



### Bishop Visits St. Ann's

Bishop Matthew H. Clark celebrates Mass at St. Ann's Home recently with concelebrants Msgr. Robert A. Keleher, Father William Devereaux, Father Paul Cuddy and Father Charles Latus. Following Mass he greets William Quinlan. With him are Mrs. Quinlan and Miss Leocadia Gaudreau.



## Insights in Liturgy

By Father Benedict Ehmann

### Rediscovering The Sunday

"Remember to keep holy the sabbath day. In six days the Lord made the heavens and the earth, the sea and all that is in them; but on the seventh day he rested. That is why the Lord has blessed the sabbath day and made it holy." (Exodus 20: 8, 11)

The seventh day (Saturday) was the day of the Lord's rest in the tomb after Good Friday. The new order is ready to begin on the day of the Resurrection, the first day of the week. This now will be the Lord's Day of the new creation, the Day of Days, the holy day of the week, to be kept holy. This is what our Sunday is, the Day of the Son who now shines on us, King of Kings and Lord of Lords.

Whether it be as it still is with the Jewish people, the Saturday, or the Sunday as it is for Christian people, it is the one day of the week consecrated to God the Sabbath Day, the Lord's Day.

The following words of the eminent Rabbi Abraham Heschel apply to both the Sabbath and Lord's Day observance:

"Six days a week we live under the tyranny of things of space; on the Sabbath we try to become attuned to holiness in time. It is a day on which we are called upon to share in what is eternal in time, to turn from the results of creation to the mystery of creation; from the world of creation to the creation of the world." (The Sabbath: Its Meaning for Modern Man p.10)

In public life, Sunday observance has dwindled to almost nothing. It is a secular day, with no orientation to God. For many merchants it is a

business day like all the others. In place of the cult of God, there is the cult of sports. This ought not to surprise anyone who observes how God has all but died out of the modern scene. We have moved into what can be called a post-Christian era, in which the religious channels of social life and feeling have dried up. More and more, those Christian people who are serious about their heritage of truth and grace are becoming a besieged minority, a kind of ghetto, quite alien to the oppressive environment of the secular culture around them. More and more, the Christian way of life and worship is becoming isolated like that of the Jews, who maintain their feasts and sabbaths with no interest or encouragement from the outside community.

Yet the challenge of the Sabbath rings as clearly as ever to today's people. Rabbi Heschel proclaims it powerfully: "He who wants to enter the holiness of the day must first lay down the profanity of clattering commerce, of being yoked to toil. He must go away from the screech of dissonant days, from the nervousness and fury of acquisitiveness, and the betrayal in embezzling his own life. He must say farewell to manual work and learn to understand that the world has already been created and will survive without the help of man. Six days a week we wrestle with the world, wringing profit from the earth; on the Sabbath we especially care for the seed of eternity planted in the soul. The world has our hands, but our soul belongs to Someone Else. Six days a week we seek to dominate the world, on the seventh day we try to dominate the self" (ibid. p.13).

Catholic Sunday observance should be an

enlarging, enriching experience. It should be for us, on a larger scale, what ought to be in some way with us at all times, a communing with God, of entering into that "Rest" of God, of which the Bible speaks (Hebrews 4), to overcome our exhaustion and boredom by taking time out, relaxing our tired selves at the Lord's table where He provides us the nourishment of His Word and Eucharist. On Sundays we should give ourselves the chance to untense our minds and bodies, to unclench our fists, to breathe more deeply of God's invigorating air, to sharpen our clouded vision. "On a Clear Day You Can See Forever" was the song of an operetta a few years ago. The Catholic Sunday should be such a "clear day" which enables us to "see forever". It should be a weekly festival in which we bring ourselves to withdraw from the raucous noise of the daily life, and tune our minds and voices in to heavenly themes and music.

We owe it to ourselves and our families, and to our world, not to acquiesce and follow suit with the folly of Sunday abuse. To go along with it is to connive and betray it to the enemy. This does not mean that we want the old "blue laws" restored. No way! Give our Sunday Mass celebration its full scope, with joy and festiveness. Keep the rest of the day spaciously wide open for a family dinner, visiting and cultivating the bonds of kinship and friendship, hobbies and games, time for the Bible and other books that we like, writing letters, some time (not too much!) with favorite TV programs. In such ways our Sunday can be, as it ought, the peak of the week, enlarging us with God and in our self-possession. Only thus can we be what Jesus says we should be "the salt of the earth," "the light of the world," "the city set on a mountain" (Matthew 5: 13, 14).

