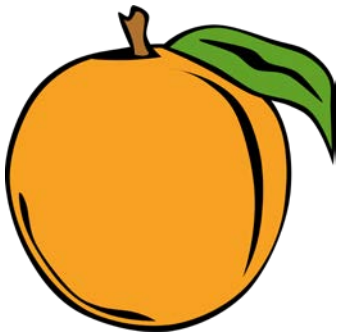


**NORTH PARISH
NEWSLETTER
JULY &
AUGUST 2018**

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



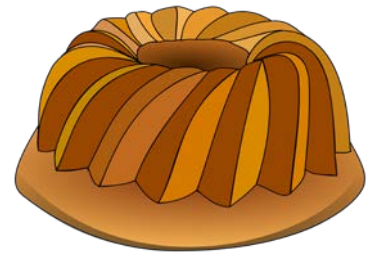
**NORTH PARISH
PEACH FESTIVAL
Wednesday, August 15th**

Holy Apostles' Episcopal Church
307 E. Hancock St.

St. Clair, PA

6:00 p.m. – 8:00 p.m.

Tickets - \$5.00



Come enjoy peaches, ice cream, baked good and a beverage.
Eat in or take outs available.

For tickets, see Bonnie Hynoski, Lois Hewes
Or call the church office at 570-429-7107.

Volunteers are needed to set up, bake treats, to sell tickets and to clean up.
MONETARY DONATIONS AND DONATIONS OF CAKES ARE NEEDED TOO!

If you can help set up and peel peaches, please arrive at the church the day of the festival by 9:00 a.m. Baked goods can be dropped off at that time. If you can help that evening, please arrive by 4:30 p.m. Please use the sign-up sheets that will be available in each church if you can help.

OUR PROFIT FROM THE STRAWBERRY FESTIVAL WAS \$450.00. THANK YOU TO EVERYONE WHO DONATED THEIR TIME, TALENTS AND TO THOSE WHO ATTENDED!



JULY MEMORIALS



WINE AND WAFERS: In memory of Alfred D. Roberts Jr.'s birthday by Bob and Kay Ann Kalbach.

BULLETINS: In memory of Betty Noble by the Hynoski Family.

SANCTUARY CANDLES: In memory of Beverly Hess by Carol Jones.

In memory of Edith Hoffman by the Ulceski and Strunk Families.

In memory of Raymond Umlauf by Susan Noble and Family.

AUGUST MEMORIALS

WINE AND WAFERS: In memory of George and Naomi Amour by Carol Jones.

BULLETINS: In memory of Donald Lippincott by Diane Lippincott.

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

In memory of Anna Mae Krebs by Bob and Kay Ann Kalbach

NEWSLETTER: In memory of John and Anna Umlauf by the Umlauf Family.

2018 MEMORIALS AVAILABLE:

Bulletins: September, October

Newsletters – September/October; November/December

If you are interested in memorials please contact the church office by phone (570-429-7107) or send 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



All articles for the SEPTEMBER/OCTOBER Newsletter should be submitted to our Parish Secretary, Shannon no later than Wednesday, August 8th. Volunteers are needed on Thursday, August 23rd at 1:30 p.m. at Holy Apostles, St. Clair to help fold the newsletter.



PLEASE PRAY FOR:

Fr. Bruce Baker
Joseph Bass
Richard Berger
Nathan Conrath
Alma Davis
Robert Davis
Anne Dorrance
Kay Fertig
Julia Foerster
Tatiana Heffner

David Hewes Sr.
Rita Hinchey
Huxley Hoffman
Jean Hoffman
Anna Hutchko
Janis Idell
Dolores K.
McKenzie Kline
Marilee McDonough
Raymond Moyer

Bernard & Diane Nace
Mary Price
Ron Reed
Alfred D. Roberts, III
Charlotte Smith
James Spieles, Jr.
David Strunk
Judith Wright
Peg Wylam
Margaret Yasenchak

PLEASE PRAY FOR ALL THOSE SERVING THE MILITARY HERE AND ABROAD

Please call the church office if you have a loved one who needs prayers and also anyone who is serving our military. All those listed on the prayer lists are prayed for during Sunday services.



SPECIAL INTENTION: Your prayers are asked for the family and friends of Chester Shanoskie who entered eternal life on June 6, 2018. May God grant Chester eternal rest and give comfort to all who knew and loved him.



