

We all need time for relaxation

By Bishop Matthew H. Clark

It is bright and beautiful this morning, as I sit at the breakfast table beginning this column. I should say that I am starting this column once again. Last night I poked at it for two and a half hours — making six or seven starts? — and got nowhere. If I don't get it done in the next hour and a half, there just won't be an "Along the Way" this week. In an hour and a half I'm off to a United Way meeting at Brown's Race, a meeting of our Priests' Council in Shortsville and confirmation at St. Charles Borromeo in Elmira Heights.

I would guess that you can identify with experiences like that. I mean times when normal tasks — even most enjoyable ones — seem so imposing and so terribly difficult. You get through them as best you can, but you do that simply and solely because you commit yourself to the work and stay with it. It's like racing through hip-deep mud or swimming against a fierce tide. Progress is slow. And it's all work.

Thank the Lord, the experience is not a daily one nor even a common one. But it does occur from time to time. And when it does, I try to be aware of what, if anything, might account for it.

I am not always able to pinpoint the cause. But I do notice a correlation in my life between these slogging moments and



A LONG THE WAY

becoming overtired. There's no question about that. When I have taken on too much or have gone on too long without a break, my system rebels by shutting down. When that happens, routine work seems so difficult. And I no longer enjoy work that normally brings great delight.

That's one of the reasons that I try to be faithful to times of rest and relaxation. And it's why I encourage my brother priests to do the same. How we relax really doesn't matter. Because I am out so much, I enjoy spending free time around Sacred Heart Rectory where I live. Other priests who work in the rectories in which they live often spend their days off elsewhere.

It's the same with free-time activity. I enjoy having no great agenda for a day off. For me it's more fun to move with the mood and opportunity of the day. Others are different. One friend of mine can tell you what he'll be doing at 3:39 p.m. on Friday, his next day off. It would drive him crazy if he couldn't. It would drive me crazy if I had to.

Although our patterns differ, I do believe that it is important that we all attend in reasonable fashion to our needs as human persons. To me, that means being careful about what we eat and drink; getting proper rest; nourishing our minds and spirits through such things as music and literature; engaging in exercise appropriate to our age and physical condition. It also involves loving relationships with others — with the Lord in prayer and with friends who really care about us.

You know there is nothing magic about any of those things. You know, too, that none are realized without some measure of commitment and discipline. But I think you will agree that we are healthier people and more able to meet life's demands in reasonable fashion when we come closer to achieving that kind of balance.

What do you say? Shall we get back to working on it? I think I'll start when I get back from Elmira.

Peace to all.

Catholic Courier (USPS 135-580)

Vol. 104 No. 34 May 27, 1993

Published weekly except the last Thursday in December.

Subscription rates: single copy, 75¢; one-year subscription in U.S., \$19.50; Canada and foreign \$19.50 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.

Home • Car • Life
Business • Health

Carl J. Adams
Insurance Agency

4292 Lake Ave.
Rochester, NY 14612
716-663-1810



Nationwide Mutual Insurance Company and Affiliated Companies • Home Office: One Nationwide Plaza, Columbus, OH 43216
"Nationwide" is a registered federal service mark of Nationwide Mutual Insurance Company.

A new monthly calendar will appear in the Catholic Courier on the last Thursday of each month.

THE MONTHLY PRAYER REQUEST FOR PRIESTS

WOULD YOU PRAY FOR A PRIEST EACH DAY?

The following prayer was dictated by Our Lord to Sister Josefa Menendez at Poitiers, France, on the Feast of the Sacred Heart, June 3, 1921, with the instruction: "Josefa! Repeat these words every day."

JESUS PRAYER FOR HIS PRIESTS

O Jesus, by Thy most loving Heart, I implore Thee to inflame with zeal for Thy love and glory all the priests of the world, all missionaries and those whose office it is to preach Thy word, that on fire with holy zeal, they may snatch souls from the devil and lead them into the shelter of Thy Heart, where for ever they may glorify Thee.

Imprimatur: E. Morrogh Bernard, Vic. Gen. Westmonasterii, May 5, 1953

Mass
Rosary
Fasting
Day Offering
Offering of Sufferings
Eucharistic Adoration
Divine Mercy Chaplet

Or whatever the Lord inspires you to offer Him on behalf of His Priests.

