

# **NORTH PARISH MARCH 2015 NEWSLETTER**

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



## **Sharing Thoughts from the Senior Warden**

As you are reading my article this month, Lent has been underway. I remember over the years, folks would ask me and one another...."What are you giving up for Lent." Thinking about that question, it occurred to me that instead of "giving up" we should be "GIVING" for Lent!

Our food pantries at Holy Apostles and St. John's churches (North Parish) are quite empty. There are so many folks who are alone and families in our area in dire need of food, especially this time of year when heating costs and health expenses are depleting what little money is available. They must decide: Do I have heat? Do I take my medications or do I eat and feed my family?

Most of us may never been in this position or contemplate those questions, but we as parishioners can do our part and "GIVE" during Lent to those in need! Bring food items to church each Sunday and please fill our pantries so that we have food to distribute! Boxes are in each church for dropping off non-perishable food items.

Some months ago to help remind me to buy food items for our pantry, I would write those items at the top of my grocery list before jotting down my own items. Then it dawned on me to start a grocery list at our churches! Each Sunday you will find a grocery list in your pew, and items for that month are already printed at the top. Please take them home and use them as you plan your shopping.

As it is written in Matthew's Gospel: "but when you give alms, do not let your left hand know what your right is doing, so that your almsgiving may be secret. And your Father who sees in secret will repay you." (Matthew 6:3-4)

Please "GIVE" anonymously during Lent to those less fortunate. Your act of giving will make someone else's life more bearable and doing so, will show there is hope through kindness and love.

North Parish is your parish! Be excited! Stay excited!

May God bless you and your families,  
*Barry Idell*  
Senior Warden

## **Vestry Highlights – January 15, 2015**

- Personal items to be distributed from Christ Church will be itemized and distributed during the 2<sup>nd</sup> quarter of 2015.
- Stewardship Report – 2015 pledge cards received with an increase of \$1751.00 over 2014!



# MARCH MEMORIALS



**WINE & WAFERS:** In loving memory of Bob Jones by Carol Jones.  
In loving memory of Dolly Roberts on her birthday by Bob and Kay Ann Kalbach.

**BULLETINS:** In loving memory of Beverly Hess by Carol Jones.

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

## NEWSLETTER DEADLINE

All articles for the April Newsletter should be submitted to our Parish Secretary, Shannon no later than March 11<sup>th</sup>. Volunteers are needed on Wednesday, March 25<sup>th</sup> at 1:30 p.m. at Holy Apostles, St. Clair to help fold the newsletter.

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**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

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

Church Office Email Address: [nparish@ptd.net](mailto:nparish@ptd.net)

Church Office Hours: Wednesdays & Thursdays: 1:30-5:15 p.m.

Fridays: 1:30-4:30 p.m.

Website: [www.northparish.com](http://www.northparish.com)

Clergy – 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.



# PLEASE PRAY FOR:

Deb Andrews, Pat Brophy, Virginia M. Bushyager, Suzanne Glick Connor, Spencer Dougherty, Mary Engelbrecht, Kay Fertig, Matthew Foerster, Sherese Gavenport, David Gerlott, Mary Faith Goodman, Mary Catherine Glick, Howard Hauk, John Hauk, Pat Hefner, Harley Hynoski, Joanne, Daniel Jenkins Sr., Jackie Jones-Allison, Kay, Lori Kahler, Tamme Kehres, Kristin Lecher, June, Steven & Russell Leshner, Mabel, Walter Machos, Tania Miller, William Moore, Thelma Morgan, Mary Moyer, Ray Moyer, Shirley Moyer, Jason Noble, Anthony Novitksy, Suzette Pogash, Ruby Powanda, Mary Price, Theresa Price, Rafael Ramos, Stephen Rasimowicz, Jr., Linda Regal, Kevin Rhein, Theresa Robbins, Mckenzie Rose, Gerry Salata, Connie Schrader, Kyle & Karl Schu, Martha Semar, Kevin & Judee Serrentino, Brittany Shoffler, Charlotte Smith, Lois Smith, Jim Spieles Jr., Ray Umlauf, and Charles J. Wylam

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



**BAPTISM:** We welcomed into the Episcopal Church through Holy Baptism at St. John's on February 8, 2015, Lilly Isabelle Meade, daughter of Dylan and Danielle Meade. May God bless Lilly and her family now and forever.

