

NORTH PARISH JULY 2020 NEWSLETTER

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



Dear Brothers and Sisters in Christ,

We will begin having services at Saint John's and Holy Apostles on Sunday, June 28, 2020. As you know, we have not held services since early March of this year. While we have not held services in the churches, we have held services on Zoom, for which we thank Fr. Kurt for all of his hard work to bring these services each week. Many of you have watched and participated in these services. They will continue so people who do not feel comfortable attending services in the church can still attend church on Zoom.

The Vestry has worked very hard in efforts to protect our parishioners. Under the direction of Bishop Kevin, a plan was devised and will be implemented following guidelines set forth by Governor Wolfe and the Center for Disease Control. Below is a list of modifications that have been made to follow the guidelines. We want you to know about these modifications in advance so there are no surprises as we resume worship in the new style. Each person needs to make their own decision as to whether for their own safety and the safety of others they can follow these modifications if they should attend services in the church.

- **Masks** are to be worn from entering the church property until leaving. Masks will be available if someone comes without one. It is important that we keep each other safe.
- **Bulletins** will be available in the pews. All prayer books have been removed from the church and the entire service will be in the bulletin. We ask that you take the bulletin with you when you leave.
- **Both churches have been thoroughly cleaned.** All commonly touched surfaces will be cleaned and sanitize
- **Social Distancing** will be practiced while inside the church. All congregants, except for members living in the same household, and clergy must sit six feet apart. Ribbon markers and masking tape will be used to indicate approved seating. An usher will be available to instruct you where to sit, to ensure social distancing. Please know you may not sit in the pew you usually sit in. At the close of services, the usher will direct worshippers out of the church by pew. We remind everyone not to socialize after leaving the church.
- **Contact Tracing** will be done at each service. A parish list with name and contact information will be completed by the usher. Visitors will be asked their name and contact information will be placed on the list. This information will only be used if needed and will be kept in the office.

- **Singing** will not be done in that singing projects particles of moisture even more than speaking does. Our organists will provide beautiful music.
- Bishop Kevin has given us permission to reopen. He has consulted with Doctors at Lehigh Valley Hospital who had advised him that there is no way to have **Communion** safely at this time. Therefore we will not have Holy Eucharist until we are notified by the Bishop that it is deemed safe to do.
- **The sharing of the peace** will be done but asked to extend the sign of peace to one another without touching.
- We ask that you continue to send your **offerings** to Elaine Ulceski for St. John's and the church office for Holy Apostles. We will also have a plate in the rear of the church to place your offerings. We want to thank everyone who had stepped up and continued to financially support the church.
- One lector will be used per service. This person will sit by the lectern at Holy Apostles and in the choir pew closest to the lectern in St. John's throughout the service. The lector May remove their mask while at the lectern and remaining six feet apart. The Officiant may remove their mask at the altar and pulpit, keeping social distancing.
- We encourage everyone who is feeling ill or uncomfortable in returning to worship at this time, please stay home. If you have the capability to participate in the Zoom services, we encourage you to do so.

A copy of our plan submitted to Bishop Kevin for permission to reopen will be posted in each church. If you have any questions or concerns, please contact Senior Warden, Bonnie Baker at 570-429-2272.



JULY MEMORIALS

WINE AND WAFERS: In memory of Alfred D. Roberts Jr. on his 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 Strunk and Ulceski Families.

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

Please Note: The wine and wafers for July have been prepaid. Even though we are currently not having Holy Communion we are acknowledging the memorial.

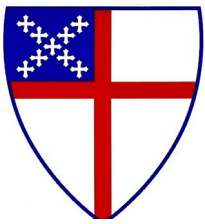


JULY BIRTHDAYS

1 – Joseph Scheuren
4 – Judy Fishburn
Abbey Javid
6 – Lillian Dailey
9 – Gerry Salata
13 – Lauren Snyder

14 – Abrahm Scanlan
15 – Laura Goodman Jenkins
20 – Holly Frantz
21 – Dylan Harkins
22 – Mackenzie Androshick
23 – Zachary Leshner

