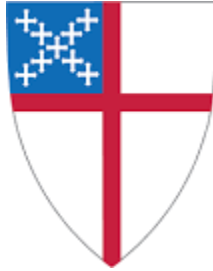


**NORTH PARISH
JANUARY/FEBRUARY
2023
NEWSLETTER**

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



Musings from the Priest's computers.....

"Today is the first day of the rest of your life!" (Charles E. "Chuck" Dederich, Sr)

I'm sure we've heard this phrase before. Yet the person that made it part of popular culture is not well-known. Chuck D., as he liked to be addressed, was a homeless alcoholic in the 1950s. Despite dabbling in Alcoholic Anonymous, he eventually broke the hold alcohol had over him, and started a group which eventually became known as "Synanon". This was a bizarre, yet moderately effective residential treatment program for drug addicts in the 1960s through the early 1990s based in part upon intimidation and group-think. Each person presenting themselves to the facilities heard that phrase. The sentiment expressed by Chuck D. however is kept alive in the truth of the saying.

The change we experience over time begins of course with one event, one day. And as we move into and then through 2023, we have no firm idea of what may lie ahead. In all things, in all circumstances, in all events of the upcoming months, we Christians believe, indeed know, that God is with us. I do not subscribe to the "God controls" edicts, because I believe that God gives us the intellect, and the means through which we remain faithful and righteous. Christ did not suggest that life is easy, fair, or glamorous. Yet, in conjunction with the community of the faithful, in service to others with Christ, we can see and experience joy, grace, and love.

As your days roll along into weeks and months, I pray you are faithful and just, and that you experience the joy of the newly Born Savior. Today is the first day, to love, to start anew, to join in, to express your ideas for the church and to live into the promises of Christ, for the rest of your life!

May the Grace of God always sustain you..... Kurt+

ASHES IN A FLASH!

Ash Wednesday: February 22, 2023

Please consider if you are being called to participate in this vital ministry. You will get far more than the effort you give! In a world of hurt and shame, folks need to hear that the God of all Reconciliation gives us time to seek forgiveness and hope. You could bring that love so desperately needed! Contact the church office or speak with Fr. Kurt if are interested!



JANUARY BIRTHDAYS

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

FEBRUARY BIRTHDAYS



2 - Connor Demcher	15 - Matthew R. Price	21 - Rebecca Higgins
8 - James Willard	17 - Joseph Burns	25 - Holden Andrewcavage
12 - Hailey Foerster	18 - Kevin Jacobs	26 - Margaret Scheuren
14 - Angela Neary	21 - Bonnie Baker	27 - Robin Leibig

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



All articles for the MARCH/APRIL NEWSLETTER should be submitted to our Parish Secretary, Shannon no later than Monday, February 13th.



ORGANISTS NEEDED:

We are in need of an organist(s) for St. John's and Holy Apostles. If you know of anyone who might be interested, please see a vestry member.

JANUARY MEMORIALS

WINE & WAFERS: In memory of Lois Smith by Jim Smith.

In memory of Mary Umlauf by Joseph Coddington

In memory of Earl Hess by Carol Jones.

BULLETINS: In memory of Jim Lecher by family and friends.

In memory of Lois Smith by Jim Smith.

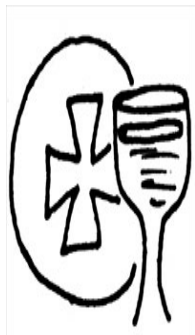
In memory of Roy Amour by Carol Jones.

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

In memory of Lois Smith by Jim Smith.

In memory of Mary Umlauf by Joseph Coddington.

In memory of Jim Lecher by family and friends.



FEBRUARY MEMORIALS

WINE & WAFERS: In honor of Elizabeth Frantz by Phil and Donna Frantz.

BULLETINS: In memory of Jim Lecher by family and friends.

SANCTUARY CANDLES: In memory of Emily Morris by the Hynoski Family.

In memory of Jim Lecher by family and friends.

THE JANUARY/FEBRUARY NEWSLETTER is in memory of Jim Lecher by family and friends.

2023 MEMORIALS AVAILABLE:

IT IS NOW TIME TO RENEW YOUR MEMORIALS FOR 2023. 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 & Wafers - \$10.00, Newsletters - \$10.00



NORTH PARISH'S ANNUAL MEETING

Holy Apostles, St. Clair

January 15, 2023

Following the 11:00 a.m. Service

A vestry meeting will follow the annual meeting

There is an open seat on the Vestry. If you would like to serve on this very important committee please speak to Senior Warden, Bonnie Baker.



