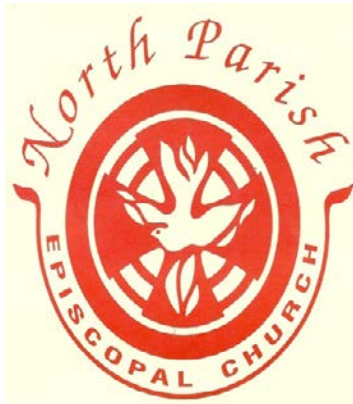


**NORTH PARISH  
MARCH 2017  
NEWSLETTER**

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



## **Homemade Soup Sale**



**Saturday, March 11, 2017  
10:00 a.m. – sellout  
Holy Apostles Episcopal Church  
of North Parish  
307 E. Hancock Street, St. Clair, PA  
\$6.00/quart - \$3.00/pint  
Take out only!**

**Parishioners are asked to make their favorite soup.  
The church will supply quart and pint containers.  
See Bonnie Baker or Mary Umlauf for containers.**



# MARCH MEMORIALS



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

**BULLETINS:** In memory of Beverly Hess by Carol Jones.  
In memory of Emily Morris by the Hynoski Family.

**SANCTUARY CANDLES:** In memory of Deborah Strunk by the Strunk and Ulceski Families.

**MEMORIALS FOR 2017 ARE AVAILABLE FOR THE FOLLOWING MONTHS:**

**April:** Wine & Wafers, Newsletter

**October:** Bulletins, Newsletter

**May:** Newsletter

**November:** Bulletins, Sanctuary Candle,  
Newsletter

**June:** Newsletter

**August:** Newsletter

**December:** Newsletter

**September:** Bulletins, Newsletter

If you are interested in memorials please contact the church office by phone (570-429-7107) or by sending a note to the church secretary:

Shannon Mozdy, North Parish, P.O. Box 487, Frackville, PA 17931

OR you can also give your memorials to your church treasurer:

Holy Apostles – Marsha Dudash, St. John’s – Elaine Ulceski

The donations for monthly memorials are as follows: Sanctuary Candles - \$5.00

Bulletins - \$10.00; Wine and Wafers - \$10.00, Newsletters - \$10.00



All articles for the April Newsletter should be submitted to our Parish Secretary, Shannon no later than Wednesday, March 8<sup>th</sup>. Volunteers are needed on Thursday, March 23<sup>rd</sup> 1:30 p.m. at Holy Apostles, St. Clair to help fold the newsletter.

Members of North Parish,

Thank you so much for the donation of \$100.00 for the Frackville Ministerium. Your generous gift is greatly appreciated and most needed.



Sincerely,

*Frackville Ministerium*

This donation was sent from North Parish’s outreach budget.





# PLEASE PRAY FOR:

Susan Glick Connor

Bob Davis

Mariana Demonteverde

Daniel J. Eisenhauer

Mary Catherine Glick

Bob Goulet

Richard Griffin

James Hood

Jessica Hynoski

Sue (Kaufman) Jiannino

Dolores K.

McKenzie Kline

Nick Lane

Landry Lauver

Michael Leshar

Russell Leshar

Steven Leshar

Todd Leshar

Gretchen Moore

Thelma Morgan

Charlotte Smith

James Spieles, Jr.

Judith Wright

PLEASE PRAY FOR OUR TROOPS SERVING HERE AND ABROAD

## MARCH BIRTHDAYS



1 – Gage Harkins

2 – Michael Capparell

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

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

If your birthday is listed incorrectly or it is not included on the birthday list, please notify the church office. Thank you.

## FOOD BANK MINISTRY



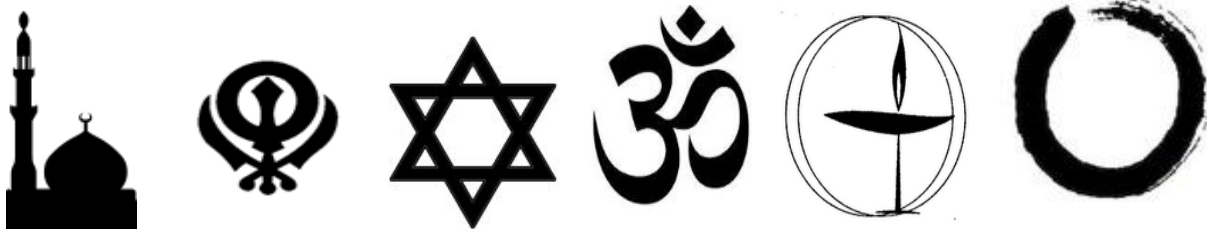
During the month of March we are collecting breakfast items. (cereal, oatmeal, breakfast bars, cream of wheat, etc.) Thank you to everyone who donated products in February. If you are in need of food assistance, please call the church office at 570-429-7107 and we will direct you to a local food pantry.



