

### RENT-A-FRIDGE

**WHERE**

COMMONS MSC  
PAVILION  
BETWEEN DORMS:  
HAAS/MCFADDEN

**WHEN**

MON 8/31/87 THRU FRI 9/4/87

BETWEEN 10a.m. & 4p.m. ALL LOCATIONS

No sizes are available, and they may be rented for one or two semesters.

	2.00 on ft.	5.00 on ft.
1 semester	Deposit 5.00 Rent 13.00 Total 18.00	10.00 35.00 45.00
2 semesters	Deposit 5.00 Rent 13.00 Total 18.00	10.00 68.00 78.00

Contact: STUDENT GOVERNMENT TEXAS A&M UNIVERSITY  
845-3051

## Don't Worry

when an accident or sudden illness occurs

CarePlus is open when you need them 7 days a week with affordable medical care.


Faculty, staff & students receive a 10% discount

# CarePlus

FAMILY MEDICAL CENTER and Pharmacy

696-0683  
1712 Southwest Pkwy - C.S.

Open 8 to 8 Every Day



## Clergy members express their need for taking time off

WACO (AP) — A pastor's occupation is sometimes viewed as a 24-hour-a-day, seven-day-a-week calling by congregations and by pastors themselves.

But mental health professionals and clergy members say they have found that pastors, like other professionals, need a regular day off. Ministers who feel pressured to spend all of their time tending the flock may not make such good shepherds, some say.

Ken Jordan, a consultant in the Southern Baptist Sunday School board's family ministry department, said in an article in the Baptist Press that "It's easy to become so enmeshed in the life of the congregation that we have no lives of our own. The greatest need in some ministers' families is the ability to say no."

Most people agree that pastors have a highly stressful job, comparable with the demands on a doctor. Pastors must deal on emotional and organizational levels and must be available to their congregation for emergencies.

Dr. Barry Click of the Samaritan Counseling Center in Waco, said he believes the main pressures are being a public figure and meeting the expectations of others.

"Usually, he or she is the main person, the chief staff person, and there's a tremendous pressure on them to meet everyone's expectations," he said.

Other Waco pastors agree on the need to take a break.

"In the dynamics of ministry, there is the give and take, and the minister lands most often in the posture of giving," says the Rev. Jim Johnson of Calvary Baptist Church.

The Rev. Delbert Taylor of Sparks Memorial United Methodist Church said he found he would get so involved with people and their problems that he would need to get away. And the Rev. William Anderson of Christ American Lutheran Church says he needs a day off to recuperate from the emotional drain of dealing with people, especially in crisis situations.

Pastors sometimes have to get beyond feelings of guilt in order to allow themselves needed time off, Click said.

The Rev. Jim Abel of Austin Avenue United Methodist Church said feelings of guilt are "always a real struggle. I think it's almost an occupational hazard."

"Most ministers I know are conscientious, and you could say, conscientious to a fault," Click said.

"They're trying to model God's love for humankind. It's difficult for them to let go of that ethic for 'self-indulgence.'"

"The role is so powerful in terms of expectations, one of the struggles is for them to come to terms with their limitations."

Click said Jesus himself went away from the crowds to be by himself.

"The longer I'm in the ministry, the more I realize that it really is important," said Anderson. He said he used to be concerned with taking a day off, but now advises other pastors to "take it seriously."

"Talking to retired pastors over the years, most of them will say if they had anything to do over, it would be to spend more time with their family," Anderson said.

One difficulty some may have is relating their need for a day off to their congregations.

"The congregation has to kind of enter into a companion covenant with their pastor to look at the pastor's limitations," Click said. "The pastor has to be instructive to his or her people so they learn his limitations and they learn not to make excessive demands on themselves."

The Rev. Paul Taft of St. Alban's Episcopal Church said his congregation honors his day off pretty well, and usually only intrudes in an emergency. In dealing with someone who calls on his day off in a non-emergency situation, Taft said, "Generally, I try to be tactful and not act irritated, but I also remind

them that it's my day off."

"What I get hacked at is somebody calling me and saying, 'What is the ladder at the church?'" Abel said.

