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5-1-1988

## Desert Pilgrimage Newsletter, May 1, 1988

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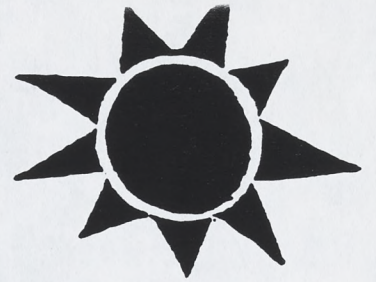
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# DESERT PILGRIMAGE



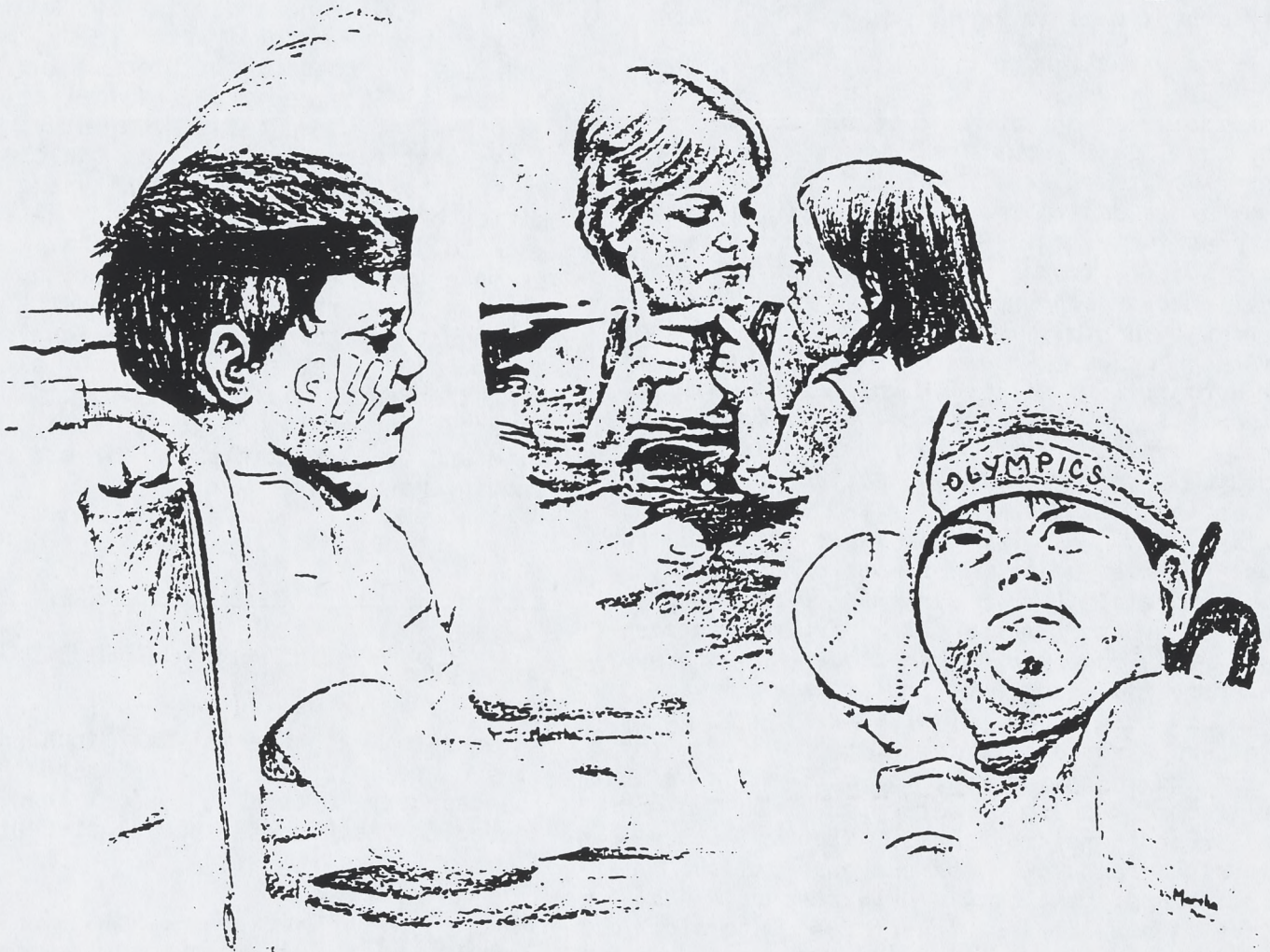
*Pilgrim, there is no pathway,  
you make that path.*

