

**NORTH PARISH
JULY 2014
NEWSLETTER**

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



From Fr. Tim's Desk

“Let both of them grow together until the harvest; and at harvest time I will tell the reapers, collect the weeds first and bind them in bundles to be burned, but gather the wheat into my barn.”---Matthew 13:30

What about alternate endings? Nowadays, it's commonplace for movies to have a series of alternate endings. Often, even the actors in the movie don't know which ending will be released by the director until it's actually shown in theatres. One of my favorite movies of all times is *Star Wars*. Who can ever forget Luke Skywalker speeding into the depths of the Evil Empire's death star in his X-wing fighter allowing the Force to steer his craft and deliver a well-placed missile that destroys the death star and saves the rebel's home planet? The light side of the Force prevails over the dark side. Good triumphs over evil.

But there WAS an alternate ending. George Lucas was having a bad day while making the final cut and wrote another ending. Luke Skywalker closes his eyes and allows his craft to be guided by the Force, but this time Darth Vader succeeds in targeting Luke's X-wing fighter and destroys it, killing Luke before he is able to fire his own weapon. The death star then blasts the rebel's planet into oblivion. The dark side of the force prevails. Evil triumphs over good. It just wouldn't have been *Star Wars* if Luke Skywalker didn't live to fight another day and learn that Darth Vader was actually his father. The ending of the story colors the meaning of the entire story.

In Jesus' parable of the wheat and the tares, there is NO doubt about what the ending will be and there will be NO alternate ending. “Let both the wheat and the weeds grow together until the harvest; and at harvest time ... the Son of Man will send his angels to reap, and they will collect out of his kingdom all causes of sin and all evildoers, and they will throw them into the furnace of fire . . . Gathered safely into his barn, the righteous will shine like the sun.” Knowing the ending of the story colors the meaning of the entire story and how we interpret our own individual stories. Knowing the ending of the greatest story ever told colors the way we embark on our own journeys of faith.

Knowing the end of the story should allow us to pay less attention to the weeds - - the things in our lives that distract us and draw us away from the love of God - - and pay more attention to tending the wheat - - the good and wholesome things in our lives, the fruits of the Spirit - - and fostering their growth. Knowing the end of the story, may we tend to our business as disciples of Christ, reconciling the world through his love one heart at a time, and let God take care of the weeds.

Fr. Tim+



JULY MEMORIALS



WINE & WAFERS: In loving memory of Kenneth Heffner by Roy Amour.
In loving memory of Alfred D. Roberts, Jr. by Bob and Kay Ann Kalbach.
In loving memory of Betty Noble by Steve, Bonnie, Jaime and Ben Hynoski.
In honor of the birthday and in loving memory of Frank Frantz
by sister Lois and family.

BULLETINS: In loving memory of Beverly Hess by Roy Amour.
In loving memory of Roy Strobel Sr. by Godson Roy Amour.

**SANCTUARY
CANDLES:** In loving memory of Irene and Stephen J. Rasimowicz Sr. by
Janis and Barry Idell.

NEWSLETTER: The July Newsletter is in loving memory of John and Anna Umlauf by
Lee, Mary and Peter Umlauf.

The August Bulletins are available for sponsorship. If you are interested in sponsoring
the bulletins please call the church office at 570-429-7107. Bulletins are \$10.00

NEWSLETTER DEADLINE

All articles for the August Newsletter should be submitted to our Parish
Administrator, Shannon no later than July 9th. Volunteers are needed on
Wednesday, July 23rd at 1:30 p.m. at Holy Apostles, St. Clair to help fold the
newsletter.



THANK YOU



Thank you to everyone who supported the Mother's Day Flower Sale
in May. As of June 8, 2014 we had a profit of \$474.65 which was
designated for North Parish's General Operating Expenses. Thank
you again for your support!



Sharing Thoughts from the Senior Warden

I would like to take this opportunity to thank the many parishioners and those friends of North Parish, who throughout the year give of their time and talents to keep our parish functioning. It is your unselfish efforts that many times go unnoticed as you are totally behind the scenes.