PRAYER LIST POLICY

We will begin a new prayer list beginning July 1st. Please notify the church office thru email (nparish@ptd.net), phone message (570-429-7107) or thru the mail if you would like your loved one to remain on the list. If we do not hear from you before July 1st, your loved one will be taken off the prayer list. Thank you.

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 December also.

Bloomsburg
Share
Picnic
Diocese
Central PA
CELEBRATE
EPISCOPAL
Eucharist
Partner
Baptism
Invited
Danville
Dish
Mission Church
Confirmation
Knoebels
Mt Carmel
Resurrection
Fellowship
Sunbury
WORSHIP

EUCHARIST: CONFIRMATION: BAPTISM: PICNIC: FELLOWSHIP
JULY 22, 2018 @ 11 AM KNOEBELS AMUSEMENT RESORT ELYSBURG

The Diocese of Central PA and the Mission Church of the Resurrection, Mt. Carmel, has invited us to a celebration of Eucharist with Confirmation and Baptism, followed by a pot-luck picnic. Tent 6 has been reserved for the occasion. Please note: We will have services at North Parish that day but please feel free to attend the service at Knoebels.



Join the Episcopal Church of Schuylkill County as we offer Hugs and Kisses, and balloons, and information at the Episcopal Church Booth at the Schuylkill County Fair, July 30 through August 4, from 4 till 8. Come for an hour, or come for the entire week! This has always been a wonderful time of fellowship and sharing, good food and interesting folks!

MARK YOUR CALENDARS!
EUCHARIST AND PICNIC! SUNDAY AUGUST 19 AT 11 AM!
Set-up: 10:30 AM



Join your fellow Episcopalians for Holy Eucharist and a fellowship picnic on Sunday, August 19, 2018, at Island Park in Schuylkill Haven. Trinity-Pottsville, Calvary-Tamaqua, St. James-Schuylkill Haven, Mission-Mt. Carmel, St. Gabriel-Douglassville, and St. Thomas-Morgantown are invited. There will NOT be services at North Parish that Sunday.



VESTRY MEETING – Sunday, August 12th
4:00 p.m. – Holy Apostles, St. Clair



HAPPY BIRTHDAY!

JULY BIRTHDAYS

1 – Joseph Scheuren	15 – Laura Goodman Jenkins	23 - Joshua Scheuren
4 – Judy Fishburn	19 – Kenneth Brennan	27 – Carolyn Brennan
Abbey Javid	20 – Holly Frantz	Stephen Hynoski
6 – Lillian Dailey	21 – Dylan Harkins	Hannah Lippincott
Russell Leshner	22 – Mackenzie Androschick	28 – Diane Waldner Lippincott
9 – Gerry Salata	23 – Zachary Leshner	
13 – Lauren Snyder	Susan Noble	
14 – Abrahm Scanlan		



AUGUST BIRTHDAYS

1 – Anthony Javid	16 – Amanda Marie Jacobs	24 - Jack Dudasn
3 – Enrique Ortiz, III	18 – Lois Hewes	26 – Taryn Harris
4 – Nancy Davis	20 – Matthew Foerster	29 – Darren McGlone
9 – Sally Leibig	21 – Roland Price, Jr.	31 – Peter Umlauf
10 – Robert Davis	Earl Donatti	
15 – Benjamin Hynoski	24 – Ann Hanson	

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



Dear Brothers and Sisters in Christ,

Thank You! Thank You! How can we even begin to say thank you. Your Good Friday donation of \$150.00 will be used to assist your hard working neighbors right here in our community. Your continued support is greatly appreciated. May God bless you and your family, as you have blessed others.

In His Service,

Bradley S. Harris, Envoy in Charge

The Salvation Army, Pottsville, PA

(This donation was made from our offering we received on Good Friday)



Dear Members of North Parish,

We want to thank you for your generous donation of \$100.00 to the Ashland Public Library. Please know that the money will be used for improvements in our library to better our community.

