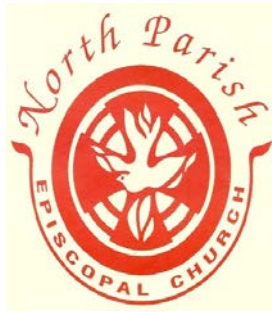


# **NORTH PARISH JANUARY 2017 NEWSLETTER**

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



## **WHO PACKED YOUR PARACHUTE TODAY**

Charles Plumb, a U.S. Naval Academy graduate, was a jet pilot in Vietnam. After 75 combat missions, his plane was destroyed by a surface-to-air missile. Plumb ejected and parachuted into enemy hands. He was captured and spent 6 years in a communist Vietnamese prison. He survived the ordeal and now lectures on lessons learned from that experience.

One day, when Plumb and his wife were sitting in a restaurant, a man at another table came up and said, "You're Plumb! You flew jet fighters in Vietnam from the aircraft carrier Kitty Hawk. You were shot down!" "How in the world did you know that?" asked Plumb. "I packed your parachute," the man replied. Plumb gasped in surprise and gratitude. The man pumped his hand and said, "I guess it worked!" Plumb assured him, "It sure did. If your chute hadn't worked, I wouldn't be here today."

Plumb couldn't sleep that night, thinking about that man. Plumb says, "I kept wondering what he might have looked like in a Navy uniform: a white hat, a bib in the back, and bell-bottom trousers. I wonder how many times I might have seen him and not even said 'Good morning,' 'how are you?' or anything because, you see, I was a fighter pilot and he was just a sailor." Plumb thought of the many hours the sailor had spent on a long wooden table in the bowels of the ship, carefully weaving the shrouds and folding the silks of each chute, holding in his hands each time the fate of someone he didn't know.

Now, Plumb asks his audience, "Who's packing your parachute?" Everyone has someone who provides what they need to make it through the day. Plumb also points out that he needed many kinds of parachutes when his plane was shot down over enemy territory -- he needed his physical parachute, his mental parachute, his emotional parachute, and his spiritual parachute. He called on all these supports before reaching safety. Sometimes in the daily challenges that life gives us, we miss what is really important. We may fail to say hello, please, or thank you, congratulate someone on something wonderful that has happened to them, give a compliment, or just do something nice for no reason. As you go through this week, this month, this year, recognize people who pack your parachute.

- Author Unknown -

**PLEASE NOTE:** There will be Holy Eucharist Services on January 8<sup>th</sup> at St. John's and Holy Apostles. Please disregard the January 8<sup>th</sup> printed schedule in the newsletter of Morning Prayer at Holy Apostles; it has been changed to Holy Eucharist with Fr. Jim Smith as our celebrant.



# JANUARY MEMORIALS



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

**BULLETINS:** In memory of Roy Amour by Carol Jones.

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

## 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

The following memorials are available:

February: Wine & Wafers and Newsletter; March: Newsletter

April: Wine & Wafers, Sanctuary Candle; Newsletter

## NEWSLETTER DEADLINE

All articles for the February Newsletter should be submitted to our Parish Secretary, Shannon no later than Wednesday, January 11<sup>th</sup>. Volunteers are needed on Wednesday, January 25<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.

## 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.

**THANK YOU** to everyone who once again made our Thanksgiving Dinner a success. We had enough donations to cover the cost of the dinner plus \$66.80 which was donated to the Marion Price Trust Fund to help with the shipping costs for packages for our military. We served approximately 300 dinners which included 152 deliveries. Again thank you for your generosity!!!!!!



# PLEASE PRAY FOR:

Susan Glick Connor  
Bob Davis  
Spencer Dougherty  
Daniel J. Eisenhauer  
Holly Frantz  
Mary Catherine Glick  
Mary Faith Goodman  
Bob Goulet  
Richard Griffin  
James Hood

Jessica Hynoski  
Sue (Kaufman) Jiannino  
Dolores K.  
McKenzie Kline  
Nick Lane  
Landry Stephen Lauver  
Michael Leshar  
Russell Leshar  
Steven Leshar  
Todd Leshar

Gretchen Moore  
Thelma Morgan  
Ruby Powanda  
Mary Price  
Charlotte Smith  
Albert Snyder, Jr.  
James Spieles, Jr.  
Lee Umlauf  
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 please notify the office.

