

NORTH PARISH DECEMBER 2015 NEWSLETTER

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



CHRISTMAS EVE SERVICES

5:30 p.m. – Holy Apostles, St. Clair
Celebrant – The Rev. James C. Smith

7:30 p.m. – St. John's, Ashland,
Celebrant – The Rev. James C. Smith

**The Vestry and Fr. Jim wish each one of you a
Blessed and Merry Christmas!**

CHRISTMAS CARDS FOR OUR SHUT-INS OF THE PARISH



Please remember the following shut-ins of our Parish this Christmas by sending them a Christmas Card. Please call Shannon, our Parish Secretary at 570-429-7107 for any addresses. If you are a shut-in and are not on our list please call the church office.

Verna Bosak
Theresa Robbins

Thelma Morgan
Ruby Powanda

Charlotte Smith



WINTER CLOTHING DRIVE



North Parish is hosting a winter clothing drive now until December 13. We are collecting hats, scarves, gloves and coats for all ages. Your donations will be given to a local charity. Thank you for helping those in need.



DECEMBER MEMORIALS



WINE & WAFERS: In loving memory of Carol Dresch by her sister Lois and family.
In loving memory of Bob Jones by Carol Jones.
In loving memory of Katie Whyne Schenk by Diane Lippincott.

BULLETINS: In loving memory of Harold and Deborah Strunk by the Ulceski and Strunk families.

SANCTUARY CANDLES: In loving memory of Irene and Stephen J. Rasimowicz Sr. by Janis and Barry Idell.

THE ADVENT WREATH AT ST. JOHN'S is in loving memory of Betty Noble by the Hynoski and Noble families.

IT IS NOW TIME TO RENEW YOUR MEMORIALS FOR 2016. 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 give your memorials to your church treasurer:

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

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

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

NEWSLETTER DEADLINE

All articles for the January Newsletter should be submitted to our Parish Secretary, Shannon no later than December 2nd. Volunteers are needed on Thursday, December 17th at 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

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

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

Clergy – The Reverend James C. Smith

Senior Warden – Bonnie Baker – 570-429-2272

Website: www.northparish.com

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

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



PLEASE PRAY FOR:

Alice, Matthew, Deb Andrews, Pat Brophy, Virginia M. Bushyager, Suzanne Glick Connor, Ellie Dando, Spencer Dougherty, Louanne Drumheiser, Kevin Emery, Mary Engelbrecht, Kay Fertig, Sherese Gavenport, Mary Faith Goodman, Mary Catherine Glick, Howard Hauk, John Hauk, Anna Hesse, Florence Hollick, Jess Hynoski, Joanne, Daniel Jenkins Sr., Jackie Jones-Allison, Kay, Tamme Kehres, Paulette Kelley, Gerry Ketterer, Mckenzie Kline, Kristin Lecher, June, Steven & Russell Leshar, Mabel, Walter Machos, Donna McGinley, William Moore, Thelma Morgan, Shirley Moyer, Amanda Mozdy, Jason Noble, Anthony Novitksy, Stacey Orth, Suzette Pogash, Ruby Powanda, Theresa Price, Rafael Ramos, Linda Regal, Kevin Rhein, Theresa Robbins, Gerry Salata, Marg Scheuren, Connie Schrader, Kyle & Karl Schu, Martha Semar, Brittany Shoffler, Charlotte Smith, Lois Smith, Jim Spieles Jr., Charles J. Wylam

PLEASE PRAY FOR OUR TROOPS SERVING HERE AND ABROAD.

PRAYER LIST POLICY: NEW POLICY:

We will begin a new prayer list beginning January 1, 2016. All names will be taken off the prayer list effective December 31, 2015. However, if you would like your name to remain on the prayer list or you need to add someone please notify the office before January 1st.

We ask that you call the church office at 570-429-7107 or email us at nparish@ptd.net. Please leave your name, phone number and the name of the person for the prayer list.

You can also mail the form below to the church office at:
North Parish, P.O. Box 487, Frackville, PA 17931

Name on the prayer list: _____

Person making the request: _____

Please note: The prayer list will be updated at the end of June also.

