





Dear Church Members and Friends,

We thank God that we were fortunate to be open for Palm Sunday and Easter. However, due to rising Covid cases we had to close in door services for April 11th and our churches continue to be closed.

The following steps must happen according to the guidelines from the Diocese to reopen:

- •Our county's 7-day Average New Cases per 100,000 to be less than 25 for 2 consecutive weeks
- •The Vestry's consensus to open for indoor gathering/worship
- Parish leadership should prayerfully consider these three elements and notify the Bishop in writing (email or letter) of any decision to gather indoors.

Please know that your Wardens and Vestry are checking the Diocesan website weekly for average weekly totals and as soon as the totals go under 25 for 2 consecutive weeks we will open. If you would like to check the totals, you can go to www.diobeth.org and click on the Covid-19 tab, then click the current 7 day average new cases per 100 k by county.

You will be notified by phone or email when we can reopen. Please notify the church office if we do not have your current phone number or email address.

Services are still being held via Zoom. 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 and directions will be emailed to you.

Please keep the faith and be patient as we get through this pandemic.

Sincerely,
The Vestry of North Parish



MAY MEMORIALS

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 Alice Umlauf by Susan Noble and Family.

In memory of Naomi Amour, Mary Williams, Minnie Hess and Jennie Jones

by Carol Jones.

SANCTUARY CANDLES: In memory of Jimmy Hood by the Hynoski Family.

In memory of Hannah Strobel, Phoebe Amour, Mary Schuler,

Matilda Hess, Eleanor Roberts, and Malinda Zimmerman by Carol Jones.

JUNE MEMORIALS



In memory of Bob Jones on our anniversary by Carol Jones.

BULLETINS: In memory of Raymond Umlauf by Susan Noble and Family.

In memory of Charlotte Smith by Shirley and Roy Mengel.

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 Charlotte Smith by Shirley and Roy Mengel.
In memory of Harold Strunk by the Strunk & Ulceski Families.



PLEASE PRAY FOR:

Bishop Jack
Ivy Andrews
Garth Baker
Ronald Campos
John Coddington
Naomi Davis
Elizabeth Frantz
Phil Frantz
Taryn Harris
Kenny Herring
Lois Hewes
David Hewes, Sr.
Tammy Hoffman
Bonnie Hynoski

Tamme Kehres

Mckenzie Kline
Nick Lane
Rita Laspina
Landry Stephen Lauver
Kristin Lecher
Carlo Lombardi
Mary Makley
Tracey Miller
Susan Noble
Kimberly Olsen
Raymond Moyer
Shirley Moyer
Gertrude Newman
Anthony Palizzotto

Jim Reed
Sandi Riedel
Joe Scheuren
Bill Simmendinger
Linda Simmendinger
Rev. Dolores Smith
James Spieles Jr.
Kathleen Swiss
Easton Ulceski
Eddie Ulceski
Elaine Ulceski
Mary Umlauf
Judith Wright
Mary Zuk



SPECIAL INTENTION: Your prayers are asked for the family and friends of Charlotte M. Smith who entered eternal life on March 18, 2021 and for the family and friends of Ruby Jean (Eaves) Powanda who entered eternal life on April 8, 2021. May God grant Charlotte and Ruby eternal rest and give comfort to all who knew and loved them.

Mary Price



MAY BIRTHDAYS

4 - Denise Ann Yelito

6 – Owen Labie

8 – Robert Tilev

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



JUNE BIRTHDAYS

2 – Skye Goodman June Lesher Sean O'Neill

3 – Danielle Meade

7 – Aidan Reppert Marilyn Spieles

11 – Tyler Scheuren

12 – Jaime Hynoski

Please include the following:

