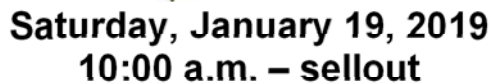


**THRU THE HANDS OF GOD -
ONE HAND HELPING ANOTHER
(NORTH PARISH'S MISSION STATEMENT)**



\$6.00/quart - \$3.00/pint
Take out only!

**Parishioners are asked to make their favorite soup.
Please see a vestry member if you can help.**

PANCAKE & SAUSAGE SUPPER

Free Will Offering Accepted.

Donations of Desserts are needed. #





JANUARY MEMORIALS



WINE & WAFERS: In memory of Helen A. Weber, Florence & Charles W. Weber
by Wayne Weber.

BULLETINS: In memory of Rose Mary & Charles A Weber by Wayne Weber.

SANCTUARY CANDLES: In memory of Cole Joshua Lauver by the Hynoski Family.
In memory of Dale & Harry Weber by Wayne Weber.

FEBRUARY MEMORIALS

BULLETINS: In memory of Josephine Eagan by the Umlauf Family.

SANCTUARY CANDLES: In memory of Gladys Lally by the Umlauf Family.
In memory of Emily Morris by the Hynoski Family.

IT IS NOW TIME TO RENEW YOUR MEMORIALS FOR 2019. 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



All articles for the MARCH/APRIL NEWSLETTER should be submitted to our Parish Secretary, Shannon no later than Wednesday, February 6th. Volunteers are needed on Thursday, February 21st at 1:30 p.m. at Holy Apostles, St. Clair to help fold the newsletter.



VESTRY MEETING

Saturday, February 16, 2019

10:00 a.m.

Holy Apostles, St. Clair



PLEASE PRAY FOR:

Joseph Bass
Doris Behney
Richard Berger
Danielle Brophy
Nathan Conrath
Alma Davis
Robert Davis
Anne Dorrance
Denise Fegley
Kay Fertig
Julia Foerster
Richard Griffin
Sylvia Guldin

Tatiana Heffner
David Hewes Sr.
Rita Hinchey
Jean Hoffman
Anna Hutchko
Janis Idell
Dolores K.
McKenzie Kline
Helen Kowalchick
Nick Lane
Angie Lewis
Diane Lippincott
Marilee McDonough
Mia Michalik

Dakota Miller
John Mitchell
Raymond Moyer
Shirley Moyer
Janice Norwich
Alicia Polites
Charlotte Smith
James Spieles, Jr.
David Strunk
Shirley Woodring
Judith Wright
Peg Wylam
Margaret Yasenchak

PLEASE PRAY FOR ALL THOSE SERVING THE MILITARY HERE AND ABROAD

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.



2019 EPISCOPAL CALENDARS

The 2019 church calendars have arrived
Please call the church office at (570) 429-7107
if you would like to purchase one.
Calendar donations are \$3.00 each.

K D S S \ # E I U W K G D \ #



JANUARY BIRTHDAYS



- | | | |
|---|---|---|
| 3 - Jude Salata
Peg Wylam | 12 - Warren Lane
Kelsey Shanoskie
Marina Shanoskie
Donald Clamser, Sr. | 21 - Steven Leshar
Elaine Ulceski |
| 4 - Karl Schu
Jessica Hynoski | | 22 - Robert J. Higgins
Lexie Scanlan |
| 7 - William Noble | 13 - Cade Bleashka
Marsha Dudash | 23 - Betty Chappell
Meghan McGlone |
| 9 - Bruce Goodman | 15 - Cora Lynn Ortiz | 25 - Logan Lombel |
| 11 - Heike Elizabeth Goodman
Shelley Price
Boyd Shaqfeh | 17 - John Dresch
Harley Hynoski | 29 - Kenneth Brennan Jr. |
| 11- Ava Correll | 19 - Tracie Miller | |



FEBRUARY BIRTHDAYS



- | | | |
|----------------------|--------------------------------------|--|
| 2 - Connor Demcher | 15 - Matthew R. Price | 25 - Holden Andrewcavage |
| 8 - James Willard | 18 - Kevin Jacobs | 26 - Nancy Lymaster
Margaret Scheuren |
| 12 - Hailey Foerster | 21 - Bonnie Baker
Rebecca Higgins | 27 - Robin Leibig |
| 14 - Angela Neary | | |

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

2019 PLEDGE REPORT



We have an operating budget of \$74,236.00 for 2019.

2019 received 16 pledge cards totaling \$16,380.00

2018 received 16 pledge cards totaling \$19,064.00

Decrease of - \$2,684.00

If you did not return a 2019 Pledge card, please do so today.

Please call the church office if you need a pledge card.

Thank you for your continued financial support to North Parish.

THANK YOU to everyone who supported the Rada Cutlery Sale. We had a profit of \$919.10.

