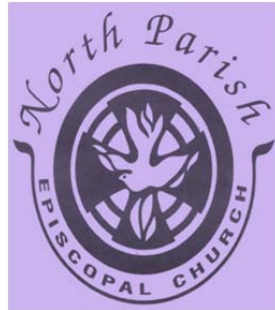


**NORTH PARISH  
FEBRUARY 2016  
NEWSLETTER**

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



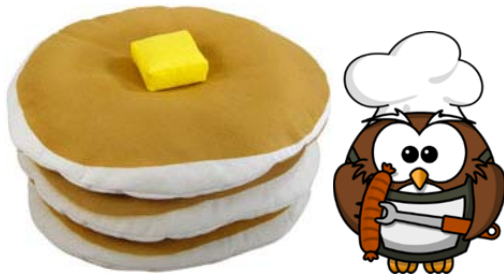
**SERVICES AT NORTH PARISH**  
February 10, 2016

Holy Eucharist with the Imposition of Ashes

Celebrant – The Rev. James C. Smith

5:30 p.m. – Holy Apostles, St. Clair

8:00 p.m. – St. John's, Ashland



**PANCAKE &  
SAUSAGE SUPPER**

*Holy Apostles' Episcopal Church  
of North Parish*

**307 E. Hancock St.  
St. Clair, PA**

**Sunday, February 7, 2016  
6:00 p.m. - Eat-in only.**

For Reservations

**Call 570-391-9546  
or 570-429-7107**

**Sign-Up Sheets are available at the church too.**

Please RSVP by January 31<sup>st</sup>.

*Free Will Offering Accepted. Donations of Desserts are needed.*



# FEBRUARY MEMORIALS

**WINE AND WAFERS:** In memory of my husband James V. Spieles by Marilyn Spieles.  
In memory of Alice, Albert, and David Padfield by  
Barbara and Dean Padfield.

**BULLETINS:** In memory of Josephine Eagan by Lee, Mary and Peter Umlauf.  
In memory of my husband James V. Spieles by Marilyn Spieles.

**SANCTUARY  
CANDLES:** In memory of Emily Morris by the Hynoski Family.  
In memory of Gladys Lally by Lee, Mary and Peter Umlauf.

## NEWSLETTER DEADLINE

All articles for the March Newsletter should be submitted to our Parish Secretary, Shannon no later than February 10<sup>th</sup>. Volunteers are needed on Thursday, February 25<sup>th</sup> at 1:30 p.m. at Holy Apostles, St. Clair to help fold the newsletter.

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## FOOD BANK MINISTRY



During the month of February we are collecting any kind of 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.



### 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/Northparishepiscopalchurch>



# PLEASE PRAY FOR:

Virginia M. Bushyager  
 Mary Faith Goodman  
 John Hauk  
 Florence Hollick  
 Jaime Hynoski  
 Jessica Hynoski  
 Daniel Jenkins, Sr.  
 Dolores K.  
 Gerry Ketterer

Mckenzie Kline  
 Landry Stephen Lauver  
 Russell Leshar  
 Steven Leshar  
 Todd Leshar  
 Donna McGinley  
 Thelma Morgan  
 Shirley Moyer  
 Amanda Mozdy

Kevin Rhein  
 Gerry Salata  
 Charlotte Smith  
 Jim Smith, Jr.  
 Lois Smith  
 James Spieles, Jr.  
 Judith Wright

PLEASE PRAY FOR OUR TROOPS SERVING HERE AND ABROAD.

If you would like to add someone to the prayer list please call the church office at 570-429-7107. Please leave your name and the name of the person you are adding to the list. Please also notify the office when your prayer request has been met. Thank you.

## FEBRUARY BIRTHDAYS



2 – Connor Demcher  
 8 – James Willard  
 12 – Hailey Foerster  
 14 – Angela Neary  
 15 – 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 570-429-7107.



Dear Members of North Parish,

Thank you so much for the monetary Christmas gift. I am grateful for your generosity. Please know North Parish is in my prayers. I wish each of you a Happy, Healthy, and Peaceful 2016.

