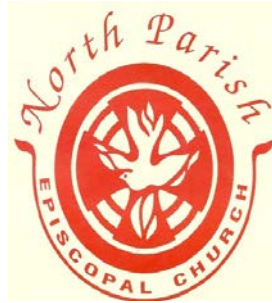


NORTH PARISH NOVEMBER & DECEMBER 2017 NEWSLETTER

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



Stewardship Program 2017

It is the time of year that our Stewardship Program begins. 2017 attendance has continued to go down. Giving has fallen due to the drop in attendance. When attendance goes down, income goes down. If you could find it in your hearts and would like to help us, a year end gift would go a long way to end the year of 2017 on an upbeat note.

This year is coming to a close, but next year is going to be exciting. If you follow the Diocesan Website you would know that the search committee has been formed and names are coming in for a new Bishop. Coming this spring we will be hearing names of the people who are in consideration for the Bishop of Bethlehem. September 15, 2018 will be the Ordination of the new Bishop. Go to diobeth.com and follow the excitement.

Last year's Diocesan Convention was taken from Matthew 5:13-16 the "Salt and Light". "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 underfoot. "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 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.

Last year when I read verse 13 and 16, I then questioned, have you lost your taste for attending church? Attendance in both churches has become lower. I ask you "How can we bring back the saltiness and increase the attendance and membership?" and I now ask it again.

On November 5th we will celebrate Consecration Sunday at Holy Apostles and we will celebrate it on November 12th at St. John's. Fr. Jim will celebrate the Holy Eucharist on those days. A pledge card is available in the Newsletter and will be available in the bulletins on November 5 & 12th. You will be asked to place your pledge card in the alms basin offering to the Glory of God before communion on Consecration Sunday. Thank you for your continued financial support!

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.

Your Stewardship Committee
Don Clamser; Nick Lane

DON'T BE ALONE THIS THANKSGIVING

You are invited to:
Thanksgiving Day Dinner
November 23, 2017



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



Thank You, LORD!

Please RSVP by November 16th

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 Thanksgiving Day at 9:00 a.m.

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 16th so we can plan accordingly.

CHRISTMAS EVE SERVICES

December 24, 2017

Holy Eucharist

5:00 p.m. – Holy Apostles, St. Clair
Celebrant – The Rev. James C. Smith
7:30 p.m. – St. John's, Ashland
Celebrant – The Rev. James C. Smith



***PLEASE NOTE:** There will be no services during the morning on Christmas Eve.



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.

In memory of Alice and Raymond Umlauf by Susan Noble and Family.

In memory of Charles A. and Rose Mary Weber by Wayne Weber.

BULLETINS: In memory of Daniel Jenkins, Sr. by his wife Laura Goodman-Jenkins.

In memory of Harry, Dale and Helen A. Weber by Wayne Weber.

SANCTUARY CANDLES: In memory of William Miller Jr. by Linda Gerlott.

In memory of Charles W. and Florence Weber by Wayne Weber.

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



DECEMBER MEMORIALS



WINE AND WAFERS: In memory of Bob Jones by Carol Jones

In memory of Charles W. and Florence Weber by Wayne Weber.

BULLETINS: In memory of Katie Strunk Whyne Schenk by Diane Lippincott.

In memory of Harold and Deborah Strunk by Strunk and Ulceski Families.

In memory of Charles A. and Rose Mary Weber by Wayne Weber.

SANCTUARY CANDLES: In memory of Cole Joshua Lauver by the Hynoski Family.

In memory of Harry, Dale and Helen A. Weber by Wayne Weber.

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

IT IS NOW TIME TO RENEW YOUR MEMORIALS FOR 2018. If you are interested in memorials please contact the church office by phone (570-429-7107) or by sending a note to the church secretary:

Shannon Mozdy, North Parish, P.O. Box 487, Frackville, PA 17931 OR

You can also give your memorials to your church treasurer:

Holy Apostles – Marsha Dudash, St. John's – Elaine Ulceski

The donations for monthly memorials are as follows: Sanctuary Candles - \$5.00

Bulletins - \$10.00; Wine and Wafers - \$10.00, Newsletters - \$10.00



PLEASE PRAY FOR:

Janice Bader
Joseph Bass
Richard Berger
Gail Coddington
Dwight Collier
Alma Davis
Bob Davis
Wallee Fedko
Alvin Foerster
Julia Foerster
Betty Greenback

Richard Griffin
Tatiana Heffner
James Hood
Janis Idell
Dolores K.
Doris Kauffman
McKenzie Kline
Nick Lane
Michael Leshner
Russell Leshner
Steven Leshner

Chase Morgan
Raymond Moyer
Bernard & Diane Nace
Mary Price
Alfred D. Roberts, III
Charlotte Smith
James Spieles, Jr.
John Sterner
Gloria Umberger
Judith Wright
Peg Wylam

**PLEASE PRAY FOR ALL THOSE SERVING THE MILITARY HERE AND ABROAD
Especially: Zach Raup.**

Please call the church office if you have a loved one who needs prayers and also anyone who is serving our military. All those listed on the prayer lists are prayed for during Sunday services.

PRAYER LIST POLICY:

We will begin a new prayer list beginning January 1st. If you would like your name to remain on the prayer list or you need to add someone please notify the office before then.

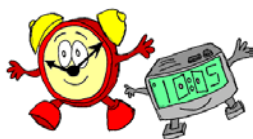
We ask that you call the church office at 570-429-7107 or email us at nparish@ptd.net. Please leave your name, phone number and the name of the person for the prayer list.

**You can also mail the form below to the church office at:
North Parish, P.O. Box 487, Frackville, PA 17931**

Name on the prayer list: _____

Person making the request: _____

Please note: The prayer list will be updated at the end of June also.



Please Note: Daylight Saving Time ends on November 5th. Don't forget to set your clock back one hour before you go to sleep on Saturday night.

AUGUST 2017 FINANCIAL REPORT

North Parish Receipts

General Account

August	\$ 3,441.53
Year to Date Gen. Receipts	\$ 30,117.08
Transfer in from M&I (Current)	\$ -
Transfer M&I Year to Date	\$ -
Transfer in from Mem. Acct. (Current)	\$ -
Transfer Mem Acct. Year to Date	\$ -

M&I Account

August	\$ 39.04
Year to date	\$ 3,308.83

Memorial Account

August	\$.93
Year to date	\$ 82.21

Balances

General Account	\$ 2,216.25
M&I Account	\$ 47,562.21
Memorial Fund	\$ 10,878.23
Temp. Restricted Fund	

North Parish Disbursements

General Account

August	\$ 3,447.61
Year to Date Exp.	\$ 35,075.57

M&I Account

August	\$ -
Year to date	\$ 2.00

Memorial Account

August	\$ -
Year to date	\$ -



SEPTEMBER 2017 FINANCIAL REPORT

North Parish Receipts

General Account

Sept.	\$ 4,760.29
Year to Date Gen. Receipts	\$ 34,877.37
Transfer in from M&I (Current)	\$ -
Transfer M&I Year to Date	\$ -
Transfer in from Mem. Acct. (Current)	\$ -
Transfer Mem Acct. Year to Date	\$ -

M&I Account

Sept.	\$ 1,395.08
Year to date	\$ 4,703.91

Memorial Account

Sept.	\$.89
Year to date	\$ 83.10

Balances

General Account	\$ 3,694.95
M&I Account	\$ 48,957.29
Memorial Fund	\$ 10,879.12
Temp. Restricted Fund	

North Parish Disbursements

General Account

Sept.	\$ 3,281.59
Year to Date Exp.	\$ 38,357.16

M&I Account

Sept.	\$ -
Year to date	\$ 2.00

Memorial Account

Sept.	\$ -
Year to date	\$ -





NOVEMBER BIRTHDAYS



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



DECEMBER BIRTHDAYS



- | | | |
|---|-------------------------------------|---|
| 2 – Joshua Jacobs | 12 – Holly Jazwinski
Sue O’Neill | 18 – Robert Scheuren |
| 4 – Jennifer Evans
Janis Idell
Mary Price | Michael Leshar
Alicia Rathosky | 21 – Clayton Demcher
23 – Jane Shaqfeh |
| 8 – Randall Snyder | 14 – Albert Leibig | 26 – John Price, Jr.
Stephen Ulceski |
| 10 – Brooklyn Hewes | 15 – Dakotah Hewes | 27 – Mary Alice Reese |

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



PLEASE NOTE WE ARE NOW PUBLISHING A BI-MONTHLY NEWSLETTER.