JUNE, 1993

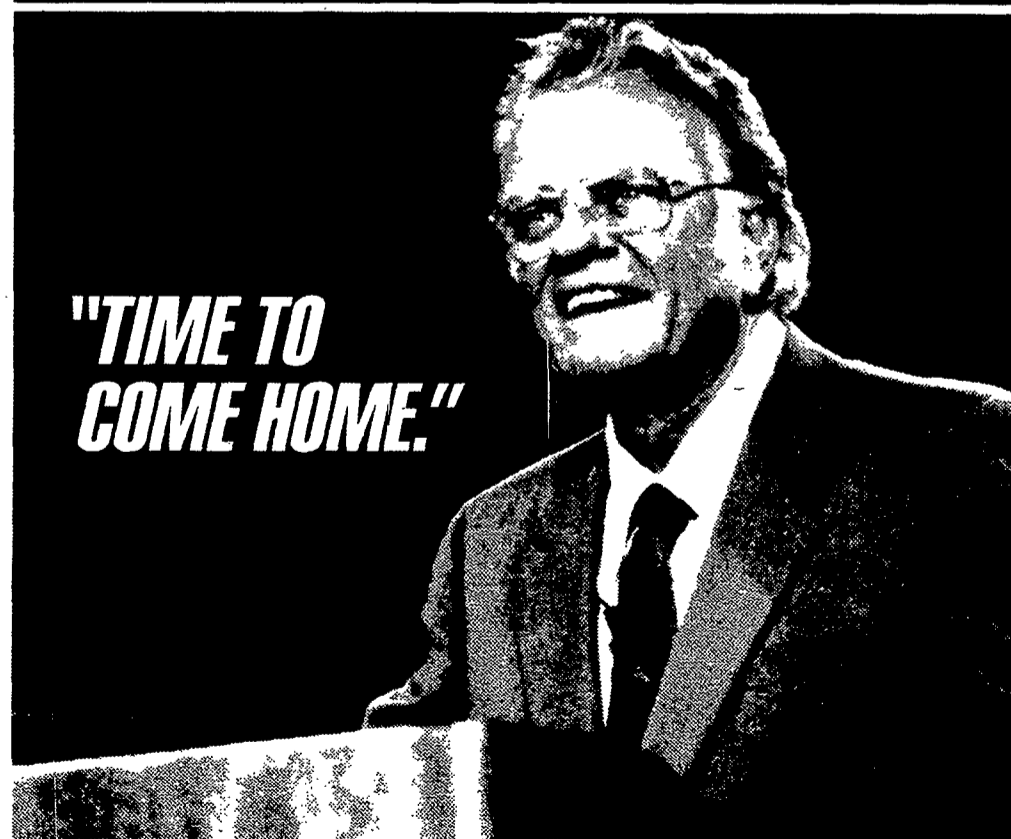
DIocese of ROCHESTER, NY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Reverend Fathers:	1 P. Paul Brennan	2 Matthew Temple O'Carroll	3 Lawrence J. Wroblewski	4 Ronald P. Harley	5 Bernard F. Dollen
6 M. Gerard Hafner	7 Winfried M. Kellner	8 Thomas P. Mull	9 Richard C. O'Connell	10 Robert G. Smith	11 Thomas H. Wheeland	12 Raymond Fournier
13 John J. Lowe, SJ	14 Charles L. McCarthy	15 William J. Gaynor	16 Msgr. Leslie G. Whalen	17 John V. Rosse	18 Peter Funk, OSB	19 Mitchell Dowalga, CSB
20 Joseph A. Trovato, CSB	21 Robert L. Belgotti	22 Robert S. Bourcy	23 Peter A. Deckman	24 Robert W. Hammond	25 Stanley G. Kacprzak	26 George R. Norton
27 Charles T. Manning	28 Robert T. Werth	29 Patrick G. Sullivan	30 Aelfred Wenz, OCSO	For subsequent months or extra copies write to: MPRP, 70-A Green Knolls Drive, Rochester, NY 14620-4746		

Look for next month's MPRP CALENDAR in the Catholic Courier's June 24th issue.

Billy Graham

TV SPECIAL



WEDNESDAY 10:00 WOKR/13

Catholic Courier