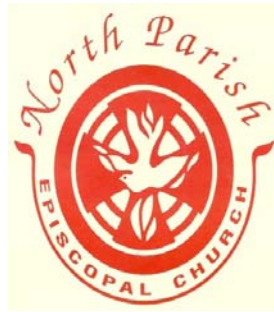


**NORTH PARISH  
JANUARY 2016  
NEWSLETTER**

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



**NORTH PARISH NEWS  
( November Vestry Highlights)**

All necessary documents have been sent to the diocese for approval of Bishop Sean and the Standing Committee for the sale of Christ Church.

300 reservations were made for the Thanksgiving Dinner with 175 meals delivered to shut-ins throughout Schuylkill County, 50 meals for take-out and 75 meals for eat-in. We have received monetary donations as well as turkeys, gift cards and food items.

Bob Tiley installed smoke detectors/carbon monoxide detectors at Holy Apostles and St. John's. St. John's is looking for someone to remove the snow this winter. If anyone knows of a person or company, please contact a vestry member from St. John's.

We received a grant for \$3,500 for paving Saint John's parking lot. The project will take place in the spring.

Donald Clamser, Sr. has been holding services at the Broad Mountain Nursing Home every Sunday. This is a wonderful ministry for North Parish. If anyone would like to support Donald in this ministry, services are at 1:30 p.m. Sunday afternoons at the Nursing Home.

Father Jim's dinner has been postponed until spring.

The December 20<sup>th</sup> meeting was cancelled. The next meeting is scheduled for January 17<sup>th</sup>, 1:30 p.m. at St. John's, Ashland.

*The Vestry Members of North Parish wish you and  
your family a Blessed New Year!*

*Thank you to Fr. Jim for providing church services for North Parish the past  
several years. Fr Jim will now only be available for funerals and baptisms.*

*He will also help with Lent, Holy Week and Easter.*

*Fr. Jim you are a blessing for North Parish and we cannot thank you enough.*



# JANUARY MEMORIALS



**WINE AND WAFERS:** In memory of Earl Hess by Carol Jones.

We received a donation to the Glory of God and in Thanksgiving for the continuing ministry of Father Jim Smith. He has been and is such a blessing to the church. Faithfully, Charles and Wilma Morris.

**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 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 February Newsletter should be submitted to our Parish Secretary, Shannon no later than January 6th Volunteers are needed on Thursday, January 21<sup>st</sup> 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.

Senior Warden – Bonnie Baker – 570-429-2272

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

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

**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, Mary Engelbrecht, Kay Fertig, Sherese Gavenport, Mary Faith Goodman, Mary Catherine Glick, Howard Hauk, John Hauk, Anna Hesse, Florence Hollick, Jaime Hynoski, Jess Hynoski, Joanne, Daniel Jenkins Sr., Jackie Jones-Allison, Kay, Tamme Kehres, Paulette Kelley, Gerry Ketterer, Mckenzie Kline, Landry Lauver, Kristin Lecher, June, Steven & Russell Leshner, 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 1<sup>st</sup>.

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 and  
phone number: \_\_\_\_\_

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



## 2016 EPISCOPAL KALENDAR

The 2016 church calendars have arrived  
Pease call the church office at (570) 429-7107  
if you would like to  
purchase one.  
Calendar donations are \$3.00 each.

*Happy Birthday*



## JANUARY BIRTHDAYS

- |                              |                          |
|------------------------------|--------------------------|
| 3 - Jude Salata              | 13 - Verna Bosak         |
| 4 - Karl Schu                | Marsha Dudash            |
| Jessica Hynoski              | 15 - Cora Lynn Ortiz     |
| 7 - William Noble            | 17 - John Dresch         |
| 9 - Bruce Goodman            | Harley Hynoski           |
| 11 - Heike Elizabeth Goodman | 19 - Tracie Miller       |
| Shelley Price                | 21 - Steven Lesher       |
| Boyd Shaqfeh                 | Elaine Ulceski           |
| Ava Correll                  | 22 - Robert J. Higgins   |
| 12 - Warren Lane             | Lexie Scanlan            |
| Kelsey Shanoskie             | 23 - Meghan McGlone      |
| Marina Shanoskie             | 25 - Logan Lombel        |
| Donald Clamser, Sr.          | 29 - Kenneth Brennan Jr. |
| 13 - Cade Bleashka           |                          |

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.

