



**SISTER MARY JOAN
Sister
Notes 25**

Sister Mary Joan Millican, daughter of Mrs. Lawrence A. Carr of Geneseo, will celebrate the 25th anniversary of her religious profession as a Franciscan Sister at 11:30 a.m., Sunday, August 2, at St. Mary's Church in Geneseo. Sister Mary Joan, who is presently assigned to St. Agnes Parish in Atlantic Highlands, N.J., will be feted at a reception following the Mass in the parish center.

**Diocese Gave
\$20,115.01
To Catholic U.**

Bishop Matthew H. Clark has received a letter of thanks from the Catholic University of America for the diocesan contribution of \$20,115.01.

The letter, signed by Dr. Edmund D. Pellegrino, president of the pontifical university, expressed "deep personal thanks and those of this University community to you, and through you, to your priests and people."

The university has ten schools and serves 3,000 undergraduate students and about 5,000 graduate students. Diocesan collections last year totaled \$3,404,194, representing 8.1 percent of the university's budget.

Deadline

The deadline for submitting news to the Courier-Journal is noon on Thursday preceding the following Wednesday's publication.

**Sarah
Child**

All in the Family



**The Riches
Of Poverty and
Vice Versa**

"Are we rich?" the youngest asked shortly after we returned from our trip to Europe.

"Hardly," I replied, and started to point out that we had had to give up a lot of things in order to afford what we considered an unparalleled educational opportunity for the five of us — for less than it would cost

to send one child to college for one year.

I stopped in mid-sentence, however, and retracted what I'd been saying.

"Actually," I mused, "I guess we are — very rich — in all the things that count."

She wandered away, but I kept thinking about her remark and wondered if it had been prompted by questions from school friends.

To her and her friends, real wealth would be a

matter of owning one's own horse or unlimited passes to a roller skating rink.

But then, wealth is relative for all of us. A millionaire doing business with a J. Paul Getty would, no doubt, think of himself as a pauper. Conversely, some people who have very few material assets think of themselves as doing all right.

As children, both my husband and myself felt the effects of the depression through our parents who had lived and suffered through it.

Along with other friends of our age group we have traded stories about having bread and milk for supper some nights because that's all there was some nights; of having only one change of clothes and those turned shiny with wear; of sleeping three to a bed — yet not feeling poor because everybody else in the

neighborhood was in the same boat. (Granted, the parents worried a lot more about what the next day would bring than we did.)

We can even look back on those days with nostalgia though I would not like to have to worry about whether I could afford medicine for my child or how to make a meal on beans alone. And, abject poverty, a far cry from our experience, can never be romanticized.

Still, poverty of the mind and the soul, I concluded, is far worse than physical poverty. Oscar Wilde's description of a cynic may also be the best description of a truly poor man: "Knowing the price of everything and the value of nothing." And a truly wealthy man is one who has health, peace of mind and an abiding trust in the Lord.

**Insights
In Liturgy**

By Pam Schaeffer



**The Assembly:
A Challenge**

How many events can you think about where the full understanding, cooperation and participation of the people gathered is in question? If all aspects of involvement are not visible, at least the general atmosphere generated says that the event is palatable. A few situations that lend insight to various levels of participation would be stadiums filled with shouting fans, theaters packed with people absorbed in the action, concert halls holding attentive listeners, restaurants crowded with happy diners. Even classroom teachers can point to occasions where students have been completely wrapped up in discussion and instruction. But, why does this sense of total involvement suddenly disappear in many assemblies that gather for Sunday Eucharist?

The riddle does not have one solution because the reasons are as unique and varied as each individual who by his or her presence becomes part of the assembly. If someone were to ask each person in just one of these "non-participating" assemblies the reason, their answers would include, "I was always taught never to talk in church, so I keep quiet" or "I came to hear Mass and it's impossible to do with all this noise going on around here" or "It's the priest's job!" and the pat reply, "No one else reads, sings, takes up the gifts, etc.) so even though I would like to, I don't want to be the first (or only) person."

One problem seems to be a lack of understanding by the assembly of who they are and how important their role is in making the community celebration of Sunday Eucharist happen. The other side of the problem rests with pastors and others on the parish staff who grow weary of

repeating the same thing to update their parishioners' thinking. They feel they can no longer find new ways to challenge their people's established patterns of worship. Some never begin at all and end up trying to do it all themselves because it seems the easier, less complicated way.

