

NORTH PARISH NEWSLETTER MAY & JUNE 2018

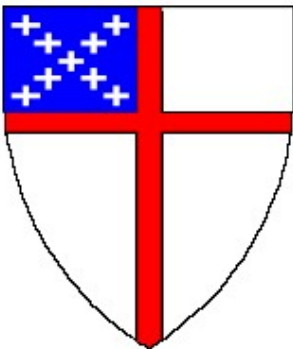
**THRU THE HANDS OF GOD -
ONE HAND HELPING ANOTHER
(North Parish's Mission Statement)**



FAREWELL FOR FATHER JIM

The Rev. James C. Smith (Fr. Jim) became a Deacon on September 25, 1999 and was ordained a Priest on March 15, 2000. He has served North Parish since 1999 and we cannot thank him enough for all he has done for our parish these past 19 years. Fr. Jim's last services with North Parish will be May 27th.

There will be a dinner with a tentative date of June 2, 2018 at Green's Family Restaurant, Lavelle in honor of Fr. Jim. The dinner is \$15 per person. Please watch your bulletins for more information.



CONGRATULATIONS

Mackenzie Fallon Androshick

Kyler Raine Bowers

Brooklyn Nicole Hewes

who were confirmed, April 22nd
at the Cathedral of the Nativity, Bethlehem
by The. Rt. Rev. Sean Rowe, Bishop Provisional

FOOD BANK MINISTRY: During the months of May and June envelopes will be provided by the bulletins for donations for our local food banks. You can also mail your donations to the church at: North Parish, P.O. Box 487, Frackville, PA 17931. Checks should be made payable to North Parish and please designate on your check memo line Food Bank Ministry. Thank you for your support!



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.

In memory of Alice Umlauf, Leona Briel and Anna Umlauf
by Susan Noble and Family.

BULLETINS: In memory of Naomi Amour, Mary Williams, Minnie Hess and Jennie Jones by Carol Jones.

In memory of Mildred Whyne Waldner by Diane Lippincott.

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

In memory of Jimmy Hood by the Hynoski Family.

In memory of Bertha Price by Price/Franko Family.

JUNE MEMORIALS

WINE AND WAFERS: In memory of Bob Jones on our Anniversary by wife Carol Jones.

BULLETINS: In memory of John and Isabelle Coddington by the Umlauf Family.

In memory of Bertha Price by Price/Franko Family.

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

In memory of Harold Strunk by Strunk and Ulceski Families.

2018 MEMORIALS AVAILABLE:

Bulletins: September, October

Newsletters – 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



All articles for the JULY/AUGUST Newsletter should be submitted to our Parish Secretary, Shannon no later than Wednesday, June 6th. Volunteers are needed on Thursday, June 21st at 1:30 p.m. at Holy Apostles, St. Clair to help fold the newsletter.



PLEASE PRAY FOR:

Fr. Bruce Baker
Joseph Bass
Richard Berger
Alma Davis
Robert Davis
Anne Dorrance
Kay Fertig
Julia Foerster
Dave Gerlott

Tatiana Heffner
Huxley Hoffman
Jean Hoffman
Florence Hollick
Anna Hutchko
Janis Idell
Anne Joyce
Jennifer Joyce
Dolores K.

McKenzie Kline
Bernard & Diane Nace
Ron Reed
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.



SPECIAL INTENTION: Your prayers are asked for the family of Albert Snyder, Jr. who entered eternal life on April 15, 2018. May God grant Albert eternal rest and give comfort to all who knew and loved him.

PRAYER LIST POLICY



We will begin a new prayer list beginning July 1st. All names will be taken off the prayer list effective June 30th. However, if you would like your name to remain on the prayer list or you need to add someone, please notify the office before then.

We ask that you call the church office at 570-429-7107 or email us at nparish@ptd.net. Please leave your name, phone number and the name of the person for the prayer list.

You can also mail the form below to the church office at:
North Parish, P.O. Box 487, Frackville, PA 17931

Name on the prayer list: _____

Person making the request: _____

Please note: The prayer list will be updated at the end of December also.

