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Desert Pilgrimage Newsletter

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9-1-1997

## Desert Pilgrimage Newsletter, September 1, 1997

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### Repository Citation

"Desert Pilgrimage Newsletter, September 1, 1997" (1997). *Desert Pilgrimage Newsletter*. 29.  
<https://crossworks.holycross.edu/dca001-dese-az-1984/29>

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**A NEWSLETTER FOR AND ABOUT PERSONS WITH DISABILITIES**

**Published by the Office of Disability Ministry**

**Roman Catholic Diocese of Phoenix**

**400 East Monroe Phoenix 85004**

**602-257-0030**

**Director: Isabella M. Rice**

**Administrative Assistant: Paula Alexander**

**Volume 19**

**Issue 3**

*“Visions of the Past”*

Recently we were in the process of purging the office files, a task that seems to be ongoing and of course time consuming. While filtering through the multitude of files, tapes, boxes and books, we came across some old copies of the Desert Pilgrim Newsletter, as well as photos and letters dating back to the inception of the office.

It was amazing to see how far we had come simply in the preparation of this newsletter. We had gone from literally cutting and pasting graphics to being able to put them in with the aid of the computer.

It was interesting to note the use of the typewriter in the production of the newsletter. This prompted conversation around the fact of how frustrating it was to find an error on the last sentence in the last paragraph of the paper. This usually required going back and redoing the entire page for the one glaring little error. Now Paula edits my work with a highlighter, I go back into the document correct the error and it can take as little as a minute.

We have all sorts of technological advances since the office first started. We have moved and moved and, yes, moved again, but one thing that has remained a constant is the focus of who and what we are about.

Politically correct terms change from year to year, directors and office administrators change but the goal and mission of the office remains that of inclusion. Inclusion into programs and accessibility into the physical church.

So no matter how sophisticated our office equipment becomes it will mean nothing if we do not continue to work to make each and every person a vital, functioning and integral part of the faith community.

Our disabilities may vary and our approaches to handling these disabilities may vary but the one common goal we



all seek and strive for is acceptance. Let us then, as a body and a group extend that acceptance to our able-bodied brothers and sisters. Let us not stand behind our challenges and make them a wall that comes between us. Rather let us see the personage in each other and only then will the barriers of bigotry be dissolved.

### **Mainstream Magazine**

Can now be found on the Internet at [www.mainstreaming.com/](http://www.mainstreaming.com/). Information in this magazine ranges from recreation to new products.

### **Exercise and Strokes**

Weight loss may not be the only benefit you derive from exercising. You may in fact be reducing your chances for a stroke.

The Northern Manhattan Stroke Study accumulated and looked at data from more than 900 participants. These participants were interviewed to see how much exercising they had done in the 14 day days prior to the interview.

It was found that those exercising cut the risk of stroke by half. "Any physical activity had a significant impact on stroke reduction, but what startled and impressed us was discovering just how little exercise it took to get these spectacular benefits," stated Dr. Ralph Sacco of Columbia Presbyterian Hospital, director of the study.

More information on this study can be obtained through the Easter Seal Society

of Arizona Stroke Support Group.  
(The article was done by Scott McDuffee, National Stroke Association, January 1997.)

For more information on this article or of Stroke Support Group Meetings across the state contact the Easter Seal Society at 252-6061.

### **Special Olympics**

If you are interested in obtaining information about upcoming events with the City of Phoenix Special Olympics, Maricopa Area, contact the City of Phoenix Special Populations Office at 262-4542.

The calendar of winter activities has been posted and the requirements for participating in these special events can be obtained by contacting the above named office.

### **Memory Walk 1997**

**Saturday,  
September 27, 1997.**

Are you aware that more than 4 million Americans have Alzheimer's disease? As many as one in 10 American adults has a relative with Alzheimer's.

In order to assist and support families, support local programs and provide services for those dealing with Alzheimer's consider being a participant in this event.