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A QUARTERLY PUBLICATION BY AND FOR THE DISABLED.....PHOENIX, ARIZONA  
Volume 12, Edition 4.....November/January, 1988

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## Faith and Light





*F R O M*



*Fr. Bob Nicht, PDP*

*I am reading a book by Gerald May called Simply Sane. In the book he makes an interesting statement about pain and suffering.*

*It is helpful to look at the differences between pain and suffering. Pain is a stimulus... There will be a response. But suffering is you or I struggling against our pain... Suffering is the effort one puts against one's pain, beyond response, beyond healing. Suffering is what one heaps on top of pain, the second-guessing of pain, the raging against what is the refusal to accept what is happening.*

*This struck me as a very interesting idea. I realize that we could get into a semantic discussion of the meaning of the words "suffering" and "pain", but then we could lose the kernel of truth here. Much of our suffering is what we add to the situations in life that we find ourselves. When we find ourselves in painful situations, whether they be physical, spiritual or psychological, we greet the suffering by denial, fighting, avoiding and the list can go on. We all know people who have refused to live with pain and have made life miserable for all concerned. And, we all know people who have taken their pain and created a growth-filled situation for all.*

*To let go and let God is the answer to this life's reality. But this is easier said than done for most of us. For most of us it is a life process. But it can only be a life process if we start the spiritual journey in earnest. This can only happen if we make Scripture and prayer an important part of our lives. This can only happen if we take time to be with the Lord - not chattering away but "be" with God. And in that being, God will teach us what we need to know to be satisfied to be who we are, right here, right now. Then we will receive the peace only God can give and the world cannot take away. Only then will the pains of our lives be transformed into signs of God's loving presence.*

## A REFLECTION

The Papal Visit was the greatest challenge and opportunity to come along for disabled Catholics in Phoenix. The theme of health care was the perfect vehicle for disabled persons to be included in every phase of our Holy Father's visit. Through Fr. Bob's Phyllis' efforts we were able to participate as planners, - Call to Worship, Deaf Choir, and Liturgical Servants. Making us such an integral part of the event recognized us as a sizable and active force in the community. Perhaps other congregations and pastors will realize that handicapped persons don't always need to be served but can also DO some of the serving and that dignity comes from being allowed to serve!

For some of us, the logistics and access at the Papal Mass may have fallen short of our expectations. To me, this reflects where we are as a Church and as a country... we strive for an ideal and we inevitably fall short. But we keep trying because we keep getting better. Our expectations as disabled persons are something that we need to take responsibility for. This means not only speaking up when our needs are not being met, but also letting people and organizations know when they're on the right track. In my opinion, the City of Phoenix, the Diocese and the Office of Special Services made an excellent effort on behalf of the disabled community. I believe that through this visit the Church of Phoenix has advanced the dignity and opportunities of its disabled members. We still have work to do, but we can be proud at setting an example that may stimulate other churches to grow in this area. The challenge, however, belongs to all of us.. as individuals and as a community. Let's hold onto our excitement over the Pope's visit and allow it to be our momentum for continued growth toward quality life and equal participation in our Church and in the World!

Peace,  
Eileen Szychowski

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### SPECIAL RELIGIOUS EDUCATION

Queen of Peace Parish in Mesa is looking for someone to teach Special Religious Education. If you are interested, call Suzette, 969-9166. The capacity to care is the only requirement needed to teach these special students.



God's love for us was revealed when God sent into the world his only Son so that we could have life through him.



