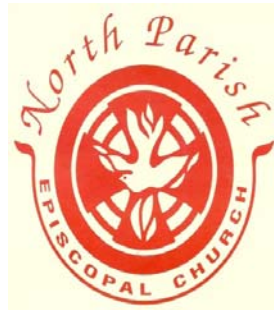


NORTH PARISH NOVEMBER 2016 NEWSLETTER

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



Salt and Light -- Matthew 5:13-16

You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot. You are the light of the world. A city built on a hill cannot be hid. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

This year's Diocesan Convention was about the above passage from Matthew 5:13-16 being the "Salt and the Light" of the world.

When I read verse 13 and 16, I then question, have you lost your taste for attending church? Attendance in both churches has become low. I ask you "How can we bring back the saltiness and increase the attendance and membership?"

When everyone attends church, the light of the church shines. The church is alive when it is filled with people. Let us all come and fill the church and worship together and be a light in God's world.

November 6th is "Consecration Sunday", also called "Pledge Sunday". Father Jim Smith will be with us and celebrate Communion Worship. Please plan to attend and add "Light" to the Worship and Fellowship of the Church.

There is a pledge card for you in this newsletter for you to fill out and bring to church on Sunday, November 6th. You will be asked to place your pledge card in the alms basin offering to the Glory of God before communion. If you cannot make church on November 6th please mail your pledge card to the church office. Thank you.

Your Stewardship Committee
Nick Lane
Don Clamser



NOVEMBER MEMORIALS

WINE AND WAFERS

In memory of Alice and Raymond Umlauf by Lee, Mary and Peter Umlauf.

In memory of my friend Frank Baldino who was killed in action November 14, 1968 and are given by Carol Jones.

BULLETINS:

In memory of Daniel Jenkins Sr. by his wife Laura Goodman Jenkins.

SANCTUARY CANDLES:

In memory of the Smith Family by Charlotte Smith.

In memory of Daniel Jenkins Sr. by his wife Laura Goodman Jenkins.
In memory of Alice and Raymond Umlauf by Susan and Jason Noble, Holly Jazwinski and Abbey Javid.

In honor of the birthday of Christie Joy Donatti by Claudia Larsen.

ADVENT WREATH AT ST. JOHN'S: In memory of Betty Noble by Bonnie and Steve Hynoski Family and Bill Noble Family.

NEWSLETTER: In memory of Daniel Jenkins Sr. by his wife Laura Goodman Jenkins.

NEWSLETTER DEADLINE

All articles for the December Newsletter should be submitted to our Parish Secretary, Shannon no later than Wednesday, November 2nd. Volunteers are needed on Thursday, November 17th at 1:30 p.m. at Holy Apostles, St. Clair to help fold the newsletter.



Please call the church office if:

- your address or phone number 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

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.

Senior Warden – Bonnie Baker – 570-429-2272

Website: www.northparish.com

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



PLEASE PRAY FOR:

Fr. Bruce Baker

Susan Glick Connor

Holly Frantz

Mary Catherine Glick

Mary Faith Goodman

Richard Griffen

Florence Hollick

James Hood

Jessica Hynoski

Sue (Kaufman) Jiannino

Dolores K.

McKenzie Kline

Landry Stephen Lauver

Michael Lesher

Russell Lesher

Steven Lesher

Todd Lesher

Nancy McMurtrie

Thelma Morgan

Ruby Powanda

Mary Price

Alfred D. Roberts, III

Charlotte Smith

Albert Snyder, Jr.

James Spieles, Jr.

Judith Wright

PLEASE PRAY FOR OUR TROOPS SERVING HERE AND ABROAD.

NOVEMBER

BIRTHDAYS



1 – Bonnie Hynoski

Denise Ulceski

4- Nicole Scanlan

6 – Sam Correll

Ryder Chase Bowers

8 – Carole James

10 – Lilly Meade

17 – Aubrey Scanlan

18 – Albert Snyder, Sr.

19 – Albert Leibig, Jr.

21 – Ryan Lindenmuth

22 – Nicholas Price

24 – Neal R. Miller

Mary Umlauf

26 – Charlotte Smith

27 – Theresa Price

28 – John Robert Menuchak

Christie Joy Donatti

30 – Monique Snyder

Patricia Snyder

Frances Clamser

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



Please Note: Daylight Saving Time ends on November 6th. Don't forget to set your clock back one hour before you go to bed on Saturday night.

DON'T BE ALONE THIS THANKSGIVING



**You are invited to:
Thanksgiving Day Dinner
November 24, 2016**



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

Please RSVP by November 17th

**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 – 12 noon
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.

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: North Parish. If you can donate any of these items or help with preparations, please, contact Bonnie Baker at (570) 429-2272 by November 17th so we can plan accordingly.



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.

NEWS FROM MARION C PRICE TRUST FUND

Holiday Blues – The winter holiday season (and the colder months which accompany it) can intensify feelings of sadness which aging seniors often experience. Most often it is not the holiday itself that causes these types of emotions among the elderly, rather the fact that the holidays tend to bring memories of earlier, perhaps happier times.

Symptoms of depression to look for include:

- Depressed or irritable mood.
- Feelings of worthlessness or sadness.
- Expression of helplessness.
- Anxiety.
- Loss of interest in daily activities.
- Loss of appetite.
- Weight loss.
- Lack of attention to personal care and hygiene.
- Fatigue.
- Difficulty concentrating.
- Irresponsible behavior.
- Obsessive thoughts about death and suicide.

Depression and dementia share similar symptoms. In depression there is a rapid mental decline, but memory of time, date and awareness of the environment remains. Motor skills are slow, but normal in depression. Concern with concentrating and worry about impaired memory may occur.

