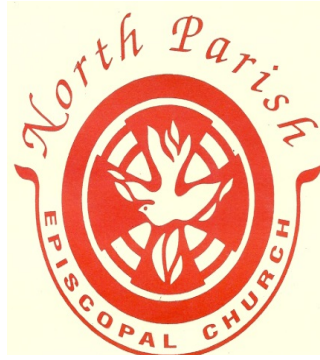


**NORTH PARISH
NEWSLETTER
MARCH/APRIL 2020**



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

HOLY WEEK AND EASTER SUNDAY SCHEDULE



THE SUNDAY OF THE PASSION/PALM SUNDAY

Blessing & Distribution of the Palms

April 5, 2020

8:45 a.m. – St. John's, Ashland

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

Celebrant – The Rev. Dr. Kurt Kovalovich



**MAUNDY
THURSDAY**

THE BISHOP'S VISIT HAS BEEN RESCHEDULED

TO

MAUNDY THURSDAY – April 9, 2020

6:00 p.m.

St. John's, Ashland, PA - Followed by a Reception

The Most Rev. Canon Kevin Nichols, Bishop of the Episcopal Diocese of Bethlehem will join us on Maundy Thursday at St. John's, Ashland. Please mark your calendars now for this special visit and a reception following the service. A sign-up sheet is available at the churches. Please RSVP by March 22nd if you are attending. You can also email the church office at nparish@ptd.net. Please include your name, phone number and number attending.



GOOD FRIDAY – April 10, 2020

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

Including Stations of the Cross



THE SUNDAY OF THE RESURRECTION

EASTER SUNDAY – April 12, 2020

8:45 a.m. – St. John's, Ashland

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

Celebrant – The Reverend Dolores Smith

MARCH MEMORIALS



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

BULLETINS: In memory of Betty Noble by the Hynoski Family.
In memory of Beverly Hess by Carol Jones.

SANCTUARY CANDLES: In memory of Deborah Strunk by the Strunk and Ulceski Families.
In memory of Robert J. Price by Bob and Mary Price.



APRIL MEMORIALS

WINE AND WAFERS: In memory of Marie Yeager by the Umlauf Family.

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

SANCTUARY CANDLES: In memory of Robert J. Price by Bob and Mary Price.
In memory of Betty Noble and Cole Joshua Lauver by the Hynoski Family.

2020 MEMORIALS AVAILABLE:

Bulletins: September, November

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; Newsletters - \$10.00



All articles for the MAY/JUNE NEWSLETTER should be submitted to our Parish Secretary, Shannon no later than Thursday April 9th. Volunteers are needed on Monday, April 27th at 1:30 p.m. at Holy Apostles, St. Clair to help fold the newsletter.



PLEASE PRAY FOR:

Tammy Hoffman
Anna Hutchko
Mckenzie Kline
Dolores K.
Nick Lane
Rita Laspina
Landry Lauver
Kristin Lecher
Carlo Lombardi

Bernadette Moran
Tracey Miller
John Mitchell
Susan Noble
Kimberly Olsen
Anthony Palizzotto
Mary Price
Joe Scheuren
Charlotte Smith

James Spieles Jr.
Marilyn Spieles
Kathleen Swiss
Jon Traugh
Eddie Ulceski
Elaine 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.

VESTRY MEETING
Saturday, April 18th
10:00 a.m.
St. John's, Ashland



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**NORTH PARISH EASTER FLOWER OFFERING FORM**  
**PLEASE RETURN BY April 12<sup>th</sup>**  
(Memorials will be published in the May/June Newsletter)

Name: \_\_\_\_\_

In Loving Memory of:

\_\_\_\_\_

In Loving Memory of:

\_\_\_\_\_

Church: \_\_\_\_\_ Amount: \_\_\_\_\_

**MEMBERS ATTENDING HOLY APOSTLES:** Please give your donations to Lois Hewes  
Checks should be made payable to Good Shepherd's Guild

**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  
Rev. Dr. 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 Koinski  
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.