DECEMBER BIRTHDAYS

- | | |
|----------------------|-----------------------|
| 2 – Joshua Jacobs | 14 – Justin T. Hughes |
| 4 – Jennifer Evans | Albert Leibig |
| Janis Idell | 15 – Dakotah Hewes |
| 8 – Randall Snyder | 18 – Robert Scheuren |
| 10 – Brooklyn Hewes | 21 – Clayton Demcher |
| 12 – Holly Jazwinski | 23 – Jane Shaqfeh |
| Sue O’Neill | 26 – John Price, Jr. |
| Michael Leshar | Stephen Ulceski |
| Alicia Rathosky | 27 – Mary Alice Reese |



If you would like your name added to the birthday list or if your birthday is listed incorrectly please call the church office at 570-429-7107.



CHRISTMAS FLOWERS/MEMORIAL DONATION FORM:

Please fill out the form below and place it in an envelope with your donation. Please place it in the collection or mail it to the church office: North Parish, P.O. Box 487, Frackville, PA 17931

PLEASE NOTE: MEMBERS OF HOLY APOSTLES

Please give your donations to Bonnie Baker.
Checks should be made payable to Good Shepherd's Guild

MEMBERS OF ST JOHN'S

Please give your donations to Elaine Ulceski
Checks should be payable to St. John's ECW

Name of Donor(s): _____

Church: _____

In Loving Memory of: _____

In Loving Memory of: _____

In Loving Memory of: _____

Amount Enclosed: _____

PLEASE RETURN BY December 6, 2015.

All memorials will be published in the January Newsletter.

Please be mindful of the deadline date.



FOOD BANK MINISTRY



During the month of December we will be collecting boxed potatoes, boxed stuffing, canned yams, canned vegetables, canned cranberry sauce and anything else non-perishable that could be used to enjoy the holiday meals! Thank you to everyone who donated products in November. 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.



BAPTISM: We welcomed into the Episcopal Church on November 15, 2015, through Holy Baptism at Holy Apostles, Jude Harrison Salata, son of Joshua Salata and Devyn Morrow. May God bless Jude and his family now and forever.

Chicken Dinner

Sunday, December 6, 2015
4:00 p.m. – 6:00 p.m.
Holy Apostles Church
307 E. Hancock Street, St. Clair
Tickets - \$8.00
For tickets see Bonnie Baker
Eat-in or Take-out



Come enjoy ½ breast of chicken, baked potato, green beans, roll,
dessert and beverage.
Donations of desserts are needed.
Proceeds benefit our general operating expenses

SEPTEMBER 2015 FINANCIAL REPORT

North Parish Receipts

General Account		
	Sept.-15	\$ 6,125.75
Year to Date Gen. Receipts		\$ 40,790.44
Transfer in from M&I		\$ 5,000.00
Transfer M&I Year to Date		\$ 41,400.00

M&I Account

	Sept. 15	\$ 1,425.85
Year to date		\$ 28,650.40

Memorial Account

	Sept. 15	\$ 1.55
Year to date		\$ 953.80

Balances

General Account	\$ 12,274.94
M&I Account	\$ 51,490.52
Memorial Fund	\$ 18,881.18
Temp. Restricted Fund	

North Parish Disbursements

General Account		
	Sept. 15	\$ 3,392.58
Year to Date Exp.		\$ 76,499.21

M&I Account

	Sept. 15	\$ 5,000.00
Year to date		\$ 41,440.00

Memorial Account

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



2016 PLEDGE FORMS – Please return your forms to you church treasurer at this time. Thank you for your continued financial support to North Parish! If you need a pledge card please all the church office.

NEWS FROM MARION C. PRICE TRUST FUND



Healthy Holiday Eating – The holiday season is a time to celebrate with family and friends. Unfortunately, for so many it also becomes a time for over-eating and weight gain. According to the National Institutes of Health, holiday eating can result in an extra pound or two every year. Over a lifetime, holiday weight gain can really add up. The holidays don't have to mean weight gain. Focus on a healthy balance of food, activity and fun. By implementing a few simple tips you can stay healthy through the holiday season.

