

Faithsharing program to start with liturgy, supper in September

The Sisters of Mercy of Rochester invite all interested women to explore religious life through the sisters' Faithsharing Program for 1987-88.

The first event, which will consist of liturgy and a supper, will start at 6 p.m. on Friday, September 11, at the Mercy community at 953 North St., Rochester.

For registration or information, Rochester women can contact the Mercy vocation director, Sister Mary Fran Wegman, at the motherhouse, 1437 Blossom Road, Rochester, 14610, at (716) 342-9594 or 288-6809. In Elmira, call Sister Lucille Lenhard, (607) 734-6840; in Ithaca, Sister Virginia Taylor, (607) 273-0143; and in Owego, Sister Nancy O'Brien, (607) 687-3121.

The 1987 Faithsharing Program also includes a retreat weekend on October 23-24, at High Acres — the Mercy retreat house in Geneva — and a simple supper and prayer beginning at 6 p.m. on Thursday, November 19, at the Immaculate Conception community in Ithaca.

1988 events are scheduled for January 9, February 26, March 15, April 15-17 and May 16.

HEEL SPURS

On the heel bone a spur like growth of calcium sometimes forms where the muscles and ligaments of the foot attach. One or more spurs grow on the heelbone, but padded by the flesh of the foot, the spur may take years to become a problem.

The painful heel spur hurts when you place your weight on the bone. Any one may be affected. Women are as likely to suffer from this as men. It seems to occur in people past 40 and the condition may be associated with arthritis or poor circulation.

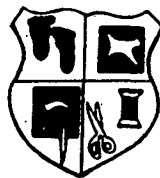
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