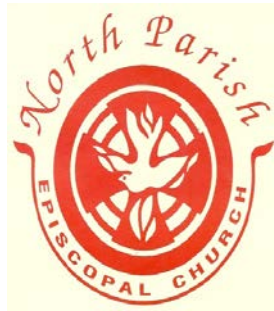


**NORTH PARISH
NOVEMBER 2014
NEWSLETTER**

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



Sharing Thoughts from the Senior Warden

As you are reading my article this month you have experienced the colors and majesty of God's creation – we call it Fall! As we near the end of Pentecost, the longest of our liturgical season, we also celebrate family and friends with Thanksgiving. Although this holiday is not a church holiday it should be a time to reflect on what we have and the many blessings we receive during the year. We have a wonderful parish family and are fortunate to celebrate the Eucharist and services at our own churches with folks near and dear to us!

This year, as turkey is carved and plates are filled, as we pray together with our own families please offer a prayer for our parish family as well. Asking our Lord to bless the parish – keep it alive and thriving – to grow in grace as we enter 2015 and beyond.

May God bless you and your families and I thank you all for your support and prayers.

Barry Idell

Dear Members of North Parish,

North Parish is once again experiencing some changes. Fr. Timothy Albright will be leaving North Parish. His last Sunday service at North Parish was October 19th. He will be with us one more time for the Christmas Eve Service at St. John's.

North Parish has been truly blessed to have Fr. Albright as our supply priest since August of 2009. He has been our permanent supply priest since September of 2012.

We thank Fr. Albright for his ministry at North Parish and we ask you to keep him and his family in your prayers as they enter a new chapter in their lives.

Please know that Fr. Jim Smith will continue to supply for North Parish. We cannot thank Fr. Jim enough for his dedication to North Parish.

Again, I ask for your continued prayers for North Parish!



NOVEMBER MEMORIALS



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

BULLETINS: In loving memory of Florence and Charles W. Weber and
Charles A. Weber and Harry S. Weber by Wayne Weber.

**SANCTUARY
CANDLES:** In loving memory of Irene and Stephen J. Rasimowicz Sr. by
Janis and Barry Idell.

NEWSLETTER DEADLINE

All articles for the December Newsletter should be submitted to our Parish Secretary, Shannon no later than November 5th. Volunteers are needed on Wednesday, November 19th at 1:30 p.m. at Holy Apostles, St. Clair to help fold the newsletter.

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: _____

Amount Enclosed: _____

PLEASE RETURN BY November 30, 2014.

All memorials will be published in the January Newsletter.

Please be mindful of the deadline date.



PLEASE PRAY FOR:

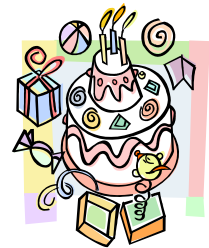
Joanne, Ray Umlauf, Kevin & Judee Serrentino, Connie Schrader, Joe Brennan, David Gerlott, Walter Machos, Pat Hefner, Tamme Kehres, Molly Fry, Spencer Dougherty, Daniel Jenkins Sr., Matthew Foerster, Tania Miller, Ray Moyer, Deb Anderson, Fawn Eisenhart, Kyle & Karl Schu, Laura Kennedy, Bill Goodrich, William Moore, Lori Kahler, Mary Moyer, Linda Regal, Christopher Albright, Jason Noble, Alma Davis, Martha Semar, Sherese Gavenport, Howard Hauk, Jessica Rhein, Mabel, Arlene Davis, Mckenzie Rose, Rafael Ramos, Shirley Moyer, Kevin Rhein, Stephen Rasimowicz, Jr., John Hauk, Todd Leshar, Mary Price, Virginia M. Bushyager, Theresa Price, Jackie Jones-Allison, Theresa Robbins, Suzanne Glick Connor, Charlotte Smith, Thelma Morgan, Jim Spieles, Jr., June Leshar, Steven Leshar, Russell Leshar, Kristin Lecher, Suzette Pogash, Mary Catherine Glick, Kay Fertig, 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 (570-429-7107) 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
Denise Ulceski | 22 – Nicholas Price |
| 4- Nicole Scanlan | 23 – Eric Shaqfeh |
| 6 – Sam Correll
Ryder Chase Bowers | 24 – Neal R. Miller
Mary Umlauf |
| 8 – Carole James | 26 – Charlotte Smith |
| 10 – Mary Makely | 27 – Theresa Price
Richard Menuchak |
| 16 – Glenn Menuchak, Jr. | 28 – John Robert Menuchak
Christie Joy Donatti |
| 17 – Aubrey Scanlan | 30 – Monique Snyder
Patricia Snyder
Frances Clamser |
| 18 – Albert Snyder, Sr. | |
| 19 – Albert Leibig, Jr. | |
| 21 – Ryan Lindenmuth | |

