

FEATURE

Seeking balance in life takes conscious effort

By Rob Cullivan
Staff writer

BRIGHTON — St. Thomas More Parish Center was taken over by a large group of unbalanced adults the night of May 15.



Despite their unbalanced state, the 55 young adults acted in a thoughtful and considerate manner toward one another. They had been invited by the Diocesan Young Adult Planning Committee to attend a discussion titled: "Balance — A Discussion on Life and Work."

The event consisted of large- and small-group discussions on balancing such areas as career, families, friendships and faith.

In one large group, questions that were discussed included "What is more important to you — a well-paying job or a meaningful job?" and "Which describes you better — 'I work to live' or 'I live to work?'"

Those two questions brought some interesting responses. One participant said he'd wanted a job that pays well because it would free him financially to do more with his spare time.

"Focusing on your career allows you to focus on other things," he said.

But other participants said they could accept low pay as long as they found meaning in their work. Still others said they tried to seek a balance between good pay and meaningful work in such careers as nursing and teaching.

In small group discussions, participants did such exercises as listing their individual priorities, and making pie charts divided into segments representing how much time they devoted to each. Participants also discussed the difficulty of working hard for the future while wondering if paying attention to the present was more important.

Joe Geary, a parishioner at St. John the Evangelist Church in Greece, said he works a full-time job, and runs a sign-making business on the side. Meanwhile, he and his wife, Josie, are raising two kids, he said, and he sometimes wrestles with how much time to spend time at work over his family life.

For example, he said, if his young sons want to play with him while he's working at home on his business, he'll stop and play with them awhile until they seem satisfied. Then he returns to work, he said.

"You're working for your present and your future," Geary commented.

Although no one came away with any grand solutions to the problems of balancing work and other concerns, many of the participants said the evening helped them clarify what they were doing with their lives.

"The exercises tonight helped focus your attention to where you spend your time, and where you want to spend your time," said Gregg Redmond, a lawyer who attends Our Lady of Mercy Church in Greece.

Upcoming Events

The Diocesan Young Adult Planning Committee has slated three events in June that are open to all Catholics in their 20s and 30s, and their friends.

On Friday, June 6, there will be a presentation on "Taizé," a form of prayer inspired by the Taizé Community in France, at the Sisters of Mercy Motherhouse, 1437 Blossom Road in Brighton from 7:30 to 8:30 p.m. Taizé consists of simple melodies sung repeatedly in a meditative atmosphere. The service will include

readings, intercessions and veneration of the cross.

On Friday, June 13, there will be a swing dance featuring a live band at Covenant United Methodist Church, 1124 Culver Road, Rochester, from 7 to 11 p.m. The evening will start off with lessons in swing dancing, and no partner is needed. General admission is \$7, student admission is \$5.

For information on both events, contact Micaela Gutierrez at 716/325-4456.

A picnic will be held on Saturday, June 21, at 2 p.m. in the Southview Shelter at Mendon Ponds Park southeast of Rochester.

The picnic will feature volleyball and other games, hiking, music, dinner and a visit to a kayak/canoe show. Cost is \$5 and includes beverages and meat. Bring a salad, snack or dessert to pass.

For information on the picnic, or directions to the park, call Karen Rinefield at 716/328-3228, ext. 255, or 1-800-388-7177, ext. 255.



Kerry Huller/Photo intern

On a roll

The Diocesan Young Adult Committee sponsored a night of fun and food for about 80 people at Ladd's Bowling Center, Rochester, April 18. Natalie Razzano of St. Charles Borromeo Parish, Greece, demonstrates her bowling form.

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