

**NORTH PARISH  
December 2013  
NEWSLETTER**

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



**From Fr. Tim's Desk**

**"When Elizabeth heard Mary's greeting, the child in her womb leaped for joy. . ."**

**Luke 1:41a**

The mothers in our parish have been blessed to know exactly what it feels like to have new life leap about and kick inside of them; new life not yet born but fully alive and fully aware of its surroundings. For the rest of us we can only imagine what it feels like. The closest we can come is to have a blessed loved one place our hand on her belly when she feels a kick and hope it happens again . . . there . . . there . . . did you feel it? There it goes again. Did you feel it? New life, just a fraction of an inch away, so close . . . can you feel it? New hope, just a fraction of an inch away, so close . . . can you feel it? New beginnings just a fraction of an inch away, so close . . . can you feel it?

When Sharon and I were first married we didn't start working on children right away but there came that time when someone placed a newborn in Sharon's arms and she cradled it and rocked the baby back and forth and she looked into those tiny eyes and then she looked at me and said . . . Oh Tim, I want one. We were ready. We were ready to bring new life into the world, new life that brought with it new hopes and new dreams. We were ready for an event that would turn our world upside down and change our lives forever. We were ready.

During this season of Advent are we ready? The coming of the Christ child so close . . . can you feel it? New life, so close . . . can you feel it? New hope, so close . . . can you feel it? New beginnings, so close . . . can you feel it?

In the first century the Blessed Virgin was the chosen one for the Word to be made flesh, God entering into His own creation, into a 1<sup>st</sup> century world that so sorely needed His light, and love, and mercy, and compassion, and hope, and peace. In the 21<sup>st</sup> century you and I are the chosen ones called to extend our hands as God's own to a world that is so sorely in need of the same. Are we ready?

New life, so close . . . can you feel it? New hope, so close . . . can you feel it? New beginnings so close . . . can you feel it? New dreams so close . . . can you feel it? Endless love so close . . . can you feel it? The kingdom of God so near, so close . . . can you feel it?

Fr. Tim



# DECEMBER MEMORIALS



**WINE & WAFERS:** In loving memory of Kate Strunk Whyne Schenk by Diane Lippincott.

**BULLETINS:** In loving memory of Harold and Deborah Strunk by the Ulceski and Strunk families.

**SANCTUARY** In loving memory of the Smith family by Charlotte Smith.

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

**THE ADVENT WREATH AT ST. JOHN'S** is in loving memory of Betty Noble by the Hynoski and Noble families.

**IT IS NOW TIME TO RENEW YOUR MEMORIALS FOR 2014.** If you are interested in memorials please contact the church office by phone (570-874-4532) or by sending a note to the church secretary: Shannon Mozdy, North Parish, P.O. Box 487, Frackville, PA 17931 OR you can give your memorials to your church treasurer: Holy Apostles – Bonnie Baker, St. John's – Elaine Ulceski, Christ Church - Shannon Mozdy, Parish Secretary

The donations for memorials are as follows: Sanctuary Candles - \$5.00, Bulletins - \$10.00 Wine and Wafers - \$10.00, Newsletters - \$10.00



## 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: \_\_\_\_\_

In Honor of: \_\_\_\_\_

Amount Enclosed: \_\_\_\_\_

**PLEASE RETURN BY DECEMBER 1, 2013.**  
All memorials will be published in the January Newsletter.



## CHRISTMAS EVE SERVICES

- 5:30 p.m. – Christ Church, Frackville  
Celebrant – The Rev. Timothy Albright
- 7:30 p.m. – Holy Apostles, St. Clair  
Celebrant – The Rev. Daniel Gunn
- 7:30 p.m. – St. John's, Ashland  
Celebrant – The Rev. James C. Smith

The Vestry and Clergy of North Parish wish each one of you a  
Blessed and Merry Christmas!

### CHRISTMAS CARDS FOR OUR SHUT-INS OF THE PARISH



Please remember the following shut-ins of our Parish this Christmas by sending them a Christmas Card. Please call Shannon, our Parish Secretary at 570-874-4532 for any addresses. If you are a shut-in and are not on our list please call the church office.

