

# **NORTH PARISH NEWSLETTER MARCH & APRIL 2019**

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



## **SERVICES AT NORTH PARISH**

**March 6, 2019**

**Holy Eucharist with the Imposition of Ashes**

**Celebrant – Deacon Kurt Kovalovich**

**7:00 p.m. – St. John's, Ashland**

## **HOLY WEEK AND EASTER SUNDAY SCHEDULE**



### **THE SUNDAY OF THE PASSION/PALM SUNDAY**

**Blessing & Distribution of the Palms**

**April 14, 2019**

**8:45 a.m. – St. John's, Ashland**

**11:15 a.m. – Holy Apostles', St. Clair**

**Celebrant – The Reverend Dolores Smith**

**MAUNDY THURSDAY – April 18, 2019**

**Holy Eucharist with Stripping of the Altar**

**5:00 p.m. – Holy Apostles, St. Clair**

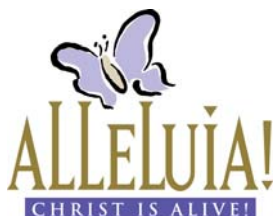
**7:30 p.m. – St. John's, Ashland**

**Celebrant – Deacon Kurt Kovalovich**



**GOOD FRIDAY – April 19, 2019**

**12 noon – Trinity Episcopal Church  
Pottsville, PA**



### **THE SUNDAY OF THE RESURRECTION**

**EASTER SUNDAY – April 21, 2019**

**8:45 a.m. – St. John's, Ashland**

**11:15 a.m. – Holy Apostles', St. Clair**

**Celebrant – The Reverend Dolores Smith**

# PANCAKE & SAUSAGE SUPPER



Holy Apostles' Episcopal Church of North Parish  
307 E. Hancock St., St. Clair, PA

Sunday, March 3, 2019- 6:00 p.m. - Eat-in only.

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

*As soon as possible.*

*Free Will Offering Accepted.*

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

*Donations of Desserts are needed.*

## Homemade Soup Sale



Saturday, April 6, 2019

10:00 a.m. – 2:00 p.m. or sellout

St. John's Episcopal Church  
of North Parish  
13<sup>th</sup> & Market Streets  
Ashland, PA

\$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.

**THANK YOU** to everyone who supported the Soup Sale in  
January. We had a profit of \$415.00



# MARCH MEMORIALS

**WINE & WAFERS:** In memory of Dolly Roberts on her birthday  
by Bob and Kay Ann Kalbach.

**BULLETINS:** In memory of Betty Noble by the Hynoski Family.

**SANCTUARY CANDLES:** In memory of Deborah Strunk by the Strunk and Ulceski Families.

# APRIL MEMORIALS

**BULLETINS:** In memory of Walter and Leona Briel by the Umlauf Family.

**SANCTUARY CANDLES:** In memory of Dave Gerlott by Linda Gerlott.  
In memory of Betty Noble and Cole Joshua Lauver  
by the Hynoski Family.



## 2019 MEMORIALS AVAILABLE:

Bulletins: September

Wine & Wafers – April

Newsletters – May/June; September/October; November/December

If you are interested in memorials please contact the church office by phone (570-429-7107) or send 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:

Bulletins - \$10.00; Wine and Wafers - \$10.00, Newsletters - \$10.00

## 2018 CHRISTMAS FLOWER MEMORIALS

The following names were inadvertently not listed  
with the Christmas Flower Memorials:

*Deceased Members of the Lecher Family*

*Deceased Members of the Davie Family*

*Chet Shanoskie*



We apologize for the error.



**Shirley Moyer**  
**Alicia Polites**  
**Bob Shannon**  
**Charlotte Smith**  
**James Spieles, Jr.**  
**Jayson Stellar**  
**Donald Watters**  
**Shirley Woodring**  
**Judith Wright**

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**MEMBERS ATTENDING ST JOHN'S: Please give your donations to Elaine Ulceski**  
**Checks should be payable to St. John's ECW**



# HAPPY BIRTHDAY

## MARCH BIRTHDAYS

1 – Gage Harkins  
 2 – Michael Capparell  
     David Hewes  
 4 – Lisa Brennan  
 6 – Hayley Snyder  
 7 – Erin Germany  
     Deacon Kurt Kovalovich

9 – Rev. Dolores Smith  
 11 – Mary Faith Goodman  
 15 – Rev. Eric Snyder  
 16 – Robert W. Price  
 17 – Samantha Miller  
 19 – Courtney Evans  
     Lauren Shanoskie

20 – Pamela Dresch Androshick  
 22 – Brandy Scheuren  
 25 – Scott Price  
 26 – Florence Hollick  
     Tracy James



## APRIL BIRTHDAYS

1 – John Brennan  
 2 – Sheryle Martin  
 3 – Michelle Price  
 7 – James Demcher  
 9 – Cheryl McGlone  
 14 – Ross Shanoskie

16 – Ruby Powanda  
     Michael Scanlan  
 17 – Emily Koiniski  
 18 – Liana Evans  
     Zackary Harkins  
 21 – Lois Smith

22 – Denise Brennan  
     Richard Clamser  
 24 – Abigail Snyder  
 27 – Thomas Foerster

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



All articles for the MAY/JUNE NEWSLETTER should be submitted to our Parish Secretary, Shannon no later than Wednesday, April 10<sup>th</sup>. Volunteers are needed on Thursday, April 25<sup>th</sup> at 1:30 p.m. at Holy Apostles, St. Clair to help fold the newsletter.



