

**NORTH PARISH
NEWSLETTER
MARCH &
APRIL 2018**

**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 25, 2018

8:45 a.m. – St. John's, Ashland

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

Celebrant – The Reverend James C. Smith



MAUNDY THURSDAY – March 29, 2018

Holy Eucharist with Stripping of the Altar

5:30 p.m. – St. John's, Ashland

8:00 p.m. – Holy Apostles', St. Clair



GOOD FRIDAY – March 30, 2018

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 – April 1, 2018

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 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 Betty Noble by the Hynoski Family.

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

APRIL MEMORIALS

BULLETINS: In memory of Walter and Leona Briel by the Umlauf Family.

SANCTUARY CANDLES: In memory of Betty Noble and Cole Joshua Lauver by the Hynoski Family.

In memory of Dorothy Miller and Marlin "Sparky" Miller by Linda Gerlott.

2018 MEMORIALS AVAILABLE:

Bulletins: September, October, November

Wine & Wafers – April

Newsletters – May/June; September/October; November/December

If you are interested in memorials please contact the church office by phone (570-429-7107) or send 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



PLEASE NOTE WE ARE NOW PUBLISHING A BI-MONTHLY NEWSLETTER.

All articles for the MAY/JUNE Newsletter should be submitted to our Parish Secretary, Shannon no later than Wednesday, April 11th. Volunteers are needed on Thursday, April 26th at 1:30 p.m. at Holy Apostles, St. Clair to help fold the newsletter.

Homemade Soup Sale



**Saturday, March 10, 2018
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.
Please see a vestry member if you can help.**



PLEASE PRAY FOR:

**Fr. Bruce Baker
Joseph Bass
Richard Berger
Alma Davis
Robert Davis
Bob Goulet
Tatiana Heffner**

**Jean Hoffman
Florence Hollick
Anna Hutchko
Anne Joyce
Dolores K.
McKenzie Kline
Bernard & Diane Nace**

**Alfred D. Roberts, III
Charlotte Smith
James Spieles, Jr.
David Strunk
Judith Wright
Peg Wylam**

PLEASE PRAY FOR ALL THOSE SERVING THE MILITARY HERE AND ABROAD

Please call the church office if you have a loved one who needs prayers and also anyone who is serving our military. All those listed on the prayer lists are prayed for during Sunday services.

November 2017 FINANCIAL REPORT

North Parish Receipts

General Account

November	\$ 2,637.00
Year to Date Gen. Receipts	\$ 40,578.37
Transfer in from M&I (Current)	\$ 3,000.00
Transfer M&I Year to Date	\$ 6,000.00
Transfer in from Mem. Acct. (Current)	\$ -
Transfer Mem Acct. Year to Date	\$ -

M&I Account

November	\$ 18.61
Year to date	\$ 4,786.58

Memorial Account

November	\$.90
Year to date	\$ 84.92

Balances

General Account	\$ 3,187.71
M&I Account	\$ 43,039.96
Memorial Fund	\$ 10,880.94

North Parish Disbursements

General Account

November	\$ 6,093.09
Year to Date Exp.	\$ 50,565.40

M&I Account

November	\$ 3,000.00
Year to date	\$ 6,002.00

Memorial Account

November	\$ -
Year to date	\$ -



December 2017 FINANCIAL REPORT

North Parish Receipts

General Account

December	\$ 10,913.79
Year to Date Gen. Receipts	\$ 51,492.16
Transfer in from M&I (Current)	\$ -
Transfer M&I Year to Date	\$ 6,000.00
Transfer in from Mem. Acct. (Current)	\$ -
Transfer Mem Acct. Year to Date	\$ -

M&I Account

December	\$ 3,549.95
Year to date	\$ 8,336.53

Memorial Account

December	\$.92
Year to date	\$ 85.84

Balances

General Account	\$ 8,830.30
M&I Account	\$ 46,589.91
Memorial Fund	\$ 10,881.86
Temp. Restricted Fund	

North Parish Disbursements

General Account

December	\$ 5,271.20
Year to Date Exp.	\$ 55,836.60

M&I Account

December	\$ -
Year to date	\$ 6,002.00

Memorial Account

December	\$ -
Year to date	\$ -





Dear Members of North Parish,

Thank you for your monetary donation towards our Annual Holiday Fund! With your help students in our district will have a warm coat to wear this season. Your kindness is greatly appreciated!

Sincerely,
Melissa Carr &
The Holiday Fund Committee

Dear Members of North Parish,

On behalf of the children, families, and staff of Child Development, Inc., I would like to thank you for the recent check (#6338) we received in the amount of \$200.00 from the North Parish Episcopal Church. Please express our gratitude to your congregation for their generosity.

We will see that this donation helps to support our Drummer Boy project - which is a community partnership project that was started a number years ago. Many families of the children that attend our centers experience hardships and have limited income, but through the generosity of organizations such as yours, the gifts we purchase with your donation and provide to children in need makes their Christmas holiday a little brighter and is truly appreciated.

Thank you for your commitment to helping the residents in Schuylkill County. With donations, such as yours, we are able to make a difference in the lives of young children and their families most in need throughout the County, by getting them "ready for school and a lifetime of learning."

Best wishes for a happy new year filled with health, happiness, and prosperity!