PLEASE PRAY FOR:

Mark Bennyhol
Bonnie Hynoski
Harley Hynoski
Diane Jarosiewicz
Abbey Javid
McKenzie Kline
Joshua Lauver

Kristin Lecher
Mary Levan
Jeff Maurer
Cheryl McDonald
Shirley Moyer
Catherine Mozdy
Robert Mozdy

Lucy O'Connor
Jack Price
Roland Price
Meghan Smith
Marilyn Spieles
David Strunk
Vince Wilk



SPECIAL INTENTION: Your prayers are asked for the family and friends of James R. Lecher who entered eternal life on November 10, 2022. May God grant James eternal rest and give comfort to all who knew and loved him.

Ash Wednesday

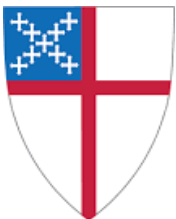


*Remember that you are dust,
and to dust you shall return.*

ECCLESIASTES 3:20

ASH WEDNESDAY SERVICES

8:00 a.m. - St. James. Schuylkill Haven, PA – Holy Eucharist and Ashes
12 Noon Healing Service with Ashes - Holy Apostles, St. Clair
6:00 p.m. – Trinity, Pottsville – Holy Eucharist and Ashes
Ashes in a flash: Watch your bulletins for more information.



HOLY APOSTLES SATURDAY SERVICES at 5:00 p.m.

February 4, 2023

No service in January.

SUNDAY BREAKFASTS: 9:00 a.m. – 12:30 p.m. Holy Apostles

February 5, 2023

No breakfast in January.



Cost is \$10.00. Menu is scrambled eggs, bacon, sausage, home-fries, toast, juice, coffee, tea, etc. If anyone can help, we would appreciate it, contact Bonnie Baker. The breakfasts are fundraisers for North Parish's general fund.

In November we had a profit of \$81.48 and

December our profit was \$306.04.

Thank you for your support.

Thanksgiving Day Dinner Report

THANK YOU to everyone who once again made our Thanksgiving Dinner a success. We prepared 350 meals. We had enough donations to cover the cost of the dinner. Thank you for your generosity!!!!!!

ON LINE RADA CUTLERY SALE: North Parish is selling Rada Cutlery online to benefit our General Fund. Please type in this link in your web address to place an order: <https://radafundraising.com/?rfsn=5315822.c6637d>

When you are directed to the website, please click yes to support North Parish. Then place your order like any other online purchase. This will be an ongoing sale. For those of you who are not comfortable ordering online, please see Bonnie Baker or Bonnie Hynoski for a printed catalog. Please feel free to share this with your family and friends.

THANK YOU TO EVERYONE WHO SUPPORTED OUR Soup Sale in November.
We had a Profit of \$675.00.

OCTOBER 2022 FINANCIAL REPORT

North Parish Receipts

General Account

October	\$ 5,579.00
Year to Date Gen. Receipts	\$ 50,781.57
Transfer in from M&I (current)	\$ -
Transfer M&I Year to Date	\$ 15,000.00
Transfer from Memorial Acct	\$ -
Transfer from Memorial Acct. YTD	\$ 2,800.00

M&I Account

October	\$ 108.27
Year to date	\$ 5,092.62

Memorial Account

October	\$ 400.21
Year to date	\$ 1,697.20

Balances

General Account	\$ 1,967.47
M&I Account	\$ 15,813.21
Memorial Fund	\$ 11,978.75
Temp. Restricted Fund	

North Parish Disbursements

General Account

October	\$ 7,455.97
Year to Date Exp.	\$71,417.00

M&I Account

October	\$ -
Year to date	\$15,000.00

Memorial Account

October	\$ -
Year to date	\$ 2,800.00



NEWS FROM MARION C. PRICE TRUST FUND

Happy New Year! It's hard to believe another year has passed so quickly. As we begin a new year, we also remember the past year. The Episcopal Church of Schuylkill County saw some changes in 2022. Well-loved members of the church family have passed on, been hospitalized, and struggle with life changing illness. Through these changes some have taken on a new role as caregiver to their loved ones.

Taking care of others is a job we do throughout most of our life. When we are young, we care for pets and younger siblings. As adults we care for our children. As we get older, we may care for our parents, grandparents, or other aging relatives. Depending on health issues, we may eventually care for our spouse.

