

NORTH PARISH SEPTEMBER 2014 NEWSLETTER

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



From Fr. Tim's Desk

**“What good is it, my brothers and sisters, if you say you have faith but do not have works?” -
James 2:14**

There is an ancient Japanese folk religion called Koshin whose followers believe a heavenly being keeps track of everything they do, the good and the bad. This being, however, is not capable of direct contact with his followers so while the followers sleep an internal messenger leaves their bodies and reports to the heavenly being. Of course, for those who have done nothing but good deeds they get a good night's sleep. But for those who have done nothing or have done bad deeds there is no sleep at all. Besides staying awake the Koshin believe that there is another way to prevent their internal messenger from reporting back and it is a sculpture found in every Koshin temple, three monkeys sitting side by side in slightly different postures, Mizaru, Kikazaru, and Iwazaru. Mizaru assumes a posture covering his eyes. Kikazaru assumes a posture covering his ears. Iwazaru assumes a posture covering his mouth. You know them by their English translations “See no evil”, “Hear no evil”, and “Speak no evil.” The Koshin believe that Mizaru, Kikazaru and Iwazaru have the ability to prevent their internal messenger from seeing, or hearing, or speaking about any of the bad deeds they might do and if their internal messenger cannot see, or hear, or speak about their bad deeds, then of course they have nothing to fear.

In today's culture we typically use the “see no evil, hear no evil, speak no evil” metaphor to describe someone on the sidelines, someone who doesn't want to be involved, or someone who willfully turns a blind eye to injustice or immorality. Clearly this is not the type of person Saint James exhorts us to be. We who claim the faith of Jesus are reminded that to believe in Jesus is to LISTEN, and SEE, and LIVE, and ACT, and SPEAK according to the great commandment to love your neighbors as yourself. The Christian described by Saint James is not one sitting on the sidelines watching life go by.

For I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me. I was naked and you gave clothing, I was sick and you cared for me, I was in prison and you visited me. And we may ask, Lord when did we see you hungry and fed you, or thirsty and gave you drink? And when was it we saw you a stranger and welcomed you, or naked and gave you clothing? And when was it that we saw you sick or in prison and visited you? And the Lord will answer us, truly I tell you, just as you did it to one of the least of my family, you did it to me.

The Christian described by Saint James is one whose faith in Jesus is a faith that is lived, a faith that bears fruit in actions, actions of kindness and mercy and love. The Christian described by Saint James is one who shows no partiality and makes no distinction between rich and poor, because the kingdom of God does not belong to those who accumulate the greatest wealth in their earthly lives, but rather the kingdom of God belongs to those whose treasure is laid up in heaven through those same acts of kindness, and mercy, and love.

I'm not M&T Bank and I can't promise you a free toaster or a nice coffee mug but I am a banker. Why not consider making a deposit sometime soon . . . maybe today?

Fr. Tim+



SEPTEMBER MEMORIALS



WINE & WAFERS: In loving memory of Betty Noble by Steve, Bonnie, Jaime and Ben Hynoski.

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

In loving memory of Rosemary and Edward Ulceski by the Ulceski family.

The September and November Bulletins are available for sponsorship. If you are interested in sponsoring the bulletins please call the church office at 570-429-7107. Bulletins are \$10.00

NEWSLETTER DEADLINE

All articles for the October Newsletter should be submitted to our Parish Administrator, Shannon no later than September 10th. If you would like to sponsor the newsletter (\$10) call the church office by the newsletter deadline. Volunteers are needed on Wednesday, September 24th at 1:30 p.m. at Holy Apostles, St. Clair to help fold the newsletter.



**NORTH PARISH
FALL FLOWERS' SALE
Saturday, September 27th
9:00 a.m. – sellout
Holy Apostles' Church
St. Clair, PA**



Sharing Thoughts from the Senior Warden

Many years ago, North Parish was created by combining multiple churches into one parish. These days, we are hearing about multiple parishes being combined into one church. Either way, these arrangements create unique issues as most parishes have only one church.

Any time a diocese combines parishes and churches; there is a conflict of personalities, ethnic backgrounds, local beliefs and concepts of how worship should be conducted. There is: the “we and them”, the “ours and theirs”, or “this is the way we always did it” that arises in conversations and meetings. If this is left to continue without compromise, it can and will destroy a parish.

Many parishes, especially the older-established parishes are steeped in solid traditions and change is not always an easy thing to accept. As difficult as change is, we must realize that in order to succeed and exist we all must work together.