## Homemade Soup Sale



Saturday, April 25, 2020  
10:00 a.m. – sellout  
Holy Apostles, St. Clair, PA  
307 E. Hancock St.  
St. Clair, PA  
\$7.00/quart - \$3.50/pint  
Take out only!

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



Dear Members of North Parish,

On behalf of the children, families and staff of Child Development I would like to thank you for your donation of \$200.00. We will see that this donation helps to support our Drummer Boy project – which is a community partnership that was started a number of years ago. Many families of the children that attend our centers experience hardships and have limited income, but through the generosity of organizations such as yours, the gifts we purchase with your donation and provide to children in need make their Christmas holiday a little brighter and it is truly appreciated.

In the best interest of children and families

*Mary Ann Devlin, Executive Director*

\*\*\*\*\*

Dear Members of North Parish,

On behalf of the Marion C. Price Trust Fund and myself I would like to thank you for your very generous donation of \$300.00. It is through generosity such as yours that helps keep the MPTF caring for our elderly parishioners as the late Marion C. Price wished. Thank you for your continued support.

Sincerely,

*Kathy Burda, R.N./Parish Nurse - Admin. MPTF*

*These donations are made from North Parish's Outreach Budget. By supporting our fundraisers throughout the year we are able to help those in our community. Thank you for your continued financial support to North Parish.*

\*\*\*\*\*

Dear Brothers and Sisters in Christ,

Thank you for your donation of \$39 which will be used to purchase food items for our food pantry. Your support is greatly appreciated. May God bless you and your family, as you have blessed others.

In His Service,

Bradley S. Harris Envoy in Charge  
The Salvation Army, Pottsville

*This donation was ½ of the money received from the Fall Food Bank offering envelopes. The other half was forwarded to the Ashland Food Bank. Again, thank you for your continued support.*

# NOVEMBER 2019 FINANCIAL REPORT

## North Parish Receipts

|                                |          |              |
|--------------------------------|----------|--------------|
| General Account                |          |              |
|                                | November | \$ 3,234.39  |
| Year to Date Gen. Receipts     |          | \$ 40,837.22 |
| Transfer in from M&I (current) |          | \$ -         |
| Transfer M&I Year to Date      |          | \$23,000.00  |

## M&I Account

|              |          |             |
|--------------|----------|-------------|
|              | November | \$ 93.43    |
| Year to date |          | \$ 5,820.98 |

## Memorial Account

|              |          |          |
|--------------|----------|----------|
|              | November | \$ .97   |
| Year to date |          | \$ 30.79 |

## Balances

|                       |              |
|-----------------------|--------------|
| General Account       | \$ 2,495.05  |
| M&I Account           | \$ 29,537.89 |
| Memorial Fund         | \$ 11,804.01 |
| Temp. Restricted Fund |              |

## North Parish Disbursements

|                   |              |
|-------------------|--------------|
| General Account   |              |
| November          | \$ 4,878.08  |
| Year to Date Exp. | \$ 96,532.82 |

## M&I Account

|              |              |
|--------------|--------------|
| November     | \$ -         |
| Year to date | \$ 23,000.00 |

## Memorial Account

|              |      |
|--------------|------|
| November     | \$ - |
| Year to date | \$ - |



# DECEMBER 2019 FINANCIAL REPORT

## North Parish Receipts

|                                |          |              |
|--------------------------------|----------|--------------|
| General Account                |          |              |
|                                | December | \$ 8,080.22  |
| Year to Date Gen. Receipts     |          | \$ 48,917.44 |
| Transfer in from M&I (current) |          | \$ 6,000.00  |
| Transfer M&I Year to Date      |          | \$29,000.00  |

## M&I Account

|              |          |              |
|--------------|----------|--------------|
|              | December | \$ 6,326.15  |
| Year to date |          | \$ 12,147.13 |

