

NORTH PARISH MARCH 2014 NEWSLETTER

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



From Fr. Tim's Desk

“They heard the sound of the LORD God walking in the garden at the time of the evening breeze, and the man and his wife hid themselves from the presence of the LORD God . . . but the LORD God called to the man and said to him, “Where are you?”- Genesis 3:8-9

For the last eight Sundays we've been lead on a journey of discovery, with Jesus revealing to us bits and pieces about who he is and then on the Mount of Transfiguration, his face and clothes dazzling white, a voice from heaven declared this is my son my beloved. His true identity as the son of God revealed. But as we begin the holy season of Lent the tables are turned and the focus of discovery is not Jesus Christ; but rather the focus of discovery is ourselves. Our journeys turn inward to discover who we are, each and every one of us, and where we are on our journeys to be the individuals that our Lord would like us to be, where we are on our journeys to be the individuals we would like ourselves to be, walking in the footsteps of Christ, walking the way of the cross.

In the quote above from Genesis the LORD God asks a strange question . . . “Where are you?” A strange question coming from the Almighty God to whom all hearts are open, all desires known and from whom no secrets are hid. But the question was not asked for God's benefit. The question was asked for the benefit of his lost creatures. The question was asked for the benefit of Adam and Eve. The question was asked for the benefit of you and me. Where ARE you? Where are YOU on your journey of self-discovery?

Every journey begins with a bit of anxiety or a sense of vulnerability or fear of what we might find. But during our Lenten journey we will not be helpless. After their fall from grace on their journey of discovery, the Lord God did NOT abandon Adam and Eve in the Garden of Eden even though they sinned against him; in fact the Lord God made garments for them out of animal skins and clothed them. The Lord God did NOT abandon the Israelites wandering in the desert of Sinai even though they sinned against him; in fact, until they reached the Promised Land they were led by the Spirit in a cloud by day and a pillar of fire by night. Through their entire journey they were fed the bread of heaven and drank living water springing forth from a rock. The Lord God, his Father, did not abandon Jesus in the wilderness of Judea; in fact, after his baptism by John he was led by the Spirit into the wilderness and he faced his trials, and he was waited upon by the holy angels. And our Lord will not abandon you and me on the journeys through our own wildernesses, even though we sin against him. For just as by the first Adam's disobedience we were all made sinners, so by the second Adams' obedience to the Father we will all be made righteous before God.

During these 40 days and 40 nights, the Lord God walks through his gardens, whether it be the paradises of Eden or the hells and dark places of Gethsemane, and he calls out to each and every one of his creatures 'Where are you? Do not hide yourselves any longer.' When we can answer the question . . . Where ARE you? . . . When we can answer the question . . . Where AM I?, . . . When we can answer those questions, we are no longer lost, but then are found.

Fr. Tim +



MARCH MEMORIALS



WINE & WAFERS: In loving memory of Dolly Roberts by Bob and Kay Ann Kalbach.
In loving memory of Laura Mather by godson Roy Amour.

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

SANCTUARY CANDLE: In loving memory of Irene and Stephen J. Rasimowicz Sr. by Janis and Barry Idell.
In loving memory of Deborah Strunk by the Ulceski and Strunk families.
In loving memory of Louis Morris by Steve, Bonnie, Jaime & Ben Hynoski.

NEWSLETTER DEADLINE

All articles for the April Newsletter should be submitted to our Parish Secretary, Shannon no later than March 12th. Volunteers are needed on Wednesday, March 26th at 1:30 p.m. at Christ Church, Frackville to help fold the newsletter.



NORTH PARISH EASTER FLOWER OFFERING FORM
PLEASE RETURN BY April 6, 2014
(Memorials will be published in the May Newsletter)

Name: _____

In Loving Memory of:

In Loving Memory of:

In Loving Memory of:

Church: _____ **Amount:** _____



Sharing Thoughts from the Senior Warden

As we enter the Lenten season beginning with Ash Wednesday, March 5th...let us utilize this time to read and meditate on God's Holy Word. Starting Wednesday night, March 12th, 7PM, North Parish will conduct our third annual Bible Study and Fellowship Hour at Holy Apostles Church, St Clair, to be continued each Wednesday night until April 16th.

Christians traditionally give up something for Lent. As our weekly Bible Study is open to the public, this year, I am asking all the members of North Parish to give up one hour per week, to drive to Holy Apostles Church and join our small group that has kept this special hour alive the last two years. Looking forward to seeing you!

May God bless you and your families!

Barry Idell
Senior Warden

Vestry Highlights – January 19, 2014

Thanksgiving Dinner Report – 250 meals were served and delivered throughout the region. 70 meals were served “in-house” at HA. Left-over food was taken to SWIC (Schuylkill Women in Crisis). Donated monies will also be sent to SWIC.

Ash Wednesday, Holy Thursday and Good Friday Services will be combined services of North Parish:

Ash Wednesday – March 5th, Holy Apostles, - 6:00 p.m.

Maundy Thursday – April 17th, St. John's, 8:00 p.m.