Guideposts Magazine offered this hint for congregations:

"Respect his time. . . . And just because he's on call 24 hours a day, don't call him at all hours. Try to speak to him during his office hours, and if you must see him home, call before you drop in. Finally, if your minister doesn't take

"The role is so powerful in terms of expectations, one of the struggles is for them to come to terms with their limitations."

— Dr. Barry Click of the Samaritan Counseling Center in Waco

regular day off, encourage him. He needs it as much as you do."

The pastors say they generally take the day off as family time.

Jordan said ministers and their wives or husbands have "difficult seeing each other for significant regular, quality blocks of time and therefore have a high need for time alone together." He also said ministers who "never have enough time sometimes leave their mates or children out because they 'confuse Christianity with church work.'"

Click said that ideally, the pastor would have a day off for himself, a day off for his family. Click urged pastors to consider days off "industry to him or herself and family."

"The family sees the pastor care for others, and giving his or her best, and then, if they're not careful, the minister will give the leftovers to the family," he said.

Taft said a day off "enables a family to count on me being available to be with them," but added that he "cannot use the day off as an excuse to not be with them at other times during the week."

"Days off are critical, for you and your family," Johnson said. "It's certainly easy to neglect yours and family. It has become such a phenomenon right now — a preacher burnout."

Abel said, "I just need to be able that I'm my wife's only husband and my two sons, ages 13 and 10, my only father." He says he sees his day off as "a witness to my people, what I'm trying to do is authentic model Biblical faith."

Abel echoed the other pastors when he said he feels it is important to be available for emergencies at times. He said he would in fact be upset if not notified during an emergency, such as the death of a church member.

But having a regular day off, mini-vacations, long vacations, sabbaticals, not only rejuvenates them, but make them better pastors, the ministers said.

Taft said time off allows the congregation to see him "as a more realistic person" and a model for the people.

"It's the concept of the Sabbath," Johnson said. "Christian preachers don't really have a Sabbath."

He said he tries "not to use my brain" on his day off because preaching is a lot of intellectual work.

"I don't think people understand the brain drain," or creative pressure of coming up with about three sermons per week, Johnson said.

"You really want to say something that is true and yet that is fresh, the point that people want to put on it and apply it to their lives," he said.

Taylor said that in the long run he knows he is not indispensable. "The church can run without me, but my pride sometimes, but . . ."

# \$1,000,000 Advantage

## PLAY AND WIN A NEW SET OF WHEELS, FABULOUS TRAVEL, OR ONE OF 500,000 PRIZES!

- Buy your textbooks at Texas A&M Bookstore in Memorial Student Center
- Game stickers on specified books contain a scrambled message.
- At the end of the term, bring your books to the Texas A&M Bookstore Buyback counter to have the scramble message decoded.
- You will know instantly if you have won.
- Details of this national contest are available at the Texas A&M Bookstore in the Memorial Student Center.

