

Retirement

Writer walking with prayer



By Peter Agostinelli
Catholic News Service

ST. MEINRAD, Ind. — Both exercise and prayer can become tedious when they are seen as obligations.

But a book from St. Meinrad's Abbey Press has an idea for making both activities a pleasurable and voluntary part of life through *Prayer-Walking*.

"There's really no one way to do this," says author Linus Mundy, who works as director of publications at Abbey Press when he's not writing or walking.

"There's a certain amount of discipline involved, but prayer-walking really is very accessible," he added. "It's something that is almost like a spiritual attitude."

Mundy envisions prayer-walking as a 20-minute stroll supplemented by whatever private prayers you choose. His book offers quotes from writers like Gerard Manley Hopkins and Annie Dillard to guide readers.

For those who dismiss a daily dose of prayer-walking as idleness, Mundy speaks of "the value of activity in inactivity." Setting aside regular time away from career and other responsibilities — quiet time for solitary activity like prayer-walks — pumps new life and spiritual energy into the most demanding days.

Prayer-walking can benefit anybody, whether they're professionals, homemakers, factory workers, retirees or students. It can be a simple break that re-

lieves stress and problems, and an aid to help keep one in good physical and spiritual health.

It's also for those who don't have access to the country landscapes of places like St. Meinrad. City people should know that prayer-walking can occur as easily on neighborhood side-walks as on a woody hiking trail. And for seniors, malls have become favorite sites for early morning strolls year-round.

Mundy offers five steps to prayer-walking — retreat, rethink, remember and reinvent, repent, and return and repeat.

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EDITORS' NOTE: *Prayer-Walking is available for \$4.95 at Catholic bookstores or can be ordered directly from Abbey Press at (800) 325-2511.*

Rabbi J. Miller to be honored posthumously at June dinner

ROCHESTER — The Greater Rochester Community of Churches will honor the late Rabbi Judea Miller at its annual Faith In Action Banquet Wednesday, June 12. The banquet will be held at Temple B'rith Kodesh, 2131 Elmwood Ave., Rochester.

A reception will begin at 5:30 p.m.; dinner will start at 6:30 p.m. Tickets are \$25.00 per person; tables of 10 are available.

For more information contact Marie Gibson at 716/254-2570.

Catholic Center seeks volunteers

ROCHESTER — Catholic Family Center needs volunteers to assist with its "STAR" program for senior citizens.

Volunteers would assist seniors with grocery shopping, friendly visiting and rides to doctor appointments. Mileage reimbursement is available.

For details, call 716/262-7069.

Southern Tier chapel inviting all for worship

ELMIRA — Catholics especially in the Southern Tier are invited to worship at the perpetual adoration chapel at St. Camillus Church, 1004 Davis St.

The chapel is located in the church's basement. For details, call Ange Sgro at 607/733-0533 or Rose Marie McLaughlin at 734-9691.

Sponsor a child

at a Catholic mission site

This is Conchita. She lives in Guatemala in a one-room house with a tin roof, a dirt floor and no electricity. Only four-years old, she must help her mother carry water for cooking and bathing. She gets very tired but finds little comfort on her stiff wooden bed with a straw mattress. Because her father earns only \$25 per month as a day laborer, there is no money for playthings, and even basic necessities are a luxury to her family of six.



But there is hope!

You can help one very poor child like Conchita through **Christian Foundation for Children and Aging** (CFCA), a Catholic sponsorship program assisting needy children at Catholic mission sites around the world.

You can help a poor child receive nourishing food, medical care, the chance to go to school and hope for a brighter future. **You can literally change a life!**

Through CFCA, you can sponsor a child with the amount you can afford. Ordinarily it takes \$20 a month to provide a child with the life-changing benefits of sponsorship. But if this is not possible for you, we invite you to do what you can.

CFCA works hand-in-hand with dedicated, trusted Catholic missionaries and lay leaders who know their communities and labor tirelessly to improve conditions for needy children and their families. Your sponsorship dollars help them do the work Jesus has called us to do.

When you become a sponsor you receive a photo of your child, their personal family history, a description of the country where your child lives, and the CFCA newsletter. Your new friend will write you — and you may write them as often as you like. But most of all, you have the satisfaction of helping a child in need.

Please don't miss this opportunity to make a difference.

Sponsor a child today!

Yes, I'll help one child at a Catholic mission site:

Boy Girl Teenager Boy/Girl in most need

My monthly pledge is:
 \$10 \$15 \$20 \$25 Other \$ _____

I will contribute:
 monthly quarterly semi-annually annually

Enclosed is my first contribution of \$ _____ 05/96

Bill my first sponsorship payment to my credit card:
 Credit Card No. _____

Exp. Date _____

I cannot sponsor now, but I enclose my gift of \$ _____

Please send me more information about sponsorship

Name _____
(please print)

Address _____

City/State/Zip _____

Phone (_____) _____

Send to:
Ray Frey
Catholic Courier (CFCA)
 PO Box 24379
 Rochester, NY 14624-0379
 (716) 328-4340

Member: U.S. Catholic Mission Association, National Catholic Development Conference, Catholic Network of Volunteer Service, National Catholic Council for Hispanic Ministry.

Financial report available on request / Donations are U.S. tax-deductible

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