

NORTH PARISH MARCH/APRIL 2022 NEWSLETTER

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

Ash Wednesday



*Remember that you are dust,
and to dust you shall return.*

ASH WEDNESDAY SERVICE COMBINED SERVICE OF NORTH PARISH

March 2, 2022

Soup & Bread &

Holy Eucharist with the Imposition of Ashes

Celebrant – Rev. Dr. Kurt Kovalovich

6:00 p.m. – St. John's, Ashland, PA

Ashes in a Flash will be available at Baber Cemetery from 9:00 a.m. – 11:30 a.m.

Wednesday Lenten Supper & Services

6:00 p.m. – All are invited.

March 9 – Trinity Lounge, Pottsville, PA

March 16 – Trinity Lounge, Pottsville, PA

March 23 – Holy Apostles, St. Clair, PA

March 30 – Trinity Lounge, Pottsville, PA

April 6 – Holy Apostles, St. Clair, PA

MARCH AND APRIL FUNDRAISERS

POTATO CAKE BATTER SALE: March 18, 2022 – Pre Orders due by March 1st. \$10.00 per quart. Pick up at Holy Apostles, St. Clair – 1:00 p.m. – 4:00 p.m.

HALUSKI SALE: April 8, 2022 – Pre Orders due by March 31st. \$8.00 per quart. Pick up at Trinity, Pottsville – 1:00 – 4:00 p.m.

Potato Cake Batter & Haluski Sales will benefit the Episcopal Churches of Schuylkill County

COOKING DEMONSTRATION DINNER: BYOB - April 9th at 5:30 p.m. at Trinity Episcopal Church, Parish Hall, 200 S. Second St. Pottsville, PA to benefit Trinity's Summer Reading Camp. Bake Shop VI is partnering with Trinity for the demonstration. First Course: Spring Mix & Parmesan Shavings with BSVI's Vinagrette. Second Course: Chicken Confit with wild mushroom risotto. Third course: Poached Pear Tart - Tickets: \$30 Single; \$50 Couple – Tickets available at Bake Shop VI, 22 N. Center St. or by calling Barb Tokzar 570-691-5113.

Celebrant – The Rev. Timothy Albright

St. John's, Ashland, PA



3:00 p.m. – Service at St. James, Schuylkill Haven



Celebrant – The Reverend Timothy Albright

[illegible]

(Memorials will be published in the May/June Newsletter)

All checks should be made payable to North Parish and can be placed in the offertory plate or mail to the church office: North Parish, P.O. Box 487, Frackville, PA 17931



MARCH BIRTHDAYS

1 – Gage Harkins
2 – Michael Capparell
David Hewes
4 – Lisa Brennan
6 – Hayley Snyder
7 – Erin Germany
Rev. Dr. Kurt Kovalovich

9 – Rev. Dolores Smith
11 – Mary Faith Goodman
15 – Rev. Eric Snyder
16 – Robert W. Price
17 – Samantha Miller
19 – Courtney Evans
Lauren Shanoskie

20 – Pamela Dresch Androshick
22 – Brandy Scheuren
25 – Scott Price
26 – Florence Hollick
Tracy James

APRIL BIRTHDAYS

1 – John Brennan
2 – Sheryle Martin
3 – Michelle Price
7 – James Demcher
9 – Cheryl McGlone

14 – Ross Shanoskie
16 – Michael Scanlan
17 – Emily Koiniski
18 – Liana Evans
Zackary Harkins

22 – Denise Brennan
Richard Clamser
24 – Abigail Snyder
27 – Thomas Foerster



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

MARCH MEMORIALS



WINE & WAFERS: In memory of Dolly Roberts on her birthday by Bob & 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 & Ulceski Families.
In memory of Raymond E. Moyer by Claudia Moyer.

APRIL MEMORIALS

WINE & WAFERS: In memory of Marie Yeager by the Umlauf Family.

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

SANCTUARY CANDLES: In memory of Betty Noble & Cole Joshua Lauver
by the Hynoski Family.
In memory of Robert & Bertha Price by Bob & Mary Price.



PLEASE PRAY FOR:

Ella Connolly
Connolly Family
McKenzie Kline
Tony Kovalovich
Cheryl McDonald

Shirley Moyer
Catherine & Robert Mozdy
Lisa Quin
Bob Tiley
Vince Wilk



SPECIAL INTENTION: Your prayers are asked for the family and friends of Lois J. Smith who entered eternal life on January 15, 2022. May God grant Lois eternal rest and give comfort to all who knew and loved her.



ON LINE RADA CUTLERY SALE: North Parish is selling Rada Cutlery online to benefit our General Fund. Please type in this link in your web address to place an order: <https://radafundraising.com/?rfsn=5315822.c6637d>

When you are directed to the website, please click yes to support North Parish. Then place your order like any other online purchase. This will be an ongoing sale. For those of you who are not comfortable ordering online, please see Bonnie Baker or Bonnie Hynoski for a printed catalog. Please feel free to share this with your family and friends.



