

**NORTH PARISH
JANUARY/FEBRUARY 2021
NEWSLETTER**



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

Dearly Beloved,

In of all places – Bethlehem, the Christmas City – for me to come before you again and ask you to restrict your Christmas worship traditions – is truly heartbreaking... But, through the greatness of love (Psalm 5:7) we will endure... and dare I say, keep the light of Christ shining brightly in our communities...

When I suspended all indoor gatherings of our parishes effective November 22nd, I stated my intention to reevaluate in mid-December. I said that if the situation improved and if health experts agreed that cases and hospitalizations had dropped, I assured you that we would update the protocols and consider gathering indoors for Christmas.

Sadly, over the past month we have seen infection rates nearly double in most of our counties. For example, in Berks County the rate was 2,562 cases per 100,000 on November 13 and is over 4,400 as of December 14. The rate in Bradford County, in the Northern region, was 2,012 cases per 100,000 and is over 4,000. Governor Wolf has instituted new restrictions as health experts concur that COVID cases will continue to rise.

In recent days, I consulted once again with local health experts, colleagues from other denominations, and Episcopal bishops in the Commonwealth, and have considered input from congregational COVID Task Forces. I shared this information with the Standing Committee and Diocesan Council and it was their unanimous recommendation that I call upon you to continue to suspend all indoor gatherings of our parishes. Please know that I welcome your feedback and will continue to work with our Diocesan leadership to monitor our protocols moving forward.

Know that as difficult as this decision is, my first priority continues to be the health and safety of all our parishioners, their families, friends, and everyone with whom we come in contact with in our communities.

Let us hold on to the hopeful news of a vaccine being available to each of us in the New Year. And, know of my confidence and trust in each and every one of you.

During this daunting time, we must continually turn to God for guidance:

All powerful God,
help us to look forward in hope to the coming of our savior.
May we live as he has taught,
ready to welcome him with burning love and faith.
We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and
the Holy Spirit, one God, for ever and ever. Amen

Know of my Love
Stay Strong!
Bishop Kevin

Please note in person services for North Parish have been suspended until further notice.

We would like to take this opportunity to thank everyone who continues to mail their pledges. This has been a big help since we still have bills to pay. If you have not done so, please consider mailing your envelopes.

St. John's members should mail their donations to Elaine Ulceski.
Please call the church office for Elaine's contact information.

Holy Apostles members should mail their donations to the church office at:
North Parish, P.O. Box 487, Frackville, PA 17931.

The 2021 Offering envelopes are now available. If you attend services at Holy Apostles you can pick up your envelopes during office hours which are Mondays – 1:30 pm – 4:30 pm and Wednesdays and Thursdays 1:30 pm – 5:15 pm. We strongly encourage you to call before stopping by to make sure our Parish Administrator, Shannon is in the office. The office phone number is 570-429-7109. If you attend services at St. John's, please contact Elaine Ulceski for arrangements

Although we are unable to be physically together at this time, we are spiritually together. Fr. Kurt has been providing services on the internet through zoom and many of our parishioners have attended. If you would like to join these services and do not have the information on how to join them, please email the church office at nparish@ptd.net and directions will be emailed to you.

The Vestry of North Parish thanks you for your understanding during these challenging times and would like to wish each one of you a Blessed New Year.





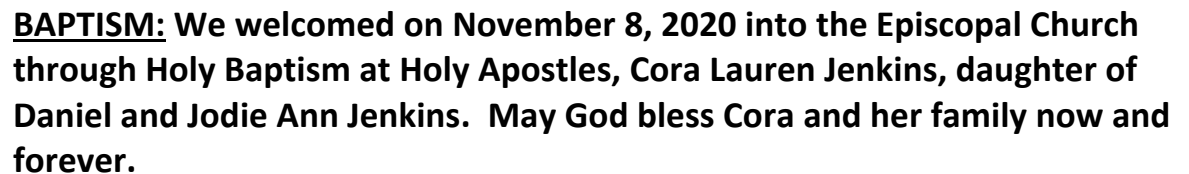
SANCTUARY CANDLES: In memory of Cole Joshua Lauver by the Hynoski Family.



In memory of Emily Morris by the Hynoski Family.

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THANK YOU to everyone who once again made our Thanksgiving Dinner a success. We prepared 500 meals. We had enough donations to cover the cost of the dinner. Again thank you for your generosity!!!!!!



**The 2021 church calendars have arrived
Pease call the church office at (570) 429-7107
if you would like to purchase one.
Calendar donations are \$3.00 each.**

All articles for the MARCH/APRIL NEWSLETTER should be submitted to our Parish Secretary, Shannon no later than Monday, February 8th.



JANUARY BIRTHDAYS

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

FEBRUARY BIRTHDAYS



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

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



PLEASE PRAY FOR:

Bishop Jack	Rita Laspina	Joe Scheuren
Ronald Campos	Kristin Lecher	Charlotte Smith
John Coddington	Carlo Lombardi	Rev. Dolores Smith
Naomi Davis	Bernadette Moran	James Spieles Jr.
Elizabeth Frantz	Tracey Miller	Kathleen Swiss
Phil Frantz	Susan Noble	Easton Ulceski
Taryn Harris	Kimberly Olsen	Eddie Ulceski
Kenny Herring	Raymond Moyer	Elaine Ulceski
Lois Hewes	Shirley Moyer	Mary Umlauf
David Hewes, Sr.	Gertrude Newman	Judith Wright
Tammy Hoffman	Anthony Palizzotto	Mary Zuk
Bonnie Hynoski	Mary Price	
Mckenzie Kline	Jim Reed	
Nick Lane	Sandi Riedel	

