

**NORTH PARISH
May 2013
NEWSLETTER**

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



From Fr. Tim's Desk

“ . . . But you will receive power when the Holy Spirit has come upon you; and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth.” - Acts 1:8

Jesus' words to his disciples just before he ascends to the Father reminds them that they had no power of their own and he reminds us that we have no power of our own except the power which is given to us from above. In his earthly life even Jesus himself acknowledged so. It was not other people that moved Jesus; rather it was the Holy Spirit that moved Jesus in certain directions. In his first sermon Jesus read from the scroll of Isaiah. "The Spirit has anointed me to bring good news to the poor, sent me to proclaim release to the captives and recovery of sight to the blind, to let the oppressed go free, to proclaim the year of God's jubilee." When Jesus finished that reading, he said, "Today, this Scripture has been fulfilled in your hearing." In other words, Jesus was saying this is my road map. This is how I will walk on the earth. Come, and follow me.

The power of the Holy Spirit is all that his disciples will need to continue the work that the Lord has given them to do. With the coming of the Holy Spirit, the followers of Jesus, the students of Jesus, the disciples, make the transition to apostles, doers of the Word.

As we wait with the disciples for the rush of a violent wind and tongues of flame to rest upon each of us may we too realize that it is indeed the Spirit that moves each and every one of us to bring good news to the poor, to proclaim release to the captives, to bring sight to the blind, and to let the oppressed go free. May we too be the Lord's faithful witnesses to the ends of the earth.

+Fr. Tim Albright



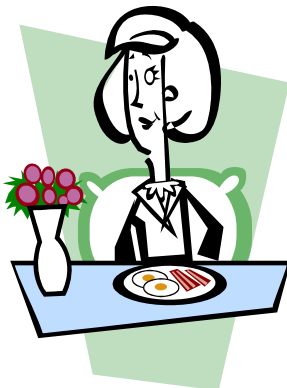
MAY MEMORIALS



- WINE & WAFERS:** In loving memory of Beverly Hess and Madeline Jones by Carol and Bob Jones.
In loving memory of Naomi and George Amour by son Roy.
In loving memory of Matt Wylam by the Wylam family.
In loving memory of Betty Noble by Steve, Bonnie, Jaime & Ben Hynoski.
- BULLETINS:** In loving memory of Naomi Amour, Mary Williams, Minnie Hess and Jennie Jones by Carol and Bob Jones.
In loving memory of Matt Wylam by the Wylam family.
- SANCTUARY CANDLES:** In loving memory of the Smith family by Charlotte Smith.
In loving memory of Hannah Strobel, Phoebe Amour, Mary Schuler, Matilda Hess, Eleanor Roberts, Malinda Zimmerman by Carol and Bob Jones.
In loving memory of Phoebe Johns and Luther Johns by their family.
In loving memory of Bertha Price by Price and Franko families.

NEWSLETTER DEADLINE

All articles for the June Newsletter should be submitted to our Parish Secretary, Shannon no later than May 8th. Volunteers are needed on Wednesday, May 22nd at 1:30 p.m. at Christ Church, Frackville to help fold the newsletter.



**THE ANNUAL MOTHER'S DAY BREAKFAST
AT ST. JOHN'S CHURCH
WILL BE HELD ON MAY 12th
IMMEDIATELY FOLLOWING WORSHIP**

ALL ARE INVITED!

This yearly event is hosted by the Amour & Hess family.

North Parish would like to wish all of the mothers of the parish a Happy and Blessed Mother's Day!