## MARCH BIRTHDAYS

- |                                    |                               |
|------------------------------------|-------------------------------|
| 1 – Gage Harkins                   | 17 - Samantha Miller          |
| 2 – David Hewes                    | 19 – Courtney Evans           |
| 4 – Lisa Brennan                   | Lauren Shanoskie              |
| 6 – Hayley Snyder                  | 20 – Pamela Dresch Androshick |
| 7 – Erin Meyers                    | 22 – Brandy Scheuren          |
| 9 – The Rev. Dolores (Evans) Smith | 25 – Scott Price              |
| 11 – Mary Faith Goodman            | 26 – Florence Hollick         |
| 15 – The Rev. Eric Snyder          | Tracy James                   |
| 17 – The Rev. Bruce Baker          |                               |





# ORGAN REPAIR FUND



Holy Apostles organ is our next project for 2015. We currently have \$11,586 designated for the organ at Holy Apostles. (This amount reflects donations we received in 2010, 2011, 2013, & 2014). We will also be applying for a grant to help with repairs. Members of Holy Apostles can still continue to contribute to the organ fund until those repairs have been made.

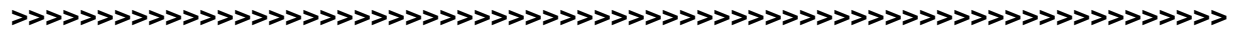
**Thank you for your continued support to North Parish!**



# FOOD BANK MINISTRY



During the month of March we are collecting breakfast items (cereal, oatmeal, pop tarts, etc.) Thank you to everyone who donated products in February. 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.



## JANUARY FINANCIAL REPORT

### North Parish Receipts

#### General Account

|                            |         |             |
|----------------------------|---------|-------------|
|                            | Jan. 15 | \$ 3,395.00 |
| Year to Date Gen. Receipts |         | \$ 3,395.00 |
| Transfer in from M&I       |         | \$ -        |
| Transfer M&I Year to Date  |         | \$ -        |

#### M&I Account

|              |         |          |
|--------------|---------|----------|
|              | Jan. 15 | \$ 91.47 |
| Year to date |         | \$ 91.47 |

#### Memorial Account

|              |         |           |
|--------------|---------|-----------|
|              | Jan. 15 | \$ 126.52 |
| Year to date |         | \$ 126.52 |

#### Balances

|                 |              |
|-----------------|--------------|
| General Account | \$ 3,269.36  |
| M&I Account     | \$ 64,371.59 |
| Memorial Fund   | \$ 18,053.90 |

(Temp. Restricted Fund)

### North Parish Disbursements

#### General Account

|                   |         |             |
|-------------------|---------|-------------|
|                   | Jan. 15 | \$ 6,579.35 |
| Year to Date Exp. |         | \$ 6,579.35 |

#### M&I Account

|              |         |      |
|--------------|---------|------|
|              | Jan. 15 | \$ - |
| Year to date |         | \$ - |

#### Memorial Account

|              |         |      |
|--------------|---------|------|
|              | Jan. 15 | \$ - |
| Year to date |         | \$ - |



# HOLY WEEK SCHEDULE



**The Sunday of the Passion/Palm Sunday  
Blessing & Distribution of the Palms  
March 29, 2015**

**9:00 a.m. – St. John’s, Ashland  
Celebrant – The Reverend James C. Smith  
11:00 a.m. – Holy Apostles’, St. Clair  
Celebrant – The Reverend James C. Smith**