For more information regarding this call 528-0545 or visit the website at [www.alz.org](http://www.alz.org)  
(Go to Greater Phoenix Chapter)

### **Living with Epilepsy Annual Seminar**

**November 1, 1997**

**Grand Canyon University**

Please contact ESA for more information regarding this seminar. Call (602) 406-3581.

### **Diocesan High School Rally**

Registration for the High School Rally is currently in progress. The event is scheduled for October 26, 1997. If you have a teen who is interested in attending please contact Moe Garcia at 257-5576. If you have a teen with a special need do not let that stop them from participating in this annual event. Contact the Office of Disability Ministry at 257-0030 and together with the Office of Youth and Young Adult Ministries we will involve your teen.

### **Arizona Alliance for the Mentally Ill**

While reading through a recent newsletter from the AAMI two things in particular caught my attention. One was an inset that dealt with grief and the other inset dealt with listening.

Both of these are areas our office deals with on a regular basis.

Loss is not always due to death or separation. Many times we deal with the loss of an ability or a way of life. Sometimes these losses encompass mental illness of one kind or another. The following Tasks for Grieving seemed to be most appropriate for all of us dealing with any time of grieving process.

### **Goodwill Industries of Central Arizona**

Do you know someone who wants to earn up to \$16,000.00 annually to start? Would want to work in a job that requires little to no physical activity?

#### **WE OFFER**

A one month program especially designed to train candidates in:

- ◆ Customer Service
- ◆ Telephone Skills
- ◆ Data Entry
- ◆ Communication Skills
- ◆ Human Relation Skills
- ◆ Navigation in a Windows environment
- ◆ Job Maintenance Skills
- ◆ Keyboarding

Goodwill Industries Mission:

"We train and employ people with disabilities and disadvantages."

For further information on these classes, contact Goodwill at 254-2222 Ext. 141 or 254-4003 TDD.

### **Epilepsy Society**

The Epilepsy Society of Arizona is launching a Back-to-School Program this year, in an effort to educate teachers on seizure disorders. Parents are encouraged to contact the Epilepsy Society of Arizona at P.O. Box 25084, Phoenix, AZ 85002 or call (602) 406-3581 to receive a free packet or more information.

### Tasks of Grieving

According to current thinking about grief, four tasks must be completed in order to recover from a deep loss. Work on these tasks has no particular order. We humans can experience inconsistent, even contradictory emotions at the same time. The four tasks of grieving are:

**To accept the reality of the loss**

**To work through to the pain of the grief**

**To adjust to an environment in which the things or people that were lost are now missing**

**To emotionally relocate the loss and move on with life.**

AMI DC Threshold

#### Could you just listen?

When I ask you to listen to me and you start giving me advice, you have not done what I asked. When I ask you to listen to me and you begin to tell me why I shouldn't feel that way, you are trampling on my feelings. When I ask you to listen to me and you feel you have to say something to solve my problem, you have failed me, strange as it seems. Listen! All I asked was that you listen, not talk to or do, just hear me. So please listen and just hear me. And if you want to talk, wait a minute for your turn and I'll listen to you.

Ralph Roughton, MD, AMI DC Threshold

It occurred to me after reading this that many times we do the same with God.

He simply asks us to be quiet and listen to His word.

Being the creatures of habit that we are, we decide to interrupt His communications with us. We feel that need to add to His directions or ministering.

God very well could be saying the same words as Dr. Roughton, "Listen! All I asked was that you listen, not talk or do; just hear Me."

### NCOD NEWS

(National Catholic Office for the Deaf)

Arvilla Rank will take over as the new Executive Director of NCOD as of October 1, 1997.

Arvilla comes from Madison, Wisconsin with many years of experience in the Catholic Deaf Community and in education of Deaf Children.

We welcome Arvilla and wish her many blessings and success in her new position.

### We're Back!

Our students are back at school and we are in need of teachers for religious education.

St. Simon and Jude is starting classes this year for those with Developmental Disabilities. St. Jerome Parish has also expressed an interest in starting classes for those with special needs.

