

Tell Them
You Saw Their Ad
In The
Courier-Journal

ERA® McMILLAN
REAL ESTATE

Carol Creswell, Broker
Member, St. Bridget's Church

Office: 716-394-1970
Home: 716-657-6532

336 N. Main St • Canandaigua, NY 14424

★ Laundromat - Turnkey Operation - \$15,000
★ Building Lots - Rt. 245 - \$11,000

Effinger's
German Sausage House

SEAFOOD SPECIALS
Wednesdays and Fridays during Lent

SEAFOOD PLATTER \$6.75
Scallops, Haddock, Clams Casino, complete w/ french fries, cole slaw and salad bar

FISH FRY \$4.75
French fries, cole slaw, bread & butter

BAKED FISH \$5.95
French fries, chef salad or cole slaw

FRIED SHRIMP \$5.50
French fries, chef salad or cole slaw

COMPLETE SEAFOOD MENU AVAILABLE

LUNCH SPECIALS:

FRIED FISH SANDWICH \$3.95
French fries, cole slaw

SHRIMP IN A BASKET \$3.95
French fries, cole slaw

Mention this ad and receive a complimentary glass of wine

LUNCHES 11:30-2:30; DINNERS 5-9:30 Tuesday through Saturday
1582 E Main St — 482-5220

Logos book store

"When It's Feelings That Count."

A PRECIOUS MOMENTS™ GIFT OF LOVE

A beautiful gift for all who love and collect *Precious Moments™* gifts and books.

- 48 pages - full color illustrations throughout
- The first choice for any day when the message is "I Love You"

This February 14th, Remember Your Valentine With A Special Card and Gift from Logos

THE STREET OF SHOPPES — 1600 Ridge Road West (716)663-5085

HICKS & MCCARTHY

NOW WITH 2 LOCATIONS IN PITTSFORD & FAIRPORT

FRIDAY'S SPECIAL FISH FRY

\$1.00 OFF
EACH DINNER WITH THIS AD
Expires 3 / 25 / 89

OPEN 7 DAYS A WEEK
Mon-Sat. 7:00am-8:00pm
Friday till 9:00pm
Sunday till 8:00pm

Pittsford: 23 South Main St.
Fairport: 6 N. Main St. (Box Factory)

Guide to Area Professionals

<p>Accountants</p> <p>JOHN P. SLISH CERTIFIED PUBLIC ACCOUNTANT</p> <p>1063 EVERWILD VIEW WEBSTER, NEW YORK 14590</p> <p>OFFICE: 872-1840 ACCOUNTING, FINANCIAL CONSULTING SERVICES FOR BUSINESSES & INDIVIDUALS</p>	<p>Financial Services</p> <p>BRICKMAN JENNY ASSOCIATES, CPAs</p> <p>Accounting, Auditing, Financing & Tax Planning, Management Advisory Services.</p> <p>1593 E. Main St., Rochester, NY 14609 Office Hours: Daily 9 a.m. till 4:30 p.m.</p> <p>Call: 482-2080</p>
<p>Attorneys</p> <p>KENNETH GALLANT ATTORNEY AND COUNSELOR AT LAW GENERAL LAW PRACTICE</p> <p>NO CHARGE FOR INITIAL CONSULTATION</p> <p>25 E. Main St., Suite 304 • 232-7560 Henrietta: 1425 Jefferson Rd. in Saginaw Plaza • 427-0007</p>	<p>Insurance</p> <p>Angelo Del Plato Insurance 3137 Chili Ave. • 247-6300</p> <p>"A Christian approach to all of your business and personal insurance and financial needs."</p>

Would you like to Reach 110,000 prospective clients a week? Then try the Courier-Journal's new "Guide to Area Professionals"!

Call: Kathy Welsh at 328-4340

Columnists

Our Lady's prescription for Lent

By Father Albert Shamon

Sunday's readings: (R3) Luke 4:1-13; (R1) Deuteronomy 26:4-10; (R2) Romans 10:8-13.