Board of Directors Ashland Public Library

(This donation was made from North Parish's Outreach Budget)

MARCH 2018 FINANCIAL REPORT

North Parish Receipts

General Account

March	\$ 5,774.47
Year to Date Gen. Receipts	\$ 10,622.24
Transfer in from M&I (Current)	\$ -
Transfer M&I Year to Date	\$ -
Transfer in from Mem. Acct. (Current)	\$ -
Transfer Mem Acct. Year to Date	\$ -

M&I Account

March	\$ 1,414.51
Year to date	\$ 1,544.95

Memorial Account

March	\$.93
Year to date	\$ 2.69

Balances

General Account	\$ 7,137.57
M&I Account	\$ 48,132.86
Memorial Fund	\$ 10,884.55

North Parish Disbursements

General Account

March	\$ 3,817.45
Year to Date Exp.	\$ 12,314.97

M&I Account

March	\$ -
Year to date	\$ -

Memorial Account

March	\$ -
Year to date	\$ -



APRIL 2018 FINANCIAL REPORT

North Parish Receipts

General Account

April	\$ 4,053.00
Year to Date Gen. Receipts	\$ 14,675.24
Transfer in from M&I (Current)	\$ -
Transfer M&I Year to Date	\$ -
Transfer in from Mem. Acct. (Current)	\$ -
Transfer Mem Acct. Year to Date	\$ -

M&I Account

April	\$ 128.96
Year to date	\$ 1,673.91

Memorial Account

April	\$.89
Year to date	\$ 3.58

Balances

General Account	\$ 5,335.65
M&I Account	\$ 48,261.82
Memorial Fund	\$ 10,885.44
Temp. Restricted Fund	

North Parish Disbursements

General Account

April	\$ 5,854.92
Year to Date Exp.	\$ 18,169.89

M&I Account

April	\$ -
Year to date	\$ -

Memorial Account

April	\$ -
Year to date	\$ -



NEWS FROM MARION C. PRICE TRUST FUND



Every day brings a new headline or TV news segment asking, “Are you getting enough _____?” The blank can be filled in with just about any vitamin, mineral, vegetable, fat – you get the idea. Maybe this explains why the supplement business is booming and shows no signs of slowing down. But that doesn’t mean you should pop pills like candy.

With any supplement or over the counter medication it is essential for you to check with your doctor before taking and to include in your list of medications.

Fish Oil is a dietary source of omega-3 fatty acids – substances your body needs for many functions, from muscle activity to cell growth. Omega-3 fatty acids are derived from food and are essential for good health. Try to get them from your diet by eating fish - broiled or baked, not fried.

People take fish oil to reduce the risk of heart attacks, and strokes, to treat high triglycerides and high blood pressure and to improve symptoms of rheumatoid arthritis. While generally safe, (300-500mg/day) too much fish oil can increase your risk of bleeding and might suppress your immune response. Take fish oil supplements **only** under a doctor’s supervision.

Vitamin A is a nutrient important to vision, growth, cell division, reproduction and immunity. It is found in many foods, such as spinach, dairy products and liver. Other sources are foods rich in beta-carotene, such as green leafy vegetables, carrots and cantaloupe. Your body converts beta-carotene into vitamin A.

The recommended daily amount of vitamin A is 900 micrograms (mcg) for adult men and 700 mcg for adult women. A healthy and varied diet will provide most people with enough vitamin A. Taking too much vitamin A can be harmful. Oral use of vitamin A supplements while taking these medications used to prevent blood clots might increase your risk of bleeding.

Vitamin C is a vitamin your body needs to form blood vessels, cartilage, muscle and collagen in bones, it is also vital to your body’s healing process and plays a role in supporting a healthy immune system.

Because your body doesn’t produce vitamin C, you need to get it from your diet or supplements. Vitamin C is found in citrus fruits, berries, potatoes, tomatoes, peppers, cabbage, brussel sprouts, broccoli and spinach.

Most people get enough vitamin C from a balanced diet. The recommended daily amount of vitamin C for adult men is 90 milligrams and for adult women is 75 milligrams. When taken at appropriate doses, oral vitamin C supplements are considered safe. Tell your doctor that you are taking vitamin C supplements before having any medical tests. High levels of Vitamin C might interfere with the results of certain tests, such as stool tests for occult blood or glucose screening tests. Vitamin C may interfere with the absorption of certain drugs, please check with your pharmacist or health care provider if you are taking any medications containing aluminum, chemotherapy, estrogen, statins or warfarin.