**MAUNDY THURSDAY – April 2, 2015 - 7:00 p.m.  
Holy Apostles, St. Clair  
Combined Service of North Parish  
Celebrant – The Reverend James C. Smith**



**GOOD FRIDAY – April 3, 2015 - 7:00 p.m.  
St. John’s, Ashland  
Combined Service of North Parish  
Spoken Service  
Celebrant – The Reverend James C. Smith**



**NORTH PARISH EASTER FLOWER OFFERING FORM  
PLEASE RETURN BY March 22, 2015  
(Memorials will be published in the May Newsletter)**

**Name:** \_\_\_\_\_

**In Loving Memory of:**  
\_\_\_\_\_

**In Loving Memory of:**  
\_\_\_\_\_

**In Loving Memory of:**  
\_\_\_\_\_

**Church:** \_\_\_\_\_ **Amount:** \_\_\_\_\_

# My Grocery List

| <b>MARCH FOOD ITEMS</b>    |
|----------------------------|
| Breakfast Food – Any Types |
| Cereal                     |
| Oatmeal                    |
| Pop Tarts                  |
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# My Grocery List

| <b>MARCH FOOD ITEMS</b>    |
|----------------------------|
| Breakfast Food – Any Types |
| Cereal                     |
| Oatmeal                    |
| Pop Tarts                  |
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## What Is the Biblical Significance of the Palms

The Sunday before Easter, often called Palm Sunday, is a reminder of Jesus Christ's triumphal entry into Jerusalem to celebrate the Passover. As He rode a donkey into the city, crowds scattered palm branches along Jesus' path. (See Matt. 21:6-11.)

Many people think that palm branches were used because there were so many palm trees in that part of the world, but there were other reasons for choosing them. The palm branch was the emblem of Judea and appeared on the coins of the land, symbolizing one of the country's riches. When Jesus entered Jerusalem, the trees were in bloom, so in covering the way with palm branches, the people were offering a symbol of great value and luxury.

But palms were a symbol of necessity, too. To the Jews, palm branches represented a gift from God because of their many uses in the people's lives. The palm was so important that when countries in the area went to war, they cut away the enemy's palm branches, causing their enemy to suffer from the loss of food and other necessities.

This important tree had many different varieties, ranging in height from less than 3 meters to more than 30 meters. The date palm supplied dates, of course. The coconut palm supplied both coconut and coconut milk. The sap of the sugar palm was dried, beaten and ground into very fine sugar. Its leaves could also be boiled and used as a vegetable. The trunk of the sago palm was ground into flour and made into unleavened bread.

Palm trees had almost no waste parts. Their coarse fiber was used to make brooms, mats, and baskets; their fine fiber was used to make sewing thread; and their heaviest fiber was used to make strong ropes. Palm oils have been made into both butter and soap.

Fine bowls, cooking utensils, even tools were made from coconut shells. Some palm wood does not easily rot and was especially good for making boats.

The seeds of palms were boiled into a medicinal drink or were dried and eaten like nuts. If they were allowed to dry a long time, they became hard and transparent and made durable beads and trinkets.

The palm's yellowish-white flowers were made into perfume. Women wore the lovely, waxy flowers as decorative headdresses.

Strewing palm branches at Jesus' feet, then, was a symbol of the giving up of worldly goods, both necessities and luxuries. The people loved and honored Jesus, and they showed their love and honor by lining His path with something very important to them

## NEWS FROM MARION C. PRICE TRUST FUND

During the winter the days are shorter and colder so we tend to burrow in at night with a serious need for comfort food in our diets. But even during the winter we need to think of eating healthier.