NEWS FROM THE MARION C. PRICE TRUST FUND



February is National Heart Month. Heart disease is the leading cause of death in the United States, according to the CDC (Centers for Disease Control & Prevention). About 610,000 people die from this condition each year.

Heart disease encompasses a wide range of cardiovascular problems. Several diseases and conditions fall under the umbrella of heart disease:

- Arrhythmia – a heart rhythm abnormality. The symptoms you experience may depend on the type of arrhythmia you have – heartbeats that are too fast or slow. Symptoms include: lightheadedness; fluttering heart or racing heartbeat; slow pulse; fainting spells; dizziness or chest pain.
- Atherosclerosis – hardening of arteries reducing blood supply. In addition to chest pain and shortness of breath, symptoms may also include: coldness and numbness especially in the limbs & unusual or unexplained pain and weakness in your legs and arms.
- Cardiomyopathy – the heart muscles harden and grow weak. Symptoms include: fatigue; bloating; swollen legs, especially ankles and feet; shortness of breath & pounding or rapid pulse.
- Coronary Artery Disease (CAD) - the buildup of plaque in the heart's arteries that move oxygen-rich blood through the heart and lungs. Symptoms include: chest pain or discomfort; a feeling of pressure or squeezing in the chest; shortness of breath; nausea & feelings of indigestion or gas.

There are risk factors of heart disease that you cannot control such as: family history; ethnicity; sex & age. But it is still important to lower your chance of developing heart disease by decreasing the risk factors that you can control.

The risk factors that you can control are: high blood pressure; high cholesterol; smoking; obesity & physical inactivity.

People with diabetes may also be at higher risk for heart disease because high blood glucose levels increase the risk of: angina, heart attack, stroke & CAD. If you have diabetes it is essential to control your glucose to limit your risk from developing heart disease. The American Heart Association reports that people who have both high blood pressure and diabetes double their risk for cardiovascular disease.

While heart disease can be deadly, it's also preventable in most people. By adopting healthy lifestyle habits early, you can potentially live longer with a healthier heart.

Healthy lifestyle choices can help you treat the condition and prevent it from getting worse.

Such as:

- ❖ A low-sodium, low-fat diet that's rich in fruits and vegetables

- Instead of thinking about resolutions this New Year, let's think about changing habits. Changing your habits on purpose is one of the most rewarding and enlightening things you can do for yourself. If you program behaviors as new habits you can take out the entire struggle.

If you want to change a habit and make an everlasting change the first thing to do is have a firm belief in yourself, what you can achieve and the success of your desires. Write down all the things you'll no longer accept or tolerate and all the things you want to become and achieve.

- Set up a timeline and be specific
- Commit to thirty to sixty days
- Discipline and consistency are critical if you want to make the habit stick
- Don't try to completely change your life in one day, start simple
- If you are ending a behavior find something specific to do in its place
- Remove temptation; restructure your environment so you won't be tempted
- Keeping a journal is a good way to keep track of your progress
- If you get off track, get right back on, forgive yourself and move forward

Though no one can go back and make a brand-new start, anyone can start from now and make it a brand-new ending – Carl Bard

[illegible]

THANK YOU to everyone who once again made our Thanksgiving Dinner a success. We had enough donations to cover the cost of the dinner plus \$342.50 which was donated to help a person who is battling cancer.

We served 217 dinners which included 141 deliveries 34 eat in dinners and 42 take out dinners. Again thank you for your generosity!!!!!!

OCTOBER 2018 FINANCIAL REPORT

North Parish Receipts

General Account

	Oct.	\$ 2,633.00
Transfer in from DIT-Gen. Fund, Current		\$ -
Transfer in from DIT-Gen Fund YTD		\$ 60,000.00
Year to Date Gen. Receipts		\$102,734.47

Transfer in from M&I (Current Expenses)		\$ -
Transfer M&I Year to Date		\$ 8,000.00
Transfer from M&I-DIT-YTD		\$30,000.00

M&I Account	Oct.	\$ 58.67
Transfer in from DIT-M&I-current		\$ -
Year to Date		\$ 34,716.24

Memorial Account

	Oct.	\$ 1.00
Year to date		\$ 893.39

Balances

General Account	\$ 35,592.26
M&I Account	\$ 43,304.15
Memorial Fund –temp. rest. fund	\$ 11,771.25

