

**NORTH PARISH  
APRIL 2015  
NEWSLETTER**

**THRU THE HANDS OF GOD -  
ONE HAND HELPING ANOTHER  
(North Parish's Mission Statement)**



## **Sharing Thoughts from the Senior Warden**

Easter is here – “He Is Risen”! Spring is finally upon us after a harsh winter. My friends in Christ, this is the time for reflection and renewal. We need to contemplate where we are going on our spiritual voyage on this earth. Time to strengthen our faith – renew our Christian values. What better way than attending the Eucharist every Sunday! Our lives are busy we all know that. We make time for all the worldly functions but when it comes time for our Lord, we have no time for Him! Our Lord is always there for us – are we there for Him?

I would like to take this opportunity to thank our folks at Holy Apostles for their understanding and cooperation during this time of repair and restoration after the pipes burst and flooded the sanctuary. We had to move our services into the parish hall and while change is always tough, the parishioners at Holy Apostles have shown their true colors and their support is unwavering.

We have a great parish, unique with two churches, and together we can move forward during 2015! We have the Bishop’s visit on May 10<sup>th</sup> which is also Mother’s Day, Strawberry and Peach Festivals to name a few – so I will be reaching out to ALL of you for support and assistance.

North Parish is your parish – Be excited! Stay excited! May God bless you and your families!

*Barry Idell*  
Senior Warden



# APRIL MEMORIALS



**WINE & WAFERS:** In loving memory of David Padfield by Barbara and Dean Padfield.  
In loving memory of Ruth Frantz by daughter Lois and family.  
In loving memory of loved ones of the Wylam family by Chuck Wylam.

**BULLETINS:** In loving memory of Leona & Walter Briel by Lee, Mary and Peter Umlauf.  
In loving memory of loved ones of the Wylam family by Chuck Wylam.

**SANCTUARY  
CANDLES:** In loving memory of Irene and Stephen J. Rasimowicz Sr. by  
Janis and Barry Idell.  
In loving memory of David Padfield by Barbara and Dean Padfield.  
In loving memory of Roy Amour and Bob Jones by Linda Gerlott.

**NEWSLETTER:** In loving memory of loved ones of the Wylam family by Chuck Wylam.

## NEWSLETTER DEADLINE

All articles for the May Newsletter should be submitted to our Parish Secretary, Shannon no later than April 8<sup>th</sup>. Volunteers are needed on Wednesday, April 29<sup>th</sup> at 1:30 p.m. at Holy Apostles, St. Clair to help fold the newsletter.

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**Please call the church office if:**

- your address changes
- if a loved one has been admitted to the hospital
- if you have a prayer concern
- if there is any way we can assist you

**Church Office Phone:** 570-429-7107

**Church Office Address:** North Parish, P.O. Box 487, Frackville, PA 17931

**Church Office Email Address:** [nparish@ptd.net](mailto:nparish@ptd.net)

**Church Office Hours:** Wednesdays & Thursdays: 1:30-5:15 p.m.

Fridays: 1:30-4:30 p.m.

**Website:** [www.northparish.com](http://www.northparish.com)

**Clergy – The Reverend James C. Smith**

**Senior Warden – Barry Idell – (570) 385-7978; cell – (732) 690-5862**

**Like us on Facebook:** <https://www.facebook.com/Northparisepiscopalchurch>

**Please note:** No items shall be removed from Christ Church worship areas and the undercroft without the permission of the Vestry.



# PLEASE PRAY FOR:

Deb Andrews, Pat Brophy, Virginia M. Bushyager, Suzanne Glick Connor, Spencer Dougherty, Mary Engelbrecht, Kay Fertig, Matthew Foerster, Sherese Gavenport, David Gerlott, Mary Faith Goodman, Mary Catherine Glick, Howard Hauk, John Hauk, Pat Hefner, Florence Hollick, Harley Hynoski, Steve Hynoski, Joanne, Daniel Jenkins Sr., Jackie Jones-Allison, Kay, Lori Kahler, Tamme Kehres, Kristin Lecher, June, Steven & Russell Leshner, Mabel, Walter Machos, Donna McGinley, Tania Miller, William Moore, Thelma Morgan, Mary Moyer, Ray Moyer, Shirley Moyer, Bob Nause, Jason Noble, Anthony Novitksy, Suzette Pogash, Ruby Powanda, Mary Price, Theresa Price, Rafael Ramos, Stephen Rasimowicz, Jr., Linda Regal, Kevin Rhein, Theresa Robbins, Mckenzie Rose, Gerry Salata, Connie Schrader, Kyle & Karl Schu, Martha Semar, Kevin & Judee Serrentino, Brittany Shoffler, Charlotte Smith, Lois Smith, Jim Spieles Jr., Mary Umlauf, Ray Umlauf, Don Watters, and Charles J. Wylam

PLEASE PRAY FOR OUR TROOPS SERVING HERE AND ABROAD.

