

**NORTH PARISH
November 2012
NEWSLETTER**

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



From Father Tim's Desk

Remember the old armed forces recruiting posters with the picture of Uncle Sam pointing his finger in your direction and saying "I want you"? Well, this month on All Saints Day (November 1) imagine instead the Holy Trinity decked out in Their recruiting garb doing the same thing, Their finger pointed at you - - - "I want you!" Who? Me? A saint? Really? Our collective first reaction is that you and I can't possibly be saints; well maybe one or two of us. Don't sell yourselves short. If you page through the New Testament you will find 62 references to "saints", but you will also find that St. Paul used the term 44 times to describe not those in heaven but rather those among the church here on earth. You and I are God's "holy ones."

Most of us use the term "saint" to describe those who have lead exemplary lives, who serve as an example to all of us how to live a good and holy life. But what is it that makes someone "holy?" In the appointed reading for the day, from the Book of Revelation, St. John the Divine describes the holy city, the new Jerusalem, coming down out of heaven and a loud voice from the throne saying "See, the home of God is among mortals. He will dwell with them; they will be his peoples, and God himself will be among them." We are called saints, God's "holy ones", because of God's continuing incarnate presence among us; it is God who is intimately and fully holy, it is God who came in the flesh, who still dwells in the midst of His people. What makes God's people holy is His presence, not our behavior, behavior that is often far from perfect.

Saintliness is much less about being perfect than it is about being transformed. In the last section of today's reading from Revelation, the one seated on the throne said "See, I am making all things new." We who are God's saints on earth are called to allow the holy presence of God in our midst to be a transforming influence in our life. Sainthood is not about external appearance, or piety, or halos over the head. Sainthood is about the internal person, who we are on the inside. Yes, we are called to do good but to always remember that it is the one doing good who receives the most benefit because they are the one transformed by the act. On All Saints Day God calls us to be the clay in the hands of the potter, to enable God's holy presence in our midst to continue to shape our lives and our faith as his saints here on earth. As Christian saints on earth we are called to live life from the inside out. Isn't that what the Incarnation is all about?

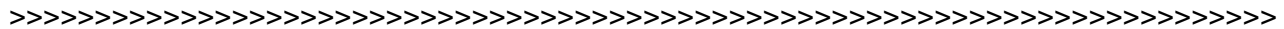
"I want YOU!"

BISHOP'S VISIT

November 18, 2012



The Rt. Rev. John P. Croneberger will visit North Parish on November 18, 2012. A combined service will be held at St. John's, Ashland at 9:00 a.m. A reception will follow the service. Please plan on attending. A sign-up sheet for the reception is available in each church. We currently have six students taking Confirmation classes and one adult who will be received. We ask everyone to come and support them as they are confirmed by Bishop Jack.



FOOD BANK MINISTRY



During the month of November we will be collecting cans of soup for the local food banks. Items donated at St. John's, Ashland will be given to the Ashland food bank, those donated at Christ Church will be given to the Frackville Ministerium food bank, and donations brought to Holy Apostles' will be given to the Pottsville Area food pantry.

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.



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

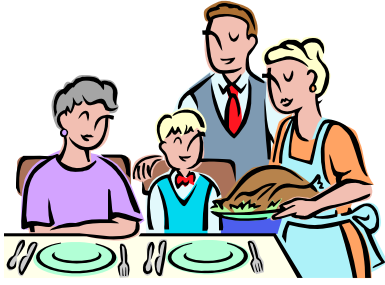
Church Office Address: North Parish, P.O. Box 487, Frackville, PA 17931

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



DON'T BE ALONE ON THANKSGIVING DAY

**You are invited to:
Thanksgiving Day Dinner
November 22, 2012, 1:00 P.M.**

**Holy Apostles' Episcopal Parish Hall
Nichols & Hancock Streets, St. Clair, PA**

**Please RSVP by November 15th
Call Bonnie Baker at 429-2272
Church Office at 874-4532**

**Eat In – Take Out – Delivery available
Delivery beginning 11:00 A.M.**

Volunteers are needed to cook, run deliveries and serve meals. WE WILL NEED A LOT OF VOLUNTEERS ON WEDNESDAY, THE DAY BEFORE THANKSGIVING beginning at 9:00 a.m. and into the evening hours as well and also Thanksgiving Day beginning at 6:00 am.

We also need donations of: turkeys, potatoes, green beans, corn, cranberries, bread for filling, celery, onions, milk, eggs, and pumpkin pies. Monetary donations will also be accepted to help with the dinner. If you can donate any of these items or help with preparations, please, contact Bonnie Baker at 429-2272 by November 10th so we can plan accordingly.



