

Coping

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longer, she advised, but do "be hospitable to your own feelings and memories.

"Give yourself the freedom to choose a new style of celebrating; or relate to your sources of support in a different way," she suggested. "If a regular exercise program would help you feel better or keep your sanity, think of some way you can do it ... If you need to have control over trimming the tree, or bake yourself crazy, do it." Among the resources she identified were mutual support or self-help groups, and spiritual sources of support, both external and internal.

Before the workshop ended, Sister Susan asked each participant to write a letter to be mailed to herself, listing active steps she planned to take to get through the holidays

and "holiday wishes" she would like to make for herself. "Don't forget," she affirmed, "that your life may be in upheaval because of some good choices that you've made."

As workshop participants left the Holiday conference room, Sister Susan presented each one with a candle. "In addition to the significance of candles in my own Roman Catholic tradition," she observed, "candles, light and darkness are themes of winter. The idea of evening coming sooner can be pretty depressing.

"Maybe having this candle will be a reminder to each of us that there are some decisions we could make this holiday season that would add some light to our darkness," she concluded.

The shortest days of winter inevitably bring on the longest nights. But if everyone lit just one of Sister Susan Schantz's candles one late December evening, imagine the glow.

Holy Childhood

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"Ultimately, the dream would be that some of them could go out into a competitive (non-sheltered) work environment," she adds. Most, however, "could go into a less-sheltered environment than ours, but not a really competitive workplace."

The clinic program serves Holy Childhood's children and adults alike by providing medical and social services, and speech, occupational and psychological therapy.

Taken together, these three programs carry an annual price tag of \$1.5 million. Beimiller notes that although state and county funds pick up most of the costs for the adult and clinic programs, funding for the children's program must be raised locally.

Tuition is set at \$650 per year, less than

that of many diocesan parochial schools. But there's a big difference — Holy Childhood's classes normally comprise no more than six students. Thus, the real cost of a Holy Childhood education far exceeds tuition, and the school must raise about \$500,000 each year through the sale of students' crafts, the annual candy sale, a ladies golf tournament and an annual sponsorship drive, which is currently underway.

"That's why we're so grateful for the incredible support of the Rochester community," Beimiller commented.

"I would love to think that we could make \$55,000 on this month's drive," she says. "It's only been one week, and we have close to \$20,000."

For information on the sponsorship drive or the purchase of any of the foods and crafts created by the children and adults of Holy Childhood, call the school, (716)359-3710.

Refrigerator, computer needed at action center for disabled

The Catholic Charities Action Center for the Disabled is in need of two pieces of equipment.

The action center, which is located at 50 Chestnut St., Rochester, needs a refrigerator to store surplus food commodities. The center is a distribution location for persons with disabilities who can't go to their

neighborhood distribution centers because of accessibility or other problems.

The second item needed is an IBM-compatible computer for maintaining statistics required by government funding sources. The staff presently compiles statistics manually, a time-consuming task that takes workers away from direct service to clients.

Contributions of these items will be tax-deductible.

Geneva breakfast planned for area's widowed persons

Persons who are widowed are cordially invited to the monthly informal breakfast scheduled for Saturday, December 20, at 9 a.m. at the Chanticleer Motor Lodge Restaurant, 473 Hamilton St. (Routes 5 & 20) in Geneva.

Widowed persons from the Geneva, Waterloo, Clyde and Seneca Falls area have

joined together as a support group and are hosting these breakfast get-togethers.

For information contact: Margaret (315)789-4837, Dorothy (315)781-0455, Doris (716)526-5062, Vail (315)789-7035 or Carl at the Finger Lakes Office of Social Ministry at (315)789-2686.

'Midnight Mass for Christmas' planned for Eastman School

Charpentier's Midnight Mass for Christmas is the featured work in Madrigalia's annual Christmas concert this year. The concert, which will be directed by Robert Dwellley, is scheduled for Saturday, December 20, at 8 p.m. in Kilbourn Hall at the East-

man School of Music.

Tickets for reserved seating may be obtained by writing Madrigalia, 5 Buchanan Road, Pittsford 14534, or by calling (716)422-4558 or 271-4457. Tickets are priced at \$6 and \$5 for students and seniors.



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New Year's Eve '86 Menu
5:00 p.m. Until 9:30 p.m.

Prime Rib of Beef 1 lb.	\$7.95
Veal Parmesan	\$8.95
Veal Oscar	\$9.95
Sautéed Chicken & Artichoke Hearts - French	\$9.95
Fettuccine Alfredo w/ Mushrooms & Broccoli	\$9.95
Seafood Marinara over Linguine	\$10.95
Prime Rib of Beef 1 lb.	\$11.95
New York Strip Steak	\$11.95
Filet Mignon	\$11.95
Lobster Tail	\$14.95
Lobster & Filet	\$22.95
Lobster & Rib	\$22.95

New Year's Day '87 Annual
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