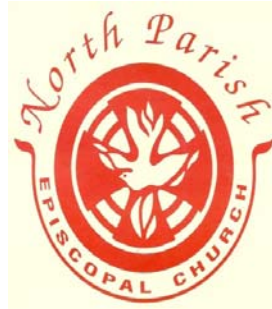


# **NORTH PARISH FEBRUARY 2015 NEWSLETTER**

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



## **Sharing Thoughts from the Senior Warden**

Last month I wrote about renewal of our spiritual lives. There is another form of renewal I would like to address this month; renewing our commitment to our parish, and to each other, as we move ahead in 2015.

In order for our parish to continue its existence it takes more than just our monetary contributions and pledges....It takes folks like you and I to partner and assist one another with the various functions at our two churches.

Each Sunday after each Eucharistic service, the altar needs to be readied for the next service – the chalice and the cruets need to be cleansed – numbers changed on the hymn boards – just to name a few duties.

Coming up in 2015 is Holy week and Easter that requires additional preparations as does for Christmas. When we walk into our churches for these special occasions/services there are beautiful decorations, floral arrangements, candles, etc...all displayed and set up by the same few dedicated folks every year.

Our parish also conducts various fundraisers and outreach events during the year that require the help of many folks to achieve success. As Senior Warden, I attend and am involved with most events. I know the amount of personnel needed and hear the concerns of those organizing these events. We need more people to help set up and run the programs.

I see the same faces, to include many folks outside of our church at these events. Please accept my deepest thanks to all of you whose presence is at most Sunday services and events. Your dedication and desire to make North Parish a success is both admired and appreciated!

It's February and I am asking for more of our parishioners to "step-up" and help us keep our doors open. Your help, no matter what amount of time you can give us will make a difference!

North Parish is YOUR parish! Be excited! Stay excited!

May God bless you and your families,  
*Barry Idell*  
Senior Warden



# FEBRUARY MEMORIALS



**WINE & WAFERS:** In loving memory of James Spieles by wife Marilyn.

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

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

**NEWSLETTER:** In loving memory of Alice and Albert Padfield by Barbara and  
Dean Padfield.

## NEWSLETTER DEADLINE

All articles for the March Newsletter should be submitted to our Parish Secretary, Shannon no later than February 4<sup>th</sup>. Volunteers are needed on Wednesday, February 18<sup>th</sup> at 1:30 p.m. at Holy Apostles, St. Clair 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: 570-429-7107

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.

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

Clergy – 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.



## **PLEASE PRAY FOR:**

Deb Andrews, Joe Brennan, Pat Brophy, Virginia M. Bushyager, Suzanne Glick Connor, Spencer Dougherty, Fawn Eishenhardt, Kay Fertig, Matthew Foerster, Pat Frantz, Sherese Gavenport, David Gerlott, Mary Faith Goodman, Mary Catherine Glick, Howard Hauk, John Hauk, Pat Hefner, Helen Hynoski, Joanne, Daniel Jenkins Sr., Jackie Jones-Allison, Kay, Lori Kahler, Tamme Kehres, Kristin Lecher, June, Steven & Russell Leshner, Mabel, Walter Machos, Tania Miller, William Moore, Thelma Morgan, Mary Moyer, Ray Moyer, Shirley Moyer, Jason Noble, Suzette Pogash, Mary Price, Theresa Price, Rafael Ramos, Stephen Rasimowicz, Jr., Linda Regal, Jessica Rhein, Kevin Rhein, Theresa Robbins, Mckenzie Rose, Gerry Salata, Connie Schrader, Kyle & Karl Schu, Martha Semar, Kevin & Judee Serrentino, Brittany Shoffler, Charlotte Smith, Lois Smith, Jim Spieles Jr., Ray Umlauf, and Charles J. Wylam

**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 (570-429-7107) 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 priest has designated a spot in the service for birthday and anniversary blessings. If you would like a birthday or anniversary blessing, please let our priest know during the announcements that it is your special day.



**SPECIAL INTENTION:** Your prayers are asked for Roy D. Amour who entered eternal life on January 1, 2015. May God grant Roy eternal rest and give comfort to all who knew and loved him. Roy attended St. John's, Ashland.

## **FEBRUARY BIRTHDAYS**

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

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



## UPDATE ON THE ORGAN REPAIR FUND



Thank you to everyone who donated money to the organ repair fund of St. John's and Holy Apostles.

The organ at St. John's has been repaired. The total cost to repair the organ was \$8,250.00 which was funded by a \$4,000 grant we received from the Society of the Episcopal Church of the Advancement of Christianity in PA, \$945 was contributed by members of North Parish and \$3,305 was paid from a donation from the Lehn Society. We ask members who were contributing funds to the organ repair fund at St. John's to now apply their donations to the General Fund or our M&I Fund.

