

**NORTH PARISH  
DECEMBER 2016  
NEWSLETTER**

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



**ADVENT WORSHIP SERVICES**

**Evening Prayer with Prayers for Healing**

**Wednesday, December 7, 2016**

**6:30 p.m. – Holy Apostles, St. Clair**

**Followed by a Coffee Hour**

**Evensong Service**

**Tuesday, December 20, 2016**

**6:30 p.m. – Trinity Episcopal Church, Pottsville**

**Followed by a light supper of soup and bread.**

**CHRISTMAS EVE SERVICES**

**December 24, 2016**

**5:00 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**

**\*PLEASE NOTE: There will be no services on Christmas Day.**

**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



# DECEMBER MEMORIALS



**WINE & WAFERS:** In memory of Bob Jones by Carol Jones.

**BULLETINS:** In memory of Alice, Albert and David Padfield by  
Barbara and Dean Padfield.  
Harold and Deborah Strunk by Strunk and Ulceski Families.

**SANCTUARY CANDLES:** In memory of Cole Joshua Lauver by the Hynoski Family.

**ADVENT WREATH** In memory of Betty Noble by Bonnie and Steve Hynoski Family  
**AT ST. JOHN'S:** and Bill Noble Family.

**NEWSLETTER:** In memory of Daniel Jenkins Sr. by his wife Laura Goodman Jenkins.

**IT IS NOW TIME TO RENEW YOUR MEMORIALS FOR 2017.** 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

## NEWSLETTER DEADLINE

All articles for the January Newsletter should be submitted to our Parish  
Secretary, Shannon no later than Wednesday, December 7<sup>th</sup>. Volunteers are  
needed on Wednesday, December 28<sup>th</sup> at 1:30 p.m. at Holy Apostles, St. Clair to  
help fold the newsletter.

## 2017 EPISCOPAL CALENDARS



The 2017 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.



# PLEASE PRAY FOR:

Susan Glick Connor  
Spencer Dougherty  
Holly Frantz  
Mary Catherine Glick  
Mary Faith Goodman  
Bob Goulet  
Richard Griffen  
James Hood  
Jessica Hynoski

Sue (Kaufman) Jiannino  
Dolores K.  
McKenzie Kline  
Landry Stephen Lauver  
Michael Leshner  
Russell Leshner  
Steven Leshner  
Todd Leshner  
Rhonda McGinley

Nancy McMurtrie  
Thelma Morgan  
Ruby Powanda  
Mary Price  
Charlotte Smith  
Albert Snyder, Jr.  
James Spieles, Jr.  
Judith Wright

**PLEASE PRAY FOR OUR TROOPS SERVING HERE AND ABROAD.**

## PRAYER LIST POLICY:

We will begin a new prayer list beginning January 1, 2017. If you would like your name to remain on the prayer list or you need to add someone please notify the office before December 29th.

We ask that you call the church office at 570-429-7107 or email us at [nparish@ptd.net](mailto: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.



### 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](mailto: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/Northparisepiscopalchurch>



# CHRISTMAS FLOWERS/MEMORIAL DONATION FORM:

Please fill out this form and place it in an envelope with your donation and 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 Lois Hewes. 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 4, 2016.**  
All memorials will be published in the January Newsletter.  
**Please be mindful of the deadline date.**

## DECEMBER BIRTHDAYS



- 2 – Joshua Jacobs
- 4 – Jennifer Evans
- Janis Idell
- Mary Price
- 8 – Randall Snyder
- 10 – Brooklyn Hewes
- 12 – Holly Jazwinski
- Sue O'Neill
- Michael Leshner
- Alicia Rathosky

- 14 – Justin T. Hughes
- Albert Leibig
- 15 – Dakotah Hewes
- 18 – Robert Scheuren
- 21 – Clayton Demcher
- 23 – Jane Shaqfeh
- 26 – John Price, Jr.
- Stephen Ulceski
- 27 – Mary Alice Reese

