

All in the Family

By Sarah Child

The Value Of Lent's Disciplines

Blue skies, mild temperatures and magnificent sunshine prevail.

Underneath the sycamore, four robins, not the plump, round ones of summer, are casting about for bread-crumbs. A few days before we spotted our first gaggle of Canada geese winging their way north high above the



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Montezuma swamp. It is Lent, a word which means spring.

It is Lent, but it is not Lent. The calendar says so. The stores are full of displays of cheese and fish. We have gone to church for ashes and make the effort for daily Mass. A large wooden cross set up near the altar is a grim reminder. We have been exhorted to make the season meaningful. But, we are strangely free of rules and restrictions with a couple of exceptions and so it cannot be Lent, at least not the Lent of my formative years.

We straggled to church at night twice a week under my

father's command, went unwillingly, grumbling before and after. He was adamant. A temperature of 104 was the only reprieve.

Meals prepared by my mother, always a creative cook, during that period seemed to complement the gloominess of church. Fish, hardly considered the delicacy we cannot afford today, was rampant. As we complained my grandmother would tell us, how easy we had it and regale us with stories of her childhood when during Lent they ate little more than bread and soup, the transplanted Europeans considering it wrong to indulge in animal products at this sorrowful time.

We were fascinated,

especially when we learned that the big treat was to eat as many eggs as one wanted when Easter morning finally came. Not hardboiled and colored, just plain eggs. Still we champed at our own bit, willful, self-centered and not a little greedy.

It has taken years to understand just how much we needed, wanted and benefited from that special time.

Now, Lent is here again, a time to realize the usefulness, the strength, even the beauty that comes from certain disciplines and moderate deprivation.

The difference is that we are on our own. It is up to each individual to impose the disciplines as well as keep them and we are weak.

St. James Offers Nursing Seminar

Hornell—Nursing instructors concerned about effective teaching skills in the classroom will be able to hear Fay L. Bower, RN, chairperson and professor in the nursing department at San Jose State University, San Jose, California, at a "Teaching Strategies: Changing Strategies for Changing Times" workshop, scheduled Friday, March 23.

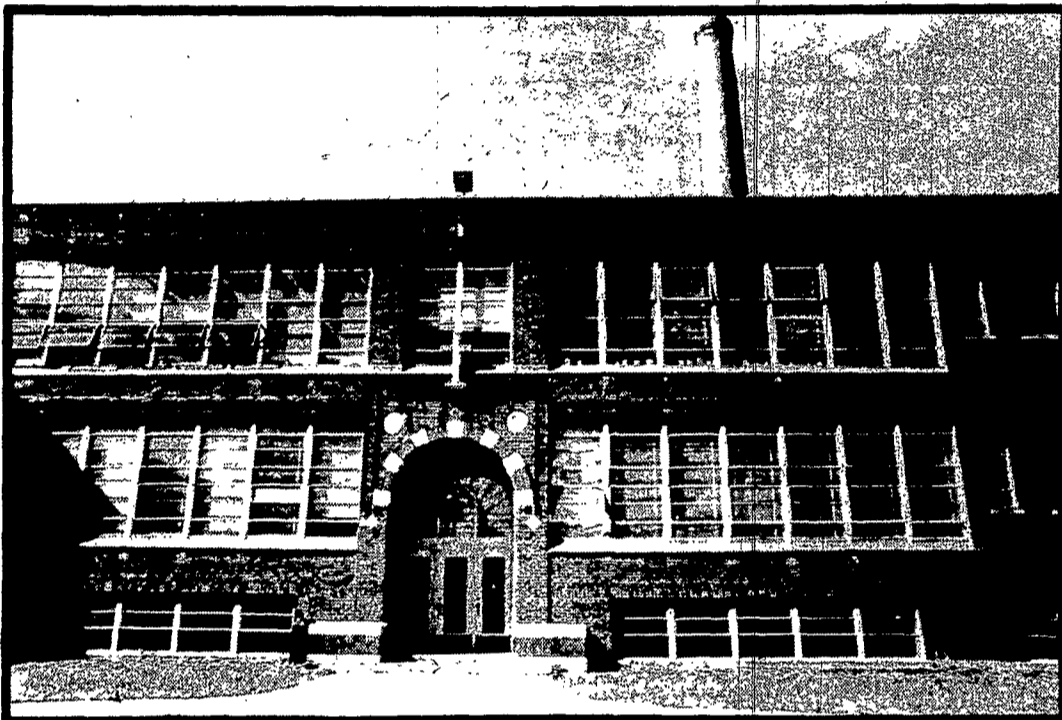
The workshop, in the Ponce DeLeon Restaurant, is sponsored by the St. James Mercy Hospital School of Nursing.

