

Religion

Patriarch Elias IV making first visit

Members of four Antiochian Orthodox Churches in the Detroit area are joining this week in festivities in the Plaza Hotel welcoming His Beatitude, Elias IV, on the occasion of his first visit here.

Parishioners of St. Mary Antiochian Church, which draws members from west and north suburban areas, will be among those attending services in the Plaza Sunday, June 26, with the patriarch of Antioch and all the East.

His visit is the highlight of 30th annual parish life conference of the Society of Orthodox Youth Organizations.

The prelate's visit here June 22-26 hopefully will include a stop at the recently-deceased sanctuary of St. Mary, at 1801 Merriman, as well as two Orthodox churches in Detroit and one in Berkley.

Elias IV is counted as the 14th successor to the throne of St. Peter and Paul. Christianity was brought to the city of Antioch in the year 34 by the two apostles, and it is recorded that it was in that Mid-east city where the first to be known as Christians.

His See is one of five ancient thrones of Christendom, and he is spiritual leader of the second largest body of Christians in the world, the 300-million Orthodox Catholics.

His Beatitude has been visiting in this country since the middle of May and has celebrated divine liturgy in cathedrals in New York City and other metropolitan areas.



ELIAS IV

Born in Lebanon in 1914, he is a graduate of the Theological Academy of Halki and was ordained in 1941. He served a pastorate in Brazil before being elected in 1950 to the Metropolitan Throne of Aleppo, Syria, and 20 years later was elected to the patriarchal throne.

Why do we have such a hard time handling angry feelings? Partly, because they are so volatile and potentially harmful. But mainly because we simply haven't learned how to successfully manage these seemingly untamable emotions.

Not that we haven't been taught about anger. It's that most of what we have learned is wrong. Our parents, heroes, religions, and even our psychological experts have led us astray. Instead of accurate information and effective advice, our training about anger is filled with misconceptions and myths. And nowhere is this more obvious than in intimate relationships. When anger is not handled well in a close relationship, it can lead to the eventual deterioration of love. But when it is managed effectively, it can be one of the strongest links in the bond between intimates.

So it shouldn't be too surprising to discover that learning to handle anger more successfully is one of the most prevalent concerns of marriage counseling. And one of the most important tasks of counseling is discovering and challenging the myths about anger that are misleading each couple.

MY OWN EXPERIENCE as a counselor has shown me the destructive power of these myths. Three of the most common might be mentioned.

Mying for selection as the most popular myth is the belief that anger and love are enemies. We are taught that, if you really love someone, you won't hurt them. Love is supposedly kind, generous, and tolerant. Arguing is thus a sign of an unsuccessful marriage.

The truth is that anger and love are close friends. To love a person is to drop your usual defenses, to make

yourself vulnerable. The more intense the love, the more raw and sensitive you are. And, therefore, the more likely that little, petty things are going to cause big hurts.

The key to blending anger and hurt into a love relationship is in working out each rub in a mutually acceptable way. But, unfortunately, too many couples try to banish conflict by burying gripes, or they reduce their rawness by turning down the intensity of their caring.

A SECOND MYTH has gained a lot of popularity recently; and it is even promoted by some modern psychotherapy approaches. That's the idea that anger can be dissipated like steam when it is "vented."

Hitting walls, pounding pillows, and non-directed screams of rage are thought to be harmless release valves. "Working it out" in physical activity is encouraged as a way of getting rid of those troublesome frustrations.

As in most myths, there is a grain of truth in this one. The physiological state of anger can be dissipated by exhausting yourself or distracting yourself.

But there's a price to be paid. The reason you got angry is that something was wrong, and if you ignore that fact it will be wrong again. Only the next time you will be angry for all the unresolved past rubs as well. And that will make it even more difficult to resolve the problem constructively.

Furthermore, the research on aggression shows that venting anger actually reduces our inhibitions about future aggression. So beating a pillow to death is a good way to make us more openly aggressive, not the other way around.

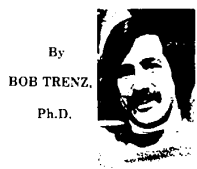
FINALLY, THERE is the myth which insists that parents must never fight in front of their children. The idea is that kids will be overwhelmed by seeing their mom and dad disagree. They would feel insecure. Or worse, the fighting might set a bad example for their glibbie minds.

Again, some truth among the misconceptions: one of the most frightening and potentially harmful things parents can do is to let their anger explode in front of their kids with no constructive conclusion.

But equally harmful is the absolute squelching of anger. Both have the effect of making your children frightened of anger in any form. Both provide poor models or no model at all for kids to learn how to handle their own anger constructively.

So what's the alternative? Show your children how to effectively express and constructively resolve your differences.

Rather than just shielding your kids from parental arguments, you should feel an additional responsibility. You should see how important your behavior is to them as a model for how to have a successful love relationship.



By BOB TRENZ, Ph.D.

And one of the most essential ingredients is handling the rubs that go with closeness.

Children who have only seen the hurtful, noisy beginning of fights learn that fighting should be avoided. But kids who witness the alternate constructive conclusion and the feelings of love that accompany it will see that anger and love must be close companions.