Good Friday – April 18th, Holy Apostles, 6:00 p.m.

North Parish Fundraiser for our General Fund Operating Expenses – Ham & Corned Beef & Cabbage Sale, March 15th from 11am – 2pm at St. John's, Ashland.



FOOD BANK MINISTRY

During the month of March we will be collecting canned vegetables, canned potatoes, canned ravioli, spaghetti, and Manwich for the local food banks. *Please note...these are suggested items; any non-perishable food items are gladly accepted! Thank you to everyone who donated products in February. If you are in need of food assistance, please call the church office at 570-874-4532 and we will direct you to a local food pantry.



PLEASE PRAY FOR:

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, Michele Esposito, Jessica Rhein, Mabel, Rich Wertz, Arlene Davis, Mckenzie Rose, Rafael Ramos, Shirley Moyer, Kay Collier, Kevin Rhein, Stephen Rasimowicz, Jr., John Hauk, Todd Leshner, Matthew Miggins, Edith Hoffman, Bob Jones, Sr., Maria Machos, Josh, Mark Rauco, Mary Price, Cheyenne Sheipe, Virginia M. Bushyager, Theresa Price, Jackie Jones-Allison, Theresa Robbins, Suzanne Glick Connor, Charlotte Smith, Thelma Morgan, Jim Spieles, Jr., Judy Demyan, June Leshner, Steven Leshner, Russell Leshner, 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 (570-874-4532) 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 | 11 – Mary Faith Goodman | 20 – Pamela Dresch Androshick |
| 2 – David Hewes | 15 – Rev. Eric Snyder | 22 – Brandy Scheuren |
| 4 – Lisa Brennan | 16 – Robert W. Price | 25 – Scott Price |
| Mia Jan Cuttic | 17 – Rev. Bruce Baker | 26 – Florence Hollick |
| 6 – Hayley Snyder | Samantha Miller | Tracy James |
| 7 – Erin Germany | 19 – Courtney Evans | 28 – Robert Jones, Sr. |
| 9 – William Cody | Lauren Shanoskie | 31 – Ethel Backo |
| Rev. Dolores Smith | | |

If you would like your name added to the birthday list or if your birthday is listed incorrectly please call the church office at 570-874-4532.

January 2014 FINANCIAL REPORT

North Parish Receipts

General Account		
Jan-14	\$	5,626.27
Year to Date Gen. Receipts	\$	5,626.27

M&I Account		
Jan-14	\$	1,392.31
Year to date	\$	1,392.31

Memorial Account		
Jan-14	\$	1.93
Year to date	\$	1.93

Balances		
General Account	\$	4,808.51
M&I Account	\$	22,740.13
Total Funds available	\$	27,548.64

Memorial Account	\$	14,378.18
Temp. Restricted Fund		

North Parish Disbursements

General Account		
Jan-14	\$	6,050.00
Year to Date Exp.	\$	6,050.00

M&I Account		
Jan-14	\$	-
Year to date	\$	-

Memorial Account		
Jan-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) 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

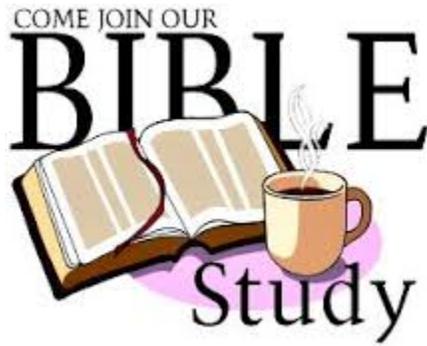
Clergy – The Reverend Timothy Albright; The Reverend James C. Smith

Senior Warden – Barry Idell – (570) 385-7978; cell – (732) 690-5862

Like us on Facebook:

<https://www.facebook.com/Northparisepiscopalchurch>

Please note: No items shall be removed from Christ Church worship areas and the undercroft without the permission of the Vestry.



**Third annual Weekly Lenten Bible Study & Fellowship Hour!
Wednesdays at 7:00 P.M. at Holy Apostles Church**

**Please join us as we pray the Litany followed by lively discussion of
God's Word with fellowship and refreshments!**

We will meet March 12, 19, 26 and April 2, 9, & 16.

Everyone is invited!

Ham & Corned Beef & Cabbage Sale

**March 15th from 11am - 2pm at St. John's, Ashland
Eat in or take out!**



Volunteers are needed to help in the kitchen and for cleanup. Monetary donations are being accepted to help purchase ham, corned beef and cabbage. If you can help or would like to give a monetary donation, please see a vestry member. Proceeds will benefit North Parish's general fund for our general operating expenses.

NEWS FROM THE MARION C. PRICE TRUST FUND

Trouble Sleeping? Most of us have experienced trouble sleeping at one time or another. This is normal and usually temporary, due to stress or other outside factors. But if sleep problems are a regular occurrence and interfere with your daily life, you may be suffering from a sleep disorder. Sleep disorders cause more than just sleepiness. The lack of quality sleep can have a negative impact on your energy, emotional balance and health. Sleep is essential as diet and exercise. Inadequate sleep can lead to fatigue, depression, concentration problems, illness and injury. Sleep is a necessity, not a luxury.

