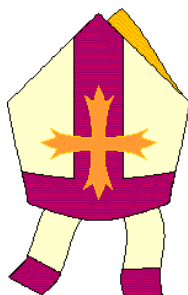


**NORTH PARISH
NEWSLETTER
JANUARY/FEBRUARY 2020**



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



BISHOP'S VISIT HAS BEEN RESCHEDULED TO

January 19, 2020

St. John's, Ashland, PA - 9:00 a.m.

Followed by a Reception

The Most Rev. Canon Kevin Nichols, Bishop of the Episcopal Diocese of Bethlehem will be with us on Sunday, January 19th at St. John's, Ashland. Please mark your calendars now for this special visit and a brunch reception following the service.

PANCAKE & SAUSAGE SUPPER

Holy Apostles' Episcopal Church

307 E. Hancock St., St. Clair, PA

Sunday, February 23, 2020- 6:00 p.m.

Eat-in only

For Reservations call 570-391-9546 or 570-429-7107

Please RSVP by February 16th

Free Will Offering Accepted.

If you can help with the supper please call Don Clamser at 570-391-9546.

Donations of Desserts are needed.



#

Ash Wednesday



*Remember that you are dust,
and to dust you shall return.*

ASH WEDNESDAY SERVICE COMBINED SERVICE OF NORTH PARISH

February 26, 2020

Holy Eucharist with the Imposition of Ashes

Celebrant – Deacon Kurt Kovalovich

5:30 p.m. – Holy Apostles, St. Clair, PA

JANUARY MEMORIALS



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

BULLETINS: In memory of Rose Mary & Charles A Weber by Wayne Weber.
In memory of Roy Amour by Carol Jones.

SANCTUARY CANDLES: In memory of Cole Joshua Lauver by the Hynoski Family.
In memory of Dale & Harry Weber by Wayne Weber.
In memory of Robert J. Price by Bob and Mary Price.



FEBRUARY MEMORIALS

WINE AND WAFERS: In memory of James V. Spieles Sr. by Marilyn Spieles.

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.
In memory of Robert J. Price by Bob and Mary Price.
In memory of James V. Spieles Sr. by Marilyn Spieles.

IT IS NOW TIME TO RENEW YOUR MEMORIALS FOR 2020. 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 Thursday February 6th. Volunteers are needed on

Monday, February 24th at 1:30 p.m. at Holy Apostles, St. Clair to help fold the newsletter.



PLEASE PRAY FOR:

Joseph Bass
Doris Behney
Anne Dorrance
Silas John Eckrode
Lois Hewes
Rita Hinchey
Anna Hutchko
Donald Jones
Dolores K.
McKenzie Kline

Nick Lane
Rita Laspina
Jim Lecher
Kristin Lecher
Russell Leshner
Rosalie McNally
Tracey Miller
Bernie Moran
Raymond Moyer
Shirley Moyer

Anthony Palizzotto
Mary Price
Alfred Roberts
Charlotte Smith
James Spieles, Jr.
Jayson Stellar
Kathleen Swiss
Eddie Ulceski
Judith Wright

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.

VESTRY MEETING
Saturday, February 15th
10:00 a.m.
Holy Apostles, St. Clair, PA



NEW OFFICE HOURS BEGINNING THE WEEK OF JANUARY 5th:
Mondays: 1:30 p.m. – 4:30 p.m. & Wednesdays and Thursdays: 1:30 p.m. – 5:15 p.m.

Hours may change during Holidays, vacations and special circumstances; changed hours will be announced in the bulletin.



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 | | 25 - Logan Lombel |
| 11 - Heike Elizabeth Goodman Shelley Price Boyd Shaqfeh Ava Correll | 15 - Cora Lynn Ortiz 17 - John Dresch Harley Hynoski 19 - Tracie Miller | 29 - Kenneth Brennan Jr. |



FEBRUARY BIRTHDAYS

- | | | |
|-----------------------|--------------------------|--|
| 2 - Connor Demcher | 17 - Joseph Burns | 26 - Nancy Lymaster Margaret Scheuren |
| 8 - James Willard | 18 - Kevin Jacobs | 27 - Robin Leibig |
| 12 - Hailey Foerster | 21 - Bonnie Baker | |
| 14 - Angela Neary | 21 - Rebecca Higgins | |
| 15 - Matthew R. Price | 25 - Holden Andrewcavage | |

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



2020 EPISCOPAL CALENDARS

The 2020 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.



October Soup Sale Profit: \$646.00

Thank you to those who made or purchased soup!

