

**NORTH PARISH  
APRIL 2016  
NEWSLETTER**

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



# **North Parish Homemade Soup Sale**



**Saturday, April 16, 2016  
10:00 a.m. – sellout**

**St. John's Episcopal Church  
of North Parish  
13<sup>th</sup> & Market Streets  
Ashland, PA**

**\$7.00/quart - Take out only!**

**Volunteers are needed to make homemade soup.  
If you can donate soup, please see  
Elaine Ulceski or Bonnie Hynoski.**

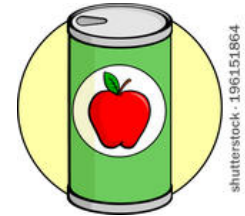


# APRIL MEMORIALS

- BULLETINS:** In memory of Walter and Leona Briel by Lee, Mary and Peter Umlauf.
- SANCTUARY CANDLE:** In memory of David Padfield by Barbara and Dean Padfield.
- CANDLES:** In memory of Margaret Ann Connors by Claudia Larsen and family.  
In memory of Robert J. Price by Robert and Mary Price.

If you would like to sponsor the wine and wafers for the month of April please call the church office at 570-429-7107. Donation - \$10.00

## FOOD BANK MINISTRY



During the month of April we are collecting breakfast items. (cereal, oatmeal, breakfast bars, cream of wheat, juices etc.) 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.



## Geisinger Blood Drive

Monday, May 16<sup>th</sup>  
2 p.m. – 7 p.m.

Holy Apostles Episcopal Church  
of North Parish

Our goal is 25 people or 20 pints of blood

Donations of cookies, brownies, cake (any type of baked good) and drinks (iced tea, lemonade, water, coffee) are needed.

Please contact Bonnie Baker, Senior Warden of North Parish at 570-429-2272 if you can donate refreshments or for more information.



# PLEASE PRAY FOR:

Timothy Browne  
 Virginia M. Bushyager  
 Suzanne Glick Connor  
 Mary Catherine Glick  
 Mary Faith Goodman  
 Richard Griffin  
 John Hauk  
 Florence Hollick  
 Jessica Hynoski

Dolores K.  
 Gerry Ketterer  
 Mckenzie Kline  
 Landry Stephen Lauver  
 Russell Leshner  
 Steven Leshner  
 Todd Leshner  
 Donna McGinley  
 Thelma Morgan

Shirley Moyer  
 Ruby Powanda  
 Gerry Salata  
 Charlotte Smith  
 Jim Smith, Jr.  
 Lois Smith  
 James Spieles, Jr.  
 Judith Wright

PLEASE PRAY FOR OUR TROOPS SERVING HERE AND ABROAD.

If you would like to add someone to the prayer list please call the church office at 570-429-7107. Please leave your name and the name of the person you are adding to the list. Please also notify the office when your prayer request has been met. Thank you.



**SPECIAL INTENTION:** Your prayers are asked for Daniel Jenkins, Sr. who entered eternal life on March 10, 2016 May God grant Daniel eternal rest and give comfort to all who knew and loved him

## 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

*Happy Birthday*



Belated birthday greetings to Michael Capparell who celebrated his birthday on March 2<sup>nd</sup>. His name was not included in the March newsletter. We apologize for the mistake.

If your birthday is listed incorrectly or is not included on the birthday list, please notify the church office. Thank you.

# FEBRUARY 2016 FINANCIAL REPORT

## North Parish Receipts

### General Account

Feb. 16	\$ 2,613.92
Year to Date Gen. Receipts	\$ 6,870.31
Transfer in from M&I	-
Transfer M&I Year to Date	-

### M&I Account

Feb.16	\$ 109.83
Year to date	\$ 177.99

### Memorial Account

Feb. 16	\$ 1.50
Year to date	\$ 3.10

### Balances

General Account	\$ 7,816.53
M&I Account	\$ 60,814.23
Memorial Fund	\$ 18,889.04
Temp. Restricted Fund	

## North Parish Disbursements

### General Account

Feb. 16	\$ 5,171.10
Year to Date Exp.	\$ 11,560.91

### M&I Account

Feb. 16	\$ -
Year to date	\$ -

### Memorial Account

Feb. 16	\$ -
Year to date	\$ -



**PLEASE NOTE:** Please make your checks payable to North Parish for all donations with the exception of Easter Flower and Christmas Flower Memorials. Thank you.