NORTH PARISH

Strawberry Festival



**June 13, 2018
6:00 p.m. – 8:00 p.m.
Holy Apostles' Church, St. Clair, PA**



**Come enjoy:
Strawberries and Ice Cream
Baked Good
Beverage
Eat in or take out.
Tickets are \$5.00 – See Lois Hewes, Bonnie Hynoski
Or call the church office at 570-429-7107**



**Volunteers are needed to set up, bake treats, to sell tickets and to clean up.
Please use the sign- up sheets available in each church if you can help.**

**If you can help set up, please arrive at the church the day of the festival by 9:00 a.m.
Baked goods can be dropped off at that time. If you can help that evening, please arrive by
4:30 p.m. Baked goods can be dropped off too. Also, we need people to stay after the
festival to help clean up!**



**The Spring UTO Offering will be taken on Sunday, June 3, 2018.
You are invited to 'count your blessings' in thanksgiving for large
and small daily gifts from God that brighten your life and the lives
of those around you. Envelopes will be provided in the bulletin
that Sunday for your donations. Thank you!**



**VESTRY MEETING -June 10, 2018
4:00 p.m. – St. John's, Ashland**



North Parish,

**Your donation to the Frackville Area Ministerium is greatly appreciated. Your generosity will
assist many people.**

**God Bless,
Frackville Ministerium**

A donation of \$150 was made to the Ministerium from our Outreach Budget.

HAPPY BIRTHDAY!



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 Leshar
29 – James Frew
30 – James Lecher



JUNE BIRTHDAYS



2 – Skye Goodman
June Leshar
Sean O'Neill
3 – Danielle Meade
7 – Aidan Reppert
Marilyn Spieles
11 – Tyler Scheuren
12 – Jaime Hynoski

12 Suzette Leibig
Terry McGlone
Theresa Robbins
17 – Steven Goodman
18 – Justin Ulceski
Kyler Bowers
19 – Albert Snyder
22 – Jason Noble

23 – Spencer Dougherty
Zachery Willard
24 – Lisa Lindenmuth
25 – Margaret Frantz
Bonnie Lecher
Jeanne Capparell
29 – Todd Leshar



THANK YOU to everyone who supported or donated soup for the Soup Sale in March. We had a profit of \$600.00.

SIGHT AND SOUND BUS TRIP ***Tuesday, June 19, 2018*** (Please note the bus is filled)



9:30 a.m. – Bus departs Ashland across from May's.
9:50 a.m. – Bus departs Holy Apostles.
11:45 a.m. – Lunch at Hershey Farms – Buffet cost is \$22.95 total and includes tax and tip,
You may order off the menu in place of the buffet
2:00 p.m. – Depart from Hershey Farms for show at Sight & Sound Theater
3:00 p.m. – “Jesus” - Bus departs from Sight & Sound as soon as the show is finished.
6:30 p.m. – Arrive at Holy Apostles
7:00 p.m. – Arrive at Ashland

JANUARY 2018 FINANCIAL REPORT

North Parish Receipts

General Account

January	\$ 2,673.77
Year to Date Gen. Receipts	\$ 2,673.77
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	\$ 91.95
Year to date	\$ 91.95

Memorial Account

January	\$.93
Year to date	\$.93

Balances

General Account	\$ 6,363.84
M&I Account	\$ 46,681.86
Memorial Fund	\$ 10,882.79

North Parish Disbursements

General Account

January	\$ 5,140.23
Year to Date Exp.	\$ 5,140.23

M&I Account

January	\$ -
Year to date	\$ -

Memorial Account

January	\$ -
Year to date	\$ -



FEBRUARY 2018 FINANCIAL REPORT

North Parish Receipts

General Account

February	\$ 2,174.00
Year to Date Gen. Receipts	\$ 4,847.77
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

February	\$ 38.59
Year to date	\$ 130.54

Memorial Account

February	\$.83
Year to date	\$ 1.76

Balances

General Account	\$ 5,145.51
M&I Account	\$ 46,718.45
Memorial Fund	\$ 10,883.62
Temp. Restricted Fund	

North Parish Disbursements

General Account

February	\$ 3,357.29
Year to Date Exp.	\$ 8,497.52

M&I Account

February	\$ 2.00
Year to date	\$ 2.00

Memorial Account

February	\$ -
Year to date	\$ -



NEWS FROM MARION C. PRICE TRUST FUND

Fibromyalgia is a painful, chronic disease that affects the musculoskeletal system accompanied by fatigue, sleep, memory and mood issues. Researchers believe that fibromyalgia amplifies painful sensations by affecting the way your brain processes pain signals. The cause is unknown and much about the condition remains a mystery.

Symptoms sometimes begin after a physical trauma, surgery, infection or significant psychological stress. Much about the condition remains a mystery.