The importance of Lent is endorsed by Vatican II's *Constitution on the Sacred Liturgy*, Chapter Five. A special paragraph is devoted to Lent. The council said: "The Lenten season has a twofold character: (1) it recalls baptism and prepares for it; (2) it stresses a penitential spirit" (No. 109).

The liturgy has been revised to highlight the baptismal and penitential themes. The covenants of the Old Testament help us understand what God has done for us in baptism, whereby we embrace the new covenant with God, effected by the death and resurrection of Our Lord.

Therefore, in the first readings of the Sundays of Lent, the church remembers the covenants of the Old Testament to remind us of the stages of God's plan for our redemption, as well as to instruct those to be baptized. She recalls the ancient Creed of Israel — first Sunday; the covenants with Abraham and Moses — second and third Sundays; the first Passover in the Promised Land — fourth Sunday; and God's promise to renew His people — fifth Sunday.

The second readings harmonize with the first reading or the Gospel passages. The Gospel readings of the first two Sundays of Lent recount the temptation and the transfiguration of Our Lord. For the remaining three Sundays, passages from John's Gospel dealing with faith and baptism may be used: the Samaritan woman at the well (third Sunday) instead of Luke's call to repent or perish; the man born blind (fourth Sunday) substituted for Luke's prodigal son; the raising of Lazarus (fifth Sunday) for the adulterous woman.

Lent lasts from Ash Wednesday to the Chrism Mass of Holy Thursday. Passiontide has been suppressed. The Lenten Sundays number one to five. The sixth Sunday, Palm Sunday, begins Holy Week.

What ought we to do this Lent?

Our Lady at Medjugorje has told us loud and clear what we ought to do. An integral part of the Medjugorje message is fasting. The best fast, Mary said, is on bread and water on Wednesdays and Fridays. But everybody cannot do that. So modify the fast, but don't give up fast-

A Word for Sunday

I suggest the old canonical fast on Wednesdays: one full meal, cut down on the other two, nothing between meals. That is certainly possible. When one considers the rigors of dieting, fasting is child's play. More graves are dug by knives and forks than by auto accidents.

As for Fridays, why not start on Thursday night? Have nothing after supper on Thursday night, then coffee or tea and toast for Friday breakfast, the same for lunch, then a full meal at night. Again, very possible, and, I might add, very necessary.

Prayer is the breath of the soul; fasting is the prayer of the body. Prayer and fasting are as necessary to our spiritual life as breathing and eating are to our physical life.

Here is what Our Lady said: "If you do not have the strength to fast on bread and water, you can give up a number of things. It would be a good thing to give up television, because after seeing some programs, you are distracted and unable to pray. You can give up alcohol, cigarettes, and other pleasures. You yourselves know what you have to do" (Aug. 12, 1981).

"There are many Christians," the Mother of God said, "who are no longer faithful, because they do not pray anymore." Could this be the third secret of Fatima: the loss of faith within the church? Our Lady said it will happen unless we pray. Will we pray the rosary daily — as a family, before doing the dishes?

Then Our Lady continued: "Above all, abstain from television programs. They represent a great peril for your families. After you have seen them, you cannot pray any more. Give up likewise, alcohol, cigarettes ..."

Finally, she made this momentous statement: "Monthly confession will be a remedy for the church in the West. Whole sections of the church could be cured, if the believers would go to confession once a month" (Dec. 30, 1984).

We are the believers. We can save the West. Will we?

John welcomes the Lamb of God

By Cindy Bassett

Who is Jesus for you? This Lent we will hear the stories of some of the people whom Jesus encountered. Each one has a different opinion and a personal story to relate: Their stories will hopefully lead to an examination of your own life and discover just who Jesus is for you.

Every available space along the banks of the Jordan River was occupied by someone. It was almost as if the river had overflowed and left a sea of people in its wake. But this was certainly not the rainy season, when the Jordan's waters would swell over its banks. The hot desert sun was unrelenting in its fervor today. Even so, the crowds who waited to see the Baptist only seemed to increase with time.

Among those who waited to see the Baptist was a delegation of priests sent by the Jewish leaders in Jerusalem to investigate him.