Please Note: Daylight Saving Time ends on November 4th. Don't forget to set your clock back one hour before you go to bed on Saturday, November 3rd.



2013 Episcopal Kalendars

The 2013 church calendars have arrived. Please call the church office at 874-4532 to order your calendar. Calendar donations are \$3.00 each.

North Parish September 2012 Financial Report

North Parish Receipts

General Account		
Sep-12	\$ 4,698.00	
Year to Date Gen. Receipts	\$50,007.45	
Transfer in from M&I Year to date	\$25,000.00	

M&I Account		
Sep-12	\$ 65.95	
Year to date	\$ 5,436.21	

Memorial Account		
Sep-12	\$ 1.82	
Year to date	\$ 136.09	

General Account	\$ 7,337.80
M&I Account	\$ 7,480.31
Memorial Account	\$14,256.65
Total Funds available	\$29,074.76

North Parish Disbursements

General Account		
Sep-12	\$ 8,002.44	
Year to Date Exp.	\$77,476.75	

M&I Account		
Sep-12	\$ -	
Year to date	\$25,023.75	

Memorial Account		
Sep-12	\$ -	
Year to date	\$ 20.00	

NEWSLETTER DEADLINE

All articles for the December Newsletter should be submitted to our Parish Secretary, Shannon no later than November 6th. Volunteers are needed on Tuesday, November 20th, 1:30 p.m. at Christ Church to help fold the newsletter. If you would like to sponsor the Newsletter (\$10) please call Shannon by the Deadline.



THANK YOU NOTE

Thank you to everyone who attended the Lift Your Spirits Performing Arts Broadway Show Broadway Lights performance held on September 22nd. We also like to thank everyone who brought desserts and refreshments. We had a profit of \$269.00 which went to the General Fund to help with the fuel cost.



NOVEMBER MEMORIALS



WINE & WAFERS: In loving memory of George Amour by son Roy.
In loving memory of Alice Umlauf by Lee, Mary and Peter Umlauf.

SANCTUARY CANDLE: In loving memory of Reverend James and Sarah Robinson by Sally Andrewcavage.
In loving memory of my friend Frank Baldino killed in action, 11-14-68 given by Carol Jones.

IT IS NOW TIME TO RENEW YOUR MEMORIALS FOR 2013. If you are interested in memorials please contact the church office by phone (874-4532) or by sending a note to the church secretary: Shannon Mozdy, North Parish, P.O. Box 487, Frackville, PA 17931 OR you can give your memorials to your church treasurer: Holy Apostles – Bonnie Baker, St. John’s – Elaine Ulceski, Christ Church - Shannon Mozdy, Parish Secretary, Acting treasurer

The donations for memorials are as follows: Sanctuary Candles - \$5.00, Bulletins - \$10.00
Wine and Wafers - \$10.00, Newsletters - \$10.00



CHRISTMAS FLOWER/MEMORIAL DONATION FORM:
Please fill out the form and place it in an envelope with your donation and place it in the collection or mail it to the church office: North Parish, P.O. Box 487, Frackville, PA 17931

Name of Donor(s): _____

Church: _____

In Loving Memory of: _____

In Loving Memory of: _____

In Loving Memory of: _____

In Honor of: _____

Amount Enclosed: _____

PLEASE RETURN BY DECEMBER 9, 2012.
All memorials will be published in the January Newsletter.



PLEASE PRAY FOR:

Eleanor Mihal, Darlene Frye, Darryl Corewell, Matthew Miggins, Jason Noble, Anne Joyce, Fred Lane, Kimmel family, Edith Hoffman, Holly, Ann C., Lana Dawn Lucas, Gary Boose, Kyle and Karl Schu, Samantha Scholl, Bob Jones, Sr., Roy Amour, Maria Machos, Judee Sorrentino, Pam Sapp, Josh, Mark Rauco, Cheyenne Sheipe, Virginia M. Bushyager, Bonnie Lecher, Gerry Salata, Theresa Price, Jackie Jones-Allison, Colin Vengen, Theresa Robbins, Suzanne Glick Connor, Charlotte Smith, Thelma Morgan, Jim Spieles, Jr., Judy Demyan, June Leshar, Steven Leshar, Russell Leshar, Helen Tanis, Lois Blyler, Michelle Jacobs, Barbara Matern, Verna Bosak, Michael Lane, Ethel Friel, Kristin Lecher, Suzette Pogash, Mary Catherine Glick, Kay Fertig, Bob Matejick, Charles J. Wylam, Mary Faith Goodman

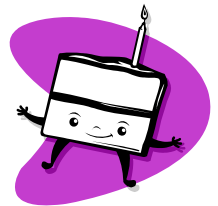
PLEASE PRAY FOR OUR TROOPS SERVING HERE AND ABROAD.