If you would like your name added to the birthday list or if your birthday is listed incorrectly please call the church office at 570-429-7107.



ORGAN REPAIR FUND



St. John's and Holy Apostles Churches each have very old antique, pipe organs. If anything major were to render these beautiful organs inoperative we would not have the finances to replace them. To maintain them in working order the replacement parts and specialized labor is very expensive. That being said, you will find donation envelopes with your Sunday bulletins. These envelopes are for donations to specifically set aside funds for organ repairs for both St. John's and Holy Apostles organs. You may also specify as to which church your donation is to be applied. If you do not have access to these donation envelopes, please mail your donations to our parish office and again specify which church to apply your donation.

Thank you for your donations. As of September 30th we received \$1,231.00



FOOD BANK MINISTRY



During the months of November and December we will be collecting boxed potatoes, boxed stuffing, canned yams, canned vegetables, canned cranberry sauce and anything else non-perishable that could be used to enjoy the holiday meals! Thank you to everyone who donated products in October. 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.

Vestry Highlights – September 14, 2014



- Senior Warden, Barry Idell to meet with Bishop Sean on October 14th
- Thanksgiving Free Dinner is set as planned at Holy Apostles Church
- Haunted House at Holy Apostles Hall on Saturday, October 25th from 6:30 p.m. – 8:30 p.m. – bring a personal care item or non-perishable for the soldiers of Operation We Care serving overseas.
- Next meeting in November at Holy Apostles – Date to be determined.

Thank you to everyone who supported the Mums Sale in September. We had a profit of \$267.50 which went for our general operating expenses.

SEPTEMBER 2014 FINANCIAL REPORT

North Parish Receipts

General Account		
	Sep-14	\$ 6,752.25
Year to Date Gen. Receipts		\$ 57,408.62
Transfer in from M&I		\$ -
Transfer M&I Year to Date		\$ 14,000.00

M&I Account		
	Sep-14	\$ 1,911.44
Year to date		\$ 12,827.86

Memorial Account		
	Sep-14	\$ 846.30
Year to date		\$ 2,271.73

Balances

General Account	\$ 9,850.56
M&I Account	\$ 20,138.68
Memorial Fund	\$ 16,587.98
Temp. Restricted Fund	

North Parish Disbursements

General Account		
	Sep-14	\$ 5,072.34
Year to Date Exp.		\$ 66,790.30

M&I Account		
	Sep-14	\$ -
Year to date		\$ 14,035.00

Memorial Account		
	Sep-14	\$ -
Year to date		\$ 60.00



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: 570-429-7107 - PLEASE NOTE OUR NEW PHONE NUMBER!

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

Church Office Email Address: nparish@ptd.net

**Church Office Hours: Wednesdays & Thursdays: 1:30-5:15 p.m.; Fridays: 1:30-4:30 p.m.
PLEASE NOTE THE NEW TIMES!**

Website: www.northparish.com

Clergy – The Reverend James C. Smith

Senior Warden – Barry Idell – (570) 385-7978; cell – (732) 690-5862

Like us on Facebook: <https://www.facebook.com/Northparisepiscopalchurch>

Please note: No items shall be removed from Christ Church worship areas and the undercroft without the permission of the Vestry.

