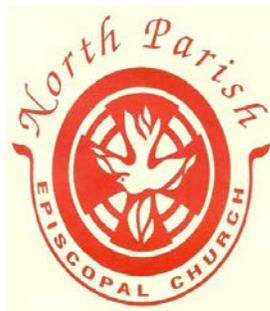


**NORTH PARISH
JUNE 2015
NEWSLETTER**

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



Sharing Thoughts from the Senior Warden

Sunday, May 10th, Bishop Sean Rowe and Canon Anne Kitch visited our North Parish. We so enjoyed sharing worship, food and fellowship with Bishop Sean and Canon Anne! Those present heard an inspirational message from Bishop Sean's sermon.

A delicious luncheon was enjoyed after the Eucharist. We so appreciate the time we had sharing thoughts and stories with Bishop Sean and Canon Anne.

North Parish would like to extend an invitation to Bishop Sean and Canon Anne to please join us in the future!

North Parish is your parish – Be excited! Stay excited! May God bless you and your families!

Barry Idell

Senior Warden

(570) 385-7978; cell: (732) 690-5862





JUNE MEMORIALS



WINE & WAFERS: In loving memory of Alice and Albert Padfield by Barbara and Dean Padfield.
In loving memory of Bob Jones on our anniversary by wife Carol Jones.
In loving memory of Bertha E. Deans Price by Price and Franko families.

BULLETINS: In loving memory of John and Isabelle Coddington by Lee, Mary and Peter Umlauf.

SANCTUARY CANDLES: In loving memory of Irene and Stephen J. Rasimowicz Sr. and Stephen Rasimowicz, Jr., by Janis and Barry Idell.
In loving memory of Harold Strunk by the Ulceski and Strunk families.
In loving memory of Bertha E. Deans Price by Price and Franko families.

NEWSLETTER DEADLINE

All articles for the July Newsletter should be submitted to our Parish Secretary, Shannon no later than June 10th. Volunteers are needed on Wednesday, June 24th at 1:30 p.m. at Holy Apostles, St. Clair to help fold the newsletter.



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

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.

Website: www.northparish.com

Clergy – 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.



PLEASE PRAY FOR:

Deb Andrews, Pat Brophy, Virginia M. Bushyager, Suzanne Glick Connor, Ellie Dando, Spencer Dougherty, Mary Engelbrecht, Kay Fertig, Matthew Foerster, Sherese Gavenport, David Gerlott, Mary Faith Goodman, Mary Catherine Glick, Howard Hauk, John Hauk, Pat Hefner, Florence Hollick, Harley Hynoski, Joanne, Daniel Jenkins Sr., Jackie Jones-Allison, Kay, Lori Kahler, Tamme Kehres, Kristin Lecher, June, Steven & Russell Leshar, Mabel, Walter Machos, Donna McGinley, Tania Miller, William Moore, Thelma Morgan, Mary Moyer, Ray Moyer, Shirley Moyer, Jason Noble, Anthony Novitksy, Stacey Orth, Suzette Pogash, Ruby Powanda, Theresa Price, Rafael Ramos, Linda Regal, Kevin Rhein, Theresa Robbins, Mckenzie Rose, Gerry Salata, Connie Schrader, Kyle & Karl Schu, Martha Semar, Kevin & Judee Serrentino, Brittany Shoffler, Charlotte Smith, Lois Smith, Jim Spieles Jr., Wendy Talstein, Mary Umlauf, Ray Umlauf, Don Watters, Charles J. Wylam, and Marie Yeager

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 priest has designated a spot in the service for birthday and anniversary blessings. If you would like a birthday or anniversary blessing, please let our priest know during the announcements that it is your special day.

JUNE

BIRTHDAYS

- | | |
|--|---|
| 2 – Skye Goodman
June Leshar
Sean O'Neill | 18 – Justin Ulceski
Kyler Bowers |
| 3 – Danielle Meade | 19 – Albert Snyder |
| 7 – Aidan Reppert
Marilyn Spieles | 22 – Jason Noble |
| 11 – Tyler Scheuren | 23 – Spencer Dougherty
Zachery Willard |
| 12 – Jaime Hynoski
Suzette Leibig
Terry McGlone
Theresa Robbins | 24 – Lisa Lindenmuth |
| 17 – Steven Goodman | 25 – Margaret Frantz
Bonnie Lecher
Jeanne Capparell |
| | 29 – Todd Leshar |



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.

Strawberry Festival

Wednesday, June 17, 2015
6:00 p.m. – 8:00 p.m.
Holy Apostles' Church, St. Clair, PA



Come enjoy:
Strawberries and Ice Cream
Baked Good
Beverages



Eat in or take out.

Tickets are \$5.00 – See Lois Hewes
Or call the church office at 570-429-7107

Volunteers are needed to set up, bake treats, to sell tickets and to clean up.

Please use the sign- up sheets available in each church if you can help or speak to Lois Hewes.

If you can help set up, please arrive at the church the day of the festival by 9:00 a.m. Baked goods can be dropped off at that time.

