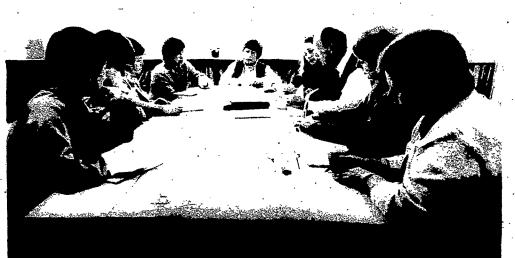
COURIER-JOURNAL

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Adult Ed Program Set

Northeast Region parish religious education coordinators met last Thursday, Sept. 16, at St. John of Rochester School to discuss the start of the adult education program in the region. Above, diocesan liaison Bob Smyth, of St. Ambrose parish, jokes with the committee. At his left is Denise Mack of St. Rita's parish, Webster. Also discussed at the meeting was a planned evening of prayer with Bishop Matthew H. Clark as part of the region's Confirmation program.



Deaths Anthony Schuyler, Worked For Church 27 Years, Dies

Mass of Christian Burial was celebrated Sept. 16 at Immaculate Conception Church for Anthony A. Schuyler Sr. who died sud-denly Sept 13, 1982.

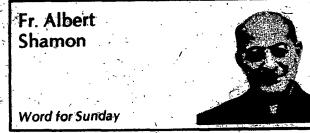
Mr. Schuyler, one of the first full-time lay employees of the Rochester Sisters of Mercy on Blossom Road, served the congregation for 27 vears.

In his time, Sister Elaine Kolesnik, congregation spokesperson said, "he wit-

Vatican II and the subsequent, changes of the '60s and '70s.

"Practically all the Sisters of Mercy from the Rochester Diocese from 1955 to the present knew him. And he knew practically all of them. I think he was a friend of every sister here," she said.

He is survived by his wife, Mrs. Anna E. Schuyler; two sons, Anthony A. Jr. and Paul V.; one daughter, Ann; seven grandchildren; two brothers, David of San Francisco and



When Stress **Gives Way To Anger**

Sunday's Readings: (R3) Mk. 9/38-43, 45, 47-48. (R1) Num. 11/25-29. (R2) $_{\zeta}$ Jas. 5/1-6.

The Book of Numbers describes the meandering travels of the Israelites in the wilds of Sinai. Another name for the Book of Numbers is the Book of Murmerings. Travel not rarely has done this to people - cause irritability! First the grumbling starts with a few, then it spreads to others like a prairie fire, and before long everybody is barking - in this instance at Moses. Moses in turn felt it all too much to carry. So Yahweh conferred on 70 elders some of Moses' spirit to help him shoulder the burden.

Not too long ago we were all told that we were living in an Age of Anxiety. The antidote, we were told, was to cultivate "a good sense of humor." Now one screwturn up from anxiety is stress. We are being told now that we are living in an Age of Stress. Maybe this is due to the mobility of our society. The rigors of travel, the emotional bombardment of new experiences, the detachment from that which is routine and comfortable - all these more or less gang up on us. They drain our energy and we become irritable. Even those we love dearly get on our nerves. Maybe that is why husband and wife who get along



become irritable with each other when they take a trip.

The solution for stress is not anger, even though many today think it is. Anger is a prime cause of stress, not its cure.

When Leo Durocher was a baseball player with St. Paul, he directed some nasty remarks at a certain Joe Kelly during a game at Toledo. Kelly pretended to be hard of hearing. Coming closer to Durocher, he said, "What did you say, runt?"

Durocher repeated his remark; whereupon Kelly said, "That's what I thought you said." There was silence - a dramatic, loaded silence then Kelly swung. Durocher lost several teeth. A certain Charles "Casey" Stengel observed the incident and tucked it away in his mind for future reference.

Years passed. One day Durocher and Stengel were opposing managers in a big series. The situation had become so critical that only cold deliberateness could be effective. Just before the crucial game of the series, Durocher walked past the dugout where Stengel sat, "Hey, Leo," called out Stengel, "who's your dentist these days?"

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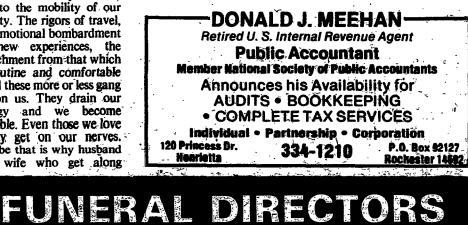
Of course, Durocher, who has anything but a bovine disposition, lost his temper. A fight threatened, but friends pulled them apart. All the afternoon, so the story goes, Durocher was upset, so much so that he lost his effectiveness as a manager. The one telling remark had done its work so that he was at a disad-vantage. Whenever stress gives way to anger, a person is rendered nearly inoperable.

Solutions for stress aren't simple, but perhaps a starting point for people of faith today is the same as for the people of Israel centuries ago — take it to the Lord and let some of the Spirit that was upon Moses be put . upon our stressful lives.

Also, it is good to ask ourselves whether or not we are actors or reactors.)Do we let people change us or do we change people? They change us when our actions are reactions to theirs. We change them when our actions are not reactions, but behavioral deeds springing from the bidden powers of divine love within us.

Deadline

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



THOSE WHO WISH TO HAVE ARRANGEMENTS CARRIED OUT IN ACCORDANCE WITH THE IDEALS OF THEIR FAITH CAN RELY UPON THE FUNERAL DIRECTORS LISTED TO PERFORM THEIR DUTIES WITH SYMPATHETIC CARE AND ATTENTION

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