12 - Suzette Leibig Terry McGlone

17 – Steven Goodman

18 – Justin Ulceski Kyler Bowers

19 – Albert Snyder

22 - Jason Noble

23 - Spencer Dougherty

23 - Zachery Willard

24 - Lisa Lindenmuth

25 – Margaret Frantz Bonnie Lecher Jeanne Capparell

29 - Todd Lesher

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

GRADUATE RECOGNITION SUNDAY - June 6, 2021



We will honor our high school graduates on Sunday, June 6th during Sunday services. In the event we are not open for in person services we will acknowledge your graduation thru our July/August Newsletter. If you are a high school graduate, please notify the church office (570-429-7107 or email: nparish@ptd.net) no later than May 24th.

ricase menade the ronowing.		
Graduate's name	 	
High school	 	
Future plans	 	

All articles for the JULY/AUGUST NEWSLETTER should be submitted to our Parish Secretary, Shannon no later than Monday, June 7th.

FEBRUARY 2021 FINANCIAL REPORT

North Parish Receipts	5			North Parish Disbursements		
General Account				General Account		
	February	\$	2,090.00	February	\$	2,685.08
Year to Date Gen. Receipts		\$	6,735.46	Year to Date Exp.	\$	6,635.37
Transfer in from M&I (current)		\$	-			
Transfer M&I Year to Date		\$	-			
NACLASSON				NAG I A securit		
M&I Account		_		M&I Account	_	
	February	\$	58.64	February	\$ \$	-
Year to date		\$	82.43	Year to date	\$	-
Memorial Account				Memorial Account		
	February	\$.27	February	\$	-
Year to date		\$.61	Year to date	\$	-
Balances						
General Account			\$ 5,155.80			
M&I Account			\$ 27,657.53			
Memorial Fund			\$ 11,814.03			
Temp. Restricted Fund	I					

MARCH 2021 FINANCIAL REPORT

North Parish Receipts				North Parish Disbursements		
General Account				General Account		
	March	\$	5,412.20	March	\$	6,233.48
Year to Date Gen. Receipts		\$	12,147.66	Year to Date Exp.	\$	12,868.85
Transfer in from M&I (current)		\$	-			
Transfer M&I Year to Date		\$	-			
M&I Account				M&I Account		
Maraccount	March	\$	1,139.87	March	ċ	
Year to date	IVIdicii	۶ \$	1,222.30	Year to date	\$ \$	-
rear to date		Y	1,222.00	real to date	Ψ	
Memorial Account				Memorial Account		
	March	\$	120 .30	March	\$	-
Year to date		\$	120.91	Year to date	\$	-
Balances						
General Account			\$ 4,334.52			
M&I Account			\$ 28,797.40			
Memorial Fund			\$ 11,934.33			
Temp. Restricted Fund						

If you are financially able, we ask that you mail your contributions to the church during the suspension of services. Please make your checks payable to North Parish and mail to the church office: P.O. Box 487, Frackville, PA 17931 or to Elaine Ulceski. Thank you!!

NEWS FROM MARION C. PRICE TRUST FUND

I hope that by the time you are reading this, most of you have been fully vaccinated and are doing well. After the initial problem of getting the vaccine, things have gone much smoother and supply is beginning to meet the demand. However, if for some reason you need assistance, please contact me at the office.

May is designated as Arthritis Awareness Month. Arthritis is one of the most widespread health conditions in the United States. It affects about one in four adults overall. That's over 54 million men and women. I remember this arthritis joke: I'm never lonely because I have four men in my life.....I get up with Charlie Horse. I spend the day with Arthur Itis. I dine with Will Power, and I go to bed with Ben Gay! This used to be a joke from my youth but is fast becoming a reality as I age!

There are several types of arthritis such as Osteoarthritis, Rheumatoid Arthritis, Fibromyalgia, Gout, and Lupus. Arthritis means inflammation or swelling of one or more joints. It describes more than 100 conditions that affect the joints, tissues around the joint, and other connective tissues. Specific symptoms vary depending on the type of arthritis, but usually include joint pain and stiffness.

Osteoarthritis (OA) is the most common form of arthritis. It affects over 32.5 million adults. Some people call it degenerative joint disease or "wear and tear" arthritis. It occurs most frequently in the hands, hips, and knees. With OA the cartilage within a joint begins to breakdown and the underlying bone begins to change. These changes usually develop slowly and get worse over time.