23 Susan Noble
Joshua Scheuren
27 – Stephen Hynoski
Hannah Lippincott
29 – Diane Waldner Lippincott



NORTH PARISH EPISCOPAL CHURCH SERVICES

JULY 2020

July 5	Morning Prayer	9:00 a.m.	St. John's	Susan Noble
	Morning Prayer	11:00 a.m.	Holy Apostles	Bonnie Baker
July 12	Morning Prayer	9:00 a.m.	St. John's	The Rev. Dr. Kurt Kovalovich
	Morning Prayer	11:00 a.m.	Holy Apostles	The Rev. Dr. Kurt Kovalovich
July 19	Morning Prayer	9:00 a.m.	St. John's	Bonnie Baker
	Morning Prayer	11:00 a.m.	Holy Apostles	Bonnie Baker
July 26	Morning Prayer	9:00 a.m.	St. John's	The Rev. Dolores Smith
	Morning Prayer	11:00 a.m.	Holy Apostles	The Rev. Dolores Smith

	Notes:	Color:
July 5	The Fifth Sunday after Pentecost	Green
July 12	The Sixth Sunday after Pentecost	Green
July 19	The Seventh Sunday after Pentecost	Green
July 26	The Eight Sunday after Pentecost	Green

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Vestry Meeting: Saturday, August 15, 2020, 10:00 a.m. at St. John's, Ashland
If for some reason you are unable to attend, please contact
Bonnie Baker at 570-429-2272.



PLEASE PRAY FOR:

Phil Frantz
Kenny Herring
Lois Hewes
Rita Hinchey
Tammy Hoffman
Mckenzie Kline
Dolores K.
Nick Lane
Rita Laspina
Kristin Lecher Carlo
Lombardi

Bernadette Moran
Tracey Miller
Susan Noble
Kimberly Olsen
Raymond Moyer
Shirley Moyer
Gertrude Newman
Anthony Palizzotto
Mary Price
Joe Scheuren
Charlotte Smith

James Spieles Jr.
Marilyn Spieles
Kathleen Swiss
Jon Traugh
Eddie Ulceski
Elaine Ulceski
Judith Wright

MARCH 2020 FINANCIAL REPORT

North Parish Receipts

General Account

	March	\$ 5,657.61
Year to Date Gen. Receipts		\$ 11,428.02
Transfer in from M&I (current)		\$ 3,000.00
Transfer M&I Year to Date		\$ 3,000.00

M&I Account

	March	\$ 1,285.35
Year to date		\$ 1,422.27

Memorial Account

	March	\$.92
Year to date		\$ 2.86

Balances

General Account	\$ 8,762.76
M&I Account	\$ 28,286.31
Memorial Fund	\$ 11,807.87
Temp. Restricted Fund	

North Parish Disbursements

General Account

	March	\$ 3,753.71
Year to Date Exp.		\$ 13,291.14

M&I Account

	March	\$ 3,000.00
Year to date		\$ 3,000.00

Memorial Account

	March	\$ -
Year to date		\$ -



APRIL 2020 FINANCIAL REPORT

North Parish Receipts

General Account

	April	\$ 7,836.00
Year to Date Gen. Receipts		\$ 19,264.02
Transfer in from M&I (current)		\$ -
Transfer M&I Year to Date		\$ 3,000.00

M&I Account

	April	\$ 129.86
Year to date		\$ 1,552.13

Memorial Account

	April	\$.78
Year to date		\$ 3.64

Balances

General Account	\$ 11,241.15
M&I Account	\$ 28,416.17
Memorial Fund	\$ 11,808.65
Temp. Restricted Fund	

North Parish Disbursements

General Account

	April	\$ 5,357.61
Year to Date Exp.		\$ 18,648.75

M&I Account

	April	\$ -
Year to date		\$ 3,000.00

Memorial Account

	April	\$ -
Year to date		\$ -



NEWS FROM MARION C. PRICE TRUST FUND

Food Allergies – By the time you are over 50, you think you know which foods you can eat and which you can't. Because of this, you might be shocked if you develop a food allergy later in life. Actually, as we get older, changes in our bodies can lead to food allergies.

Aging can cause your stomach to produce less gastric aid, resulting in some nutrients leading to an alteration in the immune system.

