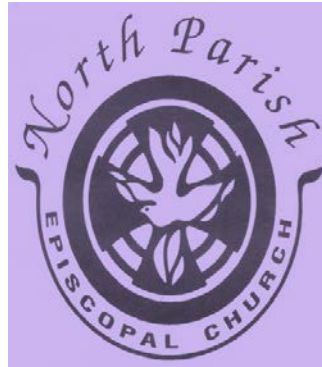


**NORTH PARISH
APRIL 2017
NEWSLETTER**

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



HOLY WEEK AND EASTER SUNDAY SCHEDULE



THE SUNDAY OF THE PASSION/PALM SUNDAY

Blessing & Distribution of the Palms

April 9, 2017

8:45 a.m. – St. John's, Ashland

11:15 a.m. – Holy Apostles', St. Clair

Celebrant – The Reverend James C. Smith



**MAUNDY
THURSDAY**

MAUNDY THURSDAY – April 13, 2017

Holy Eucharist with Stripping of the Altar

5:30 p.m. – St. John's, Ashland

8:00 p.m. – Holy Apostles', St. Clair

Celebrant – The Reverend James C. Smith



GOOD FRIDAY – April 14, 2017

Spoken Service with Holy Eucharist

3:00 p.m. – St. John's, Ashland

5:30 p.m. – Holy Apostles', St. Clair

Celebrant – The Reverend James C. Smith



THE SUNDAY OF THE RESURRECTION

EASTER SUNDAY – April 16, 2017

8:45 a.m. – St. John's, Ashland

11:15 a.m. – Holy Apostles', St. Clair

Celebrant – The Reverend James C. Smith



APRIL MEMORIALS



WINE AND WAFERS: In memory of Robert J. Price by Bob and Mary Price and Family.

BULLETINS: In memory of Walter and Leona Briel by Lee, Mary and Peter Umlauf.

SANCTUARY CANDLES: In honor of my Nan, Margaret Ann Connors on her birthday by Claudia Moyer.

MEMORIALS FOR 2017 ARE AVAILABLE FOR THE FOLLOWING MONTHS:

May: Newsletter

October: Bulletins, Newsletter

August: Newsletter

November: Bulletins, Newsletter

September: Newsletter

December: Newsletter

If you are interested in memorials please contact the church office by phone (570-429-7107) or by sending a note to the church secretary:

Shannon Mozdy, North Parish, P.O. Box 487, Frackville, PA 17931

OR you can also give your memorials to your church treasurer:

Holy Apostles – Marsha Dudash, St. John’s – Elaine Ulceski

The donations for monthly memorials are as follows: Sanctuary Candles - \$5.00

Bulletins - \$10.00; Wine and Wafers - \$10.00, Newsletters - \$10.00

DON'T FORGET TO HAVE YOUR EASTER FLOWER MEMORIALS TO ELAINE ULCESKI OR LOIS HEWES NO LATER THAN APRIL 2nd. Forms are available at the church of call the church office at 570-429-7107.



All articles for the May Newsletter should be submitted to our Parish Secretary, Shannon no later than Wednesday, April 12th. Volunteers are needed on Wednesday, April 26th 1:30 p.m. at Holy Apostles, St. Clair to help fold the newsletter.

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; Website: www.northparish.com

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



PLEASE PRAY FOR:

Darlis Berger
 Susan Glick Connor
 Alma Davis
 Bob Davis
 Daniel J. Eisenhauer
 Julia Foerster
 Mary Catherine Glick
 Bob Goulet
 Richard Griffin

James Hood
 Jessica Hynoski
 Sue (Kaufman) Jiannino
 Dolores K.
 Doris Kauffman
 McKenzie Kline
 Nick Lane
 Landry Lauver
 Michael Lesher

Russell Lesher
 Steven Lesher
 Todd Lesher
 Gretchen Moore
 Thelma Morgan
 Charlotte Smith
 James Spieles, Jr.
 Judith Wright

PLEASE PRAY FOR OUR TROOPS SERVING HERE AND ABROAD

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

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

FOOD BANK MINISTRY



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

FEBRUARY 2017 FINANCIAL REPORT

North Parish Receipts

General Account

February	\$ 2,588.96
Year to Date Gen. Receipts	\$ 5,475.96
Transfer in from M&I (Current)	\$ -
Transfer M&I Year to Date	\$ -
Transfer in from Mem. Acct. (Current)	\$ -
Transfer Mem Acct. Year to Date	\$ -

M&I Account

February	\$ 100.40
Year to date	\$ 189.16

Memorial Account

February	\$.83
Year to date	\$ 1.75

Balances

General Account	\$ 4,207.09
M&I Account	\$ 44,444.54
Memorial Fund	\$ 10,797.77
Temp. Restricted Fund	

North Parish Disbursements

General Account

February	\$ 3,230.40
Year to Date Exp.	\$ 8,393.61

M&I Account

February	\$ -
Year to date	\$ -

Memorial Account

February	\$ -
Year to date	\$ -



Vestry Highlights - March 19, 2017

The vestry would like to thank everyone, especially Donald and Fran Clamser, who helped at the Pancake Supper. A profit of \$150 was donated. Also, a huge thank you to all whom made soup for our recent soup sale. A profit of \$550 was deposited into the General Fund.

Lois Hewes and Bonnie Baker will be the delegates to the Diocesan Convention to be held in Carbondale, September 29 and September 30, 2017. Donald Clamser will be the Alternate.

The Good Friday offering will be split between the Salvation Army and the Ashland Food Bank.

A Strawberry Festival will be held at Holy Apostles on June 21st from 6 p.m. to 8 p.m. The cost will be \$5.00 and will include a dish of ice cream with strawberries, a dessert and a beverage. Parishioners will be asked to donate desserts.

