

**NORTH PARISH
March 2013
NEWSLETTER**

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



From Fr. Tim's Desk

"I will sprinkle clean water upon you, and you shall be clean from all your uncleanness, and from all your idols I will cleanse you. A new heart I will give you and a new spirit I will put within you; and I will remove from your body the heart of stone and give you a heart of flesh. I will put my spirit within you, and you shall live . . ." (Ezekiel 36:25-26, 37:14a)

We hear these words of the prophet Ezekiel during the Great Vigil of Easter, on the night before our Lord Jesus Christ overcame the bondage of sin and death and offered the hope of new and glorious life to all those who would follow the Way. Ezekiel's entire ministry was from exile in Babylon. He prophesied the eventual destruction of Jerusalem because of his people's disobedience against God; but once the calamity came to pass, his words, the words of God spoken on human lips, were no longer words of doom and consequence but rather proclamations of hope and restoration. Ezekiel always emphasized, however, that Israel's future restoration would be a work not of their own, but rather a work of divine grace; grace that would return them to the land promised to their fathers; grace that would restore the throne of David; and grace that would ensure that once more God would dwell in their midst and never abandon them again.

In these forty days in the wilderness of Lent as we examine our lives and how we may not have lived them to the glory of God, perhaps how we may have even lived them in disobedience to God, Ezekiel reminds us that consequence will be followed by hope and restoration. In these forty days in the wilderness of Lent, in our own exile, far removed from the Promised Land, Ezekiel reminds us that it is grace, and grace alone that will save a wretch like you and me.

Every day as our steps take us closer and closer to Jerusalem and our eyes look upon the cross of Calvary we are reminded that it is by grace that God dwells in our midst. We are reminded that it is by grace that we will never be abandoned. And we are reminded that it is by grace, and grace alone, that we shall live.

I wish to extend a heartfelt thank you to the congregations of North Parish for the generous Christmas gift. Sharon and I will soon be planning a celebration of our 30th wedding anniversary and your thoughtfulness will certainly help to defer the cost. It has been a blessing to serve as your supply priest and I look forward to our continued time together.

Fr. Tim



PLEASE PRAY FOR:

Kay Collier, Kevin Rhein, Stephen Radimowicz, Jr., Bob C., Melanie Boxter, John Hauk, Fr. Kimberly Brooks, Todd Leshar, Eleanor Mihal, Darlene Frye, Darryl Corewell, Matthew Miggins, Jason Noble, Kimmel family, Edith Hoffman, Holly, Lana Dawn Lucas, Gary Boose, Kyle and Karl Schu, Bob Jones, Sr., Maria Machos, Pam Sapp, Josh, Mark Rauco, Cheyenne Sheipe, Virginia M. Bushyager, Bonnie Lecher, 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, Helen Tanis, Lois Blyler, Barbara Matern, Verna Bosak, Michael Lane, 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 (874-4532) 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.

MARCH BIRTHDAYS

1 – Gage Harkins
2 – David Hewes
4 – Lisa Brennan
 Mia Jan Cuttic
6 – Hayley Snyder
7 – Erin Germany
9 – William Cody
 Rev. Dolores Evans
11 – Mary Faith Goodman
15 – Rev. Eric Snyder

16 – Robert W. Price
17 – Rev. Bruce Baker
 Samantha Miller
19 – Courtney Evans
 Lauren Shanoskie
20 – Pamela Dresch Androshick
22 – Brandy Scheuren
25 – Scott Price
26 – Florence Hollick
 Tracy James
28 – Robert Jones, Sr.
31 – Ethel Backo



If you would like your name added to the birthday list or if your birthday is listed incorrectly please call the church office at 874-4532.

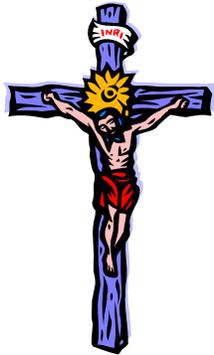
HOLY WEEK SCHEDULE



The Sunday of the Passion/Palm Sunday
March 24, 2013
9:00 a.m. – St. John's, Ashland
11:00 a.m. – Christ Church, Frackville
Celebrant – The Reverend Timothy Albright
11:00 a.m. – Holy Apostles', St. Clair
Celebrant – The Reverend James C. Smith



MAUNDY THURSDAY – March 28, 2013
Holy Apostles', St. Clair - 7:00 p.m.
Combined Service of North Parish
Foot Washing & Stripping of the Altar
Celebrant – The Reverend Timothy Albright



