

# Suburban Life

Lorraine McClish editor/477-5450

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## Tre-Ore, Tenebrae services observed

Tre-Ore services, the worship encounter which dates back to the 16th century, will be noon to 3 p.m. Good Friday, April 19, in Prince of Peace Lutheran Church, on 12 Mile Road, east of Farmington Road.

The historic service will be divided into seven segments, with a five-minute break between each, enabling worshippers unable to stay for the entire service an opportunity for leaving without interruption.

The service will be in charge of the Rev. T. Richard Marics Sr., pastor of the congregation, who asks local merchants in the area to cooperate in making arrangements for their employees to take advantage of at least one of the worship segments.

The emphasis this year, in keeping with the original intent of the Tre-Ore service, is on "The Seven Last Words of Christ from the Cross."

**THE SPIRITUAL** exercise of the Tre-Ore dates back to the efforts of a 16th-century theologian and founder of the Society of Jesus, known as "The Jesuits," namely: Ignatius of Loyola.

Ignatius was an aristocratic bon vivant and Spanish officer who sustained a wound which required a lengthy period of recuperation. During that time, he read devotional material and vowed that if he should recover, he would dedicate himself totally to the Lord and commit his life to the church.

Upon recovery, he hung his sword and armor on the altar of "The Black Virgin" at Montserrat, near Barcelona, Spain. It was during that period when Ignatius committed himself to piety with prayer vigils and rigorous devotional exercises that he proposed the observance of The Tre-Ore on Good Friday.

It is in keeping with that tradition, according to Pastor Marics, that this worship encounter is annually observed at Prince of Peace.

At 7:30 p.m. Good Friday, a Tenebrae service will be conducted. The word "Tenebrae" is a Latin term

which means "darkness." The objective of this service is to provide worshippers with an opportunity to lament over the darkness brought about by the sins of mankind.

Historically, this spiritual exercise dates back to the fifth century and is conducted in many Christian churches annually today. Originally 13 candles were used in this service, 12 representing the Disciples who departed one by one when Christ was arrested and crucified, and one, which remains lighted, representing Christ, The Light of the World.

The emphasis in the Tenebrae service this year will be on the "Stations of the Cross," points of interest along the traditional pathway Jesus took from Pilate's judgment hall to Calvary. This "pathway" is universally recognized by Christians by its Latin identification, "The Via Dolorosa" or The Way of Sorrows.

Originally, 36 Stations were observed, but today, 14 are recognized by Roman Catholics and seven by Protestants. Actually, nine are based on the Gospel Accounts. At the Tenebrae service this year, seven will be meditated upon, all drawn from the Gospel accounts.

**THE STATIONS** to be considered are Pilate's Judgment Hall (The Praetorium); where Jesus received the Cross; where Simon the Cyrenian was compelled to bear the Cross of Jesus, where Jesus consoled the women of Jerusalem; where Jesus was stripped of His garments; where Jesus was nailed to the Cross and crucified; and where Jesus was laid in the chamber of the sepulcher.

The Stations of the Cross will be considered in the order indicated. This service, too, will be in charge of Pastor Marics.

Special music will be provided by the church choir under the direction of Charlotte Eberhard. All area residents are invited.



### Y'Shua

David Hatch (left) and Rick Loulegne both take double roles in "Y'Shua" scheduled for six performances in the Performing Arts Theater on Orchard Ridge Campus, Oakland Community College. Hatch plays the parts of both Gehazi and Balaam and Loulegne plays both Eliaha and Isiah in the musical celebration of the Resurrection. Performances begin at 8 p.m. each night Friday



through Sunday, April 20-22 and 27-29. The two-act musical is produced by the drama group of Northwest Church in Farmington Hills based on the album "Y'Shua, Let Us Exalt His Name Together." Tickets are \$5, available by calling the church office, 476-7873.

## Who Can? We All Can

Author writes to help others help themselves

"Who Can? We All Can" is both the name of a book and the philosophy of its author, Dorothy Sovereign, teacher of "Mind Developers" on Oakland Community College's Orchard Ridge Campus.

Sovereign sums up we we-can concepts by saying, "We can get anything we want if we are willing to work for it. And because thoughts always precede things, that means working mentally as well as physically."

About half of her book concerns having healthy attitudes to manifest a successful life. The other half is devoted to herb cookery, nutrition, some recipes and a great deal about herb teas.

"It all comes down to helping people help themselves in all dimensions of their life," she said. "It is not enough to think positively. First you must recognize the positive, then act on that, then put positive action behind that to get positive results."

**THE LONGTIME** Farmington resident grew up on a farm in northern Michigan with a father who did not think education was necessary for his daughters. Attaining a high-school diploma, then a teaching certificate, was her first personal testimony to her we-can philosophy.

She has since taken mental-health classes from here to London, England, which she's used to design her "Mind Developers" course.

As for her knowledge of herbs, "That all came from my mother, who on the farm was more times than not our doctor," she said. "The herbs I've listed in the book are only the ones I've personally benefited from; the ones I can personally testify to."

In her work today as teacher, lecturer and counselor, she said, "The common problem is stress and not knowing how to handle it, and underlying that is the common problem of a poor self-image."

She said the unemployed who are coming into her classes these days are making her more aware of that now than ever before.