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.

NOVEMBER BIRTHDAYS

- | | |
|--------------------------|---------------------------|
| 1 – Bonnie Hynoski | 22 – Nicholas Price |
| Denise Ulceski | 23 – Eric Shaqfeh |
| 4- Nicole Scanlan | 24 – Neal R. Miller |
| 6 – Sam Correll | Mary Umlauf |
| Ryder Chase Bowers | 26 – Charlotte Smith |
| 8 – Carole James | 27 – Theresa Price |
| 10 – Mary Makely | Richard Menuchak |
| 16 – Glenn Menuchak, Jr. | 28 – John Robert Menuchak |
| 17 – Aubrey Scanlan | Christie Joy Donatti |
| 18 – Albert Snyder, Sr. | 30 – Monique Snyder |
| 19 – Albert Leibig, Jr. | Patricia Snyder |
| 21 – Ryan Lindenmuth | Frances Clamser |



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.

Consecration Sunday

Consecration Sunday will be held on November 11, 2012. Enclosed is a pledge card for 2013. Please give thoughtful consideration and prayer to the amount you can give. We are blessed to have very generous parishioners at North Parish and if you can increase your giving by a few dollars it would be greatly appreciated. The pledge cards will be placed in a basket for the treasurer during communion. If you cannot attend the service, please mail your cards to the church office: North Parish, P.O. Box 487, Frackville, PA 17931.

2012

Pledge Cards Returned: 20
Amount Pledged: \$21,284.00
Received as of Sept. 30, 2012: \$31,669.00

2011

Pledge Cards Returned: 17
Amount Pledged: \$19,450.00
Actual Amount Received: \$40,994.25

2010

Pledge Cards Returned: 16
Amount Pledged: \$17,960.00
Actual Amount Received: \$45,299.00

In 2011 our total expenses were: \$ 74,662.80
Our total receipts for 2011: \$ 74,562.01
A difference of: \$ +100.79

Our current 2012 expenses as of 9/30/12 \$ 77,476.75
Total receipts for 2012 as of 9/30/12 \$ 55,579.75
A difference of \$ -21,897.00

We had to transfer \$25,000 in from our M&I Account to help pay our current expenses; bringing our balance down in the M&I Fund to: \$7,480.31

Our 2013 Budget will be voted on at the Annual Meeting. All members of North Parish are encouraged to attend.

Our 2013 Budget totals: \$88,233.00
With our Fuel expense totaling: \$20,000.00 (That's almost a 1/4 of our budget)

“Blessed to Be a Blessing”

NEWS FROM MARION C. PRICE TRUST FUND

Preventing Bone Loss and Muscle Weakness - As the body ages, the size and power of all muscle decreases.

Bones believe it or not, are living tissues. It is never too late to improve the health of your bones. Bone mass or density is lost as people age, especially in women after menopause. The bones lose calcium and other minerals. Bones become more brittle and may break easily.

To fuel growth, keep bone density strong and prevent osteoporosis calcium is essential.

Calcium does many things for your body. Everyone knows calcium is great for bones. It also plays a role in keeping your muscles and nerves working properly. It also helps blood clot and keeps your heart functioning properly. Lacking calcium in your diet can greatly affect your health. When dietary calcium is too low, the body will take the calcium from bones and use it for other body functions.

Some of the factors that can reduce calcium in your body and lower bone density include: a diet high in salt, more than 6 caffeine containing drinks per day or excessive alcohol.

Our bodies don't make calcium on our own. It is always better to get the vitamins and minerals from our food instead of supplements. Dairy products such as milk (whole, 2%, 1% or skim all have the same amount of calcium), cheese and yogurt are good sources of calcium. Other foods high in calcium includes; spinach, okra, soy beans, sardines, perch, kale, collards, white beans, salmon & rainbow trout. There are some foods fortified with calcium such as orange juice, oatmeal & breakfast cereal.

While a diet high in calcium cannot reverse age related bone loss, it can slow down the process. Women after menopause and men over age 65 need about 1,200-1,300 mg. of calcium per day. If you take calcium supplements, make sure you don't take more than the amount recommended on the bottle. Too much calcium may cause GI upsets such as bloating or constipation.

