

FEATURE

Continued from previous page

A graduate of neighboring Nazareth College, Sister Burkhart joined the Sisters of St. Joseph 41 years ago. She had been raised along with two sisters and a brother in Port Leyden, N.Y., in the Diocese of Ogdensburg. Her parents, Eleanor and the late Sylvester Burkhart, reared her to love the Catholic faith that she learned in catechism classes. Those classes were taught by Felician Sisters, who planted the seed of her vocation, she recalled.

"I think when you're a kid you're just attracted to the kind of people they are," she said of the Felician Sisters. "I liked being with them."

Sister Burkhart was inspired to become a Sister of St. Joseph when she met members of the order at Nazareth College, where she studied science and history, she said. After graduating in 1956, she spent 19 years teaching in diocesan schools, including Sacred Heart, Corpus Christi and St. Anne's in Rochester, as well as St. Alphonsus in Auburn, she said.

She left the teaching life behind in the mid-1970s, and edited and illustrated her order's newsletter for about a decade. While working on the newsletter, she began saving quotes from the Bible and other sources, and illustrating them on cards.

To this day, she continues to draw on a regular basis, and her work fills several shelves in a room in the motherhouse basement.

"I've always dabbled in art all my life," she said, adding that she's never been formally trained as an artist. "I used to love

"I've always dabbled in art all my life"

- Sr. Burkhart

to draw horses. When I was a kid, I had relatives who lived on a farm, so I used to spend my summers there."

If God is the ultimate artist, then Sister Burkhart is his apprentice, she explained. She pointed out how she loves to spend hours outdoors drawing trees, birds, plants and grass. One reason she uses natural things to illustrate her journals is to inspire people to slow down a bit and enjoy the Creator's handiwork, she commented.

"I think people miss a lot of what's

around," she said. "A lot of people don't go out for a walk today. They go for a jog. The emphasis is on the exercise and getting it over with."

A 1992 reflection journal titled *Pushing the Grass Apart* she created was inspired by a line from "Renascence," by the poet Edna St. Vincent Millay. The journal's title embodies her outlook on life, Sister Burkhart said.

"O God, I can push / the grass apart / and put my finger / on your heart," the poem reads.

"I guess the quote from Millay says it all," Sister Burkhart said.

It was no accident that she used a Millay line that referred to grass, a subject about which Sister Burkhart obsesses as an artist. God's intricate designs are manifested in small, common plants like grasses as well as in his bigger productions, she noted.

"It's just fascinating that there's all these beautiful flower heads on grass, and people just miss it," she said.

Aging service expands

Family Service of Rochester has expanded its Aging Services to create Irondequoit Senior Support at 1151 Titus Avenue, Irondequoit.

Irondequoit Senior Support will offer help with financial questions, health care, housing options, legal issues, Medicaid planning, and personal and caregiver support.

Previously, Family Service's services for seniors had been centralized at the agency's North Clinton Avenue offices. The new program is intended to be more convenient for more seniors.

Fees will be based on a sliding scale.

For more information about Irondequoit Senior Support, call Linda Ricigliano at 716/232-1840, ext. 385.

Prayer . . .

Should only be one part of your retirement plan

You've known Sage, Ruddy for over 80 years as one of Rochester's oldest and most trusted investment firms. In addition to the traditional brokerage services, we are now proud to provide our clients and Rochester area Professionals these additional services available from our local advisory staff:

- ▲ Pre-Retirement/Retirement Analysis and Planning
- ▲ Estate Planning Strategies and Implementation
- ▲ Asset Allocation and Portfolio Development
- ▲ Tax Analysis, Planning and Preparation
- ▲ Long Term Care Insurance
- ▲ Trust Services
- ▲ Fee Based Asset Management
- ▲ Fee Based Mutual Fund Management
- ▲ Retirement Plans
- ▲ Cash Flow Analysis
- ▲ Insurance Trusts
- ▲ Elder Care Services

For a free retirement consultation from the retirement planning staff, call our President, Wayne F. Holly at 716-232-3760.

SageRuddy
And Company, Inc.

Creating and Preserving Wealth for Generations

183 East Main Street
Rochester, New York

23 Coach Street
Canandaigua, New York

Members NASD, SIPC

MIDTOWN MANOR APARTMENTS

(For Age 50 and Older)

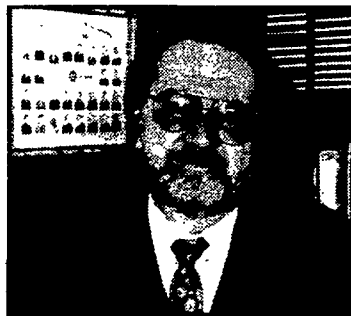
• Studio: \$290

• One Bedroom: \$359

Convenient Downtown Location • Walk to Shopping • On Direct Busline • All Utilities Included • Monthly Mass Services Section 8 Accepted

475 East Broad Street, Rochester
(716) 546-3650

Thoughts to Consider



EDWIN SULEWSKI
Funeral Director

When should we get back to a regular routine after a loved one dies?

No two people react in exactly the same way to the death of a loved one! Some people do well by plunging into old routines or setting up new ones. Others need time to adjust without the deceased. The need time to express feeling, to learn new ways of doing things and to put affairs in order. The critical matter is that the grieving person be aware of and willing to deal with the changes death has created. Activity solely for the purpose of escaping feeling and running from the pain will not work.

On the other hand inactivity can further depression. The newly bereaved should take time to deal with feelings and then begin the tasks necessary to make life meaningful.

CALL AND ASK ABOUT OUR VIDEO TRIBUTE PROGRAMS

A video presentation of a life remembered. A beautiful and tasteful visual memory and keepsake of your loved one.

SCHAUMAN-SULEWSKI

FUNERAL HOME

2100 St. Paul St., Rochester, NY 14621
(716) 342-3400



The best of both worlds

St. Ann's Home Connection

Home Connection offers older adults and persons with disabilities the best of both worlds. It enables them the opportunity to live at home while spending the day at St. Ann's.

Our services include:

- Personal care and bathing
- Hot meals and nutritional counseling
- Physical, occupational and speech therapies
- Skilled nursing and health monitoring
- Social work counseling and case management
- Podiatry and dental hygiene
- Religious & educational activities
- Social activities & field trips
- Transportation
- Individual & group exercise programs



We will also arrange special services like medical transportation, mental health referrals, lab & diagnostic tests, and appointments to St. Ann's beauty salon/barber shop, and visits to the P"Ann"try store.

If you would like more information call
St. Ann's Home Connection,
at 342-1700, ext. 440.

St. Ann's Home Connection

This coupon entitles you to one FREE day including lunch (An \$84 value)

342-1700 ext. 440

limit one coupon per family

introductory offer