



'A' is for Aerobics

Kindergartners at St. Michael's School in Newark are learning about the alphabet by focusing all of their activities — field trips, snacks, show-and-tell, etc. — on one letter each week. The letter A took center stage in early December, so art teacher Jeannette Hernandez, who is also an aerobics instructor, led the youngsters in a workout. Clockwise from left: Hernandez performs a stretching exercise; students found getting into the rhythm an interesting challenge; Hernandez shows off her muscles, as Nate Parsons tries to squeeze out of class; Joshua McQuown came prepared with a towel.

Courier Photos by Babette G. Augustin



Thursday, Jan. 30

ROSARY: chapel, St. Michael's Church, Penn Yan; 7:30-8:30 p.m.; call 315/536-7459.

ROSARY: St. Gregory's Church, 3806 Union St., Marion; 11 a.m.; call 315/926-4323.

PRAYER SERVICE: for peace; St. Boniface School, 15 Whalin St., Rochester; 1:30 p.m.; free; all welcome; call 716/385-8103.

PROGRAM: "Evidence of an African Presence in America Before Columbus;" Kearney Auditorium, St. John Fisher College, 3690 East Ave., Pittsford; 8 p.m.; Dr. Ivan Van Sertima, speaker; free; call 716/385-8104.

Friday, Jan. 31

RETREAT: "Rooted in Praise: Liturgy as Primary Source of Spirituality;" Cenacle Center, 693 East Ave., Rochester; runs from 7:30 p.m. until 3 p.m. Feb. 2; \$70; all welcome; call 716/271-8755.

Saturday, Feb. 1

MASS: and rosary; First Saturday reparation service; St. Leo's Church, 167 Lake Ave., Hilton; 7:45 a.m.

EXHIBIT: featuring religion projects of families at St. Joseph's Church, Wayland; after all Masses; also Feb. 2; all welcome; call 716/728-2228.

WORKSHOP: "Awakening the Song of the People;" Divinity School chapel, 1100 S. Goodman St., Rochester; 9 a.m.-3 p.m.; John Ferguson, speaker; \$20 for full or \$10 for half-day workshop; also hymn festival at Christ Church, 36 S. Main St., Pittsford at 4 and 7 p.m. Feb. 2; tickets required; all welcome; call 716/328-3210, ext. 345.

PRE-MARRIAGE PROGRAM: Parish Office, Ss. Peter and Paul Church,

161 High St., Elmira; 8:45 a.m.-1 p.m.; call 607/732-2994.

Sunday, Feb. 2

SERVICE: honoring the history and saga of the Four Men of God, sponsored by The American Legion of Monroe County; Our Lady of Perpetual Help, 1089 Joseph Ave., Rochester; 11:30 a.m. Mass; all welcome; call 716/546-7162.

SPAGHETTI DINNER: Holy Trinity Parish Hall, 1456 Ridge Road, Rochester; 1-5 p.m.; \$4.50/adults, \$3/seniors and children under 12; call 716/265-0611.

ADULT ED: "The Early Church;" Rm. 11, Blessed Sacrament Church School, 546 Oxford St., Rochester; 11:10 a.m.-noon; Thomas Tripiciano, leader; call 716/342-1177.

CONCERT: of Irish music and dance; auditorium, Our Lady of Mercy High School, 1437 Blossom Road, Rochester; 3-5 p.m.; featuring The Dady Brothers, Liam Magee, The Murphy School of Dance and more; \$8/adults, \$5/students, children under 12; call 716/227-7549.

Monday, Feb. 3

BIBLE STUDY: church hall, St. Mary's Church, 8961 Main St., Honeoye; 9:30-11:30 a.m.

ROSARY: in honor of Our Lady of the Miraculous Medal and Benediction of the Blessed Sacrament; St. Dominic Church, 6 Canandaigua St., Shortsville; 7 p.m.; call 716/289-4164.

Tuesday, Feb. 4

MEETING: The Wounded Healers Bereavement Support Group; St. Mary's School, 17 Clymer St., Auburn; 7:30-9 p.m.; all welcome.

TELECONFERENCE: "Challenge to



the Church: Cults in the 90s;" Pastoral Center, 1150 Buffalo Road, Rochester, and five other locations in the diocese; 3-4 p.m.; continues Feb. 11, 18 and 25; \$5/program, \$10/series; call 716/328-3210.

Wednesday, Feb. 5

ROSARY: for the holiness of priests; chapel, St. Michael's Church, 312 Liberty St., Penn Yan; 10:30-11:30 a.m.

PROGRAM: on Jesuit colleges and universities; library, McQuaid Jesuit High School, 1800 Clinton Ave. S., Rochester; 2-3:30 p.m.; all students and parents welcome; call 716/473-1130 or 1-800-333-4733.

PARISH SERVICE: Cursillo Ultraya; St. Mary's Church, 17 Clark St., Auburn; 8 p.m.; call 315/255-1403.

Thursday, Feb. 6

DAY OF REFLECTION: The Mercy Prayer Center, 65 Highland Ave., Rochester; 9:30 a.m.-2 p.m.; \$7; all welcome; call 716/473-6893.

RETREAT: "Communication Challenges Co-Dependence," for women only; Cenacle Center, 693 East Ave., Rochester; 7-9 p.m.; Sr. Mary Sullivan,

r.c., presenter; \$10/suggested offering; call 716/271-8755.

FOCUS ON THE EUCHARIST: Holy Spirit Church, 1355 Hatch Road, Webster; 7:30 p.m.; Fr. Ronald Antinarelli, celebrant; evening prayer and rosary precede the Holy Sacrifice of the Mass; all welcome.

ROSARY: St. Gregory's Church, 3806 Union St., Marion; 11 a.m.; call 315/926-4323.

Friday, Feb. 7

FELLOWSHIP MASS: St. Charles Borromeo Church, 3003 Dewey Ave., Rochester; 7:30 p.m.

EUCHARISTIC DEVOTIONS: chapel, St. Anne's Church, 136 Church St., Palmyra; 7:30 p.m.; all welcome.

FIRST FRIDAY MASS: and luncheon; Rochester Council Knights of Columbus Home, 670 Thurston Road, Rochester; 11:45 a.m.; Fr. Peter Clifford, celebrant; all welcome; call 716/436-8240.

PROGRAM: "New Frontiers in Catholic Schools;" Pastoral Center, 1150 Buffalo Road, Rochester, and five other locations in the diocese; 3-4 p.m.; \$5; continues April 3; call 716/328-3210.

ROSARY: and Mass, sponsored by Catholic Women's Club; Cenacle Center, 693 East Ave., Rochester; 11:45 a.m. rosary followed by Mass at noon; Fr. Patrick Sullivan, celebrant; followed by coffee and discussion; call CWC office, 716/461-9173.

Saturday, Feb. 8

ROSARY: in honor of Our Lady of Fatima; St. Ambrose Church, 25 Empire Blvd., Rochester; after 8 a.m. Mass.

ROSARY FOR LIFE: sponsored by Catholic Pro-Life Rosary Group; Highland Hospital, South Avenue, Rochester; 9:30-10:30 a.m.; call 716/334-7562.