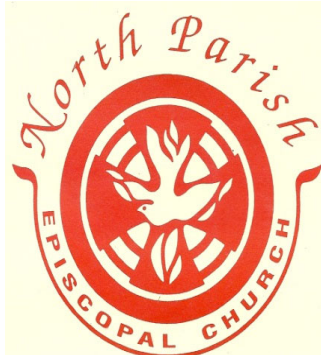


**NORTH PARISH  
NEWSLETTER  
MAY/JUNE 2020**



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

### **Through Baptism, all share in the Priesthood of Christ.**

On March 7, 2020, we gathered as witnesses and participants in the conferring of Holy Orders. For each of us present, we already shared in the priesthood of Christ, the priesthood of all believers, the offering of ourselves in daily obedience to the world. This was different, an ordination of us all in many ways, though Holy Orders were conferred upon me. This journey we have taken together didn't end that day. This journey of faith and community continues despite our current situations. Your trust in me is a blessing to me and I hope to honor that trust as we worship and serve together.

I cannot adequately express my gratitude to all of you who have prayed with and for me, you who served as witnesses to the power of Christ in a broken and needy world, and you who have offered your vulnerable selves to me for my prayers and support. The material gifts for my ordination are marvelous, through the many written words, the monetary gifts, and the multitude of cards. The Home Eucharist kit was such a wonder, and I will bless all of you in memory each time I fill it, each time I carry it, and each time I offer the Bread and Wine to a person sheltered from the church community. Those who donated and served at the reception after the service know the meaning of hospitality, and I am amazed and overjoyed at the welcome you offered to my family, my friends, my colleagues, and my patients. The settings were beautiful and the food was perfect! The smiles and affection surpassed all potential.

I offer my gratitude to you all. I fear naming names as I may inadvertently miss someone, but you all played a major part in this accomplishment. I simply answered a call; you raised that response to the throne of heaven! I pray I will merit your confidence and love as I serve Christ among you and with you. May the most generous God of all creation bless you in your blessing of me and each other. I remain, your brother in Christ, the Redeemer Who sustains us all, with the Spirit of all Truth,

Father Kurt+

**Online Worshipping:** The Vestry would like to thank everyone who is participating in the worship services Fr. Kurt is having on Sundays on Zoom. North Parish has had a great turn out! If you would like to join these services and do not have the information on how to join them, please email the church office at [nparish@ptd.net](mailto:nparish@ptd.net) and directions will be emailed to you. We thank Fr. Kurt for all his hard work in bringing us together to worship the Lord.

# MAY MEMORIALS



**WINE & WAFERS:** In memory of Beverly Hess and Madeline Jones by Carol Jones.  
In memory of Betty Noble by the Hynoski Family.  
In memory of Bertha E. Price by Bob and Mary Price.

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

**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.



# JUNE MEMORIALS

**WINE AND WAFERS:** In memory of Bertha E. Price by Bob and Mary Price.  
In memory of Bob Jones on our Anniversary by wife Carol Jones.

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

**SANCTUARY CANDLES:** In memory of Cole Joshua Lauver by the Hynoski Family.  
In memory of Harold Strunk by Strunk and Ulceski Families.

**Please Note:** Many of these memorials have been prepaid. Even though we might not be  
in our Church buildings for worship we still wanted to acknowledge these memorials.



## PLEASE PRAY FOR:

Kenny Herring  
Lois Hewes  
Rita Hinchey  
Tammy Hoffman  
Mckenzie Kline  
Dolores K.  
Nick Lane  
Rita Laspina

Kristin Lecher  
Carlo Lombardi  
Bernadette Moran  
Tracey Miller  
John Mitchell  
Susan Noble  
Kimberly Olsen  
Anthony Palizzotto  
Mary Price

Joe Scheuren  
Charlotte Smith  
James Spieles Jr.  
Marilyn Spieles  
Kathleen Swiss  
Jon Traugh  
Eddie Ulceski  
Elaine Ulceski  
Judith Wright

**PLEASE PRAY FOR ALL THOSE SERVING THE MILITARY HERE AND ABROAD**

Please email the church office if you have a loved one who needs prayers and also anyone  
who is serving our military.

