

# Msgr. Robert Fox Draws 120 To Human Development Meet

More than 120 people representing 41 parishes attended the recent Human Development Committee Conference, "Building the Beautiful City." James Lund, conference organizer, said last week.

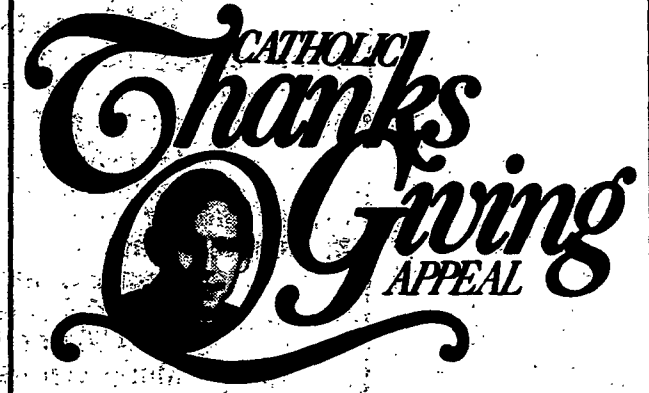
Lund is social ministry education and training coordinator for the diocesan Division of Education in affiliation with the Division of Social Ministries.

Msgr. Robert Fox, the nationally known pastor of Paul's Church in Harlem, delivered a 75-minute long keynote address, in which he developed the themes of mutuality, wonder and passion.

On the first, he said, "Each of our lives is like a Polaroid picture that has just come out of the camera. At first there is nothing but grayness, but as you watch, the shapes and colors emerge, until finally the picture is completed." He suggested, Lund said, that as co-creators people have the capacity to shape and color

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the world, building on the gifts that God has given.

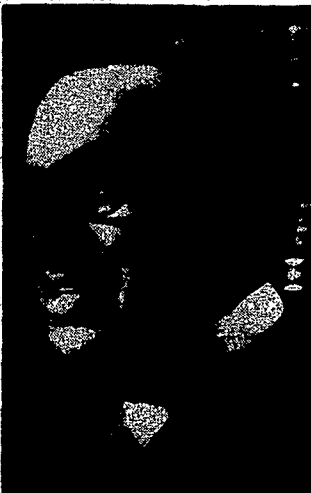
Msgr. Fox also said, "We have to liberate God from the limitations that we place on Her." He noted that one places such limits because one cannot allow God to be more than is manageable, Lund said.

Msgr. Fox told his audience stories of his life and ministry in East Harlem, and drew parallels between the suffering and the joy there and experiences in other communities. He said that one needs to apply a sense of wonder to the events of life — and to allow oneself the experience of pain. "We have to be willing to immerse ourselves in the waters of Baptism, and emerge from the waters broken," he said.

Lund said that Msgr. Fox identified true compassion as the ability to perceive oneself in others, particularly those who, on the surface, are least like oneself. Msgr. Fox stated, "We shouldn't say, 'There but for the grace of God go I,' but 'There go I.'"

The day included a prayer service led by Father Daniel O'Shea, pastor of St. Bridget's Church, and the St. Bridget's Gospel Choir.

Afternoon workshops were presented by Mary Heidkamp, director of the diocesan Department of Justice and Peace; Michael McKenzie, assistant director of Neighborhood Development, City of Rochester; Carol Schwartz, director of Group 14621; Tim McGowan, political affairs coordinator, Department of Justice and Peace; Father William Heffron, pastor of St. Peter and Paul Parish; Dominic Aquila and Father James Callan of Corpus Christi Parish; Father Charles Mulligan, director of diocesan Division of Social Ministries.



### District Judge

District Judge Michael A. Telesca, former Monroe County surrogate judge, recently was sworn in as the third judge on the U.S. District Court which covers 17 counties in Western New York. He will preside in Rochester. The other two judges, John T. Curtin and John T. Elvin, work out of Buffalo.

# Parish to Resettle Khmer Rouge Victims

Five children who escaped the Cambodian holocaust in which their parents and two brothers perished are being resettled in Irondequoit this summer under the sponsorship of St. Margaret Mary Church.

The Kong children, ranging in age from 9 to 16, will live with an aunt who fled Cambodia in 1976. They will live in a Titus Avenue house rented by the parish.

Their family was stripped of its possessions, driven from its home and forced to work in rural labor camps by the Khmer Rouge, who took over the country in 1976. The children are now in a refugee camp in Thailand.

The oldest child, a girl, had been tortured and left for dead in 1978, her jaws wired together to stifle her screams. She has suffered apparent nerve and muscle damage, leaving her unable to speak.

St. Margaret Mary parishioners are preparing for the children to arrive in June. Under the direction of Father Robert G. Smith, pastor, parishioners are conducting a drive to collect clothing, home furnishings and other essential goods. Financial contributions


are also being sought. Persons who wish to help in the effort are asked to contact

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All in the Family

## Kicking Caffeine

This is a story about caffeine. It may be out of place in this column, but if it helps you, reader, it is worth it.

I did not become a serious coffee drinker until my first newspaper job on the Bradford (Pa.) Era where I learned that coffee was essential to meeting a deadline.

Upon arriving at the Democrat and Chronicle a couple of years later I discovered that there was a coffee machine right in the city room. Like most other reporters I never sat down to the typewriter without lighting up a cigarette and making sure there was a cardboard cup of the mud-flavored brew at my elbow, refilled every half hour or so.

I kicked the cigarettes somewhat later when a lighted ash dropped on my first baby's blanket, but the coffee habit stayed with me.

Indeed, as a stay-at-home wife and mother, coffee became even more important, particularly as a diet aid when I started drinking it black. No calories and an instant shot of energy as many as 15 times a day.

I knew some people were unable to sleep but I could consume vast quantities and nod off immediately. True, I woke up in the middle of the night with anxiety attacks which grew increasingly worse but I never connected it with the coffee.

There were other side effects. On Sunday mornings when we would read the papers and have a leisurely breakfast, which for me meant a muffin and six cups

of coffee: I would become so weak that I could barely clean up the breakfast dishes.

It took a nutritionist acquaintance to point out how caffeine, particularly with no protein consumed, causes the blood sugar to drop, which in turn causes insulin to flood the system.

I compromised and began eating peanut butter or other protein for breakfast along with my regular strong brew and at night mixed half regular and half decaffeinated. But I was still getting a lot of caffeine.

Then six months ago the doctor recommended total abstinence and I quit cold turkey, experiencing headaches and very bad fatigue when I gave up my lifelong stimulant.

It didn't seem worth it until about a month later when I discovered all the benefits of going without or cutting back on caffeine — the point of this column.

Anxiety which has plagued me since adolescence has all but disappeared. I get the blues a lot less often and though my kids will dispute it, it's hard to work old mom into a flying rage, and the general malaise I once attributed to sinus is no more.

Since this is true confessions, I must admit I've gone back to one cup of regular coffee at breakfast to get me going in the morning. Any more than that and the old symptoms come back.

If any reader sees himself or herself, one word of caution. It's easier to cut back on regular coffee if you mix it with decaffeinated, slowly decreasing the proportion of that with the caffeine. End of story.

## Deadline

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

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