# SPECIAL MINISTRY WITH DISABLED



The time has passed now, but truly September 14th was a very memorable day for everyone here in Phoenix. My mind goes back to November, 1986. It was at the monthly deaf Mass that Dee Hostetler who is coordinator of deaf programs for the Diocese of Phoenix had announced plans for a Deaf Choir to make its debut at the Papal Mass at ASU the following September. "We need at least twenty volunteers" Dee said, "and rehearsals will start after the holidays." Dee would go to the voice choir practice sessions, tape their music then come and teach us the words.

The rehearsals proved to be quite challenging. Some of the songs we were familiar with, but we had to learn to keep our eyes on Dee all the time for our cues and we had many discussions about which sign was best to use for context. All in all we learned fourteen songs, meeting once-a-week for two hours, and twice-a-week during the month of August through September 13th. During the spring and summer six people dropped out because of schedule conflicts. Fourteen members sang for the Mass on September 14.

The evening was a beautiful one. We knew when the Pope had arrived by watching the flashbulbs across the field from us; finally we could not see the flashbulbs anymore, so we knew the pope-mobile was coming down our side. It was very exciting to see the Pope in person, and to have him come to Phoenix and be with us for a Mass. More exciting for us was to be able to sing for him, and with him, offer praise and glory to God.

All fourteen choir members are deaf or hearing impaired and they were: Anna Levin, who is Dee's assistant, Richard Comacho, Gerard Domack, Cheli Eskelund, Hortense Jacques, Jane Kovarik, Judy Pigott, Patty Schultz, Robert Schultz, Kathy Seivert, Tom Seivert, Paul Waller, Javier Weeke and Mary Susan Wernimont.

Patty Schultz

## Faith and Light

Faith and Light is a community movement. At the heart of these communities are people wounded in varying degrees by a mental handicap. They are surrounded by their parents and friends, particularly young people. These communities are not residential but rather communities whose members meet at regular intervals and create between themselves links which become deeper and deeper through the sharing of their difficulties and their hope; sharing times of festivity, prayer and the Eucharistic celebration and/or other religious celebrations. These communities are usually made up of about thirty people.

We need a core group of people who would be interested in developing the FAITH AND LIGHT communities in the Diocese. Anyone interested in this type of ministry, please contact Fr. Bob Wicht, 997-6105.

### FAITH IN ACTION

We are also interested in developing a program for persons with physical disabilities that would meet on a regular basis for spiritual, and social enrichment that would lead to various types of action within the community. If you are interested in developing such a program, please contact Fr. Bob Wicht, 997-61

### PARENTS OF MENTALLY HANDICAPPED SPIRITUAL SUPPORT GROUP

A spiritual support group for parents of mentally handicapped children is being formed. The first meeting, November 1st, is being held at St. Gregory's Church, 3425 N 18th Ave. For more information call Helen Hoza, 246-0597 or Fr. Matt Mampara at St. Helen's parish in Glendale at 979-4202.

### SIGN LANGUAGE

#### INTERPRETERS NEEDED

Catholic Office for the Deaf is looking for interpreters for parishes throughout the valley. Training is available for prayers and religious signs. Please contact Dee Hostetler, 946-0702 or leave a message at the Office of Special Services for Disabled Persons, 997-6105.



**Mental Illness: Myths,  
Facts and Pastoral Needs**  
by Ann Dino, Caroline Sneed  
and Dr. Floyd Westendorp

Schizophrenia is the number one mental health problem. Its characteristics include:

- hallucinations, delusions, bizarre thinking;
- blunted affect, no spontaneity;
- trouble with sense of self--perplexed by who they are;
- difficulty in getting started; not goal directed;
- tendency to withdraw from external world;
- impairment in work, social relationships and self care.

Bi-polar disorders include behavior that is manic and depressed. Characteristics include:

- disturbance in mood;
- easily distractible, delusions of grandeur;
- sleep disorder;
- psychomotor agitation or retardation;
- decreased energy, feel worthless.