Dear Fellow Parishioners,

We hope everyone is healthy and doing fine during these trying times. Everyone has been wonderful with supporting the church spiritually and financially. It has been hard not being able to come together as a family in our beautiful churches. Please read the message printed in the newsletter from Bishop Kevin regarding guidelines of when we can come together again.

The Vestry was advised by the Diocese to apply for the Paycheck Protection Program. The church office applied through our local bank M&T and received notice that the loan note for the approved application is currently being prepared. This money will be used according to the Federal guidelines so it is forgiven.

Please be safe.

May God bless you.

The Vestry of North Parish



K D S S \ # E I U W K G D \ #



## 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  
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

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

**Message from Bishop Kevin: Phase Approach to Re-gathering**  
**Posted on April 28, 2020 on the Diocese Website – [www.diobeth.org](http://www.diobeth.org)**

Surrender! Have you surrendered, yet?

As many of you heard me say in the cathedral live stream Easter Sunday – this particular moment is one where we are called to let go and trust in the Risen Christ –despite our best instincts to do it alone (or there cannot be survival without surrender!)-we must walk together knowing that God walks with us on this journey as well.

This is what the Easter season is about – our thinking anew as to how we are to reach out and bring Christ’s love to a world so desperately in need. This crisis offers us an opportunity to lean into our ethical responsibility for the common good and to address the growing inequalities that this pandemic has exposed.

I have heard from so many of you just how jarring it is to not be able to gather in community with others. I hear your longing for the Eucharist. I yearn for that time when we will be together again in celebration. And yet, I am so heartened by your innovative spirit – by the ways you are gathering together virtually in coffee hours, Bible studies, creative prayer and worship opportunities and other fellowship moments to stay connected. I’ve heard story after story of people who have overcome their fears of technology to reach out!

Many are anxious and wondering how and when we will return to gathering in-person for fellowship and worship. At this time, I’m calling on all congregations to remain closed to all in-person worship. We must continue to rely on our medical professionals to ensure that we return when we are safely able and have all the proper precautions in place. And though we have been longing for a specific and set date that we could look forward to—when things would suddenly go back to “normal”—what has become clear is that the events that surround us are much too complex to provide us that kind of certainty.

Rather, we are working with the Presiding Bishop’ office, other dioceses, similar organizations and diocesan leadership bodies to develop a phase approach for return.

A phase approach means that we do not set dates for when we return to worshipping in-person, but instead look at the circumstances surrounding us to decide what actions we should be taking in the present, and what actions we should take in the future when circumstances change. With guidelines from the United States and commonwealth governments, and other experts in the field of health, we have created a set of phases that describe appropriate church protocols based on health characteristics in our communities. Our goal is to continue to “be church” safely in every circumstance.

We are currently in Phase I, which is characterized by:

- Widespread community spread of the virus
- Overtaxed health system
- Short medical supply
- Lack of availability of vaccine, therapeutics, and counter measures
- Lack of protective supplies (e.g. gloves, masks, sanitizer) for general public

As long as these characteristics remain, we will continue to be in Phase I, which requires the following protocols:

- Gathering for online worship, formation, and community
- Limiting service ministries to safe protocols dedicated to essentials such as feeding ministries

Once the situation improves, and we see the following changes:

- Fewer than 50 COVID-19 cases per 100,000 people for at least 14 days  
(determined by regions designated by the Commonwealth of Pennsylvania)
- Safe treatment of all patients requiring hospitalization without resorting to crisis standards of care
- Testing all people with COVID-19 symptoms
- Active monitoring of confirmed cases and their contacts
- Case-Based Interventions including quarantine while awaiting test results, traced relationships over 14 days, and quarantine for close contacts with diagnostic testing

We will enter Phase II, which means we can adopt the following protocols:

- Church offices open in spaces large enough for physical distancing  
(in consultation with the bishop)
- Continued online worship, formation, and community
- Small church worship under 25 may restart in spaces large enough for physical distancing  
(in consultation with the bishop)
- Continued health safety protocols:
  - Wear masks
  - Wash hands
  - Sanitize frequently
- More specific guidelines will follow once Phase II health characteristics are closer to being met.