## VESTRY MEETING

Saturday, April 27, 2019 - 10:00 a.m.  
 St. John's, Ashland, PA

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



There is more than one way to eat healthfully and everyone has their own eating style. Eating healthy doesn't have to be complicated. Make healthier choices that reflect your preferences, culture, traditions and budget. Aim for a variety of foods and beverages from each food group and limit saturated fat, sodium and added sugars.

Create an eating style that can improve your health now and in the future by making small changes over time. Think of each change as a "win" as you build positive habits and find solutions that reflect your healthy eating style. Each meal is a building block in your healthy eating style.

Make half your plate veggies and fruits and the other half whole grains and lean meat, poultry, seafood or beans.

Vegetables and fruits are full of nutrients that support good health. Choose fruits that are fresh, dried, frozen or canned in water or 100% juice. Add fresh red, orange and dark green vegetables such as tomatoes, sweet potatoes and broccoli.

Choose protein foods such as lean beef, pork, chicken, turkey, eggs, nuts, beans or tofu. Twice a week make seafood the protein on your plate.

Aim to make at least half of your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients than refined grains than are found in white bread, white rice or white pasta.

Don't forget the dairy. Complete your meal with a cup of fat-free or low-fat milk. You will get the same amount of calcium and other essential nutrients as whole milk but fewer calories. Don't drink milk? Include low-fat yogurt or cheese in your meal or snack.

Avoid extra fat. Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. Try steamed broccoli with a sprinkling of low-fat parmesan cheese or a squeeze of lemon instead of butter.

Limit saturated fats (typically solid at room temperatures like butter or the fat inside or around meat) to less than 10% of total calories by replacing them with unsaturated fats (typically comes from plant sources such as olives, nuts, seeds or fish). Limit trans-fat (found in doughnuts, cakes, pie crusts, biscuits, frozen pizza, cookies, crackers and microwave popcorn) to as low as possible.

Limit sodium to less than 2,300 mg daily (for adults and children 14 years and older) by reading labels carefully. Choose "reduced sodium" or "no-added-salt" canned vegetables.

Get creative in the kitchen. Whether you are making a sandwich, a stir-fry or a casserole, find ways to make them healthier. Try using less meat and cheese which can be higher in saturated fat and sodium and adding more veggies that add new flavors and textures to your meals.

Avoid sweetened drinks with sugar or high fructose corn syrup like regular soft drinks, some fruit drinks or some energy drinks. Frosted or pre-sweetened breakfast cereals, candies, sweetened yogurt, cookies, cakes and pies have added sugars. Ice cream and frozen yogurt are usually sugary, although you can find some made with non-caloric sweeteners.

Satisfy your sweet tooth in a healthy way. Indulge in a naturally sweet dessert dish – fruit! Enjoy a fresh fruit salad or a parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.

Try new foods. Keep it interesting by picking out new foods you've never tried before, like mango, lentils, quinoa, kale or sardines. Try fun and tasty recipes with friends or find them online.

Take control of your food. Use smaller plates, bowls and glasses to help keep portions under control. Eat at home more often so you know exactly what you are eating. If you eat out, choose options that are lower in calories, saturated fat and sodium.

***Eating right on a budget:*** Getting the most nutrition for your food budget starts with a little extra planning before you shop. There are many ways to save money on the foods that you eat. Here are some budget-friendly tips for eating right:

- Before you head to the grocery store, plan your meals and snacks for the week. Make a list of what you will need.
- Doubling a recipe will save time in the kitchen later on. Extra portions can be used for lunches or meals later in the week or freeze leftovers in individual containers for future use.
- Check the local newspaper, online or at the store for sales and coupons.
- Fresh fruits and vegetables that are in season are usually easier to get and may be a lot less expensive. But, quick frozen produce is usually just as nutritious and available all year.
- Make the most of your food dollars by finding recipes that use the following ingredients: beans, peas, lentils, sweet or white potatoes, eggs, peanut butter, canned salmon, tuna, crabmeat, grains such as oats, brown rice, barley, quinoa and frozen or canned fruits and vegetables.
- Make your own snacks by purchasing large tubs of low-fat yogurt or cottage cheese and dividing them into one-cup containers. For trail mix: combine nuts, dried fruit and whole grain pretzels or cereal; store small portions in airtight containers.
- Convenience foods like frozen dinners, pre-cut vegetables and instant rice or oatmeal will cost you more than if you make them from scratch. Buy a block of cheese and shred yourself instead of packaged shredded cheese.
- Most stores offer generic brands for nearly any product – these are often less expensive.
- If you have favorite products or staples that you use frequently, stock up on them when they are on sale – but remember to rotate items on your shelves.

