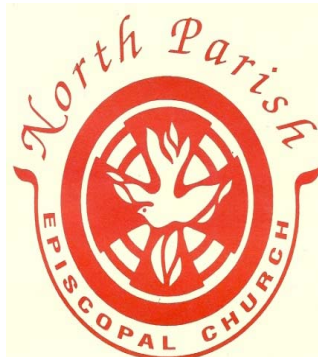


**NORTH PARISH
NEWSLETTER
MAY
JUNE 2019**



**THE HANDS OF GOD
ONE AND THE SAME
(North Parish Mission Statement)**



FOURTH ANNUAL BOB JONES MOTHER'S DAY MEMORIAL BREAKFAST

Sunday, May 12, 2019

Everyone is invited to breakfast immediately following the
9:00 a.m. service at St. John's, Ashland.

The breakfast is hosted and sponsored by the family
of the late Bob Jones, Sr. Everyone is welcome!



GRADUATE RECOGNITION SUNDAY

June 2, 2019



We will honor our high school graduates on Sunday, June 2nd during Sunday services. If you are a high school graduate please notify the church office (570-429-7107 or email: nparish@ptd.net) no later than May 15th.

Please include the following:

Graduate's name _____

High school _____

Future plans _____



**THE STRAWBERRY FESTIVAL IS COMING IN JUNE!
WATCH YOUR BULLETINS FOR MORE INFORMATION
AND A DATE!**



MAY MEMORIALS

WINE AND WAFERS: In memory of Beverly Hess and Madeline Jones by Carol Jones.
In memory of Betty Noble by the Hynoski Family.
In memory of Alice Umlauf by Susan Noble and Family.

BULLETINS: In memory of Naomi Amour, Mary Williams, Minnie Hess and Jennie Jones by Carol Jones.
In memory of Mildred Whyne Waldner by Diane Lippincott.
In memory of Leona Briel, Anna Umlauf and Gladys Lally by Susan Noble and Family.

SANCTUARY CANDLES: In memory of Hannah Strobel, Phoebe Amour, Mary Schuler, Matilda Hess, Eleanor Roberts, and Malinda Zimmerman by Carol Jones.
In memory of Jimmy Hood by the Hynoski Family.

MAY/JUNE NEWSLETTER: In memory of Bertha E. Price by Price/Franko Family.

JUNE MEMORIALS



WINE AND WAFERS: In memory of Bob Jones on our Anniversary by wife Carol Jones.

BULLETINS: In memory of John and Isabelle Coddington by the Umlauf Family.

SANCTUARY CANDLES: In memory of Cole Joshua Lauver by the Hynoski Family.
In memory of Harold Strunk by Strunk and Ulceski Families.

MAY/JUNE NEWSLETTER: In memory of Bertha E. Price by Price/Franko Family.



2019 MEMORIALS AVAILABLE:

Bulletins: September
Newsletters – 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:
Wine & Wafers - \$10.00; Bulletins - \$10.00; Newsletters - \$10.00; Sanctuary Candle - \$5.00



K D S S \ # E I U W K G D \ #

MAY BIRTHDAYS

4 – Denise Ann Yelito
6 – Owen Labie
8 – Robert Tiley
10 – David Hewes, Sr.
12 – Melyssa Willard
Kyle Schu

13 – Elvin Brennan, Jr.
14 – Robert Higgins, Sr.
15 – Carly Demcher
Julia Foerster
17 – Ty Androshick
20 – Susan Neary

21 – Dylan Harkins
22 – Megan Engelbrecht
23 – Chloe Demcher
26 – Diane Lesher
29 – James Frew
30 – James Lecher

JUNE BIRTHDAYS



2 – Skye Goodman
June Lesher
Sean O'Neill
3 – Danielle Meade
7 – Aidan Reppert
Marilyn Spieles
11 – Tyler Scheuren
12 – Jaime Hynoski

12 – Suzette Leibig
Terry McGlone
Theresa Robbins
17 – Steven Goodman
18 – Justin Ulceski
Kyler Bowers
19 – Albert Snyder
22 – Jason Noble

23 – Spencer Dougherty
Zachery Willard
24 – Lisa Lindenmuth
25 – Margaret Frantz
Bonnie Lecher
Jeanne Capparell
29 – Todd Lesher

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 JULY/AUGUST NEWSLETTER should be submitted to our Parish Secretary, Shannon no later than Wednesday, June 5th. Volunteers are needed on Thursday, June 20th at 1:30 p.m. at Holy Apostles, St. Clair to help fold the newsletter.



Dear Members of North Parish,

The Frackville Ministerium would like to thank you for your generous donation. The kindness of North Parish and others assist the Ministerium in their continuing service.

A donation of \$150 was made to the Ministerium from our Outreach Budget.