**Classroom and Worship: Welcoming  
Persons with Mental Disorders**  
by Father Ray Chase

These factors influence pastoral ministry with persons with mental disorders:

1. fear about mental disorders affects our ability to communicate; it hinders integration;
2. people with mental disorders have a resiliency and strength to continue to find meaning for their lives;
3. the Church can have a negative function if pastoral workers allow the person to utilize the Church (to unrealistically seek comfort) to avoid dealing with problems or to reject treatment;
4. a person's perception of God may be distant, remote, vague.

Techniques in ministry may include the following:

1. provide as much variety as possible for discovering God in one's self;
2. guide the person toward a proper therapist; affirm the necessity of taking medicine regularly;
3. tailor religious education programs to the specific needs of the person--classes are generally active, non-academic and participative.

**Bringing Them Home: Welcoming People with  
Mental Illness to the Parish Community**  
by Jack Green and Mark Clemens

Mental illness is difficult to cope with; it takes time to begin to feel better. People need support; they cannot get along alone. People with mental illness should be encouraged to be active but not forced into stressful situations. They should be given meaningful tasks to perform. Families need support, including visits and respite care.

Ministry with people with mental illness requires commitment and love. We regularly visit people in institutions. Sometimes we are their only visitor. Listening is the key element. We come to spend time, bring Eucharist, books, magazines, clothing, prayer cards, lapel pins, but most importantly ourselves, to pray with them. Next we ask them to pray for us and for the needs of which we are aware.

This institution fifty miles from home seems an unlikely place to begin to welcome people into a parish, but this is an often neglected place in our community. While there, patients need support--visits, letters or bulletins from the parish, to let them know what's going on. They need to know we still care and that we are not forgetting about them while they are in an institution.

We can help with their transition when they return if we know when and where they are returning. Often, in our state, they don't return home; they go to a boarding home. So it's important to follow through, assisting during this adjustment to new surroundings.

We enlist the help of Mark by having him act as a pastoral worker. He visits, writes and supports others who live near by. Sometimes he does errands for those who can't leave their home. He lets us know what is going on. The important thing is that Mark is using his talents. He is giving as well as receiving. He is valuable to us. Mark is able to minister to people in boarding homes in a way I can't. He is able to give a realistic sense of hope.

**THE CHRONICALLY MENTALLY ILL  
PERSON IS A HUMAN BEING WORTHY  
OF YOUR CONCERN & COMPASSION**



# WHERE TO LOOK FOR SERVICES

## MANAGING AND LIVING WITH SPINA BIFIDA

Barrow Neurological Institute and the Arizona Spina Bifida Association are sponsoring this conference on November 16-17 at La Posada Resort, Paradise Valley. Monday's schedule covers childhood; Tuesday relates to adolescence and adulthood. Registration fees include morning buffet both days, lunch on Monday. For individuals with spina bifida or their family members, the fee is \$35 per person, \$45 per family. For all others, it is \$75. Call 285-3178 or 1-800-BARROW -1.

## TAX BRIEFS - HELP FOR DISABLED

Physically handicapped individuals who renovate their homes to accommodate their disability get some relief under tax overhaul. A special provision in the new law permits capital expenditures incurred in the removal of structural barriers in personal residences to be deducted as a medical expense.

The widening of doorways, construction of entry/exit ramps, and the lowering of cabinets are among the many tasks qualifying for the deduction. (Because medical expenses must now exceed 7.5% of adjusted gross income to be deductible, maximize deductions by grouping major construction costs into a single calendar year.)



## SLE/LUPUS SELF HELP COURSE

The Central Arizona Chapter of the Arthritis Foundation is sponsoring a seven week SLE/Lupus Self Help Course on Fridays, October 16 to December 11 from 9:30 to 12 noon at the Arthritis Foundation 711 E. Missouri, Ste.116. This course is designed to give participants a great deal of information about how Lupus can affect them and ways to cope with this disease. Course fee is \$20 and scholarships are available. For more information call Arthritis Foundation 264-7679.