Our Sunday school teachers, our Vestry members and the many folks who prepare and sell at our fundraisers – all committed to one goal – to keep our doors open. We have a wonderful parish with such dedicated folks as you! This is what brought my wife, Janis and I to North Parish. As Senior Warden, I see most of what goes on in our parish and I am so proud of all of you – proud and thankful to be part of something good and blessed! I cannot stress how much I value all of your hard work and spirit of commitment as we move forward in the second half of 2014!

May God bless you and your families!

Barry Idell

Senior Warden

Home Phone: 570-385-7978

Cell Phone: 732-690-5862

Email: barry.idell@yahoo.com

Vestry Highlights – May 18 2014

Office relocated to Holy Apostles the week of June 15th.

Please note our mailing address will be the same:
North Parish, P.O. Box 487, Frackville, PA 17931

New phone number will be: 570-429-7107

Office Hours will be:

Wednesdays & Thursdays: 1:30 p.m. – 5:15 p.m.

Fridays: 1:30 p.m. – 4:30 p.m.

Office hours are being changed to allow Shannon, our Parish Administrator to pick up the mail and drive from Frackville to Saint Clair. She works for 2 additional churches in Frackville during the mornings.

Healing Services will be held at North Parish with the first service to be held at St. John's on June 25th at 7:00 p.m.

Pioneer Day will be held in Ashland on August 16th at 8:00 a.m.

Peach Festival will be held on August 20th at St. John's, Ashland.





PLEASE PRAY FOR:

Walter Marchos, Pat Hefner, Tamme Kehres, Jenn, Molly Fry, Jennifer Crawford, Edith Hoffman, Spencer Dougherty, Daniel Jenkins Sr., Matthew Foerster, Tania Miller, Ray Moyer, Deb Anderson, Kathy Dunham, Fawn Eisenhart, Kyle & Karl Schu, Laura Kennedy, Bill Goodrich, William Moore, Lori Kahler, Mary Moyer, Linda Regal, Christopher Albright, Jason Noble, Alma Davis, Martha Semar, Sherese Gavenport, Howard Hauk, Jessica Rhein, Mabel, Arlene Davis, Mckenzie Rose, Rafael Ramos, Shirley Moyer, Kay Collier, Kevin Rhein, Stephen Rasimowicz, Jr., John Hauk, Todd Leshar, Bob Jones, Sr., Mary Price, Virginia M. Bushyager, Theresa Price, Jackie Jones-Allison, Theresa Robbins, Suzanne Glick Connor, Charlotte Smith, Thelma Morgan, Jim Spieles, Jr., Judy Demyan, June Leshar, Steven Leshar, Russell Leshar, Kristin Lecher, Suzette Pogash, Mary Catherine Glick, Kay Fertig, Charles J. Wylam, Mary Faith Goodman

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 priests have designated a spot in the service for birthday and anniversary blessings. If you would like a birthday or anniversary blessing, please let our priests know during the announcements that it is your special day.

JULY BIRTHDAYS

1 – Joseph Scheuren
4 – Judy Fishburn
Abbey Noble
5 – Shannon Mozdy
6 – Lillian Dailey
Russell Leshar
8 – Eileen Schultz
9 – Gerry Salata
10 – Stanley Hulet
13 – Lauren Snyder
14 – Abrahm Scanlan
15 – Laura Jenkins
17 – David Johns
19 – Kenneth Brennan

20 – Holly Frantz
21 – Dylan Harkins
22 – Mackenzie Androshick
23 – Zachary Leshar
Susan Noble
Joshua Scheuren
24 – Angela Menuchak
25 – Robert Johns
26 – Maura E. Orth
27 – Carolyn Brennan
Stephen Hynoski
Hannah Lippincott
28 – Diane Waldner Lippincott
29 – Rosemary Weber
31 – David Gerlott



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.