## Memorial Account

|              |          |          |
|--------------|----------|----------|
|              | December | \$ 1.00  |
| Year to date |          | \$ 31.79 |

## Balances

|                       |              |
|-----------------------|--------------|
| General Account       | \$ 7,625.88  |
| M&I Account           | \$ 29,864.04 |
| Memorial Fund         | \$ 11,805.01 |
| Temp. Restricted Fund |              |

## North Parish Disbursements

|                   |              |
|-------------------|--------------|
| General Account   |              |
| December          | \$ 8,949.39  |
| Year to Date Exp. | \$105,482.21 |

## M&I Account

|              |              |
|--------------|--------------|
| December     | \$ 6,000.00  |
| Year to date | \$ 29,000.00 |

## Memorial Account

|              |      |
|--------------|------|
| December     | \$ - |
| Year to date | \$ - |



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

March 20<sup>th</sup> is the International Day of Happiness.

Happiness is defined as a combination of how satisfied you are with your life and how good you feel on a day to day basis. It is a state of well-being that encompasses living a good life, one with a sense of meaning and deep contentment despite the trials and tribulations we encounter in life.

Happiness can improve your physical health: feelings of positivity and fulfillment seem to benefit cardiovascular health, the immune system, inflammation levels and blood pressure among other things. Happiness has been linked to a longer life span as well as a higher quality of life and well-being. There is no one-size-fits-all approach to happiness and contentment, but the key is intention.

Following are some measures you can take to be a happier and more contented you:

**Practice Gratefulness** - Practicing gratitude, in particular, has been shown to be one of the most powerful activities we can engage in. It's a great way to consider what's good about your life, instead of focusing on what's not good or what other people have that you don't. When you consciously practice gratitude, you increase the flow of beneficial neurochemicals in the brain. Convey your gratefulness to others, either verbally or in a letter. When you put toothpaste on your toothbrush, think of one thing that makes you feel grateful or when you wake up in the morning, glance at a photo that makes you feel happy or when you go to bed at night think of one good thing from your day.

**Good Enough Instead of Perfect** - Place the motto "good enough is great" in your mind, easing up on yourself will add to your happiness.

**Do What You Love** - Take time to do the things you love.

**Choose Your Friends Wisely** - Surround yourself with optimistic people who make you feel energized.

**Nurture Strong Relationships** – Relationships are imperative for many different reasons such as increasing our emotional well-being, creating stability, learning how to be a good friend or mate, having someone to count on and trust in times of need and someone to vent to when we face challenges. Friends and mates take away loneliness and make us feel included. Relationships often times are the glue that holds us together during times of stressful situations and when we face life's difficulties. Relationships we form with other people are vital to our mental and emotional survival.

**Spending Your Money** – Happiness over material items quickly fades. While experiences are designed to be fleeting, they provide a high level of arousal and memorability thanks to anticipation. Experiences introduce you to a whole new world while cultivating relationships with those that you are sharing the experience.

**Cultivate Flow** - Find an activity that you enjoy, one that challenges you and increases your skill, you'll find yourself fully engaged in it.

**Enjoy the Funny Side** - Smiling releases endorphins, which combat stress hormones and laughing lowers our heart rate and induces feelings of calm.

**Reframe Obstacles** - Each time an obstacle pops up try to reframe it as a challenge that you can handle. Being a problem solver helps open up parts of your brain. Take life's challenges as lessons, put them in your past and consider yourself stronger for overcoming the negatives in your past.

**Random acts of Kindness** - Practicing acts of kindness gives you a happiness boost and makes the world a better place.

**Cultivate Optimism** – Change your words to make them positive thoughts, consider positive outcomes to situations.

**Forgive Those That Have Hurt You** – Thoughts of resentment, anger and hatred represent slow, debilitating energies that will dis-empower you, releasing them helps you find peace.