## FOOD BANK MINISTRY



During the month of January we are collecting any kind of canned or dry soups and crackers! Thank you to everyone who donated products in December. 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.

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**THANK YOU** to everyone who helped out in any way with the Thanksgiving Day Dinner at Holy Apostles. 300 meals were served. Thank you again! North Parish is truly blessed with our volunteers!

**THANK YOU** to everyone who donated winter clothing. Your gifts will be given to a local charity to help keep people warm this winter.

**THANK YOU** to everyone who attended or helped with the Chicken Dinner at Holy Apostles on December 6<sup>th</sup>. We raised \$522.00 for our general operating expenses.

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## 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		\$ -



## 2016 PLEDGE REPORT

**2016 received 13 pledge cards totaling \$11,484.00**  
**2015 received 18 pledge cards totaling \$23,955.00**

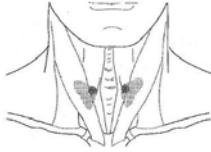
**Decrease of 5 pledge cards**  
**Decrease Giving of \$12,471.00**

**If you did not return a 2016 Pledge card,  
 please do so today.**

**We have an operating budget of \$78,792.00 for 2016.**

**Thank you for your continued financial support to  
 North Parish.**

## NEWS FROM MARION C. PRICE TRUST FUND



**Thyroid** - is a small, butterfly-shaped gland located in the base of the neck just below the Adam's apple. Although relatively small, the thyroid gland plays a huge role in our body, influencing the function of many of the body's most important organs, including the heart, brain, liver, kidneys and skin. Ensuring that the thyroid gland is healthy and functioning properly is vitally important to the body's overall well-being.

Excerpted from the *Harvard Medical School Guide to Overcoming Thyroid Problems* by Dr. Jeffrey R. Garber, published by McGraw-Hill.

Think of your thyroid as a car engine that sets the pace at which your body operates. An engine produces the required amount of energy for a car to move at a certain speed. In the same way, your thyroid gland manufactures enough thyroid hormone to prompt your cells to perform a function at a certain rate.

Just as a car can't produce energy without gas, your thyroid needs fuel to produce thyroid hormone. This fuel is iodine. Iodine comes from your diet and is found in iodized table salt, seafood, bread and milk.

Outside influences such as disease, damage to the thyroid or certain medicines may cause your thyroid not to produce enough hormones. This would slow down all of your body's functions, a condition known as hypothyroidism or underactive thyroid. Or your thyroid could also produce too much hormone sending your systems into overdrive, a condition known as hyperthyroidism or overactive thyroid.

If your thyroid is underactive your body slows down and you may feel cold, tired and even depressed. You may gain weight, even though you are eating less.

When your thyroid is overactive your metabolism is pushed into overdrive and speeds up your body. Your pulse may be racing, you may feel irritable and overheated and you have trouble sleeping. You may lose weight in spite of a good appetite and experience anxiety and nervousness.

Thyroid disease is more common than diabetes or heart disease. Untreated thyroid disease may lead to elevated cholesterol levels and subsequent heart disease, as well as infertility and osteoporosis.

It can be hard to tell if you have thyroid disease. The symptoms are the same as many other health problems. Your Doctor may start by asking about your health history and if any of your family members have had thyroid disease. Your Doctor will most likely give you a physical exam and possibly order blood tests.

Most thyroid problems can be managed well if properly diagnosed and treated.