In the best interest of children and families,


Mary Ann Devlin
Executive Director

These donations were made possible thru North Parish's outreach budget which your donations fund.

NEWS FROM MARION C. PRICE TRUST FUND

Eating right does not have to be complicated. Are you guilty of skipping breakfast, ordering takeout, getting jitters from coffee overload and counting potato chips as part of a viable eating plan? It's time to kick those habits to the curb and start eating right. Here's a few ways to get you started.

There is no better way to start your morning-and the year-than with a healthy breakfast. It provides your body with the fuel it needs to make energy to keep you focused and active throughout the day. The key to a good breakfast is balance; include lean protein, whole grains and fresh or frozen canned fruits and vegetables.

Cut back on caffeine. Too much caffeine can interfere with sleep, make you jittery and cause you to lose energy later in the day. Need to wean off? Try switching to half decaf or tea, drink plenty of water and eat small, frequent meals to keep up energy.

Eat more fruits and vegetables. Fruits and veggies add color, flavor and texture, plus vitamins, minerals and fiber to your plate. Fresh, frozen and canned vegetables all count. Choose "reduced sodium" or "no salt added" canned vegetables. Broccoli, cabbage, dark leafy vegetables, blackberries, blueberries and cherries may help improve your memory.

Fix healthy snacks. Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from grains, fruits, vegetables, dairy and protein. Walnuts, well known for a positive impact on heart health, may also improve cognitive function.

Quench your thirst with water instead of drinks with added sugars.

Make at least half your grains whole. Choose 100% whole-grain breads, cereal, crackers, pasta and brown rice. Also, look for fiber-rich cereals to help stay healthy.

Try to include three servings of fat-free or low-fat milk, yogurt and cheese each day.

Watch for salt (sodium) in foods you buy. Add spices or herbs to season food without adding salt.

Avoid oversized portions. Try using a smaller plate, bowl and glass.

Substitute fish (salmon, Bluefin tuna, sardines and herring) for meat a couple times each week. Grill, bake or broil fish for ultimate flavor and nutrition.

Consult a registered dietitian nutritionist (RDN) if you have special dietary needs such as:

- ❖ Diabetes, cardiovascular problems or high blood pressure - an RDN will serve as an integral part of your health care team by helping you safely change your eating plan without compromising taste or nutrition.
- ❖ Digestive problems - an RDN will work with you and your physician to help fine-tune your diet so you are not aggravating your condition with fried food, too much caffeine or carbonation.
- ❖ If you need to gain or lose weight - an RDN can suggest additional calorie sources for healthy weight gain or a restricted-calorie eating plan plus regular physical activity for weight loss, while still eating your favorite foods.
- ❖ If you are caring for an aging parent - an RDN can help with food or drug interactions, proper hydration, and changing taste buds as we age.
- ❖ If you want to eat smarter an RDN can help you sort through misinformation. Learn how to read labels at the supermarket, discover how healthy cooking can be inexpensive, learn how to dine out without ruining your eating plan and how to resist temptations.

The majority of RDNs work in treatment and prevention of disease, often in hospitals, private practice or other health care facilities. You can also find them in schools, community and public health centers, fitness centers and private practice. Speak to your health care provider for help locating an RDN or www.eatright.org will help locate one in your area.



We have all received those letters announcing that we have been pre-approved for a credit card or insurance policy. These prescreened or preapproved offers are based on information in your credit report that indicates you meet criteria set by the offeror. Usually, a prescreened solicitation comes via mail, but you can also get them in a phone call or email.

Prescreening works by a creditor or insurer establishing criteria, like a minimum credit score and asks a consumer reporting company for a list of people in the company's database who meet the criteria or a creditor or insurer provides a list of potential customers to a consumer reporting company and asks the company to identify people on the list who meet certain criteria.

If you decide that you do not want to receive prescreened offers of credit and insurance, you can call toll-free 1-888-5-OPT-OUT (1-800-567-8688) or visit www.optoutprescreen.com. The phone number and website are operated by the major consumer reporting companies.

NORTH PARISH EPISCOPAL CHURCH SERVICES

MARCH 2018

March 4	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 11	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 18	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 25	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
March 29	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
March 30	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

	Notes:	Color:
March 4	The Third Sunday in Lent	Purple
March 11	The Fourth Sunday in Lent	Purple
March 18	The Fifth Sunday in Lent	Purple
March 25	The Sunday of the Passion: Palm Sunday	Red
March 29	Maundy Thursday	White
March 30	Good Friday	Black

NORTH PARISH EPISCOPAL CHURCH SERVICES

APRIL 2018

April 1	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
April 8	Holy Eucharist Morning Prayer	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	The Rev. James C. Smith Donald Clamser, Sr.
April 15	Morning Prayer Holy Eucharist Healing Service	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	Robert Tiley The Rev. James C. Smith
April 22	Holy Eucharist Healing Service Morning Prayer	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	The Rev. James C. Smith Chester Shanoskie
April 29	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

	Notes:	Color:
April 1	The Sunday of the Resurrection: Easter Sunday	White
April 8	The Second Sunday of Easter	White
April 15	The Third Sunday of Easter	White
April 22	The Fourth Sunday of Easter	White
April 29	The Fifth Sunday of Easter	White