## Please call the church office if:

- your address or phone number 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

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

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

Senior Warden – Bonnie Baker – 570-429-2272

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

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

## NEWSLETTER DEADLINE

All articles for the May Newsletter should be submitted to our Parish Secretary, Shannon no later than April 6<sup>th</sup> Volunteers are needed on Thursday, April 21<sup>st</sup> at 1:30 p.m. at Holy Apostles, St. Clair to help fold the newsletter. If you would like to sponsor the May Newsletter (Donation of \$10.00) please contact Shannon by the April 6<sup>th</sup> deadline.

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# A Letter from Bishop Sean

March 16, 2016

Dear Sisters and Brothers in Christ:

The spring meeting of the House of Bishops concluded yesterday and I am grateful to have had a time of retreat and collegial reflection with so many colleagues and friends. At the close of our meeting, those of us gathered--137 bishops from across the Episcopal Church--unanimously approved a statement expressing our concern about the current political climate in the United States.

Extremism and violent rhetoric have become far too common in this election season. As people of faith, we must resist these forces of fear and division no matter what our party affiliations or political persuasions. In that spirit, **I ask that this statement from the House of Bishops be read and distributed in every congregation in the Diocese of Bethlehem this Sunday.** I also encourage you to share it on your congregation's social media channels.

## [A Word to the Church](#)

Holy Week 2016

On Good Friday the ruling political forces of the day tortured and executed an innocent man. They sacrificed the weak and the blameless to protect their own status and power. On the third day Jesus was raised from the dead, revealing not only their injustice but also unmasking the lie that might makes right.

In a country still living under the shadow of the lynching tree, we are troubled by the violent forces being released by this season's political rhetoric. Americans are turning against their neighbors, particularly those on the margins of society. They seek to secure their own safety and security at the expense of others. There is legitimate reason to fear where this rhetoric and the actions arising from it might take us.

In this moment, we resemble God's children wandering in the wilderness. We, like they, are struggling to find our way. They turned from following God and worshiped a golden calf constructed from their own wealth. The current rhetoric is leading us to construct a modern false idol out of power and privilege. We reject the idolatrous notion that we can ensure the safety of some by sacrificing the hopes of others. No matter where we fall on the political spectrum, we must respect the dignity of every human being and we must seek the common good above all else.

We call for prayer for our country that a spirit of reconciliation will prevail and we will not betray our true selves.

Please join me in praying for our leaders and our nation during this fractious time.

In Christ,

A handwritten signature in purple ink that reads "+ Sean". The signature is written in a cursive, flowing style.

The Rt. Rev. Sean Rowe  
Bishop Provisional



## VESTRY MEETING HIGHLIGHTS

### *March 20, 2016*

**Combined meeting with Schuylkill County Vestries** – The next meeting will be held April 4<sup>th</sup> at 7 p.m. at St. James, Schuylkill Haven. Discussed at the first meeting was what each church does for outreach, evangelism and ideas on how we can help one another.

**Geisinger Blood Drive** - A Geisinger Blood Drive will take place at Holy Apostles on May 16<sup>th</sup> from 2 – 7 p.m. Kathy Burda suggested Holy Apostles to be used for the drive. Parishioners are asked to donate baked goods and other items and should be at the church in the morning. Our goal is twenty-five people and twenty pints of blood.

**Pilgrimage Regional Meeting** – Anyone interested in attending the Pilgrimage Regional Meeting at St. Luke's Lebanon, May 7<sup>th</sup>, from 10 a.m. until 12 p.m. should contact Bonnie Baker.

**Devotional - Baptism** – Fr. Jim Smith will baptize Adalynn Eckrode, child of Raylene Brill and Albert Eckrode, at HA on June 18<sup>th</sup>.

**Property – Holy Apostles** – The mechanisms in the organ are going. We continue to play the organ until it goes, replacing the motors as needed. Approximately sixteen shingles from the rood were picked up in the yard. We will get two estimates to have the roof repaired or replaced. We will apply for a grant in the fall. **St. John's** – We will have a plaque made for the memorials we are using to have the paving done. The plaque will be placed inside the church before the exit to the parking lot. The paving will begin in April.

HA hall could be rented to increase our revenues. The entrance needs to be made handicapped accessible. Bids will be secured.

**Fund Raising** - Soup Sale will be held at Saint John's on April 16<sup>th</sup>, from 10:00 a.m. until sell out. Price - \$7.00 per quart. Bonnie Hynoski and Elaine Ulceski will chair this event. A Strawberry Festival will be held at HA on June 15<sup>th</sup> from 6 to 8 p.m.