PLEASE PRAY FOR:

Amanda Mozdy, Karina Pedersen, Shirley Moyer, Tammy, Holly Jazwinski, Tiffany Roshoe, Roseanne Nause, Diane Dangolovich, Kay Collier, Kevin Rhein, Stephen Rasimowicz, Jr., Bob C., Melanie Boxter, John Hauk, Fr. Kimberly Brooks, Todd Leshar, Eleanor Mihal, Darlene Frye, Darryl Corewell, Matthew Miggins, Jason Noble, Edith Hoffman, Lana Dawn Lucas, Gary Boose, Bob Jones, Sr., Maria Machos, Pam Sapp, Josh, Mark Rauco, Cheyenne Sheipe, Virginia M. Bushyager, Theresa Price, Jackie Jones-Allison, Theresa Robbins, Suzanne Glick Connor, Charlotte Smith, Thelma Morgan, Jim Spieles, Jr., Judy Demyan, June Leshar, Steven Leshar, Russell Leshar, Helen Tanis, Kristin Lecher, Suzette Pogash, Mary Catherine Glick, Kay Fertig, Charles J. Wylam, Mary Faith Goodman, Mary Price

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 (874-4532) 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 priests have designated a spot in the service for birthday and anniversary blessings. If you would like a birthday or anniversary blessing, please let our priests know during the announcements that it is your special day.

MAY

BIRTHDAYS

- | | |
|--------------------------|---------------------|
| 6 – Charles Matern | 15 - Julia Foerster |
| 8 – Robert Tiley | 17 – Ty Androshick |
| 10 – David Hewes, Sr. | Stanley Hulet |
| 12 – Melyssa Willard | 20 – Susan Neary |
| Kyle Schu | 21 – Dylan Harkins |
| 13 – Elvin Brennan, Jr. | 22 – Megan Scheuren |
| 14 – Robert Higgins, Sr. | 23 – Chloe Demcher |
| 15 – Carly Demcher | 26 - Diane Leshar |
| | 29 – James Frew |
| | 30 – James Lecher |



If you would like your name added to the birthday list or if your birthday is listed incorrectly please call the church office at 874-4532.



GRADUATE RECOGNITION SUNDAY

We will honor our high school graduates on Sunday, June 2nd during Sunday services. If you are a high school graduate please notify the church office (874-4532 or email: nparish@ptd.net) no later than May 8th.

Please include the following:

Graduate's name _____

High school _____

Future plans _____



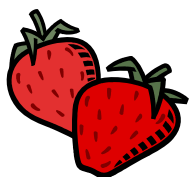
MOTHER'S DAY FLOWER SALE

May 10 – 1:00 p.m. – 7:30 p.m.

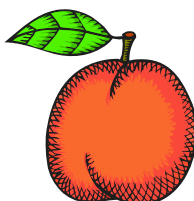
May 11 – 9:00 a.m. – 7:30 p.m. or sellout

**J.L. Dresch Storage, St. Clair Port Carbon Highway
Flower Logs & Hanging Baskets - 6 & 8 inch pots.
Proceeds benefit Holy Apostles' Good Shepherd's Guild.**

SAVE THESE DATES



June 12, 2013 – Strawberry Festival
Holy Apostles' Church, St. Clair, PA



August 21, 2013 – Peach Festival
Christ Church, Frackville, PA

Please note these fundraisers are to benefit North Parish's General Operating Expenses. We will need volunteers from all 3 churches to help with these fundraisers.

Vestry Highlights - April 21, 2013



The minutes of the March 17, 2013 meeting were approved and the Treasurer's report for March, 2013 was accepted as printed.

Donald Clamser received approval to present a program titled What it is to be an Episcopalian. Date to be determined.

A parishioner will be needed to attend the Disaster Relief Training program presented by the diocese in the future.

Audit Committee will meet in June.

The Grant Committee reported that one grant application has been submitted. An inventory needs to be made of the prayer books in each church for a future grant application.

The membership list has been reviewed and updated.

Future fundraisers were discussed including Mother's Day flowers, Strawberry Festival and Peach Festival.

Donald Clamser will attend the Stewardship Program on May 18th.

The Rev. Timothy Albright reported to the vestry that he is looking for a full time position. He will keep North Parish informed of any changes.

Next vestry meeting will be held May 19, 2013.



