For personal reform, you must have a plan

As we approach Jan. I, we are stirred to make resolutions for the New Year. You're overweight and resolve to acquire a trim figure in 1983. You drink more alcohol than you know is good for you, and sometimes you black out. You resolve to stop in the New Year.

The list of vices includes amoking too much, exercising too little, eating the strong food, excessive self-indulgence and an undisciplined lifestyle.

Dr. Francis McLaughlin, president of the American Psychoanalytic Association, once commented: "Making a New Year's resolution without an action plan is really bribing your conscience, the way of the strong the property of the

BUT IF we want to succeed in solf-improvement, we need to do more than just resolve. We must define a reasonable plan or program, and summon forth the will and energy to implement it. If you resolve to control a drinking problem, Join Alcoholics Anonymous.

If you resolve to lose weight, Join a weight-reduction class.

If you resolve to lose weight, Join a light-reduction class.

eight-reduction class.

If you resolve to quite smoking, join nanti-smoking group.

If you resolve to overcome TV addictions and the smoking group.

tion, and increase your knowledge or acquire a new skill, enroll in an aca-demic program.

The common principle is we generally don't modify bad habits all alone. We need the encouragement of a support group that provides sustained reinforcement of our motivation and effort.

SOME PEOPLE, while freely admitting the need for personal improvement, lament that they have no time for this. This excuse is a typical form of rationalization and self-deception.

Time should be our servant and not our master. A careful examination of how we allocate our time reveals our trengths and weaknesses, our values and interests more clearly than our formal statements. We always find time for what we really want to do.

We often laugh at New Year's resolu-tions because we know the trailty of human nature and the weakness of human resolve.

But all of us should make serious re-

But all of us should make scream re-solutions, for how else do we grow and improve? We should make resolutions about personal habits, about relation-ships with family and friends, about improving our community, our coun-try, our world.

We are the only creatures who can make resolutions. These spring from the knowledge that we are free and re-sponsible, able to unite intelligence and will for the achievement of our greater

Sister Calasantia dies; a woman of many firsts

Sr. Mary Calasantia Additiolowski, former associate administrator and executive director of St. Mary Hospital of Livonia, ded Dec. 28 at the hospital after a long illness. She was 69. A wake for the Felician Sister will be held from noon until 5 p.m. today at the main entrance of the Felician Sisters' Motherhouse Cappel, 35800 Schooleraft, Livonia. Prayers services for transler of her body from the main entrance to the chapel will be held at 5 p.m. today.

A funeral mass will take place at 9:30 a.m. Friday, Dec. 31, in the Motherhouse Chapel. Burlal will be in Holy Sepicher Cemetery.

A nun for 52 years, Sr. Calasantia will be remembered as the first winner of the First Citizen of Livonia Award for her community work and her innovations at the hospital.

OTHER FIRSTS included becoming the first woman to be named a member of the board of directors of Manufac-turers Bank of Livonia, and the first president of the Archdlocesan Catholic Hospital Council.

She was also the first director of the nursing education program at Madonna College.

College.

During her tenure as director of St.
Mary, the hospital underwent three
major expansions (1965, 1967 and 1972)
to bring it to its present 335-bed capac-

ity.

Among her innovations were programs for emergency medical technicians, for student nurse-orderlies (with the Livonia school district) and for teaching local firemen and policemen how to deliver bables in an emergency.

SHE WORKED on alcoholism treatment and was involved in a methadone center in cooperation with the Livonian Westland Community Commission on Drug Abuse. She also worked for a free immunization clinic and a disbetic screening clinic in cooperation with the Wayne County Health Department.

She sparked the Plymouth Rotary Club to purchase a kidney dilaysis unit for the hospital, and then appealed to the Livonion Kiwanis Club to install appeal equipment in the nursery.

Sr. Calasantia received several certi-Sr. Calasantia received several certificates of appreciation for her work. She was cited by the Plymouth Rotary for organizing the kidney dialysis program and by the Kiwanis for creating children's programs. She received praise for her work with local fire and police departments in establishing improved rescue techniques for injured person enroute to the hospital.