# NORTH PARISH EPISCOPAL CHURCH SERVICES

## January 2016

January	Morning Prayer	9:00 a.m.	St. John's	Donald Clamser, Sr.
3	Morning Prayer	11:00 a.m.	Holy Apostles	Robert Tiley
January	Morning Prayer	9:00 a.m.	St. John's	Robert Tiley
10	Morning Prayer	11:00 a.m.	Holy Apostles	Donald Clamser, Sr.
January	Holy Eucharist	9:00 a.m.	St. John's	The Rev. James Rinehart
17	Holy Eucharist	11:00 a.m.	Holy Apostles	The Rev. James Rinehart
January	Holy Eucharist	9:00 a.m.	St. John's	The Rev. Dolores Evans Smith
24	Holy Eucharist	11:00 a.m.	Holy Apostles	The Rev. Dolores Evans Smith
January	Holy Eucharist	9:00 a.m.	St. John's	The Rev. Timothy Albright
31	Holy Eucharist	11:00 a.m.	Holy Apostles	The Rev. Timothy Albright

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	Notes:	Color:
January 3	The Second Sunday after Christmas Day	White
January 10	The First Sunday after the Epiphany The Baptism of Our Lord Jesus Christ	White
January 17	The Second Sunday after the Epiphany	Green
January 24	The Third Sunday after the Epiphany	Green
January 31	The Fourth Sunday after the Epiphany	Green

## 2015 CHRISTMAS FLOWERS WERE GIVEN IN LOVING MEMORY OF:

### St. John's

Roy Amour  
Amour, Hess  
& Scheuren Families  
Deborah Morgan Bellew  
Leona & Walter Briel  
Margaret Briel  
John & Isabelle Coddington  
Harvey & Jeannette Dillman  
Earl & Beverly Hess  
Helen & Walter Hynoski  
Lester & Madeline Jones  
Robert Jones  
Ethel & Bert Kehler  
Walter Kohler  
Gladys Lally  
Marlin "Sparky" Miller  
Dorothy Tiley Miller  
William Miller, Jr.  
William Howard Morgan  
Emily & Louis Morris (2)  
William Morris  
Betty Noble (2)  
Mary Anne Clamser Orr  
Amy Debra Palovcsik  
Dorothy K. Smith  
Husband, James Spieles  
Harold & Deborah Strunk  
Timothy Strunk  
Hattie & Alfred Strunk  
Margaret & John Stivetts  
John Stivetts, Jr.  
Mary Stokes  
Parents, Mark & Annette Trautman  
Raymond & Alice Umlauf (2)  
Anna & John Umlauf  
Edward & Rosemary Ulceski



### Holy Apostles

John Blake  
Chattin Family  
Robert and Mary Dean  
Deans Family  
Carol Dresch  
Daniel & Evelyn Eisenhauer  
John Foytak  
Charles & Maggie Frantz  
Frank & Ruth Frantz  
Frank Frantz  
Harry Frantz  
Orme & Merle Frantz  
Charlotte & Elmer Geiger  
Clara & Edward Gehring  
Robert B. Goodman  
Lewis & Myrle Goodman  
Robert Haverty  
Abram & Geneva Jones  
Abram & Mary Jones  
Jane Jones  
Robert & Lida Kalbach  
Anna Mae Krebs  
Clare & Elizabeth Oliver  
David Padfield  
Alice & Albert Padfield  
Charlotte Paisley  
Raymond D. Paisley, Sr.  
Raymond D. Paisley, Jr.  
Margaret Ray Peterman  
Roland & Helen Price  
Bertha E. & Robert J. Price  
Evan & Emma Reese  
Samuel Ray & Family  
Benjamin & Edith Ray  
Alfred & Dolly Roberts  
Russell Family  
Sanner & Glick Families  
Dale Shanoskie  
Dorothy K. Smith  
Harry G. Smith  
Harry & Catherine Smith  
Sarah Smith  
Charles & Laura Turnitza  
Marion Vidal  
Matt Wylam  
Wylam Family

Flowers on the side altar  
are in loving memory of the  
Amour & Hess Families.