Holy Apostles organ is our next project for 2015. We currently have \$11,586 designated for the organ at Holy Apostles. (This amount reflects donations we received in 2010, 2011, 2013, & 2014). We will also be applying for a grant to help with repairs. Members of Holy Apostles can still continue to contribute to the organ fund until those repairs have been made.

Thank you for your continued support to North Parish!



## FOOD BANK MINISTRY

During the month of February we are collecting comfort type foods. (soup, canned meals, manwich, mac & cheese, etc.) Thank you to everyone who donated products in January. 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.



## THANK YOU NOTE

Dear Members of North Parish,

Thank you for the generous Christmas gift. It was much appreciated. Wishing you all a Blessed New Year!

Thank you again,  
*Shannon Mozdy*  
Parish Administrator





## NEWS FROM MARION C. PRICE TRUST FUND

February is National Heart Month. You are never too young or too old to take care of your heart. Preventing heart disease (and all cardiovascular diseases) means making smart choices now that will pay off the rest of your life.

Lack of exercise, a poor diet and other bad habits can take their toll over the years. Anyone at any age can benefit from simple steps to keep their heart healthy during each decade of life.

No matter what your age, everyone can benefit from a healthy diet and adequate physical activity.

### ***All age groups:***

Choose a healthy eating plan. Choose foods low in saturated fat, trans-fat, cholesterol, sodium and added sugars and sweeteners. As a part of a healthy diet, eat plenty of fruits and vegetables, fiber-rich whole grains, fish (preferably oily fish-at least twice per week), nuts, legumes and seeds. Also, try eating some meals without meat. Select fat-free and low-fat dairy products, lean meats and skinless poultry. Limit sugar-sweetened beverages.

Be physically active. You can slowly work up to at least 2 ½ hours of moderate intensity aerobic physical activity every week or an hour and 15 minutes of vigorous intensity aerobic physical activity or a combination of both every week. **Be sure not to start any exercise program without first checking with your health care provider.**

### ***In Your 20's:***

Getting smart about your heart early puts you far ahead of the curve. The things you do - and don't - are a tell-tale sign of how long and how well you're going to live. Find a doctor and have regular wellness exams, be physically active and don't smoke and avoid second hand smoke.

### ***In Your 30's:***

Juggling family and career leaves many adults with little time to worry about their hearts. Here are some ways to balance all three: make heart-healthy living a family affair, know your family history and tame your stress.

### ***In Your 40's:***

If heart health hasn't been a priority, don't worry. Healthy choices you make now can strengthen your heart for the long haul: watch your weight, have your blood pressure and sugar checked and don't brush off snoring.

### ***In Your 50's:***

Unlike the emergence of wrinkles and gray hair, what you can't see as you get older is the impact aging has on your heart. You need to take extra steps: eat a healthy diet, learn the warning signs of heart attack and stroke, and follow your health care provider's treatment plan prescribed for you.

### ***In Your 60's:***

With age comes an increased risk for heart disease. Your blood pressure, cholesterol and other heart-related numbers tend to rise. Watching your numbers closely and managing any health problems that arise—along with the requisite healthy eating and exercise—can help you live longer and better: speak to your health care provider about an ankle-brachial index test (the test assesses the pulses in the feet to help diagnose peripheral artery disease), watch your weight and learn the warning signs of heart attack and stroke.

American Heart Association – [www.heart.org](http://www.heart.org)

***Winter Wednesdays:*** Wednesday, February 4<sup>th</sup>, come join us at Trinity at noon for the Healing Service with Father Jim Rinehart, stay for lunch sponsored by Diakon and a brief presentation on the “Winter Blues”. Space is limited so call Kathy Burda at 570-621-3220 to register today.

***Wear Red Day:*** The first Friday (Feb. 6, 2015) of February has been designated by the awareness campaign Heart Truth, as National Wear Red Day in the United States. On this day men and women are encouraged to wear red as a symbol of their support of women's heart health. According to the National Heart, Lung and Blood Institute (NIH) in the United States Coronary Heart Disease is the #1 killer of women in the United States.

# NORTH PARISH EPISCOPAL CHURCH SERVICES

## February 2015

February	Morning Prayer	9:00 a.m.	St. John's	Donald Clamser, Sr.
1	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. James C. Smith
8	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. James C. Smith
15	Morning Prayer	11:00 a.m.	Holy Apostles	Barry Idell

### Ash Wednesday

February	Holy Eucharist	5:30 p.m.	St. John's	The Rev. James C. Smith
18	Holy Eucharist	7:30 p.m.	Holy Apostles	The Rev. James C. Smith

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

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	Notes:	Color:
February 1	The Fourth Sunday after the Epiphany	Green
February 8	The Fifth Sunday after the Epiphany Baptism at St. John's	Green
February 15	The Last Sunday after the Epiphany	Green
February 18	Ash Wednesday (Spoken Service – Imposition of Ashes)	Purple
February 22	The First Sunday in Lent	Purple