John the Baptist's message was simple enough: "Repent! Make straight the way of the Lord!" Other prophets had come in the past with a similar message. Yet no one had attracted such a huge following as the Baptist.

The Baptist was an eccentric to be sure, but so were some of the greatest prophets of Israel. John preferred to live alone in the desert, where he barely sustained himself on a diet of wild honey and locusts.

These priests waited for several hours until there was a break in the long line of those waiting to be baptized by John. "Are you the prophet, Elijah?" they asked him, coming right to the point.

"No, I am not," John replied.

"Are you the Messiah, then?" they continued. When John told them no, they asked, "If you are not Elijah or the Messiah, then why do you baptize?"

"You have not come here really seeking after the truth," John chastised. "For if you had, you would be forced to change your lives. I baptize only with water. Soon one will come who has surpassed me because he was before me."

"Why must he speak in riddles?" one of the priests asked, not even pretending to hide his annoyance.

"I am not fit to even untie his sandals," John added even as the priests had already turned their backs and left him.

A short time later, John was to point out the one of whom he had spoken. "Look, there is

The Bible Corner

the Lamb of God who takes away the sin of the world!" he cried as Jesus came toward him.

"That is blasphemy!" one of the Pharisees in the crowd shouted, taking offense. "Only God can forgive sins!" "Baptize me," Jesus said when he came to stand next to John in the Jordan River.

"You who are without sin have no need of these cleansing waters," John said uneasily. "It is I who should be baptized by you."

"I must fulfill all that my Father has given me to do," Jesus replied simply.

In the very moment that John relented, a strange drama began to unfold. Some in the crowd heard a voice speak. Others argued that it was only thunder or merely the heat confusing their minds. Everyone saw the dove come and rest just over the head of Jesus.

Those who insisted that they heard a voice said these words were spoken: "This is my Son whom I love. I am well pleased with him." This day was the very beginning of all that Jesus was to do. He began to preach and baptize. The crowds that followed him were even larger than those who had followed John.

Of Jesus, John said, "It is fitting that I become less now, so that he becomes greater. Whoever believes in Jesus will have eternal life."

Scripture reference: John 1:15-34; 3:22-36.

Black ministries offers tour

The diocesan Office of Black Ministries invites high school students to participate in the Seventh Annual Tour of Black Colleges/Universities, March 27-31.

The tour has in past years taken nearly 200 students to visit institutions in Pennsylvania, Virginia, North and South Carolina, Maryland, Washington, D.C., and Georgia. The cost, which includes round-trip transportation by chartered bus, motel accommodations and meals, is \$355 per student.

For more information, contact Jacquelyn Dobson at 716/328-3210.

Courier-Jo

Reco

In 1955, y
who served
Air Force B
only son of
mother, Elle
her Catholic
Resen was a
base's church

I have alw
— and quick
Force in 195
tary friends
which inclu
page, a short
articles, a bi
mendation of
Fulton J.) Sh

Many year
Pat had test
was not his
and my little
Recently, a
that thrills m

Dear Fath
"My pare
your Christm
always enjoy
Pat? I can't
more — to b

Busy with
or rather anti
tary law) an
many years
enjoy the hea
my practice
ple during a
always appre

Comment
long been a
the nice Chr

Dem

By I

Joseph A.
Lyndon John
from 1965 t
Carter's secr
fare from 19
partner in a
Califano is c
Democrats.

His article
the January
Magazine de
by his fellow

Califano's
been losing r
tions becaus
voters have
ability to go
does not cou
temper its co
justice, but
spread perce
the Democra
cial interests
defense.

He spells
and with c
sounding of
the contrary
still has "a s
able."

Its abiding
of racism an
providing of
care to the
with dignity,
dren and job
the pincers o
to balance
and poor ar
world's nati
crusade again
our society."

But the D
to work on
House if the
"dicey issu
crime, the us

Under the
plains, cand
dential nomi
tests" to wi
tests, which
once in an o
to do with ab

A Democ
points out, 'p
port federal
Jimmy Carte
ner, was pro