

Angels Among Us

All Diocesan

Workshops

■ MON, DEC. 29 —

Registration deadline: for Jan. 9-11 Retrouvaille; a Catholic program for couples desiring to heal and rebuild a hurting marriage; 716/723-3590.

Chemung Schuyler

Religious Activities

■ SUN, JAN. 4 — Family

Holy Hour: St. Mary Our Mother Church, 816 W. Broad St., Horseheads; video; after 11 a.m. Mass (approx. 12:15 p.m.); 607/562-3314.

Monroe County

Education

■ FRI, JAN. 9 —

Registration deadline: for series "Building Blocks to Better Communication with Parents"; workshops for early childhood professionals; sponsored by University of Rochester; late Wed. afternoons Jan. 14-March 18; Strong Museum, One Manhattan Square, Rochester; 716/275-8270 or 716/275-7833.

■ SUN, JAN. 11 — Master dance classes: presented by Dance Rochester; Nazareth College Arts Center, Main Stage, 4245 East Ave., Rochester; 1-4 p.m.; with Clyde Morgan and Tom Rababate; to register call Jennifer Banfield, 716/872-0466 or Rachael LaValley, 716/288-4328.

■ FRI, JAN. 16 — Registration deadline: for Jan. 28 program "The Changing Family: Impact on School Counselors, Schools and the Community"; University of Rochester, Wilson Commons, River Campus; 8:30 a.m.-4:30 p.m.; \$39; registration must be done by mail; 716/275-8270 or 716/275-7833.

Meetings

■ WED, JAN. 7 — Meeting: "Update on the Dominican



Make the season bright

Greg Francis/Staff photographer

For the past eight years, Tony and Loriann Tarana — and their children Anthony, 7, Joey, 6 and Nicky 4 — have erected a light display at their Jackson Road home in Webster. The St. Rita's parishioners add something to the display every year.

Republic: organizing at the village level"; Downtown United Presbyterian Church, 1221 N. Fitzhugh St., Rochester; 7:15 p.m.

■ THU, JAN. 8 — Informational meeting: Irish Children's Program of Rochester; Egypt Fire Department, Route 31 at Mason Rd., Perinton; 7 p.m.

Religious Activities

■ SUN, JAN. 4 — Homecoming Mass: St. Michael's fourth annual; 3 p.m.; 869 N. Clinton Ave.; Fr. John Reif, celebrant; St. Charles Borromeo choir; guided tours begin at 2 p.m.

■ MON, JAN. 5 — Registration deadline: for program "Still Moving"; yoga, breathing techniques; Mercy Prayer Center, 65 Highland Ave., Rochester; 9-10 a.m. Fridays starting Jan. 6; 716/473-6893.

■ MON, JAN. 5 — Registration deadline: for Jan. 12 Book of the Month Club - Living Buddha/Living Christ by Thich Nhat Hanh; Mercy Prayer Center, 65 Highland Ave., Rochester; 12-1:30 p.m. or 7:30-9 p.m.; 716/473-6893.

■ FRI, JAN. 9 — Registration deadline: for Jan. 16-18 winter retreat, deMello spirituality "Spiritual Flying

Lessons"; Mercy Prayer Center, 65 Highland Ave., Rochester; call 716/473-6893.

■ FRI, JAN. 9 — Registration deadline: for Jan. 16-18 program "Mid-Life Directions II"; Sisters of St. Joseph Spirituality Center, 402 Rogers Pky., Rochester; call 716/336-4370.

■ FRI, JAN. 9 — Registration deadline: for Jan. 16-18 program "Daily Embracing Health and Well-Being"; Sisters of St. Joseph Spirituality Center, 402 Rogers Pky., Rochester; call 716/336-4370.

■ JAN. 9-11 — Program: "Are You Good News?"; Notre Dame Retreat House, Foster Rd., Canandaigua; 7 p.m. Fri-noon Sun.; Fr. Tim Keating, presenter; for reservations call 716/394-5700.

