

**NORTH PARISH  
FEBRUARY 2014  
NEWSLETTER**

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



**From Fr. Tim's Desk**

**"Be perfect, therefore, as your heavenly Father is perfect." Matthew 5:48**

**"Be perfect as your heavenly Father is perfect." A commandment? An expectation? A challenge? Be perfect. Tough words to hear. During the month of February we read through Matthew's account of Jesus' Sermon on the Mount, a set of rules and exhortations preached to the masses on a hillside in Galilee that tell us not what to believe, but rather what to do. They tell us how to lead our lives as God and his Son our Savior would have us do. And much of what Jesus tells us seems to be counterintuitive, even unnatural. You have heard it said an eye for an eye and a tooth for tooth, but I say if someone strikes you on the cheek then turn the other cheek so that they may strike it also. You have heard it said love your neighbor and hate your enemy, but I say love your enemies and pray for them. The Sermon on the Mount contains so many lofty ethics and uncompromising demands that no one could ever perfectly meet all of the strict demands of the sermon. But that is the point. There has only ever been one perfect human being, and it is he who preached on the hillside 2000 years ago. Jesus describes what is in his heart and in his Father's heart. In this season of Epiphany, in this season of making himself known, our Lord Jesus Christ is telling us what it means to be perfect, what it means to be like God. Why? So that we might be like Him. His Sermon on the Mount is the standard toward which every one of his disciples should strive, even though they can never fully attain the standard until He comes again.**

**As Christians we are called to become new creations in Christ, to live into the persons that our Lord and Savior would have us be. As our faith matures we find ourselves more and more able to build upon the sure foundation of Christ. As our faith matures we find ourselves more and more able to build upon the teachings of the prophets and the apostles. As our faith matures we find ourselves more and more able to raise the bar and set new standards for ourselves and for others as Christ would have us do. We are able to do so by the unbounded love and grace of our Lord and Savior Jesus Christ pouring into our hearts through the Holy Spirit. We are able to do so by the unbounded love and grace of our Lord and Savior Jesus Christ overflowing and spilling out of our own hearts that allows us to practice what He preaches. It is practice; it is practice that will make us . . . PERFECT.**

*Fr. Tim +*



# FEBRUARY MEMORIALS



**WINE & WAFERS:** In loving memory of Roy Strobel, Sr. by Godson Roy Amour.  
In loving memory of George Amour by son Roy.

**BULLETINS:** In loving memory of Josephine Eagan by Lee, Mary & Peter Umlauf.

**SANCTUARY  
CANDLES:** In loving memory of Irene and Stephen J. Rasimowicz Sr. by  
Janis and Barry Idell.  
In loving memory of Gladys Lally by Lee, Mary & Peter Umlauf.  
In loving memory of Emily Morris by Steve, Bonnie, Jaime & Ben Hynoski.

## NEWSLETTER DEADLINE

All articles for the March Newsletter should be submitted to our Parish Secretary, Shannon no later than February 5<sup>th</sup>. Volunteers are needed on Wednesday, February 19<sup>th</sup> at 1:30 p.m. at Christ Church, Frackville 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) 874-4532

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: 1:00-5:15pm; Fridays: 1:00-4:30pm

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

Clergy – The Reverend Timothy Albright; The Reverend James C. Smith

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

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.



**“Sharing Thoughts from the Senior Warden”**

**As North Parish turns the first page of a new chapter in its long history, we need to remain focused on our future as a parish. Those dear members of many years past left us with a legacy of spreading the Word of God. They provided spiritual enrichment to all who entered our doors. We need to continue that legacy by providing future generations the same opportunities to worship in the Episcopal family of North Parish. To accomplish this, I am asking all our members to work together as we move ahead in the days, weeks, and months of 2014, with a renewed anticipation of a bright future for North Parish.**

**May God bless you and your families!**

**Barry Idell  
Senior Warden**



**THANK YOU NOTES**

**Congregation & Staff of Holy Apostles,**

**Thank you so very much for the generous Christmas gifts! We are grateful to have the opportunity to worship with all of you!**

**Happy New Year!  
*Maureen Challenger  
Joseph Burns***

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**Dear Members of North Parish and Vestry,**

**Thank you for the generous Christmas gift. I truly appreciate it and I am so grateful to be part of the North Parish family. I wish each one of you a Blessed New Year.**

**Thank you again,  
*Shannon Mozdy*  
Parish Administrator**

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# PLEASE PRAY FOR:

Christopher Albright, Jason Noble, Alma Davis, Martha Semar, Sherese Gavenport, Donna Phillips, Howard Hauk, Michele Esposito, Jessica Rhein, Mabel, Rich Wertz, Alice Sapp, Arlene Davis, Mckenzie Rose, Rafael Ramos, Henry Koller, Shirley Moyer, Kay Collier, Kevin Rhein, Stephen Rasimowicz, Jr., Bob C., John Hauk, Todd Leshar, Darlene Frye, Pastor James Bowers, Floyd Kimmel, Darryl Corewell, Matthew Miggins, Edith Hoffman, Gary Boose, Bob Jones, Sr., Maria Machos, Pam Sapp, Josh, Mark Rauco, Mary Price, Cheyenne Sheipe, Virginia M. Bushyager, Theresa Price, Jackie Jones-Allison, Theresa Robbins, Suzanne Glick Connor, Charlotte Smith, Thelma Morgan, Jim Spieles, Jr., Judy Demyan, June Leshar, Steven Leshar, Russell Leshar, Kristin Lecher, Suzette Pogash, Mary Catherine Glick, Kay Fertig, Charles J. Wylam, Mary Faith Goodman

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 (570-874-4532) 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 priests have designated a spot in the service for birthday and anniversary blessings. If you would like a birthday or anniversary blessing, please let our priests know during the announcements that it is your special day.

## FEBRUARY BIRTHDAYS

2 – Connor Demcher  
8 – James Willard  
12 – Hailey Foerster  
14 – Angela (Neary) Cody  
15 – Edith Bixler  
Matthew R. Price  
18 – Kevin Jacobs

21 – Bonnie Baker  
Rebecca Higgins  
25 – Holden Andrewcavage  
26 – Nancy Lymaster  
Margaret Scheuren  
27 – Robin Leibig



If you would like your name added to the birthday list or if your birthday is listed incorrectly please call the church office at 570-874-4532.

# December 2013 FINANCIAL REPORT

## North Parish Receipts

General Account		
Dec-13		\$5,688.00
Year to Date Gen. Rec.		\$ 66,724.08
Transfer in from M&I		\$ -
Transfer in from M&I Year to Date		\$ 10,000.00

M&I Account		
Dec-13		\$ 4,230.55
Year to date		\$ 19,523.03

Memorial Account		
Dec-13		\$ 1.14
Year to date		\$ 14.33

Balances		
General Account		\$ 5,232.24
M&I Account		\$ 21,347.82
Total Funds available		\$ 26,580.06

Memorial Account		\$ 14,376.25
Temp. Restricted Fund		

## North Parish Disbursements

General Account		
Dec-13		\$ 8,136.62
Year to Date Exp.		\$ 81,795.69

M&I Account		
Dec-13		\$ -
Year to date		\$ 10,085.08

Memorial Account		
Dec-13		\$ -
Year to date		\$ -



## 2014 PLEDGE REPORT as of January 9, 2014

2014 received 20 pledge cards totaling \$22,204.00  
 2013 received 14 pledge cards totaling \$17,064.00

Increase of 6 pledge cards  
 Increase of \$5,140.00

If you did not return a 2014 Pledge card, please do so today.  
 We have an operating budget of \$88,490.00 for 2014.

Thank you for your continued financial support to North Parish.



### FOOD BANK MINISTRY

During the month of February we will be collecting cereal, oatmeal, canned fruit, and juice boxes for the local food banks. Thank you to everyone who donated tuna, soup and crackers in January. If you are in need of food assistance, please call the church office at 570-874-4532 and we will direct you to a local food pantry.

**Saturday, Feb 22nd from 10AM UNTIL SELL OUT. Holy Apostles, St. Clair will host a "Soup Sale" and "Baked Goods Sale" - eat-in or take - out**

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

**Winter Wednesday** - Bleak winter days getting you down? We can help brighten up at least one of those days with **Winter Wednesday**, February 12, 2014. Weather Permitting. Come to Trinity for the noon Healing Service, bring a bag lunch and stay for some fun, fellowship and games in the lounge. Coffee and tea will be provided. Call Kathy Burda at 570-621-3220 for more information.

