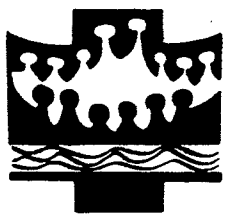


Insights  
In Liturgy



By Gretchen Dent

**Preparing  
Lent and  
Eastertime**

Preparing and planning for the Lent-Eastertime season for the catechumens involves working with both flexible and inflexible ideas. The rite calls for specific liturgical celebrations at certain times, but it also leaves room for creativity.

On the First Sunday of Lent, the candidates for Baptism or reception into the Church present themselves to the Church for the Rite of Election. Thus begins the third stage of the catechumens' journey toward the reception of the sacraments of initiation at Easter. The season of Lent for the catechumens will now be called, is also called the "Period of Enlightenment and Purification," and serves as a kind of spiritual retreat for them. During this time they will celebrate publicly the Scrutinies on the Third, Fourth and Fifth Sundays of Lent. The Scrutinies are intended to be a positive examination of one's heart and faith in light of the Sunday scriptures. Also, there are "Presentations" of the Creed and the Lord's Prayer which may or may not occur during the Sunday liturgies. All of this culminates with the celebration of the sacraments of initiation at the Easter Vigil.

In its basic form, it seems simple to plan for, and perhaps indeed it is. What is vital is that planning for the catechumens should not exclude planning for the entire community, and planning for the entire community must not exclude those about to become members of that community. Liturgy committees and RCIA teams should meet together to plan these seasons so that they complement one another instead of contradicting one another. Care should be taken to make sure the assembly is aware of and understands the rites that will be celebrated publicly, because they play a vital role in the acceptance of the candidate who is soon to become a part of their community.

Parishes fortunate enough to have a catechumenate may wish to make that the focus of their Lenten program. If this is their choice, it should be remembered that this does not exclude the rest of the community! The stories of faith that the candidates bring can revitalize the entire community and the constant to its faith stories provide the catalyst for the Lenten season.

journey to becoming members of the Church. During Lent, their intense time of renewal, the elect are joined on this path to conversion by the rest of the community who are continuously seeking renewal on their life-long journey to fulfillment.

This year we will be using the readings from Cycle A in the Lectionary. The RCIA calls for Cycle A readings on the Third, Fourth and Fifth Sundays of Lent every year. Cycle A readings provide a unique opportunity for "elect" and the whole community to travel together.

First, we are all led to recognize that all of us are continuously tempted and share the encouragement that the Light of Christ touches all of our lives. As the candidates prepare to receive living water for the first time in baptism, we remember our own baptismal promises and our need for constant refreshment from His living water. In the Fourth Sunday's gospel the elect have their eyes opened, perhaps for the first time, and our own are opened again and again to the saving power of God. The elect are preparing to be raised to new life for the first time at baptism, and on the Fifth Sunday of Lent we are able to recognize our continual risings to new life. The elect travel through the events of Holy Week and we journey with them perhaps more fully aware of the conversion and renewal which occurs over and over throughout our lives. The community's journey of conversion should be made apparent to the candidates so that they will be aware that growth and renewal will always be a part of their lives after their initiation.

The journey through Lent together provides both elect and community a rich opportunity for the joyous celebration of Easter and the Eastertime as one. The joy of that celebration should be so great that it cannot be contained in one day. The candidates are now full members of the community and Eastertime provides them with an opportunity to explore the meaning of the "mysteries" of faith which they have celebrated. We too, are immersed in the continuing revelation of God in our lives, in the wonder of His never-ending forgiveness and our continuing resurrection to new life. Through good planning all are brought to the awareness that we bring that new life to each other, and ever so gently the new members are embraced into the community - ready by week-end for the Lenten season.

**Look Out, Rochester!  
Here Comes the 'Quality Freak'!**

By Terrance J. Brennan  
About three years ago, Charlie Bell was doing some grocery shopping for his wife. While pondering pork chops, Bell was astounded by the price.

He handed them back to the man behind the counter and said, "Here, they're too rich for my blood."

Since then Bell has fought back, organizing perhaps the largest food club in the area, the Penny Pinchers Club, serving more than 1700 families.

Bell, 47, stresses that a family of four "should eat well for \$150-160 per month."

"There is only one grade of meat better than what we buy," Bell said. "Our aim is to show people you can buy the better foods."

"People don't understand they're not getting the quality in the stores -- and if they are, then they're paying dearly. I guess I'm just a quality freak. If I don't get the quality, I'll leave the supplier," Bell said, noting that he did, in fact, just recently leave a supplier for that reason.

Bell supports his talk with some interesting figures. The Penny Pinchers price for a top round cut of beef, a piece of meat that weighs 18 pounds or more, this month costs club members \$1.95 per pound.

"Compare that with any price you can find in your local stores," challenges Bell. "I priced this cut at \$4.38 per pound just last week down the street from my home."

Bell notes that members must remember that they are buying in bulk, that is why they get considerable savings -- meat comes in large slabs and must be cut by the member; some frozen vegetables come in packages that weigh 2-4 pounds and might not be cooked all at once.