The most common allergen people develop as adults, according to the Northwestern Medicine Study, is shellfish. Other common adult-onset food allergies are to milk, peanuts, tree nuts, fish, eggs, wheat, soy and sesame.

Identifying a food allergy can be challenging in people 50 and older. The symptoms may not be as clear cut as when you're younger and can involve the respiratory system, skin, nose, mouth, ears, gastrointestinal tract or even the heart.

It's not uncommon for a health care professional to mistake food allergy symptoms in an older adult for problems with a medication, sleep issues, viruses, autoimmune diseases, general aging or gastrointestinal problems like irritable bowel syndrome. The longer a person continues to eat the allergen, the more serious the reactions can be, a particular concern in people with other health issues. Patients themselves may never consider a food allergy to be the root of their health issues, which can add to the difficulty in diagnosis.

Be sure not to ignore any new reaction you might have to a food or substance. By paying close attention to this reaction and determining its cause, you will be better prepared to eat safely and avoid further reactions. Living with a food allergy can be complicated and challenging. Your allergen could be an ingredient in foods you would never imagine finding it in.

Here are some helpful tips for managing your allergy:

- Read the ingredient list on all foods.
- Inform your doctor of any suspected allergic reactions.
- Avoid cross-contamination if others in your home continue to eat the allergen. Don't share the same unwashed cutting board, for example.
- Be clear with restaurant staff and verify that they can prepare your food allergen-free.
- Alert family and friends so food you consume from them is allergen-free.
- Don't cheat! Even one bite of your allergen can be life-threatening.
- Avoid over-the-counter antihistamines, they can contribute to falls and urinary tract infections in the elderly.
- Avoid outdoor activities when the pollen count is particularly high.
- Be sure your air conditioner is serviced regularly and equipped with a High Efficiency Particulate Air (HEPA) filter that can remove allergens from outside air and keep them from entering and circulating around the house.

➤ Speak to your allergist and their staff for guidance.

Peripheral Neuropathy is damage or dysfunction of one or more nerves that typically results in weakness, numbness and pain, usually in your hands and feet. It can also affect other areas of your body.

Your peripheral nervous system is the network of nerves outside your brain and spinal cord.

Peripheral neuropathy can result from traumatic injuries, infections, metabolic problems, inherited causes and exposure to toxins. Diabetes is a leading cause of neuropathy.

Every nerve in your peripheral system has a specific function. Nerves are classified into:

- Sensory nerves that receive sensation, such as temperature, pain, vibration or touch from the skin.
- Motor nerves that control muscle movement.
- Autonomic nerves that control functions such as breathing, digestion, blood pressure, heart rate, sweating and bladder control.

If you have neuropathy, the symptoms you feel will depend on the type of nerve that is damaged. The most commonly described feelings are sensations of numbness, tingling (pins and needles) and weakness in the area of the body affected. Other sensations include sharp, lightening-like pain, or a burning, throbbing or stabbing pain.

Some peripheral neuropathies develop slowly - over months to years - while others develop more rapidly and continue to get worse. The way your condition progresses and how quickly your symptoms start can vary greatly depending on the type of nerve or nerves damaged and the underlying cause of the condition.

The best way to prevent peripheral neuropathy is to manage medical conditions that put you at risk, such as diabetes, alcoholism or rheumatoid arthritis. Eating a diet rich in fruits, vegetables, whole grains and lean protein helps keep your nerves healthy, with your doctor's okay getting at least 30 minutes of exercise at least 3 times per week and avoiding factors that may cause nerve damage, including repetitive motions, cramped positions, smoking and overindulging in alcohol are some healthy lifestyle choices that will support nerve health.

Complications of peripheral neuropathy can include:

Burns and skin trauma - You might not feel temperature changes or pain.

Infection - Your feet and other areas lacking sensation can become injured without your knowing.

Falls - Weakness and loss of sensation may be associated with lack of balance and falling.

Seek medical care right away if you notice unusual tingling, weakness or pain in your hands or feet. Early diagnosis and treatment offer the best chance for controlling your symptoms and preventing further damage to your peripheral nerves.