A certificate of appreciation came from Schoolcraft College, another from the Michigan Cancer Foundation and a blrd from the Archdiocesan Council of Religous from the Archdiocese of De-troit.

oit. Her many interests led her to me Her many interests tea net to mem-bership in varied groups and on several boards of directors. She was on the boards of Madonna College, St. Mary Hospital, the Michigan League of Nurs-ing and the Michigan Cancer Society.

She was also a member of the Michigan Hospital Insurance Committee, the Committee on Energy and Fire Safety Clearinghouse and the Commission on Civil Defense in Wayne County. Schooleraft College asked for her services on its Cilizens Advisory Council and two advisory boards, one for para-medics and one for the blo-techniclans program.

SR. CALASANTIA carned a bachelor of science degree as a registered nurse from Nazareth College in Kalamazoo and a master's degree in hospital administration from St. Louis University. She began her carrer as a teacher in elementary and high schools in Livonia, Detroit, Bay City and Jackson.

During her religious life she was inintraraian and health care coordinator
of the Felician Sisters in Livonia. She
was also a member of the Felician govermment committee and co-chairman
of the Institute of Further Education of
Hospital Religious Personnel.
She was associate administrator of
Si. Mary from 1959-1970 and executive
director from 1970-76.
She is survived by four sisters: Sr.
Mary Columbic, also a Felician Sister
and consultant at St. Mary, Rita Baddialowal, administrator at the hospital,
Mae and Virginia.

That Blessings May Stains on You Come to Church Co

For Church Directory Advertising Information PLEASE CALL 644-1100 Ext. 217

ST PAUL UNITED METHODIST CHURCH 165 E. Square Lake Fload Bloomkeld Hills 9:30 Church School 10:45 Church Worship

EVANGELICAL FREE
drace Evanguesal
trow Macron in The
Brandward Community Human
300 B Botton
9 30 et Boston Knool for Al Ages
10 30 et Wordho Service
Passor Rula Neston

Ascension of Christ Lutheran Church 16935 W. 14 Mile Road Burmingham Family Learning Hour: 9:15 AM Worship Sorvice: 10:30 AM The Rev. W.E. Woldt, Pastor

ST. ANDREW
Luther an Church, L.C. A.
5 Telegraph - North of Mapk
BIRMINGHAM
Sunday Church School
Sunday Yorshil

Rev. C.W. Richler, Pastor 646-5207 • 648-6119

Kirk in the Hills

PRESBYTERIAN
1340 W. Long Lake Ro
MINISTERS:
James F. Anderso
Robert L. Lindsey

Worship Service an

Church School 9:30 am and 11:30 am

Nursery Provided Dr. David Truran, Pastor



HOPE LUTHERAN 39200 W. 12 Mile Road Farmington Hills

SUNDAY SCHOOL: 9:15 WORSHIP SERVICE: 10:30 V.H. Messenbring Pastor

SALVATION ARMY
27500 Shlawassee
at Inkster Road
SUNDAY SCIEDULE
Working Worsho! 13 AM
Evening Worsho! 15 P.M.
Ervey Meeting Thurs: 8 P.M.
Envey John Crampton

ST, JOHN LUTHERAN ALC * FARMINGTON 23225 GW Road 2 Blocks B. of Grand River 3 Blocks W. of Farmington Rd.

Blocks W. of Farmington No. ORSHIP (Hursery): 8:30 & 515 SUHDAY SCHOOL: 9:40 Pastors: C. Fox & M. Radloff

Cross of Christ
LUTHERAN
Corner Lone Pine & Telegrich
Bloomheid Hea

WORSHIP: 8:15 • 9:45 • 11:15

EDUCATIONAL HOUR: 9:45

Nursery - 6th Grade Junior/Senior High and Adult Bible Classes

THE COVENANT BAPTIST CHURCH

9:45 a.m.: CHURCH SCHOOL • 11:00 a.m.: WORSHIP SERVICE 6:30 p.m.: EVENING SERVICE

Wednesday Evening Family Night 5:45 Dinner 6:45 Family Activities 8:00 Adult Choir

St. Paul's Lutheran Missouri Synod 20805 Middlebet at 8 Mile Farmington Hills - 474-0875 The Rev. Raph E. Unger, Pasto BURDAY WORSHIP; 8:30 & 11 A SUNDAY SCHOOL AND ADULT