If you are interested in assisting with these classes or in teaching our Catholic Deaf, please contact the office, at 257-0030.

Thursday, September 25, 1997, we are having a workshop on religious education classes for those with disabilities. All are welcome to attend. Teachers, aides and parents. Please contact Paula at 257-0030, ext. 446 to let us know if you plan to attend.

Parents, your children are entitled to religious education as well as an opportunity to receive the sacraments. Please contact our office and we will assist you in this process.

### Welcome A-Board!

Excited and overwhelmed are two words that come to mind when speaking of the response we had to requests for new board members.

It was time to expand our board, while making sure we were able to use the expertise and knowledge of those who had been with us through many ordeals and trials.

We had responses from 11 people and at this point all 11 will be appointed. This is an exciting time for us as we welcome our new members.

Our next issue of the Desert Pilgrim will introduce the board to you.

### Readers Needed

The office is in need of persons interested in reading for our audio loan program.

If you are interested in doing this please call Paula at 257-0030, ext. 446 to volunteer.

This service is greatly needed for those dealing with visual impairments as well as those who are physically unable to read for themselves.

Training and instructions are provided. Won't you bring your voice and join us.

### Retreat

Desert Pilgrims what are your ideas for a retreat this year? Do you have someone in mind that you would like to facilitate your retreat? Where do we want to go? When do you want to go?

Let me know what your desires are this year. If you want to have a committee, then by all means let's do so.

Last years we were very successful in the two days we had together.

So give us a call and let's get the planning started.  
257-0030, ext. 558.

### CUSA Catholics United for Spiritual Actions

**Purpose:** CUSA is an apostolate for and by persons with disabilities or lasting illnesses. Members encourage one another as only true friends can do. Cusans sanctify their sufferings by accepting them patiently and offering them to God in union with the sufferings of Jesus for the welfare of others. This is demonstrated in CUSA'S motto: "We find purpose in our suffering."

**Membership:** Any person who has a disability or chronic illness is welcome.

Some are active in their communities. Others are unable to leave their homes. Each has gifts to share with others.

**Ministry:** Cusans support each other through an exchange of Group Letters. Once every four to six weeks, a Group Letter comes by mail to each member in a *family* of eight Cusans. Included in each Group Letter is a message from a priest/permanent deacon, Spiritual Advisor and the Group Leader. These latter two occasionally suggest topics for general discussion.

For more information write to:

**CUSA**  
**176 West 8th Street**  
**Bayonne Street**  
**New Jersey 07002**

To join, send a letter introducing yourself to CUSA membership Secretary:

**Mr. Raymond Malburg**  
**1867 Oakmount Road**  
**South Euclid, Ohio 44121**

### *Harvest Ball*

The 20th Annual Harvest Ball this year will be sponsored by the St. Vincent de Paul/Friends of St. Anne. As of February 1, 1997, the Friends of St. Anne has been in the hands of St. Vincent de Paul.

**Harvest Ball**  
**Saturday**  
**November 1, 1997**  
**Borgade High School**  
**4602 N. 31st Avenue**  
**7-11 PM**  
**Ticket fee: \$5.00 each**

Light supper, door prizes and raffles are part of the evening.

This year the theme is Mardi Gras. Dress is informal.

As in the past all the proceeds of this evening assist in the funding of the Friends of St. Anne Equipment Loan Program.

If you need tickets or more information contact Helen at 249-6467.

### *Diocese of Tucson*

The Diocese of Tucson is presenting two workshops titled, "Together in Faith" that focus on persons with disabilities. One is scheduled on Thursday, Sept. 18, from 7-9 p.m. at St. Ambrose School Hall, 300 S. Tucson Blvd. The second focuses on inclusion of people with disabilities in the life of the Church. This is set for Friday, Sept. 19, 10 a.m.-1 p.m. at St. Pius X Parish, 1800 N. Pio Decimo.

For more details contact Regina Sasseen at 520-886-5202.



This office is a recipient of funds from the diocesan Charity and Development Appeal.