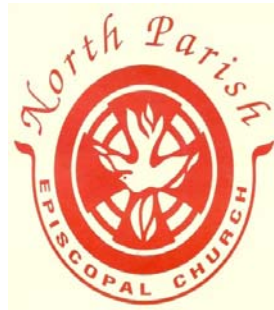


**NORTH PARISH
MARCH 2016
NEWSLETTER**

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



HOLY WEEK AND EASTER SUNDAY SCHEDULE



THE SUNDAY OF THE PASSION/PALM SUNDAY

Blessing & Distribution of the Palms

March 20, 2016

8:45 a.m. – St. John's, Ashland

11:15 a.m. – Holy Apostles', St. Clair

Celebrant – The Reverend James C. Smith



**MAUNDY
THURSDAY**

MAUNDY THURSDAY – March 24, 2016

Holy Eucharist with Stripping of the Altar

5:30 p.m. – St. John's, Ashland

8:00 p.m. – Holy Apostles', St. Clair

Celebrant – The Reverend James C. Smith



GOOD FRIDAY – March 25, 2016

Spoken Service with Holy Eucharist

3:00 p.m. – St. John's, Ashland

5:30 p.m. – Holy Apostles', St. Clair

Celebrant – The Reverend James C. Smith



THE SUNDAY OF THE RESURRECTION

EASTER SUNDAY

March 27, 2016

8:45 a.m. – St. John's, Ashland

11:15 a.m. – Holy Apostles', St. Clair

Celebrant – The Reverend James C. Smith



MARCH MEMORIALS

WINE AND WAFERS: In memory of Bob Jones by Carol Jones.

BULLETINS: In memory of Beverly Hess by Carol Jones.
In memory of Betty Noble by the Hynoski family.

SANCTUARY CANDLES: In 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 9th. Volunteers are needed on Wednesday, March 23rd at 1:30 p.m. at Holy Apostles, St. Clair to help fold the newsletter.

FOOD BANK MINISTRY



During the month of March we are collecting breakfast items. (cereal, oatmeal, breakfast bars, cream of wheat, 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.



Please call the church office if:

- your address or phone number 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

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

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

Senior Warden – Bonnie Baker – 570-429-2272

Website: www.northparish.com

Like us on Facebook: <https://www.facebook.com/Northparishepiscopalchurch>



PLEASE PRAY FOR:

Virginia M. Bushyager
 Suzanne Glick Connor
 Mary Catherine Glick
 Mary Faith Goodman
 Richard Griffin
 John Hauk
 Florence Hollick
 Jaime Hynoski
 Jessica Hynoski
 Daniel Jenkins, Sr.

Dolores K.
 Gerry Ketterer
 Mckenzie Kline
 Landry Stephen Lauver
 Russell Leshar
 Steven Leshar
 Todd Leshar
 Donna McGinley
 Thelma Morgan
 Shirley Moyer

Amanda Mozdy
 Ruby Powanda
 Kevin Rhein
 Gerry Salata
 Charlotte Smith
 Jim Smith, Jr.
 Lois Smith
 James Spieles, Jr.
 Judith Wright

PLEASE PRAY FOR OUR TROOPS SERVING HERE AND ABROAD.

If you would like to add someone to the prayer list please call the church office at 570-429-7107. Please leave your name and the name of the person you are adding to the list. Please also notify the office when your prayer request has been met. Thank you.



SPECIAL INTENTION: Your prayers are asked for Anna Hesse who entered eternal life on February 1, 2016 May God grant Anna eternal rest and give comfort to all who knew and loved her.

MARCH BIRTHDAYS



1 – Gage Harkins
 2 – David Hewes
 4 – Lisa Brennan
 6 – Hayley Snyder
 7 – Erin Germany
 9 – Rev. Dolores (Evans) Smith
 11 – Mary Faith Goodman
 15 – Rev. Eric Snyder
 16 – Robert W. Price
 Tracy James

17 – Rev. Bruce Baker
 Samantha Miller
 19 – Courtney Evans
 Lauren Shanoskie
 20 – Pamela Dresch Androshick
 22 – Brandy Scheuren
 25 – Scott Price
 26 – Florence Hollick

NEWS FROM MARION C.PRICE TRUST FUND



Heart Disease and Women – Coronary Heart Disease (CHD) – the most common type of heart disease – is the #1 killer of both men and women in the United States. Another type of heart disease: Coronary Microvascular Disease (MVD), also pose a risk for women.

The coronary arteries supply blood to the heart muscle. These arteries run along outside the heart and have small branches that dive into the heart muscle to bring it blood.

Coronary Heart Disease –is a disease in which plaque builds up on the inner walls of your coronary arteries. When plaque builds up in arteries, the condition is called atherosclerosis.

Plaque is made up of fat, cholesterol, calcium and other substances found in the blood. Hardened plaque narrows the coronary arteries and reduces the flow of oxygen-rich blood to the heart. This can cause chest pain or discomfort called angina.

If the plaque ruptures, a blood clot can form on its surface. A large blood clot can mostly or completely block blood flow through a coronary artery. This is the most common cause of a heart attack.

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:

- pain or discomfort in one or both arms, the back, neck, jaw or stomach
- shortness of breath with or without chest discomfort
- nausea, lightheadedness or breaking out in a cold sweat
- extreme fatigue

Coronary Microvascular Disease (MVD) is a heart disease that the heart's tiny arteries are damaged or diseased. Many researchers think that a drop in estrogen levels during menopause combined with other heart disease risk factors causes coronary MVD.

With coronary MVD -you may feel pressure or squeezing in your chest, shoulders, arms, neck, jaw or back. You may also notice a feeling of indigestion, shortness of breath, sleep problems, fatigue and lack of energy.