ORGAN REPAIR FUND



St. John's and Holy Apostles Churches each have very old antique, pipe organs. If anything major were to render these beautiful organs inoperative we would not have the finances to replace them. To maintain them in working order the replacement parts and specialized labor is very expensive. That being said, you will find donation envelopes with your Sunday bulletins. These envelopes are for donations to specifically set aside funds for organ repairs for both St. John's and Holy Apostles organs. You may also specify as to which church your donations is to be applied. If you do not have access to these donation envelopes, please mail your donations to our parish office and again specify which church to apply your donation.

Thank you for your donations. As of May 31st we received \$491.00.



FOOD BANK MINISTRY

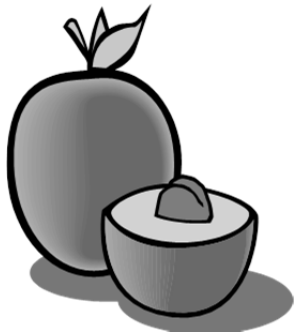


During the month of July we will be collecting cereals (any type), oatmeal, pancake mix & syrup, pop-tarts and granola bars for the local food banks. Any non-perishable food items are always welcome! Thank you to everyone who donated products in June. If you are in need of food assistance, please call the church office at 570-429-7107 and we will direct you to a local food pantry.

NORTH PARISH PEACH FESTIVAL

Wednesday, August 20, 2014

St. John's Episcopal Church
13th & Market Streets
Ashland



Watch next month's newsletter and future bulletins for details.

MAY 2014 FINANCIAL REPORT

North Parish Receipts

General Account		
	May-14	\$ 5,221.83
Year to Date Gen. Receipts		\$ 33,693.83
Transfer in from M&I		\$ 5,000.00
Transfer M&I Year to Date		\$ 5,000.00

M&I Account		
	May-14	\$ 364.82
Year to date		\$ 4,232.30

Memorial Account		
	May-14	\$ 1.22
Year to date		\$ 36.66

Balances		
General Account		\$ 8,277.01
M&I Account		\$ 20,551.12
Total Funds available		\$ 28,828.13

Memorial Account		\$ 14,412.91
Temp. Restricted Fund		

North Parish Disbursements

General Account		
	May-14	\$ 6,550.40
Year to Date Exp.		\$ 35,649.06

M&I Account		
	May-14	\$ 5,015.00
Year to date		\$ 5,029.00

Memorial Account		
	May-14	\$ -
Year to date		\$ -



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 - PLEASE NOTE OUR NEW PHONE NUMBER!

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.
PLEASE NOTE THE NEW TIMES!**

Website: www.northparish.com

Clergy – The Reverend Timothy Albright; 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.

NEWS FROM THE MARION C. PRICE TRUST

If you are struggling to lose weight in spite of consistent and genuine efforts, it may be the case that you have some misconceptions about what constitutes healthy eating. Here are several offenders, and some smart food substitutions that you can make in order to shed excess weight.

1. **Muesli** often provides you with up to 500 calories per serving; has a high fat content and contains an unacceptable amount of added sugar. The best thing to do is make your own with oats, sunflower seeds, a small amount of dried fruit and some macadamia nuts (though you should be conservative when adding the fruit and nuts in order to keep the sugar and fat content of your muesli under control).
2. **Banana Chips** are made by deep frying, which means that just one serving of them will contain a staggering 10g of saturated fat and at least 150 calories. In addition, banana chips contain fewer of the essential vitamins and minerals that can be found in a fresh banana. If you like the taste of banana chips you can put in a food dehydrator or opt to bake banana slices in the oven. Slice the banana into thin chips, dip in lemon juice and spread on a cookie sheet. Bake for 2 hours at 200 degrees and flip, bake for another 1½-2 hours or until crisp.
3. **Tuna Sushi** is compatible with trying to lose weight because it is relatively low in calories and fat; there is hidden possibility of consuming an excess of mercury. Avoid eating more than 6 ounces of tuna sushi per week.
4. **Energy Bars** can contain up to 500 calories, providing the same amount of calories as a small dinner or a large lunch. However, it is possible to find energy bars that are good for you. Look for one that does not contain more than 220 calories and at least 4 g of protein.
5. **Trail Mix** often includes sugar-covered nuts, yogurt-coated raisins, corn syrup and the aforementioned deep fried banana chips. As a result, just a couple of servings can be up to 600 calories, a hefty amount of trans fats and excessive amounts of empty calories in the form of refined sugars. To purchase a healthy mix, bypass those that are full of candy and the ones almost entirely comprised of nuts or make your own healthy trail mix with high fiber cereal, dried fruit, (such as cranberries, blueberries and dates) and nuts such as almonds.
6. **Prepared Salads** can be as bad for you as the burger you yearned to order. In particular, most salads found in restaurants will often be drowned in extra fats and calories so that consumers will find them tastier. If you are concerned that a restaurant salad might not be as healthy, ask your waiter about the ingredients. Choose a light or fat-free dressing like vinaigrette. Dairy-free options tend to be lower in calories and contain no cholesterol, whereas ranch, blue-cheese, caesar, french and thousand island can be quite destructive. Ask for the dressing on the side and only add enough to flavor your salad. Skip the cheese and egg toppings. If you