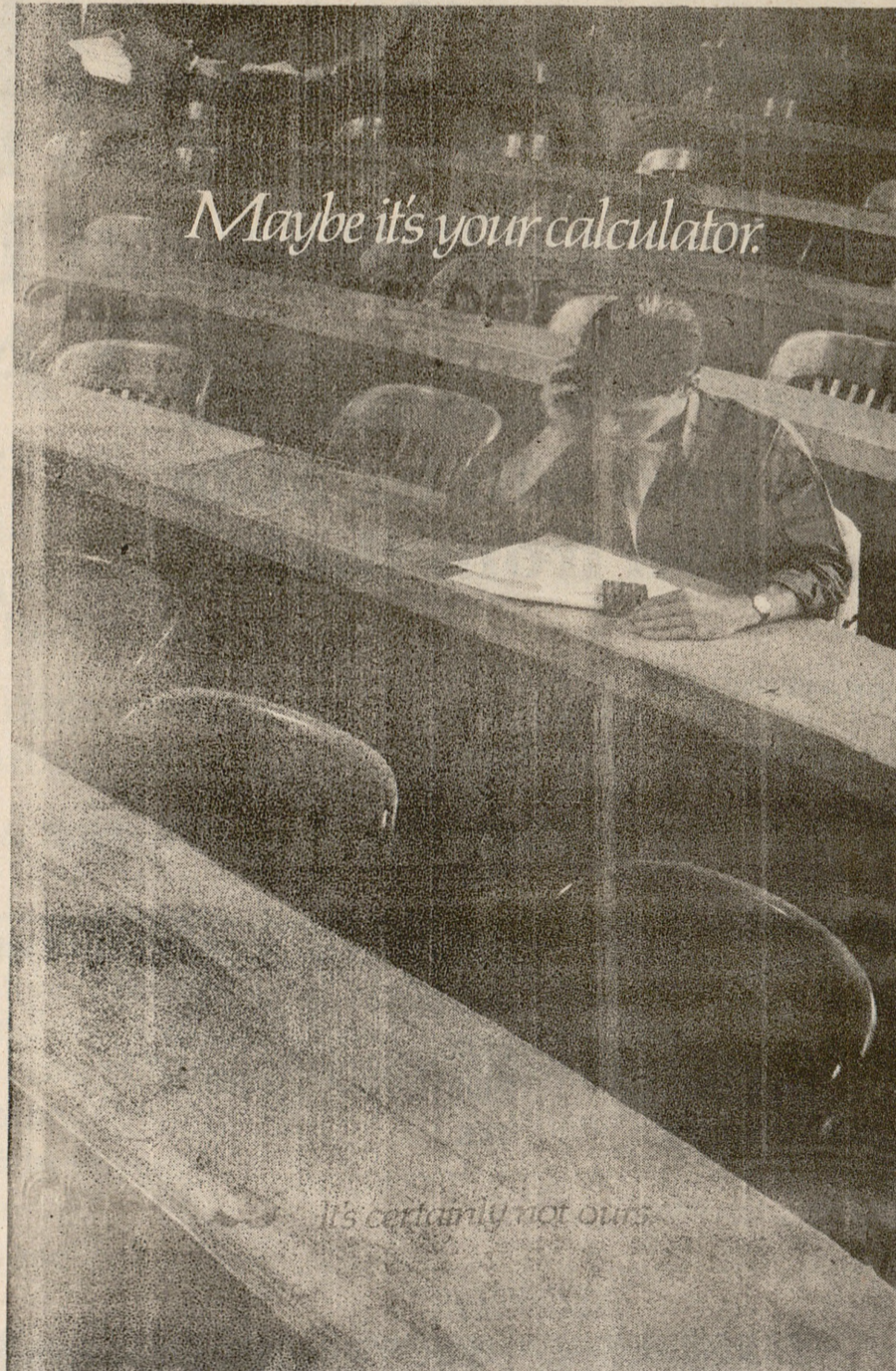
The more stickered books you bring to Buyback, the better your chance of winning.

A National Participating Bookstore Game

**YOU COULD WIN:**

- Volkswagen Cabriolet, Fox, Scirocco
- Apple Macintosh computers
- Florida vacations at the Doral
- Windjammer "Barefoot" Cruises
- Record albums
- Fox Radar Receivers
- Selko Wristwatches
- Designer sunglasses
- Calculators
- Instant winners

**TEXAS A&M bookstore**  
IN THE MEMORIAL STUDENT CENTER



Maybe it's your calculator.

It's certainly not ours.

We know that a cheap calculator can cost you blood, sweat and time.

Investing in a Hewlett-Packard calculator, on the other hand, can save you time and again.

HP calculators not only have better functions. They function better. Without sticking keys and bad connections.

Through October 31, you can get the cream of the calculators at a non-fat price. We're cutting \$10 off the HP-12C. That buys you more built-in functions than any one else's financial calculator.

And we're giving away a free Advantage Module, a \$49 value, with every HP-41 Advanced Scientific calculator you buy. This 12K-byte plug-in, menu-driven ROM was designed specially for students.

So drop by your campus bookstore and compare HP calculators with the rest. By midterms, you'll see what a deal this is.

**FREE \$49 HP-41 ADVANTAGE MODULE** with purchase of HP-41. Purchase must be made between August 15, 1987, and October 31, 1987. See your local HP dealer for details and official redemption form. Rebate or free Module will be sent in 6-8 weeks.

**OR \$10 OFF AN HP-12C.**

hp HEWLETT PACKARD

WELCOME HOME AGGIES

# 12<sup>TH</sup> MAN

STUDENT CHECKING

•NO MINIMUM BALANCE.  
•NO MONTHLY SERVICE CHARGE

711 University Drive  
College Station, Texas 77843-3991

University NATIONAL BANK