You have two hands. One to help yourself, and one to help others. – Audrey Hepburn

This is so true of a caregiver, however sometimes we use both hands to help others and neglect our own needs. Becoming a caregiver can be truly rewarding and also very challenging.

Let go of guilt- This is easier said than done because putting yourself first often feels selfish. If you have ever flown on an airplane, the flight attendant tells you that in case of emergency, you should put your own oxygen mask on first so that you can then help others. Taking care of yourself first allows you to better care for others.

Join a caregiver support group- Providing care can be lonely and isolating without proper support. Joining a group of people who share similar experiences can create a strong sense of community and help you feel less alone. Providence Place offers Alzheimer/Dementia family/caregiver support meetings the last Thursday of each month. The meeting is held at Providence Place in Pottsville at 6:00. There is also a State and Federal Caregiver Support Program. If qualified, you may receive financial reimbursement for caregiving supplies and respite care. Contact Schuylkill County Office of Senior Services at (570) 622-3103 for more details or to see if you qualify.

Talk to someone other than your care recipient every day- Have a few trusted people to call whenever you need to vent, or be distracted by a topic other than caregiving.

Get rest- Getting the recommended amount of sleep is important for everyone, but especially for those who are undergoing additional stress, such as caregivers.

Eat well- When you are busy it is easy to skip meals and generally not eat well. Be sure to get protein, vegetables and healthy fats (olive oil, butter, nuts, olives) at meals and snacks. Stay hydrated with eight to ten glasses of water per day. Eating healthy will not only help you cope better; it may also protect you from future health problems.

Play with a furry friend- Animals- especially dogs and cats- can be an incredible support system during difficult times. Just 10 minutes of petting an animal can lower your stress level. If you don't own a pet, you can ask a friend to bring theirs over or plan a trip to the local animal shelter.

Get some laughs- Whether it's calling your funniest friend or watching a funny movie, laughter can improve your immune system, relieve pain, and improve mood. No wonder it's called the best medicine!

Listen to music or read a book- Both are ways to reduce stress and provide relaxation. You can listen to music while doing pretty much anything like cleaning, driving, or cooking. Curling up with a good book can also provide some much-needed rest.

Treat yourself- Caregivers work hard, and deserve to be rewarded for their efforts. Reward yourself by ordering a favorite meal, buying a new outfit, or taking a bubble bath. Do whatever feels like pampering at that particular time.

Take time for yourself- Go for a walk, go to a store and just walk around. Look at what's new or different. You may do this in a grocery store or a department store. My recommendations are Aldis or TJ Maxx. Both of these stores have items that are unique. You don't need to buy anything, just take your time and browse. I recently read an article about people going to Target for this exact purpose.

Make time for hobbies- Hobbies contribute to your happiness and many aren't time consuming. Make a list of your favorite ones and try to incorporate these interests into your weekly routine. If you don't have a hobby, Retired Senior Volunteer Program (RSVP) is always looking for volunteers. RSVP is part of AmeriCorps Seniors and is sponsored locally by the Schuylkill County Office of Senior Services. Volunteers serve in many capacities from Meals on Wheel delivery to helping at the library or historical society. Some volunteer positions can be done from home such as the pen pal program and phoning Meals on Wheels recipients. Contact Darla Troutman, RSVP coordinator, at (570)622-3103 for more information.

Respite care- Whether your loved one is in your home or in a facility, it's ok to get away. Even for a short period of time it's ok to go somewhere just for your enjoyment. If your loved one is at home ask or hire someone to give you a break. Some facilities offer respite care where your loved one may enter the facility and be cared for while you rest and recharge. If your loved one is in a nursing facility, you can take a break knowing they will be well cared for. There is no shame in needing a break. Chances are you will come back well rested and rejuvenated.

Lastly be kind to yourself. Take things one step at a time. Establishing a self-care routine may be trial and error, so be patient and kind to yourself while you figure it out. I am always available to help locate available services, visit, vent to, or provide a shoulder to cry on. Contact me in the office at (570)621-3220 or mptfund@gmail.com.

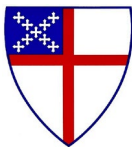
For those of us not in a caregiving role, we can help out by assisting those who are providing care to a loved one. Perhaps prepare a meal or some baked goods and make a visit out of delivering it. Pray for them. Send out a card or text letting them know you are thinking of them. Assist them in some way to accomplish something on this list. It may mean more to them than you will ever know. Offering support lets them know they are not alone.



