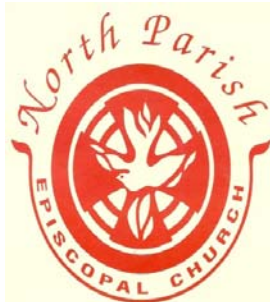


NORTH PARISH OCTOBER 2017 NEWSLETTER

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



A Christmas Carol Story of Stewardship

By Dan Conway

We all remember the scene from old movies and TV specials. Two “portly gentlemen,” as Charles Dickens calls them, enter the offices of Scrooge and Marley hoping to raise money “for the poor and destitute who suffer greatly at the present time of year.”

They make their case, pointing out that “hundreds of thousands are in want of common comforts,” but Scrooge is not impressed. “Are there no prisons?” the old miser asks. “Aren’t the workhouses still in operation?” he snarls.

“Yes,” one of the gentlemen replies, “I wish I could say they were not.” Undaunted, the two gentlemen continue. “What shall we put you down for?”

“Nothing!” says Scrooge. “You wish to be anonymous?” the gentlemen ask. “I wish to be left alone!” says Scrooge.

The gentlemen leave with hearts full of sadness. They grieve for the poor and the homeless “who would rather die” than suffer the humiliation of a 19th-century English workhouse; but they also grieve for old Ebenezer Scrooge whose self-centered misery has blinded him to the simple joys of Christmas.

How many times have we heard similar versions of this same old story? How many times have we found ourselves playing the part of Scrooge – saying to those who ask for our time or our money, “Please don’t bother me. I wish to be left alone.”?

Although he never uses the word, Charles Dickens’ wonderful story, *A Christmas Carol*, is about stewardship. It is about the joy of giving and about learning to care for (and be responsible for) all of God’s creation. And, as Mr. Dickens makes very clear, *A Christmas Carol* is about more than just the sentimental (or commercial) “Christmas spirit” that comes and goes each holiday season.

Scrooge is not a good steward. He hoards what he has been given (time, talent and treasure) and he buries his gifts deep within himself. He cannot give or share, and the result is a twisted, self-absorbed misery. Along with his gifts and talents, Scrooge accumulates and hides all the hurts, resentments and disappointments of a lonely

lifetime. In the end, nothing makes him happy. Nothing gives him peace.

There is only one thing that can save this miserable old man from the hell he has made for himself. Giving. Open, generous, unrestricted giving is the only cure for the likes of Ebenezer Scrooge. As long as he holds back – asking “What’s in it for me?” – Scrooge is condemned to live the life that he has fashioned for himself through many years of lonely self-centeredness.

Fortunately, Mr. Dickens believed in a God who is generous and forgiving. Old Scrooge is given one last chance to experience life as it was truly meant to be lived. The spirits who visit Scrooge (including Jacob Marley, a former business partner now condemned to haunt the spirit world in chains of his own making) help Scrooge to face painful truths about himself. And by caring enough to confront him with his selfishness, the spirits give Scrooge something far more valuable than all his gold; they give him a glimpse of who he was, who he is now, and who he could become – if only he would let go of his bitter resentment and embrace the joy of giving.

Recall that, following this change of heart, as he hurries to join his nephew’s family for Christmas dinner, Scrooge encounters one of the two “portly gentlemen” who had asked him for a contribution the day before. After greeting the gentleman so warmly that the man barely recognized the old miser, Scrooge whispers in his ear the amount of his pledge to help the poor and destitute.

“My dear Mr. Scrooge, are you serious?” cries the gentleman, “as if his breath were taken away.” “Not a farthing less,” says Scrooge. “A great many back-payments are included in it, I assure you. Will you do me that favor?” he pleads.

And then the most amazing thing happens. As the astounded solicitor tries to express his gratitude, stammering from both appreciation and disbelief, old Scrooge says it for him. “Thank you,” says Scrooge. “I am much obliged to you. I thank you fifty times. Bless you!”

In A Christmas Carol, Dickens wants each of us to discover what old Scrooge had to learn the hard way: the only way to hold onto something is to give it away. This is the paradox of giving: the one who gives a gift, from substance and without counting the cost, is the one who is most grateful. Besides being a donor, the generous person is also a beneficiary. That’s why Scrooge says thank you “fifty times” and also why he asks the gentleman, quite sincerely, to do him a favor by accepting the gift.

