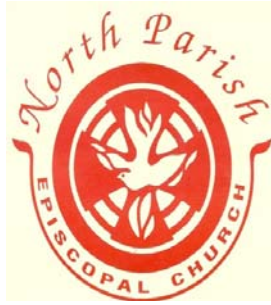


NORTH PARISH MAY 2017 NEWSLETTER

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



NEWS FROM MARION C. PRICE TRUST FUND

Facing aging is not a new concept. But our views on older age are changing. Experts on aging now know that poor health and loss of independence are not a natural and normal part of getting older. And there are many steps that you can take now to help maintain your health, vitality and independence throughout your golden years.

Normal age-related decline affects most of our body's organs and systems. How and when this happens is different for each of us. It depends on many factors, including our genes, lifestyle and health history.

- Brain – Brain structure changes with age, the effects of which are unclear. Healthy older people might notice some mild changes, such as needing new information repeated or more time to learn something new.
- Heart and Arteries – The heart muscle thickens and arteries tend to stiffen with age. This makes it harder for the heart to pump oxygen-rich blood throughout the body.
- Lungs – The amount of air the lungs can breathe in and out can decrease with age, causing shortness of breath while working hard or during brisk activities.
- Kidneys – Over time, they don't work as well at removing waste from the blood.
- Skin – The skin thins and loses elasticity as it ages, leading to wrinkles and sags. Loss of sweat and oil glands can lead to dry, flaky skin. Spots appear on sun-damaged skin.
- Muscles – Loss of muscle is a process that starts around age 30 and progresses throughout life. The amount of muscle tissue, the number and size of muscle fibers gradually decrease. The result is a gradual loss of muscle mass and strength.
- Bones – people lose bone mass or density as they age. This loss of bone density accelerates in women after menopause. As a result bones become more fragile and are more likely to break.
- Eyes – After you pass 40, you'll notice it is more difficult to focus on objects up close. About ½ of all 65-year old Americans have some degree of cataract formation.
- Ears – Higher pitched sounds become more difficult to hear with age. Understanding speech, especially if there is background noise, can be a problem, even for older adults with good hearing.



- Immune System – the organs and cells of the immune system work throughout the body to protect it from infection. With age, these cells become less active, making the body less able to defend against bacteria and viruses.

It's never too early or late to work toward being your healthiest you! Adopting healthy behaviors even later in life-can help prevent, delay and control disease. Caring for your body has enormous benefits that will help you stay active, sharpen your memory, boost your immune system, manage health problems and increase your energy.

Here are some healthy aging tips that are good advice at any stage of life:

- ❖ Stay physically active with regular exercise. Check with your doctor before starting any exercise program. Find an activity that you like and that motivates you to continue. Start slow, and slowly increase the time and intensity to avoid injury. Exercise with a friend or family member. Exercise doesn't have to mean strenuous activity at the gym, gardening, cleaning your house, walking are all very good ways to start.
- ❖ Stay socially active with friends and family and within your community. Spend time with people you enjoy and who make you feel upbeat. Make an effort to make new friends. Eat a healthy, well-balanced diet. Dump the junk food in favor of fiber-rich, low-fat and low-cholesterol eating. Load up on high-fiber fruits, vegetables and whole grains. Be sure to drink plenty of fluid, even if you don't feel thirsty. Be careful not to increase your salt or sugar intake.
- ❖ Don't neglect yourself: regular check-ups with your doctor, dentist and optometrist are even more important now. Take all medications as directed by your doctor.
- ❖ Limit alcohol consumption and cut out smoking.
- ❖ Get the sleep that your body needs. Naturally boost your melatonin levels at night. Turn off the phones, computer and TV at least one hour before bed. Make sure your bedroom is quiet; develop bedtime rituals, like taking a bath or playing music will help you unwind. Adjust your bedtime to match when you feel tired. Increase your activity levels during the day.
- ❖ Keep your mind sharp. Puzzles, games, learning something new or trying out new cooking recipes are all excellent ways to keep your brain active. You don't have to work elaborate crosswords or puzzles to keep your mind sharp. Try to work on something new each day, whether it is taking a different route to the grocery store or brushing your teeth with a different hand. Take on a completely new subject. Diakon offers many inexpensive classes at community centers (570-624-3018). Volunteering is also a great way to learn about a new area. RSVP (Retired Senior Volunteer Program) is a great place to start your path to volunteering: 570-622-3103. Giving back to the community is a wonderful way to strengthen social bonds and meet others and the meaning and purpose you find in helping others will enrich and expand your life.
- ❖ Laughter is strong medicine for both the body and the mind. It helps you stay balanced, energetic, joyful and healthy at any age. A sense of humor helps you get through tough times, Look outside yourself, laugh at the absurdities of life and transcend difficulties.
- ❖ Find healthy ways to process your feelings, perhaps with a close friend or writing a journal. Accept the things you can't change. When facing major challenges, try to look at them as opportunities for personal growth.
- ❖ ***Focus on things you are grateful for. Continue to find meaning and joy in life. The possibilities are endless. The important thing is to find activities that are both meaningful and enjoyable to you.***



MAY MEMORIALS



WINE AND WAFERS: In memory of Beverly Hess and Madeline Jones by Carol Jones.
In memory of Betty Noble by the Hynoski Family.

