

Can we lighten each other's burdens?

Are you old enough to remember reading articles about how technology would occasion dramatic changes in the work and leisure patterns of American society? People would work six hours a day, four days a week. Folks would be on vacation each year for more days than they would be working. The challenge of the creative use of leisure time would replace job related stress as a social problem.

I know that I am exaggerating, but I remember thinking as I read those articles that if we must have problems, those would not be the worst we could have.

It is a given that the boom in technology has been, is and will continue to be a startling reality in our age and culture. It presents possibilities for good and for ill that most of us could not have begun to imagine just a few years ago. Who knows what challenges and opportunities tomorrow's technology might bring?

I hope and pray that we will make the best of all of them. But if technology has slowed the pace of living or generated abundant leisure time for large numbers of people, I have missed it all.

I say that because, often enough, I meet individuals who indicate that they are active beyond healthy or agreeable measure. They may not say so explicitly,

along the way

BY BISHOP MATTHEW H. CLARK



or even put it into words. But in a variety of ways they convey a sense of being overloaded. I am talking about good, generous people whose hearts are in the right place, who want to advance in their careers, be good family members and serve others by sharing their time and talent.

But often they feel tired and overwhelmed. Such a feeling leaves little room for joy or, if joy is present, little time to savor it. Projects and activities consume so much energy that there is little left for the development and enjoyment of relationships. Leisure or vacation time are absolutely out of the question. When and if they are managed, they can leave traces of guilt and unease.

Do you have similar impressions about the pace of life today? Is a sense of being stretched too thin a part of your personal

experience, or the experience of people who are near and dear to you? If either is true, do you have a good sense of the factors that are pinching you or them? Do you have any ideas about how we, as individuals, can help one another? Or how family or church groups can help?

This brief reflection and these questions come to mind because, as I indicated above, I meet people who feel heavily burdened and seek relief of some kind. But they are on my mind for other reasons as well.

One is my personal experience of such pressures and needs. I will not bore you with the details of my experience in that regard. Suffice it to say that I think I understand the need for a healthy, balanced lifestyle and work at it, but fall short of maintaining one more often than I like to admit.

The other is my realization that in the exercise of my ministry I ask a lot from many other people — our priests, other pastoral ministers and great numbers of volunteers in diocesan and parish affairs.

I am interested in your thoughts on a whole range of issues, this one included. If you have experiences, ideas or suggestions about how to deal with the complexity of life, please pass them along.

Peace to all.



St. Bernard's Institute presents

1998 St. Bernard's On The Road

Brighton	March 5	Thursday	Sin	Sr. Patricia Schoelles, SSJ	Our Lady of Lourdes
				Deacon Tom Driscoll	
Brighton	March 12	Thursday	Reconciliation	Rev. Robert Kennedy	St. Thomas More
City	March 4	Wednesday	Role of Women in the Church	Sr. Mary Sullivan, RSM	St. Boniface
City	March 25	Wednesday	Longings of the Heart	Rev. John Colacino, CPPS	Corpus Christi
North/Northeast: Note: Times Are Different From Other Groups					
	1:30pm	April 23	Thursday	Prayer in The Twilight Years	Rev. Sebastian Falcone
					St. Ann's Home
	7:00pm	May 7	Thursday	Role of Women in the Church	Sr. Mary Sullivan, RSM
					Christ the King
Northwest	April 21	Tuesday	Developing Human Relationships	Dr. Dennis Boike	Our Lady of Mercy
PPM	February 12	Thursday	End Of Life Decisions	Dr. Mary Labanowski	St. Joseph's, Penfield
				Dr. Marvin Mich	
Southeast	March 4	Wednesday	Finding My Way Through the New Testament	Rev. Sebastian Falcone	St. Joseph, Rush
Southeast	March 11	Wednesday	Finding My Way Through the New Testament	Rev. Sebastian Falcone	St. Jerome
Southwest	January 26	Monday	Developing Human Relations	Dr. Dennis Boike	St. Pius X
Southwest	February 2	Monday	Passing It On: Handing on the Faith to Our Children and Beyond	Dr. Nathan Kollar	St. Theodore
Elmira	April 1	Wednesday	Pastoral Exercise of Authority	Bishop Matthew H. Clark	Our Lady of Lourdes, Elmira
Wayne	May 5	Tuesday	Developing Human Relations	Dr. Dennis Boike	St. Anne's Palmyra
Wayne	May 11	Monday	Juggling Obligations to: Family, Jobs and God	Sr. Patricia Schoelles, SSJ	St. Michael, Lyons
				Deacon Tom Driscoll	
Tri-County	March 10	Tuesday	Who is A Catholic?	Dr. Nathan Kollar	St. Mary's Waterloo
Tri-County	March 24	Tuesday	Cafeteria Catholicism	Rev. Robert Kennedy	St. Mary's, Waterloo
Webster	March 16	Monday	Can Catholics Read Scripture?	Rev. Sebastian Falcone	St. Rita's Webster