Roy Amour  
Verna Bosak  
Theresa Robbins

Thelma Morgan  
Ruby Powanda  
Mary Price

Anna Hesse  
Betty Haverty, Caregiver



### WINTER CLOTHING DRIVE



North Parish is hosting a winter clothing drive now until December 15. We are collecting hats, scarves, gloves and coats for all ages. Your donations will be given to a local charity. Thank you for helping those in need.



# PLEASE PRAY FOR:

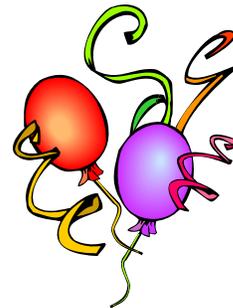
Donna Phillips, Howard Hauk, Michele Esposito, Jessica Rhein, Mabel, Brittany Evans, Rich Wertz, Spencer Dougherty, Kyle M., Alice Sapp, Arlene Davis, Mckenzie Rose, Rafael Ramos, Henry Koller, Shirley Moyer, Kay Collier, Kevin Rhein, Stephen Rasimowicz, Jr., Bob C., John Hauk, Todd Leshar, Eleanor Mihal, Darlene Frye, Pastor James Bowers, Floyd Kimmel, Darryl Corewell, Matthew Miggins, Edith Hoffman, Gary Boose, Bob Jones, Sr., Maria Machos, Pam Sapp, Josh, Mark Rauco, Mary Price, Cheyenne Sheipe, Virginia M. Bushyager, Theresa Price, Jackie Jones-Allison, Theresa Robbins, Suzanne Glick Connor, Charlotte Smith, Thelma Morgan, Jim Spieles, Jr., Judy Demyan, 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 (570-874-4532) 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.

## DECEMBER BIRTHDAYS



- |                       |                       |
|-----------------------|-----------------------|
| 2 – Joshua Jacobs     | 14 - Albert Leibig    |
| 4 – Jennifer Evans    | 15 – Dakotah Hewes    |
| Janis Idell           | 18 – Robert Scheuren  |
| 8 – Randall Snyder    | 20 – Amaya Rae Becker |
| 9 – Edith Hoffman     | Ashley Lynn Charkaway |
| 10 – Brooklyn Hewes   | 21 – Clayton Demcher  |
| 11 – Anna Menuchak    | 23 – Jane Shaqfeh     |
| 12 – Holly Noble      | 26 – John Price, Jr.  |
| Sue O'Neill           | Stephen Ulceski       |
| Michael Leshar        | 27 – Mary Alice Reese |
| Alicia Rathosky       | 30 – Ethel George     |
| 14 – Justin T. Hughes |                       |

# OCTOBER 2013 FINANCIAL REPORT

## North Parish Receipts

### General Account

Oct-13	\$ 4,750.32
Year to Date Gen. Rec.	\$ 55,953.43
Transfer in from M&I	\$ -
Transfer in from M&I Year to Date	\$ 5,000.00

### M&I Account

Oct-13	\$ 57.58
Year to date	\$ 13,896.18

### Memorial Account

Oct-13	\$ 1.11
Year to date	\$ 11.85

### Balances

General Account	\$ 5,541.16
M&I Account	\$ 20,727.97
Total Funds available	\$ 26,269.13

Memorial Account \$ 14,373.77

Temp. Restricted Fund

## North Parish Disbursements

### General Account

Oct-13	\$ 4,865.69
Year to Date Exp.	\$ 65,716.12

### M&I Account

Oct-13	\$ -
Year to date	\$ 5,078.08

### Memorial Account

Oct-13	\$ -
Year to date	\$ -



**2014 Church Offering Envelopes:** Our church treasurers will soon be distributing the 2014 envelopes. This is the most effective way to keep track of your offerings. If you are currently not using envelopes please call the church office at 570-874-4532 or if you are a member currently attending Christ Church, please call the office to let us know if we should include your envelopes with St. John's, Ashland or Holy Apostles, St. Clair. Thank you!