*BEING YOURSELF: Stop basing your personality on the smiles and frowns of other people.*

## Children's Braille Book Club



"Few children learn to love books by themselves. Someone has to lure them into the wonderful world of the written word; someone has to show them the way."

— Orville Prescott  
*A Father Reads to His Children*

A warm lap, a book of wonder, and a voice beginning "Once upon a time..." create a love of reading in young children. For blind children and parents, this experience has been limited until now! National Braille Press announces a Children's Braille Book Club, featuring a new book every month in a print-braille format. This club provides popular storybooks for preschool through third grade. These are the same books as in your local book stores with the braille inserted on see-through plastic sheets and for the same price as the print book. To join, call or write:

National Braille Press Inc.  
88 Saint Stephen Street  
Boston, Mass. 02115  
(617) 266-6160

## THE BIBLE: AMERICAN SIGN LANGUAGE

The Bible: American Sign Language, thirteen one-hour videotapes of Mark's Gospel, Chapters 1-6. Forty skilled people, both deaf and hearing and from different religious backgrounds, present a videotaped translation in American Sign Language. Cost: \$27 per VHS cassette. Beta and 3/4" cassettes also available. Write for a list of Bible videotapes and applications for the ASL Bible Tape Club. Contact: Deaf Missions, RR2 Box 26, Council Bluffs, IA 51501.

## SOUTHWEST

### PROJECT WITH INDUSTRY

Southwest Business, Industry & Rehabilitation Association offers free employment services to Phoenix residents who are disabled and experiencing barriers to employment. They offer a two week job search training workshop which covers proper application completion, professional resume preparation and interviewing techniques. For more information call Adriane Muccheck at 949-0135.



## Pilgrims Progress



Eight years ago, 1980, we held our first Desert Pilgrim Retreat at the Franciscan Renewal Center. Fr's. Jack Spaulding and Brian Doran were our first Retreat Directors. Our theme then: "To Know Him Is To Love Him: The Christian's Prayer". This years retreat theme: "Outward Bound - Journey Beyond Ourselves", was a glowing example of the growth we have experienced since 1980. Retreat Director, Fr. Glen Willis, SDS, talked to us about going beyond ourselves to give new life to our ministry here on earth. We are called to be enablers of others seeking to glorify God. Though the numbers were small, everyone on retreat agreed this was a weekend worth coming to. Their only problem was trying to figure out how to get Fr. Glen back again for next years' retreat. His stories and songs will be long remembered. (Well, maybe not the story of "Cinderella".)

The Papal Visit has come and gone. It would almost seem as if he never came the way our phones have stopped ringing since the visit. But people are still feeling the effects of Pope John Paul's September 14th visit. The Mass was a culmination of many months of planning - praying and hoping everything would go smooth. Considering all that had to be taken care of and the many people who became involved with the planning, the Mass ended up being a beautiful experience for many disabled persons. We are still hearing from people who attended the festivities and thanking us for the opportunity to participate in what we feel will be a once-in-a-lifetime event. We have many people to thank for their dedicated involvement. These are the people who served on the Papal Committee for Disabled Persons: Dee Hostetler, Fr. Bob Wicht, Rev. Matthew Mampara, Jim Gustaf, Sr. Teresa McIntier, Sr. Leona Dolle, S.C., Bill Bidleman, Mary Jo Bidleman, James Danowski, Ken Warren, Denise Labreque, Marian Farrell, Eileen Szychowski, John Hasset, Carol Ameche.

We are booking another "BAYLESS DAY" fund raiser for our office. The last one paid for someone to go on our Physically Handicapped Retreat. This one will off-set some expenses we will incur at our Harvest Ball. This year's BAYLESS DAY will be held on:

TUESDAY  
NOVEMBER 24, 1987

(right before Thanksgiving holiday)

continued.....

"BAYLESS DAYS" participants merely present their envelopes to the cashier when checking out their groceries that day. The cashier will validate the envelope and the cashier register receipt and return both items to the customer. You must have an envelope before the cashier can validate the receipt. Seal the envelope with the receipt and return it to our office. That's all there is to it!



