 p.m.
- 6 — Concelebration of Eucharist on the occasion of the Silver Jubilee of Priesthood of the Reverend Michael C. Hogan, St. Mary's Church, Corning — 11:30 a.m.
- 9-10 — Panelist, Pastoral Liturgy in America Workshop, University of Notre Dame, Notre Dame, Ind.
- 10 — Department of Education Dinner Meeting, Episcopal Residence, Victor — 6:30 p.m.
- 11-12 — Diocesan Pastoral Council Convention, Trenholm East, Victor
- 13 — Concelebration of Eucharist and Homily with Priests' Jubilee Class of 1936, St. Charles Borromeo Church, Rochester — 4 p.m.
- 15 — Concelebration of Eucharist and Homily with Priests' Jubilee Class of 1951, Episcopal Residence, Victor — 5 p.m.
- 16 — C.E.M. Executive Meeting, Episcopal Diocese Headquarters — Noon.
- 16 — Graduation Exercises of Our Lady of Mercy High School, Eastman Theatre — 8 p.m.
- 17 — Concelebration of Eucharist and Homily, Closing of Priests' Retreat, Becket Hall — 10:30 a.m.
- 17 — Elmira Ministry Informational and Planning Meeting
- 19 — Radio Message, Family Rosary Network — 7 p.m.
- 20 — Celebration of Eucharist and Homily, Renewal of Marriage Vows for wedding Jubilarians, St. Patrick's Church, Victor — 3 p.m.
- 21 — Concelebration of Eucharist and Homily for newly Ordained Priests, Episcopal Residence, Victor — 5 p.m.
- 22 — Goal Setting Meeting — 9 a.m.
- 23 — New York State Catholic Bishops' Meeting, Sheraton Inn, La Guardia Airport — 10:30 a.m.
- 24 — Installation of Most Reverend John McGann as Ordinary of Rockville Centre Diocese, Nassau County Veterans' Memorial Coliseum, Uniondale, N.Y. — 11 a.m.
- 26 — Concelebration of Eucharist and Homily with Basilian Priests' Jubilee Class of 1951, St. John Fisher College — 10:30 a.m.
- 27 — Spanish Fiesta, in celebration of the Feast of San Juan, Patron Saint of Puerto Rico, St. Bridget's Parish — 1 p.m.

Poles Agree To Send Priests to U.S.

Vatican City (RNS) — Representatives of the American and Polish Roman Catholic hierarchies have reached an agreement calling for the sending of Polish priests to the United States to do pastoral work there, the Vatican announced.

The announcement was referring to a recent meeting in Warsaw between Archbishop Joseph L. Bernardin and Bishop James Rausch, president and general secretary, respectively, of the U.S. Catholic Bishops' Conference, and members of the Polish Bishops' Conference.

The Vatican said that during the meeting on May 14 it was agreed "to establish norms for Polish priests planning to work in the United States."

The American prelates ended a 10-day visit to Poland undertaken to establish closer ties between the hierarchies of the two countries.

St. Charles Borromeo DEWEY AVE. PHARMACY
Prescription Specialists
COSMETICS — TOILETRIES
PHOTO FINISHING
2910 Dewey Avenue 865-2210

F. H. McElwee & Son CANANDAIGUA

43 YEARS OF DEPENDABILITY



Fran McElwee

Fran McElwee says

"Dad deserves the best seat in the house on his day, Sun., June 20.

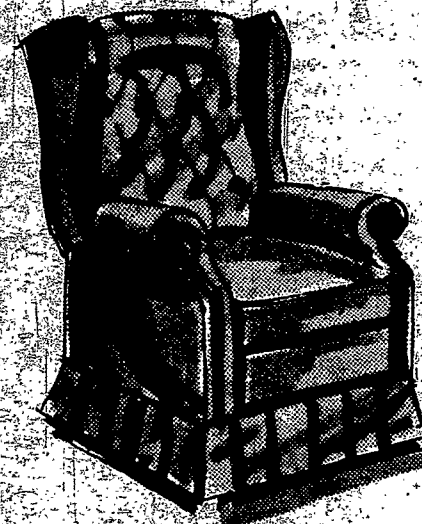
McElwee has the largest selection of "his" chairs in the Finger Lakes."

FATHERS DAY June 20th

Multi-Position Vinyl RECLINER

99.95

Open Thurs. Till 9



TRADITIONAL WING CHAIR

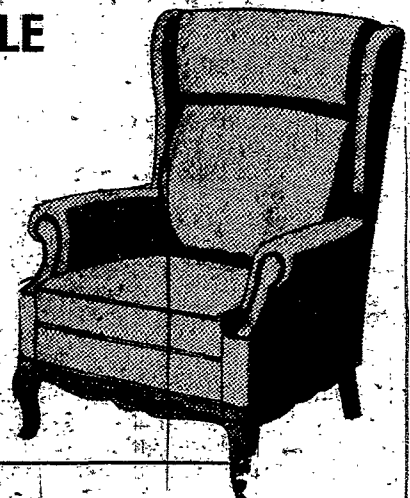
169.00

You always save at McElwees

COLONIAL STYLE RECLINER

169.00

Comfortable... firm easy chairs and recliners in many popular styles, coverings. Value priced for giving to dad.



MONTHLY TERMS UP TO **36** MONTHS TO PAY

F. H. McElwee & Son

79 South Main Street Phone 394-2220 Canandaigua, N.Y.

HOURS: Mon., Tues., Fri., Sat. 9-5:30; Wed. 9-noon; Thurs. till 9:00