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# Faith & Family

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## 'A most enjoyable day'

**EDITOR'S NOTE:** Staff Writer Mike Latona and Staff Photographer Mike Crupi joined Bishop Matthew H. Clark on Monday, April 26, for one of his typically long work days.

### EXERCISE, 7:15 A.M.

You might expect Bishop Matthew H. Clark to do his morning exercise in a palatial, state-of-the-art health spa.

In actuality, his regular workout area is more akin to the no-frills gym in the series of "Rocky" movies.

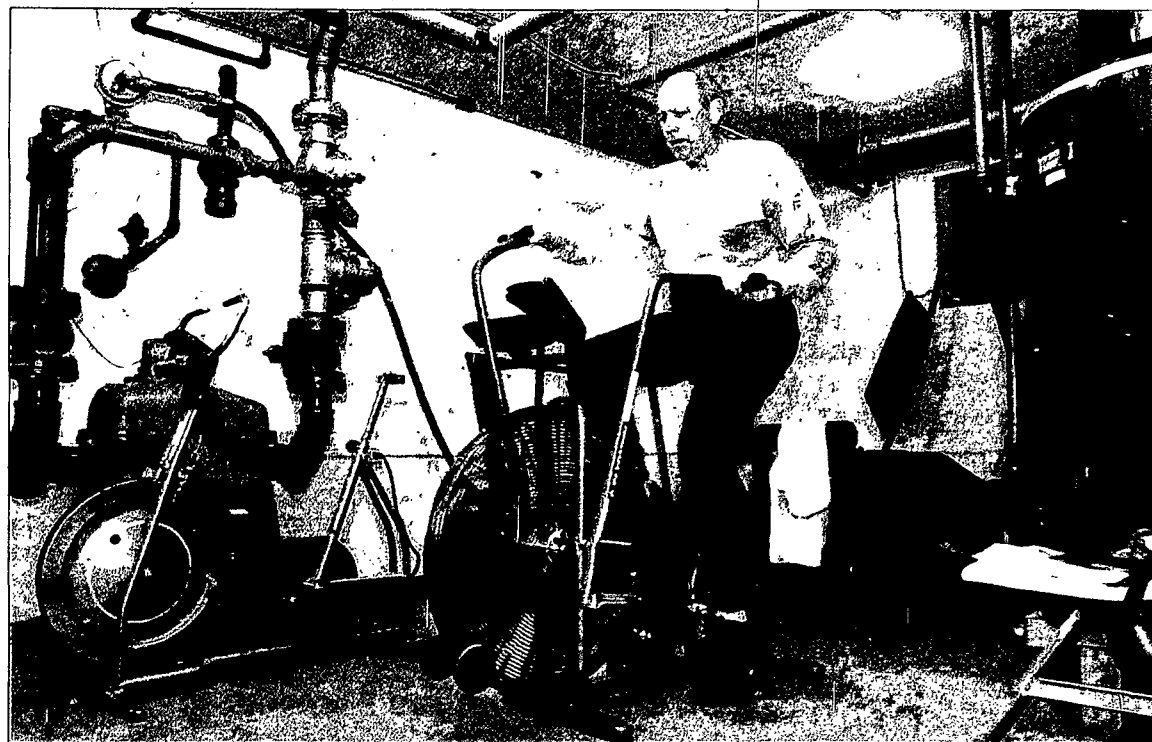
Bishop Clark pedals vigorously on an exercise bike, bunkered in a tiny boiler room in the basement of Sacred Heart Cathedral's rectory. Though he no longer runs or plays racquetball for health reasons, the bishop — who will turn 67 on July 15 — still soaks his sweatshirt pretty well, spending 40 minutes on the bike while reading *The Night Inspector* by Frederick Busch. He follows up with some leg exercises.

"I try to be consistent," he says, noting that he likes to exercise at least five days per week. Tonight he will preside at a confirmation in Geneva; thus, he opts for an early-morning workout.

After an hour of exertion he concludes, "I think that's enough for these old bones today."

### BREAKFAST, 8:15 A.M.

The bishop gathers around the rectory breakfast table with Sacred Heart's other resident priests — Father John Mulligan, pastor; Father Joseph Marcoux, parochial vicar; and Father Larry Murphy, retired. He addresses such subjects as Father Mike Bausch's 25th-anniversary party — which he attended the



Bishop Matthew H. Clark finishes up his 40 minutes on the stationary bike April 26 in the basement of Sacred Heart Cathedral's rectory. The bishop likes to exercise at least five days per week.

night before — and the New York Yankees, of whom he's a big fan. "(Jorge) Posada and Hideki (Matsui) are both doing decent," the bishop offers.

For the most part, the bishop sits back and weighs the lively banter with a grin. As breakfast ends, he takes a quick glance at the morning paper; then it's off to shower and dress.

Not long after, as a cold wind howls, the bishop perches atop a muddy surface, donning a hard hat as he prepares to lead a prayer service for construction workers on the cathedral renovation. After the brief service, he wipes the mud from his dress shoes and heads off work at the diocesan Pastoral Center on Buffalo Road.

### OFFICE, 9:30 A.M.

Upon arriving at his office, the bishop reviews mail that



Bishop Clark leads construction personnel in a morning prayer at Sacred Heart Cathedral April 26.

has been sorted by Mercy Sister Mary Ann Binsack, vice chancellor and administrator of the bishop's office. The pile consists largely of personal letters and documents requiring his signature.

Whether it's a slow or busy mail day, Bishop Clark notes that he strives to read all his correspondence. "Over the years, I think some people have had this illusion that I don't see my mail. I do," he remarks.

A few minutes later he turns to his computer and scans his e-mail, saying, "E-mail has the obvious advantage of speed and directness. But I don't like it when it replaces significant conversation about something."

The area near the bishop's first-floor office is vacant and silent — no radio music, no voices in the foyer. "Notice how quiet it is without Sister Mary Ann, Father (Joseph) Hart and Father Mulligan?" the bishop laughs. (Sister Binsack is out this morning, and Fathers Hart and Mulligan, his vicars general, won't arrive

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Story by Mike Latona • Photos by Mike Crupi