But he points out that just because they are now buying bulk, members are not faced with the mandatory purchase of a larger freezer or refrigerator. "But if they did, it could be paid for by their savings in a very short time."

Every month, the distributors send each member a list of food and paper products available, and their current prices. The member then checks off his list what he wants and sends it back to the distributor. Each member has a specific day and time each month to pick up his supplies.

Kraft, Inc., in Gates, is the

food distributor. Robfogel Mill-Andrews Corp. supplies paper and cleaning products.

"We get the same grades of foods you would be served at the Strathallan or Lloyds," Bell said. "We won't stand for anything but the best, yet you're paying less!"

Bell stressed this is not a service being used exclusively by people on welfare or having trouble covering their weekly food bills. Among Penny Pinchers members are professionals and business executives.

Bell said membership in the club costs \$30 a year, paid in September, but a six-month membership is available. Orders carry a \$125 minimum and can be placed no sooner than monthly.

He added that among clientele is a college professor and his wife who live in the Southern Tier. "She comes up once every six months and loads up the car with what they need."

Among Penny Pinchers diocesan members are the St. Philip New Convent, St. Margaret Mary's Convent, and the School Sisters of Notre Dame in residence at Bishop Kearney High School.

Foods provided on the plan include fresh and frozen meats, fish, poultry, cheeses, fruits and juices, vegetables, and various macaroni, rice and potato products.

Milk, eggs, butter and bread are not provided through Penny Pinchers.

To Bill and Suzanne Privett of Penfield, the parents of six boys, the savings is not the major reason they prefer to shop this way.

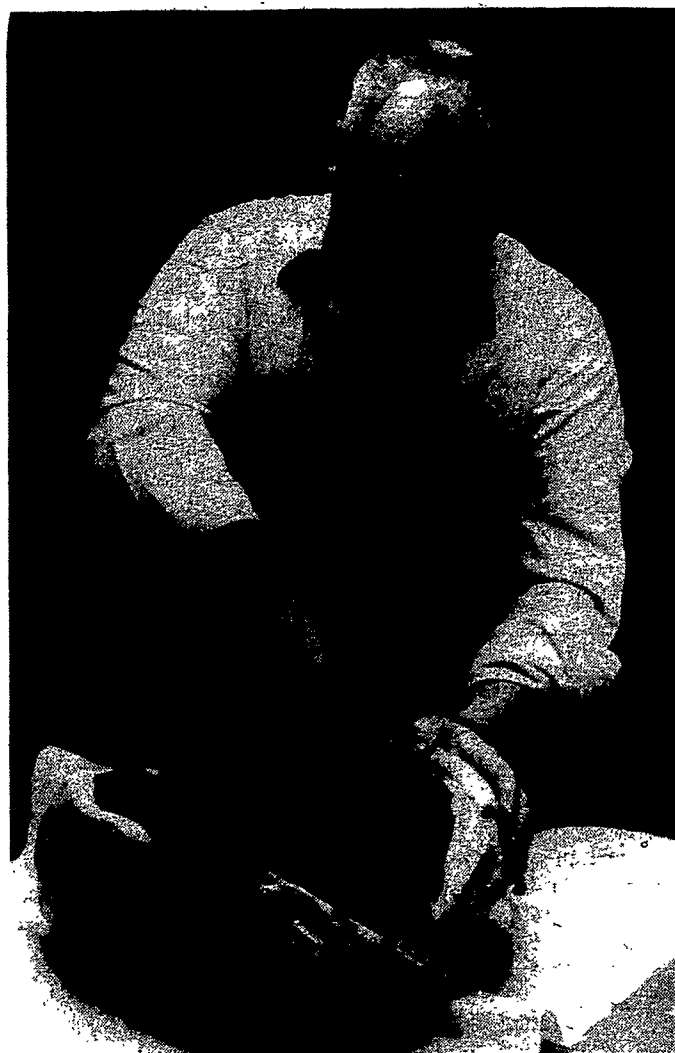
"It saves time for us more than anything," said Mrs. Privett.

"This way when all we need is some milk or eggs, we can just give the kids some money and ask them to pick it up at a store and not have to worry about them bringing home eight gallons of ice cream," Privett said.

"Right," Mrs. Privett chided. "Usually it's Dad who brings home the eight gallons of ice cream."

Bell said Penny Pinchers is arranging an acceptance of food stamps by the wholesaler. Also, the club is trying to organize classes to train members how to handle bulk food, the advantages of buying it and the savings connected.

To advance the club and prove his point of the savings



Charlie Bell, founder of the Penny Pinchers, slices into a top round.

possible, Bell says, "I will go to any organization or group to explain the benefits of Penny Pinchers." For more information on the Penny Pinchers Club, readers may call 265-9321 between 4-6 p.m. or mail inquiries to P.O. Box 332, Webster, N.Y., 14580.

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Bill and Suzanne Privett of Penfield load their car from the shipping dock.