

# A good listener is the best kind of friend to have

What is ministry of presence? Webster defines ministry as "the act of serving another," and presence, as "the fact or condition of being present in attendance to another." We are all — not only ministers — called to the same holiness.

To be truly present to another does not come easily.

We all have our own "internal busyness" going on which can get quite noisy at times, and prevents us from hearing and listening well to what another is sharing with us. The skill to be learned is how to turn ourselves "off" — put our own agendas "on hold", and "tune in" to the other.

In the chapter, Love and Listening, from his book entitled *Caring* Morton T. Kelsey writes, "It is impossible for us to love other people unless we listen to them. We simply cannot

## Clergy Corner

with SISTER AUDREY BURNS

love without learning to listen . . . Genuine love is always centered in the need of the other person, and in ministering to that need. Loving means giving others the concern, appreciation and understanding they need for their present joy and future development."

Life has its share of ups and downs and unfortunately for some, more downs than ups. How to struggle through it becomes difficult,

and can be defeating without the help of a loving caring friend who will take the time to listen. Taking the time to listen to another is important at all stages of life but perhaps most important for those in later life.

Erik Erikson, the noted psychoanalyst, sees part of the task of later life as putting one's life in order, a coming to "ego integrity" instead of "ego despair".

One comes to accept one's life as the only life one could have lived given the circumstances. It's a time for resolving and healing past conflicts — letting go of regrets over missed opportunities and failures — appreciating the value of one's life.

I will share a scripture passage that helps me explain our responsibility to one another. It is the account of Jesus at the tomb of his friend Lazarus.

Lazarus had been dead four days when Jesus arrived at Bethany and seeing the deep sadness of Lazarus' sisters Martha and Mary, and in experiencing his own loss of a friend, Jesus moved with deep compassion calls Lazarus forth from the tomb. He turns to friends who had gathered round to support Martha and Mary in their grief and says to them "You unbind him and let him go free." Jn. 11:44.

Like Lazarus we are often "bound up" with life's concerns, fears and misfortunes. Our growth becomes stunted and we are unable to become free.

This unbinding, this learning to listen to the story of another is the privilege of the "ministry of presence".

Sister Audrey Burns is with Holy Rosary Roman Catholic parish in Milton.

## Air Force celebrates 50th

If in your time, cigarettes were fashionable and pot was what food went into, then possibly you are a Second World War veteran.

If you served in the Air Force, your old comrades are looking for you, especially this year that is so significant in the annals of the Royal Canadian Air Force.

There are two reasons to get Air Force vets geared for the annual Allied Air Forces Reunion in Toronto in September. It's the 50th anniversary of the start of the Commonwealth Air Training Plan in Canada and the epic Battle of Britain.

All who served are invited to contact the Allied Air Forces Reunion. Call 519-426-0313, or write Allied Air Forces Reunion, Box 472, Station A, Islington, Ont., M9A 4X4.

## RECIPE FILE

### A tart start to strawberry season

Local strawberries will soon be in season. To help you make the most of these ripe, luscious berries, the Dairy Bureau of Canada's test kitchen have developed a recipe for Strawberry Yogurt Tarts. They're a snap to make using pre-formed frozen tart shells and vanilla pudding mix. Add milk and yogurt to give this dessert a real calcium boost.