Bob Trenz is a psychologist and marriage counselor in Rochester. Questions for Dr. Trenz may be sent to P.O. Box 61, Rochester 48063.

Moral perspectives

We need time for ourselves

About 200 years ago, a wise teacher offered a profound insight into the nature of human existence when he said, "A human being who has not a single hour for his own every day is no human being." Every day we need to take time to think, to dream, to imagine, to contemplate, a time to be ourselves.

We all have the need to socialize and interact with others. We need to share ourselves with others to engage in social activities. But in the crowded schedules of our daily lives, the "social experience" tends to become too pervasive. Many are afraid to be alone.

Several years ago, Erich Fromm, in a book called "Escape from Freedom," pointed out today people are running away from the freedom and leisure time they struggled so valiantly to achieve for themselves. They don't know how to cope with the opportunities of unstructured time.

It is a strange phenomenon that unless we are engaged in activity, we feel that life is drab and unexciting. We are constantly "on the go" whether it is in business or in pleasure.

BUT MUST we always be doing something? Is there no place in life for moments of contemplation? We all share a fundamental need to cultivate our inner world. People require a sense of privacy; they need moments when they can be by themselves. This is not easily achieved in a noisy and turbulent world. Even the privacy of the home is invaded by the constant barge of the television set and the interruption of the telephone.

Each of us needs an island of quiet each day in which we can think about ourselves, about the goals we truly wish to reach, where we have fallen short, and where we are going. We need to remove ourselves from the tumult and din of the outer world and concentrate upon the universe of the spirit.

A doctor once pointed out that "Be still and know that I am God" is not an arbitrary command; it is a psychological necessity.

EACH OF US assumes certain roles in the course of a day: husband, father, wife, mother, student, employee. We are expected to fulfill our responsibilities to our work and our family; to complete our assignments; and to carry out our obligations.

How often we find the days produce too many unforeseen burdens, too many unanticipated demands.

We need some fraction of a day to let our souls catch up with our bodies. We ought to turn our gaze inward not to evade the duties of life, but to gain



By RABBI IRWIN GRONER

er strength that we may perform them wisely and effectively.

IF WE ARE to live significant lives, then we must cultivate our private world. There must be times in every day when we hang up a sign "Please do not disturb." We require time for contemplation, meditation and evaluation.

Friedman will head Probus Club

Edward H. Friedman, insurance executive and Southfield resident, is the new president of the Probus Club of Detroit. Other new officers of the organization of Jewish business and professional men are Bill Colman of Oak Park, first vice president; Sid Burk of West Bloomfield, second vice president; and Ruben Isaac of Southfield, third vice president. Tony Mosser of Huntington Woods was elected treasurer. Paul Hack of Southfield is the new recording secretary.

New directors are Howard Kraus, Marty Laitin, Rob Stenberg, Chuck Moss, Leonard Trunks, Cliff Wesberg, Chester Winston, and Harry Fridson.

The Probus Club, which dates back to 1939, is well-known for its service to the Detroit area and the Jewish community.

Getting settled made simple.