Abraham Lincoln once said, “A house divided against itself cannot stand”. Lincoln paraphrased this from the Bible as Matthew 12:25 is written: “And Jesus knew their thoughts (the Pharisees) and said unto them “Every kingdom divided against itself shall not stand”.

We as parishioners of a combined church-parish need to continually reflect on these words if we are to exist as a viable parish! As your Senior Warden, fellow parishioner and friend in Christ, I am asking all of you to join with me to bind our differences into one common goal and together we can make North Parish a sustaining place of worship for future generations.

Thank you and May God bless you and your families.

Barry Idell

Vestry Highlights – July 20, 2014

- Barry Idell to meet with Bishop Sean to discuss the sale of Christ Church.
- Contract to be signed for organ repairs at St. John’s
- Pioneer Day – Saturday, August 16th – North Parish will sell Peach Festival tickets along with coffee, drinks and food items.
- Peach Festival – Wednesday, August 20th at St. John’s
- Annual North Parish Meeting to be held on Sunday, October 19th at Holy Apostles after the 11:00 a.m. Eucharist Service. Luncheon to follow after the meeting.
- Next meeting August 17, 2014 at Holy Apostles.





PLEASE PRAY FOR:

Ray Umlauf, Kevin Serrentino, Connie Schrader, James Martin, Joe Brennan, David Gerlott, Walter Marchos, Pat Hefner, Tamme Kehres, Molly Fry, Spencer Dougherty, Daniel Jenkins Sr., Matthew Foerster, Tania Miller, Ray Moyer, Deb Anderson, Kathy Dunham, 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, Sheres Gavenport, Howard Hauk, Jessica Rhein, Mabel, Arlene Davis, Mckenzie Rose, Rafael Ramos, Shirley Moyer, Kevin Rhein, Stephen Rasimowicz, Jr., John Hauk, Todd Leshar, Bob Jones, Sr., 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.



BAPTISM: We welcomed into the Episcopal Church through Holy Baptism at Holy Apostles on August 17, 2014, Zackary David Harkins, son of Joseph and Jennifer Harkins. May God bless Zackary and his family now and forever.

SEPTEMBER BIRTHDAYS



- 1 – Sarah Andrewcavage
- 2 – Mark Andrewcavage
- 3 – Ray Umlauf
- 5 – Daniel Jenkins
- 8 – Amanda Foerster
- 10 – Brittany Evans
Thomas Johns
Scott Price
- 11 – Roy Amour
Chester Shanoskie
- 13 – Barry Idell
- 14 – Elizabeth Andrewcavage
- 15 – The Rev. James C. Smith
- 20 – Kayla Ann Tiley
- 24 – Donald Clamser, Jr.
- 27 – Nancy Long
- 30 – Edward Ulceski

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 July 31st we received \$1061.00



FOOD BANK MINISTRY



During the month of September we will be collecting "on the go" breakfast items (granola bars, breakfast bars, fruit bars, etc.) for the local food banks. As always, any kind of non-perishable food item is appreciated! Thank you to everyone who donated products in August. 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.



NORTH PARISH'S ANNUAL MEETING October 19, 2014

The annual meeting for North Parish will be held at Holy Apostles, St. Clair on Sunday, October 19th. The combined worship service will be at 11:00 a.m. followed by the meeting of all parishioners and a luncheon. All members of North Parish are asked to be in attendance.

JULY 2014 FINANCIAL REPORT

North Parish Receipts

General Account		
	Jul-14	\$ 3,620.27
Year to Date Gen. Receipts		\$ 44,956.35
Transfer in from M&I		\$ 9,000.00
Transfer M&I Year to Date		\$ 14,000.00

M&I Account		
	Jul-14	\$ 157.20
Year to date		\$ 10,733.87

Memorial Account		
	Jul-14	\$ 776.25
Year to date		\$ 814.10

Balances		
General Account		\$ 8,331.06
M&I Account		\$ 18,046.69
Memorial Fund		\$ 15,190.35
Temp. Restricted Fund		

North Parish Disbursements

General Account		
	Jul-14	\$ 12,874.66
Year to Date Exp.		\$ 55,857.53

M&I Account		
	Jul-14	\$ 9,006.00
Year to date		\$ 14,035.00

Memorial Account		
	Jul-14	\$ -
Year to date		\$ -



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 Timothy Albright; The Reverend James C. Smith

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

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

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

NEWS FROM MARION C. PRICE TRUST FUND

Scam – Scammers are using caller ID spoofing technology to impersonate the phone numbers of local businesses, neighbors and even you! Watch out for this wacky twist on the classic phishing phone scam. (phishing – the activity of defrauding an online account holder of financial information by posing as a legitimate company).