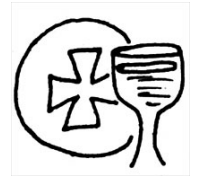
Ever afterwards, Mr. Dickens writes, it was said of Scrooge “that he knew how to keep Christmas well.” Like any good steward, Scrooge kept it well by giving it away. And so, as Mr. Dickens observes at the conclusion of his story, “May that be truly said of us . . . every one!”

This is the beginning of the 2017 Stewardship Season, time to start thinking about your 2018 Pledge to Support your Church and North Parish.

Yours Truly:
Nick Lane and Don Clamser
Stewardship Committee Chairs



OCTOBER MEMORIALS



WINE AND WAFERS: In memory of Alfred and Dolly Roberts by Bob and Kay Ann Kalbach.
In memory of Marie Yeager by Mary, Lee, and Peter Umlauf.

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

SANCTUARY CANDLES: In memory of Betty Noble by the Hynoski Family.
In memory of Timothy Strunk by the Ulceski and Strunk Families.
In memory of Raymond and Alice Umlauf by Susan Noble and Family.

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



PLEASE NOTE WE ARE NOW GOING TO PUBLISH A BI-MONTHLY NEWSLETTER INSTEAD OF A MONTHLY NEWSLETTER.

All articles for the November/December Newsletter should be submitted to our Parish Secretary, Shannon no later than Wednesday, October 11th. Volunteers are needed on Thursday, October 26th 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

Website: www.northparish.com

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



PLEASE PRAY FOR:

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

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

Raymond Moyer
Bernard & Diane Nace
Mary Price
Alfred D. Roberts, III
Charlotte Smith
James Spieles, Jr.
John Sterner
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.



Congratulations to Jennifer Jeanne Kattner Fetterolf and Lawrence Christopher Azbell who were united in marriage at Holy Apostles' by the The Rev. Timothy Albright on September 9, 2017. May their home be a haven of blessing and peace; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen.*



NORTH PARISH'S ANNUAL MEETING October 15, 2017

The Annual Meeting for North Parish will be held at St. John's, Ashland on Sunday, October 15th. The combined worship service will be at 9:00 a.m. followed by the meeting of all parishioners and a coffee hour. All members of North Parish are asked to be in attendance.

JULY 2017 FINANCIAL REPORT

North Parish Receipts

General Account

July	\$ 2,672.00
Year to Date Gen. Receipts	\$ 26,675.55
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

July	\$ 59.03
Year to date	\$ 3,269.79

Memorial Account

July	\$ 50.92
Year to date	\$ 81.28

Balances

General Account	\$ 2,172.33
M&I Account	\$ 47,523.17
Memorial Fund	\$ 10,877.30
Temp. Restricted Fund	

North Parish Disbursements

General Account

July	\$ 6,415.07
Year to Date Exp.	\$ 31,627.96

M&I Account

July	\$ -
Year to date	\$ 2.00

Memorial Account

July	\$ -
Year to date	\$ -



FALL 2017 UTO Offering

The Fall UTO offering will be held on Sunday, October 29, 2017. Envelopes will be provided in the church bulletin that day. This is a special opportunity for Episcopalians to deepen their faith in God through prayer and thankful giving. Thank you for your generosity. The Spring UTO offering was \$67.00

The United Thank Offering Prayer

GRACIOUS GOD, source of all creation, all love, all true joy: accept, we pray, these outward signs of our profound and continuing thankfulness for all of life. Keep each of us ever thankful for all the blessings of joy and challenges that come our way. Bless those who will benefit from these gifts through the outreach of the United Thank Offering. This we ask through Him who is the greatest gift



OCTOBER BIRTHDAYS



1 – Adalynn Eckrode
4 – Angela Bowers
5 – Rev. Timothy Albright
7 – Shannon Correll
 Jeffery Hoffman
9 – Michelle Jacobs
11 – Claudia Rae Larsen
17 – Betty Haverty
 Carol Jones

17 - McKenzie Kline
19 – Linda Gerlott
20 – Jacqueline Demcher
26 – Ethan Correll
 Elaine Scheuren
28 – John Menuchak, Jr.
 William Umbenhaur
29 – Heidi Ann Higgins
31 – Robert Jones, Jr.

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

God Knows

When you are tired and discouraged from fruitless effort,
God knows how hard you have tried.

When you've cried so long your heart is in anguish,
God has counted your tears.

If you feel that your life is on hold and time has passed you by,
God is waiting for you.

When nothing makes sense and you are confused or frustrated,
God has the answer.

If suddenly your outlook is brighter and you find traces of hope,
God has whispered to you.

When things are going well and you have much to be thankful for,
God has blessed you.