1. Be realistic. Don't try to lose weight over the holidays, instead try to maintain your current weight.
2. Plan some time for exercise. Exercise helps relieve holiday stress and prevents weight gain. A moderate and daily increase in exercise can help partially offset increased holiday eating. Try 10 - 15minute brisk walks twice a day.
3. Don't skip meals, before leaving for a party, eat a light snack like raw vegetables or a piece of fruit to curb your appetite. You will be less tempted to over-indulge.
4. Survey party buffets before filling your plate. Choose your favorite foods and skip your least favorite. Include vegetables and fruits to keep your plate balanced.
5. Eat until you are satisfied, not stuffed. Savor your favorite holiday treats while eating small portions. Sit down, get comfortable, enjoy.
6. Be careful with beverages. Alcohol can lessen inhibitions and induce overeating; no-alcoholic beverages can be full of calories and sugar.
7. If you overeat at one meal go light on the next. It takes 500 calories per day (or 3,500 calories per week) above your normal/maintenance consumption to gain one pound. It is impossible to gain weight from one piece of pie.
8. Take the focus off food. Turn candy and cookie making time into non-edible projects.
9. Bring your own healthy dish to a holiday gathering.
10. Practice health Holiday Cooking. Preparing favorite dishes lower in fat and calories will help promote healthy holiday eating. Incorporate some of these simple-cooking tips in traditional holiday recipes to make them healthier:
 - Gravy – Refrigerate the gravy to harden fat. Skim the fat off.
 - Dressing – use a little less bread and add more onions, garlic, celery and vegetables. Moisten or flavor with low fat low sodium chicken or vegetable broth or applesauce.
 - Turkey – Enjoy delicious, roasted turkey breast without the skin.
 - Mashed Potato – Use skim milk, chicken broth, garlic or garlic powder and Parmesan Cheese instead of whole milk and butter.

- Quick Holiday Nog – Four bananas, 1 ½ c skim milk, 1 ½ c plain nonfat yogurt, 1/4 tsp. rum extract and ground nutmeg. Blend all ingredients except nutmeg. Puree until smooth. Top with nutmeg.
- Desserts – Make a crust less pumpkin pie. Substitute two egg whites for each whole egg in baked recipes. Replace heavy cream with evaporated skim milk in cheesecakes and cream pies. Top cakes with fresh fruit, fruit sauce or a sprinkle of powdered sugar instead of a fattening frosting.

Reprinted from information found at www.cpmc.org

LIHEAP (Low Income Home Energy Assistance Program) will accept applications until April 1, 2016. The Department of Human Services may extend or shorten the program depending upon the availability of federal funds. Income guidelines for 1 in household is \$17,655 and 2 - \$23,895. For more information or to obtain application for LIHEAP call Kathy Burda at 570-621-3220.

Medicare Savings Program is a program available to help pay your Medicare premiums. There are several benefits. Depending on your income and resources you may be eligible for benefits in one of the following categories:

QMB Plus – qualifies for full Medical benefits (Medicaid-includes dental & vision)

Monthly Income	Resources
Single \$981	\$2000
Married \$1,327	\$3000

QMB – qualifies for full Medical benefits (Medicaid)

Monthly Income	Resources
Single \$981	\$7,280
Married \$1,327	\$10,930

SLMB/QI-1 – qualifies for the Part B premium to be paid by Medicaid

Monthly Income	Resources
Single \$1,324	\$7,280
Married \$1,792	\$10,930

Even if your earned and unearned income and resources are above the limits, you should apply because not all income is counted. Certain resources, such as the house you live in, are not counted. For more information or for application call Kathy Burda at 570-621-3220.

May you and yours have a Blessed Holiday Season. Merry Christmas and Happy New Year.



2016 EPISCOPAL KALENDAR

The 2016 church calendars have arrived
 Please call the church office at (570) 429-7107
 if you would like to
 purchase one.

Calendar donations are \$3.00 each.

NORTH PARISH EPISCOPAL CHURCH SERVICES

DECEMBER 2015

December 6	Holy Eucharist With Healing Service Morning Prayer	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	The Rev. James C. Smith Donald Clamser, Sr.
December 13	Morning Prayer Holy Eucharist With Healing Service	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	Robert Tiley The Rev. James C. Smith
December 20	Holy Eucharist Morning Prayer	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	The Rev. James C. Smith Donald Clamser, Sr.
December 24	Holy Eucharist Holy Eucharist	5:30 p.m. 7:30 p.m.	Holy Apostles St. John's	The Rev. James C. Smith The Rev. James C. Smith
December 27	Holy Eucharist Holy Eucharist	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	The Rev. James C. Smith The Rev. James C. Smith

	Notes:	Color:
December 6	The Second Sunday of Advent	Purple
December 13	The Third Sunday of Advent	Purple
December 20	The Fourth Sunday of Advent	Purple
December 24	The Nativity of Our Lord Jesus Christ	White
December 27	The First Sunday after Christmas Day St John Apostle and Evangelist	White