Of course, we can't talk about calcium without including Vitamin D. Vitamin D is essential for the formation, growth and repair of bones and for normal calcium absorption and immune function. It reduces inflammation and promotes healthy neuro-muscular function. It is obtained primarily through exposure of the skin to ultraviolet radiation in sunlight; just 10 minutes of sun exposure each day can prevent any deficiencies.

You will find Vitamin D in fatty fish such as tuna, mackerel and salmon, some fortified dairy products, beef liver, cheese and egg yolks. Many foods in the United States are fortified with Vitamin D; almost all of the milk is fortified with about 25-50% of recommended daily dose. But it can also be obtained from some foods and dietary supplements.

The Institute of Medicine of the National Academies has developed the recommended daily amounts of Vitamin D; from one year to age 70 – 600 units and over age 70, 800 units per day.

If you do not have enough calcium in your diet your body will pull the calcium from your bones to maintain proper nerve, muscle, brain & heart function. This leads to osteoporosis, a disease that results in a loss of bone strength and a high potential for fractures. Osteoporosis is known as a “silent disease” because it has no obvious symptoms. Bones become porous, brittle and abnormally vulnerable to fracture.

Osteoporosis is responsible for almost all hip fractures in older men and women. This can be a serious problem because about 40% of older adults who fracture a hip do not return home or live independently again.

The risk factors for osteoporosis are; age, inactive lifestyle, low-calcium diet, cigarette smoking, being female and post-menopausal, excessive alcohol use, past history of a fracture, thin or small body frame and family history.

Although calcium and Vitamin D are both available over the counter, it is best to talk with your doctor before taking any supplements.

Loss of muscle strength is a common problem in older adults. Muscle weakness can result from a lack of physical activity or be caused by a variety of medical conditions.

The more strength you lose, the less you will be able to do daily activities like climbing stairs, cleaning house, walking to the bus stop, shopping for groceries or performing other activities and could create a problem getting up if you fall.

Exercise is one of the best ways to slow or prevent problems with muscles, joints and bones. A moderate exercise program can help you maintain strength, flexibility and helps keep the bones strong. Even moderate amounts of physical activity can reduce your risk of developing high blood pressure & heart disease. The exercise does not have to be strenuous to be effective.

30 minutes of moderate activity can be broken up into shorter periods. For example, you could garden for 15 minutes in the morning and walk 15 minutes in the afternoon.

It is important to speak with your physician before you start an exercise program. An appropriate and safe exercise program can be planned for you.

Operation We Care-This November will be our 12th mailing. It will be a little different this year. We will be mailing personal care and snack items to our local servicemen and women stationed in Iraq & Afghanistan as we have in the past but we will also be packing several larger boxes and holding them until the end of the month for the 60 soldiers from the Hometown Armory who will be in “theater” as they say some time around Thanksgiving. I could not express how much these boxes are appreciated as well as this note received from one of our local soldiers. *“I just want to take a minute and thank you and the church for sending out the boxes of goodies you sent me and my men. You made some soldiers very happy today and especially since they arrived on Memorial Day and have been down range in a combat zone!! Hoorah!! Goes out to you all. I feel the love from back home from Schuylkill County, Pennsylvania. Thanks again to you all & God Bless.”*

NORTH PARISH EPISCOPAL CHURCH SERVICES

November 2012

November	Morning Prayer	9:00 a.m.	St. John's	Robert Tiley
4	Morning Prayer	11:00 a.m.	Christ Church	Donald Clamser, Sr.
	Holy Eucharist	11:00 a.m.	Holy Apostles	The Rev. James C. Smith

November	Holy Eucharist	9:00 a.m.	St. John's	The Rev. James C. Smith
11	Holy Eucharist	11:00 a.m.	Christ Church	The Rev. James C. Smith
	Holy Eucharist	11:00 a.m.	Holy Apostle	The Rev. Timothy Albright

November	Holy Eucharist	9:00 a.m.	St. John's
18	The Rt. Rev. John P. Croneberger		
	Con-Celebrant – The Rev. Timothy Albright		

November	Holy Eucharist	9:00 a.m.	St. John's	The Rev. Timothy Albright
25	Holy Eucharist	11:00 a.m.	Christ Church	The Rev. Timothy Albright
	Morning Prayer	11:00 a.m.	Holy Apostles	Jane Shaqfeh

	Notes:	Color:
November 4	The Twenty –Third Sunday after Pentecost	Green
November 11	The Twenty-Fourth Sunday after Pentecost	Green
November 18	The Twenty-Fifth Sunday after Pentecost	Green
November 25	The Last Sunday after Pentecost (Christ the King)	White