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Welcome Wagon

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Your Invitation to Worship

For Church Directory Information Please Call 644-1100 Ext. 224	Beverly Hills United Methodist Church 2000 Middlebrook, Detroit 48202 Worship 10:00 a.m. Church School 9:00 a.m. (Nursery through High School) Minister: William Verelst	Unity of Rochester American Legion Hall Third & Walnut Streets Unity — A Way of Life For Religious Information Call 288-3550	St. John American Lutheran Church 2225 Oak Road, Farmington Pastor: Charles F. Hildebrand Worship Service 9:30 A.M. Nursery Provided	Salem United Church of Christ 2415 Oak Road, Farmington Sunday School at 9:00 a.m. Worship Service at 10:15 A.M. Parsonage 646-6487 Church Office 646-4480 Carl H. Schultz, Minister	EMMANUEL LUTHERAN CHURCH 32415 Lathrup Road (Just N. of 9 Mile) Pastor: Charles D. Erickson Worship 10:00 A.M. The Rev. L. Allen Edmondson	The Congregational Church of Birmingham, U.C.C. Woodward at Cranbrook Bloomfield Hills MI 48301 SUNDAY SERVICES 10:00 A.M. Worship Service 10:00 A.M. Minister: Rev. Charles D. Erickson Minister of Education: Rev. Verna S. Arnes, Jr.	St. Andrew Lutheran Church 1420 E. Grand Ave. Birmingham 35202 Pastor: William Verelst
The Orchard United Methodist Church 2630 Farmington Road (Between 12 and 14 Mile) Morning Worship Church School & Nursery 626-6420 Ministers: James F. Thomas Robert L. E. Evans	NORTHBROOK PRESBYTERIAN CHURCH 14 Mile and Lathrup Roads Morning Worship and Church School 9:30 A.M. and 11:00 A.M. Pastors: L. A. Peterson, L. W. Dean R. W. Ferguson Phone: 642-0200	First Church of God 23500 Woodward Worship 10:00 A.M. Church School 9:00 A.M. Minister: William Verelst	Birk in the Hills Presbyterian Church 1340 W. Long Lake Rd. MINISTERS: James F. Anderson Robert L. Lindley Ross H. Good 9:30 A.M. Worship and Church School (through grade 6) 11:30 A.M. and Child Care Sanctuary open to visitors with concerts on organ and chorales 8:25-9:15 P.M.	ST. JAMES EPISCOPAL CHURCH 355 W. Maple Birmingham SUNDAY SERVICES 9:30 A.M. Holy Communion 9:45-10:15 A.M. Morning Prayer 10:15-11:15 A.M. Sunday School 9:30-10:15 A.M. Church School (Nursery through 8th grade) WEDNESDAY 7:00 and 10:00 A.M. Holy Communion	COVENANT BAPTIST 2902 W. Maple Rd. W. Bloomfield, Mich. 48303 (313) 855-9191 SUNDAY SERVICES Church School 9:45 A.M. Worship Service 11:00 A.M.	Bethlehem Lutheran Church 33000 Egan Mills Road Farmington Hills ENZO M. TUORI, PASTOR Worship & Sunday School 10:30 A.M.	ST. PAUL'S LUTHERAN CHURCH & SCHOOL 474-0875 MIDDLEBROOK & 8 TH MILE School every day 8:30-9:00 a.m. Sunday School 9:00-9:45 a.m. Worship 9:30 & 11:00 A.M. "Thou Shalt Not Wilt" Pastor Robert Host
Farmington Hills Baptist On Middlebrook Road between 12 & 13 Mile Rds. Worship 11:00 a.m. and 6:00 p.m. Bible School 9:45 a.m. Family Night—Wed. 7:30 p.m. Rev. Fred G. Harris—Pastor 851-0310 Rev. Gerald W. Harris, Assistant Pastor A CONSERVATIVE BAPTIST CHURCH	FIRST APOSTOLIC LUTHERAN CHURCH 2025 Howard Road Farmington Hills 48126 Raymond H. Tucker, Minister 474-6554 Sunday School 9:30 A.M. Worship 11:00 A.M. and 7:00 P.M. Vespers Tuesday 7:45 P.M. Song Service Third Sunday of each month	ST. PAUL UNITED METHODIST CHURCH 145 E. Square Lake Road (At 14 Mile and Woodward) 356-4333 Minister: Dr. Roger Iversen SUNDAY SERVICES Worship Service 10 A.M.	First Baptist Church Bates and Willis, Birmingham, Mich. Robert G. Middleton, Minister David W. Smith Dorothy H. Asquith, Jr. Homer J. Armstrong, Clerk 9:45 Church School 11:00 Worship Service	BEAUTIFUL SAVIOR LUTHERAN CHURCH A.L.C. 5631 North Adams Road 10 Mile North of E. Long Lake Rd. 9:00 A.M. Family Worship Service Church School 9:30 A.M. SUNDAY 8:00 P.M. Westinghouse Worship Communion Third Monday Pastor: Fred W. MacLean, Pastor Diane F. Schaller, Pastor MI 6-5241 MI 6-5242	Bloomfield Hills Christian Church The Community House 380 South Bates, Birmingham SUNDAY: 10:10 A.M. Bible School 11:00 A.M. Worship 6:00 P.M. Prayer Service Wednesday 7:15 P.M. Bible Study Joseph P. Lukaszewski, Pastor 851-8516	FRANKLIN COMMUNITY CHURCH United Methodist on Franklin's Village Green Services at 9:15 and 11:15 a.m. Sunday care for both Services Sunday School at 10:15 a.m. 7 & 8th Grades Adult Education at 10:15 a.m. Family Hour at 10:15 a.m. Senior Minister: Frank B. Cowick Associate Minister: J. Chester Shultz	Christian Science Churches FIRST CHURCH OF CHRIST, SCIENTIST BIRMINGHAM 191 Chester at Willis SUNDAY SERVICES 10:30 A.M. SUNDAY SCHOOL 10:30 A.M. WEDNESDAY TESTIMONY MEETING 8:30 P.M. CHILD CARE ROOM Sunday 10:15 A.M. — Wed. 7:45 P.M. READING ROOM — 355 East Maple — 644-7935 Open Mon. & Tues. 9:30-5:30 & 7-9: Wed. & Sat. 9:30-5:30; Thurs. & Fri. 9:30-9:00 except Sunday and holidays FIRST CHURCH OF CHRIST, SCIENTIST FARMINGTON-MIDDLEBROOK Maple at Ingham SUNDAY SERVICES 10:30 A.M. SUNDAY SCHOOL 10:30 A.M. WEDNESDAY TESTIMONY MEETING 8:30 P.M. CHILD CARE ROOM Sunday 10:15 A.M. — Wed. 7:45 P.M. READING ROOM — 1915 Lake Main — 651-7740 Orchard Lake Rd. at Lane Pine Rd. Open Mon., Tues., Wed., Sat. 10:00-5:30; Thurs. & Fri. 10:00-4:00 All are welcome to our Church Services and our Reading Rooms