Vitamin D is necessary for building and maintaining healthy bones. Vitamin D isn't found in many foods, but you can get it from fortified milk, fortified cereal and fatty fish such as salmon, mackerel and sardines.

Your body makes vitamin D when direct sunlight converts a chemical in your skin into the active form of the vitamin. The amount depends on many factors, including the time of day, season, latitude and your skin pigmentation.

Many older adults don't get regular exposure to sunlight and have trouble absorbing vitamin D, so taking a multivitamin with vitamin D will likely help improve bone health. Vitamin D is essential for calcium absorption.

The recommended daily amount of vitamin D is 400-800 international units (IU) for adults to 70 years and 800-1,000 IU for people over 70 years.

Many calcium supplements also include vitamin D. Taking too much can cause stomach issues or kidney problems. Consult your pharmacist or health care provider if you are taking Dilantin, Lipitor or Lanoxin.

Vitamin E is a nutrient that's important to vision, reproduction and the health of your blood, brain and skin.

Foods rich in vitamin E include canola oil, olive oil, margarine, almonds and peanuts. You can also get vitamin E from meats, dairy, leafy greens and fortified cereals. The recommended daily amount of vitamin E for adults is 15 milligrams a day. Most people get enough vitamin E from a balanced diet.

If you've been diagnosed with mild to moderate Alzheimer's disease, some research suggests that vitamin E therapy might help slow the progression but might increase the risk of prostate cancer.

Talk to your doctor before taking vitamin E if you have: a vitamin K deficiency, retinitis pigmentosa, bleeding disorders, diabetes, a history of previous heart attack or stroke, head and neck cancer or liver disease.

The supplement might increase your risk of bleeding. If you're planning to have any procedure or surgery, talk to your doctor about stopping vitamin E beforehand.

Calcium is essential for building and maintaining strong bones. It helps muscles work and nerves carry messages between the brain and other parts of the body. We can find calcium in yogurt, milk, cheese, canned salmon and sardines, broccoli, kale, collard greens, fortified cereals and juices.

Adults need 1,000 milligrams (from all sources) every day. Women over 50 and men over 70 need 1,200 milligrams per day. The more calcium you take at one time, the harder it is for your body to process it. Aim for 500 milligrams or less at one time. More than the recommended daily amount may be harmful.

Talk to your doctor if you are taking a prescription medicine for osteoporosis, Paget's disease, seizures, thyroid problems or an antibiotic. Calcium can make certain drugs less effective. For more information visit www.mayoclinic.com

NORTH PARISH EPISCOPAL CHURCH SERVICES

JULY 2018

July 1	Morning Prayer Morning Prayer	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	Donald Clamser, Sr. Robert Tiley
July 8	Holy Eucharist Holy Eucharist	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	The Rev. Dolores Smith The Rev. Dolores Smith
July 15	Morning Prayer Morning Prayer	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	Robert Tiley Donald Clamser, Sr.
July 22	Holy Eucharist Holy Eucharist	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	The Rev. Hazel Hunt The Rev. Hazel Hunt
July 29	Morning Prayer Morning Prayer	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	Donald Clamser, Sr. Robert Tiley

	Notes:	Color:
July 1	The Sixth Sunday after Pentecost	Green
July 8	The Seventh Sunday after Pentecost	Green
July 15	The Eight Sunday after Pentecost	Green
July 22	The Ninth Sunday after Pentecost	Green
July 29	The Tenth Sunday after Pentecost	Green

NORTH PARISH EPISCOPAL CHURCH SERVICES

AUGUST 2018

August 5	Morning Prayer Morning Prayer	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	Robert Tiley Donald Clamser, Sr.
August 12	Holy Eucharist Holy Eucharist	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	The Rev. Dolores Smith The Rev. Dolores Smith
August 19	There will be no services at North Parish on this day. Members are encouraged to attend Holy Eucharist and a Pot Luck Picnic at 11:00 a.m. at Island Park, Schuylkill Haven.			
August 26	Morning Prayer Morning Prayer	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	Donald Clamser, Sr. Robert Tiley

	Notes:	Color:
August 5	The Eleventh Sunday after Pentecost	Green
August 12	The Twelfth Sunday after Pentecost	Green
August 19	The Thirteenth Sunday after Pentecost There will be no services at North Parish.	Green
August 26	The Fourteenth Sunday after Pentecost	Green