

on the MOVE

POSITIVE THINKING

"There's always a choice for you to feel good"

No human being manages to sidestep adversity for an entire lifetime.

What *can* be controlled, according to Tim Murphy, is the manner in which that adversity is handled.

"I always like to look at the bright side of things. It's always been my belief that no matter how bad a situation may look, nothing lasts forever. There's always a choice for you to feel good," said Tim, 16, from St. Anne Church in Rochester.

Unfortunately, Tim said, many people choose not to follow this philosophy.

"We seem to have this big tendency sometimes to accentuate the negative. A child gets in trouble and the parents start yelling at him about what's wrong, instead of being positive and telling him what he could do differently," Tim said.

Brooke Seelos agreed that in too many cases, relationships suffer because of pessimistic thinking.

"People think everyone else in the world is looking negatively at them, so they have to look negatively back at the world," Brooke said.

An alternative approach — optimism — "would make this a better world," said Brooke, 16, from St. Joseph/St. William Parish in Livonia and Conesus.

Brooke added that positive thinking helps her through many everyday challenges, such as schoolwork. She added that her attitude has also rubbed off on others.

"If friends are having a hard time, they lean on me to bring them up," Brooke said.

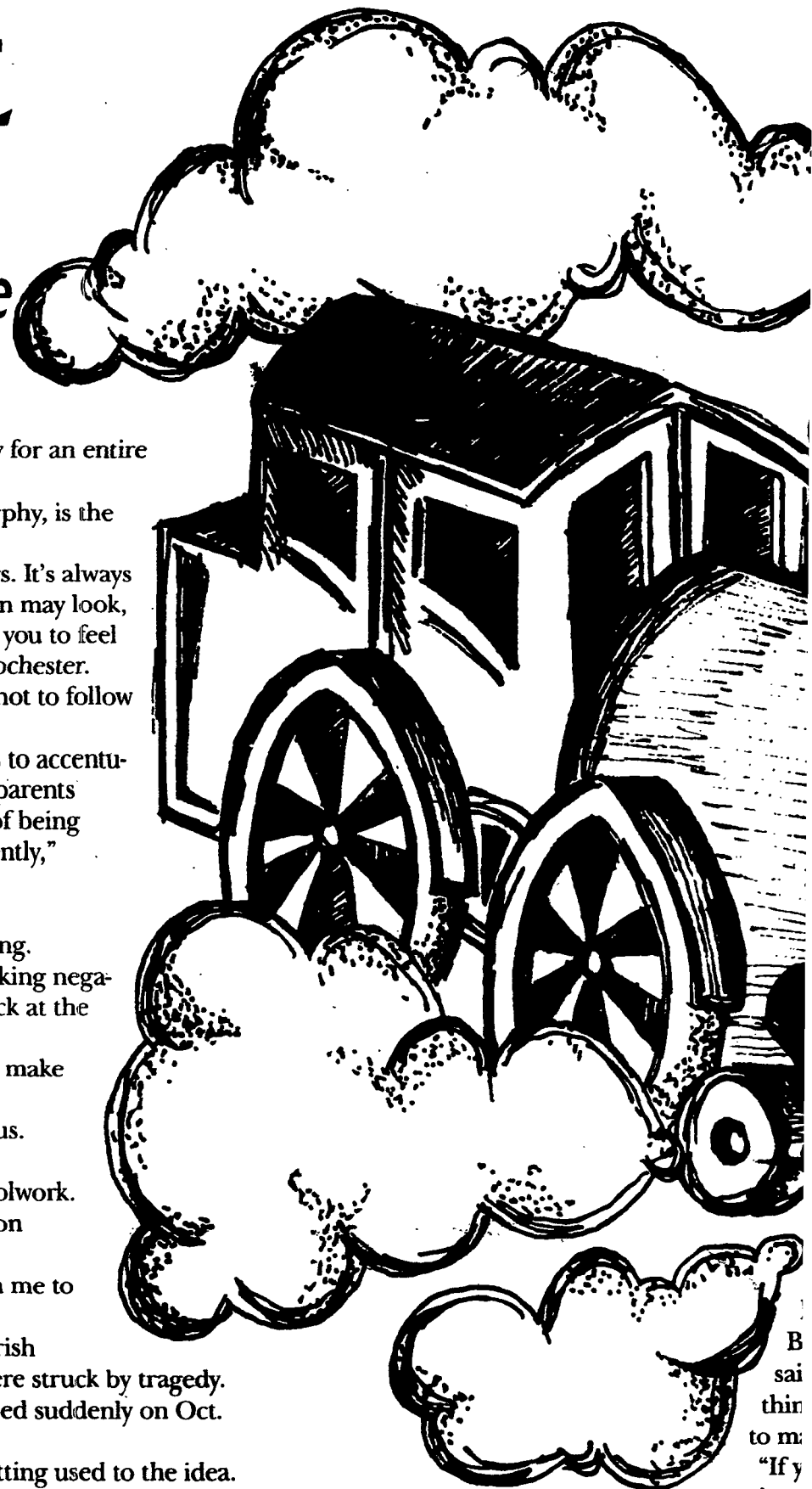
This fall, Brooke discovered that her entire parish needed to employ positive thinking after they were struck by tragedy. Their beloved pastor, Father William A. Trott, died suddenly on Oct. 1.

"It really came as a surprise, but people are getting used to the idea. They're saying, 'It's okay, it was his time to go,'" Brooke said.

Brooke pointed out that it's important for parishioners to display a positive attitude toward Father Robert L. Collins, who will begin as the new pastor at St. Joseph/St. William next month.

"If we were still grieving over Father Trott, we wouldn't be the welcoming community that we really are — and he (Father Collins) would feel bad," Brooke stated.

Whereas positive thinking can often help improve a tough situation,



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B said this to me. "If you're a son," observed Erin, 14, from Holy Cross C. "You sit and complain, and don't do much. The problem seems to snowball; it gets larger and larger. When her school sports teams struggle, Erin and her coaches and spectators offer more encouragement. "Thinking positively helps the team to try better," said Erin, who attends Odyssey at Holy Cross in Greece.

While Erin has applied positive thinking done likewise with academics. At one time, "problems" with some of his classes at Roch

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