

Parish Notes

Genesee Valley

Adult education seminar

St. Salome's, Irondequoit — St. Salome's School, 4282 Culver Road, will be the site of a diocesan seminar entitled "Moral Decision Making and Contemporary Justice and Peace Issues" on Saturday, March 1, from 9:30 a.m. to 3:30 p.m. The seminar is part of an Adult Faith Enrichment series which explores topics in scripture, church history,

Prayer series offered

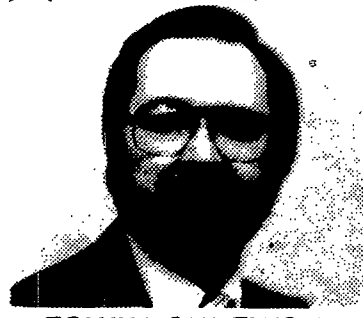
Holy Apostles, Rochester — "Prayer in the Midst of Busy Lives," a five-part series, will be presented at Holy Apostles, 530 Lyell Ave., Wednesday evenings, Feb. 26 and March 5, 12, 19 and 26 from 7:30-9:30 p.m.

prayer and spirituality in more depth. For more information, call the diocesan Office of Religious Education at (716) 328-3210. Prayer series scheduled

Mystery Trip

St. Ambrose, Rochester — Parishioners are planning to embark on a mystery trip Wednesday, March 5. Sponsored by the V.I.P.'s, the trip will cost each participant \$20. There's limited space, so call (716) 482-0973 after 4 p.m. for your reservation.

THOUGHTS TO CONSIDER



EDWIN SULEWSKI
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How can counseling help the grieving?

When you are grieving professional counseling can help to clarify and relieve feelings that you may have about the deceased or about the uncertain future that the death of a loved one has created. Learning how to live with tension, manage unpleasant feelings and look forward to the future are some goals for good counseling. Sometimes there are other difficulties of a long-standing nature such as excessive reliance on alcohol, excessive dependence on the deceased, or poor interpersonal relationships that also can be effectively managed during grief counseling. Good counseling is best provided by professionals who have training in grief and who are knowledgeable about the feelings and stresses of the grief process. Call the local Mental Health Association if you wish further assistance in this crucial matter.

We purchase all forms of insurance to protect our family's assets, not because we expect the worst to happen, but to be prepared. Doesn't it make sense then to prepare for what will happen? Let our trained counselors assist you with the many options available in planning for a worry-free future.

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Southern Tier

Lenten series begins

St. Mary's, Corning — A Lenten series will be held on Monday evenings at the church located on State Street. The theme of the series, "Walking to Calvary: Views of the Passion of Christ," began on February 17. An evening of music and reflection with Deacon Ray Defendorf and slides of the

Holy Land is scheduled for Feb. 24. All programs will begin at 7:30 p.m. In addition, on Sunday mornings during Lent, there will be a scripture study hour from 10:30-11:30 a.m. at the Brennan Center adjacent to the church.

Free kitchen offers meal

Our Lady of Lourdes, Elmira — Parishioners will be preparing the first meal at the Elmira Free Kitchen on Thursday, February 20 at the site of St. Peter and Paul's. Food

items may be donated at anytime for the meal and can be left at the Demarest Parkway Entrance.

Finger Lakes

Parish Mission Planned

St. Alphonsus, Auburn — The parish's Christian Formation Committee will sponsor a week-long Lenten mission Sunday through Friday, March 1-7. Father Joseph T. Maguire, C.S.S., a noted retreat master and healer from Waltham, Mass., will be the featured guest. Father Maguire will preach at all Masses during the weekend of March 1 and 2 and will lead evening services during the week. All are invited to this week of special blessing. For more information, call (315) 255-1410 between noon and 4:30 p.m.



Lenten Family Enrichment

St. Catherine of Siena, Ithaca — "Seder: Traditions related to Lent/Easter" will be presented Friday, Feb. 28, at 5:45 p.m. in the parish center.

Also, adults who have not been confirmed are invited to an informational meeting with Father Michael Hogan Thursday, Feb. 27, at 7:30 p.m. in the rectory.

Global Future Talk

Dr. Gerald O. Barney, editor of "The Global 2000 Report to the President (1980)," will be the keynote speaker at the eco-justice conference at Keuka College. The cost of registration, lodging and meals will be \$35. Call (716) 223-0847, (607) 256-4225. Registration deadline is February 28.

Nursing Open House

The Department of Nursing of Nazareth College will hold an open house for those interested in the college's upper-level baccalaureate nursing program at 7:30 p.m., Monday, February 24, Smyth Hall, Room 236.

Gerould's Pharmacies

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Parish offers retreat

St. Mary's, Auburn — Father Gus Milon, a Franciscan who runs a street ministry for runaways in Chicago, will be guiding a parish retreat, March 1-6. Conferences will take place on Sunday through Wednesday evenings at 7:30 p.m. in the church, located at 15 Clark St. For those who can't make the evening conferences, a mini-retreat will also be offered that same week on Monday, Tuesday and Wednesday mornings at 11:00 a.m.

New Dobson Series Offered

St. Patrick's, Macedon — "Turn Your Heart Toward Home," a new six-part film series by Dr. James Dobson, a noted psychologist and author, will be presented by the parish Family Life Committee.

Programs will include: "Father Looks Back," February 24; "Power in Parenting: the Young Child," March 3; "Power in Parenting: the Adolescent," March 10; "Family under Fire," March 17; "Overcoming a Painful Childhood," March 24; and "Heritage," April 7.

Sessions will last from 7:30-9 p.m. in the parish hall. Admission is free.

Correction

In our article on the Catholic School Rally (Courier-Journal, February 13), a student from St. Augustine's gospel choir was misquoted. She actually said: "We would like to dedicate our final song, Reach Out and Touch, to our school, St. Augustine's, which reaches out to all of God's people."

Submitting items for Parish Notes:

If your parish is doing something of interest to our readers, send a typed notice (and black-and-white photo, if you wish) to Parish Notes, Courier-Journal, 114 S. Union St., Rochester, N.Y. 14607.

We'll try to include as many parish news items as possible each week.

Divorce Mediation

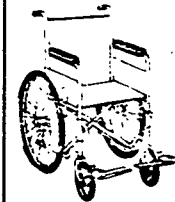
An alternative path
to a divorce settlement.

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