Osteoarthritis can cause pain, stiffness, and swelling. In some cases, it also causes reduced function and disability; some people are no longer able to do daily tasks or work.

Signs and symptoms of osteoarthritis include pain or aching, stiffness, decreased range of motion, and swelling. Some of the risk factors for developing OA include:

Joint injury or overuse-Injury or overuse, such as knee bending and repetitive stress on a joint, can damage a joint and increase the risk of OA in that joint

Age-The risk of developing osteoarthritis increases with age.

Gender-Women are more likely to develop OA than men, especially after age 50.

Obesity-Extra weight puts more stress on joints, particularly weight-bearing joints like the hips and knees. Obesity may also have metabolic effects that increase the risk of developing osteoarthritis. **Genetics**-People who have family members with OA are more likely to develop it. People that have hand osteoarthritis are more likely to develop knee arthritis.

A doctor diagnoses osteoarthritis through a review of symptoms, physical examination, X-rays, and lab tests. A rheumatologist, a doctor who specializes in arthritis and other related conditions, can help if there are any questions about the diagnosis. Since there is no cure for OA, doctors usually treat the symptoms with a combination of therapies, which may include the following:

- *Increasing physical activity
- *Physical therapy with muscle strengthening exercises
- *Weight loss
- *Medications, including over-the-counter pain relievers and prescription drugs
- *Supportive devices such as crutches or canes
- *Surgery (if other treatment options have not been effective)

You can play an active role in controlling your arthritis by attending regular appointments with your health care provider and following your recommended treatment plan.

Increasing physical activity, weight loss, and protecting your joints are all common themes in the prevention, treatment and management of arthritis. The best choices for physical activity are ones that are easy on the joints such as walking, bicycling, and swimming. Walking is one of the best forms of exercise you can do when you have arthritis. There are extra benefits of walking for exercise: you'll burn calories, improve your balance, and boost your heart health. Your bones will get stronger and so will your muscles.

Research shows aerobic exercise can help ease the pain and stiffness from arthritis. They found that just one hour of brisk walking-or less than 10 minutes a day-allowed older adult to maintain their ability to perform daily tasks like getting dressed or safely cross the street before a traffic light walk signal changed. As an added bonus for people with arthritis regular brisk walking can boost your mood and help you sleep better.

Walking may increase blood flow to cartilage and help lubricate your joints. It can strengthen muscles to better support your joints. Walking helps burn calories – and losing even a few pounds can improve joint health.

Outdoor walking engages more muscles and can be more social than walking on a treadmill. However, walking outdoors can also mean uneven sidewalks, or terrain that could increase your risk of a slip or fall. Anyone looking for a place to walk outside may consider the Charles Baber Cemetery. The cemetery and garden park offers paths to walk on and beautiful foliage and shade trees. It is open from dawn to dusk. Walking is more enjoyable and easier to stay motivated with a buddy, so team up with your spouse or a friend.

If you decide you would like to begin walking for exercise:

- **Always check with your doctor first.
- *Wear supportive, comfortable, and not too rigid shoes.
- *Using a walking stick can assist with balance and stability.
- *Stay hydrated by drinking water before your walk and after you cool down.
- * Start out slowly and build your time up to 30 minutes a day, 5 days a week, if possible.
- *Move gently at first and focus on landing softly with each stride
- *Stop if anything hurts-take a break for a minute or two. If pain is sharp or stabbing it is time to stop.

Some simple stretching will keep you active if you have a flare up of arthritis pain and are unable to walk.

If you are the type that will try anything once, I saw this suggestion on Facebook. Wrapping your leg in cabbage can relieve joint pain, arthritis, inflammation, and swelling. I have not personally tried this, but if you do-and it works, please let me know!

I really am enjoying getting to know you through our phone conversations, since visitation is not possible due to COVID. I do look forward to the day when face to face meetings and visitations will be possible. Until then feel free to contact me at the office (570) 621-3221 or mptfund@gmail.com