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A day of rest

TODAY SCHEDULE

TIME	DAY	EVENTS
7:00		
8:00		golf
9:00		Mass? religious ed.
10:00		soccer
11:00		Mass? shopping
12:00		Scout picnic
13:00		Bills game
14:00		play date
15:00		
16:00		dinner with grandparents
17:00		
18:00		youth group mtg.



"The Lord's Day is lived well if it is marked from beginning to end by grateful and active remembrance of God's saving work."

Pope John Paul II, Dies Domini

"On Sundays and other holy days of obligation, the faithful are obliged to assist at Mass. They are also to abstain from such work or business that would inhibit the worship to be given to God, the joy proper to the Lord's Day, or the due relaxation of mind and body."

Canon 1247, Code of Canon Law

Story by
Mike Latona

Photo illustration by
Greg Francis

Bonnie Whiting's schedule makes the ideal of keeping Sunday as a day of rest much easier said than done.

This fall, Whiting and her husband will spend several of their Sunday afternoons watching their three children play youth football games. Whiting is also a cheerleading coach. "To get the kids to church, get them home and dressed, and off to the games, it's almost impossible," said Whiting, a parishioner at St. Margaret Mary Church in Apalachin.

In addition, Whiting works every other Sunday evening as a nurse's assistant. "There will be games that I go to, partially dressed for work," she remarked.

Whiting said that she longs for the era when Sundays were not so hectic.

"I wish it was like it used to be, I really do. I remember when gas stations and stores weren't open on Sundays, and hardly any restaurants were," Whiting said. "Right now, to me, the world is so fast."

Elizabeth Alamo, a parishioner at St. James Church in Waverly, agreed that slow-paced Sundays seem linked to a time gone by. In her childhood, she said, her Sundays consisted of Mass, then dinner with the family and such light activities as reading and visiting with friends. In fact, her father was so adamant about abstaining from work on the Sabbath that she instead studied on Saturdays.

"I did very minimal homework on Sunday," recalled Alamo, who is retired. "The Sabbath was observed strictly."

Alamo noted that, unfortunately, today's younger families find Sundays more complicated.

"Young people are constantly chasing their children to all the activities. Why can't something be done to give the parents a chance to rest and be with their families?" Alamo wondered. "They have difficult choices, and we didn't have that. I think it's harder now."

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