Once the situation improves so that there is:

- Negative community spread
- Global vaccination
- Widespread therapeutic availability
- Comprehensive testing for virus and immunity

We will enter Phase III, where we will adopt the following protocols:

- Church offices opened
- Missional and administrative capacities created
- Worship in churches
- Increased small group gathering
- Increased missional gathering
- Continued online worship, formation, and community
- Continued pastoral calling
- Return to service ministries with addition of new community relationships

For more information about all the phases, you can visit [diobeth.org/COVID19](https://diobeth.org/COVID19).

Though it can be difficult to no longer operate with a specific “date-to-open” in mind, this phase approach allows us to safely and effectively plan for the future. And the lessons we learn in our current phase will help us be a more resilient, loving, and missional church in the future.

Please know that you all remain in my thoughts and prayers and that I need to hear from you. Please continue to reach out to our Diocesan Staff, particularly the Rev. Megan Dembi, if you have specific questions about our phased return to worship and ministry.

Know of my love for you, and that I, diocesan staff, and your friends and colleagues are available to support you through this time. For I am convinced that it is only together that we can walk through this moment and through this moment we will discover that God is building something we cannot yet fully see or know.

## NEWS FROM MARION C. PRICE TRUST FUND

***These past few weeks have been challenging to say the least. As stay at home orders continue, I am available to pick up your groceries or medications. I check my answering machine daily so please leave a message at 570-621-3220. We will get through this together.***

Life expectancy is on the rise, with many 65-year-olds living to celebrate birthdays beyond the age of 80.

That said, planning for a healthy future in your later years is as important as planning for your financial future. Seniors often face a variety of health conditions that can affect their overall quality of life.

Your family history, age and lifestyle play a large role in your risk for certain medical conditions. However, a large number of health concerns for seniors can be prevented or the progression slowed by making smart, healthy choices and visiting your doctor for regular screenings.

Some of the most common health problems in the elderly include:

- Cognitive decline. While some memory loss is common as you age, developing Alzheimer's disease is not. It's important to recognize the early warning signs, as early intervention and treatment can be key in slowing the progression of the disease. The first symptoms vary from person to person. Memory problems are typically one of the first signs, but decline in non-memory aspects of cognition, such as word-finding, vision/spatial issues and impaired reasoning or judgment may also signal the very early stages of Alzheimer's.
- Balance issues. Falls are the leading cause of injury among older adults and maintaining your balance and mobility is key to fall prevention. Safely standing on one foot for about 7-10 seconds and then repeating with the other foot strengthens your core muscles and helps maintain your balance. Balance can improve in just a few weeks by exercising at least twice a week.
- Oral health problems. Not all seniors lose their teeth, but issues like gingivitis that leads to periodontitis, a bacterial infection that affects the gums and bones supporting the teeth, can be common in older adults. Proper oral care and seeing the dentist for a cleaning every six months can help ensure your teeth and gums as are as healthy as possible.
- Heart disease is the leading cause of death for adults over the age of 65. While it is normal to see changes in heart health as you age but getting older doesn't mean you can't have a healthy heart. Regular cholesterol and blood pressure screenings, losing weight, quitting smoking, eating a balanced diet, staying active and controlling chronic diseases such as diabetes will reduce your risk of developing heart disease.
- Osteoarthritis occurs when the cartilage between bones breaks down – causing pain, swelling and limited mobility. Low-impact exercise, losing excess weight, controlling blood sugar and avoiding overuse of your joints can improve joint health.
- Osteoporosis occurs when the creation of new bone doesn't keep up with the loss of old bone – causing the bones to become weak and brittle. Good nutrition including: calcium and Vitamin D with regular exercise are essential to keep your bones healthy.