All articles for the January/February Newsletter should be submitted to our Parish Secretary, Shannon no later than Wednesday, December 6th. Volunteers are needed on Thursday, December 28th at 1:30 p.m. at Holy Apostles, St. Clair to help fold the newsletter.



SIGHT AND SOUND BUS TRIP

We would like to run a bus trip in the spring (May or June on a Tuesday, Wednesday or Thursday) to the Sight & Sound Theater to see the production “Jesus”. We need to know if there is an interest before we book a bus. The tickets which will include the show, bus, and meal will be \$105.00. Pick up for the bus will be in Ashland and St. Clair. If you think you will be able to join us please call Bonnie Hynoski at 570-875-2867, Bonnie Baker at 570-429-2272 or the church office at 570-429-7107 by the end of 2017.

NORTH PARISH EPISCOPAL CHURCH

Journey to Generosity 2018 Pledge

As Part of my/our journey to generosity in 2018, I/we pledge \$_____. I/we plan to fulfill this
____weekly, ____monthly, ____semi-annually, ____annually.

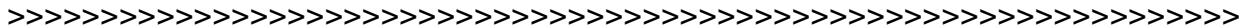
NAME _____

ADDRESS _____

PHONE _____

EMAIL _____

_____ Please contact me about including the church in my estate plans.



CHRISTMAS FLOWERS/MEMORIAL DONATION FORM:

Please fill out this 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

PLEASE NOTE: MEMBERS OF HOLY APOSTLES - Please give your donations to Lois Hewes. Checks should be made payable to Good Shepherd's Guild

MEMBERS OF ST JOHN'S - Please give your donations to Elaine Ulceski Checks should be payable to St. John's ECW

Name of Donor(s): _____

Church: _____

In Loving Memory of: _____

In Loving Memory of: _____

In Loving Memory of: _____

Amount Enclosed: _____

PLEASE RETURN BY December 6, 2017.

All memorials will be published in the January/February Newsletter.

NEWS FROM MARION C. PRICE TRUST FUND

Correction - Medicare Open Enrollment – is scheduled for October 15th to December 7th with coverage starting January 1, 2018; not as printed in last month's article that open enrollment will start November 1st. I apologize for any confusion this may have caused.

The remainder of the article stands true; it is very important to review your plans even if you are satisfied with your coverage each year. Please call Kathy Burda at 570-621-3220 to help review your Medicare Part D drug plans.

End of Life Issues – September 23rd, this very important and informative program was held at Trinity. We were fortunate to have such knowledgeable presenters as :

Shelby Hostetter Esq., elder law attorney touched on the importance of having a will to direct your assets upon your death and the difference between a Health Care POA and an Advance Directive.

Chris Grabowski, President and Supervisor of Grabowski Funeral Home explained cremation versus full burial and the options included with each of these choices. He stressed the importance of discussing your wishes with your loved ones to ease their stress at a very stressful time.

Jeanne McClintick LPN, Hospice of Central PA, spoke of the benefits of palliative and hospice care for those suffering from chronic or terminal illnesses.

The Rev. Timothy Albright's very important message is to live life as if each day is your last and don't miss an opportunity to tell those close to you that you love them.

Healthy Holiday Cooking – The problem with the holidays isn't usually the weight gain – the average American gains only 1-2 pounds in between Thanksgiving and New Year's – it's the fact that most people never lose the excess pounds. So in 5 years you have gained 10 pounds and in 10 years it is 20 pounds. The best course of action? Stop weight gain before it starts.

The key is eating healthy throughout the holiday season and remembering portion control when it comes to your it-wouldn't-be-Thanksgiving-or-Christmas-without-them foods. For the rest of the courses, all you have to do is make the right choices that will allow you to indulge and enjoy, yet keep you from loading up on the fatty, high-calorie dishes that can quickly lead to unwanted weight gain.

- Substitute low-fat or non-fat plain Greek yogurt for sour cream for your recipes.
- The easiest way to cut unnecessary calories is to cut back on alcohol.
- Instead of candied yams, try oven-roasted sweet potatoes, brushed with a little canola or olive oil.
- The dark meat in your turkey has about twice the fat of turkey breast and about 40% more calories.