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

# OCTOBER 2016 FINANCIAL REPORT

## North Parish Receipts

### General Account

|                                       |              |
|---------------------------------------|--------------|
| October -16                           | \$ 2,493.00  |
| Year to Date Gen. Receipts            | \$ 38,887.77 |
| Transfer in from M&I (Current)        | \$ 5,000.00  |
| Transfer M&I Year to Date             | \$ 49,876.00 |
| Transfer in from Mem. Acct. (Current) | \$ -         |
| Transfer Mem Acct. Year to Date       | \$ 8,105.00  |

### M&I Account

|              |              |
|--------------|--------------|
| October -16  | \$ 2,078.41  |
| Year to date | \$ 26,941.07 |

### Memorial Account

|              |          |
|--------------|----------|
| October - 16 | \$ .92   |
| Year to date | \$ 13.28 |

### Balances

|                       |              |
|-----------------------|--------------|
| General Account       | \$ 5,697.64  |
| M&I Account           | \$ 37,584.39 |
| Memorial Fund         | \$ 10,794.22 |
| Temp. Restricted Fund |              |

## North Parish Disbursements

### General Account

|                   |               |
|-------------------|---------------|
| October -16       | \$ 24,329.44  |
| Year to Date Exp. | \$ 103,688.26 |

### M&I Account

|              |              |
|--------------|--------------|
| October -16  | \$ 5,000.00  |
| Year to date | \$ 49,992.92 |

### Memorial Account

|              |             |
|--------------|-------------|
| October -16  | \$ -        |
| Year to date | \$ 8,105.00 |



2017 PLEDGE CARDS – Please return your pledge cards to your church treasurer at this time. Thank you for your continued financial support to North Parish! If you need a pledge card please call the church office.



## FOOD BANK MINISTRY

During the month of December we will be collecting canned hams, 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.

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

**Hepatitis C** – is an inflammation of the liver. It can be caused by a number of factors, including viruses (like hepatitis B and C), alcohol abuse, large doses of certain medications and poisons.

In some people, over time, chronic infection with the Hepatitis C virus can damage the liver and lead to cirrhosis. Drinking alcohol and being overweight add to the risk of developing cirrhosis.

Most people infected with the Hepatitis C virus have no or only mild symptoms, so they do not always know they are infected.

The Hepatitis C virus is spread by contact with blood. The most common ways people have gotten infected are:

- Sharing needles, syringes or other drug paraphernalia.
- Receiving a blood transfusion before 1990, when blood was not routinely tested for Hepatitis C or other infections.
- Having sex with an infected person.
- Getting body piercings or tattoos done with improperly sanitized equipment.
- Sharing toothbrushes, razors or other things that could have blood on them.
- Getting stuck with a sharp object that has contaminated blood on it (as might happen in a healthcare setting).

When people are first infected with the Hepatitis C virus, they develop what is called an acute infection. Some people are able to fight off the infection at this stage and become cured. But most people – 60-80% of those infected – go on to develop a chronic infection. This means the virus remains in their body, even if they do not know they have it.

Most people with Hepatitis C have no symptoms or only mild nonspecific symptoms that are difficult to attribute to the infection. Among those who do not have symptoms, the most frequent complaint is fatigue. Other less common symptoms include nausea, decreased appetite, muscle or joint pain, weakness and weight loss.

Healthcare providers diagnose hepatitis C using two types of tests. One type of test checks the blood for antibodies – proteins made by the immune system in response to the virus. The other type of test checks for a substance called RNA made by the virus itself.

The United States Food & Drug Administration has approved a Hepatitis C antibody test kit that you can buy without a prescription and use at home.

Who should be tested? – Healthcare providers generally test for Hepatitis C in people with specific risk factors for infection (such as a history of injection drug use) or when a person shows signs of liver disease- usually in the form of abnormal blood tests. Experts also recommend routine testing for people born between 1945 and 1965, because the risk of infection is high in this group.