- Weakened lung function. Your diaphragm, the strong wall of muscle that separates your chest cavity from the abdominal cavity that allows your lungs to expand, becomes weaker over time and decreases the ability to inhale and exhale. Your ribs move slightly to help your lungs expand and contract. The rib cage bones become thinner and change shape so that it is less able to move to help your lungs. These changes can leave you at increased risk for respiratory infections. Protect your lungs and maintain better lung function by quitting smoking, avoid pollution, keep active, watch your weight and get regular health care.
- Vision or hearing loss. Many factors can contribute to hearing loss as you get older. It can be difficult to distinguish age-related hearing loss from hearing loss that can occur for other reasons. Age sometimes brings changes that weaken your vision and eyes but there are things you can do to maintain lifelong eye and overall health. The solution may be as simple as using brighter light around the house to help prevent accidents caused by weak eyesight or getting hearing aids. It's important to maintain regular screenings for your vision and hearing.
- Influenza or pneumonia. Seniors are more vulnerable due to weakened immune systems, which naturally occur as we age. Making it harder for the body to fight off a virus. Prevention is key to avoid the flu and its complications. Everyone 65 years and older should consider getting the flu and pneumococcal vaccines. In addition, to staying current with vaccines, a healthy lifestyle, quitting smoking, practicing good oral hygiene, exercising regularly and maintaining a healthy weight through a nutritious diet can all help boost a senior's immune system and stave off diseases.
- The risk for some types of cancer also increases as you age. For example, women become more at risk for cervical or endometrial cancers, while men have a higher risk for prostate cancer. While preventing cancer altogether may not be possible, screenings to detect cancer in the early stages are imperative.

Aging gracefully is about living your best life and having the physical and mental health to enjoy it. Here are some tips:

- Stay active doing something you enjoy.
- Eat nutrient – dense foods like fruits, vegetables and whole grain foods.
- Never stop learning and challenging your brain.
- Get enough sleep.
- Develop healthy ways to deal with stress.
- Cultivate relationships and make community connections.
- Think about ways that your health can improve by changing your lifestyle and make those changes. You are your own best advocate. Contact your primary health care provider for an annual physical or whenever you have a concern about your health and go to those appointments prepared. Bring a list of your current prescriptions, including herbal supplements. Keep a list of your health concerns and most importantly, ask questions!

**SCAM ALERT** –Imposters could pretend to be census takers. A fake census worker may show up at your door, contact you by phone or email. The Census Bureau will never ask for your Social Security number, solicit donations or threaten you with arrest if you don't

# JANUARY 2020 FINANCIAL REPORT

## North Parish Receipts

### General Account

January	\$ 2,356.41
Year to Date Gen. Receipts	\$ 2,356.41
Transfer in from M&I (current)	\$ -
Transfer M&I Year to Date	\$ -

### M&I Account

January	\$ 55.54
Year to date	\$ 55.54

### Memorial Account

January	\$ 1.01
Year to date	\$ 1.01

### Balances

General Account	\$ 4,452.03
M&I Account	\$ 29,919.58
Memorial Fund	\$ 11,806.02
Temp. Restricted Fund	

## North Parish Disbursements

### General Account

January	\$ 5,530.26
Year to Date Exp.	\$ 5,530.26

### M&I Account

January	\$ -
Year to date	\$ -

### Memorial Account

January	\$ -
Year to date	\$ -



# FEBRUARY 2020 FINANCIAL REPORT

## North Parish Receipts

### General Account

February	\$ 3,414.00
Year to Date Gen. Receipts	\$ 5,770.41
Transfer in from M&I (current)	\$ -
Transfer M&I Year to Date	\$ -

### M&I Account

February	\$ 81.38
Year to date	\$ 136.92

### Memorial Account

February	\$ .93
Year to date	\$ 1.94

### Balances

General Account	\$ 3,858.86
M&I Account	\$ 30,000.96
Memorial Fund	\$ 11,806.95
Temp. Restricted Fund	

## North Parish Disbursements

### General Account

February	\$ 4,007.17
Year to Date Exp.	\$ 9,537.43

### M&I Account

February	\$ -
Year to date	\$ -

### Memorial Account

February	\$ -
Year to date	\$ -