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) 874-4532

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

Church Office Email Address: [nparish@ptd.net](mailto:nparish@ptd.net)

Church Office Hours: Wednesdays & Thursdays: 1:00-5:15pm; Fridays: 1:00-4:30pm

Website: [www.northparish.com](http://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>



## FOOD BANK MINISTRY

During the month of December we will be collecting canned yams, cranberry sauce, and Bisquick for the local food banks. Thank you to everyone who donated stove top stuffing in November. If you are in need of food assistance, please call the church office at 570-874-4532 and we will direct you to a local food pantry.



## 2014 EPISCOPAL CALENDAR

The 2014 church calendars have arrived. Please call the church office at (570) 874-4532 to order your calendar. Calendar donations are \$3.00 each.

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## NEWSLETTER DEADLINE

All articles for the January Newsletter should be submitted to our Parish Secretary, Shannon no later than December 4<sup>th</sup>. Volunteers are needed on Wednesday, December 18<sup>th</sup> at 1:30 p.m. at Christ Church, Frackville to help fold the newsletter.

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2014 PLEDGE FORMS – Please return your forms to you church treasurer at this time. Thank you for your continued financial support to North Parish!

Dear Parishioners of North Parish,

As I assume the office of Senior Warden I would like to ask for your support and prayers as I learn the duties of this new position. Be assured I will do my best for North Parish.



Thank you to everyone who brought food items to make a very delicious meal for all at our annual meeting.

God Bless!  
*Barry Idell*  
Senior Warden



## THANK YOU NOTES

Thank you to everyone who attended the Haunted House at Holy Apostles in October. Thank you for your monetary donations and donations of personal care items and non-perishables for our soldiers of Operation We Care.

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Dear Vestry Members and Parishioners of North Parish.

Thank you so much for the gift card, lovely flowers and delicious cake. I also appreciate all the kind words.

Thank you for your support. It has been an honor being your Senior Warden.

God's Blessings,  
Mary Umlauf

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To the Vestry and Parishioners of North Parish,

My heartfelt thanks for the kind remembrance given to me for serving on the Vestry and as the clerk for 40 years.

I was so proud when Fr. Jim Robinson nominated me in 1970 to serve on Christ Church's vestry. I always tried to make the best decisions for Christ Church and North Parish. God's blessings.

Sincerely,  
*Charlotte M. Smith*

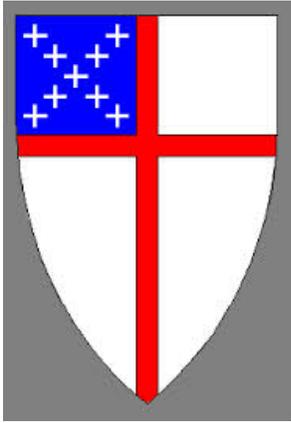
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*Dear Members of North Parish,*

*This acknowledges with thanks your recent gift of \$50.00 for Bishop Jack Croneberger's retirement gift and your gift of \$50.00 for Bishop Paul Marshall's retirement gift.*

*Thank you again for your contributions.*

*Sincerely,  
R. Bruce Reiner, Controller – The Episcopal Diocese of Bethlehem*



Dear Parishioners of North Parish,

On August 18, 2013, the North Parish Vestry made a very difficult and painful decision. After reviewing financial information from the 2&3 year Committee they accepted the committee's recommendation to suspend Sunday Eucharistic services at Christ Episcopal Church of Frackville effective December 30, 2013. Prayer services will be conducted in the future. Please check service schedules in the newsletters for dates and times when prayer services will be held.

The Parish of Christ Church is one hundred and thirty-eight years old. Present and former parishioners have many cherished memories of beautiful services and inspiring sermons that have taken place in this holy sanctuary. To honor these memories and to recognize those who have worked tirelessly for Christ Church there will be a special combined service on December 29th at 11:00 A.M. followed by a fellowship hour. Cake, coffee and juice will be served. Please call the church office at (570) 874-4532 or e-mail: [nparish@ptd.net](mailto:nparish@ptd.net) with your name and how many will be attending no later than December 13<sup>th</sup>.

I invite all parishioners of North Parish to attend this service and fill this beautiful church with prayer and song.