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>

# NOVEMBER 2016 FINANCIAL REPORT

## North Parish Receipts

### General Account

November -16	\$ 3,494.60
Year to Date Gen. Receipts	\$ 42,382.18
Transfer in from M&I (Current)	\$ -
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

November -16	\$ 5,093.32
Year to date	\$ 32,034.39

### Memorial Account

November - 16	\$ .89
Year to date	\$ 14.17

### Balances

General Account	\$ 3,798.51
M&I Account	\$ 42,677.71
Memorial Fund	\$ 10,795.11
Temp. Restricted Fund	

## North Parish Disbursements

### General Account

November -16	\$ 5,393.73
Year to Date Exp.	\$ 109,081.99

### M&I Account

November -16	\$ -
Year to date	\$ 49,992.92

### Memorial Account

November -16	\$ -
Year to date	\$ 8,105.00



**VESTRY MEETING: Sunday, January 15<sup>th</sup>, 4:00 p.m. at Holy Apostles, St. Clair.**

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



# FRIENDS AND FAMILY CPR

*Improve the chance of saving a life*

Thankfully, we don't face health emergencies every day but we can all benefit from basic CPR

&

AED (Automated External Defibrillator) instruction

*Saturday*

*January 21, 2017*

10 AM

Trinity Episcopal Church, Pottsville

Cost is \$10

Please call Kathy Burda at 570-621-3220 for more information or to register.

## **FREE RESIDENTIAL CHAIR LIFT FOR STAIRS**



**If you are interested in a free chair lift or know of someone who can use it, please call Bob Tiley at 570-640-7458.**

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

**CPR** – Thankfully we don't have to face health emergencies every day. But on that rare occasion when it is needed basic CPR and AED (Automated Defibrillator) Instruction could help save a life. Join us at Trinity on Saturday, January 21<sup>st</sup>, 2017 at 10 AM. Cost is \$10. Please call Kathy Burda at 570-621-3220 for more information.

**Operation We Care** - Thank you members of North Parish for your generous donations to help make some of our local servicemen and women stationed away from home for this holiday season a little brighter.

**Glaucoma** – Glaucoma is a group of diseases that damage the eye's optic nerve and can result in vision loss and blindness. However, with early detection and treatment, you can often protect your eyes against serious vision loss.

The optic nerve is a bundle of more than 1 million nerve fibers. It connects the retina to the brain. The retina is the light-sensitive tissue at the back of the eye. A healthy optic nerve is necessary for good vision.

In the front of the eye is a space called the anterior chamber. A clear fluid flows continuously in and out of the chamber and nourishes nearby tissues. The fluid leaves the chamber at the open angle where the cornea and iris meet. When the fluid reaches the angle, it flows through a spongy meshwork, like a drain and leaves the eye.

In open-angle glaucoma, even though the drainage is open, the fluid presses too slowly through the meshwork drain. Since the fluid builds up, the pressure inside the eye rises to a level that may damage the optic nerve. When the optic nerve is damaged from increased pressure, open-angle glaucoma and vision loss may result. That is why controlling pressure inside the eye is so important.

Anyone can develop glaucoma. Some people are at higher risk than others:

- African Americans over age 40
- Everyone over the age of 60, especially Mexican Americans
- People with a family history of glaucoma

A comprehensive dilated eye exam can reveal more risk factors, such as high eye pressure, thinness of the cornea and abnormal optic nerve anatomy.

At first, open-angle glaucoma has no symptoms. It causes no pain. Vision stays normal. Glaucoma can develop in one or both eyes.

Without treatment, people with glaucoma will slowly lose their peripheral vision. As it remains untreated, people may miss objects to the side and out of the corner of their

eye. They seem to be looking through a tunnel. Over time, central vision may decrease until no vision remains.

Unfortunately, there is no cure for glaucoma; once vision is lost from the disease it cannot be restored. That's why early diagnosis is very important.

Glaucoma treatments include medicines, laser surgery, conventional surgery or a combination of any of these.

Medicines in the form of eye drops or pills are the most common early treatment for glaucoma. Taken regularly, these eye drops lower eye pressure. Some medicines cause the eye to make less fluid, others lower pressure by helping fluid drain from the eye.

Before and during glaucoma treatment, tell your eye care professional about other medicines and supplements that you are taking. Sometimes the drops can interfere with the way other medicines work.

Glaucoma medicines must be taken regularly as directed. There are many medicines available to treat glaucoma and if you have problems with one medicine, a different dose or new medicine may be prescribed by your eye care professional.