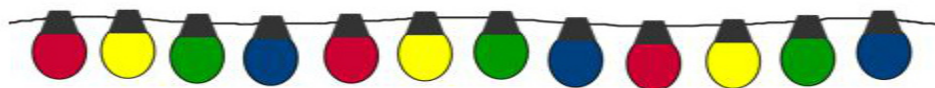
There are a number of medications to treat hepatitis C. In the vast majority of people, these medications have an excellent chance of curing the infection. Most Hepatitis C medications can interact with other medications. Before you go on any medications for Hepatitis C, make sure to tell your healthcare provider about all the medications you take, including herbal and non-prescription medications.

There is currently no vaccine to prevent hepatitis C. But, with the newest treatments cure rates have improved.

Your health care provider is your best source of information for questions and concerns that you may have concerning your risk and treatment options.

**Healthier Holiday Cooking** - Whipping up healthier recipes for the holidays may be easier than you think. You can make simple ingredient substitutions to create healthier recipes that don't sacrifice taste and enjoyment.

- ❖ Substitute whole wheat flour for white flour – In virtually any baked good, replacing white flour with whole wheat can add a whole new dimension of nutrition, flavor and texture. It aids in digestion and can even lower the risk of diabetes and heart disease. For every cup of white flour substitute it with 7/8 cup of whole wheat flour.
- ❖ Unsweetened applesauce for sugar – This substitution can give the necessary sweetness without extra calories. One cup of unsweetened applesauce equals 100 calories while a cup of sugar equals 770 calories. You can swap in a 1:1 ratio but for every cup of applesauce reduce the liquid in the recipe by ¼ cup.
- ❖ Unsweetened applesauce for oil or butter – For a recipe using 1 cup of oil - use ½ cup oil & ½ cup applesauce. If you can't tell the difference with that swap, try swapping a bit more of the fat next time around.
- ❖ Vanilla for sugar - Cut sugar in ½ and add a tsp. of vanilla as a replacement. This can give you just as much flavor with significantly fewer calories. In cookies - try cutting 2 Tablespoons of sugar and add an extra ½ tsp. of vanilla extract.
- ❖ Evaporated skim milk for cream – This substitution offers the same consistency with a fraction of the fat. Evaporated milk tends to have a bit more sugar (only about 2 Grams), but the major drop in fat content is well worth the switch. 1 cup cream = 1 cup evaporated milk.
- ❖ Egg beaters for egg yolks.
- ❖ Greek yogurt for sour cream – half the calories and fat, yet taste and texture are virtually identical.



**Happy  
Holidays!**

## NORTH PARISH EPISCOPAL CHURCH SERVICES DECEMBER 2016

|                |   |                             |                                 |  |
|----------------|---|-----------------------------|---------------------------------|--|
| December<br>4  | Morning Prayer<br><br>Holy Eucharist      | 9:00 a.m.<br><br>11:00 a.m. | St. John's<br><br>Holy Apostles | Donald Clamser, Sr.<br><br>The Rev. James C. Smith     |
| December<br>7  | Evening Prayer<br><br>Prayers for Healing | <br><br>6:30 p.m.           | <br><br>Holy Apostles           | <br><br>Donald Clamser, Sr.                            |
| December<br>11 | Holy Eucharist<br><br>Morning Prayer      | 9:00 a.m.<br><br>11:00 a.m. | St. John's<br><br>Holy Apostles | The Rev. James C. Smith<br><br>Chester Shanoskie, Jr.  |
| December<br>18 | Morning Prayer<br><br>Holy Eucharist      | 9:00 a.m.<br><br>11:00 a.m. | St. John's<br><br>Holy Apostles | Robert Tiley<br><br>The Rev. James C. Smith            |
| December<br>24 | Holy Eucharist<br><br>Holy Eucharist      | 5:00 p.m.<br><br>7:30 p.m.  | Holy Apostles<br><br>St. John's | The Rev. James C. Smith<br><br>The Rev. James C. Smith |

|             | Notes:                                | Color: |
|-------------|---------------------------------------|--------|
| December 4  | The Second Sunday of Advent           | Purple |
| December 7  | Combined Advent Service               | Purple |
| December 11 | The Third Sunday of Advent            | Purple |
| December 18 | The Fourth Sunday of Advent           | Purple |
| December 24 | The Nativity of Our Lord Jesus Christ | White  |