GOOD FRIDAY – March 29, 2013
St. John's, Ashland - 7:00 p.m.
Combined Service of North Parish
Spoken Service
Celebrant – The Reverend James C. Smith



The Sunday of the Resurrection/Easter Sunday
March 31, 2013
9:00 a.m. – St. John's, Ashland
11:00 a.m. – Christ Church, Frackville
Celebrant – The Reverend James C. Smith
11:00 a.m. – Holy Apostles', St. Clair
Celebrant – The Reverend Timothy Albright

Vestry Highlights - February 17, 2013



The minutes of the January 20, 2013 meeting were approved and the Treasurer's report for January 2013 was accepted as printed.

The organ motor from St. John's was repaired and returned.

Several repairs were made at Christ Church. Money from Sarah Robinson's memorials was used to help pay for a majority of the repairs.

A survey will be made of Holy Apostles' property.

Mary Emma Dean will attend the next VOAD meeting to see what is involved with the parish becoming part of the organization.

Mary Umlauf gave a report on the Renewal Assembly held at Trinity Episcopal Church in Pottsville.

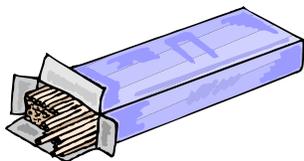
The Parochial Report was approved by the vestry.

The Good Friday Offering will be given to the Bishop's Discretionary fund for U.S. Disasters.

The Peach Festival will be held at Christ Church on August 21st.

The vestry will decide at the next meeting if there is enough interest in having a Strawberry Festival at Holy Apostles.

Next Vestry Meeting will be held March 17th at Christ Church at 1:30 p.m.



FOOD BANK MINISTRY



During the month of March we will be collecting pasta and pasta sauce for the local food banks. Thank you for your generous support with this ministry. If you are in need of food assistance, please call the church office at 874-4532 and we will direct you to a local food pantry.

JANUARY FINANCIAL REPORT

North Parish Receipts

General Account		
Jan-13		\$5,216.28
Year to Date Gen. Receipts		\$5,216.28
M&I Account		
Jan-13		\$1,287.29
Year to date		\$1,287.29
Memorial Account		
Jan-13	\$	1.22
Year to date	\$	1.22

North Parish Disbursements

General Account		
Jan-13	\$	3,180.44
Year to Date Exp.	\$	3,180.44
M&I Account		
Jan-13	\$	-
Year to date	\$	-
Memorial Account		
Jan-13	\$	-
Year to date	\$	-

Balances

General Account	\$12,339.69
M&I Account	\$13,197.16
Memorial Account	\$14,363.14
Total Funds available	\$39,899.99



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) 874-4532

Church Office Address: North Parish, P.O. Box 487, Frackville, PA 17931

Church Office Email Address: nparish@ptd.net

Church Office Hours: Wednesdays & Thursdays: 1:00-5:15pm, Fridays: 1:00-4:30pm

Website: www.northparish.com

Senior Warden – Mary Umlauf – (570) 875-3559

Clergy – The Reverend Timothy Albright

The Reverend James C. Smith

NEWS FROM MARION C. PRICE TRUST FUND

I know February is associated with heart month but I recently had my CPR recertification. One thing the instructor said that made an impression on me is that while it is serious that one in 35 women will suffer from some form of cancer in their lifetime, one in three and one half women will have a heart attack and most women do not survive their first heart attack.

All women face the threat of heart disease. But becoming aware of symptoms and risks unique to women, as well as eating a heart-healthy diet and exercising, can help protect you.

A heart attack strikes someone about every 34 seconds. It occurs when the blood flow that brings oxygen to the heart muscle is severely reduced or cut off completely. This happens because the arteries that supply the heart with blood can slowly narrow from a buildup of fat, cholesterol and other substances.

There are major risk factors that you cannot change such as: increasing age, gender and genetics. For example, people older than 45 have an increased risk of heart attack. Men of any age and postmenopausal women also have a greater risk than younger women. Having a family history of heart disease (Heart Disease includes conditions affecting the heart, such as: coronary artery disease, heart attack, congestive heart failure and congenital heart disease.) is another factor that increases risk. The major risk factors that you can change are: cigarette smoking, high cholesterol, high blood pressure, lack of physical activity, being overweight and diabetes mellitus.

Some heart attacks are sudden and intense – the “movie heart attack”, where no one doubts what’s happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren’t sure what’s wrong and wait too long before getting help.