2020 PLEDGE REPORT

We have an operating budget of \$ \$72,345.00 for 2020.

2019 received 16 pledge cards totaling \$16,380.00

2020 received 13 pledge cards totaling \$14,408.00

Decrease of – 1972.00



If you did not return a 2020 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.

THANKSGIVING DAY REPORT

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 \$773.59 which was donated to help a person with medical expenses.

We served approximately 275 dinners which included 140 deliveries. Again thank you for your generosity!!!!!!

North Parish Receipts

General Account

October \$ 2,853.00

Year to Date Gen. Receipts \$ 37,602.83

Transfer in from M&I \$ -

Transfer M&I Year to Date \$23,000.00

M&I Account

October \$ 64.49

Year to date \$ 5,727.55

Memorial Account

October \$ 1.00

Year to date \$ 29.82

Balances

General Account \$ 4,138.74

M&I Account \$ 29,444.46

Memorial Fund \$ 11,803.04

Temp. Restricted Fund

North Parish Disbursements

General Account

October \$ 5,305.16

Year to Date Exp. \$ 91,654.74

M&I Account

October \$ -

Year to date \$ 23,000.00

Memorial Account

October \$ -

Year to date \$ -



NEWS FROM MARION C. PRICE TRUST FUND

Blood Donation - Saving a life is something almost everyone can do in their lifetime – it doesn't have to be a heroic rescue of someone drowning in a raging river or rushing into a burning building to retrieve a toddler either. It can be something as simple as rolling up your sleeves. One donation can save up to three lives.

Every 2 seconds someone in the United States needs blood. It is essential for surgeries, cancer treatments, chronic illnesses and traumatic injuries. Whether a patient receives whole blood – (the blood that flows through your veins) that can be transfused in its original form or separated into red blood cells that carry oxygen to your body's cells and carry away carbon dioxide to be exhaled from the body, platelets cells that help your blood clot when you get a cut or scrape or plasma, the liquid substance that carries the platelets through the body.

The blood type most often requested is type O. Type O – can be given to patients of all blood types. Because only 7% of people in the United States are type O -, it is always in great demand and often in short supply. Blood and platelets cannot be manufactured, they can only come from volunteer donors.

There are certain foods and drinks that can optimize your body for a blood donation. First and foremost, since you are losing fluid through a blood donation, make sure you stay hydrated before and after the donation. You should also consider bulking up on iron, which your body uses to make hemoglobin that distributes oxygen to various tissues and organs. Consider eating foods such as beef, pork, chicken, fish, eggs, spinach, kale, whole wheat bread, strawberries, watermelon and beans to help increase iron levels and avoid iron deficiency related anemia from giving blood.

Try to avoid alcohol for 24 hours before your donation, as it can cause dehydration. Also watch your intake of fatty foods and "iron blockers" such as coffee, milk, cheese and red wine. Try not to take aspirin for 48 hours beforehand.

American Red Cross Blood Mobiles scheduled for January – February – 2020:

January 2, 2020 – Thursday at Auburn Ambulance Building 1 - 6 PM

January 9, 2020 – Thursday at Good Shepherd Building, Minersville 1 - 6 PM

January 10, 2020 – Friday at Fairlane Village Mall 1 - 6 PM

January 16, 2020 - Thursday at Jerusalem Lutheran Church, Schuylkill Haven 12:30 – 5:30 PM

February 14, 2020 – Friday at Friedensburg Fire Company 12- 5 PM

For more information call 1-800-RED CROSS or 1-800-733-2767.

Heart Disease covers several conditions such as: coronary artery disease (CAD), arrhythmias, cardiomyopathy and heart failure.

Warning signs:

CAD- frequent chest pain called angina.

Arrhythmias-make your heart race, slow down or quiver.

Cardiomyopathy – breathlessness at rest or with exertion, swelling of the legs, ankles and feet, bloating of the abdomen, cough while lying down, fatigue, rapid heartbeats, chest discomfort or pressure, dizziness, lightheadedness and fainting.

Congestive Heart Failure – shortness of breath, fatigue, weakness, swelling in legs, feet and ankles, rapid or irregular heartbeat, persistent cough or wheezing, rapid weight gain for fluid retention, lack of appetite, nausea, difficulty concentrating, sudden, severe shortness of breath or chest pain.

Heart Attack (Myocardial Infarction) – chest pressure or discomfort spreading to back, jaw, throat or arm, nausea, indigestion or heartburn, fast or irregular heartbeats. Women don't always feel chest pain, they are more likely to have heartburn, heart flutter, loss of appetite, cough or feel tired or weak.