Blessings,  
*Mary Umlauf*  
Outgoing Senior Warden



The Tuesday after Pentecost XXIV, MMXIII  
November 5

Dear Sisters and Brothers in Christ,

We are continuing our season of change by saying "Godspeed" to Bishop Paul Marshall. Bishop Paul will enter retirement on January 1, 2014, and we are grateful to him for his leadership and pastoral care to the Diocese.

On the Third Sunday of Advent, December 15, 2013, we give thanks to God for his Episcopacy at a Festal Eucharist to be held at St. Stephen's Pro-Cathedral in Wilkes-Barre at 3 pm and at a reception following it.

We are inviting members of the Diocese to attend both of these events. I would be grateful if the clergy in each parish would send to me an approximate number of those in your parish who plan to attend.

The Diocesan Community will present the Bishop and Diana with a gift in appreciation for their ministry among us. We know that many of you will want to share generously in these gifts.

Please send your gifts to me at Diocesan House, 333 Wyandotte Street, Bethlehem, PA 18015. Checks should be made payable to the Diocese of Bethlehem and marked accordingly. You may also contribute on-line at [diobeth.org](http://diobeth.org). (Click on "Make a Gift" at the bottom of the page.)

I look forward to your presence on December 15 and thank you in advance for your generosity and for your gifts. We give thanks to God for the many blessings we have received through their ministrations.

Please hold both Bishop Paul and Diana in your prayers as they begin a new life, and also pray for the Diocese of Bethlehem as we celebrate their ministry amongst us.

All high greetings and every good wish from

Your faithful,

Howard Stringfellow III

Archdeacon

***(Any member from North Parish who is interested in attending please call the church office at 570-874-4532 by December 4<sup>th</sup>. Please note: North Parish sent Bishop Paul and Bishop Jack \$50.00 each as a gift from the church).***

## **NEWS FROM THE MARION C. PRICE TRUST FUND**

**Medicare** - The new health law doesn't affect Medicare recipients, but look for cost-cutting trends to continue for Medicare Advantage & Part D Drug Plans. The October 1-March 31 open enrollment period applies only to people buying health insurance on the exchange, all of whom are under age 65.

The open enrollment period for Medicare Part D and all-in-one Medicare Advantage plans (which provide medical and drug coverage thru a private insurer) is still October 15 – December 7, 2013, for plans that take effect on January 1, 2014.

The new subsidies don't apply to people on Medicare either. You can get a subsidy only if you are younger than 65 and buy a policy on the exchanges.

You will see only minor changes in Medicare Part D and Medicare Advantage plans in 2014. The “doughnut hole” - the coverage gap in which you must pay out-of-pocket for your drugs – continues to shrink. In 2013 and 2014, you get a 52.5% discount on brand name drugs in the doughnut hole.

Premiums for Part D plans are expected to remain similar to 2013 with the average premium rising slightly from \$30-\$31 per month according to Centers for Medicare & Medicaid. You can expect copayments to increase, smaller networks, extra discounts for preferred pharmacies and changes in drug tiers that can boost out-of-pocket costs.

**Operation We Care**- Thank you to all for your continued support. Special thanks to Holy Apostles for their “Scary” support. All proceeds from their Haunted House were donated to Operation We Care.

**Depression** – Everyone feels blue now and then. It's part of life. But, if you no longer enjoy activities that you usually like, you may have a more serious problem. Feeling depressed without letup can change the way you think and the way you experience emotions. Doctors call this clinical depression.

Being “down in the dumps” over a period of time is not a normal part of getting older. But, it is a common problem and medical help may be needed. For most people, depression gets better with treatment. Counseling (talk therapy), medicine or other treatments can ease the pain of depression. You do not need to suffer.

Sometimes older people that are depressed appear to feel tired, have trouble sleeping or seem grumpy and irritable. Confusion or attention problems caused by depression can sometimes look like Alzheimer's disease or other brain disorders. Mood changes and signs of depression can be caused by medicines older people take for arthritis, high blood pressure or heart disease. **Do not stop taking these medications without talking to your doctor first.**

There is no one cause of depression, for some it is an event that can bring it on, for some it is changes in the brain, sometimes it is the stress you are under, some faced with life changing health problems, and genetics plays a role in depression.