Jayne C. Berkesch Princips 474-2468

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METHODIST CHURCH
33112 Gland River
Fairmington 474-6573
WORSHIP 10 AM
CHURCH SCHOOL 10 AM
Morsery Provided
Minister Charles H Beynon

FIRST UNITED METHODIST

1559 West Maple at Pleasant
Ministera Robert P. Ward • Douglas W. Vernon
• Evens C. Bentley •
WORSHIP SERVICES
8:30, 9:30 and 11:50 AM
CHURCH SCHOOL
9:30 and 11:50 AM
Notreey Care All Services

PILGRIM CONGREGATIONAL

3061 N. Adems (N. of Big Beaver) BLOOMFIELD HILLS • 642-2290

Orchard United Orchard United
Methodist
20490 FARMINITON ROAD
Between 13 and 14 Mile Road
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CHIPCHES HOOM
CHIPCHES HOOM
MINISTERB
Robert L. S. Brown
Nancy A. Woycik

The Congregational Birmingham U.C.C.

Woodward at Cranbroo Family Church Worship: 9:3 Worship and Church School: 11 AM Nursery Care Both Hours

MINISTERS The Rev. Charles O. Erickso Carol D. Grim

CLARENCEVILLE UNITED METHODIST

Pastor Gerald Fisher
6.45 am Fust Woisho Server
10.00 am The Church School
11.15 am Second Worship Ser

474-3444

5.45 pm Youth Meetings 7 pm Sun Eve Service 7 pm Yord Malares Service

BEVERLY HILLS UNITED METHODIST

UNIVERSITY
PRESENTERIAN CHURCH
1385 S. Adams + Rochester
1385 S. Adams + Rochester
WORSHIP:
9:00 A 11:15 AM
CHURCH SCHOOL:
10:15 - A Page and, Adat & 6
11:15 - Thru Grade 8
Marge Free Accome

BAPTIST

HAMPICAN
BAPLIST
BAPLIST
GUNCKSCHOOL
STATE
GUNCK

CENTRAL WOODWARD CHRISTIAN CHURCH (Disciples of Christ).

HOLY RESURRECTION

SUNDAY LITURGY

10:00 A.M. (All Services in English)

Bloomfield Hills Christian Church

Roma's of Bloomfield 2101 S. Telegraph Bloomfield Township

WORSHIP: 9:30 AM PRAISE SERVICE: 6 PM

BIBLE STUDY: PM WEDNESDAY

645-1202

(OXB

CHURCH SCHOOL: 9:30 A.M. WORSHIP: 11:00 A.M.

Robert H. Boyte 644-0512

Northbrook Presbyterian 14 Mile & Lahser Road WORSHIP SERVICE 9:30 & 11:00 AM

- Nursery Provided -Pastors: M.L. Dunkleberger Peter Moore 642-0200

FIRST PRESBYTERIAN CHURCH OF BIRMINGHAM 1669 West Maple Road Ministers: F. Morgan Hoberts Charles A. Sommers B. William Melvor Dennis F. Barger Gerald S. Crawtord S. COMMAND Morning Worship and Church School 9:30 and 11:15 AM Nursery Provided



476-8860

SUNDAY SERVICES.
Christian Education 10:00 am
Morning Worship 11:00 am
Evening Service 6:30 pm

OTHER ACTIVITIES:
Ladies Bible Study
Childrens Brigadas
Youth Program Wednesday Bible Study 7.00 pm A Nursery is Provided For All Services



DETROIT FIRST CHURCH of the NAZARENE Pastor-James Conner, Youth-Robait Anderson, Music-Rod Bushar Located at I-275 & B Mile with entrance at 71200 Haggerin Road Church Otice 348-7600

ANBROOK

CHRIST CHURCH

₩ CHRIST CHURCH EPISCOPAL LONE PINE AT CRANBROOK

Sunday, January 2, 1983

8:00 AM - Holy Eucharist 10:00 AM - Holy Eucharist Weekday Eucharist Tuesday 10:00 AM Wednesday 7:00 AM

NARDIN PARK UNITED
METHODIST CHURCH
A75-888
West Eleven Mile Road
Usur West of Middlebell
Worship Service: 0:15 a 11:00 AM
"WHAT, WHEN, DO WE PREACH!"