The variable nature of the symptoms frequently makes it a difficult condition to diagnose. In the past, doctors would check 18 specific points on a person's body to see how many of them were painful when pressed firmly. Newer guidelines allow a diagnosis of fibromyalgia if a person has had widespread pain for more than 3 months – with no underlying medical condition that could cause the pain.

The pain is often described as a constant dull ache. Sleep is often disrupted by pain, some have reported restless leg syndrome and sleep apnea. A symptom commonly referred to as “fibro fog” impairs the ability to focus, pay attention and concentrate on mental tasks.

In general, treatments for fibromyalgia include both medication and self-care. The emphasis is on minimizing symptoms and improving general health. No one treatment works for all symptoms.

Medications can help reduce the pain and improve sleep. Common choices include: pain relievers, antidepressants and anti-seizure drugs.

A variety of different therapies can help reduce the effect that fibromyalgia has on your body and your life. Such as: physical therapy, occupational therapy and counseling.

Self-care management include: reducing stress, getting enough sleep, exercising regularly, pacing yourself and maintaining a healthy lifestyle.

Complementary and alternative therapies for pain and stress management aren't new. Therapies such as: meditation, yoga, acupuncture and massage therapy may help relieve the pain and therefore reduce the stress.

Choose a diffuser that's right for you – a device designed to diffuse (spread or scatter) a scent efficiently. There are 4 different kinds of diffusers on the market today: nebulizing, ultrasonic or humidifying, evaporative and heat.

A nebulizer diffuser works basically the same way a perfume atomizer works. The airflow blowing across the surface of the oil at the top of the tube blows the oil away in a fine spray or mist. These quickly saturate the air with oil, are best for therapeutic use but can typically be louder and use a lot of oil.

Ultrasonic or humidifying diffusers utilize electronic frequencies to cause a small disc under the surface of a liquid (usually water) to vibrate at a very fast rate. They humidify the air and conserve oil but typically need cleaning often.

Evaporative diffusers use a fan or the existing air current. The fan blows air from the room through some sort of pad or filter that has essential oils dropped onto it. These are often a personal diffuser, worn as a necklace pendant, bracelet or mesh bag. These provide aroma for a small area and are pretty quiet.

Heat diffusers are usually plugged into an outlet to produce stronger smells. These provide aroma for a small area and are silent. But the oil components evaporate at different times and high levels of heat alter the oils.

Heart disease is the leading cause of death in the United States. Stroke is the 5th leading cause of death in the U.S. Together, heart disease and stroke, along with other cardiovascular diseases, are among the most widespread and costly health problems facing the nation today. Fortunately, they are also among the most preventable.

The leading controllable risk factors for heart disease and stroke are: high blood pressure, high cholesterol, cigarette smoking, diabetes, unhealthy diet, physical inactivity and obesity.

Overtime, these risk factors cause changes in the heart and blood vessels that can lead to heart attacks, heart failure and stroke. It is critical to address risk factors early in life to prevent these devastating events and other potential complications of chronic cardiovascular disease.

Controlling these risk factors remain a challenge but are an important aspect of preventing heart attacks and stroke.

