

Many people seek balance in their lives

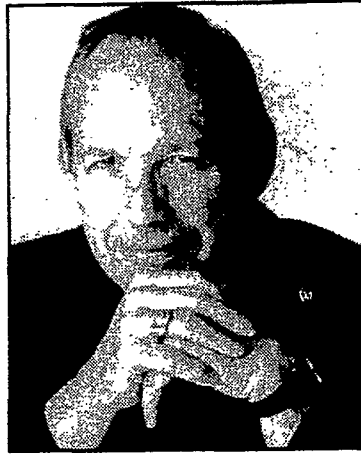
By Bishop Matthew H. Clark

Last night at Colgate Rochester Divinity School/St. Bernard's Institute, I had the opportunity to spend some time with a group of people who were interested in balancing their busy schedules with their desire to lead active, rewarding lives of prayer.

Their invitation to me was to offer some thoughts about: 1) how my experience of being in a leadership position has affected the way I appreciate and express my faith and 2) what I have found helpful over the years in striking a balance between the demands of my office and my personal spiritual needs. This I did for the first portion of our two-hour program. Thereafter, all of us shared ideas and questions about the theme that brought us together.

My point in mentioning last evening's session is not to go over its content. I refer to it rather as an expression of a theme I hear with great frequency. That is, great numbers of people who find themselves tautly stretched by life's demands are yearning for ways to honor their spiritual needs, to come in touch with God and their deepest inner being through prayer, study, recreation and such other activities that nourish healthy human life.

To put it in other words, they yearn to live life on a deeper level. They want to be thinking, feeling, loving people who are able, at least occasionally, to savor life. They do not want to feel as though



A LONG THE WAY

they are being swept along by an unending series of events and demands over which they have no control and which, in the end, yield little enjoyment.

I don't know about you, but I deeply share that desire and try consistently to find ways to achieve that kind of balance in my life. I would guess that you are searching for the same thing.

I wonder if we also share the intuition that there is no one answer to that applies to all people? Or if we'd agree that there is no one answer that, unchanged, will sustain an individual through all the years of life? We all have distinct personalities — what suits one will not suit another. And we do change with the years — what nourished our humanity when we were 14 may not yield the same result when we are 54.

Last night I tried to mention some of

the values or factors I believe are constants in growth over years: prayer, respect for our bodies through such things as proper nutrition, exercise and rest; enriching relationships; participation in the worship and service of the wider community; an acceptance of the need for ongoing conversion as a lifelong reality; and an acceptance of responsibility for our own freedom.

The ways in which we understand and express these values may change over the years. Think of prayer, exercise and nutrition! But in my experience, they are important components of a spirituality that opens us to the loving presence of God in the many ways in which that precious gift is available to us.

Do you find yourself harried by life's demands and yearning to live life at a deeper level?

What are the factors that leave you less free than you would like to be?

What have you found helpful in coming to a healthy balance in life?

How can the community assist you in coming to or in maintaining that kind of better balance?

Do you ever talk about such things with those who are closest to you?

Whatever your answers to these questions, I hope that they will put you in touch in some healthy way with the deepest desires of your own heart and that they will be reminders to you that God is always with us, loving us and calling us to deeper life.

Peace to all.

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JUNE BINGO CALENDAR
 SPECIAL PAID ADVERTISEMENT ■ CALL FOR HOLIDAY CANCELLATIONS
BINGO

THE MONTHLY PRAYER REQUEST FOR PRIESTS
JESUS, PRIEST AND VICTIM

St. Thérèse of the Child Jesus ("The Little Flower"), in order to arouse the zeal of her novices, daily recited with them a prayer for the members of the Catholic clergy. It is one of the rare formulas which she learned by heart, and which she recited with the utmost fervour.

"O Jesus, may your priests be the faithful guardians of your Church as was St. John who received your Mother into his own home. Instructed by this tender Mother, who was so afflicted on Calvary, may they have for your children the care and loving watchfulness of a mother. May they teach souls to be united with you through Mary, who, being the Gate of Heaven, is also the treasure-house of your divine Heart. Oh! give us priests all burning with zeal! True children of Mary! Priests who will give Jesus to souls with the same tenderness and care which Mary carried the Infant Jesus of Bethlehem! Mother of sorrow, and of love, through pity for your beloved Son, pour into our hearts floods of tenderness to console Jesus; grant us a generation of priests formed at your school, in the tenderness of your virginal love."

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

JUNE, 1995
DIOCESE OF ROCHESTER, NY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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Look for next month's MPRP Calendar in the July 27th Catholic Courier

SUNDAY

2:00 p.m. ... Holy Rosary Church 420 Lexington Ave., Rochester 716-458-4422
 2:00 p.m. ... St. Margaret Mary Church 400 Rogers Parkway, Rochester 716-342-2100
 6:15 p.m. ... St. Stanislaus Church 1150 Hudson Ave., Rochester 716-544-9951
 7:30 p.m. ... Holy Family Church 899 Jay St., Rochester 716-328-3110
 7:30 p.m. ... St. Boniface Church 15 Whalin St., Rochester 716-271-1468
 7:30 p.m. ... St. Rita School 1008 Maple Dr., Webster 716-671-1100

MONDAY

7:30 p.m. ... St. Mary Lyceum Hall 15 Clark St., Auburn 315-252-9545
 7:30 p.m. ... St. Michael 401 S. Main St., Newark 315-331-2297
 7:45 p.m. ... St. Charles Borromeo Church 3003 Dewey Ave., Rochester 716-563-3230

TUESDAY

7:30 p.m. ... Holy Apostles Church 6 Austin St., Rochester 716-254-7170
 7:30 p.m. ... St. Stanislaus Church 1150 Hudson Ave., Rochester 716-544-9951
 7:30 p.m. ... St. Helens School 150 Lettington Drive, Rochester 716-235-1210

WEDNESDAY

7:30 p.m. ... Guardian Angels Church 2061 E. Henrietta Rd., Rochester 716-334-1412
 7:30 p.m. ... Holy Family Home School Assoc. 899 Jay St., Rochester 716-328-4800
 7:30 p.m. ... Our Lady of Perpetual Help Church/St. Andrew School, 923 Portland, Rochester 716-226-6458
 8:00 p.m. ... Aquinas Institute 1127 Dewey Ave., Rochester 716-254-2020

THURSDAY

7:30 p.m. ... St. Anne Church 1600 Mt. Hope Ave., Rochester 716-271-3260
 7:30 p.m. ... St. Michael Church 869 Clinton Ave. N, Rochester 716-325-4040
 7:30 p.m. ... St. Stanislaus Church 1150 Hudson Ave., Rochester 716-544-9951
 8:00 p.m. ... Holy Cross Church 4488 Lake St., Rochester 716-225-8363

FRIDAY

8:00 p.m. ... St. Mark Church 54 Kuhn Rd., Rochester 716-225-3710

SATURDAY

1:00 p.m. ... St. Michael Church 320 S. Main St., Newark 315-331-2297
 7:30 p.m. ... Good Shepherd Church 3288 E. Henrietta Rd., Rochester 716-334-3518
 8:00 p.m. ... St. Thomas the Apostle Church 41 Colebrook Dr., Rochester 716-226-2943

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