DON'T BE ALONE THIS THANKSGIVING



You are invited to:

**Thanksgiving Day Dinner
November 27, 2014, 1:00 P.M.**



**Holy Apostles' Episcopal Parish Hall
307 E. Hancock St.
St. Clair, PA**

Please RSVP by November 20th

**Call Bonnie Baker at (570) 429-2272
Church Office at (570) 429-7107**

Eat In – Take Out – Delivery available

Delivery beginning 11:00 A.M.

Take Outs – 12noon

Eat –In – 1:00 p.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. Please make checks out to: Good Shepherd's Guild. If you can donate any of these items or help with preparations, please, contact Bonnie Baker at (570) 429-2272 by November 16th so we can plan accordingly.



For the past several weeks reflections were provided from Episcopal stewardship leaders across the country on stewardship and faithful giving. They were included as inserts in our weekly bulletins.

We will now prepare to celebrate Commitment Sunday, the culmination of the journey, when pledges will be completed and offered as an act of worship on November 9th. Our Senior Warden will speak about stewardship at each service that Sunday.

Included in the newsletter is a pledge form for 2015. 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 form will be placed in a basket during the offering. If you cannot attend the service, please mail your form to the church office: North Parish, P.O. Box 487, Frackville, PA 17931.

2014

Pledge Cards Returned:	20
Amount Pledged:	\$22,204.00
Received as of Sept. 30, 2014:	\$30,640.00

2013

Pledge Cards Returned:	14
Amount Pledged:	\$17,064.00
Actual Amount Received:	\$41,782.29

2012

Pledge Cards Returned:	20
Amount Pledged:	\$21,284.00
Actual Amount Received	\$42,871.00

Our Proposed 2015 Budget totals: \$83,217.00

We invite you to pray these words — *the way is made by walking* — and see how the Holy Spirit calls you to follow the Way of Jesus through intentional proportional giving.

Thank you for your continued financial support to North Parish!

Attention: Anyone with interest in PERSONAL items at Christ Church!

Between now and Friday November 14th, if you have any PERSONAL ITEMS at Christ Church and wish to recover/receive them you must submit a written request, describing the item(s), to our parish office no later than Friday November 14th. Once your request has been received, the Vestry will record your request. The Vestry will notify you of the date, time, and location to sign for, and pick up your item(s).

Thank you.

The North Parish Vestry



Please Note: Daylight Saving Time ends on November 2nd. Don't forget to set your clock back one hour before you go to bed on Saturday night.



2015 EPISCOPAL KALENDAR

The 2015 church kalendars have arrived. Please call the church office at (570) 429-7107 to order your kalendar. Kalendar donations are \$3.00 each.



North Parish Pledge Commitment for Year 2015

Name _____

Address _____

Phone _____ Email _____

Accept this pledge as a symbol of my/our commitment to follow Jesus through the intentional practice of giving.

I/We offer this pledge in gratitude for all the ways this community supports me/us in following the Way of Jesus.

In faith and prayer my/our commitment is \$_____ to be given () weekly () monthly
() quarterly () annually

to _____

NEWS FROM MARION C. PRICE TRUST FUND

Gluten Free Diet – People follow a gluten-free diet for many reasons.

Probably the most well-known disease that requires a gluten-free diet is Celiac Disease. Celiac Disease is an autoimmune disease, where the immune system starts attacking normal tissue, particularly the lining tissue of the small intestine, in response to eating gluten. When the intestinal lining is damaged the small intestine cannot absorb nutrients properly leaving people at risk for nutritional deficiencies. It can result in anemia, diarrhea, abdominal cramping, vomiting, failure to thrive, osteoporosis and delayed growth. When gluten is removed from the diet there are clinical improvements to the small intestines.

Gluten is a protein found in wheat, barley, rye and the derivatives of these grains, including malt and brewer's yeast.

Those who are on a gluten free diet embrace a diet filled with fruits, vegetables, meats, poultry, fish, beans and legumes. Nuts and moist dairy products are naturally gluten-free and safe for individuals who do not have allergies to these respective food groups.