When something joyful happens and you are filled with awe,
God has smiled on you.

Remember that wherever you are or whatever you are feeling,
God knows.

- Author Unknown



NEWS FROM MARION C. PRICE TRUST FUND

Open Enrollment: The deadlines for open enrollment for health care and drug plans for 2018 have changed this year. It begins on November 1, 2017 and ends on December 15, 2017. With coverage starting January 1, 2018.

This is the time to review your current plans and make changes if necessary. Even if you are satisfied with your current coverage, you should check if there is another plan that offers better coverage at a lower price.

When choosing a Medicare drug plan it is important to look at all the costs, not just the premium. Your costs throughout the year will depend on what drugs you take, whether your plan covers them and whether there are coverage restrictions. Another plan may have lower copays, cover more of your drugs, have fewer restrictions or have a deductible.

You must sign up for health insurance during open enrollment if:

- Don't have health insurance through your employer or your spouse's employer
- You don't have government coverage (such as veteran's, Medicare and Medicaid)
- You're over age 26 and can no longer be on a parent's health insurance
- You qualify for tax credits to help you pay for health insurance coverage

If you went without health insurance in 2017, there will be penalties taken from your income tax refund.

Call Kathy Burda to help review your current insurance and drug plans at 570-621-3220.

Back Pain - Millions of people are affected by back pain every day. And beyond living with the pain itself, this kind of condition can diminish your quality of life, causing you to miss work and social activities that you enjoy and preventing you from being able to accomplish even simple everyday tasks.

Back Care Tips:

1. Exercise your back regularly – walking, swimming and using exercise bikes are all excellent ways to strengthen your back muscles.
2. Lift right. Stand as close to the object as you can, and use your legs and knees rather than your back or upper body to pull up this item.
3. Always bend your knees and hips, not your back.
4. Maintain a good posture – avoid slumping in your chair, hunching over a desk or walking with your shoulders hunched.

5. Try to take a short break from sitting every 30 minutes.
6. Stop smoking. It's thought smoking reduces the blood supply to the discs between the vertebrae and this may lead to these discs degenerating.
7. Lose any excess weight. Being overweight especially excess weight around your belly can put added stress on the muscles, ligaments and tendons in your lower back.
8. Sleep on your side, not your stomach. Sleeping on your stomach puts too much pressure on your spine.
9. Check that your bed provides the correct support and comfort for your weight and build, not just firmness.
10. Learn relaxation techniques such as breathing exercises to help manage stress. Stress is a major cause of back pain.
11. Staying hydrated is important. Your discs are made to lose water and then rehydrate, because the movement of your spine and gravity causes water to flow through your spine and be reabsorbed by the discs. If not enough water is available for the discs to absorb what they've lost, then it can't function as it was meant to.
12. Avoid high heels. They can shift your center of gravity and strain your lower back.
13. Lighten your wallet. Sitting on an overstuffed wallet may cause discomfort and back pain. If you are going to be sitting for a prolonged period of time, take your wallet out of your back pocket.

Most back pain gradually improves with home treatment and self-care, usually within two weeks. If not, see your doctor.

In rare cases, back pain can signal a serious medical problem. Seek immediate care if your back pain:

- Causes new bowel or bladder problems
- Is accompanied by fever
- Follows a fall, blow to your back or other injury

Contact a doctor if your back pain:

- Is severe and doesn't improve with rest
- Spreads down one or both legs, especially if the pain extends below the knee
- Causes weakness, numbness or tingling in one or both legs
- Is accompanied by unexplained weight loss

Also, see your doctor if you start having back pain for the first time after age 50 or if you have a history of cancer, osteoporosis, steroid use or drug or alcohol abuse.

www.mayoclinic.org, www.webmd.com

NORTH PARISH EPISCOPAL CHURCH SERVICES October 2017

October 1	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.
October 8	Morning Prayer Holy Eucharist	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	Robert Tiley The Rev. James C. Smith
October 15	Holy Eucharist	9:00 a.m.	St. John's	The Rev. James C. Smith Combined service of North Parish followed by the Annual Meeting.
October 22	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
October 29	Holy Eucharist Morning Prayer	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	The Rev. James C. Smith Robert Tiley

	Notes:	Color:
October 1	The Seventeenth Sunday after Pentecost	Green
October 8	The Eighteenth Sunday after Pentecost	Green
October 15	The Nineteenth Sunday after Pentecost	Green
October 22	The Twentieth Sunday after Pentecost	Green
October 29	The Twenty-First Sunday after Pentecost	Green