

# SENIOR LIFESTYLES

## Couple

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women from various parishes that meets four times a year for meals and testimonies of faith. The couple also participates with other Catholic married couples in a weekly Scripture study group. Such activities keep the couple focused on enjoying life in their senior years, Dorothea said.

"I think you really need outside interests, otherwise you wither," she said. "I think it's really good to keep going and keep active."

Another way the couple keeps active is by participating in the postcard mailing ministry of the Society of Sts. Francis Xavier and Therese. Founded in 1950 by six dentistry students at St. Louis University, Mo., the society has more than 500 members nationwide who use their own money to send out unsolicited postcards to home addresses taken from

phone books primarily from southern states with small Catholic populations.

The cards briefly describe the life of Christ, and invite the recipients to return the card to receive a free study course in Catholicism provided by the Catholic Home Study Service, which is sponsored by the Missouri Knights of Columbus and the Vincentians. Recipients may correspond with the study service, but neither the society nor the study service ever calls the recipient. The study service has a Web site at <http://www.amm.org/chss.htm>.

The Ladas learned about the postcard ministry in *National Catholic Register* about three years ago, decided to participate in it, and currently send out about 30 postcards a month.

"It's about \$6 a month in change," Edward said, estimating the couple spends a mere hour on the ministry per month.

"Our Holy Father has asked to reach out and open the door (to the nonevangelized), and we are in our own small minute way," Dorothea added.

The couple said they sign their first names to the cards, which don't include the senders' return addresses. Indeed, neither the couple nor the society, currently based in Breezy Point, N.Y., has a direct way to track the success of their ministry. However, the Catholic Home Study Service does keep them abreast of how many inquiries they receive from people who received postcards, and in one four-month period in 2000, 217 people sent away for the service's course after receiving cards.

The Ladas want other Catholics in the Diocese of Rochester to join them in the postcard ministry, and said interested people can contact them at 716/381-8003. Or they can write the Society of Sts. Francis Xavier and Therese at 216-32 Rockaway Point Blvd., Breezy Point, NY 11697.

"It's unassuming," Dorothea said of the ministry. "You kind of put it in the Lord's hands, and he can do with it as he chooses."



Ed Lada feeds an 11-month-old boy at Daystar.

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