want to top a salad with meat or seafood, look for lean and grilled or baked options, not fried or breaded. Keep in mind that this choice will add at least 100 calories.

7. **Reduced fat yogurts** can be bland, so in an attempt to compensate, yogurt manufacturers will often choose to heap a lot of extra sugar into their products. The higher the protein and the lower the sugar content, the more actual yogurt you are getting in the container. The best yogurts provide 35-40% of the recommended dietary allowances for calcium in an 8 oz. container. Avoid any product that lists sugar as the first or second ingredient. Beware: many non-fat yogurts have a lot of added sugar. The best nutritional deal is plain yogurt with live cultures of probiotics.

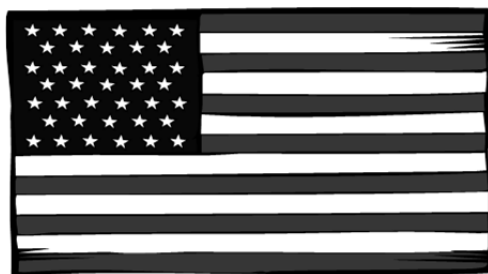
Well planned, healthy snacks can complement your weight-loss plan to help manage hunger and reduce binging. The key is to select foods that satisfy your hunger, supply your body with energy and provide important nutrients. Eating a piece of fruit, some raw vegetables, whole grain or high fiber content foods can tame your hunger without ruining your appetite for your next meal. Opt for snacks of 100 calories or less to stay within your daily calorie goal.

Here are some suggestions for smart choice 100-calorie snacks:

- 1 cup sliced bananas and fresh raspberries (or any fruit)
- 2 cups baby carrots
- 3 ½ cups air-popped popcorn
- 5 melba toast crackers, rye or pumpernickel
- 2 Tablespoons of peanuts
- 2 domino-sized slices of low-fat Colby or cheddar cheese

Senior Adventures will be traveling to Virginville Hotel on Thursday, July 19th and Mountain Valley Golf Club on Thursday, August 21st. Come join us. Call Kathy Burda at 570-621-3220 for more information.

Operation We Care has now mailed over 4000 pounds of goodies to our local servicemen and women stationed in Iraq and Afghanistan since we started this worthwhile project in 2007. Thanks to you for your support and donations and to the Frackville American Legion Ladies Aux., Brownie Troop 30981 and Girl Scout Cadet Troop 31027 Pottsville/Minersville we were able to send each soldier on our list 2 boxes of goodies including delicious Girl Scout cookies and 1 box of personal care items.



NORTH PARISH EPISCOPAL CHURCH SERVICES

JULY 2014

July 6	Holy Eucharist Holy Eucharist	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	The Rev. James C. Smith The Rev. James C. Smith
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July 13	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
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July 20	Holy Eucharist Holy Eucharist	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	The Rev. James C. Smith The Rev. James C. Smith
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July 27	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
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	Notes:	Color:
July 6	The Fourth Sunday after Pentecost	Green
July 13	The Fifth Sunday after Pentecost	Green
July 20	The Sixth Sunday after Pentecost	Green
July 27	The Seventh Sunday after Pentecost	Green