**PRAYER LIST POLICY:** To request a person to be placed on the prayer list, please call the church office (570-429-7107) with the person's full name; also the person who is making the request must leave their name and phone number. There will be no time limit to how long a person can stay on the prayer list, however, please call the office when your prayer request has been met so the list will stay updated. Thank you.

**BIRTHDAY & ANNIVERSARY BLESSINGS:** You may have noticed that during Sunday services our priest has designated a spot in the service for birthday and anniversary blessings. If you would like a birthday or anniversary blessing, please let our priest know during the announcements that it is your special day.

## APRIL BIRTHDAYS

1 – John Brennan  
2 – Sheryle Martin  
3 – Michelle Price  
5 – Thelma Morgan  
7 – James Demcher  
9 – Cheryl McGlone  
14 – Ross Shanoskie  
16 – Ruby Powanda  
Michael Scanlan

17 – Emily Koinski  
18 – Liana Evans  
Zackary Harkins  
21 – Lois Smith  
22 – Denise Brennan  
Richard Clamser  
24 – Abigail Snyder  
27 – Thomas Foerster



Belated birthday greetings are extended to Robert W. Price who celebrated his birthday on March 16<sup>th</sup>. His birthday did not appear in the March Newsletter. We apologize for the error.



# ORGAN REPAIR FUND



Holy Apostles organ is our next project for 2015. We currently have \$11,611.00 designated for the organ at Holy Apostles. (This amount reflects donations we received in 2010, 2011, 2013, 2014, & 2015). We will also be applying for a grant to help with repairs. Members of Holy Apostles can contribute to the organ fund until those repairs have been made.

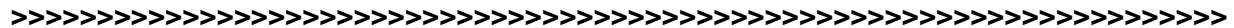
Thank you for your continued support to North Parish!



# FOOD BANK MINISTRY



During the month of April we are collecting breakfast items. Thank you to everyone who donated products in March. If you are in need of food assistance, please call the church office at 570-429-7107 and we will direct you to a local food pantry.



## FEBRUARY FINANCIAL REPORT

### North Parish Receipts

#### General Account

	Feb. 15	\$ 2,138.25
Year to Date Gen. Receipts		\$ 5,533.25
Transfer in from M&I		\$ 5,000.00
Transfer M&I Year to Date		\$ 5,000.00

#### M&I Account

	Feb. 15	\$ 124.67
Year to date		\$ 216.14

#### Memorial Account

	Feb. 15	\$ 21.39
Year to date		\$ 147.91

#### Balances

General Account	\$ 6,548.76
M&I Account	\$ 59,496.26
Memorial Fund (Temp. Restricted Fund)	\$ 18,075.29

### North Parish Disbursements

#### General Account

	Feb. 15	\$ 3,858.85
Year to Date Exp.		\$ 10,438.20

#### M&I Account

	Feb. 15	\$ 5,000.00
Year to date		\$ 5,000.00

#### Memorial Account

	Feb. 15	\$ -
Year to date		\$ -



# HOLY WEEK SCHEDULE



**The Sunday of the Passion/Palm Sunday  
Blessing & Distribution of the Palms  
March 29, 2015**

**9:00 a.m. – St. John’s, Ashland  
Celebrant – The Reverend James C. Smith  
11:00 a.m. – Holy Apostles’, St. Clair  
Celebrant – The Reverend James C. Smith**



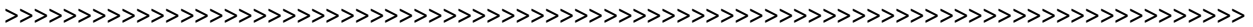
**MAUNDY THURSDAY – April 2, 2015 - 7:00 p.m.  
Holy Apostles, St. Clair  
Combined Service of North Parish  
Celebrant – The Reverend James C. Smith**



**GOOD FRIDAY – April 3, 2015 - 7:00 p.m.  
St. John’s, Ashland  
Combined Service of North Parish  
Spoken Service  
Celebrant – The Reverend James C. Smith**



**The Sunday of the Resurrection/Easter Sunday  
April 5, 2015  
9:00 a.m. – St. John’s, Ashland  
11:00 a.m. – Holy Apostles’, St. Clair  
Celebrant – The Reverend James C. Smith**



## **BISHOP’S VISIT May 10, 2015**



**The Rt. Rev. Sean Rowe, Bishop Provisional will visit North Parish on Sunday, May 10, 2015. A combined service will be held at 11:00 a.m. at Holy Apostles, St. Clair. A luncheon will follow the service. Everyone is invited. Please call the church office by May 1<sup>st</sup> if you will be attending the luncheon so we can plan accordingly.**

## **NEWS FROM MARION C. PRICE TRUST FUND**

**PACE/PACENET** is Pennsylvanian's prescription assistance programs for older adults, offering low-cost prescription medication to qualified residents, age 65 and older. **Effective for 2014** – Social Security Medicare Part B premiums are now excluded from income. To qualify for PACE a single person's income must be \$14,500 or less and for a married couple, combined income must be \$17,700 or less. For PACENET a single person's income can be between \$14,500 and \$23,500 and for a married couple combined income can be between \$17,700 and \$31,500.

