

# Varied activities maintain perspective

By Bishop Matthew H. Clark

Winter weather is back with us after a January that was remarkable for its warm temperatures and lack of snow. This morning the earth is covered with snow, and news broadcasters tell us that schools are closed and meetings of all kinds are postponed. It's quiet around Sacred Heart right now. Father Stan is celebrating the 6:30 a.m. Mass; Tom Mull has left to celebrate the liturgy with the Sisters of Mercy at their Motherhouse. Paul Tomasso is up in his room getting ready for the day.

I have just finished a quick run through the morning paper and now am enjoying a cup of hot coffee as I write. The day ahead looks like it will be a relatively quiet one. Several have been like that this month. Days like that are a blessing because they offer an opportunity to do work that is absolutely necessary for good ministry, but which is difficult to accomplish on the run or at other times when distractions are strong. I mean work like reading books and articles on contemporary pastoral and moral issues. I mean the initial preparation for talks and articles to which I've committed myself in 1990. And there is always the task of becoming familiar with material in preparation for the meetings and interviews that are an integral part of everyday scheduling.

I confess to you that, attractive as it sounds, the use of time for such pursuits is something to which I must commit myself in some disciplined way. If I don't commit time to reading, writing, prayer, recreation, physical exercise, personal correspondence and business, and contact with family and friends, those activities don't happen. Or, if they do, they happen

in erratic ways that do justice neither to the quality of those activities nor to my own well-being.

As you know if you have been following this column over the years, this is a theme about which I have written quite often. You will guess that I do so because I have had to keep working over the years to maintain a healthy balance of activities in my life. We all have our difficulties in doing that. Mine come principally from the fact that my schedule differs a great deal from day to day. Because of those differences, I am inclined to assess the balance of activities in my life on a weekly basis rather than on a daily basis. If, for example, I do not do physical exercise on a given day, I do not worry about it. An especially full schedule or fatigue or weather can make that virtually impossible. But it is a concern if I omit exercise for a week. It is a signal to me that I have not made good judgments about the use of my time and energy. When that happens, undesirable effects follow. They include a decrease in energy and the inability to attend to the present. It also diminishes my capacity to

keep things in proportion and perspective.

In my life, the ultimate lack of perspective is a loss of awareness that the Holy Spirit really does guide us and will always be faithful to us.

It must have been the spring-like day we had on Saturday that got me going along these lines. I had left it unscheduled, and used the day for a variety of pursuits. For one thing, I took a backhoe to my room and restored it to some civilized order. I wrote to my niece, Grace, to wish her well as she moves to SUNY New Paltz to continue her education. I took a run and read a good part of a book about addictions. In the evening, I celebrated the Eucharist with the people of St. Ambrose Parish and later, enjoyed a relaxing dinner with Fathers Jim Marvin, Gary Tyman and Joe Donovan, and Brian Jeffers, a seminarian who is serving the parish community this year.

You're very kind to have read through all of this. Writing helps me to sort out my thoughts about issues that matter to me. The use of time and energy, the commitments by which we manage those resources, the life pressures that can attack



our freedoms are all issues I need continually to reassess. I am guessing that it's much the same with you. My fond hope, my request to you, is that we support one another in prayer as together we continue in our efforts to grow and to be free to love and serve more as Jesus did.

Peace to all.

## Fast aims to cut flow of U.S. dollars to Salvadoran government

ROCHESTER — More than 100 local residents have pledged to participate in a two-month fast designed to persuade the U.S. government to end aid to El Salvador, according to Gail Mott, a member of the Rochester Sanctuary Committee of the Downtown Presbyterian Church.

The local effort is part of a nationwide Ecumenical Fast for El Salvador in Churches and Temples — EFFECT — which began on Sunday, Jan. 28, and is scheduled to end April 1.

Local participants initiated the fast with an interfaith service at the Downtown Presbyterian Church last Sunday afternoon. The service drew more than 60 participants, including Alejandro Bracho, who portrayed a priest in the film *Romero*, which focused on the life and death of slain Salvadoran Archbishop Oscar Romero. Bracho was joined by leaders of several religious organizations, including Genesee Ecumenical Ministries, to which the Diocese of Rochester belongs. Jewish and Protestant leaders were also present.

Music for the service was provided by parishioners from Corpus Christi Parish, whose pastor, Father Jim Callan, has pledged to join the fast, Mott said. She noted that another priest, Father Daniel O'Shea of the Abbey of the Genesee in Piffard, has also pledged to fast.