Dr. Ritter Preaching
Or. William A Ritter, Pastor
Rev. Jeffry Dinner, Assoc. Min.
Judy May, Director of CE.
Mr. Mehin Rookus, Dir. Music

<u>a selva</u> PRINCE OF PEACE LUTHERAN:



NORTH CONGREGATIONAL CHURCH

6275 Northwestern Highway near La Southfield, MI PHONE: 356-1660 United for the worship of God and service to Humanity

WORSHIP SERVICE AND CHURCH SCHOOL: 11 AM

Nursery



EPISCOPAL CHURCH
OF THE ADVENT
3325 Middlebell Road
Orchard Lake, MI
338-3505
Rev. Gregory R. Sims, Recto
BERVICES dnesday: 7.30 PM Holy Eucharist 8.00 PM Bible Study

hursday: 7.30 PM Choir Rehesisa iday: 6 30 AM Holy Eucharist *Nursery Provided

FAITH COVENANT CHURCH

Michael A. Halleen Associate Pastor Mary Miller-Vikander

> All acheduled service in English. Finnish language porvices available. 661-9191



Now Year's Eve Dinner & Program 6:30-Midnight 11:00 Candielight Service - HOLY COMMUNION Worship & Sunday School: 8:30, 10:00 & 11:30 AM "PLANNING YOUR LIFE IN 1983" Dr. Bartiett L. Hess 7:00 PM
"Ching Today and Yesterday" - Pictures & Message by Dr. Hesa

Sunday Service Broadcast 9:30 AM • WMUZ-FM 103.5

Brightmoor Tabernacle 6555 Franklin Rd. • Southfield MI if 696 & Telegraph - Just West of Holiday Inni

Sunday School: 9:45 AM - Morning Worship: 11:00 AM Celebration of Praise: 6:30 PM Wed. Adult Prayer & Praise - Youth Service 7:30 PM

A Cherismetic Church where people of many denominations worship togethe Thomas E. Trask, Pastot





"Daddy, is God real?"

Children want to know that He is - that He's here and that He loves them.

Lesson every week at the Christian Science Sunday School, Your children will be warmly welcomed. There's a new Bible

FIRST CHURCH OF CHRIST, SCIENTIST
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191 Cheeter at Writts
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193 Cheeter at Writts

Opens Delty 81 9:30 AM - 644-7935
FIRST CHURCH OF CHRIST, SCIENTIST
FRANKLIN-MEADOWAKE
Macio Road of Inkster
notey Services and Stunday School
deneaday Teatimony Meeting
acting Room at 345 Orchard Lake Road in Pine Lake Mas
Opens Dafy at 10:00 AM - 851-7440

<u>volunteers</u>

The Oakland County Volunteer Bureau has a current file on volunteer opportunities. Further information about these and other volunteer needs at over 200 agencies may be obtained by calling the Bureau at 642-2722. Any non-profit organization needing volunteer assistance may call the bureau.

e GRAPHIC ARTIST — Put your creative talents to good use. The South Oakland YMCA of Royal Cak needs an artistic volunteer to work on designing a decorative pattern for the lower level of the "Y" building. The volunteer will also be responsible for doing the art

Naturalist — Do you enjoy na-ture? The Dinosaur Hill Nature Pre-serve of Pontiae needs volunteers to take school groups and adults on nature walks. Volunteers with a background in science or nature would be preferred.

Public Relations Coordinator — Good communication skills are needed for this position. The March of Dimes, West Bloomfield, needs a public rela-tions coordinator to write public ser-vice announcements, contact the media to set up interviews, and edit their newsletter. The volunteer is needed from January to June at flexible times.

SUNDAY SCHOOL: 9:30 AM MORNING WORSHIP: 10:45 AM SUNDAY EVENING: 7:00 PM WEDNESDAY FAMILY NIGHT: 6:15 PM

Wednesday 7:00 PM: School of Christian Education Activities for All Ages

Nursery Provided at all Services