**Operation We Care** – Thanks to you we just mailed out 130 pounds to our local servicemen and women stationed in Iraq & Afghanistan. That is 340 boxes and 3777 pounds since June, 2007 from this little corner of Schuylkill County. ***Thank you all for your generosity!***

**High Cholesterol** – Cholesterol is a type of fat in your blood. Your cells need cholesterol and your body makes all it needs. But you also get cholesterol from food you eat.

If you have too much cholesterol, it starts to build up in your arteries. This is called hardening of the arteries, or atherosclerosis. It usually is a slow process that gets worse as you get older. This reduces the amount of blood that gets to your body tissues, including your heart. This can lead to serious problems, including heart attack and stroke.

Cholesterol is considered high, 240 and above. It is best if your cholesterol is less than 200. High cholesterol doesn't make you sick. By the time you find out you have it, it may already be clogging your arteries. So it is very important to start treatment even though you may feel fine.

Many things can cause high cholesterol, including:

- The foods you eat. Eating too much saturated fat, trans fat and cholesterol can raise your cholesterol. Saturated fat and cholesterol are in foods that come from animals (such as meats, whole milk, egg yolks, butter and cheese). Trans fats are in many packaged and snack foods, such as cookies, crackers and chips.
- Being overweight.
- Being inactive.
- Age. Cholesterol starts to rise after age 20.
- Family history.
- Overall health. Diseases such as hypothyroidism can raise cholesterol.

If you have high cholesterol, you need treatment to lower your risk of heart attack and stroke. The two main treatments are lifestyle changes and medicine.

Some lifestyle changes are important for everyone with high cholesterol. Your doctor will probably suggest you:



- Eat a heart-healthy diet that includes plenty of fish, fruits, vegetables, beans, high-fiber grains and breads, and healthy oils like olive oil.
- Lose weight, if you need to. Losing just 5-10 lbs. can lower your cholesterol.
- Get regular exercise on most, if not all, days of the week. Walking is great exercise that most people can do. A good goal is 30 minutes or more a day.
- Don't smoke.

Changing old habits may not be easy, but it is very important to help you live a healthier and longer life. Having a plan can help. Start with small steps. For example, commit to adding one fruit or one vegetable a day for a week. Instead of having dessert, take a short walk.

Information found on [www.webmd.com](http://www.webmd.com)

**Fire Safety Cooking**-Cooking fires are the number one cause of home fires in America. Many older adults also experience burn-related injuries during cooking. Prevent fires and burns by being watchful and alert when you cook.

- Don't cook if you are sleepy, have consumed alcohol or have taken medicine or drugs that make you drowsy.
- Stay in the kitchen when you are frying, grilling or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.
- If you are simmering, baking, roasting or boiling food, check it regularly. Remain in the home while food is cooking and use a timer to remind you that you are cooking.
- Turn pot handles away from the stoves edge.
- Keep cooking surfaces clean and free from anything that can catch fire.
- Never lean over a lit burner.
- Wear short, close-fitting or tightly rolled sleeves while cooking. Loose clothing can catch fire if it touches a gas flame or an electric burner.
- Check the kitchen after you finish cooking. Make sure the oven, burners and other appliances are off.
- If a fire starts, stay calm and get out. Once out call 911 from a cell phone or a neighbor's phone. Have an outside meeting place a safe distance in front of your house where first responders can see you.

**Flashing Smoke Alarms** – are available from Gentex. The photoelectric smoke alarms are designed to give reliable early warning of the presence of smoke where both audible and visual alarms are required. These smoke detectors provide a flashing strobe light when activated. Ideal for the deaf and hard of hearing. Meets ADA requirements.

## NORTH PARISH EPISCOPAL CHURCH SERVICES

### February 2014

February	Holy Eucharist	9:00 a.m.	St. John's	The Rev. James C. Smith
2	Holy Eucharist	11:00 a.m.	Holy Apostles	The Rev. Timothy Albright

February	Morning Prayer	9:00 a.m.	St. John's	Donald Clamser, Sr.
9	Holy Eucharist	11:00 a.m.	Holy Apostles	The Rev. James C. Smith

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

February	Holy Eucharist	9:00 a.m.	St. John's	The Rev. James C. Smith
23	Holy Eucharist	11:00 a.m.	Holy Apostles	The Rev. Timothy Albright

	Notes:	Color:
February 2	The Presentation of Our Lord Jesus Christ in the Temple	White
February 9	The Fifth Sunday after the Epiphany	Green
February 16	The Sixth Sunday after the Epiphany	Green
February 23	The Seventh Sunday after Epiphany	Green