Knowing your blood pressure, blood lipids and blood sugar and taking measures to maintain in a healthy range is an important step. Another crucial step is to eat a balance diet. This should include plenty of fruits and vegetables, whole grains, lean meat, fish, reduced salt, sugar and fat intake, alcohol in moderation, increase physical activity and avoid tobacco use.

~~~~~

Dear Members of North Parish,

On behalf of the Marion Price Trust Fund Board and myself I want to thank you for your generous and thoughtful donation of \$300.00. Through your support the MPTF can continue to care for and serve the elderly in our congregations.

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

***This donation was made from North Parish's Outreach Budget.***



# NORTH PARISH EPISCOPAL CHURCH SERVICES

## MAY 2018

|           |                                  |                         |                             |                                                    |
|-----------|----------------------------------|-------------------------|-----------------------------|----------------------------------------------------|
| May<br>6  | Holy Eucharist<br>Morning Prayer | 9:00 a.m.<br>11:00 a.m. | St. John's<br>Holy Apostles | The Rev. James C. Smith<br>Chester Shanoskie       |
| May<br>13 | Morning Prayer<br>Holy Eucharist | 9:00 a.m.<br>11:00 a.m. | St. John's<br>Holy Apostles | Robert Tiley<br>The Rev. James C. Smith            |
| May<br>20 | Holy Eucharist<br>Holy Eucharist | 9:00 a.m.<br>11:00 a.m. | St. John's<br>Holy Apostles | The Rev. James C. Smith<br>The Rev. James C. Smith |
| May<br>27 | Holy Eucharist<br>Holy Eucharist | 9:00 a.m.<br>11:00 a.m. | St. John's<br>Holy Apostles | The Rev. James C. Smith<br>The Rev. James C. Smith |

---

|        | Notes:                                                                         | Color: |
|--------|--------------------------------------------------------------------------------|--------|
| May 6  | The Sixth Sunday of Easter<br>(Rogation Sunday)                                | White  |
| May 13 | The Seventh Sunday of Easter<br>(The Sunday after Ascension)<br>(Mother's Day) | White  |
| May 20 | The Day of Pentecost<br>(Whitsunday)                                           | Red    |
| May 27 | The First Sunday after Pentecost<br>(Trinity Sunday – Fr. Jim's Last Sunday)   | White  |

# NORTH PARISH EPISCOPAL CHURCH SERVICES

## JUNE 2018

|            |                                  |                         |                             |                                                    |
|------------|----------------------------------|-------------------------|-----------------------------|----------------------------------------------------|
| June<br>3  | Morning Prayer<br>Morning Prayer | 9:00 a.m.<br>11:00 a.m. | St. John's<br>Holy Apostles | Donald Clamser, Sr.<br>Robert Tiley                |
| June<br>10 | Holy Eucharist<br>Holy Eucharist | 9:00 a.m.<br>11:00 a.m. | St. John's<br>Holy Apostles | The Rev. Dolores Smith<br>The Rev. Dolores Smith   |
| June<br>17 | Morning Prayer<br>Morning Prayer | 9:00 a.m.<br>11:00 a.m. | St. John's<br>Holy Apostles | Robert Tiley<br>Donald Clamser, Sr.                |
| June<br>24 | Holy Eucharist<br>Holy Eucharist | 9:00 a.m.<br>11:00 a.m. | St. John's<br>Holy Apostles | The Rev. Charles Barebo<br>The Rev. Charles Barebo |

---



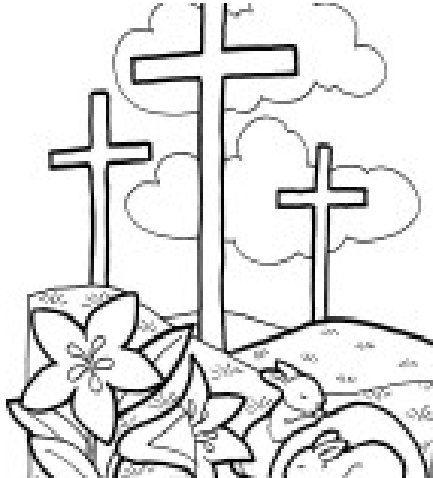
---

|         | Notes:                                              | Color: |
|---------|-----------------------------------------------------|--------|
| June 3  | The Second Sunday after Pentecost                   | Green  |
| June 10 | The Third Sunday after Pentecost                    | Green  |
| June 17 | The Fourth Sunday after Pentecost<br>(Father's Day) | Green  |
| June 24 | The Fifth Sunday after Pentecost                    | Green  |

## 2018 EASTER FLOWERS WERE GIVEN IN LOVING MEMORY OF:

### St. John's

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



### Holy Apostles

Chattin Family  
 Carol Dresch  
 Charles & Maggie Frantz  
 Frank Frantz  
 Frank & Ruth Frantz  
 Harry Frantz  
 Orme & Merle Frantz  
 Edward & Clara Gehring  
 Charlotte & Elmer Geiger  
 Lewis & Myrle Goodman  
 Robert B. Goodman  
 Abram & Geneva Jones  
 Abram & Mary Jones  
 Robert & Lida Kalbach  
 Anna Mae Krebs (2)  
 Alice & Albert Padfield  
 David Padfield  
 Raymond Paisely, Jr.  
 Raymond & Charlotte Paisley  
 Helen & Roland Price  
 Benjamin & Edith Ray  
 Samuel Ray Family  
 Evan & Emma Reese  
 Alfred & Dolly Roberts  
 Catherine & Harry Smith  
 Dorothy K. Smith  
 Harry G. Smith  
 Sarah Smith  
 Charles & Laura Turnitza



The flowers on the side altar at St. John's  
 were in loving memory of members of  
 the Amour & Hess Families.