# THE OTHER: WHO IS MY NEIGHBOR?

Lenten Study  
Thursdays 11AM  
Beginning March 2  
Trinity Episcopal Church  
Lounge  
2<sup>nd</sup> and Howard Ave  
Pottsville

An exploration of the Christian Faith and an  
introduction to other faith traditions.



Sessions will run from March 2 to April 6 inclusive. It is not necessary to attend each session but new information will be discussed each Thursday. Please call the Trinity Office at 570-622-8720.

# JANUARY 2017 FINANCIAL REPORT

## North Parish Receipts

### General Account

January	\$ 2,887.00
Year to Date Gen. Receipts	\$ 2,887.00
Transfer in from M&I (Current)	\$ -
Transfer M&I Year to Date	\$ -
Transfer in from Mem. Acct. (Current)	\$ -
Transfer Mem Acct. Year to Date	\$ -

### M&I Account

January	\$ 88.76
Year to date	\$ 88.76

### Memorial Account

January	\$ .92
Year to date	\$ .92

### Balances

General Account	\$ 4,848.53
M&I Account	\$ 44,344.14
Memorial Fund	\$ 10,796.94
Temp. Restricted Fund	

## North Parish Disbursements

### General Account

January	\$ 5,163.21
Year to Date Exp.	\$ 5,163.21

### M&I Account

January	\$ -
Year to date	\$ -

### Memorial Account

January	\$ -
Year to date	\$ -



## VESTRY HIGHLIGHTS – February 19, 2017

**Pancake Supper** – The pancake supper was discussed, approximately 35 people have made reservations to date. Donald Clamser will purchase the food.

**ARC** – ARC that is an organization that protects the rights of people with intellectual and developmental disabilities have requested the use of the hall at HA, one night per month on a Thursday night. Permission was granted provided they have insurance.

**Easter and Holy Week Newspaper Ad** – North Parish will join with Trinity, Pottsville and possibly St. James, Schuylkill Haven and Calvary, Tamaqua to place an ad in the Pottsville Republican and Herald. The vestry approved the purchase of a 3.2 x 8” ad that will run from April 8<sup>th</sup> – April 11<sup>th</sup> advertising the services for Holy Week.

**Property - Holy Apostles** – Bill Noble will contact North Vocational Technical School to inquire if they do projects such as making the parish hall handicapped accessible.

**St. John’s** – A request for the chair lift has been received. The vestry voted to purchase a battery for the chairlift. The original company the lift was purchased from was contacted and will give an estimate for the removal and installation.

**Fund Raising** – A Soup Sale will be held at HA on March 11 from 10 a.m. until sell out. Parishioners have been asked to donate a pot of soup. The church will supply the containers. All proceeds will be deposited into the general fund toward our outreach to the community.

**Next regular meeting will be March 19, 2017, at 4:00 p.m. at Holy Apostles, St. Clair.**

## **NEWS FROM MARION C. PRICE TRUST FUND**

**March marks National Save Your Vision Month.** What measures are you taking to protect your vision?

Good vision is one of the greatest gifts, but it is also taken for granted. While most individuals regularly attend the dentist or annually see a physician, many do not have regular eye checkups.

Regular exams ensure that prescriptions are current and maintained, that no diseases are present and ultimately prevent long-term vision loss.

Other measures you can take:

- Eating a nutrient-rich diet that includes eye-friendly nutrients such as lutein (green leafy vegetables & eggs), Vitamin C (fresh fruits & vegetables), Vitamin E (meat, milk & fruit) and zinc (meat, poultry, mushrooms, garlic & nuts).
- Wear protectant sunglasses that block out 99-100% of both UVA & UVB rays.
- Avoid digital eye strain by taking time away from the screen every twenty minutes.
- Protect your eyes at work with appropriate safety equipment. Side-shield or full-face shield safety glasses can protect your eyes from injury.

**What is Occupational Therapy?** Occupational therapy allows people across their lifespan to do the activities they want and need to do.