BULLETINS: In memory of Naomi Amour, Mary Williams, Minnie Hess and Jennie Jones by Carol Jones.
In memory of Mildred Whyne Waldner who passed away May 22, 2002 and is sponsored by Diane Lippincott.

SANCTUARY CANDLES: In memory of Hannah Strobel, Phoebe Amour, Mary Schuler, Matilda Hess, Eleanor Roberts, and Malinda Zimmerman by Carol Jones.

NEWSLETTER: In memory of Daniel Jenkins, Sr. by his wife Laura Goodman-Jenkins.



All articles for the June Newsletter should be submitted to our Parish Secretary, Shannon no later than Wednesday, May 10th. Volunteers are needed on Wednesday, May 24th 1:30 p.m. at Holy Apostles, St. Clair to help fold the newsletter.

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

Website: www.northparish.com

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



On behalf of the Marion Price Trust Fund Board and myself I would like to thank North Parish for the recent generous donation of \$300.00 and the use of the Parish Hall for the AARP safe driving refresher course.

Sincerely,
Kathy Burda R.N./Parish Nurse
Admin. MPTF

Thank You!



PLEASE PRAY FOR:

Darlis Berger
 Susan Glick Connor
 Alma Davis
 Bob Davis
 Daniel J. Eisenhauer
 Julia Foerster
 Mary Catherine Glick
 Bob Goulet
 Richard Griffin

James Hood
 Jessica Hynoski
 Jiannino Family
 Dolores K.
 Doris Kauffman
 McKenzie Kline
 Nick Lane
 Landry Lauver
 Michael Lesher

Russell Lesher
 Steven Lesher
 Todd Lesher
 Gretchen Moore
 Bernard & Diane Nace
 Charlotte Smith
 James Spieles, Jr.
 Judith Wright

PLEASE PRAY FOR OUR TROOPS SERVING HERE AND ABROAD

MAY BIRTHDAYS



4 – Denise Ann Yelito
 6 – Owen Labie
 8 – Robert Tiley
 10 – David Hewes, Sr.
 12 – Melyssa Willard
 Kyle Schu
 13 – Elvin Brennan, Jr.
 14 – Robert Higgins, Sr.
 15 – Carly Demcher
 Julia Foerster

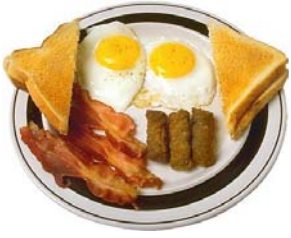
17 – Ty Androshick
 20 – Susan Neary
 21 – Dylan Harkins
 22 – Megan Engelbrecht
 23 – Chloe Demcher
 26 - Diane Lesher
 29 – James Frew
 30 – James Lecher

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 May we are collecting canned vegetables and canned fruit. Thank you to everyone who donated products in April. 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.



THIRD ANNUAL BOB JONES MOTHER'S DAY MEMORIAL BREAKFAST Sunday, May 14, 2017

Everyone is invited to breakfast immediately following the 9:00 a.m. service at
St. John's, Ashland.

The breakfast is hosted and sponsored by the family of the late
Bob Jones, Sr. Everyone is welcome!



SAVE THE DATE

June 21, 2017 – Strawberry Festival
Holy Apostles' Church, St. Clair, PA

GRADUATE RECOGNITION SUNDAY June 4, 2017

We will honor our high school graduates on Sunday, June 4th during
Sunday services. If you are a high school graduate please notify the
church office (570-429-7107 or email: nparish@ptd.net) no later than
May 14th.

Please include the following:

Graduate's name _____

High school _____

Future plans _____



THANK YOU to everyone who supported or donated soup for the Soup Sale
in March. We had a profit of \$550.00.

MARCH 2017 FINANCIAL REPORT

North Parish Receipts

General Account

| | |
|---------------------------------------|--------------|
| March | \$ 5,794.29 |
| Year to Date Gen. Receipts | \$ 11,270.25 |
| 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

| | |
|--------------|-------------|
| March | \$ 1,407.95 |
| Year to date | \$ 1,597.11 |

Memorial Account

| | |
|--------------|---------|
| March | \$.92 |
| Year to date | \$ 2.67 |

Balances

| | |
|-----------------------|--------------|
| General Account | \$ 4,502.44 |
| M&I Account | \$ 45,850.49 |
| Memorial Fund | \$ 10,798.69 |
| Temp. Restricted Fund | |

North Parish Disbursements

General Account

| | |
|-------------------|--------------|
| March | \$ 5,498.94 |
| Year to Date Exp. | \$ 13,892.55 |

M&I Account

| | |
|--------------|---------|
| March | \$ 2.00 |
| Year to date | \$ 2.00 |

Memorial Account

| | |
|--------------|------|
| March | \$ - |
| Year to date | \$ - |



MAY VESTRY MEETING

May 21, 2017

4:00 p.m. – St. John's, Ashland

Happy Mother's Day to all the Moms
of North Parish!



