

Episcopals to Gather at Cathedral For Consecration of Bishop Burrill

The Ven. William G. Burrill, Bishop Coadjutor-elect of the Episcopal Diocese of Rochester, will be consecrated a bishop 7 p.m. Thursday, April 26 in Sacred Heart Cathedral.

Episcopals from throughout the country and clerical and lay representatives of the diocese will

participate in the service which will confer on Burrill the authority of a chief pastor and leader in the Episcopal Church.

Acting as principal consecrator will be Bishop John M. Allin, Presiding Bishop of the Episcopal Church, who oversees the three million-member body in this country. Assisting him in the ceremony of consecration will be Bishop Robert R. Spears Jr., retiring Bishop of Rochester; Bishop Gerald F. Burrill, the bishop-elect's father and retired Bishop of Chicago; Bishop Clarence Haden, retired Bishop of Northern California; and Bishop

James W. Montgomery, Bishop of Chicago.

Bishop John T. Walker of Washington, D.C., will preach. Also participating will be Bishop Michael H. Eldon, Bishop of Nassau and the Bahamas, including the Turks and Caicos Islands, whose diocese has a companion relationship with the Diocese of Rochester.

In addition, a number of other bishops will be present for the laying-on-of-hands ceremony which formalizes the consecration of a bishop.

According to Bishop-elect

Burrill, the Roman Catholic Cathedral has been chosen as the site for the consecration service because it will accommodate more people than could any of the Episcopal diocese's churches.

"This is a great ecumenical venture," he added, "that my consecration should take place in the Roman Catholic Cathedral. I am truly grateful to Bishop Matthew H. Clark for his kindness in offering such a beautiful space for his celebration."

Once he is consecrated bishop, Burrill will assume

the office of Bishop Coadjutor, working with Bishop Spears until the latter's retirement in late June. At that time Burrill will succeed to the episcopal throne.

Since 1982, the bishop-elect has served as Archdeacon for the Diocese of Northern California, where his responsibilities have included many of the administrative and pastoral tasks he will take on when he becomes Bishop of Rochester.

In the course of the consecration rites the traditional



BISHOP-ELECT BURRILL

"gift to the bishop," a collection taken up, will instead go to the Bishop Sheen Ecumenical Housing Foundation. Further information on the foundation is available by calling 328-6400.

Fraternity

St. Patrick's Fraternity of the Secular Franciscan Order will meet Sunday, April 15 at St. Anthony's Church, 60 Lorimer St. Novice instruction is at 1:15 p.m., the rosary at 1:30 p.m., and Mass at 2 p.m.

Sarah Child



All in the Family

What's Left To Eat?

Read any good labels lately? Ever since the evidence emerged that saturated fat leads to high cholesterol levels which in turn increase the risk of heart disease, we've been scrutinizing the fine print on the backs of cans and boxes.

Yesterday I discovered the box of Pillsbury white cake mix I'd just bought had beef fat in it. Actually, I was looking to see if it had hydrogenated vegetable oil which also tends to raise cholesterol levels. I struck paydirt with the cake mix. The ingredients listed included: Hydrogenated soybean oil and/or hydrogenated animal fat (beef fat or beef lard.)

Why the manufacturer had to add any fat at all was puzzling because the instructions clearly called for the homemaker to add her own 1/3 cup of oil. I checked the box of Bisquick next to the cake mix on the pantry shelf. It had the same kind of fat. A box of Pillsbury's Hungry Jack pancake mix, however, had none.

Then, just because I was in an exploring mood, I read the box of Post's honey nut crunch raisin bran. About once a month I break down and buy a box of pre-sugared cereal if I have a coupon for it. This raisin bran had three kinds of sweetener -- sugar, honey and corn syrup. While sugar wasn't the first ingredient listed as it is in some pre-sweetened cereals, meaning there's more sugar than anything else in the box, the total amount of the three sweeteners probably exceeded the amount of grain in it.

Besides fat and sugar, I also read labels for other things such as chemicals. Somebody once called my attention to the chemicals listed in frozen whip toppings. If you plan to keep eating the stuff, better not read it.

I also check for salt. As a lot of people know,

manufacturers put salt in products that don't require it -- including dog food. I checked the Dad's canned chicken flavor dog food on the pantry floor. It had salt. So, too, did the five-pound bag of Carnation's "Come And Get It" as did the Milkbone brand dog biscuits. Maybe salt is used as filler because it is cheap. The fact that it raises havoc with people's (and dogs') blood pressure is apparently unimportant.