Although men and women can experience chest pressure that feels like an elephant sitting across the chest, women can experience a heart attack without chest pressure. Instead they may experience shortness of breath, pressure or pain in the lower chest or upper abdomen, indigestion, dizziness, lightheadedness or fainting, upper back pressure or extreme fatigue.

Heart Attack Signs in Women – If you experience any of these signs, don’t wait more than five minutes before calling 9-1-1 and getting to a hospital immediately.

- Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes or goes away and comes back.
- Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Other signs such as breaking out in a cold sweat, nausea or lightheadedness.

Even when the signs are subtle, the consequences can be deadly, especially if the victim doesn’t get help right away.

The following are some reasons why and tips to live a healthier life style for a longer, healthier life:

- High blood pressure is the single most significant risk factor for heart disease. When your blood pressure stays within healthy ranges, you reduce the strain on your heart, arteries and kidneys which keep you healthier longer.
- When you eat a heart-healthy diet (foods low in saturated and trans fat, cholesterol, salt and added sugars, and foods high in whole grain fiber, lean protein and a variety of colorful fruits and vegetables) you improve your chances for feeling good and staying healthy.
- High cholesterol can cause blocked arteries. Plaque lined arteries and veins become less flexible and do not deliver as much blood to your body.
- Daily physical activity increases your length and quality of life. If you get at least 30 minutes of moderate physical activity each day, five times per week, you can almost guarantee yourself a healthier and more satisfying life while lowering your risks for heart disease, stroke and diabetes.
- When you shed extra fat and unnecessary pounds, you reduce the burden on your heart, lungs, blood vessels and skeleton.
- When insulin resistance or diabetes occur along with other heart disease risk factors (such as obesity, high blood pressure, abnormal cholesterol and high triglycerides), the risk of heart disease and stroke rises even more.
- Smoking damages your entire circulatory system and increases your risk for coronary heart disease, hardened arteries, aneurysm and blood clots.
- You will also need to take prescribed medications appropriately, such as blood pressure medications, blood thinners and aspirin.



Thank you to everyone who attended or helped with the Pancake Supper in February. A special thank you goes out to the Clamser family for hosting the event.

NORTH PARISH EPISCOPAL CHURCH SERVICES

March 2013

March 3	Holy Eucharist	9:00 a.m.	St. John's	The Rev. James C. Smith
	Holy Eucharist	11:00 a.m.	Christ Church	The Rev. James C. Smith
	Morning Prayer	11:00 a.m.	Holy Apostles	Jane Shaqfeh
March 10	Holy Eucharist	9:00 a.m.	St. John's	The Rev. Timothy Albright
	Holy Eucharist	11:00 a.m.	Christ Church	The Rev. Timothy Albright
	Holy Eucharist	11:00 a.m.	Holy Apostles	The Rev. James C. Smith
March 17	Holy Eucharist	9:00 a.m.	St. John's	The Rev. James C. Smith
	Holy Eucharist	11:00 a.m.	Christ Church	The Rev. James C. Smith
	Holy Eucharist	11:00 a.m.	Holy Apostles	The Rev. Timothy Albright
March 24	Holy Eucharist	9:00 a.m.	St. John's	The Rev. Timothy Albright
	Holy Eucharist	11:00 a.m.	Christ Church	The Rev. Timothy Albright
	Holy Eucharist	11:00 a.m.	Holy Apostles	The Rev. James C. Smith
March 28	Holy Eucharist	7:00 p.m.	Holy Apostles	The Rev. Timothy Albright
	Maundy Thursday – Combined Service of North Parish			
March 29	Holy Eucharist	7:00 p.m.	St. John's	The Rev. James C. Smith
	Good Friday (spoken service) – Combined Service of North Parish			
March 31	Holy Eucharist	9:00 a.m.	St. John's	The Rev. James C. Smith
	Holy Eucharist	11:00 a.m.	Christ Church	The Rev. James C. Smith
	Holy Eucharist	11:00 a.m.	Holy Apostles	The Rev. Timothy Albright

	Notes:	Color:
March 3	The Third Sunday in Lent	Purple
March 10	The Fourth Sunday in Lent	Purple
March 17	The Fifth Sunday in Lent	Purple
March 24	The Sunday of the Passion/Palm Sunday	Red
March 28	Maundy Thursday (Foot Washing - Stripping of the Altar)	White
March 29	Good Friday	Red or Black
March 31	The Sunday of the Resurrection: Easter Day	White