

Bright side of illness is love experienced

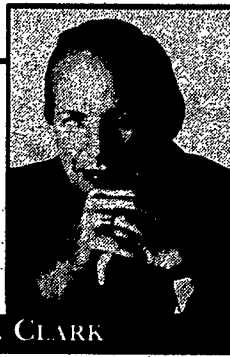
Thank you. Thank you. Thank you. I can think of no other words with which to begin this week's "Along the Way" than with an emphatic expression of gratitude.

It would be difficult to overstate how much your love, prayers and support have meant to me since Oct. 16, when I was taken to the hospital after experiencing dizziness and some chest pressure while playing racquetball. From the very moment my illness became public until now you have showered me with affection, kindness and good. I have always believed that the love and prayer of friends were big factors in recovery. Thanks to your generosity these days, I know that more deeply and more personally than ever before.

I thank you for your prayers, for cards and letters, for fruit and candy, for photographs of happy events, for stories of your own health challenges, for jokes and cartoons, for books and drawings, for the many acts of kindness by which you raised my spirits and helped me to keep things in proper perspective. I would never choose this health difficulty for myself. But the brighter side of it is that, through it all, I have come to know a new dimension of your love and care. Thank you very much for all of it.

By way of update let me tell you that I have begun a cardiac rehabilitation program conducted by St. Mary's Hospital at

along the way



By BISHOP MATTHEW H. CLARK

its site on Lexington Avenue and Lee Road in Rochester. I will be participating in that program three mornings each week. That activity will aid recovery and also help to determine what level of physical activity will be good and healthy for me in the future. My fond hope is that I will be allowed to return to the jogging and racquetball I have enjoyed so much.

The doctors advise that I am free to return to normal activities. They also counsel that this return should not happen all at once, but that it should be a gradual process. I am very happy to move in that direction. I must confess to you, however, that I am feeling in myself what I have observed in friends recovering from illness or surgery for years, viz., the urge to do too much too soon. I guess the best any of us can do in this regard is to use our common sense and trust the advice of physicians and good friends as we seek to find the balance

between taking on too much and trying too little.

As I offer this expression of gratitude, I want to include in a specific way all of the health-care professionals who helped me in any way through this difficulty. They have inspired me with their competence, commitment and care, and I am deeply grateful to all of them. They taught me a lot about ministry. They reminded me in ways I shall remember for a long time just how important it is to recognize the dignity and worth of those who in any way may depend on us.

Finally, at least for now, I want to thank all of my co-workers for their thoughtful and generous support. They put in full days under any circumstances. In recent days they have done even more. I do not limit my thanks to them but want to mention by name Fathers Joe Hart and John Mulligan. Those two gentlemen serve as Vicars General to me. Their competence and generosity have allowed a recovery as free as it could possibly be from any fear at all that the work of the day would not get done.

Thanks again, dear friends, for your strengthening and encouraging support. It means the whole world to me.

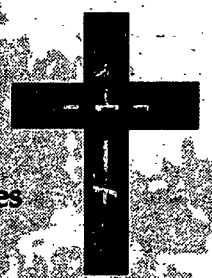
Peace to all.

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EDITORS' NOTE: Bishop Clark had a pacemaker implanted Oct. 19 and underwent angioplasty Oct. 21.



CEMETERIES



of the Rochester Catholic Diocese

The cemeteries below paid a nominal fee to be listed on this page. A number of other Catholic cemeteries chose not to be listed, primarily because they are no longer selling burial plots.

MONROE & LIVINGSTON COUNTIES

FINGER LAKES

SOUTHERN Tier

- 1 **HOLY CROSS CEMETERY**
Stone Falls Road
Dansville
716-335-2700
- 2 **HOLY SEPULCHRE CEMETERY & MAUSOLEUM**
2461 Lake Avenue
Rochester
716-458-4110
- 3 **MOUNT OLIVET**
East Canal Road
Office 152 Main Street
Brockport
716-637-4500
- 4 **ST. PATRICK'S**
46 Stanley Street
Mt. Morris
716-658-2110
- 5 **ST. PATRICK'S**
115 Maple Ave.
Victor
(716) 924-7111
- 6 **St. Rose**
1985 Lake Avenue
Lima
716-624-1005

- 7 **ST. BERNARD'S**
2841 Center Road
Scipio Center
315-364-8172

- 8 **ST. BRIDGET'S**
15 Church Street
East Bloomfield
716-657-7626

- 9 **ST. PATRICK'S**
51 Grove Street
Moravia
315-497-0626

- 10 **CALVARY AT CHURCH OF THE IMMACULATE CONCEPTION**
113 North Geneva St.
Ithaca
607-273-6121
- 11 **SACRED HEART OF JESUS**
Chapel Street
Perkinsville
716-384-5500
- 12 **ST. JOSEPH'S**
Route 63
Wayland
716-728-2228
- 13 **ST. MARY OUR MOTHER**
816 West Broad Street
Horseheads
607-739-3817
- 14 **ST. PATRICK'S**
Route 17C
Owego
607-687-1068
- 15 **Ss. PETER & PAUL CEMETERY**
623 Franklin St.
Elmira
607-732-6431
- 16 **ST. PIUS V**
35 Maple Street
Cohasset
716-384-5500