- For healthier stuffing: sauté onions and celery in 1-2 Tablespoons of olive or canola oil. Combine mixture with cubes of whole grain bread, moisten with no or low-sodium chicken broth and add your favorite herbs before baking.
- When making gravy use the drippings from the roasting pan, remove fat first by using a fat separator or freeze for 10-15 minutes and skim fat off.
- Skip cranberry sauce, make your own cranberry relish - you can cut the sugar back by 1/4 to 1/3 in standard recipes for relish.
- Skip the casserole, eat fresh green beans instead.
- Swap eggnog for a glass of hot apple cider.
- Eat whole wheat rolls instead of white flour rolls.
- It's hard to resist desserts but a better choice is pumpkin pie over pecan pie. Another option is skipping the crust.

Holidays are a time of joy for many; it can also trigger feelings of loneliness. Loneliness can be painful and may lead to unhealthy habits. Following are some suggestions for coping healthfully with loneliness:

- Seek company – call a friend - go out for coffee. Visit a place of worship. Find a group that matches your interests.
- Share your feelings – be honest with people you trust. Reach out to others.
- Clearly communicate your needs – ask for what you need.
- Avoid social media.
- Honor your feelings –Accept your feelings and have compassion for yourself. Your feelings are like a compass, directing you through your life, so it's important to listen to what they have to say, as they can guide you into making the right choices. The choices you make as a result of honoring your feelings will bring you contentment, acknowledgment that you are on the right path to joy and fulfillment.
- Practice self-care. Focus on taking good care of yourself. Get enough sleep. Engage in physical activities you enjoy. Practice deep breathing.
- Have realistic expectations.
- Question your social group. You might be hanging out with the wrong people.
- Volunteer. Serve in a soup kitchen or help an organization.
- Seek therapy. Working with a therapist to explore your loneliness may help you feel better.

Seasonal Affective Disorder (SAD) – is a type of depression that occurs during the same season each year. You may have SAD if you felt depressed during the last two winters but felt much better in spring and summer.

If you have SAD, you may feel sad, grumpy, moody or anxious; lose interest in your usual activities; eat more and crave carbohydrates, such as bread and pasta; gain weight; sleep more but still feel tired; and have trouble concentrating.

Light therapy is the main treatment for SAD. The light therapy helps reset your biological clock. Medicines and counseling may help.

NORTH PARISH EPISCOPAL CHURCH SERVICES NOVEMBER 2017

November 5	Morning Prayer Holy Eucharist	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	Robert Tiley The Rev. James C. Smith
November 12	Holy Eucharist Morning Prayer	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	The Rev. James C. Smith Chester Shanoskie
November 19	Morning Prayer Holy Eucharist	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	Donald Clamser, Sr. The Rev. James C. Smith
November 26	Holy Eucharist Morning Prayer	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	The Rev. James C. Smith Donald Clamser, Sr.

	Notes:	Color:
November 5	The Twenty-second Sunday after Pentecost (All Saints' Sunday) Consecration Sunday at Holy Apostles	Green or White
November 12	The Twenty-third Sunday after Pentecost Consecration Sunday at St. John's	Green
November 19	The Twenty-fourth Sunday after Pentecost	Green
November 26	The Last Sunday after Pentecost (Christ the King)	White

NORTH PARISH EPISCOPAL CHURCH SERVICES December 2017

December 3	Morning Prayer Holy Eucharist	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	Robert Tiley The Rev. James C. Smith
December 10	Holy Eucharist Morning Prayer	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	The Rev. James C. Smith Chester Shanoskie
December 17	Morning Prayer Holy Eucharist	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	Donald Clamser, Sr. The Rev. James C. Smith
December 24	Holy Eucharist Holy Eucharist	5:00 p.m. 7:30 p.m.	Holy Apostles St. John's	The Rev. James C. Smith The Rev. James C. Smith
December 31	Holy Eucharist Morning Prayer	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	The Rev. James C. Smith Chester Shanoskie

	Notes:	Color:
December 3	The First Sunday of Advent	Purple
December 10	The Second Sunday of Advent	Purple
December 17	The Third Sunday of Advent	Purple
December 24	The Nativity of our Lord Jesus Christ	White
December 31	The First Sunday after Christmas Day	White