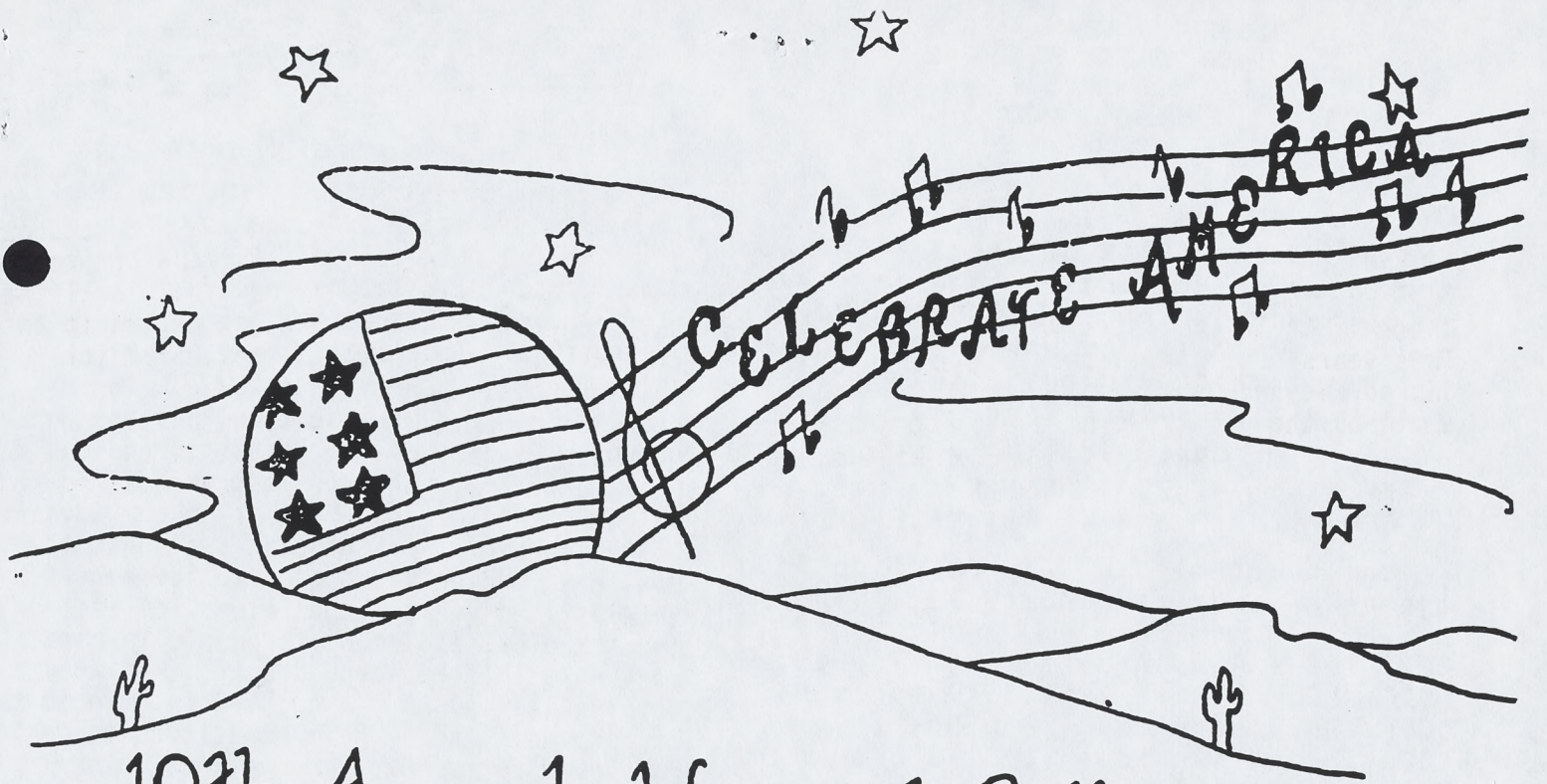
COMMUNITY RESIDENCES FOR PERSONS WITH DEVELOPMENTAL DISABILITIES. 1987. Janicki, M., Krauss, M., Seltzer, M. (EDS) Baltimore, MD.: Paul Brooks Publishing Co. \$39.95. Write: P.O. Box 19624, Baltimore, MD 21285. A resource book for all aspects of community residences including legal, programming training, safety, evaluation, and consultation issues.