FOOD BANK MINISTRY



During the month of May we will be collecting rice products for the local food banks. Thank you for your generous support with this ministry. If you are in need of food assistance, please call the church office at 874-4532 and we will direct you to a local food pantry. Thank you to everyone who donated boxed potatoes in April!

MARCH FINANCIAL REPORT

North Parish Receipts

General Account		
	Mar-13	\$ 5,121.87
Year to Date Gen. Rec.		\$14,373.15
M&I Account		
	Mar-13	\$ 218.71
Year to date		\$10,462.99
Memorial Account		
	Mar-13	\$ 1.10
Year to date		\$ 3.54

North Parish Disbursements

General Account		
	Mar-13	\$ 7,213.23
Year to Date Exp.		\$ 14,453.85
M&I Account		
	Mar-13	\$ -
Year to date		\$ 10.00
Memorial Account		
	Mar-13	\$ -
Year to date		\$ -

Balances

General Account	\$10,223.15
M&I Account	\$22,362.86
Memorial Account	\$14,365.46
Total Funds available	\$46,951.47



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) 874-4532

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

Church Office Email Address: nparish@ptd.net

Church Office Hours: Wednesdays & Thursdays: 1:00-5:15pm

Fridays: 1:00-4:30pm

Website: www.northparish.com

Senior Warden – Mary Umlauf – (570) 875-3559

Clergy – The Reverend Timothy Albright

The Reverend James C. Smith

NEWS FROM MARION C. PRICE TRUST FUND

DIABETES is a chronic disease that occurs when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces. Insulin is a hormone that regulates blood sugar.

Type 1 was previously known as insulin-dependent, juvenile or childhood-onset. It is an auto immune disease. Type 2 is increasingly being diagnosed in children because of childhood obesity.

In Type 1, insulin is not produced by the body but in Type 2 the pancreas is usually producing enough insulin but the body cannot use the insulin effectively, a condition called insulin resistance. After several years the insulin production decreases.

The risk of developing Diabetes Type 2 increases as people age or gain weight. The more fatty tissue you have, the more resistant your cells become to insulin. As you get older you tend to exercise less, lose muscle mass and gain weight, may have acquired high blood pressure, have high triglycerides and have smoked for years.

Fasting blood sugars of 126 or higher is an indicator of Diabetes. A normal blood sugar is less than 100 when fasting. But in most healthy people sugar levels are even lower. Pre-diabetes means you have blood levels that are higher than normal but not high enough to be called Diabetes, blood glucose levels of 100-125 after an overnight fast. Studies have shown that people that have been determined as Pre-diabetic can lower their risk of developing Diabetes by losing 5-7% of their body weight through diet and increased physical activity.

Diabetes is not contagious but if you have family diagnosed then you are predisposed or at risk to developing Diabetes.

Over time, Diabetes can damage the heart, blood vessels, eyes, kidneys and nerves. High blood glucose levels over time can lead to increased deposits of fatty materials inside the blood vessel walls. These deposits may affect blood flow and increase the chance of clogging and hardening of blood vessels. Blood vessels of the eyes and nerves are extremely small, glucose injures the walls of these tiny blood vessels that nourish them. High levels of blood glucose causes the filters in the tiny blood vessels in the kidneys to overwork and eventually stop working.

Stopping tobacco use is very important to avoid complications of Diabetes. Smoking increases blood glucose, blood pressure and heart rate. It reduces the amount of oxygen supplies to the body, causes narrowing of blood vessels, increases cholesterol levels and makes it hard for the body to absorb calcium.

Eating a healthy diet of between 3-5 servings of fruit and vegetables a day and reducing sugar and saturated fats intake will help maintain blood sugars within normal limits.

Taking care of your feet is one of the most important things you can do when you have been diagnosed with Diabetes. Check your feet every day: look at the bottoms and between your toes, look for cuts, calluses, scratches, blisters, bruises, swelling, rashes and color changes, areas of hot or cold. Report any of these to your doctor immediately.