1. **Eat breakfast.** There's no way better to start your morning than with a healthy breakfast. Include lean protein, whole grains, fruits and vegetables. Try oatmeal cooked with low-fat milk, sliced almonds and berries, or top a toaster waffle with low-fat yogurt and fruit.
2. **Make half your plate fruits and vegetables.** Fruits and veggies add color and texture plus vitamins, minerals and fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal.
3. **Watch portion sizes.** Using smaller plates, bowls and glasses can help you keep portions under control. Use ½ your plate for fruits and vegetables and the other ½ for grains and lean meat, poultry, seafood or beans.
4. **Be active.** Regular physical activity lowers blood pressure and helps your body control stress and weight. Start by doing what exercise you can for at least 10 minutes at a time.
5. **Fix healthy snacks.** Healthy snacks can sustain your energy levels between meals. Choose from whole grains, fruits, vegetables, low-fat or fat-free dairy, lean protein or nuts.
6. **Get to know food labels.** Pay attention to serving sizes, sodium, sugar and trans-fat content.
7. **Follow food safety guidelines.** Separate raw meat, poultry and seafood from ready-to-eat food like bread and vegetables. Use a food thermometer to make sure food is properly cooked. Refrigerate food quickly at a proper temperature to slow bacteria growth.
8. **Get cooking.** Cooking at home can be healthy, rewarding and cost-effective.
9. **Dine out without ditching your goals.** Choose nutritious items such as: fruits, veggies, lean meat, poultry or fish and look for grilled, baked, broiled or steamed items.
10. **Drink more water.** Our bodies depend on water to regulate temperature, transport nutrients and oxygen to cells, carry away waste products and more. It is recommended that men have an intake of 3 liters and women 2.2 liters of all food and beverages combined. Water doesn't have to be boring, try infusing your water with fruits, herbs or other flavors. Consider carbonated or sparkling water in addition to regular water.
11. **Explore new foods and flavors.** Add more nutrition and eating pleasure by expanding your range of food choices. When shopping, make a point of selecting a fruit, vegetable or whole grain that's new to you or your family.

Reprinted from [www.eatright.org](http://www.eatright.org)

**Winter Wednesdays** – Join us on March 25<sup>th</sup> at Trinity. Immediately after the noon Healing Service. Kathy Leahy, Wellness Coordinator, Diakon will do a “Healthy Eating” Presentation. Lunch will be provided at no cost courtesy of Diakon Community Services. Call Kathy Burda at 570-621-3220 to register today.



# NORTH PARISH EPISCOPAL CHURCH SERVICES

## March 2015

|             |                                  |                         |                             |  |
|-------------|----------------------------------|-------------------------|-----------------------------|--|
| March<br>1  | Morning Prayer<br>Holy Eucharist | 9:00 a.m.<br>11:00 a.m. | St. John's<br>Holy Apostles | Robert Tiley<br>The Rev. James C. Smith            |
| March<br>8  | Holy Eucharist<br>Holy Eucharist | 9:00 a.m.<br>11:00 a.m. | St. John's<br>Holy Apostles | The Rev. James C. Smith<br>The Rev. James C. Smith |
| March<br>15 | Holy Eucharist<br>Morning Prayer | 9:00 a.m.<br>11:00 a.m. | St. John's<br>Holy Apostles | The Rev. James C. Smith<br>Barry Idell             |
| March<br>22 | Holy Eucharist<br>Holy Eucharist | 9:00 a.m.<br>11:00 a.m. | St. John's<br>Holy Apostles | The Rev. James C. Smith<br>The Rev. James C. Smith |
| March<br>29 | Holy Eucharist<br>Holy Eucharist | 9:00 a.m.<br>11:00 a.m. | St. John's<br>Holy Apostles | The Rev. James C. Smith<br>The Rev. James C. Smith |

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|          | Notes:                                 | Color:        |
|----------|--|---------------|
| March 1  | The Second Sunday in Lent              | Purple        |
| March 8  | The Third Sunday in Lent               | Purple        |
| March 15 | The Fourth Sunday in Lent              | Purple        |
| March 22 | The Fifth Sunday in Lent               | Purple        |
| March 29 | The Sunday of the Passion: Palm Sunday | Red or Purple |