North Parish Disbursements

General Account

	Oct.	\$ 4,227.18
Year to Date Expenses		\$113,911.56

M&I Account

	Oct.	\$ -
Year to date		\$ 38,000.00

Memorial Account

	Oct.	\$ -
Year to date		\$ 4.00



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

Website: www.northparish.com



NORTH PARISH EPISCOPAL CHURCH SERVICES

JANUARY 2019

January 6	Morning Prayer Morning Prayer	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	Robert Tiley Donald Clamser, Sr.
January 13	Holy Eucharist Holy Eucharist	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	The Rev. Dolores Smith The Rev. Dolores Smith
January 20	Morning Prayer Morning Prayer	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	Donald Clamser, Sr. Robert Tiley
January 27	Holy Eucharist Holy Eucharist	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	The Rev. Kurt Kovalovich The Rev. Kurt Kovalovich

FEBRUARY 2019



February 3	Morning Prayer Morning Prayer	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	Robert Tiley Donald Clamser, Sr.
February 10	Morning Prayer Morning Prayer	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	Donald Clamser, Sr. Robert Tiley
February 17	Holy Eucharist Holy Eucharist	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	The Rev. Dolores Smith The Rev. Dolores Smith
February 24	Holy Eucharist Holy Eucharist	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	The Rev. Kurt Kovalovich The Rev. Kurt Kovalovich

Notes:

Color:

January 6	The Epiphany of Our Lord Jesus Christ	White
January 13	The First Sunday after the Epiphany	White
	The Baptism of Our Lord Jesus Christ	
January 20	The Second Sunday after the Epiphany	Green
January 27	The Third Sunday after the Epiphany	Green
February 3	The Fourth Sunday after the Epiphany	Green
February 10	The Fifth Sunday after the Epiphany	Green
February 17	The Sixth Sunday after the Epiphany	Green
February 24	The Seventh Sunday after the Epiphany	Green

2018 CHRISTMAS FLOWERS WERE GIVEN IN LOVING MEMORY OF:

St. John's

Amour Families
 George & Naomi Amour
 Roy Amour
 Deborah Morgan Bellew
 Margaret Briel
 Leona & Walter Briel
 Isabelle Eagan Coddington
 John & Isabelle Coddington
 Harvey & Jeanette Dillman
 James Eagan
 David Gerlott
 Ronald Glass (2)
 Earl & Beverly Hess
 Hess Families
 Edith Hoffman
 Jimmy Hood
 Bob Jones (2)
 Ethel & Bert Kehler
 Gladys Lally
 Ethel & Mike Lane
 Cole Joshua Lauver
 Marlin "Sparky" Miller
 Dorothy Tiley Miller
 William Miller, Jr.
 William H. & Thelma J. Morgan
 Emily & Louis Morris (2)
 William Morris (2)
 Bill Neary
 Betty Noble (2)
 Mary Anne Clamser Orr
 Amy Debra Palovcsik
 Scheuren Families
 Dorothy K. Smith
 James V. Spieles, Sr.
 John Stivetts, Jr.
 Margaret & John Stivetts
 Mary Stokes
 Harold & Deborah Strunk
 Hattie & Alfred Strunk
 Timothy Strunk
 Martha & Robert "Red" Tiley
 Mark & Annette Trautman
 Edward & Rosemary Ulceski
 Raymond & Alice Umlauf (2)
 Anna & John Umlauf
 Donna Lee Tiley Wasko



The flowers on the side altar
 are in loving memory of the
 Amour & Hess Families.

Holy Apostles

John Blake
 Virginia M. & Ross M. Bushyager
 Chattin Family
 Robert and Mary Dean
 Deans Family
 Oliver Deibert
 Carol Dresch
 Daniel & Evelyn Eisenhower
 John Foytak
 Charles & Maggie Frantz
 Frank & Ruth Frantz
 Frank Frantz
 Harry Frantz
 Orme & Merle Frantz
 Charlotte & Elmer Geiger
 Clara & Edward Gehring
 Eugene B. Goodman, Sr.
 Charles & Gladys Goodman
 Robert B. Goodman
 Lewis & Myrle Goodman
 Robert Haverty
 Ann Hesse
 Earl & Mary Idell
 Daniel Jenkins Sr.
 Abram & Geneva Jones
 Abram & Mary Jones
 Robert & Lida Kalbach
 George & Dorothy Kimmel
 Anna Mae Krebs
 Clare & Elizabeth Oliver
 David Padfield
 Alice & Albert Padfield
 Charlotte Paisley
 Raymond D. Paisley, Sr.
 Raymond D. Paisley, Jr.
 Margaret Ray Peterman
 Roland & Helen Price
 Bertha E. & Robert J. Price
 Stephen Sr. & Irene Rasimowicz
 Stephen Rasimowicz Jr.
 Evan & Emma Reese
 Samuel Ray & Family
 Benjamin & Edith Ray
 Alfred & Dolly Roberts
 Russell Family
 Mr. & Mrs. William Sanner
 Dale Shanoskie
 Dorothy K. Smith
 Harry G. Smith
 Harry & Catherine Smith
 Sarah Smith
 Charles & Laura Turnitza
 Matt Wylam
 Wylam Family