Thank you again,  
**Shannon**  
 Parish Administrator

## OCTOBER 2015 FINANCIAL REPORT

### North Parish Receipts

General Account		
	Oct. 15	\$ 2,641.05
Year to Date Gen. Receipts		\$ 43,431.49
Transfer in from M&I		-
Transfer M&I Year to Date		\$ 41,400.00

M&I Account		
	Oct. 15	\$ 3,619.39
Year to date		\$ 32,269.79

Memorial Account		
	Oct. 15	\$ 1.60
Year to date		\$ 955.40

Balances		
General Account		\$ 9,619.83
M&I Account		\$ 55,109.91
Memorial Fund		\$ 18,882.78
Temp. Restricted Fund		

### North Parish Disbursements

General Account		
	Oct. 15	\$ 5,296.16
Year to Date Exp.		\$ 81,795.37

M&I Account		
	Oct. 15	\$ -
Year to date		\$ 41,440.00

Memorial Account		
	Oct. 15	\$ -
Year to date		\$ -



## NOVEMBER 2015 FINANCIAL REPORT

### North Parish Receipts

General Account		
	Nov. 15	\$ 3,952.75
Year to Date Gen. Receipts		\$ 47,384.24
Transfer in from M&I		-
Transfer M&I Year to Date		\$ 41,400.00

M&I Account		
	Nov. 15	\$ 4,089.62
Year to date		\$ 36,359.41

Memorial Account		
	Nov. 15	\$ 1.56
Year to date		\$ 956.96

Balances		
General Account		\$ 9,450.35
M&I Account		\$ 59,199.53
Memorial Fund		\$ 18,884.34
Temp. Restricted Fund		

### North Parish Disbursements

General Account		
	Nov. 15	\$ 4,122.23
Year to Date Exp.		\$ 85,917.60

M&I Account		
	Nov. 15	\$ -
Year to date		\$ 41,440.00

Memorial Account		
	Nov. 15	\$ -
Year to date		\$ -





## **VESTRY MEETING HIGHLIGHTS**

### **January 17, 2016**

**Sale of Christ Church, Frackville** – Christ Church was sold to James and Bobbie Cicioni, LLC on December 31, 2015 for \$10,000. The money will be put in Trust with the Diocese.

**Thanksgiving Dinner** – 300 meals were served. Approximately 175 were delivered, 50 meals were picked up at the church and 75 people enjoyed the meal at the church.

**Safe Church Policy** – The Diocese requires that every employee, vestry member, people with keys to the buildings and people who work with children must take the Safe Guarding God's Children training and have background checks. All Vestry members have submitted their information to Shannon to complete their background checks. A list will be made of all members who are known to have keys to the church. The members who have keys and have not completed the background checks will need to do so. Forms have been distributed to members of Holy Apostles who have keys. Forms will be sent this week to Saint John's.

**Marion Price Trust Fund** – Jane Shaqfeh has agreed to serve another 3-year term. A letter was sent to the Marion Price Trust Fund informing them that Jane would be our representative.  
Thank you Jane for your years of service.

**Ash Wednesday Services, Holy Thursday Services and Good Friday Services** – There will be a service at Holy Apostles and Saint John's on each of these days. Times are as follows: Ash Wednesday, Holy Apostles at 5:30 p.m.; St. John's 8:00 p.m. Holy Thursday, St. John's at 5:30 p.m., Holy Apostles at 8:00 p.m. Good Friday, St. John's at 3:00 p.m. and Holy Apostles at 5:30 p.m.

**Outreach** – Pancake and Sausage Supper – February 7<sup>th</sup>, 6:00 p.m. at Holy Apostles, Donald Clamser, Sr. is Chairperson. Desserts will be needed for the supper. Signs have been placed in Ashland, Frackville and Saint Clair. Sign-up sheets will be in the back of each church next Sunday. A free will offering will be taken.

Stewardship – 2016 Pledge Report

HA – 7 cards totaling \$3,294.00

SJ – 7 cards totaling \$10,270.00

2016 received 14 pledge cards totaling \$13, 564.00

2015 received 18 pledge cards totaling \$23, 955.00

Decrease of 4 pledge cards                      Decrease in Giving of \$10,391.00

**Fund Raising** – Chicken dinner report – Profit \$522.

A Jazz Band Social will be held at Holy Apostles on February 27, 2016. Dan Vidal is Chairperson.

A soup sale will be held at Saint John's on March 12<sup>th</sup>. Price - \$7.00 per quart. Bonnie Hynoski and Elaine Ulceski will chair this event.

**Next regular meeting will be February 21, at 1:30 p.m. at Holy Apostles**

## NEWS FROM MARION C.PRICE TRUST FUND

***New Dietary Guidelines for Americans released.*** The dietary guidelines provide science-based recommendations on food and nutrition so people can make decisions that may help keep their weight under control and prevent chronic conditions, like type 2 diabetes, hypertension and heart disease. Start with small changes to make healthier choices you can enjoy. Importantly, the guidelines suggest Americans should consume:

- A variety of vegetables, including dark green, red, orange, legumes (beans & peas), starchy and other vegetables. *Prepare in healthful ways: steam, sauté, roast or try them raw.*
- Fruits, especially whole fruits. *Try adding fresh, frozen or canned vegetables to salad, sides and main dishes. Enjoy fruit with meals, as snacks or as a dessert.*
- Grains, at least half of which are whole grains. *Look for whole grains listed first or second on the ingredient list – try oatmeal, popcorn, whole-grain bread and brown rice.*
- Fat-free or low-fat dairy, including milk, yogurt, cheese and/or fortified soy beverages. *Replace sour cream, cream and regular cheese with low-fat yogurt, milk and cheese.*
- A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans & peas), soy products and nuts and seeds. *Try main dishes made with bean and seafood, like tuna salad or bean chili.*
- Oils, including those from plants: canola, corn, olive, peanut, safflower, soybean and sunflower. *Oils also naturally present in nuts, seeds, seafood, olives and avocados.*

Further, Americans should be encouraged to consume:

- Less than 10% of calories per day from added sugars. Added sugars are sugars and syrups that are added to foods or beverages when they are processed or prepared.
- Less than 10% of calories per day from saturated fats. Foods that are high in saturated fat include: butter, whole milk, meats that are not labeled as lean and tropical oils such as coconut and palm oil.
- Less than 2,300 milligrams (mg) per day of salt for people over the age of 14 and less for those younger. Some high sources of salt (sodium) in our diet are pizza, pasta dishes, sauces and soups.

Everything you eat and drink matters. The right mix can help you be healthier now and in the future. For more information go to [www.hhs.gov](http://www.hhs.gov) or [www.choosemyplate.gov](http://www.choosemyplate.gov)



***On line weight management gets personal.*** It is always a good time to resolve to eat better, be more active and lose weight. The NIH (National Institute of Health) now has a free, research based tool to help you reach your goal.

The Body Weight Planner, created by Dr. Kevin Hall, a senior NIH researcher, is the first tool of its kind. It uses specific information about the diet and physical changes that are needed to help people reach and stay at their goal weight over time.

Keeping your body at a healthy weight may help you lower your risk of heart disease, type 2 diabetes and certain types of cancer that can result from being overweight or obese.

To use the planner, enter your weight, sex, age, height and activity level. Then your goal weight and date you would like to reach that goal. It will tell you the maximum calories you can have per day to achieve that weight. For more information go to [www.nih.gov/bodyweightplanner](http://www.nih.gov/bodyweightplanner)

***Diverticular Disease*** is a condition that occurs when a person has problems from small pouches or sacs that have formed and pushed outward through weak spots in the colon (part of the large intestine) wall. Each pouch is called a diverticulum.

When a person has these pouches it is called diverticulosis. Diverticulosis becomes more common as people age, particularly in people older than age 50. When these pouches become inflamed, irritated or swollen it is called diverticulitis.

One of the most common symptoms of diverticulitis is pain in the lower left side of the abdomen. You may also experience fever, chills, nausea or vomiting, a change in bowel habits and diverticular bleeding. A health care provider may treat the symptoms of diverticulosis with a high-fiber diet or fiber supplements, medications and possibly probiotics.

Diverticulitis with mild symptoms and no complications usually requires a person to rest, take oral antibiotics and be on a liquid diet for a period of time. If symptoms ease after a few days, the health care provider may recommend gradually adding solid foods back into the diet. Diverticulitis can attack suddenly and cause complications such as: an abscess, a perforation, peritonitis, a fistula or intestinal obstruction.

The Dietary Guidelines for Americans recommends a dietary intake of 14 grams per 1,000 calories consumed. The amount of fiber in a food is listed on a food's nutrition facts label. Some of the best sources of fiber include: fruits, vegetables, particularly starchy ones and whole grains.



# NORTH PARISH EPISCOPAL CHURCH SERVICES

## February 2016

February Holy Eucharist 9:00 a.m. St. John's The Rev. Dolores Evans Smith  
7 Holy Eucharist 11:00 a.m. Holy Apostles The Rev. Dolores Evans Smith

### Ash Wednesday – Spoken Service

February Holy Eucharist 5:30 p.m. Holy Apostles The Rev. James C. Smith  
10 Holy Eucharist 8:00 p.m. St. John's The Rev. James C. Smith

February Morning Prayer 9:00 a.m. St. John's Donald Clamser, Sr.  
14 Morning Prayer 11:00 a.m. Holy Apostles Robert Tiley

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

February Morning Prayer 9:00 a.m. St. John's Robert Tiley  
28 Morning Prayer 11:00 a.m. Holy Apostles Donald Clamser, Sr.

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	Notes:	Color:
February 7	The Last Sunday after the Epiphany	Green
February 10	Ash Wednesday (Imposition of Ashes – Spoken Service)	Purple
February 14	The First Sunday in Lent	Purple
February 21	The Second Sunday in Lent	Purple
February 28	The Third Sunday in Lent	Purple