**Genuinely Savor Life's Joys** – Truly understand and appreciate every moment and positive thing in your life.

**Practice Mindfulness** - The basic human ability to be fully present, paying attention on purpose, aware of where we are and what we are doing.

**Take Care of Your Body** – Take measures to eat healthy and include exercise in your routine.

**Cultivate Your Inner Resources** – Practice positive self-talk and gain inner strength by connecting with your spiritual source. Through prayer, meditation or simply deep thought you can control yourself in the universe and understand your role in something bigger.

You have the ability to control how you feel and with consistent practice you can form life-long habits for a more satisfying and fulfilling life. It takes regular effort to maintain happiness but is in our personal control.

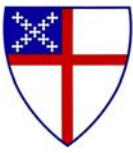
***Future of happiness comes from being not having. I hope you can find your happiness. -----***

**April is Foot Health Awareness Month** - People with diabetes should be especially concerned with the health of their feet. Diabetes can affect the nerves which can cause nerve damage for some people. When this happens, the nerves no longer perceive pain due to numbness and therefore do not alert a person to potential injury.

The following are some measures to take care of your feet if you have diabetes:

- Wash your feet every day with lukewarm water and dry them with care, especially between the toes.
- Trim your toenails as needed after you have washed and dried your feet. If you have circulation problems, decreased feeling in your feet, eye site problems or decreased flexibility see a Podiatrist for routine skin and nail care.
- Wear properly fitting shoes that do not rub or pinch your feet.
- Always wear socks or stockings with your shoes and never walk barefoot or while wearing socks.
- Physical activity can help increase circulation in your feet. Consult your health care team to see which physical activity is right for you.
- Do not put a hot water bottle or heating pad on your feet.
- Keep feet soft and smooth by applying a thin coat of moisturizing lotion or cream on the tops and bottom of your feet.
- Check your feet for sores or other injuries every day. Use a mirror if you have trouble seeing or reaching your feet. You may have an injury but cannot feel the pain.
- Call your doctor if you notice pain or loss of feeling in your feet; changes in the shape of your feet or toes; darkened or discolored areas on your feet and /or sores, cuts or ulcers on your feet that do not heal.





# NORTH PARISH EPISCOPAL CHURCH SERVICES

## MARCH 2020

|          |                                  |                         |                             |                                                              |
|----------|----------------------------------|-------------------------|-----------------------------|--------------------------------------------------------------|
| March 1  | Morning Prayer<br>Morning Prayer | 9:00 a.m.<br>11:00 a.m. | St. John's<br>Holy Apostles | Robert Tiley<br>Donald Clamser, Sr.                          |
| March 8  | Morning Prayer<br>Morning Prayer | 9:00 a.m.<br>11:00 a.m. | St. John's<br>Holy Apostles | Robert Tiley<br>Bonnie Baker                                 |
| March 15 | Holy Eucharist<br>Holy Eucharist | 9:00 a.m.<br>11:00 a.m. | St. John's<br>Holy Apostles | The Rev. Dr. Kurt Kovalovich<br>The Rev. Dr. Kurt Kovalovich |
| March 22 | Holy Eucharist<br>Holy Eucharist | 9:00 a.m.<br>11:00 a.m. | St. John's<br>Holy Apostles | The Rev. Dolores Smith<br>The Rev. Dolores Smith             |
| March 29 | Morning Prayer<br>Morning Prayer | 9:00 a.m.<br>11:00 a.m. | St. John's<br>Holy Apostles | Donald Clamser, Sr.<br>Susan Noble                           |