ETHICS OF DEALING WITH PERSONS WITH SEVERE HANDICAPS. 1986 Dokecki, P.m Zaner, R.(Eds) Baltimore, MD. Paul Brooks Publishing Co. \$21.95. Write: P.O. BOX 10624, Baltimore, MD. 21285. Ethicists, theologians, special educators, psychologists, physicians and lawyers focus on such moral and practical issues as informed consent, competency, treatment, decisions, quality of life and persons' with handicaps rights to privacy and dignity.

BOBBY: BREAKTHROUGH OF A SPECIAL CHILD. 1983 Pinney, R. New York: St. Martin Press. \$13.95 Available from St. Martin Press, 175 Fifth Ave. New York, NY 10010. This book is an account of one woman's success in bringing an autistic child into the world of other human beings. A true story, it is a testament to devotion, to the power of love and to the amazing complexity and scope of the human will and mind.

*Any man who helps another man live more abundantly is doing the work of God.*  
Richard C. Wheeler





# 10th Annual Harvest Ball

Sponsored by Office of Special Services  
Catholic Diocese of Phoenix

Sunday · November 15th · 7-11 pm · Tickets \$5<sup>00</sup>

St. Agnes · Donohoe Hall · 24th St. Palm Lane

ENTERTAINMENT  
FOOD  
Music & the Ray D.J.  
Raffle

honorary chairman, Bil Keane

R.S.V.P. - # 840-1490





OFFICE OF SPECIAL SERVICES  
FOR DISABLED PERSONS  
1825 W. Northern  
Phoenix, AZ 85021



Phoenix Mayor's Committee on  
Employment of the Handicapped  
**Helen Hoza**

**Volunteer Award**

The Diocesan Office of Special Services for Disabled Persons is here to serve you. Anyone wishing to receive our newsletter or if you would like to send in articles concerning disabled persons or activities, please send to:

Desert Pilgrimage  
1825 W. Northern Ave  
Phoenix, AZ 85021

We are quarterly and the deadline for the next issue is January 15, 1988.

DIRECTOR - Rev. Robert Wicht, S.D.S.  
COOR. HC Programs - Phyllis Vogelsang  
COOR. Deaf Services - Dee Hostetler  
COOR. Blind Services - Bill Bidleman  
Telephone - 997-6105

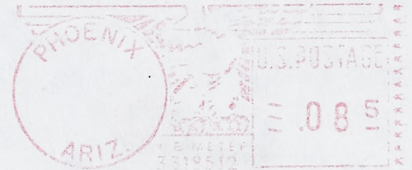
Please advise us of any change of address. Returned newsletters cost 25¢ each. Call the office at 997-6105

On October 1st, Helen Hoza was the recipient of the Volunteer Award at the 1987 Mayor's Ability Counts Awards Luncheon. Helen has been instrumental in creating, developing and maintaining services for disabled persons for over ten years. She was instrumental in formulating this Office. She is on our Advisory Board; presents workshops on awareness to other parishes. Helen's crowning achievement for the last ten years - the Friends of St. Ann - lends medical equipment to people in need, serving all of Maricopa County. Her work involves her husband and children. In spite of her own illness, Helen continues to dedicate over forty hours per week volunteering her services to those in need. She has been a very dedicated worker in our office and we are very proud of her achievements.

**DIOCESE OF PHOENIX**  
OFFICE OF SPECIAL SERVICES  
400 East Monroe  
Phoenix, Arizona 85004

**RETURN REQUESTED**

NONPROFIT ORG.



REV. JOE BRUCE, S.J.  
DEAF CATHOLIC ARCHIVES  
HOLY CROSS COLLEGE  
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