**Trinity Episcopal Church Organ Fund Benefit Concert: Centre St. at Howard Avenue, Pottsville
100th Anniversary Year – 1922-2022**

**Cora Gamelin-Osenbach, soprano – John Kline, IV – piano and the Grantham Brass Project.
Sunday, January 29, 2023 at 2:00 p.m. – Weather Date – February 5, 2023.**

Suggested Donation: \$15.00 – Tickets available at Trinity's Church Office – call 570-622-8720



NORTH PARISH EPISCOPAL CHURCH SERVICES

JANUARY 2023

Jan. 1	Holy Eucharist Holy Eucharist	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	The Rev. Dr. Kurt Kovalovich The Rev. Dr. Kurt Kovalovich
Jan. 8	Holy Eucharist Holy Eucharist	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	The Rev. Timothy Albright The Rev. Timothy Albright
Jan. 15	ANNUAL MEETING – COMBINED SERVICE OF NORTH PARISH Holy Eucharist			The Rev. Dr. Kurt Kovalovich
Jan. 22	Morning Prayer Morning Prayer	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	Donald Clamser, Sr. Bonnie Baker
Jan. 29	Morning Prayer Morning Prayer	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	Susan Noble Bonnie Baker

FEBRUARY 2023

Feb. 4 Saturday	Holy Eucharist	5:00 p.m.	Holy Apostles	The Rev. Dr. Kurt Kovalovich
Feb. 5	Holy Eucharist	9:00 a.m.	St. John's	The Rev. Dr. Kurt Kovalovich
Feb. 12	Holy Eucharist Holy Eucharist	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	The Rev. Timothy Albright The Rev. Timothy Albright
Feb. 19	Holy Eucharist Holy Eucharist	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	The Rev. Dr. Kurt Kovalovich The Rev. Dr. Kurt Kovalovich
Feb. 22	Ash Wednesday	12 noon	Holy Apostles	Bonnie Baker
Feb. 26	Morning Prayer Morning Prayer	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	Susan Noble Donald Clamser, Sr.

January 1	The Holy Name of Our Lord Jesus Christ	White
January 8	The First Sunday after the Epiphany	White
	The Baptism of Our Lord Jesus Christ	
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
February 5	The Fifth Sunday after the Epiphany	Green
February 12	The Sixth Sunday after the Epiphany	Green
February 19	The Last Sunday after the Epiphany	Green
February 22	Ash Wednesday	Purple
February 26	The First Sunday in Lent	Purple

2022 CHRISTMAS FLOWERS ARE GIVEN IN LOVING MEMORY OF:

St. John's

Amour Families
George & Naomi Amour
Roy Amour
Margaret Briel
Leona & Walter Briel
Anne Frankel
Earl & Beverly Hess
Hess Families
Edith Hoffman
Jimmy Hood
Bob Jones (2)
Ethel & Bert Kehler
Gladys Lally
Ethel & Mike Lane
Franklin Lane
Cole Joshua Lauver
Geraldine Leibig - Mom
Marlin "Sparky" Miller
Dorothy Tiley Miller
William Miller, Jr.
Emily & Louis Morris (2)
William Morris (2)
Bill Neary
Betty Noble (2)
Mary Anne Clamser Orr
Scheuren Families
Lois J. Smith
John Stivetts, Jr.
Margaret & John Stivetts
Harold & Deborah Strunk
Timothy Strunk
Martha & Robert "Red" Tiley
Edward & Rosemary Ulceski
Raymond & Alice Umlauf (2)
Anna & John Umlauf
Donna Lee Tiley Wasko
Clara & Edward Watters

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



Holy Apostles

Chattin Family
Davie Family
Carol Dresch
Ruth Frantz
Frank A. Frantz
Mr. & Mrs. Orme C. Frantz
Mr. & Mrs. Lewis J. Goodman
Robert B. Goodman
Anna Hesse
Mr. & Mrs. Abram Jones
Mr. & Mrs. Abram Jones, Jr.
Anna Mae Krebs
Jim Lecher
Lecher Family
Helen Price
Roland Price, Sr.
Raymond Paisley, Sr.
Charlotte Paisley
Raymond Paisley, Jr.
Margaret Peterman
Ben & Edith Ray
Sam Ray Family
Mr. & Mrs. Evan Reese
Dorothy Smith
Laura Turnitza