Coronary MVD symptoms often are first noticed during routine daily activities (such as shopping, cooking, cleaning and going to work) and times of mental stress. This differs from CHD, in which symptoms often appear while a person is being physically active-such as while jogging, walking on a treadmill or going upstairs.

It is extremely important that if you are having any of the symptoms discussed here that you do not disregard, ignore or put off calling 911 until later. Even when the signs are subtle, the consequences can be deadly, especially if the victim doesn't get help right away.

Call 911 immediately, explain to them exactly how you are feeling and get to a hospital right away.

The good news is that you can lower your risk of heart disease by:

- Schedule an appointment with your healthcare provider to learn your personal risk for heart disease.
- Quit smoking- after just one year you could cut your risk of a heart attack or stroke by 50%.
- Start an exercise program-just walking 30 minutes a day can lower your risk for heart attack and stroke.
- Modify your diet with healthier snacks, better prep methods, and chose leaner meats.

Operation We Care does make a difference. We received this letter from a local serviceman.

To the Episcopal churches of Schuylkill County and to the Frackville American Legion Post 398 Ladies Auxiliary: Please accept my sincere "thank you" for the care packages you sent to me as I am away from home on military deployment. Being away from family and friends during the holiday season is not easy – but cards, gifts and care packages from caring individuals makes it bearable and "special" at the same time. This is my 3rd holiday season away from home in the 6 years and YOU have cared enough to send packages to me on those trips as well – thank you again – your support to myself and the countless other Schuylkill County service members is deeply appreciated!

*Merry Christmas – Happy New Year. –
Michael Cuttic/USMC – Frackville, PA.*



VESTRY MEETING HIGHLIGHTS

February 21, 2016

Pancake & Sausage Supper – 26 people enjoyed the Pancake & Sausage Supper. Thank you Donald Clamser, Sr. for chairing this event.

Good Friday Offering – The Good Friday Offering will be split between the Pottsville Salvation Army Food Bank and the Ashland Food Bank.

Meeting of County Vestries – The vestries of North Parish; Trinity, Pottsville; Saint James, Schuylkill Haven and Calvary, Tamaqua will meet on Tuesday evening, March 1, 2016 to discuss how we can help each other as part of the diocesan pilgrimage.

Property – St. John's – The locks have been changed at St. John's due to the front doors blowing open. A dawn to dusk light will be installed at the front of the church. North Parish has received a grant to pave the parking lot. Ron Troy will do the work in April.

Soup Sale - The soup sale date to be held at Saint John's has been moved to April 16th. Price - \$7.00 per quart. Bonnie Hynoski and Elaine Ulceski will chair this event.

Next regular meeting will be March 20, 2016, at 1:30 p.m. at St. John's.



North Parish,

**Thank you for the generous donation to the Frackville Area Ministerium.
Your generosity is greatly appreciated.**

Frackville Ministerium

(Please note: \$100.00 was sent from our outreach budget)

NORTH PARISH EPISCOPAL CHURCH SERVICES

March 2016

| | | | | |
|------------|----------------------------------|-------------------------|-----------------------------|--|
| March 6 | Holy Eucharist Holy Eucharist | 9:00 a.m. 11:00 a.m. | St. John's Holy Apostles | The Rev. Timothy Albright The Rev. Timothy Albright |
|------------|----------------------------------|-------------------------|-----------------------------|--|

| | | | | |
|-------------|----------------------------------|-------------------------|-----------------------------|-------------------------------------|
| March 13 | Morning Prayer Morning Prayer | 9:00 a.m. 11:00 a.m. | St. John's Holy Apostles | Donald Clamser, Sr. Robert Tiley |
|-------------|----------------------------------|-------------------------|-----------------------------|-------------------------------------|

Palm Sunday – Please note the times

| | | | | |
|-------------|----------------------------------|-------------------------|-----------------------------|--|
| March 20 | Holy Eucharist Holy Eucharist | 8:45 a.m. 11:15 a.m. | St. John's Holy Apostles | The Rev. James C. Smith The Rev. James C. Smith |
|-------------|----------------------------------|-------------------------|-----------------------------|--|

Maundy Thursday

| | | | | |
|-------------|----------------------------------|------------------------|-----------------------------|--|
| March 24 | Holy Eucharist Holy Eucharist | 5:30 p.m. 8:00 p.m. | St. John's Holy Apostles | The Rev. James C. Smith The Rev. James C. Smith |
|-------------|----------------------------------|------------------------|-----------------------------|--|

Good Friday

| | | | | |
|-------------|----------------------------------|------------------------|-----------------------------|--|
| March 25 | Holy Eucharist Holy Eucharist | 3:00 p.m. 5:30 p.m. | St. John's Holy Apostles | The Rev. James C. Smith The Rev. James C. Smith |
|-------------|----------------------------------|------------------------|-----------------------------|--|

Easter Sunday – Please note the times

| | | | | |
|-------------|----------------------------------|-------------------------|-----------------------------|--|
| March 27 | Holy Eucharist Holy Eucharist | 8:45 a.m. 11:15 a.m. | St. John's Holy Apostles | The Rev. James C. Smith The Rev. James C. Smith |
|-------------|----------------------------------|-------------------------|-----------------------------|--|

| | Notes: | Color: |
|----------|--|---------------|
| March 6 | The Fourth Sunday in Lent | Purple |
| March 13 | The Fifth Sunday in Lent | Purple |
| March 20 | The Sunday of the Passion: Palm Sunday | Red or Purple |
| March 24 | Maundy Thursday | White |
| March 25 | Good Friday | Red or Black |
| March 27 | The Sunday of the Resurrection: Easter Day | White |