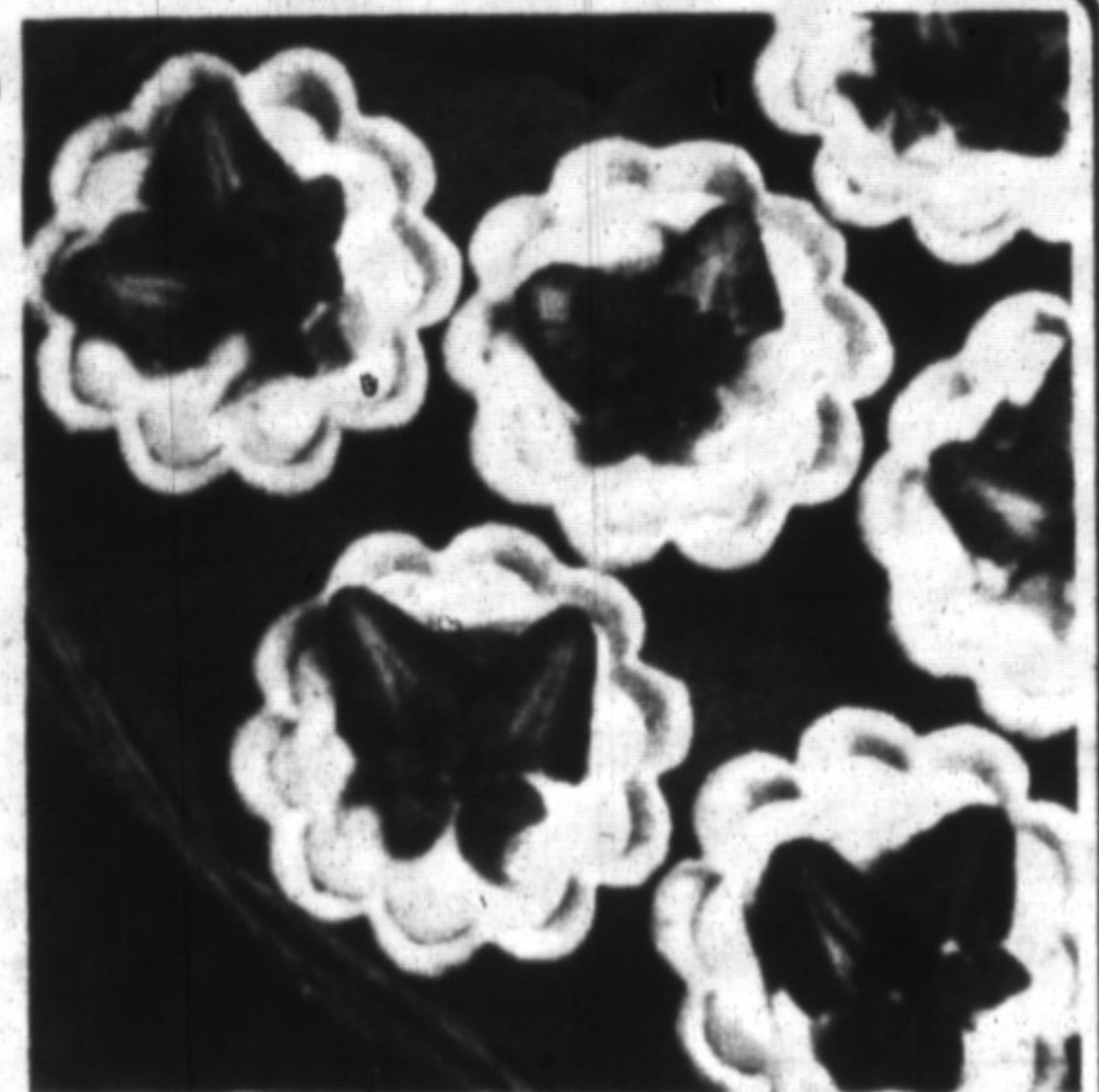
#### Strawberry Yogurt Tarts

- 24 (2 1/2 inch/7 cm) tart shells, baked and cooled\*
- 1 pkg (4 serving size) vanilla pudding and pie filling mix;
- 1 1/4 cup (300 ml) milk;
- 1 cup (250 ml) vanilla or plain yogurt;
- 1 1/2 tsp (7 ml) vanilla;
- 1 3/4 cups (425 ml) sliced fresh strawberries, divided;

- 1/3 cup (75 ml) water;
- 2 to 4 Tbsp (30 to 60 ml) sugar;
- 2 1/2 tsp (12 ml) corn starch;

**Directions:** Cook pudding according to package directions, using 1 1/4 cups (300 ml) milk. Cover surface directly with plastic wrap; cool. Fold in yogurt and vanilla; chill. Combine 3/4 cup (175 ml) of the strawberry slices, water, sugar and corn starch in blender container. Cover and blend at medium speed until smooth. Transfer to small pot. Cook and stir over medium heat until mixture boils and thickens. Cover surface directly with plastic wrap; cool. Spoon chilled filling into tart shells. Swirl a small amount of glaze into each filled tart; top with remaining berry slices and garnish. Makes 2 dozen tarts.

\*24 frozen tart shells, baked and cooled, may be substituted.



A light and easy recipe these strawberry tarts combine the goodness of fresh fruit and yogurt.

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MIDDLE	483
FRONT	415
PAR	5

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- 9 A.M. - 12 Noon  
• Blood Pressure Clinic  
- 1 P.M. - 2 P.M.  
• Blue Birds Choir  
- 2 P.M. - 4 P.M.  
• Square Dancing
- WEDNESDAY**  
- 9:30 A.M. - 11:30 A.M.  
• Bingo For Seniors (Food Court)
- THURSDAY**  
- 9 A.M. - Noon  
• Blood Pressure Clinic  
- 1:30 P.M. - 3 P.M.  
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- 2:30 P.M. - 3:30 P.M.  
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