If you can help that evening, please arrive by 4:30 p.m.
Baked goods can be dropped off too.

Also, we need people to stay after the festival to help clean up!

Proceeds will benefit North Parish's General Operating Expenses.



SAVE THE DATE
August 19, 2015 – Peach Festival
St. John's, Ashland

This is a North Parish event and we will need help from all of our members.
Proceeds will benefit our general operating expenses.



2015 GRADUATE

Congratulations to Dakotah Hewes, graduate of North Schuylkill High School. Dakotah will be attending Penn State to study Radiological Studies. She will be honored at the 11:00 a.m. Worship Service on June 7th at Holy Apostles. We wish Dakotah the best in her future endeavors.

Vestry Highlights – April 19, 2015



- Preparation and planning for the Bishop's visit on Sunday, May 10, 2015.
- Strawberry Festival is scheduled for Wednesday, June 17th at Holy Apostles.
- Peach Festival is scheduled for Wednesday, August 19th at St. John's.
- Next Vestry Meeting is May 17, 2015, 1:30 p.m. at Holy Apostles, St. Clair.

THANK
YOU!

Dear Members of North Parish,

A sincere "Thank You" for the generous donation of \$100 to our library from the Episcopal Churches of North Parish.

This donation is greatly appreciated by the staff and Board of Trustees. You can be sure it will be used for much needed books and materials.

We realize that everyone is struggling for funds at this time, so this makes your donation really special. Once again, thank you very much for thinking of our library.

Sincerely,
Ann Helwig, Manager
Ashland Public Library

NEWS FROM MARION C.PRICE TRUST FUND

Tips for protecting your eyes:

1. Know if you are at higher risk for eye diseases. Be aware of your family's health history. Regular eye exams are particularly important, because an early diagnosis can limit any vision loss and help preserve your eyesight.
2. Have regular physical exams to check for diabetes and high blood pressure. If left untreated, these diseases can cause eye problems.
3. Look for warning signs of changes in your vision. If you start noticing changes in your vision, see your eye doctor immediately. Some trouble signs to look for include: double vision, hazy vision and difficulty seeing in lowlight conditions. Other signs to look for are frequent flashes of light, floaters, eye pain and swelling. All of these indicate a potential eye health problem that demands immediate attention.
4. Exercise more frequently. Some studies suggest that regular exercise –such as walking –can reduce the risk of age-related macular degeneration by up to 70%.
5. Protect your eyes from harmful UV light. You should always wear sunglasses with proper UV protection to shield your eyes from the sun's harmful ultraviolet rays. This may help reduce your risk of cataracts and other eye damage.
6. Eat a healthy balanced diet. Fruits and dark green vegetables containing antioxidants can possibly help reduce the risk of cataracts. And a diet rich in omega-3 fatty acids may reduce your risk of developing macular degeneration.
7. Get your eyes checked at least every two years.
8. Don't smoke. People who smoke are at greater risk of developing age-related macular degeneration and cataracts.

Senior Adventures: Thursday, June 11, we will be staying close by at Ruby Tuesday's. We will not be traveling by STS van but still need an accurate count for reservations, so please call and make your reservation with Kathy Burda at 570-621-3220 today.

Lyme Disease: While it is a good idea to take preventive measures against ticks year-round be extra vigilant in warmer months when ticks are most active. Lyme disease is a bacterial illness that is spread by tick bites. Use Natural or purchased tick repellent when hiking or walking in wooded and bushy areas with high grass and leaf litter.

If you find a tick attached to your skin: grasp it as close to the skin's surface as possible with fine tipped tweezers, pull upward with steady even pressure, clean the bite area and your hands with rubbing alcohol. Dispose of the tick by submerging it in alcohol and place it in a sealed bag.

See a Doctor if you develop a fever, rash, severe fatigue, facial paralysis or joint pain within 30 days of being bitten by a tick. Lyme disease is treated by antibiotics but if untreated, you may later experience severe arthritis, problems with your nerves, spinal cord, brain or heart. www.cdc.gov

NORTH PARISH EPISCOPAL CHURCH SERVICES

JUNE 2015

June	Holy Eucharist	9:00 a.m.	St. John's	The Rev. James C. Smith
7	Morning Prayer	11:00 a.m.	Holy Apostles	Barry Idell

June	Holy Eucharist	9:00 a.m.	St. John's	The Rev. James C. Smith
14	Holy Eucharist	11:00 a.m.	Holy Apostles	The Rev. James C. Smith

June	Morning Prayer	9:00 a.m.	St. John's	Donald Clamser, Sr.
21	Holy Eucharist	11:00 a.m.	Holy Apostles	The Rev. James C. Smith

June	Holy Eucharist	9:00 a.m.	St. John's	The Rev. James C. Smith
28	Holy Eucharist	11:00 a.m.	Holy Apostles	The Rev. James C. Smith

	Notes:	Color:
June 7	The Second Sunday after Pentecost	Green
June 14	The Third Sunday after Pentecost	Green
June 21	The Fourth Sunday after Pentecost Father's Day	Green
June 28	The Fifth Sunday after Pentecost	Green