There will not be a vestry meeting in April. The next vestry meeting will be May 21st at 4 p.m. at St. John's, Ashland.



TRINITY CANDY SALE: Enjoy peanut butter eggs dipped in milk chocolate or coconut crème dipped in dark chocolate. Cost is \$11.00 per pound or \$5.50 per half pound. Last day to pick up candy will be April 9th. To order call Trinity's parish office at 570-622-8720.

NEWS FROM MARION C. PRICE TRUST FUND

Your senses of smell & taste help you enjoy life. You may delight in the aromas and taste of your favorite foods or the fragrances of flowers. They are also a warning systems, alerting you to danger signals such as a gas leak, spoiled food or a fire. Any loss in your sense of smell or taste can have a negative effect on your quality of life.

Problems with the sense of smell increases as people get older and they are more common in men than women.

Your ability to smell comes from specialized sensory cells found in a small patch of tissue high inside the nose. These cells connect directly to the brain. Smells reach these specialized cells through your nostrils and through a channel that connects the roof of the throat to the nose. When your nose is stuffed up by a cold or flu, you lose much of your ability to enjoy a food's flavor.

Without smell, foods tend to taste bland and have little or no flavor. Some people who go to the doctor because they think they have lost their sense of taste have actually lost their sense of smell instead.

Your sense of smell is also influenced by something called the common chemical sense. This sense involves thousands of nerve endings, especially on the moist surfaces of the eyes, nose, mouth and throat. These nerve endings help you sense irritating substances-such as the tear-inducing power of an onion or the refreshing coolness of menthol.

People who have a smell disorder either have a decrease in their ability to smell or changes in the way they perceive odors.

Smell disorders have many causes, with some more obvious than others. Most people who develop a smell disorder have experienced a recent illness or injury. Common causes of smell disorders are:

- Aging
- Sinus and other upper respiratory infections
- Smoking
- Growths in the nasal cavities
- Head injury
- Dental problems
- Exposure to certain chemicals, such as insecticides and solvents
- Numerous medications
- Radiation from treatment of head and neck cancers
- Conditions that affect the nervous system, such as Parkinson's Disease or Alzheimer's Disease

Your ability to taste comes from tiny molecules released when you chew, drink or digest food; these taste cells are clustered within the taste buds of the tongue and roof of the mouth and the lining of the throat.

Taste cells have receptors that respond to one of the five basic taste qualities; sweet, sour, bitter, salty and savory.

When you eat, the sensations from the five taste qualities, together with the sensations from the common chemical sense and the sensations of heat, cold and texture combine with a food's aroma to produce a perception of flavor. It is flavor that lets you know whether you are eating a pear or an apple.

The most common taste disorder is phantom taste perception: a lingering, often unpleasant taste even though there is nothing in your mouth. People can also experience a reduced ability to taste sweet, sour, bitter, salty and savory.

Some people are born with taste disorders, but most develop them after an injury or illness. Many of the causes of smelling disorders are also causes of taste problems in addition to: some surgeries to the ear, nose and throat or extraction of the molars.

Both smell and taste disorders are treated by an otolaryngologist, a doctor who specializes in diseases of the ear, nose and throat (sometimes called an ENT).

A common way a health care provider will test smell is with a paper booklet of pages with tiny beads filled with specific odors. People are asked to scratch each page and identify the odor. To test your sense of taste you may be asked to "sip, spit and rinse" or chemicals may be applied directly to specific areas of the tongue.

Some people recover their ability to smell and taste when they recover from the illness causing their loss. Some people recover their sense of smell and taste spontaneously. If you lose some or all of your sense of taste, here are things you can try to make your food taste better:

- Prepare foods with variety of colors and textures
- Use aromatic herbs and hot spices to add more flavor; however, avoid adding more sugar or salt to foods
- If your diet permits, add small amounts of cheese, bacon bits, butter, olive oil or toasted nuts or vegetables
- Avoid combination dishes, such as casseroles, that can hide individual flavors and dilute taste

NORTH PARISH EPISCOPAL CHURCH SERVICES

APRIL 2017

April 2	Holy Eucharist Morning Prayer	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	The Rev. James C. Smith Chester Shanoskie
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Palm Sunday – Please note the times

April 9	Holy Eucharist Holy Eucharist	8:45 a.m. 11:15 a.m.	St. John's Holy Apostles	The Rev. James C. Smith The Rev. James C. Smith
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Maundy Thursday

April 13	Holy Eucharist Holy Eucharist	5:30 p.m. 8:00 p.m.	St. John's Holy Apostles	The Rev. James C. Smith The Rev. James C. Smith
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Good Friday – Spoken Service

April 14	Holy Eucharist Morning Prayer	3:00 p.m. 5:30 p.m.	St. John's Holy Apostles	The Rev. James C. Smith The Rev. James C. Smith
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Easter Sunday – Please note the times

April 16	Holy Eucharist Holy Eucharist	8:45 a.m. 11:15 a.m.	St. John's Holy Apostles	The Rev. James C. Smith The Rev. James C. Smith
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April 23	Morning Prayer Holy Eucharist	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	Donald Clamser, Sr. The Rev. James C. Smith
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April 30	Holy Eucharist Morning Prayer	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	The Rev. James C. Smith Barry Idell
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	Notes:	Color:
April 2	The Fifth Sunday in Lent	Purple
April 9	The Sunday of the Passion: PALM SUNDAY	Red or Purple
April 13	Maundy Thursday	White
April 14	Good Friday	Red or Black
April 16	The Sunday of the Resurrection: EASTER SUNDAY	White
April 23	The Second Sunday of Easter	White
April 30	The Third Sunday of Easter	White