"The longer the unemployment, the worse the self-image gets, yet a good self-image has to be the starting place for any kind of success."

**SOVEREIGN** will be in Lucy's Cards and Gifts periodically Monday-Friday, April 23-27 to autograph her book, talk about her philosophy and her classes.

She'll be in the shop, at 34631 Grand River, 2-6 p.m. Monday-Wednesday, from 10 a.m. to 2 p.m. Thursday, and 4-8 p.m. Friday.

The author said "Who Can? We All Can" was inspired by her students. In addition to teaching how to handle stress and how to get jobs or promotions, she teaches how to break bad habits, how to control illness, get a good night's sleep, gain confidence, handle depression and negative feelings.



Dorothy Sovereign

## In the finals

Sarah Basford, Mercy High School's all-area and all-state basketball player, has been named a finalist in Seventeen magazine's cover model contest. She is one of 10 chosen from the Detroit area, and one of 220 finalist finalists selected from across the country.

Her photo and entry form are now in New York for national judging by the magazine editors, who will choose eight finalists, all who will appear in the magazine's Happy Birthday issue in September. The grand prize winner will appear on the cover and also win a Pontiac Fiero from General Motors.

Basford most recently made the news when she agreed to accept a full basketball scholarship to University of Michigan. She was one of the most sought-after senior players in the state getting offers from more than 100 schools.



Sarah Basford

## Volunteers called

The staff at Oak Hill Nursing Home, on the corner of Grand River and Gill Road, needs for volunteers to fill two needs.

Volunteers are needed to give residents manicures Wednesday afternoon. There is also a need for one-to-one visiting with those who lack visitors or "just need someone to talk to," said Marla Holte, a member of Oak Hill Community Council.

"Manicures, with a special touch of nail polish is very much appreciated by those who cannot do something like this

for themselves," she said.

Manicurists are asked to come into the home at 3:30 p.m. Wednesdays. Volunteer visitors are asked to come in one or two hours a week.

Those interested are asked to contact the home's activity directors, Debbie Galescero or Sharon Kurmanjak, at 477-7373.

The home's community council, made up of lay volunteers, professionals, and residents, meet 2-4 p.m. Thursday, April 19 in the nursing home's activities room. Guests are invited.

## Teens invited on trip to Louisiana Expo

The Bethlehem Lutheran Recycled Teenagers are taking reservations for a trip to the 1984 Louisiana World Exposition scheduled for Sept. 30 through Oct. 7.

The trip includes round-trip transportation aboard a deluxe highway motorcoach and all baggage handling, taxes and gratuities on items included in this package.

Travelers will stop in Bardonia, N.Y., for one night accommodations and tours to My Old Kentucky Home, St. Joseph's Cathedral and Barton's

Whiskey Museum. They also will stop in Memphis and Nashville, Tenn., for two nights accommodations and admission to Opryland and a Grand Ole Opry performance, and in New Orleans. La. for a two-day admission to the World's Fair, a riverboat ride along the Mississippi River, services of a local tour guide and a guided five-hour sightseeing tour of New Orleans.

Double occupancy price per person is \$319. Insurance is available. For more information or reservations, call Recycled Teenagers, 241-1979.

## OCC offers classes for enrichment

Enrichment short courses offered on Orchard Ridge Campus, Oakland Community College during the spring and summer terms are now listed in a brochure that is available on request in the admissions office.

The courses are offered after school and weekends for kindergartners through 12th graders, as well as the academically gifted and talented. All of the programs are designed to enrich the school experiences for those students who wish to further pursue their intellectual and creative talents and interests.

All offerings have been expanded from former terms.

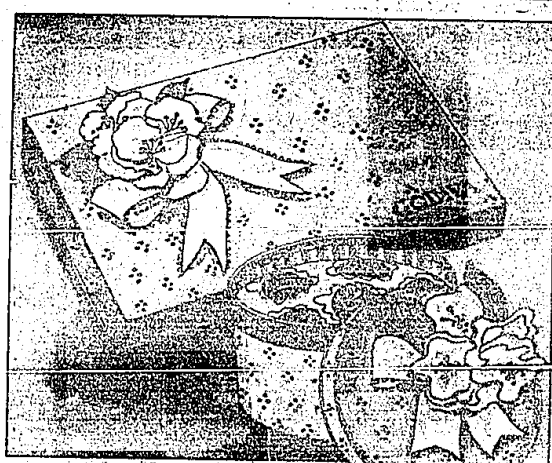
## 'Smokeless' introduced

Bethel General Hospital offers two free introductory sessions of "Smokeless," at 7:30 p.m. Monday and Tuesday, May 7-8. The program is designed to help the smoker quit calmly and comfortably.

The program is concentrated into four self-development sessions of 90 minutes each, followed up with three maintenance sessions for reinforcement. The topics covered in the program focus around negative smoking, nicotine management, and stress management.

"Smokeless" was developed by Dr. Don Powell of American Institute for Executive Education, based in Southfield, and adopted by Bethel General Hospital. It is a self-paced program. About 80 percent of past smokers remain smokers at the end of the program.

The free introductory sessions will be held in the hospital's Administration Conference Room, 2000 Southfield Road, at 7:30 p.m. Monday and Tuesday, May 7-8. For more information, call Bethel General Hospital, 477-1000.



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