Vestry Meeting
Holy Apostles, St. Clair, PA
April 23, 2022
10:00 a.m.

SIGHT AND SOUND BUS TRIP: North Parish is seeking interest in a bus trip to Sight and Sound for their production of "David". The date is Thursday, September 22, 2022. The tickets would be \$66.00 per person and with the bus expense, the total would be approximately \$100 per person. The bus would pick up at Holy Apostles in St. Clair at 10 am, arriving at Hershey Farms for lunch at 12. People can either purchase lunch there or pack their own. The 3 hour show begins at 3 pm and then the return trip home. If you are interested, you would need to pay in advance so a block of tickets can be purchased and the bus reserved. Please contact Bonnie Hynoski as soon as possible at 570-875-2867 or 570-205-0720. Money is due March 13th.



All articles for the MAY/JUNE NEWSLETTER should be submitted to our Parish Secretary, Shannon no later than Thursday, April 7th.

DECEMBER 2021 FINANCIAL REPORT

North Parish Receipts

General Account

Dec.	\$ 7,920.82
Year to Date Gen. Receipts	\$ 55,795.34
Transfer in from M&I (current)	\$ -
Transfer M&I Year to Date	\$ 9,000.00

M&I Account

Dec.	\$ 3,135.99
Year to date	\$ 7,145.49

Memorial Account

Dec.	\$ 20.22
Year to date	\$ 1,268.13

Balances

General Account	\$ 4,890.17
M&I Account	\$ 25,720.59
Memorial Fund	\$ 13,081.55
Temp. Restricted Fund	

North Parish Disbursements

General Account

Dec.	\$ 9,699.60
Year to Date Exp.	\$ 64,970.88

M&I Account

Dec.	\$ -
Year to date	\$ 9,000.00

Memorial Account

Dec.	\$ -
Year to date	\$ -



Homemade Soup Sale



Saturday, March 26, 2022
10:00 a.m. – sellout

Holy Apostles' Episcopal Church of North Parish
St. Clair, PA

\$8.00/quart - \$4.00/pint
Take out only!

Parishioners are asked to make their favorite soup.
Please see a vestry member if you can help.

NEWS FROM MARION C. PRICE TRUST FUND

Ever wake up during the night and find it difficult to get back to sleep? I believe it happens to all of us at some point in our lives. About 20% of people wake up during the night, then struggle to get back to sleep. Here are some tips to help you doze off again or perhaps keep those wake-ups from happening in the first place.

*Forget about the time- It's tempting to peek at the clock as you toss and turn, but that may make it harder to fall back to sleep, as you worry about the sleep you are losing. Turn your clock to the wall and resist looking at your phone so you may relax enough to fall back to sleep.

* Stay away from screens- The blue light from tablets, phones or laptops signals your brain to wake up. Keep devices out of reach at night and even avoid screen time for an hour before bedtime.

* Move to another room- Try to do something peaceful or calming like taking deep breaths or reading a book until you feel sleepy enough to return to bed. Avoid turning on bright lights or the TV.

*Do not be productive- Do not be tempted to take advantage of your "extra" time by doing chores or being creative in the kitchen. If you reward your brain for waking up when it shouldn't, it will be more likely to happen again.

* Count sheep- If a "busy brain" is keeping you up, you need to turn it off to return to sleep. Counting backwards from 100 shifts your brain from past regrets and worries by focusing your brain to stay in the present. This may relax you enough to close your eyes and return to sleep.

*Ease your muscles- Start at your feet and flex the muscles in your toes for 5 seconds, then relax. Take slow deep breath, repeating these steps with your legs, backside, belly, chest, arms and face.

*Unwind at bedtime-Listening to soothing music or a calming podcast may ease your stress before heading to bed. A few deep breaths or easy yoga positions may also help you unwind and relax. You will be more likely to stay asleep if you fall asleep with a quiet mind.

*Meditation-Learning this popular practice may allow you to quiet those racing middle of the night thoughts. Sit quietly and focus on your breathing. Think of calming words or a short phrase or picture a place that makes you happy. The more you practice this the easier it gets. If you are interested in learning more, the Tree of Life Shoppe in Ringtown is offering Chakra Balance Meditation on March 5, 2022 and Meditation on Tuesday March 8th. Registration is required by calling (570) 741-3574.

*Keep Cool-Cool temperatures help your body sleep. Try keeping the temperature at 60-67 degrees, running a fan, or using several lightweight blankets instead of a heavy comforter.

*Go easy on alcohol-Having a glass of wine before bed may not help as much as you think. Although alcohol does boost a chemical in your body to help you fall asleep, you quickly run out of this chemical. That may leave you wide awake before morning, so cutting back on adult beverages may actually help you sleep more soundly.

