

# Stress

## Church workshop views ways it disrupts

Coping with the pressures of life — whatever their source — is the theme of a day-long workshop Oct. 10 at St. Paul United Presbyterian Church, 27475 Five Mile, Livonia.

The 8:30 a.m. to 4 p.m. conference will include a keynote talk by Dr. Robert Ward, professor of medical education research and development at Michigan State University, and 14 workshops that bring community people in to discuss many aspects of stress.

The day costs \$7.50, including two general sessions, two workshops and continental breakfast and lunch, and reservations should be made with the church office, 422-1470, by Oct. 13.

"In this program, people will get for the money and time they spend something that could be helpful for the rest of their lives," said Jane Watson, chairwoman of the event that is offered under sponsorship of the St. Paul Church and Society Committee.

"I could not be more pleased with the speakers who will be joining us," she added. "All are fully qualified to lead the workshops in their areas."

INCLUDED among the workshops will be discussions of how stress builds through employment, death of a loved one or one's own impending death, chronic illness, drugs, divorce and the economic situation.

Other topics will be the stress in marriage, religion,

accepting handicaps, decision-making, the situation of adult children and retirement.

Jimmy D. Patton, director of client services for the Farmington Area Advisory Council, will lead a workshop titled "Unemployment, More than Money Problems."

Holder of a master's degree in counseling and personnel from Western Michigan University and a licensed social worker, he plans to lead discussion on unemployment, not only from the financial standpoint but also in its relationship to family and self.

Martha Nacy, another counselor with the Farmington council, will discuss decision-making. She is a graduate of the University of Michigan and a graduate assistant in the Master's Clinical Psychology Department at Eastern Michigan University.

Jane Williams, yet another FAAC representative, will lead a discussion on drugs and alcohol.

Chronic illness will be the subject for the Rev. George F. Hazler, Catholic chaplain at Mt. Carmel Mercy Hospital in Detroit. Dr. Marisa Keeney, psychologist and elder of the First Presbyterian Church of Ann Arbor, will lead a workshop she titles "Stand Up and Be Counted."

OTHER SPEAKERS will include June Shada, active in Catholic programs, who will lead a discussion on stress growing from handicaps; Carl Gund-

erson, former pastor of St. Timothy Presbyterian Church of Livonia and a counselor with the Wayne County Circuit Court Family Counseling Center, discussing divorce stress; and Jack Bradford, also of the center, taking up marriage enrichment.

Marilyn Gunther, director of education at Credit Counseling Centers Inc., will lead a discussion titled "Making Ends Meet," and two other workshops will be led by Virginia Britton and Pam O'Malley, both counselors in the Farmington school district.

Mrs. Britton's topic will be "Retire to" and Ms. O'Malley will consider the expectations and realizations of parents and their children emerging into adulthood.

MRS. WATKINS said the workshop grew out of a single-parents program that the church has run for several years.

"We decided we wanted to plan an annual event that offers people the opportunity to grow in faith and to respond to stimuli present in today's world," she said.

"Hopefully, we will have a program every year. This year the theme is stress, because if we can learn to handle stress in our lives we can move into other areas."

"Everybody had some kind of stress to deal with. We're looked at every area that causes stress in life today, to try to help people reach some helpful answers."

## club circuit

**FOCUS ON LIVING** (With Cancer) self-help group meets tonight at 7:30 p.m. in Oakwood United Methodist Church, 30450 Farmington Road.

The group is sponsored by American Cancer Society, bringing together patients and family members who have questions or are experiencing problems as a result of living with cancer.

Participants are encouraged to discuss their mutual problems in a positive manner.

Inquiries about Focus on Living or any service the society provides will be taken by the society at 557-5353. American Cancer Society headquarters for the Detroit area is at 29500 Southfield Road, Southfield.

**HILL AND DALE GARDEN CLUB** meet at 8 p.m. tonight in Farmington Hills Community Library on 12 Mile Road.

Program for the evening is called "Garbage Can Gardener" and will be led by Darcie Dombrowski, from Hawthorne Center.

This meeting, concerning the garden club's work with those in special education classes, is open to all interested persons at no charge.

On Oct. 30 the local club will host the fall meeting for clubs in District 1. Entertainment of Garden Clubs, in Fairlane Manor, Dearborn.

**NORTHWEST BETHANY** meets at 8 p.m. Friday in Mercy Conference Center to hear Father Robert Sable speak on "Annulments." He is a member of The Marriage Tribunal.

The meeting is open to all separated and divorced Christians in surrounding areas. Admission of \$2 will be asked at the door.