## APRIL 2020

|          |                                                    |                         |                             |                                                                  |
|----------|----------------------------------------------------|-------------------------|-----------------------------|------------------------------------------------------------------|
| April 5  | Holy Eucharist<br>Holy Eucharist                   | 8:45 a.m.<br>11:15 a.m. | St. John's<br>Holy Apostles | The Rev. Dr. Kurt Kovalovich<br>The Rev. Dr. Kurt Kovalovich     |
| April 9  | Holy Eucharist<br>Combined Service of North Parish | 6:00 p.m.               | St. John's                  | The Rt. Rev. Kevin Nichols<br>Bishop of the Diocese of Bethlehem |
| April 10 | Good Friday                                        | 12 noon                 | Trinity, Pottsville         | No services at North Parish                                      |
| April 12 | Holy Eucharist<br>Holy Eucharist                   | 8:45 a.m.<br>11:15 a.m. | St. John's<br>Holy Apostles | The Rev. Dolores Smith<br>The Rev. Dolores Smith                 |
| April 19 | Morning Prayer<br>Morning Prayer                   | 9:00 a.m.<br>11:00 a.m. | St. John's<br>Holy Apostles | Bonnie Baker<br>Robert Tiley                                     |
| April 26 | Morning Prayer<br>Morning Prayer                   | 9:00 a.m.<br>11:00 a.m. | St. John's<br>Holy Apostles | Susan Noble<br>Donald Clamser, Sr.                               |



|          |                                               |        |
|----------|-----------------------------------------------|--------|
|          | Notes:                                        | Color: |
| March 1  | The First Sunday in Lent                      | Purple |
| March 8  | The Second Sunday in Lent                     | Purple |
| March 15 | The Third Sunday in Lent                      | Purple |
| March 22 | The Fourth Sunday in Lent                     | Purple |
| March 29 | The Fifth Sunday in Lent                      | Purple |
| April 5  | The Sunday of the Passion: Palm Sunday        | Red    |
| April 9  | Maundy Thursday                               | White  |
| April 10 | Good Friday Service at Trinity Pottsville     |        |
| April 12 | The Sunday of the Resurrection: Easter Sunday | White  |
| April 19 | The Second Sunday of Easter                   | White  |
| April 26 | The Third Sunday of Easter                    | White  |



By the Grace of God and with the people consenting  
**The Rev. Dr. Kurt Kriztofer Kovalovich**

will be ordained by the Rt. Rev Kevin D. Nichols to the  
Sacred Order of Priests in Christ's One Holy Catholic  
and Apostolic Church

Saturday, the seventh of March  
two thousand and twenty  
eleven in the morning

**Trinity Episcopal Church**  
200 South Second Street  
Pottsville, Pennsylvania

Clergy: Red stoles

Please read the enclosed card for parking information

## Parking Information

Trinity Episcopal Church is located at the corner of South Center Street and Howard Avenue. The church does not have a parking lot

There will be a shuttle bus from the Old 84 Lumber lot, located directly in front of the Union Station off Route 61. Despite the meters and ParkMobile app, parking in the lot is free. The shuttle will run from the lot to the handicapped-accessible door on the side of Trinity from 9:30 AM until 4 PM. Ushers will be at the door to assist.

If you plan on using navigation, 101 E Union St, Pottsville, PA will get you close to the correct area.

In the image below, the green train icon denotes Union Station, the blue "P" denotes the parking lot, and the red cross denotes Trinity Episcopal Church.

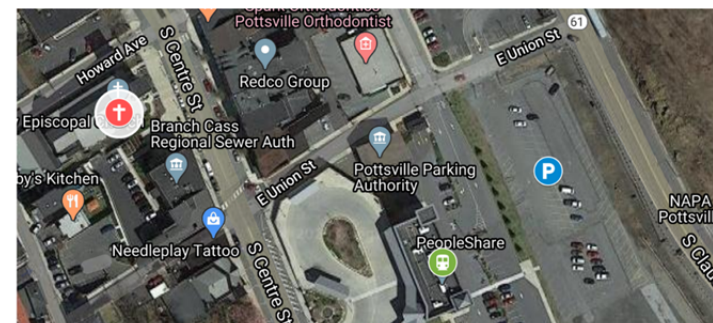


image courtesy of Google Maps