■ SUN, JAN. 11 — Presentation: Sister Mary Lourdes MacCarthy Lecture Series — First Presentation "Stories from the Spiritual Traditions of the World"; sponsored by the Sisters of St. Joseph Spirituality Center; Nazareth College Arts Center, 4245 East Ave., Rochester; 7:30 p.m.; John Shea, leader; \$15; for tickets call 716/336-4370.

Social Activities

■ MON, DEC. 29 —

Concert: Children's Center, Rochester Public Library, 115 South Ave., Rochester; 2-2:45 p.m.; Barbara Jablonski and Allen Hopkins will perform American folk music; 716/428-8150.

■ WED, DEC. 31 — Show: "Capitol Steps"; Nazareth College Arts Center, 4245 East Ave., Rochester; 6:30 and 10 p.m.; \$32; for ticket information call 716/389-2170.

■ WED, DEC. 31 — New Year's Eve: party; St. Rita's Parish Center, 1008 Maple Dr., Webster; 7:30 p.m.; reservations limited; for reservations call 716/671-1100 or 716/265-3179.

■ TUE, JAN. 6 — Moms & Tots: Mercy Prayer Center, 65 Highland Ave., Rochester; 9:30-11:30 a.m.; 716/473-6893.

■ SUN, JAN. 11 — Concert: "Soulful Celebration"; Rochester Philharmonic Orchestra; Eastman Theatre, Gibbs and Main Sts., Rochester; 2 p.m.; call Ticket Express, 100 East Ave., 716/222-5000 or 716/232-1900.

Seneca Cayuga

Religious Activities

■ MON, JAN. 5 —

Registration deadline: for Jan. 10 Finger Lakes Region Catechist Formation Day "Alive in Christ"; hosted by Sacred Heart Parish, 90 Melrose Rd., Auburn; 9 a.m.-2:30 p.m.; call Roberta, 315/252-5132.

Steuben County

Meetings

■ THU, JAN. 8 — Meeting: Catholic Daughters of America, Radisson Hotel, 125 Denison Pkwy., Corning; 11:45 a.m.; call Teresa, 607/936-3940 or Bernadine, 607/936-3559.

Tompkin Tioga

Social Activities

■ SUN, JAN. 11 — Pancake Breakfast: sponsored by the Centennial Planning Committee; Immaculate Conception, 113 N. Geneva St., Ithaca; 8 a.m.-1 p.m.; \$4/adults, \$2/children; call Ann, 607/273-5379.

Yates Ontario Wayne

Health

■ THU, JAN. 8 — Lecture: "How Medications May Affect Diabetes"; Geneva Regional Health System's Diabetes Education Support Group; Adult Day Center, 196 North St., Geneva; 7-8:30 p.m.; 315/787-4618 or 315/787-4161.

Meetings

■ SAT, DEC. 27 — Breakfast meeting: of the Divorced/Separated/Bereaved Support Group of Macedon; Log Cabin Restaurant, Rt. 31F, Macedon Center; 9 a.m.; call Eleanor, 315/597-9558.

Religious Activities

■ FRI, JAN. 2 — Nocturnal Adoration: St. Mary's Church chapel, 95 N. Main St., Canandaigua; 7-8 p.m.

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Oh, Come Let Us
Adore Him.
John 1:1 • 18

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Women Needed for Hormone Therapy Research

As they search for the combinations of hormone replacement therapy that are both safe and effective, the Reproductive Endocrinology Unit and Menopause Center at the University of Rochester Medical Center seek women to participate in a study.

Volunteers must be healthy, post-menopausal women between the ages of 40 and 65. After a physical examination, women will be randomized to one of 8 treatment groups and receive various combinations of an FDA-approved estrogen and/or progestin, or placebo.

During this one-year study, volunteers are seen every three months. Benefits to volunteers include free Pap smears and lab tests, free mammogram, and possible relief of menopausal symptoms based on the medication(s) they receive. Compensation of \$450 is available. Women who have had a hysterectomy are not eligible.

Women interested in participating can call Kathy DeRider at 275-4149.