Guests are asked to enter Mercy Center from Gate 4 on 11 Mile Road, east of Middlebelt Road.

**AMERICAN BUSINESS WOMEN'S ASSOCIATION** (ABWA), Mayflower Charter Chapter, meets at 6:30 p.m. Monday in Mayflower Hotel, Plymouth.

Cocktails and dinner will be followed by a program called "Sharing the Gift of Sight," led by Bob Fulton, a member

of Michigan Eye Bank, a state project of Michigan Lions Club.

Club membership is open to all working women.

Membership information will be taken by Sue Stoff, 455-2446.

**FARMINGTON ASSOCIATION OF SUBSTITUTE TEACHERS** meets at 7:30 p.m. Monday in First Presbyterian Church of Farmington, at Farmington Road and 11 Mile Road.

The association was formed late this summer. Membership is open to all teachers who substitute in the Farmington Public Schools.

**WOMEN'S AGLOW FELLOWSHIP**, Detroit Northwest-Farmington Hills Chapter, meets at 7 p.m. Monday in Mercy Conference Center's Reading Room. Guests are asked to enter the center through Gate 4 on 11 Mile Road east of Middlebelt Road.

Speaker for the evening will be the chapter's advisor, the Rev. Fred Wharrit, who will share practical living truth from the Bible.

**NORTH FARMINGTON GARDEN CLUB** members will form a car pool at noon, Tuesday in the Farmington Hills Community Library parking lot. From there they will proceed to Cranbrook Gardens for a tour of 40 acres of specimen plantings.

**WESTERN WAYNE COUNTY ALUMNAE CHAPTER OF ALPHA XI DELTA FRATERNITY** meets at 7 p.m. Tuesday for dinner in the home of Janet Newell, 14128 Ingram, Livonia.

Reservations are requested by calling Phyllis Cummings, 467-4735.

President of the chapter for the coming season is Fran Lang, of Plymouth. Vice president is M. J. Willette of Plymouth.

Other officers are Wendy Angeloeci of Ypsilanti and Barbara Rich of Westland.

Membership in the chapter is open to all Alpha Xi Delta in western Wayne County. Membership inquiries will be taken by Ms. Lang, 453-5064.

**DETROIT NORTH SUBURBAN ALUMNAE CLUB OF ALPHA GAMMA DELTA** meets at 8 p.m. Tuesday in the home of Mrs. Donald Knapp, 5570 Lahser Road, Birmingham.

Phyllis Dean, president of Troy Chapter of League of Women Voters, will discuss "Political Issues of the Day." Various proposals on the November ballot will be explained and discussed.

**FARMINGTON NEIGHBORS CLUB** meets at noon Wednesday, Oct. 15 in Glen Oaks Country Club, 30500 13 Mile Road, for a discussion of tax issues on the Nov. 4 election ballot.

This meeting is open to all women in all surrounding areas.

Ruth Brown, legislative action chairperson for League of Women Voters, will explain the three tax issues; the ballot proposal concerning additional funding for prisons, and the lowering of the drinking age.

Reservations are necessary for the luncheon meeting and will be made by calling Shirley Thiel, 553-9477.

In spite of its name, the Farmington

Neighbors Club welcomes new members from throughout the metropolitan area. Membership inquiries will be taken by Pearl Berres, 553-0231.

**LAMAZE CHILDRENBIRTH EDUCATION ASSOCIATION OF LIVONIA** offers a class of exercise for mothers with babies and small children who wish to get into shape.

The six-week series runs from 10:10 a.m. on Thursdays, beginning Oct. 16 in St. Matthew's Church, on Six Mile Road, east of Merriman, in Livonia.

The class is conducted by a registered nurse.

Fee of \$22 includes baby sitting for all children.

Registrations will be taken by calling the association, 464-1215.

All club news and announcements for this column are to be addressed to: Club Circuit, 23352 Farmington Road, Farmington 48024, and must arrive on the Monday prior to Thursday publication.

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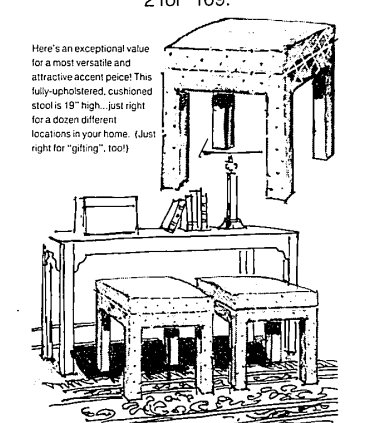


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