Surprising sources of gluten:

- soy sauce may have wheat in the mix
- malt vinegar made from barley- may be found in your jar of pickles
- certain hot dogs and sausages may contain wheat gluten
- liquorice often lists wheat flour as one of the first few ingredients
- some veggie burgers – even homemade - contain wheat gluten
- salad dressing may contain a thickening agent – listed as modified food starch
- some potato chips get their taste from processed flavorings that contain wheat, barley or rye
- Some non-food sources of gluten can be problematic: sunscreen, shampoo, conditioner, soap, makeup, lotion, pet food and medicine

There are a variety of alternatives that naturally DO NOT contain gluten, such as: brown, white and wild rice, buckwheat, potato flour, potatoes, cornstarch, coconut flour and quinoa.

Senior Adventures- On Thursday, November 13, 2014, we will be traveling to the Red Lion Restaurant in Pine Grove. It is not too late to join us. Call Kathy Burda at 570-621-3220 for more information.

Operation We Care – Our next mailing is scheduled for Tuesday, November 18, 2014. Please help us send a bit of Christmas & Schuylkill County to our local servicemen and women stationed in Iraq & Afghanistan. Monetary donations to be used for the cost of mailing is always accepted and greatly appreciated.

Medicare Open Enrollment – We are right in the middle of this very important time period. Please consider reviewing your current Medicare Part D (drug plan) at this time. Formularies, deductibles and premiums change every year. Comparing your current plan is the only way to be sure you are in the best plan for you. Call Kathy Burda at 570-621-3220 for more information.

National Sweet Potato Awareness Month – November is dedicated to educate us on their many benefits this delicious root vegetable has to offer! Sweet potatoes are a popular menu item this time of year and with the holiday season upon us, what better time to tell you all there is to know about this sweet and versatile vegetable.

Despite popular belief, sweet potatoes are not yams even though many people often use these terms interchangeably. Sweet potatoes have copper colored skin with orange flesh, tapered ends and are an entirely different species of root vegetables than yams are. Yams are starchy tubers whose skin is almost black with white, purple or reddish flesh.

The sweet potato is a tuberous root that is one of the most nutritious foods in the vegetable kingdom. They contain twice as much fiber than other potatoes, providing 7 grams of fiber per serving. Sweet potatoes are also an antioxidant powerhouse, containing vitamin C, vitamin E and beta carotene which are important in disease prevention. Beta carotene is responsible for the sweet potatoes bright orange flesh. This antioxidant is a form of vitamin A that is also known for having anti-inflammatory properties and providing benefits for your vision.

Aside from containing antioxidants, sweet potatoes are also heart healthy, in that they contain significant vitamin B6 which is a vitamin that is crucial for keeping the arteries healthy and flexible to allow blood to flow freely. The potassium in sweet potatoes also contribute to decreasing blood pressure by eliminating sodium from the body, maintaining fluid balance and regulating heart rhythm.

Sweet potatoes can be made in a variety of ways: baked in the oven, mashed with spices like cinnamon or nutmeg, made into a casserole, added to smoothies, used to make desserts like sweet potato pie, or even cut into discs to be used as “buns” for a burger – the possibilities are endless.

Reprinted from Bonnie Giller, BRG Diabetics & Nutrition, P.C. - Health Solutions, Nutrition and Health to Last a Lifetime.

NORTH PARISH EPISCOPAL CHURCH SERVICES

November 2014

November 2	Holy Eucharist Holy Eucharist	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	The Rev. James C. Smith The Rev. James C. Smith
November 9	Holy Eucharist Holy Eucharist	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	The Rev. James C. Smith The Rev. James C. Smith
November 16	Holy Eucharist Holy Eucharist	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	The Rev. James C. Smith The Rev. James C. Smith
November 23	Holy Eucharist Holy Eucharist	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	The Rev. James C. Smith The Rev. James C. Smith
November 30	Holy Eucharist Holy Eucharist	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	The Rev. James C. Smith The Rev. James C. Smith

	Notes:	Color:
November 2	The Twenty-first Sunday after Pentecost	Green
November 9	The Twenty-second Sunday after Pentecost	Green
November 16	The Twenty-third Sunday after Pentecost	Green
November 23	The Last Sunday after Pentecost (Christ the King)	White
November 30	The First Sunday of Advent	Purple