

## Getting it together

# Are you a flexible willow or a rigid oak?

All of us have at least one among our friends: the adaptable human being. She's the widow who has risen with greater strength and happiness from her personal loss. He's the man

who has been able to get great personal satisfaction from every job he ever had, no matter how imperfect or dissatisfying others thought it was. You can recognize them by how gen-

uinely happy they are in a vast variety of situations, or by how calm and relaxed they are no matter how stormy the world is around them. They stand out even more clearly

when you compare them to some of your other friends who can't seem to handle even the small bumps of life. These are the complainers and worriers. They spend most of their lives fearing the worst. And, when faced with small frustrations, they treat them like catastrophes. Face them with a real challenge and they become paralyzed and helpless.

Their lives are painted in shades of pain and frustration, while the life of the adaptable human is close to heavenly.

The contrast between these two personal approaches is so extreme that they seem more like characters from an allegorical novel. But they really exist.

And the key characteristic that distinguishes them is personal flexibility—the capacity to bend and shift with the flow of your personal circumstances. It's the lack of rigid thinking, the ability to freely apply your best talents and skills to solving the problem at hand.

Rigidity is the enemy of adaptability. It's a nearly instinctive response to frightening, frustrating situations. It's our tendency to push harder and harder in on the "out" door when it doesn't open as we had expected. It's the desperate husband who tries to use phoney sweet talk and flattery to dissuade his wife from leaving him over a lack of honest relating. It's the mother who tries to enforce more firmly rules and respect for parental authority with a teenager daughter who finds such automatic methods obnoxious and just as rigidly rebels against them.

For centuries, the philosophies of the East have spoken against rigidity. The oriental metaphor about the wil-

low and the oak is now a part of contemporary Western thinking and pop literature. Yet how many of us still apply the rigid strength of the oak to the storm winds instead of bending and adapting like the willow.

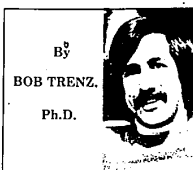
RIGIDITY is the mind-crusher. Clinging more desperately to blind beliefs and automatic, unthinking behaviors, we blot out our creative capacities. We limit our ability to consider alternatives openly and to solve the problem.

The desperate fending off of catastrophe becomes a self-fulfilling prophecy. The harder we push in the wrong direction, the more convinced we are of our own helplessness and of the hostile nature of the world. We become panicked and angry. We feel cornered and more desperate. And all of these work against our greatest resource: the creative power of our minds.

Blinded by anger and fear, we miss the solution, even though it might be obvious. We fail to discover that the door opens by pulling, not by pushing. We never learn that the marriage is saved by painful honesty, not by more false niceness.

But we are learning, at least some of us, that we don't have to be the victims of our rigid impulses. Flexible, adaptable people have found ways to short-circuit their rigid tendencies. They've learned that by asserting themselves against their blind impulses and calming their rising panic, they can keep their minds pliable and open.

Like the athlete who performs best when his body is supple and flowing, the human mind performs amazingly when it is calm, relaxed, and open. And adaptable people put this fact to use.



By  
BOB TRENZ,  
Ph.D.

IN PLACE of the rigid, panicked impulse, the adaptable person holds an attitude of calm and confidence. Instead of worrying about all the things that could go wrong, he fills his mind with thoughts of all the good ways that things could turn out.

He doesn't see himself as an adversary of nature or of other humans. He knows that people and the world are not his enemies and that creative problem-solving should be able to find solutions that are good for everybody involved.

He's helped in these beliefs by his past experiences. The fact is that this approach is extremely effective. In the widest variety of situations. So the person who uses it will have lots of proof and reasons for confidence.

That's one of the nicest aspects of the adaptable response. The more you use it, the easier it will be to use it with relaxed confidence in the future.

Bob Trenz is a psychologist and marriage counselor in Rochester. Questions for Dr. Trenz may be sent to P.O. Box 64, Rochester 48063.



Leaders of the new Congregation Beth Abraham Hillel Moses gathered to announce their merger. Standing are Jack Schon (left) president of the former Beqah Abraham Hillel, and Benjamin Kin-

zer, president of Congregation Beth David. Seated, from left, are Cantor Shabbai Ackerman, Rabbi Israel I. Halpern and Rabbi A. Irving Schnipper.