If you think you or someone else is having a heart attack, act fast, it is a medical emergency **CALL 911**. Do not attempt to drive them or yourself to the hospital.


Risk factors of heart disease:

- A diet high in greasy, deep fried delights and a life full of financial, work and personal stresses will certainly take its toll on your heart.
- Gum Disease from gum decay can actually pose a threat to your cardiovascular health. Elevated bacteria levels associated with gum disease allows infectious agents to migrate deeper into your system.
- Fish and seafood can be contaminated with high levels of mercury, which is known to boost the levels of cortisol (a stress hormone that is linked to increased risk of heart attack and heart disease) in your bloodstream.
- Canned foods tend to be high in sodium and contain BPA , which has been linked to heart arrhythmias.
- The flu and other upper respiratory infections, including the common cold, trigger an inflammatory response in your immune system, which in turn puts added strain on your heart.
- Air pollution can cause blockage in your arteries that increase your risk of heart attacks and strokes.
- Smoking and increased alcohol intake.
- Elevated blood pressure and cholesterol levels.
- Being over-weight.

What can you do to help avoid heart disease? Exercise at least 30 minutes most days, maintain a healthy weight, eat a balanced diet, limit alcohol intake, keep your blood pressure and cholesterol within normal range, quit smoking, manage your blood sugar levels if you are a diabetic and see your doctor regularly.

Clothesline of Love - will be hanging outside of Trinity in January. We are accepting donations of new or slightly used hats, scarves, socks and gloves to hang outside for those less fortunate.

Lifeline – is a federal government assistance program that provides qualified customers a discount on their monthly phone service. Qualified customers will save approx. \$9.25 per month. To qualify you must have an annual household income of (1 person-\$16,862, 2 people- \$22,829) or be receiving one of the following: Supplemental Nutrition Assistance Program (SNAP), Veteran's or Survivors' Pension Benefit, Medicaid or SSI.



JANUARY 2020

FEBRUARY 2020

[illegible]

| | Notes: | Color: |
|------------|---|--------|
| January 5 | The Second Sunday after Christmas Day | White |
| January 12 | The First Sunday after the Epiphany: | |
| | The Baptism of Our Lord Jesus Christ | White |
| January 19 | The Second Sunday after the Epiphany | Green |
| January 26 | The Third Sunday after the Epiphany | Green |
| February 2 | The Presentation of Our Lord Jesus Christ in the Temple | White |
| February 9 | The Fifth Sunday after the Epiphany | Green |

February 16
February 23
February 26

The Sixth Sunday after the Epiphany
The Last Sunday after the Epiphany
Ash Wednesday

Green
Green or White
Purple

2019 CHRISTMAS FLOWERS ARE GIVEN IN LOVING MEMORY OF:

St. John's

Amour Families
George & Naomi Amour
Roy Amour
Margaret Briel
Leona & Walter Briel
John & Isabelle Coddington
James Eagan
David Gerlott
Ron Glass
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.
Emily & Louis Morris (2)
William Morris (2)
Bill Neary
Betty Noble (2)
Mary Anne Clamser Orr
Scheuren Families
Dorothy K. Smith
Husband James V. Spieles, Sr.
John Stivetts, Jr.
Margaret & John Stivetts
Harold & Deborah Strunk
Hattie & Alfred Strunk
Timothy Strunk
Martha & Robert "Red" Tiley
Parents Mark & Annette Trautman
Edward & Rosemary Ulceski
Raymond & Alice Umlauf (2)
Anna & John Umlauf
Donna Lee Tiley Wasko
Marie Yeager

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



Holy Apostles

Chattin Family
Deceased Members of the Davie Family
Robert and Mary Dean
Russel & Deans Family
Carol Dresch
Frantz Family
Charles & Maggie Frantz
Ruth Frantz
Frank A. Frantz
Harry Frantz
Orme & Merle Frantz
Clara & Edward Gehring
Elmer & Charlotte Geiger
Robert B. Goodman
Lewis & Myrle Goodman
Anne Hesse
Abram & Geneva Jones
Abram & Mary Jones
Anna Mae Krebs
Deceased Members of Lecher Family
Clare & Elizabeth Oliver
Margaret Peterman
Roland & Helen Price
Bertha & Robert Price
Benjamin & Edith Ray
Evan & Emma Reese
Alfred & Dolly Roberts
Chester "Chet" Shanoskie
Dorothy K. Smith
Catherine & Harry Smith
Harry G. Smith
Sarah Smith
Charles & Laura Turnitza