The finger of blame cannot be pointed in any particular direction. We have all contributed to the problem. The solution is found in what can be discovered together. We must honestly look at ourselves as an assembly and ask how can we in all reality call ourselves a community, or say that we are celebrating the presence of the Living God among us, if we don't act like a community or show by our expressions and actions that we are celebrating. Priests must be genuinely honest in their appraisal of themselves as warm, hospitable presiders and preachers. Everyone must be open to comparing attitudes assumed in all other life activities (from baseball games to PTA meetings) and question whether they bring that alive, involved person to Sunday Eucharist, or if another, special, "church" attitude is put on. If the latter is the case, then we have a starting point that will begin to address the problem of authentic liturgical celebrations with real, participating communities.

The challenge is there for all of us and so is the beginning of a whole new understanding if we only start digging.

Recognizing the growing need for a clearer picture of the role of the assembly, the Liturgy Office will be sponsoring two opportunities in their 1981-82 programs. Father Robert Hovda will be leading workshops on Nov. 14, 1981, and March 27, 1982. Details will be mailed soon in a booklet that outlines all the office's programs for the coming year.



**Southern Tier
Auburn-Geneva**

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**Exercise Monitoring Gives Safety,
Faster Progress to Cardiac Patients**

By Martin Toombs

Elmira — Prescriptions of rest and a fear of recurrence, once the rule for cardiac patients, are now becoming less of a factor for those recovering from a heart attack or other cardiac problem.

Now the emphasis is on custom-designed activity programs which will restore the patient's health as quickly as possible, or may even be designed to progress beyond that point, to a better state of health than existed before the heart attack or other cardiac problem.

The first step in such an exercise program is a thorough evaluation and a stress test, used to design a program for each patient. Jeffrey Katz, director of the Twin Tiers Rehabilitation Center at St. Joseph's Hospital, said. And now, through a pledge of the St. Joseph's Auxiliary, the center is providing monitored exercise sessions to cardiac patients.

The auxiliary's \$25,000 pledge paid for a treadmill and two telemetry units. Since then, Katz said, two more telemetry units have been ordered; they read a patient's heart activity, and send it to a nearby monitor. The monitor's readout can reveal when the exercise is sufficiently difficult, as well as warn of any irregularity in the heart function.

**Friendship Fair
Seeks Volunteers**

Newark — Volunteers are being sought to accompany residents of the Newark Developmental Center to the fourth annual Friendship Fair, from 1 to 5 p.m., Sunday, Sept. 13, at the center.

Persons wishing to escort a center resident to the festivities are asked to call the facility at (315) 331-1700, ext. 535.

The increased safety can be what is needed to conquer a patient's fear that exercise will bring on another attack.

Katz noted the progress in the treatment procedure by telling of the advice given his father, following a heart attack in 1967. After two months in the hospital, his father was advised to spend three more months resting at home. He saw the physical and mental affects of such long-term inactivity. Katz said, and the fear of a new attack which was instilled in his father and the whole family.

In the relatively short time since then, the recovery program calls for exercise as soon as possible.

Katz noted that in addition to the 12 weeks of three-times-a-week sessions available upon a physician's referral, patients also can use dietary counseling and other assistance to help them change the lifestyle that may have contributed to their heart attack.

Patients coming to the sessions, some of whom are working at the time, exercise for 45 minutes to an hour. They exercise under the supervision of a clinician, while a cardiac nurse monitors each person's heart activity.

The service isn't really new, Katz explained, but a logical extension of the inpatient treatment available since 1977. The extension to outpatients has been accepted by third-party payors, such as insurance companies, just as they pay for other out-patient therapy, he said.

Katz also has observed additional benefits in those who have participated in the first group, which began in June. The participants have developed "an incredible esprit de corps," he said. Instead of convalescing at home, they are exercising with others dealing with the same problems, which they find supportive.



At top, Jeffrey Katz demonstrates running on the treadmill while Doug Frey, director of Physical Therapy, examines the monitoring equipment used in the cardiac exercise program.

The program is being done with existing staff. Dr. Dominic Romeo, a cardiologist at St. Joseph's, is the medical director; two cardiac nurses do the monitoring; and the Occupational Therapy and Physical Therapy directors conduct the exercise.

The service is "really working out well so far," Katz said. While it is difficult to predict the potential demand for the program, he stated that they have

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enough flexibility to respond to the need which appears.

A future focus, he said, is to look to industry for cooperation with the program, to help people get back to work faster, a benefit to both the patient and the employer.

Katz concluded that "the program has just tremendous potential."

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