After a period of feeling sad, older people usually adjust and regain their emotional balance. But if you are suffering from clinical depression and don't get help, your depression may last for weeks, months or even years. If you have several of the following signs of depression and they last for more than 2 weeks, see a doctor.

- An empty feeling, ongoing sadness and anxiety
- Tiredness, lack of energy
- Loss of interest or pleasure in everyday activities
- Sleep problems, including trouble getting to sleep, very early morning waking and sleeping too much
- Eating more or less than usual
- Crying too often or too much
- Aches and pains that don't go away when treated
- A hard time focusing, remembering or making decisions
- Feeling guilty, helpless, worthless or hopeless
- Being irritable
- Thoughts of death or suicide

Sometimes depression can hide behind a smiling face Don't ignore the warning signs. The first step is to accept that you or your family member needs help. You may not be comfortable with the subject of mental illness. Or, you might feel that asking for help is a sign of weakness. You might be like many older people, their relatives or friends who believe that a depressed person can quickly "snap out of it" or that some people are too old to be helped. They are wrong.

A health care provider can help you. Start with your family doctor, your depression may be caused by an undiagnosed health problem. Different therapies work for different people; options are medications, counseling or group therapy.

***Helping Yourself Age Well*** – Physical activity, exercise, and making healthy food choices are the cornerstones to staying healthy as well as engaging in social and productive activities you enjoy.

Another way to stay healthy is to volunteer. There are many local organizations looking for volunteers. Call Kathy Burda at 570-621-3220 for more information.

***Senior Adventures*** – We will be holding our second annual Christmas luncheon at Trinity on Wednesday, December 11, 2013 immediately after the noon Healing Service. It will be a covered dish, all are invited. Please call Kathy Burda for more information at 570-621-3220.

I wish you and yours a very Happy, Healthy Holiday season.

*Kathy Burda*



# NORTH PARISH EPISCOPAL CHURCH SERVICES

## December 2013

December 1	Holy Eucharist	9:00 a.m.	St. John's	The Rev. Timothy Albright
	Holy Eucharist	11:00 a.m.	Christ Church	The Rev. Timothy Albright
	Morning Prayer	11:00 a.m.	Holy Apostles	Jane Shaqfeh
December 8	Morning Prayer	9:00 a.m.	St. John's	Robert Tiley
	Morning Prayer	11:00 a.m.	Christ Church	Donald Clamser, Sr.
	Holy Eucharist	11:00 a.m.	Holy Apostles	The Rev. Timothy Albright
December 15	Holy Eucharist	9:00 a.m.	St. John's	The Rev. Timothy Albright
	Holy Eucharist	11:00 a.m.	Christ Church	The Rev. Timothy Albright
	Morning Prayer	11:00 a.m.	Holy Apostles	Barry Idell
December 22	Morning Prayer	9:00 a.m.	St. John's	Donald Clamser, Sr.
	Morning Prayer	11:00 a.m.	Christ Church	Robert Tiley
	Holy Eucharist	11:00 a.m.	Holy Apostles	The Rev. Joseph DeAcetis
December 24	Holy Eucharist	5:30 p.m.	Christ Church	The Rev. Timothy Albright
	Holy Eucharist	7:30 p.m.	Holy Apostles	The Rev. Daniel Gunn
	Holy Eucharist	7:30 p.m.	St. John's	The Rev. James C. Smith
December 29	Holy Eucharist	11:00 a.m.	Christ Church	The Rev. Timothy Albright
		Combined Service of North Parish		The Rev. James C. Smith

	Notes:	Color:
December 1	The First Sunday of Advent	Purple
December 8	The Second Sunday of Advent	Purple
December 15	The Third Sunday of Advent	Purple
December 22	The Fourth Sunday of Advent	Purple
December 24	The Nativity of Our Lord Jesus Christ	White
December 29	The First Sunday after Christmas Day	White
	Final Sunday Eucharistic Service at Christ Church	