On the other hand, dementia symptoms reveal a slow mental decline with confusion and loss of recognizing familiar locations. Writing, speaking and motor skills are impaired and memory loss is not acknowledged as being a problem by the person suffering with dementia.

Whether it is depression or dementia, prompt treatment is recommended. Once the cause of depression is identified, a treatment program should be implemented. Treatment may be as simple as relieving loneliness through visitations, outings and involvement in family activities or antidepressant medications may be necessary.

As a caregiver or family member of a depressed older person, make it your responsibility during the holidays to get involved. You can help the elder person feel the magic of the season and feel loved by including them in some general activities such as:

- ❖ Church activities
- ❖ A vacation
- ❖ Christmas lighting
- ❖ Include them in cookie baking or wrapping gifts
- ❖ Help them connect with friends
- ❖ Holiday parties
- ❖ Decorate the house
- ❖ Trip to beautician or barber

If you or someone you know is suffering with depression through the holidays please call your Parish Nurse at 570-621-3220. I will be happy to visit, arrange for a Lay Eucharistic Minister to visit or help with transportation to a church activity.

Family Health History – Knowing your family’s health history can save your life and the lives of those you love. Tracing the illnesses suffered by your parents, grandparents and other relatives can help your doctor predict the disorders to which you may be at risk and take action to keep you and your family healthy.

You will need to talk with family members to gather more details about their health histories. Here are some suggestions on how to plan and conduct those important conversations:

- Make a list of relatives that you need to include in your family health history.
- Write out your questions ahead of time to help focus your discussion such as: do you have any chronic illness, any medical problems, any other serious illnesses, how old were you when you developed these problems or illnesses.
- Consider talking to your relatives when your family is together in a relaxed setting. A good time may be over the upcoming holidays.
- Explain to your relatives what you are doing.
- Keep your questions short and to the point.
- Respect your relative’s feelings. Some family members may not want to share all or certain parts of their health information.
- Whenever possible, get copies of medical records, birth and death certificates to document the diagnosed health conditions of your deceased relatives.
- Keep a record. To help you organize your family’s health information, the U.S. Surgeon General has developed an online tool called My Family Health Portrait, which is available at <https://familyhistory.hhs.gov/>.





VESTRY MEETING HIGHLIGHTS - October 16, 2016

Election of Officers – The officers were elected for 2017: Robert Tiley, Junior Warden; Elaine Ulceski, Treasurer; Robert Tiley, Clerk of the Vestry.

Combined meetings with Schuylkill County Vestries – North Parish will join with Trinity Pottsville and St. James, Schuylkill Haven for combined weekly services during Advent. Holy Apostles will host a service on Wednesday, December 7, at 6:30 p.m. followed by a coffee hour.

Property

Holy Apostles – Bids will be secured for making the parish hall handicapped accessible.

St. John's – The chairlift will be removed at St. John's due to the lift is a residential lift and cannot be converted to a commercial lift. Because it needs to be a commercial lift since it is in a public building, insurance will not cover the lift. Bids will be secured for the deteriorating floor in the undercroft. Ehrlich has exterminated for the mice problem. Ehrlich cannot do anything about the bats, they are protected under law.

2 – 3 year study - The committee will compare the new canons to our by-laws to ensure we are in compliance with the new canons.

Next regular meeting will be November 20, 2016, at 4:00 p.m. at St. John's, Ashland.

SEPTEMBER 2016 FINANCIAL REPORT

North Parish Receipts

General Account

September-16	\$ 4,962.73
Year to Date Gen. Receipts	\$ 36,394.77
Transfer in from M&I (Current)	\$ 35,411.00
Transfer M&I Year to Date	\$ 44,876.00
Transfer in from Mem. Acct. (Current)	\$ 3,200.00
Transfer Mem Acct. Year to Date	\$ 8,105.00

M&I Account

September -16	\$ 11,478.83
Year to date	\$ 24,862.66

Memorial Account

September - 16	\$ 1.13
Year to date	\$ 12.36

Balances

General Account	\$ 22,534.08
M&I Account	\$ 40,505.98
Memorial Fund	\$ 10,793.30
Temp. Restricted Fund	

North Parish Disbursements

General Account

September -16	\$ 27,956.09
Year to Date Exp.	\$ 79,358.82

M&I Account

September -16	\$ 35,411.00
Year to date	\$ 44,992.92

Memorial Account

September -16	\$ 3,200.00
Year to date	\$ 8,105.00



NORTH PARISH EPISCOPAL CHURCH SERVICES

NOVEMBER 2016

November 6	Holy Eucharist	9:00 a.m.	St. John's	The Rev. James C. Smith
	Holy Eucharist	11:00 a.m.	Holy Apostles	The Rev. James C. Smith
November 13	Holy Eucharist	9:00 a.m.	St. John's	The Rev. Dolores Smith
	Holy Eucharist	11:00 a.m.	Holy Apostles	The Rev. Dolores Smith
November 20	Holy Eucharist	9:00 a.m.	St. John's	The Rev. Timothy Albright
	Holy Eucharist	11:00 a.m.	Holy Apostles	The Rev. Timothy Albright
November 27	Holy Eucharist	9:00 a.m.	St. John's	The Rev. James C. Smith
	Morning Prayer	11:00 a.m.	Holy Apostles	Chester Shanoskie

	Notes:	Color:
November 6	The Twenty-fifth Sunday after Pentecost (All Saints' Sunday)	Green
November 13	The Twenty-sixth Sunday after Pentecost	Green
November 20	The Last Sunday after Pentecost (Christ the King)	White
November 27	The First Sunday in Advent	Purple