Your phone rings, and you look at the caller ID. You recognize the number. It may be from a local business or a neighbor down the street. But in strange twist, you might even see your own name and number on the caller ID screen.

You answer the phone and it's a robo call. Victims have reported several different phishing scams. In one common version, a recording prompts you to verify your credit card number under the guise of lowering your interest rates.

With many people rejecting calls from unfamiliar numbers, scammers are increasingly posing as familiar businesses, government organizations or people. Scammers purchase lists of phone numbers and use spoofing technology to trick potential victims into picking up the phone. Posing as your own phone number is great for shock value and for ensuring the number isn't blocked.

What to do if a scammer calls: Hang up!!! Don't press any numbers and do not call the scammer back. Don't trust caller ID - never give out any financial information if you did not initiate the call, do not provide bank account, credit card or social security numbers over the phone.

Memory Boosters – although most people accept that some memory loss occurs with aging, it is also possible to take proactive steps to protect memory. As a general rule, what is healthy for the body is also good for the brain – and for your memory.

1. The brain is vulnerable to wear and tear over time. Eating foods rich in antioxidants, B Vitamins or omega 3 fatty acids can help preserve brain health, memory and thinking into old age. Brain-friendly foods include berries, walnuts, fish, dark leafy greens, turmeric, spinach and orange juice.
2. Many brain experts use the phrase "what's good for the heart is good for the brain". People who have heart disease struggle with memory and cognition. The longer someone has had heart disease, the worse their cognitive abilities. Focus on: controlling blood pressure, cholesterol levels, and blood sugar, limit alcohol consumption and quit smoking.
3. Increasing the amount of light that people with dementia are exposed to each day improves their memory and cognitive abilities. Seeking out light first thing in the morning helps set the body's circadian rhythm and apparently, improves memory.
4. Aim for 6-8 hours of sleep a night, try to keep the same sleep schedule on weekdays and weekends to improve the quality of your sleep.
5. Visualization and association are both helpful when trying to remember names and details. Placing a calendar in a prominent location, writing down everything in a notebook that contains all your to-dos and lists and always leaving important items such as glasses and keys in easy to see places.

Medicare helps cover certain medical services and supplies in hospitals. If you have both Medicare Part A (Hospital Insurance) and Medicare Part B (Medical Insurance), you can get the full range of Medicare-covered services in a hospital.

If you believe you are being discharged from a hospital too soon, you have the right to immediate review by the Beneficiary and Family Centered Care Quality Improvement Organization (BFCC-QIO) in your area.

You may be able to stay in the hospital while the BFCC-QIO reviews your case. The hospital can't force you to leave before the BFCC-QIO reaches a decision.

Within two days of your admission and prior to your discharge, you should get a notice called "An Important Message from Medicare about Your Rights". If you don't get this notice, ask for it. This notice lists the BFCC-QIO's contact information and explains:

- Your right to get all medically necessary hospital services
- Your right to be involved in any decisions that the hospital, your doctor or anyone else makes about your hospital services and to know who will pay for them
- Your right to get the services you need after you leave the hospital
- Your right to appeal a discharge decision and the steps for appealing decision
- The circumstances under which you will or won't have to pay for charges for continuing to stay in the hospital
- Information on your right to get a detailed notice about why your covered services are ending

If the BFCC-QIO decides that you are being discharged too soon, Medicare will continue to cover your hospital stay as long as medically necessary (except for applicable coinsurance or deductions).

If the BFCC-QIO decides that you are ready to be discharged and you met the deadline for requesting a fast appeal, you won't be responsible for paying the hospital charges (except for applicable coinsurance or deductibles) incurred through noon of the day after the BFCC-QIO gives you the decision.

Senior Adventures: It is not too late to start your adventures with us. September 18th we will be traveling to the Sand Spring Golf Club in Drums and on October 16th we will be visiting the La Dolce Casa in Tamaqua. Call Kathy Burda at 570-621-3220 for more information.

NORTH PARISH EPISCOPAL CHURCH SERVICES

SEPTEMBER 2014

September 7	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
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September 14	Holy Eucharist Holy Eucharist	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	The Rev. Timothy Albright The Rev. Timothy Albright
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September 21	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
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September 28	Holy Eucharist Holy Eucharist	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	The Rev. Timothy Albright The Rev. Timothy Albright
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	Notes:	Color:
September 7	The Thirteenth Sunday after Pentecost	Green
September 14	The Fourteenth Sunday after Pentecost	Green
September 21	The Fifteenth Sunday after Pentecost	Green
September 28	The Sixteenth Sunday after Pentecost	Green