NORTH PARISH EPISCOPAL CHURCH SERVICES MAY 2017

| | | | | |
|-------------------|--|---------------------------------|-------------------------------------|--|
| May 7 | Morning Prayer Holy Eucharist | 9:00 a.m. 11:00 a.m. | St. John's Holy Apostles | Robert Tiley The Rev. James C. Smith |
| May 14 | Holy Eucharist Morning Prayer | 9:00 a.m. 11:00 a.m. | St. John's Holy Apostles | The Rev. James C. Smith Barry Idell |
| May 21 | 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 |
| May 28 | Holy Eucharist Morning Prayer | 9:00 a.m. 11:00 a.m. | St. John's Holy Apostles | The Rev. James C. Smith Barry Idell |

| | Notes: | Color: |
|---------------|--|---------------|
| May 7 | The Fourth Sunday of Easter | White |
| May 14 | The Fifth Sunday of Easter (Mother's Day) | White |
| May 21 | The Sixth Sunday of Easter (Rogation Sunday) | White |
| May 28 | The Seventh Sunday of Easter The Sunday after Ascension Day | White |

2017 EASTER FLOWERS WERE GIVEN IN LOVING MEMORY OF:

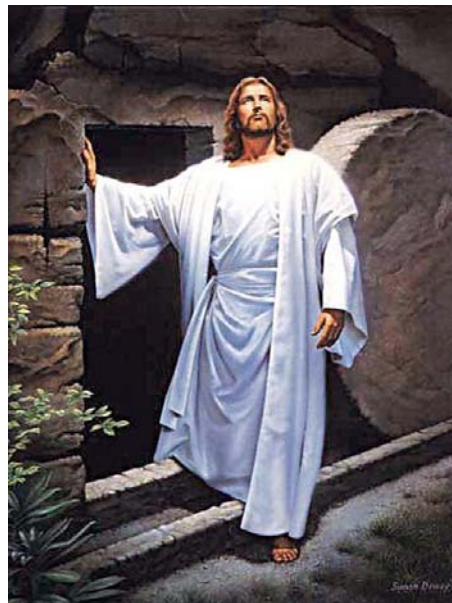
St. John's

Amour Families
George & Naomi Amour
Roy Amour
Deborah M. Bellew
Leona & Walter Briel
Margaret Briel
John & Isabelle Coddington (2)
Maryann Demonteverde
Harvey & Jeanette Dillman
Hess Families
Earl & Beverly Hess
Edith Hoffman
Bob Jones (2)
Ethel & Bert Kehler
Gladys Lally
Cole Joshua Lauver
Marlin "Sparky" Miller
Dorothy Tiley Miller
William Miller, Jr.
William H. Morgan
Emily & Louis Morris (2)
William Morris
Bill Neary
Betty Noble (2)
Mary Anne Clamser Orr
Amy D. Palovcsik
Scheuren Families
Dorothy K. Smith
James V. Spieles, Sr.
John Stivetts, Jr.
Margaret & John Stivetts
Mary Stokes
Timothy Strunk
Hattie & Alfred Strunk
Harold & Deborah Strunk
Martha & Robert "Red" Tiley
Mark & Annette Trautman
Edward & Rosemary Ulceski
Raymond & Alice Umlauf (2)
Anna & John Umlauf
Donna Lee Tiley Wasko



The flowers on the side altar are in loving memory of members of the Amour & Hess Families.

Christ
is
Risen!



Holy Apostles

John Blake
Chattin Family
Mary & Robert Dean
Deans Family
Oliver Dechert, Sr.
Carol Dresch
Daniel & Evelyn Eisenhauer
John Foytak
Charles & Maggie Frantz
Frank Frantz
Frank & Ruth Frantz
Harry Frantz
Orme & Merle Frantz
Edward & Clara Gehring
Charlotte & Elmer Geiger
Eugene Goodman, Sr.
Gladys & Charles Goodman
Lewis & Myrle Goodman
Robert B. Goodman
Robert Haverty
Anna Hesse
Daniel Jenkins, Sr.
Abram & Geneva Jones
Abram & Mary Jones
Robert & Lida Kalbach
Dorothy & George Kimmel
Anna Mae Krebs (2)
Clare & Elizabeth Oliver
Alice & Albert Padfield
David Padfield
Raymond Paisely, Jr.
Raymond & Charlotte Paisley
Margaret Peterman
Helen & Roland Price
Robert J. & Bertha E. Price
Benjamin & Edith Ray
Samuel Ray Family
Evan & Emma Reese
Russell Family
Alfred & Dolly Roberts
Sanner & Glick Families of Christ Church
Dale Shanoskie
Catherine & Harry Smith
Dorothy K. Smith
Harry G. Smith
Sarah Smith
Charles & Laura Turnitza
Wheeler & Guth Families
Matt Wylam
Wylam Family