## NOVEMBER 2018 FINANCIAL REPORT

### North Parish Receipts

#### General Account

	Nov.	\$ 9,127.46
Transfer in from DIT-Gen. Fund, Current		\$ -
Transfer in from DIT-Gen Fund YTD		\$ 60,000.00
Year to Date Gen. Receipts		\$111,861.93

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	Nov.	\$ 52.56
Transfer in from DIT-M&I-current		\$ -
Year to Date		\$ 34,768.80

#### Memorial Account

	Nov.	\$ .97
Year to date		\$ 894.36

#### Balances

General Account	\$ 35,327.16
M&I Account	\$ 43,356.71
Memorial Fund –temp. rest. fund	\$ 11,772.22

### North Parish Disbursements

#### General Account

	Nov.	\$ 9,034.50
Year to Date Expenses		\$122,946.06

#### M&I Account

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

#### Memorial Account

	Nov.	\$ -
Year to date		\$ 4.00



## DECEMBER 2018 FINANCIAL REPORT

### North Parish Receipts

#### General Account

	Dec.	\$ 8,126.96
Transfer in from DIT-Gen. Fund, Current		\$ -
Transfer in from DIT-Gen Fund YTD		\$ 60,000.00
Year to Date Gen. Receipts		\$119,988.89

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	Dec.	\$ 3,360.20
Transfer in from DIT-M&I-current		\$ -
Year to Date		\$ 38,129.00

#### Memorial Account

	Dec.	\$ 1.00
Year to date		\$ 895.36

#### Balances

General Account	\$ 35,206.26
M&I Account	\$ 46,716.91
Memorial Fund –temp. rest. fund	\$ 11,773.22

### North Parish Disbursements

#### General Account

	Dec.	\$ 8,246.86
Year to Date Expenses		\$131,192.92

#### M&I Account

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

#### Memorial Account

	Dec..	\$ -
Year to date		\$ 4.00





# NORTH PARISH EPISCOPAL CHURCH SERVICES

## MARCH 2019

March 3	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
March 6	Holy Eucharist	7:00 p.m. Ash Wednesday	St. John's	The Rev. Dr. Kurt Kovalovich
March 10	Morning Prayer Morning Prayer	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	Susan Noble Bonnie Baker
March 17	Holy Eucharist Holy Eucharist	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	The Rev. Dr. Kurt Kovalovich The Rev. Dr. Kurt Kovalovich
March 24	Morning Prayer Morning Prayer	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	Robert Tiley Bonnie Baker
March 31	Morning Prayer Morning Prayer	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	Susan Noble Bonnie Baker

	Notes:	Color:
March 3	The Last Sunday after the Epiphany	Green
March 6	Ash Wednesday (No service at Holy Apostles)	Purple
March 10	The First Sunday in Lent	Purple
March 17	The Second Sunday in Lent	Purple
March 24	The Third Sunday in Lent	Purple
March 31	The Fourth Sunday in Lent	Purple



# NORTH PARISH EPISCOPAL CHURCH SERVICES

## APRIL 2019

April 7	Holy Eucharist Holy Eucharist	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	The Rev. Dr. Kurt Kovalovich The Rev. Dr. Kurt Kovalovich
April 14	Holy Eucharist Holy Eucharist	8:45 a.m. 11:15 a.m.	St. John's Holy Apostles	The Rev. Dolores Smith The Rev. Dolores Smith
April 18	Holy Eucharist Holy Eucharist	5:00 p.m. 7:30 p.m.	Holy Apostles St. John's	The Rev. Dr. Kurt Kovalovich The Rev. Dr. Kurt Kovalovich
April 21	Holy Eucharist Holy Eucharist	8:45 a.m. 11:15 a.m.	St. John's Holy Apostles	The Rev. Dolores Smith The Rev. Dolores Smith
April 28	Morning Prayer Morning Prayer	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	Robert Tiley Bonnie Baker

	Notes:	Color:
April 7	The Fifth Sunday in Lent	Purple
April 14	The Sunday of the Passion: PALM SUNDAY *Please Note the Time Changes	Red
April 18	Maundy Thursday	White
April 19	Good Friday 12 noon – Service at Trinity Episcopal Church, Pottsville No services at North Parish	
April 21	The Sunday of the Resurrection: EASTER SUNDAY *Please Note the Time Changes	White
April 28	The Second Sunday of Easter	White