## 2 congregations merge

Two long-established Jewish congregations, Beth Abraham Hillel and Beth Moses, have merged and are now meeting in the complex of the former, located on West Maple Road in West Bloomfield.

The merger was announced Sept. 1 by Jack Schon, president of Beth Abraham Hillel, and Ben Kinzer, president of Beth Moses.

Their statement called the move "more than a physical union of two old and respected synagogues."

"It will provide," the two presidents

added, "a center for the spiritual, educational and cultural enrichment of our congregational family and the community at large."

"It will also strengthen our ability to speak out in a unified voice for the enduring values and traditions of Judaism."

The two congregations now brought together as a spiritual home for 64 families have similar histories, beginning in central Detroit and following the migration of the Jewish population northward.

Congregation Beth Abraham began in 1892 when a small group met on the second floor of a private home on Hastings Street.

The congregation's home was on Winder Street, then Palmer, then Joy Road, then Linwood, and the move to the present home in West Bloomfield came in connection with another merger, that one with Congregation Beth Hillel in 1971.

Congregation Beth Moses is 10 years younger than new partner, having begun with a fraternal group that met on Mack Avenue. Its homes were on Adelaide, Brush, Linwood and Oakwood Court, and in 1969 it moved to Evergreen and Seven Mile and merged with Evergreen Congregation.

Rabbi Israel I. Halpern, who became senior rabbi of Beth Abraham in 1969, will continue in that position in the merged congregation. Rabbi A. Irving Schnipper of Beth Moses will work with him.

The new Congregation Beth Abraham Hillel Moses provided high holiday services in the Evergreen area of Detroit as well as in West Bloomfield this year.

The plan is to offer spiritual and religious services for those remaining in the Detroit location even after the Evergreen building has been sold.

## Moral perspectives

# There's hope for family

Families are one of America's newest concerns. Every month one notes new books written about the crisis of the American family.

Writers like Alvin Toffler of "Future Shock" declare that families are outmoded, feminists want them reformed, children and many parents appear to be deserting them earlier than ever. Political leaders view the whole situation with alarm, while academicians, ranging from historians to psychoanalysts, develop sub-specialty programs in the study of the family.

The opinions which are presented in the opaque language of academic publications tend to be the same, unfavorable judgment: Families are archaic, inadequate, over-burdened, and mostly likely doomed.



By  
RABBI IRWIN  
GRONER

Freshly optimistic and affirmative viewpoint, expressed by Dr. Mary Z. Howell, a pediatrician, in her book entitled "Helping Ourselves: Families and the Human Network."

In commenting on her central thesis, she states, "I don't go along with the fashionable pessimism about families, or the notion that they are in-

competent. Given the immense expectations, pressures, and intrusions, it is a little short of a miracle that they do as well as they do."

Dr. Howell has impressive credentials, having served as former director of the family evaluation unit at Massachusetts General Hospital, and former associate dean of Harvard Medical School. How remarkable, therefore, to not hear her but that experts are part of the problem that family faces, not part of the solution.

DR. HOWELL argues that families should draw back from so-called "help" and cultivate the considerable resources they already possess. She questions the notion of American families as incompetent. In her view, this is a matter of ideology more than fact.

RECENTLY I CAME upon a re-

## Dominicans set dialogue

In an effort to solicit input from the grass roots laity as well as from the hierarchy, 210 Dominican Sisters from the Detroit-based Immaculate Conception Province will dialogue with priests, bishops and lay Saturday, Sept. 24 in Benedictine Holy School, 8802 W. Outer Drive, Detroit.

This is the first time in recent history that a religious congregation has opened its government meetings to both clerics and the laity. Many priests, as well as Cardinal John F. Dearden and area bishops have been invited. Single and married laity also will be in attendance.

All participants will meet on Sept. 16 and take home a packet of materials for home work in preparation for the Sept. 24 meeting. The week of Sept. 18-24 has been set aside as a week of prayer, fasting and study for all in attendance.

The purpose of the 10 a.m. to 4 p.m. dialogue is to determine how the sisters can best collaborate with others in serving the archdiocese of Detroit and other Michigan communities in which they minister.

