# Clergy have their limits, too

A MINISTER once confessed to me: "I have not liked to go and visit people in the bospital. I used to go and wonder why I was there."

Too often people have the impression that all clergy like every part of their Job. Many do not like hospitals.

People find it difficult to talk with a person who is dying. Yet the common feeling is that clergy are somehow beyond personal difficulties in every aspect of their work. We need to realize that clergy are human.

TOO OFTEN clergy themselves have unrealistic expectations of themselves.

I spoke with a young woman minister who said that she had been very busy during the past week. I commented on the fact that she had a cold.

"I hope you can get a day or two off," I remarked. She replied that she still had three more full days and nights of duties before she could take

a break.

I wondered why she did not admit she needed time off.

Years ago I faced such a decision. I was sick, but I had promised a group of youths and their counselors that I would lead a retract weekend.

A friend sald to me, "You can't go."

as "care givers" and "moral examples," their congregations do not know what to do when they need help. The official apprace is to send clergy to a psychologist.

We need to acknowledge the fact that expectations of clergy both by the clergy and by the congregations are often unrealistic. Some people jokingly call this a "savior complex."

LIKE ANYONE, ministers can improve their skills. They can learn but no one can become perfect. We have crises. We get stuck, hung up in an area of life. Ciergy near help, prayer and especially friends who will help them to recognize their limitations.

The minister who talked to me about his difficulty in making hospital calls changed. Now he feels more comfortable and able in this area. We are all human, despite what people expect.

We are all human, despite what peo-ple expect.

I like the theology that states the most holy thing in the world is to be fully human. When anyone tries to become more than human, perfect or invulnerable, he is taking the wrong path. Once a person delines himself or berself by what someone else expects, he is bound to fail.

or."

"I have to." I replied.
I didn't have to go. I stayed home and took care of myself.

IN BUSINESS, leaders are trained to adopt a team approach. Responsibilities are shared.
Churches still focus too many of their expectations upon one or two day's world.
Clergy have problems and limitations just like everyone else. Many fine clergy have disappeared from their community because both them. We are just as vulnerable as anyone else. Because clergy are viewed to file. Because clergy are viewed whether them nor us any good.

parts. I'm sure the crisis will pass.

Dear Mrs. M.:

When a man over age 50 experiences sudden mood swings, irritability and hot flashes along with a sustained period of impoience — a hormonal shift known as the climacteric may be the cause. This is viewed by some health care professionals as a male menoars.

male menopause, this condition is not inevitable. It affects just 20-25 percent of men. The condition usually is treatable by a physician

"Please,



### gerontology

A. Jolavne Farrell

# His retirement strains marriage playing golf in retirement is a pleas-ant fantasy when working hard ear-lier in life — but unfortunately it of-ten proves to be outright boring in reality. Mrs. R., I'm sorry that your retire-ment crisis was unexpected and that you are unhappy. With some effort and a sense of humor on both your parts. I'm sure the critise will have

Dear Jo:

I have been happily married since
1946. This year my husband rettred
— and the happiness has gone out of
the marriage. I would like to know
how to work through this unexpected
crisis in my life.

Mrs. C. R., Southern Reader,

Dear Mrs. R.:
According to Dr. Joyce Brothers, an an article in the November publication of the American Association of Retired Persons News Bulletin, marriage can survive retirement. Some typical problems she has encountered between retired spouses are too much togetherness, lack of privacy, unrealistic expectations from each other and a loss of identity on the part of the newly retired partner.

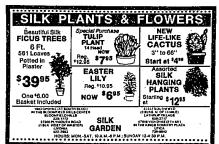
partner.
She advises retirees to share housework, plan together, play together, but not to live in each other's hip pockets. "Human beings were not meant to live together for more than 72 consecutive hours, so give your spouse space and time," she

EACH PERSON should continue

EACH PERSON should continue to pursue his or her own interests. Some retirees convert spare rooms or basement space into individual hobby or study areas. These places are then considered private and off limits to the spouse.

An example of an unrealistic expectation is the husband's assumption that his wife will continue to prepare his meals and do all the daily chores. Retirement is a time for sharing these tanks, and it really institute to the second of the state of

needed.
Probably the best remedy for this is to take a part-time job. The thought of just sitting around or



# THE EYE CARE CENTER of SOUTHFIELD PC

Diagnostic Examination • Laser Surgery

Cataract & Implant Surgery • Contact Lenses

#### COMPLETE EYE CARE FACILITY

Medicare and Appropriate Vision Insurance accepted

Office Hours by Appointment Phone **569-0155** 

Southfield Medical Bldg. 15901 W. 9 Mile Suite 202, Southfield, MI



MINI EASTER MOLD WITH PURCHASE (White Supplies Last)

PLUS
FREE Candy Demonstrations & Cake Decorating For Beginners and Advanced Starting in April CALL FOR DATES & TIMES.

# The Lace Curtain Shop

- Ready to Hang
- No Sewing Machine Wash & Dry
- Dollles
- Placemats
- Bedspreads
   Wallhangings

### The Cace Curtain Shop { BRITISH MADE LA

33216 Grand River

471-2058

# Is there such a thing as male enopause? Mrs. V.M., Regular Reader WINTER CLEARANCE SALE thru April 15, 1987 White, Brother, New Home, PASSAP Knitting Machines, Yarns Sewing Machines Save up to Q. \$400 The Magic Needle



471-1077





## Terry's "DISCOUNT" YARN SHOP SALE - Cash or Check Only THRU 4-8-87

Final Clearance - Winter Yarns

50% - 75% OFF Summer Yarns - 30%-50% OFF

20% OFF on Knitting Machines, Needles, Patterns & other yarns ALWAYS!

No Lay-a-ways or Special Orders

1388 Walton Blvd. - Rochester Hills Plaza Röchester Hills 656-0040





Steinhauer's



