

On the MOVE

And on the seventh day...

Story by Mike Latona • Photographs by Matthew Scott

Remember to keep holy the sabbath day. Six days you may labor and do all your work, but the seventh day is the sabbath of the Lord, your God. No work may be done then either by you, or your son or daughter ... in six days the Lord made the heavens and the earth, the sea and all that is in them; but on the seventh day he rested. That is why the Lord has blessed the sabbath day and made it holy. (Ex 20:8-11)

How closely do you follow this, the third of the Ten Commandments, in your life?

According to teens interviewed for this story, this commandment influences many of their weekend rituals.

But many also said that they often have to struggle to set an entire day aside for rest.

Take Matthew and Monica Krenzer, who help operate their family's 300-acre dairy farm in Churchville. With approximately 200 cows to clean, feed and milk, their responsibilities require daily dedication — often from dawn until dusk.

"It's 'what do I have to do,' not 'what do I want to do.' I don't think there's an entire day off, unless you physically leave here," said Matthew, 17.

"Even when you're sick," added Monica, 16.

Monica recalled that when their parents took a rare trip out of town, she and her brother showed up late for school each day because they were so bogged down with farm chores.

Matthew pointed out that these demands make it virtually impossible to set Sundays aside as days of rest.

"There's no other way to do it. If we want to survive, we have to work on

Sundays," Matthew said.

He added that such realities also extended to biblical figures. "Moses had to feed cattle, and I don't think he let them starve for a day," Matthew observed.

Despite their demanding schedule, Matthew and Monica still place a high priority on honoring the Sabbath. They regularly attend 5 p.m. Saturday Mass at Churchville's St. Vincent DePaul Church along with their parents and brother Tim, 15. Following Mass, they visit their grandmother before returning home to spend a relaxing evening.

"Everything stops, basically," Matthew remarked.

"Dad tries to get the work done so we don't have to do anything (on Saturday nights)," Monica said. She and Matthew also attend parish youth group meetings on Sundays.

Meanwhile, Sarah Pavlina blends family outings, church and quiet time into her Sunday schedule. Her family regularly stops for doughnuts before proceeding to Sunday Mass at St. Mary of the Lake Church in Watkins Glen, where she serves as choir member, eucharistic minister and lector.

Sarah, 14, added that the remainder of her Sunday is designated as a time to kick back with family members.

"Usually we just kind of relax, unless we have something important to do," she said.

John and Dave Heberger carry out their Sabbath rituals by going to Mass with their parents at Holy Ghost Church in Gates, and then visiting their grandmother.

"I think people should go to church at least once a week, and be together as

a family," John, 16, said.
 Dave, 18, added that attending weekend Mass as a family adds to the meaning of his Sabbath observance.
 "If I go by myself, it's not the same," Dave said.
 Another Holy Ghost teen, Melissa Magin, noted that Sundays have "definitely always been the family day" in her household. She often spends

Milking, feeding, milking, cleaning and milking are



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