## Your Invitation To Worship

<b>For Church Directory Information</b> Please Call 644-1100 Ext. 224	<b>FIRST APOSTOLIC LUTHERAN CHURCH</b> 2002 Huron Road, Farmington Hills Rev. Raymond Tullis, Pastor Phone 474-6504 Sunday School 9:45 A.M. Worship 10:30 A.M. and 7:00 P.M. All are welcome	<b>ST. PAUL UNITED METHODIST CHURCH</b> 165 E. Square Lake Road Bloomfield Hills Rev. Robert L. Brown, Pastor Phone 474-6504 Sunday School 9:45 A.M. Worship 11:00 A.M. 10 A.M. - New Testament	<b>St. John American Lutheran Church</b> 2325 Gilt Road Farmington Hills Phone 474-6504 Sunday School 9:45 A.M. Worship 10:30 A.M. Nursery Provided	<b>Salem Church of Christ</b> 4000 E. 12 Mile Road, Farmington Hills Sunday School at 9:00 A.M. Worship Service at 10:15 A.M. Pastors: GR 4-5057 Church Office GR 4-6880 Carl H. Schott, Minister	<b>BEAUTIFUL SAVIOR LUTHERAN CHURCH</b> A.L.C. 5631 North Adams Road 10 Mile North of E. Long Lake Rd. SUNDAY 9:00 A.M. Family Worship Service Communion and Holy Eucharist 10:30 A.M. Sunday School MONDAY 6:00 P.M. Weeknight Worship Communion and Holy Eucharist Pastor: Fred W. MacLean, Pastor Deane F. Schuler, Pastor MI 6-5041 MI 6-5124	<b>The Congregational Church of Birmingham, U.C.C.</b> Woodward at Greenbrook MI 4-6511 Worship and Church School 9:30 and 11:00 a.m. Ministers: Rev. Charles G. Erickson Minister of Education: Rev. Allen V. Walker	<b>St. Andrew Lutheran Church</b> LCA Birmingham North of Maple Worship Service: Sunday Church School 10:30 A.M. Thursday Church School 5:00 P.M.
<b>Farmington Hills Baptist</b> On Middlebelt 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. Ferris—Pastor Rev. Gerald Weitz, Assistant Pastor A CONSERVATIVE BAPTIST CHURCH	<b>ST. JAMES EPISCOPAL CHURCH</b> 335 W. Maple Birmingham SUNDAY SERVICES: 8:00 A.M. Holy Communion 9:15 and 10:30 A.M. Morning Prayer (R.E.S. 10:30 A.M.) 9:15 and 11:00 A.M. Church School (Union through 8th grade) WEDNESDAYS 10:00 A.M. and 11:30 A.M. Holy Communion	<b>First Baptist Church</b> Bates and 12 Mile, Birmingham, Mich. Robert G. Middleton, Minister David W. Smith Glen H. Aspinall, Jr. Homer J. Armstrong, Clerics SUNDAY SERVICES: 8:00 A.M. Holy Communion 9:15 and 10:30 A.M. Morning Prayer (R.E.S. 10:30 A.M.) 9:15 and 11:00 A.M. Church School (Union through 8th grade) WEDNESDAYS 10:00 A.M. and 11:30 A.M. Holy Communion	<b>NORTHBROOK PRESBYTERIAN CHURCH</b> 14 Mile and Lakeside Morning Worship and Church School 9:30 and 11:00 a.m. Pastors: L. J. Peterson, R. E. Dunn Phone: 642-0200	<b>The Orchard United Methodist Church</b> 30450 Farmington Road (between 12 and 13 Mile) Morning Worship 9:30 and 11 a.m. Church School & Nursery 6:26-6:50 Ministers: Robert L.S. Brown James F. Thomas	<b>EMMANUEL LUTHERAN CHURCH</b> 22425 Lakeside Road (East N. of 9 Mile) Phone: 357-1448 9:30 A.M. Church School 10:30 A.M. Church School The Rev. L. Alden Edmondson	<b>Beverly Hills United Methodist Church</b> 2000 N. 12 Mile at Farmington 644-7777 Phone: 644-7777 Church School 10:30 a.m. (Nursery through High School) Master: William Walters	<b>COVENANT BAPTIST</b> West Bloomfield History New Address: 5800 W. Maple Rd. W. Bloomfield, Mich. 48033 (313) 555-9191 SUNDAY SERVICES: Church School 9:45 A.M. Worship Service 11:00 A.M.