Fast participants will go without food for

periods ranging from one day to the entire two months.

According to a statement released by the sanctuary committee, the fast's coordinators desire a negotiated settlement between the Salvadoran government and the insurgents, and an end of "exploitation of the poor and the detention of religious leaders who speak out for justice."

Mott also remarked that 63 of the fast's local participants are sewing a patchwork quilt embroidered with the names of "martyrs" in El Salvador's civil war. The quilt will be displayed at an April 1 service at the University of Rochester's Interfaith Chapel to mark the end of the fast, she said.

Starting this week with Downtown Presbyterian, various congregations will take turns sponsoring daily religious services on behalf of the fast, Mott said, noting that information on such services is available by calling 716/436-1939.



### OPEN HOUSE

For prospective parents

**SUNDAY, FEBRUARY 4**  
noon to 2:00 p.m.

\* Special Classroom Displays \* Informal Discussions With Faculty \* Refreshments  
REGISTRATION: At Open House & February 5-9, 9a.m. to 3p.m.

#### TUITION RATES

1 Child... \$950 2 Children... \$1040 3 or More Children... \$1100

\* These rates are for non-parishioners. Parishioners receive a discount... check for details.  
Note: Enrollment is open to all without regard to race, creed, sex or national origin.

A 45 YEAR TRADITION OF A QUALITY EDUCATION IN A CARING, STABLE ENVIRONMENT.

- \* Individual attention to each child
- \* Full curriculum plus established 2nd language program
- \* Flexible groupings to meet individual needs
- \* Close relationship between teachers, parents & students
- \* Dedicated, certified teachers
- \* Full day kindergarten
- \* Traditional family values
- \* Free busing

YOUR CHILD DESERVES THE BEST!

## St. Josaphat's Catholic School

Pre-K thru Grade 8

910 Ridge Road East At Stanton Lane, Irondequoit

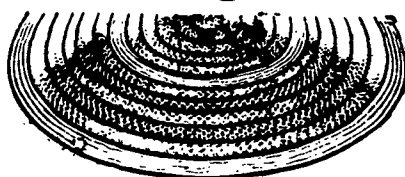
Please call: Sister Bernitta, S.S.M.I., Principal

**PHONE: 266-8700**



### BRAIDED

#### Rugs



#### SALE

SAVE TO 40%

Our collection of braided rugs from Capel, Colonial Mills and Thorndike come in 100% wool and wool blends, flat braids, precushioned braids, ovals & rounds, with a Selection of 35 distinct designs plus custom sizes and colors.

**TOPPING & CO.**

2842 W. RIDGE RD. 227-2300

### WHISPERING WINDS BUS TOURS

Feb 16 **SHRINE CIRCUS** \$2600 p.p.  
Breakfast Buffet, Strasberg Planetarium, Circus tickets plus transportation

Mar. 9 **SWEET EXPECTATIONS** \$2800 p.p.  
Pancake Breakfast, Sugar Bush Tour, and N. Cohocton Store

Mar. 14-16 **PHILLY FLOWER SHOW** \$21800 p.p. twin  
Flower Show, Mummer's Museum and Show, Dinner Theatre

Mar. 26-Apr. 7 **NEW ORLEANS**  
Tour the gracious old south; Mississippi River Boat Cruise and more. CALL FOR DETAILS!

Chartered Buses & Customized Tours  
**GROUP SPECIALISTS**  
435 Trabold Rd., Rochester, NY 14624  
(716) 247-3213



### Catholic Courier (USPS 135-580)

Vol. 102 No. 5 February 1, 1990

Published weekly except week after July 4 and Christmas by the Rochester Catholic Press Association.

Subscription rates: single copy, 50¢; one-year subscription in U.S., \$15; Canada and foreign \$15 plus postage.

Offices: 1150 Buffalo Road, Rochester, N.Y. 14624, 716/328-4340.

Second-class postage paid at Rochester, N.Y.

POSTMASTER: Send address changes to Catholic Courier, 1150 Buffalo Road, Rochester, N.Y. 14624.

## IRISH SWEETHEART BASKETS

Made-to-Order

Many sizes available... filled with treats, sweets and Irish whimsy.



Delivery/Shipping included.

vigren  
**O'SHAUGHNESSY**  
IRISH IMPORTS

248-8346 • 39 S. Main St., Pittsford  
Hours: Mon-Sat. 10-5