Do You:

- feel irritable or sleepy during the day?
- have difficulty staying awake when sitting still, watching television or reading?
- fall asleep or feel tired while driving?
- have difficulty concentrating?
- often get told by others that you look tired?
- react slowly?
- have trouble controlling your emotions?
- feel like you have to take a nap almost every day?
- require caffeinated beverages to keep yourself going?

If you answered “yes” to any of the previous questions, you may have a sleep disorder. Insomnia, the inability to get the amount of sleep you need to wake up feeling rested and refreshed, is the most common sleep complaint. Insomnia is often a symptom of another problem, such as stress, anxiety, depression or an underlying health condition. It can also be caused by lifestyle choices, including medications you take, lack of exercise or even the amount of coffee you drink.

Whatever the cause of your insomnia, being mindful of your sleep habits and learning to relax will help you sleep better and feel better. The good news is that most cases of insomnia can be cured with lifestyle changes you can make on your own. The first step to overcoming a sleep problem is identifying and carefully tracking your symptoms and sleep patterns.

A sleep diary is a very useful tool for identifying sleep disorders and sleeping problems and pinpointing both day and nighttime habits that may be contributing to your difficulties. Keeping a record of your sleep patterns and problems will also prove helpful if you eventually find it necessary to see a sleep doctor.



Your sleep diary should include:

- what time you went to bed and woke up
- total sleep hours and perceived quality of your sleep
- a record of time you spent awake and what you did while you were awake
- types and amount of food, liquids, caffeine or alcohol you consumed before bed and times of consumption
- your feelings and moods before bed
- and drug or medications taken, including dose and time of consumption

Try the following simple changes to your daytime and pre-bedtime routine:

- Turn off TV'S, computers and other blue light producers one hour before sleep. Cover any blue displays you can't shut off.
- If you must nap, keep it brief, 20 minutes or less and do it early in the day.
- Keep your bedroom for sleep. Everything about the room should be associated with rest and relaxation. The best sleep temperature for most people is 68-72°.
- Go to sleep and wake up at or about the same time every day, including weekends.
- Avoid caffeine in foods and drinks after noon each day. Read labels; some pain relievers contain caffeine.
- Regular exercise has been shown to improve sleep quality, but finish any vigorous exercise 3-4 hours before you hit the hay.
- Gentle mind/body exercises such as yoga or similar routines are perfect sleep inducing night activities.
- Avoid heavy foods and big meals late in the day. A light snack of sleep inducing foods such as complex carbohydrates and dairy foods fit the bill such as cereal with milk or crackers and cheese, but finish any snacking at least one hour before bed.
- Avoid alcohol – it may make you sleepy but after the initial effects wear off, alcohol actually causes more frequent awakenings at night and less restful sleep. Warm milk or chamomile tea are better beverage choices.
- Avoid drinking anything within 2 hours of bedtime.
- Starting 2-3 hours before bedtime, dim the lights and put aside any work, arguments or complicated decisions.
- Soothing “white noise” covers up night time noises. You can use a fan, an air conditioner or a white noise generator available in stores.
- Smoking can keep you from falling asleep and worsens insomnia.
- Have your pets sleep in their own beds.
- Establish a “winding down” period in the evenings about an hour before bedtime. Read something calm, meditate listen to music or take a warm bath. Try making a list of worries, along with a plan to deal with them to bring closure to your day.
- Use caution with sleeping pills.

If your sleeplessness persists for at least a month, it's time to delve deeper into what is going on. Insomnia may be a symptom of an underlying problem. Depression, acid reflux, asthma and arthritis are some conditions that cause insomnia. Speak to your doctor.

Reprinted from webmd.com

NORTH PARISH EPISCOPAL CHURCH SERVICES

March 2014

March 2	Holy Eucharist Holy Eucharist	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	The Rev. Joseph DeAcetis The Rev. Joseph DeAcetis
March 5	Holy Eucharist (Ash Wednesday – Combined Service of North Parish)	6:00 p.m.	Holy Apostles	The Rev. James C. Smith
March 9	Morning Prayer Morning Prayer	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	Robert Tiley Jane Shaqfeh
March 16	Holy Eucharist Holy Eucharist	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	The Rev. Joseph DeAcetis The Rev. Joseph DeAcetis
March 23	Holy Eucharist Holy Eucharist	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	The Rev. Joseph DeAcetis The Rev. Joseph DeAcetis
March 30	Holy Eucharist Holy Eucharist	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	The Rev. Joseph DeAcetis The Rev. Joseph DeAcetis

	Notes:	Color:
March 2	The Last Sunday after the Epiphany	Green
March 5	Ash Wednesday (Imposition of Ashes)	Purple
March 9	The First Sunday in Lent	Purple
March 16	The Second Sunday in Lent	Purple
March 23	The Third Sunday in Lent	Purple
March 30	The Fourth Sunday in Lent	Purple