JANUARY 2019 FINANCIAL REPORT

North Parish Receipts

General Account

Jan.	\$ 2,268.27
Year to Date Gen. Receipts	\$ 2,268.27
Transfer in from M&I	\$ 5,000.00
Transfer M&I Year to Date	\$ 5,000.00

M&I Account

Jan.	\$ 69.73
Year to date	\$ 69.73

Memorial Account

Jan.	\$ 21.00
Year to date	\$ 21.00

Balances

General Account	\$ 6,043.69
M&I Account	\$ 41,786.64
Memorial Fund	\$ 11,794.22
Temp. Restricted Fund	

North Parish Disbursements

General Account

Jan.	\$ 36,431.84
Year to Date Exp.	\$ 36,431.84

M&I Account

Jan.	\$ 5,000.00
Year to date	\$ 5,000.00

Memorial Account

Jan.	\$ -
Year to date	\$ -



FEBRUARY 2019 FINANCIAL REPORT

North Parish Receipts

General Account

Feb.	\$ 2,297.00
Year to Date Gen. Receipts	\$ 4,565.37
Transfer in from M&I	\$ -
Transfer M&I Year to Date	\$ 5,000.00

M&I Account

Feb.	\$ 132.21
Year to date	\$ 201.94

Memorial Account

Feb.	\$.90
Year to date	\$ 21.90

Balances

General Account	\$ 1,753.81
M&I Account	\$ 41,918.85
Memorial Fund	\$ 11,795.12
Temp. Restricted Fund	

North Parish Disbursements

General Account

Feb.	\$ 6,587.51
Year to Date Exp.	\$ 43,019.35

M&I Account

Feb.	\$ -
Year to date	\$ 5,000.00

Memorial Account

Feb.	\$ -
Year to date	\$ -



NEWS FROM MARION C. PRICE TRUST FUND

Sleep plays a vital role in good health and well-being throughout your life. Getting enough quality sleep at the right times can help protect your mental health, physical health, quality of life and safety.

The way you feel when you are awake depends in part on what happens while you are sleeping. During sleep, your body is working to support healthy brain function and maintain your physical health. While you are sleeping, your brain is preparing for the next day. It's forming new pathways to help you learn and remember information.

The damage from sleep deficiency can occur in an instant (such as a car crash) or it can harm you over time. For example, ongoing sleep deficiency can raise your risk for some chronic health problems. It also can affect how well you think, react, work, learn and get along with others.

If you are sleep deficient, you may have trouble making decisions, solving problems, controlling your emotions and behavior and coping with change. Sleep deficiency has also been linked to depression, suicide and risk-taking behavior.

There are several factors that affect sleep such as: mental stress, the food we eat, alcohol, caffeine, our sleep environment and the medication we take.

Sleep problems are not an inherent part of the aging process. Many older adults have good quality sleep until the end of their lives. But sleep patterns tend to change. Some people find it harder to get to sleep and they awaken more often during the night and earlier in the morning.

Older people respond differently to medicines than do younger adults. It is very important to talk with your health care provider before taking any sleep medications. The drugs stay in your body longer and can cause grogginess when you are awake, making it dangerous and prone to falls.

Measures to help you get to sleep:

- a light bedtime snack
- avoid stimulants such as coffee 3-4 hours before bed
- do not nap during the day
- moderate exercise
- avoid too much stimulation, such as violent TV shows before bed
- try to go to bed the same time every night and wake the same time each morning
- avoid tobacco products, especially before sleep
- practice relaxation techniques at bedtime, such as deep, slow, self-aware breathing. Inhale for 4 seconds, hold for 7 seconds, exhale slowly for 8 seconds and repeat several times.

2019 Medicare changes – Every year the federal health insurance program called Medicare sees some changes to the coverage it provides. Many of these changes come in the form of adjustments to costs, as the program is designed to pass on a portion of its costs to its participants and those costs typically rise slightly from year to year.

Medicare Part A is designed to cover expenses related to hospital stays as well as expenses for skilled nursing facilities. For most people, Part A comes at no cost but the hospital deductible for 2019 is \$1364, an increase of \$24 from 2018.

Medicare Part B covers expenses for medically necessary services and treatments to address a disease or medical condition. Doctor visits are the most common service under Part B, but coverage also includes diagnostic testing, ambulance services and medical equipment.

For most people, the Part B premium will be \$135.50 per month, that's an increase of \$1.50 from 2018.

Just like Part A, Medicare Part B comes with a deductible that you have to pay before coverage begins. For 2019, the Part B deductible will be \$185, that's \$2 higher than 2018.

Medicare Part D & Medicare Advantage benefits can change each year, meaning premiums and deductibles can go up and benefits can change. It is extremely important to review your plan each year for these changes. If you are not happy with these changes, the annual open enrollment period allows you to change plans to better suit your needs and budget. This year's open enrollment period is October 15th – December 7th, 2019 for a January 1, 2020 effective date.

File of Life & Wallet Med Cards – In the next couple of months I will be visiting churches and distributing Files of Life magnets and wallet med cards. Both will help rescue workers quickly find important information when every second counts!