According to Dr. Bower, whose doctorate is in nursing science, the workshop on teaching strategies will

provide the participant with knowledge and experience in gaming, simulation and other approaches to teaching. Ways of structuring teaching, strategies to vary teacher and student behavior, and the implications of role changes will be discussed. Didactic presentations, small group work, games and simulation will be used during the workshop.

Dr. Bower has received many academic and professional commendations, and is the author of several books and articles on nursing.

Nursing instructors interested in participating are invited to contact the St. James Mercy Hospital School of Nursing.



St. Monica's School

Going Independent

St. Monica's School will open in September for preschool, Kindergarten and grades one through eight. The decision comes after a period of study into the feasibility of keeping the school in operation. The go ahead to do so came in view, "Of our committing ourselves to the school ministry," explained Sharon Conheady, St.

Monica's Parish Council chairperson.

According to Sharon the school will not receive diocesan or parish subsidies but will become self-supporting. Though the building is there for the parish's use, its operating costs will no longer be paid through total parish monies earmarked

for such expenses. All revenue, however, has not been cut off. Proceeds from certain events will still go to the school as well as monies from tuition. Other necessary funds will be raised through fund drives. Two such events are the current candy drive and the Spring Bazaar scheduled for early June.

Cardinali Named to National Board

Washington — Jean Cardinali of Rochester was one of 17 new members participating in the national committee meeting for the Campaign for Human Development here recently.

Ms. Cardinali is a sociology professor at Monroe Community College.

The CHD, begun by the U.S. Bishops in 1970, is the Church's major domestic anti-poverty effort. It supports self-help projects with funds raised in churches throughout the country in an annual collection. It also includes an educational program on causes and consequences of

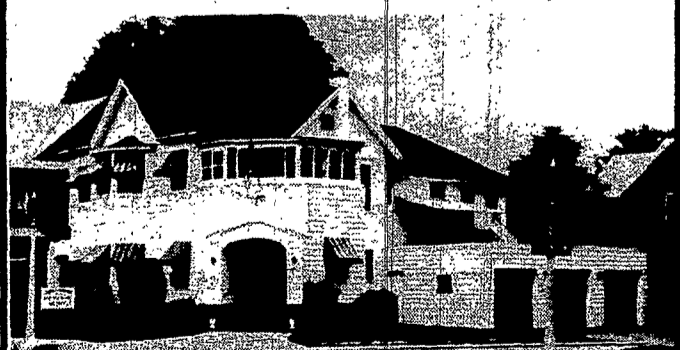
poverty and injustice.

The national committee is a predominantly lay advisory body whose principal function is to make recommendations in the area of national CHD grant allocations. Members, who serve for three-year terms, are chosen for their concern for and involvement with projects and issues related to poor, minority, and low-income persons.

Care is taken to ensure a balanced geographical representation throughout the country. The membership is also designed to reflect the ethnic and racial aspects of the community at large.

The committee, composed of 40 members, advises a 12-member bishops committee and the national office staff in matters pertaining to the operation of the CHD.

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Retreat Set

A preached retreat for women will be held at the Cenacle, March 30-April 1. The retreat, planned primarily for women of St. Margaret Mary and St. Salome parishes, is also open to other individuals. Reservations are made by calling Sister Shirley Kitagawa at the Cenacle, (716) 271-8755.

Volunteers Are Sought For Project

A new project to help senior citizens has been organized at Holy Family Church, and is looking for volunteers to help seniors with a variety of needs.

Training sessions will be provided for persons wishing to volunteer in the areas of home visits, counseling, preparing applications for state property tax credit, medicare payment requests, determining food stamp eligibility, and providing transportation.

The project may be reached by calling 235-7070 or 328-3110.

Deadline!

Deadline for news copy for the Courier-Journal is noon Thursday, the week before the Wednesday publication date.

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