A sample pack of dehydrated soup mix caught my attention in the supermarket recently. I threw one in the cart, read the label as an afterthought, and put it back in the display bin. Salt was the first ingredient.

Back to the hydrogenated vegetable oil which means it is more saturated than regular vegetable oil. I once spent 15 minutes in an area supermarket checking boxes of their own bakery goods. Every single item with the exception of angel food cake had hydrogenated oil and/or palm oil or coconut oil which is even more saturated than beef fat, according to a recent report. Yes, I know, we shouldn't be eating bakery goods in the first place. Packaged cookies and crackers present the same problem.

In some cases, manufacturers are getting the message and have produced canned vegetables that have no added salt, as just one example of response to the buyer. But some companies may be trying to put one over on the consumer.

My husband came in with new Planters Lite Peanuts the other night crowing because they had 50 percent less fat which was proclaimed in big, red letters on the package. We each had a handful. Then I read the tiny, fine print which said the peanuts had been roasted in peanut or coconut oil. So I've been giving them to the dog as an occasional treat. Dogs don't get artery disease.

Legion 'Acies' Draws 250

More than 250 members of the Legion of Mary attended the "very beautiful Acies Ceremony" March 25 at Sacred Heart Cathedral, legionnaire Ed Adams said last week.

The annual rites are "a coming together of all the active and auxiliary members to once again dedicate themselves, in the coming year, to the service of Our Lady," he said.

"Each member expresses his love and devotion with this beautiful prayer, said individually, at her feet:

"I am all Thine, my Queen and my Mother, and all that I have is Thine."

Father Paul Wohlrab, spiritual director of the Rochester Comitium, conducted the service.

The rosary was led by Sister St. Regis, spiritual director of the Monroe Curia.

The rites closed with benediction by Father Wohlrab, assisted by Father Raymond Heisel.

Refreshments were then served in the rectory hall.

Persons interested in learning more about the Legion of Mary's apostolate are asked to contact Adams at (716) 254-0173.

Baltimore Sister Replaces Sr. Kane

Cincinnati (NC) -- Mercy Sister Helen Amos of Baltimore has been elected to succeed Sister Theresa Kane as president of the 4,300-member Sisters of Mercy of the Union.

Sister Kane was a controversial figure during Pope John Paul II's visit to the United States in 1979 when, as head of the Leadership Conference of Women Religious, she greeted him at the National Shrine of the Immaculate Conception in Washington and asked that women be included in "all ministries of our church."

Sister Amos was elected head of the order's ad-

ministrative team by delegates to the national assembly in Cincinnati March 25. A native of Mobile, Ala., Sister Amos is administrator of the order's Baltimore province.

Sister Helen Marie Burns of the Detroit province was elected to serve as assistant to the president. Also elected to the administrative team were Sister Camilla Verret of the Omaha province; Sister Gretchen Elliott, Detroit province; and Sister Patricia Wolf, New York province. The new team takes office July 1 and will serve a four-year term.

AT YOUR PARISH

St. Christopher

North Chili -- A "Tenebrae" service will be celebrated 7:30 p.m., Sunday, April 15 at St. Christopher's Church. The service, meaning "Shadows," dates to the early Church and depicts the last few days of Jesus' life through Scripture and music. In the course of the event lights are gradually extinguished. The parish choir will perform the music. The event is open to the public.

St. Casimir

Elmira -- St. Casimir's school will hold its annual Palm Sunday Pancake Breakfast, 8 a.m.-1 p.m., Sunday, April 15 in the school hall. The menu includes pancakes, sausage and beverages. Tickets are \$2.50 for adults; \$1.50, senior citizens/gold card; \$1.50 children; free, preschoolers. They are available at the school office or at the door.

Blessed Sacrament

Father Bruce Ammering will preach at the annual special holy hour of the Nocturnal Adoration Society, 3 p.m., Palm Sunday, at the Church of the Blessed Sacrament. Father Ammering is pastor of the parish. The public is invited to the event.

St. Leo

Hilton -- The Christian Women's Club of St. Leo's Church will have its third annual Arts, Crafts and Collectibles Show 10 a.m.-4 p.m., Saturday, April 14 in the parish hall, 155 Lake Ave. Eighteen exhibitors with handcrafted items for Easter and Spring gifts, a baked food shop and lunch served in the Spring Garden Room will be featured. Admission is free. The event is open to the public.

Deadline

Deadline for news in the Courier-Journal is noon on Thursday, preceding Wednesday publication.

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