*Stick to a schedule-If you are a wake during the night, you'll likely be tired and groggy in the morning. Try not to sleep in or take a nap to make up for lost sleep. You may wake up less often if you train your body by keeping a routine of the same bedtime and wake up time.

*Noise free room-Even while you're asleep your brain is still listening. The sounds it hears can wake you up, even from a deep sleep. Earplugs, a fan, or white noise machine may help block out sounds as you sleep.

Other things that may help is limiting caffeine or not eating too late. Health issues may cause you to wake up at night. Chronic pain, depression, sleep apnea, or other health issues may be to blame. In this case your doctor may be able to suggest treatment.

I came across this prayer from the Hindu Tradition at a continuing education seminar. I thought it was a beautiful prayer and it reminded me of a bedtime prayer so if nothing else works for you try this.

*May quietness descend upon my limbs
My speech, my breath, my eyes, my ears;
May all my senses wax clear and strong.
May God show himself unto me.
Never may I deny God, nor God me.
I am with Him and He with me-may we abide always together.
-From "Kena," the Upanishads*

Diakon Community Services is partnering with AARP Foundation to offer free tax service February 4 through April 2. Tax-Aid is a free service available to taxpayers 60 and older with low and moderate income. AARP can only prepare simple returns such as Pay from a job (W2 Or 1099 misc.), Social Security, Railroad Retirement, Pensions, Dividends, Interest, Capital Gains/Losses (1099 reports), Itemized Deductions, Health Savings accounts, Property tax/ Rent rebates. They cannot handle Income from rental properties, Debt forgiveness except credit cards, and out of state returns. Call the Diakon office at 570-624-3018 to see if you qualify and schedule an appointment.

Father Kurt recently conducted a HIPAA information session for Marion Price Trust Fund Board members and Trinity office staff. Please keep in mind that if you notify the office of an illness or prayer concern be specific as to how you want it advertised to others. When sharing prayer requests with the staff please specify if you want these concerns shared with others and/or on the prayer list. Although we like to "share" illnesses and medical diagnosis with the intention of increasing prayers it can be in violation of HIPAA law.

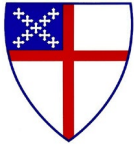
Since spring is just around the corner, I am sharing some gardening tips:

*Coffee grounds are full of nutrients that your acid loving plants crave. Save them to fertilize rosebushes, azaleas, rhododendrons, camellias, and evergreens.

*Ashes from your fireplace can be scattered around the border of your garden to deter cutworms, slugs, and snails - ash sticks to their bodies and draws moisture out of them. Also sprinkle small amounts over garden plants to manage infestations of soft bodied insects. Be warned: Since ash is alkaline, it should not be used on acid loving plants such as azaleas, rhododendrons, hydrangeas, and mums.

*Cut flowers will stay perky longer if you add a copper penny and an aspirin to the vase of water or a small amount of 7up or sprite added in the water also works. And don't forget to change the water daily.

***Daylight Savings Time begins Sunday March 13th - Don't forget to change your clocks! ***



NORTH PARISH EPISCOPAL CHURCH SERVICES

MARCH 2022

March 2	Soup & Bread Holy Eucharist	6:00 p.m. Ash Wednesday	St. John's	The Rev. Dr Kurt Kovalovich
March 6	Morning Prayer Morning Prayer	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	Susan Noble Bonnie Baker
March 13	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 20	Holy Eucharist Holy Eucharist	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	The Rev. Dr. Kurt Kovalovich The Rev. Dr. Kurt Kovalovich
March 23	Soup & Bread Lenten Service	6:00 p.m.	Holy Apostles	Deacon Bruce Gowe
March 27	Holy Eucharist Holy Eucharist	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	The Rev. Dr. Kurt Kovalovich The Rev. Dr. Kurt Kovalovich

APRIL 2022

April 3	Morning Prayer Morning Prayer	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	Donald Clamser, Sr. Susan Noble
April 6	Soup & Bread Lenten Service	6:00 p.m.	Holy Apostles	Bonnie Baker
April 10	Holy Eucharist Holy Eucharist	8:45 a.m. 11:15 a.m.	St. John's Holy Apostles	The Rev. Timothy Albright The Rev. Timothy Albright
April 14	Holy Eucharist Holy Eucharist	5:00 p.m. 7:00 p.m.	Holy Apostles St. John's	The Rev. Dr. Kurt Kovalovich The Rev. Dr. Kurt Kovalovich
April 17	Holy Eucharist Holy Eucharist	8:45 a.m. 11:15 a.m.	St. John's Holy Apostles	The Rev. Timothy Albright The Rev. Timothy Albright
April 24	Holy Eucharist Holy Eucharist	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	The Rev. Dr. Kurt Kovalovich The Rev. Dr. Kurt Kovalovich