Occupational Therapists work in a variety of settings-including hospitals, schools, clinics, skilled nursing facilities, community centers and health care facilities or they can come to your home.

Have you or your family ever been diagnosed with a new health condition and found yourself asking “now what?” Occupational therapists can help you answer that question. In short, an occupational therapy practitioner can help you live life to its fullest no matter your health condition, disability or risk factors.

Imagine if an accident, injury, disease or condition made it difficult for you to participate in everyday activities important to you. Together with your occupational therapist you will work together on a specific intervention plan to help improve or maintain your ability to perform daily activities and reach your goals getting back to your life.

With occupational therapy services you can:

- ✓ Maintain or rebuild your independence, such as using assistive devices so you can care for yourself after a stroke.
- ✓ Participate in the everyday activities important to you, such as driving, visiting friends, going to church and other activities that keep you involved with your community.

**Sugar** - Many people are now trying to minimize their sugar intake, but it's easy to underestimate how much you are actually consuming.

According to the American Heart Association men should not eat any more than 37.5 g or 9 teaspoons of sugar per day and women no more than 25 grams or 6 teaspoons of sugar per day.

When you read the labels on foods in your super market, it's no surprise that you'll find plenty of sugar in products like cake mix, ice cream, jelly, cookies and soda. But it can be shocking to see 12 grams of sugar in bottled pasta sauce or barbeque sauce. But, it's there. In fact, even products marketed as "light" or "low fat" often contain more sugar than the regular versions.

Sugar on food labels may be disguised as sucrose, high fructose corn syrup, fructose, glucose, dextrose, barley malt, maltose or syrup.

Here is a list of foods and drinks that contain more sugar than you would think:

- ❖ Yogurts - Low-fat yogurt has sugar added to enhance the flavor. It's best to choose full-fat, natural or Greek yogurt.
- ❖ BBQ Sauce- 2 tablespoons can contain around 14 grams of sugar.
- ❖ Ketchup - A single tablespoon contains 1 teaspoon of sugar.
- ❖ Fruit juice - There can be as much sugar in fruit juice as in a sugary soda like Coke. It's best to choose whole fruit and minimize your intake of fruit juices.
- ❖ Spaghetti Sauce - Choose one that doesn't have sugar on the ingredient list or where it's listed very close to the bottom.
- ❖ Sports Drinks - Sports drinks are designed to hydrate and fuel trained athletes during prolonged, intense periods of exercise. Water is by far the best choice for most of us.
- ❖ Chocolate Milk - Milk itself is a very nutritious drink, however, an 8-oz.glass of milk comes with an extra 2 teaspoons of added sugar.
- ❖ Granola - Granola is often marketed as a low-fat health food, despite being high in both calories and sugar. The oats in granola have been combined with nuts and honey or other added sweeteners.
- ❖ Flavored Coffees - A large flavored coffee in some coffeehouse chains can contain up to 25 teaspoons of sugar.
- ❖ Protein Bars - While there are some healthier protein bars on the market, many contain around 30 grams of added sugar, making them similar to a candy bar.
- ❖ Pre-made Soup - Soup isn't a food that you usually associate with sugar. Watch for sugar listed high on ingredient list.
- ❖ Cereal Bars - Many contain very little fiber or protein and are loaded with added sugars.
- ❖ Breakfast Cereal - Check the label and try choosing a cereal that is high in fiber and doesn't contain added sugar.



## NORTH PARISH EPISCOPAL CHURCH SERVICES MARCH 2017

### Ash Wednesday – Spoken Service

March 1	Holy Eucharist Holy Eucharist	5:30 p.m. 8:00 p.m.	Holy Apostles St. John's	The Rev. James C. Smith The Rev. James C. Smith
March 5	Holy Eucharist Morning Prayer	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	The Rev. James C. Smith Barry Idell
March 12	Morning Prayer Holy Eucharist	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	Donald Clamser, Sr. The Rev. James C. Smith
March 19	Holy Eucharist Morning Prayer	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	The Rev. James C. Smith Chester Shanoskie
March 26	Morning Prayer Holy Eucharist	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	Robert Tiley The Rev. James C. Smith

March 1	Notes: Ash Wednesday (Imposition of Ashes – Spoken Service)	Color: Purple
March 5	The First Sunday in Lent	Purple
March 12	The Second Sunday in Lent	Purple
March 19	The Third Sunday in Lent	Purple
March 26	The Fourth Sunday in Lent	Purple