**Next regular meeting will be April 17, 2016, at 1:30 p.m. at Holy Apostles.**

Dear Members of North Parish,

On behalf of the Marion Price Trust Fund I would like to thank you for your generous donation of \$200.00. We appreciate your continued support as we serve the elderly Episcopalians of Schuylkill County.

Sincerely,  
*Kathy Burda*  
R.N./Parish Nurse  
Admin. MPTF



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

**Artificial sweeteners and other sugar substitutes** are found in a variety of food and beverages; they're marked as "sugar-free" or "diet", including soft drinks, chewing gum, jellies, baked goods, candy, fruit juice, ice cream and yogurt.

Artificial sweeteners are attractive alternatives to sugar because they add virtually no calories to your diet or contribute to tooth decay and cavities. In addition, you need only a fraction compared with the amount of sugar you would normally use for sweetness.

Artificial sweeteners have been scrutinized intensely for decades. But according to the national Cancer Institute and other health agencies, there's no sound scientific evidence that any of the artificial sweeteners approved for use in the U.S. cause cancer or other serious health problems.

Sugar alcohols are one type of reduced-calorie sweetener. You can find them in ice creams, cookies, puddings, candies and chewing gum that is labeled as "sugar-free" or "no sugar added". Sugar alcohols provide fewer calories than sugar and have less of an effect on blood glucose (blood sugar) than other carbohydrates. Even though they are called sugar alcohols, they do not contain alcohol.

When you are considering foods with low or reduced calorie sweeteners, always check the Nutrition Facts on the label. Many of the food products containing these types of sweeteners still have a significant amount of carbohydrates, calories and fat, so never consider them a "free food" without checking the label. By comparing the calories in the sugar-free version to the regular version, you'll see whether you are really getting fewer calories.

Some natural sweeteners you may consider: honey, maple syrup, agave nectar, fruit juice and molasses. You should still consider using these in moderation because like sugar, they contain a lot of sugar with little or no nutritive value.

**Depression in the Elderly.** Depression is a true and treatable medical condition, not a normal part of aging. However, older adults are at increased risk of experiencing depression. Depression is more common in people who also have other illnesses (such as heart disease or cancer) or whose function becomes limited.

Causes may be physical, social or psychological in origin including:

- ❖ Specific events in a person's life, such as the death of a spouse, a change in circumstances or a health problem that limits activities and mobility
- ❖ Medical conditions - Parkinson's Disease, hormonal disorders, heart disease or thyroid problems
- ❖ Chronic pain
- ❖ Nutritional deficiencies
- ❖ Genetic predisposition to the condition
- ❖ Chemical imbalance in the brain

Someone who is depressed has feelings of sadness or anxiety that last for weeks at a time. He or she may also experience:

- Feelings of hopelessness &/or pessimism
- Feelings of guilt, worthlessness &/or helplessness
- Irritability, restlessness
- Loss of interest in activities or hobbies once pleasurable
- Fatigue; and decreased energy
- Difficulty concentrating or remembering details and making decisions
- Insomnia; early morning wakefulness or excessive sleeping
- Overeating or appetite loss
- Thoughts of suicide, suicide attempts
- Persistent aches or pains, headaches, cramps or digestive problems that do not get better, even with treatment.

Most adults see an improvement in their symptoms when treated with antidepressant drugs, psychotherapy or a combination of both. If you are concerned about a loved one being depressed, offer to go with him or her to see a health care provider to be diagnosed and treated.

**If you or someone you care about is in crises, please seek help immediately.**

- Call 911
- Visit a nearby emergency department or your health care provider's office.
- Call the toll-free, 24-hour hotline of the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255) to talk with a trained counselor.

Some strategies for fighting depression and loneliness:

1. **State of mind** – Challenge yourself to replace negative thinking with positive thinking. Increase your happy thoughts by reading funny newspaper cartoons or watching a funny television program or movie.
2. **Hobby** – Hobbies are a great way to combine staying busy and doing something you love.
3. **Routine enjoyment** – Whether reading a book or playing a game, take time to do something you love every day.
4. **Exercise** – Exercise is a great way to help you cure depression. Exercise naturally increases the release of endorphins which helps makes you feel good.
5. **Diet** – Eat a well-balanced diet with fruit, vegetables and whole grain foods, which can help increase the neurotransmitters in our brains, most commonly associated with mood.
6. **Meditation** – Meditation can help you find an inner peace within yourself and help you think about people and situations in a more relaxed way.
7. **Be Thankful** – Instead of thinking about the people and things we do not have in our lives, be grateful for all that we do have.
8. **Volunteer** – Knowing you have made a difference in a person's life can give you a sense of purpose. Even if you are unable to leave your house there are plenty of volunteer activities that you can do – call Kathy Burda at 570-621-3220 for more information.
9. **Join a Social Group** – There are many types of groups and clubs to choose from.
10. **Get help** – Recovering from depression is not easy to overcome on your own. Know when you need help and seek a friend, family member or professional for assistance.