OCTOBER 2020 FINANCIAL REPORT

North Parish Receipts

General Account

October	\$ 2,125.00
Year to Date Gen. Receipts	\$ 45,371.12
Transfer in from M&I (current)	\$ -
Transfer M&I Year to Date	\$ 3,000.00

M&I Account

October	\$ 62.33
Year to date	\$ 4,440.70

Memorial Account

October	\$.50
Year to date	\$ 7.42

Balances

General Account	\$ 2,605.04
M&I Account	\$ 31,304.74
Memorial Fund	\$ 11,812.43
Temp. Restricted Fund	

North Parish Disbursements

General Account

October	\$ 3,954.58
Year to Date Exp.	\$ 53,391.96

M&I Account

October	\$ -
Year to date	\$ 3,000.00

Memorial Account

October	\$ -
Year to date	\$ -



NOVEMBER 2020 FINANCIAL REPORT

North Parish Receipts

General Account

November	\$ 4,726.00
Year to Date Gen. Receipts	\$ 50,097.12
Transfer in from M&I (current)	\$ 4,000.00
Transfer M&I Year to Date	\$ 7,000.00

M&I Account

November	\$ 31.18
Year to date	\$ 4,471.88

Memorial Account

November	\$.49
Year to date	\$ 7.91

Balances

General Account	\$ 3,777.24
M&I Account	\$ 27,335.92
Memorial Fund	\$ 11,812.92
Temp. Restricted Fund	

North Parish Disbursements

General Account

November	\$ 7,553.80
Year to Date Exp.	\$ 60,945.76

M&I Account

November	\$ 4,000.00
Year to date	\$ 7,000.00

Memorial Account

November	\$ -
Year to date	\$ -



If you are financially able, we ask that you mail your contributions to the church during the suspension of services. Please make your checks payable to North Parish and mail to the church office: P.O. Box 487, Frackville, PA 17931 or to Elaine Ulceski. Thank you!!

NEWS FROM MARION C. PRICE TRUST FUND

Keeping you and your relationships healthy during the COVID-19 Crisis. With the coronavirus pandemic changing the way we live and creating unprecedented challenges in our day-to-day lives. Are you feeling depressed or bored? If so, you are not alone. Spending day after day in the same place can make anyone a little stir-crazy.

Our usual opportunities for socializing, date nights, romantic breaks away and hobbies enjoyed outside of the house are out of the question at the moment. Social distancing has changed the way we live, but it doesn't have to change our friendships, romantic relationships or skill development.

It is essential to do every possible bit to maintain your physical as well as emotional wellbeing. This, in turn, will help you to have a positive mindset.

One way to boost your mental health is to find ways to keep your mind occupied. Have you ever wanted to learn a new language, play an instrument or learn another new skill? Learning a new skill will improve your mental health and expand your mind.

With everyone's schedule changed it's important to establish and maintain some kind of a routine. Chris Kraft PhD recommends sticking to regular sleep hours, waking up on time, making the bed and getting dressed each day.

Self-care is essential. Intentionally carving out time for yourself is as important as taking some time out away from each other.

Even the most robust couples may be going through a rough patch right now - for various reasons. A considerable number of people are facing unemployment and financial instability as a result of COVID-19, while others are having to work from home alongside their partners.

Remember that everyone experiences stress differently. We're all coping in different ways and no one way is right or wrong, as long as it is respectful of other people's needs and feelings.

Talking with the people you are with about your own stress levels and coping styles can help set expectations and alleviate conflict. Also, try to make time to talk virtually with friends or loved ones who aren't physically with you.

Try to stay on the same team when life gets hectic and stressful. Realizing when the other is going through a hard time and cutting them some slack is fundamental to showing you are there for them, through good times and bad.

Expect that conflict will happen. As long as everyone approaches the conflict with mutual respect, it can be a good opportunity to better understand what the people around you need. Take the time to listen to your partner's point of view. Try to approach conflict with an attitude that you are working with the other person toward a solution, rather than against each other. Be forgiving of your partner and yourself.

Exercising outdoors together can be a powerful way to reduce stress and strengthen positive connections.

Find time to celebrate the people you are with in big and small ways. Whether that means planning a virtual birthday party, asking interested questions about their new hobby or thanking them for doing the dishes, helping each other feel supported and celebrated goes a long way.

Whatever the case is in your life, be assured that this is a temporary phase. So, be kind to each other and yourself and remember this too shall pass.

Telemedicine. One of the challenging aspects of the COVID-19 pandemic is that social distancing and stay-at-home orders have made it more difficult to have a face-to-face meeting with your doctor.

For many physicians and patients, the remedy is increasingly telemedicine: the ability to remotely connect with a health care provider in real time, often over video and sometimes via telephone, email or the on-line patient portal. Telemedicine or telehealth are terms that are often used interchangeably.

Here are some common steps and tips to prepare for such a virtual visit.

- Be sure you are tech-ready. You will need a decent smartphone, tablet or PC along with a reliable connection to the internet, especially for video.
- Check your insurance to be sure telemedicine sessions are covered.
- Make an appointment. The office may have you download an app, and will email or text you a link to click on about 10 minutes before your designated appointment time.
- Have a pad and pencil handy.
- Make a list of your problems and questions to prepare for your virtual visit.
- Have any recent test or lab results available.
- Practice good security. Ask your medical provider about the steps taken to ensure your privacy.
- Be prepared to wait. You may be placed in a digital waiting room before the session with your doctor begins.

Schuylkill County Episcopal Health Advocate (SCEHA) Update. The MPTF Board is still in the process of conducting interviews for the SCEHA position. They are hoping to have someone in place by January 4, 2021.

The SCEHA will be the Administrator of the MPTF. The MPTF remains a source of support and services to the elderly Episcopalians of Schuylkill County. THE SCEHA will be available at 570-621-3220 to assist you.