

6-7030.
R. 29 — Reg-
line: Apr. 5
; Borromeo
3011 Dewey,
er; 6:30 p.m.;
seniors, \$9
85/663-5856.

ayuga

ACTIVITIES

2 — First Fri-
th Church, 63
burn; 3 p.m.
Devotion &
lessed Sacra-
315/253-9452.

County

ACTIVITIES

28 — Tele-
ble channel
; 10-11 a.m.;
4:30 p.m.;
cent de Paul
g.

31 — Lent-
ian Prayer";
; St. Mary's
Morris St.,
p.m., dinner
n 7:15 p.m.;

Wayne

1 — Adult
Let's Talk
Immaculate
rch, 113 N.
naca; 7-8:30
21.

Wayne

27 — Bot-
Saints Club
reet gym en-
High School,
Geneva; 9
pickup call
1, ext. 232.

ACTIVITIES

1 — Lenten
en Journey,
teve Vasek,
Fitzpatrick,
of the Lake,
d., Ontario;
sitting; chil-
at; 315/986-
611.

— Noctur-
chapel, St.
95 N. Main
a; 7-8 p.m.;
4.

Faith, Bible act as remedy for stress

Jennifer Burke/Catholic Courier

Jennifer Hoskins, 31, is a single mother raising a 5-year-old daughter while working full time in a social-work position. Not only does she experience deadlines and stress at work, but also at home, where she faces the daunting task of raising her child without another parent with whom to share responsibilities.

Marie Beltran, 26, went to college to be a teacher. She's certified in three areas — elementary education, special education and reading — but can't find a job. She recently sent out 25 resumes to various schools, but as of yet has received no responses.

Sandy Czelusniak, 18, is a freshman at SUNY Binghamton. Young people pay more attention to social issues, such as abortion, politics and the economy, than society sometimes give them credit for, said Czelusniak, a member of St. John the Evangelist Parish in Spencerport. As a Catholic, she often finds herself taking the more unpopular or conservative views on these issues, which can be disheartening, she said.

The types of stress these women are dealing with is not unusual for people of all ages, including young adults. Ministry to young adults and college students has to incorporate an awareness of the unique stages of transition in which many of these people find themselves, said Michael Sauter, campus minister at the New-

man Catholic Community at SUNY Geneseo.

"In the course of my regular interactions with students, we usually do not talk about stress in depth," Sauter said. "It is mentioned, of course, all the time, kind of like the weather, but, also like the weather, it's something that is taken for granted without much deep reflection. It's simply the atmosphere in which they live and only becomes the subject of particular reflection when it becomes particularly acute, when it becomes too much."

Many young adults are at a transitional period in their lives. They may be moving away from home for the first time, graduating from college, finding a place to live or starting a family, among other things.

"Students graduating from college are just not finding employment in their fields. Many of my students are taking jobs at retail stores just so they can receive benefits," said Jamie Fazio, pastoral associate at Blessed Sacrament Parish in Rochester.

Coming out of school, whether at the undergraduate or graduate level, and facing student loans and the cost of living in today's world can be a major source of stress, Fazio said. He's also seen young adults display a desire to be involved in the church, but finding the time and finding a community with programming geared toward them can be difficult, he said. For example, daily Masses are held during business hours, when many people who work are unable to attend.

Young adults often feel they don't have a secure place or role in their



parish community, Beltran said.

Although friends are often a source of support for Beltran, there are times when they're actually a source of stress, she said. Although some of her friends are Catholic, many are not, she said, and there are times when they're more interested in drinking and dancing than praying or talking about God.

"It's hard to live a just life when the people around you aren't," she added.

Beltran, a member of Our Lady of Perpetual Help Parish in Rochester, takes comfort in going to church and reading Scripture or books about the saints. Praying also helps, and she is comforted by knowing that God has a plan for her, she said.

"Every resume that I'm sending out, I say a little prayer to God," Beltran said.

Hoskins and Czelusniak both said that exercising helps them deal with their stress. Czelusniak said that listening to music and praying help her feel better, while Hoskins finds it soothing to read over or recall certain Biblical verses, especially those that help her realize that through God, everything will fall into place.

"Probably the most important thing I do to keep focused and deal with life more effectively is to make time to talk to God during the day,"

said Hoskins, a member of Our Lady of Mercy Parish in Greece. "I don't think that on my own I always deal very well with difficult situations. I try to bring a lot of things up to God and just say, 'I don't know what to do with this one, but I know you'll be there to help me if I ask you.'"

Fazio tries to hold programs that help young adults develop a prayer routine within their busy lifestyle — including a Tuesday evening Mass, so people can attend after work, and a book club dealing with prayer and faith issues. He also offers three young-adult retreats each year, as well as a "Busy Person Retreat," where participants are paired with a spiritual guide and meet throughout the week according to their own schedules.

**We Are Celebrating
Our 40th Year!**

**"For The Prime
of Your Life"**

**Make Your Easter Sunday
Reservations Early**

Serving Dinners 1-9 pm. April 11, 2004

**Opening Friday,
April 2nd
for the season**

- 4 cuts of Prime Rib
 - Alaskan King Crab
 - Jumbo Shrimp
 - Australian Lobster Tails
 - Fresh Grilled Fish
- available every day

**Serving Dinners Nightly
Except Monday**

CONESUS INN

5654 East Lake Rd. • Conesus Lake

(585) 346-6100

Special Attention Given to
Banquets & Parties
www.conesusinn.com

AGL Homes
Manufactured &
Modular Homes
Your Land or
Our Community
Financing
Available
www.aglhomes.com

*Beautiful Homes at
Affordable Prices*

SAVE \$1,000 WITH THIS AD!
* On a new home purchase through 4/7/04. Prior sales excluded. Not valid with other offers. Some restrictions may apply. Call or visit for complete details.

MODEL HOMES OPEN 7 DAYS A WEEK

CALEDONIA 4305 State Route 5 (585) 226-2727	GENESEO Corner Rt. 20A & 256 (585) 346-6740	ELMIRA 2782 S. Broadway (607) 737-1979	MANCHESTER 3180 State Route 96 (315) 462-9401
--	--	---	--