## Continuing Education For Religion Teachers

**Steuben County**  
Thurs.  
Oct. 11

Session IV of the Introductory CERT program: Classroom Management, Teaching Strategies, Discipline, Your Questions . . . Mrs. Mickey Smith . . . 7:30 to 9:30 P.M., St. Joseph's, Wayland.

**Thursdays**  
Oct. 18, 25  
and  
Nov. 1, 8

CERT IV Series on Morality. 7:30 to 9:30 P.M., St. Mary's, Bath  
1. Vision of the Person . . . . . Father Lewis Brown  
2. Biblical Morality . . . . . Father Lewis Brown  
3. Skills of Valuing and Decision Making . . . . . Clara Nowak  
4. Applications to ourselves and the Classroom . . . . . Sr. Mary Lynch

Contact: Sr. Mary Lynch  
1150 Buffalo Rd., Rochester, N.Y. 14624  
(716) 328-3210

**Northeast Region**

**Thursday**  
Oct. 18

Session IV of the Introductory CERT Program: Classroom Strategies and Creative Teaching. Your Questions . . . . . Sr. Mary Ann Binsack  
St. Ambrose School, 7:30 to 9 P.M.

Contact: Mrs. Mary Pesutti  
St. John of Rochester Parish, 18 Wickford Way,  
Fairport, N.Y. 14450  
(716) 248-5993

**Northwest Region**

**Wednesday**  
Oct. 10

Session IV ERT Program: "Now That You Are A Catechist . . ." Classroom Management, Discipline, Teaching Strategies . . . 7:30 to 9 P.M. Holy Name of Jesus, St. Martin's Way, (Off Bonesteel St.) Mrs. Denise Mack, Presenter.

Contact: Mrs. Denise Mack  
(716) 621-4040

**Thurs. Oct. 18**

Lesson Planning . . . . . Sister Marie Brown  
(Bring your book.) Registrations appreciated by Oct. 10.

Contact Mrs. Denise Mack  
(716) 621-4040

**Tuesdays**  
Oct. 16, 23, 30  
Nov. 6

CERT III Series on Church 7:30 to 9:30 P.M. at St. John's, Greece

Series of FOUR sessions on Models of Church, Vatican II and the Church, Meaning of Church as Sacrament, Historical Perspectives of Church . . . . . To be presented by Dr. Daniel McNamara, Sister Jane Geiger, and Sr. Mary Lynch

Contact: Rosemary Mandery  
St. John's Rel. Ed. Office  
2400 Ridge Rd. West  
Rochester, N.Y. 14626

**Tioga County**

**Tuesday**  
Oct. 9

Session IV of the Introductory CERT Program. Classroom Management, Your Questions after Beginning to Teach. St. Patrick's, Owego. 7 to 9 P.M. Sr. Mary Lynch

Contact: Ann and John Daly  
R.D. #3, Lisle Rd., Box 64  
Owego, N.Y. 13827  
(607) 642-8103

**Cayuga-Seneca Region**

**Saturday**  
Oct. 27

Session IV of Introductory CERT Program. Classroom Management, Your Questions, Teaching Methods . . . . . 9:45 to 12:30 at St. Alphonsus Auburn. Presenters: Patricia Lawlor and Laila Cuddy

Contact: Claude Lester  
15 Daniels St.  
Seneca Falls, N.Y. 13148  
(315) 568-5203

**Chemung-Schuylar**

**Tuesday**  
Oct. 23

Session IV of Introductory CERT Program. St. Mary's, Elmira 7:30 to 9:30 P.M. Classroom Strategies, Your Questions . . . . . Sister Mary Binsack, Presenter

Contact: Len Dezelski  
St. Mary's Rel. Ed. Office  
225 Franklin St.  
Elmira, N.Y. 14904  
(607) 732-1350

### Other Programs Coming:

**FAMILY EDUCATION WORKSHOP:** St. Jerome's, East Rochester, Sat., Oct. 20, 9:30 to 3:30 P.M. for Parents, Religious Education Administrators, Family Life Committee members, and anyone interested in Family Ministry.

Contact Sr. Jane Geiger, (716) 328-3210  
Registration closes Oct. 15

**A Workshop on HIGH SCHOOL RELIGION:** St. Mary's, Canandaigua, Tuesday, Oct. 16, 7:30 to 10 P.M. for High School Religion Teachers, Rel. Ed. Coordinators, Anyone interested in the High School Religion Scene  
Father Lewis Brown

Contact: Sr. Mary Lynch, (716) 328-3210

**SACRAMENTS FOR PARENTS AND TEACHERS:** St. Francis, Phelps Sat., Oct. 13, 9:30 to noon. Exhibit of Resources for Religious Education: St. Francis, Phelps, Oct. 13, 1 to 3 P.M.

Contact Sr. Mary Lynch, (716) 328-3210