The more you learn how to manage your meals to maintain your blood sugar within normal levels the healthier you will be. It is also very important to be able to recognize what other factors affect your blood sugar, as well as signs of hypo and hyperglycemia.

Signs of hypo or low blood sugar – sweatiness, hunger, confusion, headache, nervousness, dizziness, drowsiness and rapid heart rate.

Signs of hyper or high blood sugar – thirst, frequent urination, fatigue, weakness, dry mouth, sleepiness, blurred vision, pain or tingling in feet or legs.

The goal of Diabetes management is to keep levels of blood glucose; blood pressure and cholesterol as close to the normal range as safely possible to prevent complications.

SENIOR ADVENTURES – It is time for this year’s adventures. Please join us as we travel the country side for lunch.

Thursday, May 23 – Greens’ Family Restaurant in Lavelle

Thursday, June 20 - Heisler’s Dairy Bar in Lewistown Valley

Thursday, July 18 - Harry’s Grill in Shamokin

Thursday, August 15 - Blue Mountain Lakes in Port Clinton

Thursday, Sept. 26 - Creekside Restaurant in Ringtown

Thursday, Oct. 24 - Sand Spring Golf Club in Drums and

Thursday, Nov. 21 - The Red Lion Restaurant in Pine Grove.

Please join us for one or all of our adventures - call Kathy Burda at 621-3220 for more information.

OPERATION WE CARE – Our next mailing is scheduled for May, 2013. I can only imagine how much these “goodie” boxes mean to our local servicemen and women stationed in Iraq & Afghanistan. But I do know from the heart felt thank you notes that we have received is knowing their hometown has not forgotten about them and the prayers for their safe return sent with every box means very much to them. Thank you for all you do to help make their day with these “goodie” boxes.

PENNSYLVANIA PROPERTY TAX OR RENT REBATE PROGRAM –The Property Tax/Rebate Program benefits eligible Pennsylvanians age 65 and older; widows and widowers age 50 and older; and people with disabilities age 18 and older. Take a little time to look at your income. You may be eligible for a rebate.

Homeowner’s annual income - \$0 - \$35,000 and renter’s annual income \$0 - \$15,000.

Applicants exclude one-half of social security income. The deadline to apply for a rebate for taxes or rent paid in 2012 is June 30, 2013. Application forms and assistance are available at **NO COST** from the Department of Revenue’s District Offices, Office of Senior Services, Senior Centers and State Legislator’s offices.

NORTH PARISH EPISCOPAL CHURCH SERVICES

May 2013

May 5	Holy Eucharist	9:00 a.m.	St. John's	The Rev. James C. Smith
	Holy Eucharist	11:00 a.m.	Christ Church	The Rev. James C. Smith
	Morning Prayer	11:00 a.m.	Holy Apostles	Jane Shaqfeh
May 12	Holy Eucharist	9:00 a.m.	St. John's	The Rev. Timothy Albright
	Holy Eucharist	11:00 a.m.	Christ Church	The Rev. Timothy Albright
	Holy Eucharist	11:00 a.m.	Holy Apostles	The Rev. James C. Smith
May 19	Holy Eucharist	9:00 a.m.	St. John's	The Rev. James C. Smith
	Holy Eucharist	11:00 a.m.	Christ Church	The Rev. James C. Smith
	Holy Eucharist	11:00 a.m.	Holy Apostles	The Rev. Timothy
Albright				
May 26	Holy Eucharist	9:00 a.m.	St. John's	The Rev. Timothy Albright
	Holy Eucharist	11:00 a.m.	Christ Church	The Rev. Timothy Albright
	Holy Eucharist	11:00 a.m.	Holy Apostles	The Rev. James C. Smith

Notes:		Color:
May 5	The Sixth Sunday of Easter	White
May 12	The Seventh Sunday of Easter The Sunday after Ascension Day Mother's Day	White
May 19	The Day of Pentecost Whitsunday	Red
May 26	The First Sunday after Pentecost Trinity Sunday	White