<b>Prince of Peace Lutheran Church</b> Midwest Synod 12 Mile & Farmington Roads Behind Crowley's Sunday Worship 8:30 and 10:45 A.M. Sunday School and Bible Class 9:45 A.M. Church Phone: 553-3880	<b>Birk in the Hills PRESBYTERIAN</b> 1340 W. Long Lake Rd. MINISTERS: James F. Anderson Robert L. Lindsey Roxa H. Gooch Worship Services and Church School Sundays at 9:30 and 11:30 A.M.	<b>Bloomfield Hills Christian Church</b> The Community House 380 South Bates, Birmingham Sundays: 10:10 A.M. Bible School 11:00 A.M. Worship 6:00 P.M. Praise Service Wednesday: 7:15 P.M. Bible Study Joseph P. Lajack, Pastor 851-8516	<b>Franklin Community Church</b> United Methodist at Franklin's Village Green Services at 9:15 and 11:15 a.m. Nursery care at both Services Sunday School at 11:15 a.m. Junior High 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 Stubbs	<b>NORTH CONGREGATIONAL CHURCH</b> 26275 Northwestern Highway near Lakeside Southfield Mich. Phone EL 6-1660 Come worship with us. Let our choir thrill you with their glorious music. Rev. Paul H. Young, Jr. Pastor Dr. Harry M. Langford Music Dir. Morning Worship 10:30 A.M. Sunday School 10:30 A.M. Ample Parking No Stairs Nursery Care Provided	<b>Christian Science Churches</b> FIRST CHURCH OF CHRIST, SCIENTIST BIRMINGHAM 191 Chester at Willets SUNDAY SERVICES: 10:30 A.M. SUNDAY SCHOOL: 10:30 A.M. WEDNESDAY TESTIMONY MEETING: 4:15 P.M. CHILD CARE ROOM Sunday 10:15 A.M. - Wed. 10:30 A.M. READING ROOM - 355 East Maple - 644-7835 Open Mon. & Tues. 9:30-5:30 & Thurs. & Fri. 9:30-9:00 except Sunday and holidays.	<b>FIRST CHURCH OF CHRIST, SCIENTIST</b> FRANKLIN-MEADOWLAKE Maple at Inkster SUNDAY SERVICES: 10:30 A.M. SUNDAY SCHOOL: 10:30 A.M. WEDNESDAY TESTIMONY MEETING: 4:15 P.M. CHILD CARE ROOM Sunday 10:15 A.M. - Wed. 10:30 A.M. READING ROOM - in Pine Lake Mall - 851-7740 Oakland Lake Rd. at Pine Lake Rd. Open Mon., Tues., Wed., Sat. 10:00-5:30; Thurs. & Fri. 10:00-9:00	
<b>CLARENCEVILLE UNITED METHODIST</b> 20300 Middlebelt, Livonia Pastor Gerald Fisher Phone 474-3444 9 a.m. First Worship Service 11:15 a.m. Second Service of Worship 6:00 a.m. Daily Morning 7 a.m. Sunday Morning 1:00 p.m. Sunday Afternoon Money donated for All Services	<b>FIRST BAPTIST CHURCH OF FARMINGTON</b> Richard Duncan, Pastor - Phone 474-0350	<b>FIRST BAPTIST CHURCH OF DETROIT</b> Founded 1897 21200 Southfield Road at 8 Mile Southfield, Michigan 48069-2972 Paul Aiello, Jr., Minister Sunday Church School Sunday Worship Sundays 8:30 A.M. Wednesday, 7:00 A.M. and 11:00 A.M.	<b>HOLY CROSS Greek Orthodox Church</b> 25225 Middlebelt Rd., Farmington Hills, 477-1577 Rev. S.J. Anthony, Th.B., Priest 10:30 A.M. Divine Liturgy English Sermon Followed by Holy Communion	<b>First United Methodist Church</b> 1589 West Maple at Pleasant Ministers: James W. Wright, G. Bryn Evans John H. Dunce, Thomas H. Beaven Rev. Harold E. Weemhoff Worship Services 8:30, 9:30 & 11 a.m. Church School 9:30 and 11 a.m. Nursery Care Provided	<b>All are welcome at our Church Services and the Reading Rooms</b>		