The File of Life is a small, bright red magnetic holder that can be placed on the refrigerator and seen at once. The wallet med card is a small sturdy card that you can carry in your wallet.

They both have two-sided cards to fill in medical conditions, medication, insurance information, emergency contacts and more.

If you are transported to a hospital emergency room, information is immediately available to the medical staff. There is no wasted time in trying to get information to help to treat you if you are unconscious or confused or if your next of kin does not know the answers to the questions being asked.

Stroke Awareness – A stroke occurs when blood flow to the brain is blocked. Blood brings oxygen and nutrients to cells. Without blood, brain cells die. This means that a section of the brain starts breaking down and brain function is altered.

Strokes are usually painless but a sudden extremely painful headache with no known cause can mean a stroke. Other signs may include:

- sudden confusion, trouble speaking or difficulty understanding speech
- sudden numbness or weakness in the face, arms or legs on one side of the body
- sudden facial drooping on one side
- sudden trouble walking, dizziness, loss of balance or lack of coordination
- sudden trouble seeing in one or both eyes
- men and women can experience all the previous symptoms but women can also experience nausea, fast heartbeat or hiccups, pain in the face, chest or legs, full body weakness and shortness of breath.

If you notice any of these symptoms on yourself or someone else, **call 911 immediately**. Immediate treatment may minimize the long-term effects of a stroke and even prevent death. Stroke treatments work best if administered within 3 hours of the first symptoms. ***When in doubt, get it check***



NORTH PARISH EPISCOPAL CHURCH SERVICES

MAY 2019

May 5	Morning Prayer Morning Prayer	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	Susan Noble Bonnie Baker
May 12	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
May 19	Holy Eucharist Holy Eucharist	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	The Rev. Kurt Kovalovich The Rev. Kurt Kovalovich
May 26	Morning Prayer Morning Prayer	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	Robert Tiley Susan Noble

JUNE 2019

June 2	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
June 9	Holy Eucharist Holy Eucharist	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	The Rev. Kurt Kovalovich The Rev. Kurt Kovalovich
June 16	Morning Prayer Morning Prayer	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	Bonnie Baker Robert Tiley
June 23	Morning Prayer Morning Prayer	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	TBD Bonnie Baker
June 30	Morning Prayer Morning Prayer	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	Robert Tiley Susan Noble

	Notes:	Color:
May 5	The Third Sunday of Easter	White
May 12	The Fourth Sunday of Easter – Mother's Day	White
May 19	The Fifth Sunday of Easter	White
May 26	The Sixth Sunday of Easter – Rogation Sunday	White
June 2	The Seventh Sunday of Easter	White
	The Sunday after Ascension Day	
June 9	The Day of Pentecost: Whitsunday	Red
June 16	The First Sunday after Pentecost: Trinity Sunday	White
	Father's Day	
June 23	The Second Sunday after Pentecost	Green
June 30	The Third Sunday after Pentecost	Green

2019 EASTER FLOWERS WERE GIVEN IN LOVING MEMORY OF:

St. John's

Amour Families
George & Naomi Amour
Roy Amour
Margaret Briel
Walter & Leona Briel
John & Isabelle Coddington
James Eagan
Dave Gerlott
Earl & Beverly Hess
Edith Hoffman
Jimmy Hood
Bob Jones (2)
Ethel & Bert Kehler
Gladys Lally
Ethel & Mike Lane
Cole Joshua Lauver
Dorothy Tiley Miller
Marlin "Sparky" 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
James V. Spieles, Sr.
John Stivetts, Jr.
Margaret & John Stivetts
Harold & Deborah Strunk
Hattie & Alfred Strunk
Timothy Strunk
Martha & Robert "Red" Tiley
Mark & Annette Trautman
Edward & Rosemary Ulceski
Raymond & Alice Umlauf (2)
Anna & John Umlauf
Donna Lee Tiley Wasko



Holy Apostles

Deceased Members of Chattin Family
Deceased Members of Davie Family
Deans Family
Robert & Mary Dean
Carol Dresch
Charles & Maggie Frantz
Frank A. Frantz
Frank & Ruth M. Frantz
Harry Frantz
Orme & Merle Frantz
Edward & Clara Gehring
Elmer & Charlotte Geiger
Lewis & Myrle Goodman
Robert B. Goodman
Ann Hesse
Abram & Geneva Jones
Abram & Mary Jones
Anna Mae Krebs (2)
Deceased Members of Lecher Family
Clare & Elizabeth Oliver
Alice & Albert Padfield
David Padfield
Helen & Roland Price
Robert J. & Bertha E. Price
Samuel Ray Family
Evan & Emma Reese
Alfred Jr. & Dolly Roberts
Russel Family
Dorothy K. Smith
Catherine & Harry Smith
Harry G. Smith
Sarah Smith
Charles & Laura Turnitza

The flowers on the side altar at St. John's were in loving memory of members of the Amour & Hess Families.