**Property Tax/Rent Rebate Program** benefits eligible Pennsylvanians age 65 and older; widows and widowers age 50 and older and people with disabilities age 18 and older. Homeowners and renters can receive up to \$650 depending on income. When calculating your total eligible annual household income, exclude one-half of your Social Security benefits.

**Dietary Fiber: Essential for a healthy diet.** Eat more fiber. You've probably heard it before. But do you know why fiber is so good for your health?

Dietary fiber – found mainly in fruits, vegetables, whole grains and legumes – is probably best known for its ability to prevent or relieve constipation. But foods containing fiber can provide other health benefits as well, such as helping to maintain a healthy weight and knowing your risk of diabetes and heart disease.

Dietary fiber, also known as roughage or bulk, includes all parts of plant foods that your body can't digest or absorb. Unlike other food components, such as fats, proteins or carbohydrates – which your body breaks down and absorbs – fiber isn't digested by your body. Instead, it passes relatively intact through your stomach, small intestine, colon and out of your body.

Fiber is commonly classified as:

- Soluble (it dissolves in water) fiber can help lower blood cholesterol and glucose levels. Soluble fiber is found in oats, peas, beans, apples, citrus fruits, carrots and barley.
- Insoluble (it doesn't dissolve) fiber promotes the movement of material through your digestive system and increases stool bulk, so it can be of benefit to those who struggle with constipation or irregular stools. Whole-wheat flour, wheat bran, nuts, beans and vegetables, such as cauliflower, green beans and potatoes are good sources of insoluble fiber.

A high-fiber diet has many benefits, which include: normalizing bowel movements, helping to maintain bowel health, lowering cholesterol levels, helping to control blood sugar levels and aiding in achieving a healthy weight. The Institute of Medicine, which provides science-based advice on matters of medicine and health gives the following daily recommendations for men older than 51 - 30 grams and women - 21 grams of fiber. [www.mayoclinic.org](http://www.mayoclinic.org)

**SENIOR ADVENTURES** - Our first trip is to White Birch Golf Club in Tuscarora on Thursday, April 16<sup>th</sup>. We will leave Trinity at 10:30 AM. Please call Kathy Burda at 570-621-3220 to make your reservations.

***On behalf of the MPTF board and myself I would like to thank North Parish for the very generous donation of \$200.00 to assist in continuing the ministry of Marion Price caring for our elderly Episcopalians in Schuylkill County.***

*Kathy Burda*

# NORTH PARISH EPISCOPAL CHURCH SERVICES

## April 2015

<b>April</b>				
<b>Maundy Thursday – Stripping of the Altar – Combined Service</b>				
<b>2</b>	<b>Holy Eucharist</b>	<b>7:00 p.m.</b>	<b>Holy Apostles</b>	<b>The Rev. James C. Smith</b>
<b>April</b>				
<b>Good Friday – Spoken Service – Combined Service</b>				
<b>3</b>	<b>Holy Eucharist</b>	<b>7:00 p.m.</b>	<b>St. John’s</b>	<b>The Rev. James C. Smith</b>
<b>Easter Sunday</b>				
<b>April</b>	<b>Holy Eucharist</b>	<b>9:00 a.m.</b>	<b>St. John’s</b>	<b>The Rev. James C. Smith</b>
<b>5</b>	<b>Holy Eucharist</b>	<b>11:00 a.m.</b>	<b>Holy Apostles</b>	<b>The Rev. James C. Smith</b>
<b>April</b>	<b>Holy Eucharist</b>	<b>9:00 a.m.</b>	<b>St. John’s</b>	<b>The Rev. James C. Smith</b>
<b>12</b>	<b>Holy Eucharist</b>	<b>11:00 a.m.</b>	<b>Holy Apostles</b>	<b>The Rev. James C. Smith</b>
<b>April</b>	<b>Holy Eucharist</b>	<b>9:00 a.m.</b>	<b>St. John’s</b>	<b>The Rev. James C. Smith</b>
<b>19</b>	<b>Morning Prayer</b>	<b>11:00 a.m.</b>	<b>Holy Apostles</b>	<b>Barry Idell</b>
<b>April</b>	<b>Morning Prayer</b>	<b>9:00 a.m.</b>	<b>St. John’s</b>	<b>Donald Clamser, Sr.</b>
<b>26</b>	<b>Holy Eucharist</b>	<b>11:00 a.m.</b>	<b>Holy Apostles</b>	<b>The Rev. James C. Smith</b>

	<b>Notes:</b>	<b>Color:</b>
<b>April 2</b>	<b>Maundy Thursday</b>	<b>White</b>
<b>April 3</b>	<b>Good Friday</b>	<b>Red or Black</b>
<b>April 5</b>	<b>The Sunday of the Resurrection: Easter Day</b>	<b>White</b>
<b>April 12</b>	<b>The Second Sunday of Easter</b>	<b>White</b>
<b>April 19</b>	<b>The Third Sunday of Easter</b>	<b>White</b>
<b>April 26</b>	<b>The Fourth Sunday of Easter</b>	<b>White</b>