Laser surgery helps fluid drain out of the eye. It can be performed in your doctor's office or eye clinic. Studies show that laser surgery can be very good at reducing the pressure in some patients. However, its effects can wear off over time. Your doctor may suggest further treatment.

Conventional surgery makes a new opening for the fluid to leave the eye. It is often done after medicines and laser surgery has failed to control the pressure.

If eye drops have been prescribed for treating your glaucoma, you need to use them properly, as instructed by your eye care professional. Proper use of your glaucoma medication can improve the medicine's effectiveness and reduce your risk of side effects.

To properly apply your eye drops, follow these steps:

- ❖ Wash your hands
- ❖ Hold the bottle upside down
- ❖ Tilt your head back
- ❖ Hold the bottle in one hand and place it as close as possible to the eye
- ❖ With the other hand, pull down your lower eyelid. This forms a pocket
- ❖ Place the prescribed number or drops into the lower eyelid pocket
- ❖ Close your eye or press the lower lid lightly with your finger for at least 1 minute

## NORTH PARISH EPISCOPAL CHURCH SERVICES JANUARY 2017

January 1	Holy Eucharist	9:00 a.m.	St. John's	The Rev. James C. Smith
	Holy Eucharist	11:00 a.m.	Holy Apostles	The Rev. James C. Smith
January 8	Holy Eucharist	9:00 a.m.	St. John's	The Rev. James C. Smith
	Holy Eucharist	11:00 a.m.	Holy Apostles	The Rev. James C. Smith
January 15	Morning Prayer	9:00 a.m.	St. John's	Donald Clamser, Sr.
	Holy Eucharist	11:00 a.m.	Holy Apostles	The Rev. James C. Smith
January 22	Holy Eucharist	9:00 a.m.	St. John's	The Rev. James C. Smith
	Morning Prayer	11:00 a.m.	Holy Apostles	Chester Shanoskie
January 29	Morning Prayer	9:00 a.m.	St. John's	Robert Tiley
	Holy Eucharist	11:00 a.m.	Holy Apostles	The Rev. James C. Smith

---

January 1	<b>Notes:</b> The Holy Name of Our Lord Jesus Christ	<b>Color:</b> White
January 8	The First Sunday after the Epiphany The Baptism of Our Lord Jesus Christ	White
January 15	The Second Sunday after the Epiphany	Green
January 22	The Third Sunday after the Epiphany	Green
January 29	The Fourth Sunday after the Epiphany	Green



## 2016 CHRISTMAS FLOWERS WERE GIVEN IN LOVING MEMORY OF:

### St. John's

Amour Families  
George & Naomi Amour  
Roy Amour  
Deborah Morgan Bellew  
Margaret Briel  
Leona & Walter Briel  
John & Isabelle Coddington  
Harvey & Jeannette Dillman  
Hess Families  
Earl & Beverly Hess  
Edith Hoffman  
Bob Jones (2)  
Ethel & Bert Kehler  
Gladys Lally  
Cole Joshua Lauver  
Marlin "Sparky" Miller  
Dorothy Tiley Miller  
William Miller, Jr.  
William Howard Morgan  
Emily & Louis Morris (2)  
William Morris  
Bill Neary  
Betty Noble (2)  
Mary Anne Clamser Orr  
Amy D. Palovcsik  
Scheuren Families  
Dorothy Smith  
Husband, James Spieles  
John Stivetts, Jr.  
Margaret & John Stivetts  
Mary Stokes  
Harold & Deborah Strunk  
Hattie & Alfred Strunk  
Timothy Strunk  
Parents, Mark & Annette Trautman  
Edward & Rosemary Ulceski  
Raymond & Alice Umlauf (2)  
Anna & John Umlauf  
Donna Lee Tiley Wasko



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

### 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  
Mr. & Mrs. A. Howard Glick  
Robert B. Goodman  
Lewis & Myrle Goodman  
Robert Haverty  
Ann Hesse  
Earl & Mary Idell  
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  
Stephen Sr. & Irene Rasimowicz  
Stephen Rasimowicz Jr.  
Evan & Emma Reese  
Samuel Ray & Family  
Benjamin & Edith Ray  
Alfred & Dolly Roberts  
Russell Family  
Mr. & Mrs. William Sanner  
Dale Shanoskie  
Dorothy K. Smith  
Harry G. Smith  
Harry & Catherine Smith  
Sarah Smith  
Charles & Laura Turnitza  
Marion Vidal  
Matt Wylam  
Wylam Family