# NORTH PARISH EPISCOPAL CHURCH SERVICES

## April 2016

April      Holy Eucharist    9:00 a.m.    St. John's      The Rev. Timothy Albright  
3            Holy Eucharist    11:00 a.m.    Holy Apostles    The Rev. Timothy Albright

April      Morning Prayer    9:00 a.m.    St. John's      Robert Tiley  
10           Morning Prayer    11:00 a.m.    Holy Apostles    Donald Clamser, Sr.

April      Holy Eucharist    9:00 a.m.    St. John's      The Rev. James Rinehart  
17           Holy Eucharist    11:00 a.m.    Holy Apostles    The Rev. James Rinehart

April      Morning Prayer    9:00 a.m.    St. John's      Donald Clamser, Sr.  
24           Morning Prayer    11:00 a.m.    Holy Apostles    Robert Tiley

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	<b>Notes:</b>	<b>Color:</b>
April 3	The Second Sunday of Easter	White
April 10	The Third Sunday of Easter	White
April 17	The Fourth Sunday of Easter	White
April 24	The Fifth Sunday of Easter	White



**2016 EASTER FLOWERS WERE GIVEN IN LOVING MEMORY OF:**



**St. John's**

Amour, Hess  
 & Scheuren Families  
 Leona & Walter Briel  
 Margaret Briel  
 John & Isabelle Coddington  
 Helen & Walter Hynoski  
 Lester & Madeline Jones  
 Robert Jones  
 Robert Jones  
 Ethel & Bert Kehler  
 Walter Kohler  
 Gladys Lally  
 Cole Joshua Lauver  
 Marlin "Sparky" Miller  
 Dorothy Tiley Miller  
 William Miller, Jr.  
 Emily & Louis Morris (2)  
 William Morris  
 Betty Noble (2)  
 Mary Anne Clamser Orr  
 Dorothy K. Smith  
 James Spieles  
 Harold & Deborah Strunk  
 Timothy Strunk  
 Hattie & Alfred Strunk  
 Margaret & John Stivetts  
 John Stivetts, Jr.  
 Mary Stokes  
 Mark & Annette Trautman  
 Raymond & Alice Umlauf (2)  
 Anna & John Umlauf  
 Edward & Rosemary Ulceski



**Holy Apostles**

John Blake  
 Chattin Family  
 Mary & Robert Dean  
 Deans Family  
 Oliver Dechert, Sr.  
 Carol Dresch  
 Daniel & Evelyn Eisenhauer  
 John Foytak  
 Charles & Maggie Frantz  
 Frank Frantz  
 Frank & Ruth Frantz  
 Harry Frantz  
 Orme & Merle Frantz  
 Edward & Clara Gehring  
 Charlotte & Elmer Geiger  
 Eugene Goodman, Sr.  
 Gladys & Charles Goodman  
 Lewis & Myrle Goodman  
 Robert B. Goodman  
 Robert Haverty  
 Anna Hesse  
 Daniel Jenkins, Sr.  
 Abram & Geneva Jones  
 Abram & Mary Jones  
 Robert & Lida Kalbach  
 Dorothy & George Kimmel  
 Anna Mae Krebs (2)  
 Clare & Elizabeth Oliver  
 Alice & Albert Padfield  
 David Padfield  
 Raymond Paisely, Jr.  
 Raymond & Charlotte Paisley  
 Margaret Peterman  
 Helen & Roland Price  
 Robert J. & Bertha E. Price  
 Benjamin & Edith Ray  
 Samuel Ray Family  
 Evan & Emma Reese  
 Russel Family  
 Alfred & Dolly Roberts  
 Sanner & Glick Families of Christ Church  
 Dale Shanoskie  
 Catherine & Harry Smith  
 Dorothy K. Smith  
 Harry G. Smith  
 Sarah Smith  
 Charles & Laura Turnitza  
 Wheeler & Guth Families  
 Matt Wylam  
 Wylam Family

The flowers on the side altar are in loving memory of the Amour & Hess Families.

