



SHINING
OUR LIGHT



NOVEMBER MEMORIALS

WINE AND WAFERS: In memory of my friend Frank Baldino who was killed in action November 14, 1968 and are given by Carol Jones.
In memory of Alice and Raymond Umlauf by the Umlauf Family.
In memory of Alice and Raymond Umlauf by Susan Noble and Family.

BULLETINS: In memory of Helen Price by Roland Price and Mary Makely.

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

DECEMBER MEMORIALS



WINE AND WAFERS: In memory of Bob Jones by Carol Jones.

BULLETINS: In memory of Harold and Deborah Strunk by Strunk and Ulceski Families.
In memory of Katie Strunk Whyne Schenk by Diane Waldner Lippincott.

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

IT IS NOW TIME TO RENEW YOUR MEMORIALS FOR 2020. If you are interested in memorials please contact the church office by phone (570-429-7107) or by sending 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: Sanctuary Candles - \$5.00
Bulletins - \$10.00; Wine and Wafers - \$10.00, Newsletters - \$10.00



All articles for the JANUARY/FEBRUARY NEWSLETTER should be submitted to our Parish Secretary, Shannon no later than Friday, December 6th. Volunteers are needed on Friday, December 20th at 1:30 p.m. at Holy Apostles, St. Clair to help fold the newsletter.

DON'T BE ALONE ON THANKSGIVING

**You are invited to:
Thanksgiving Day Dinner
November 28, 2019**



**Holy Apostles' Episcopal Parish Hall
307 E. Hancock St.
St. Clair, PA**



Please RSVP by November 21st

**Call Bonnie Baker at (570) 429-2272
Church Office at (570) 429-7107**

**Eat In – Take Out – Delivery available
Delivery beginning 11:00 A.M.
Take Outs – 12 noon
Eat –In – 1:00 P.M.**

Volunteers are needed to cook, run deliveries and serve meals. WE WILL NEED A LOT OF VOLUNTEERS ON WEDNESDAY, THE DAY BEFORE THANKSGIVING beginning at 9:00 a.m. and Thanksgiving Day at 9:00 a.m.

We also need donations of turkeys and pumpkin pies. Monetary donations will also be accepted to help with the dinner. Please make checks out to: North Parish. If you can donate any of these items or help with preparations, please, contact Bonnie Baker.



CHRISTMAS EVE SERVICES

**December 24, 2019
Holy Eucharist**

**4:30 p.m. – Holy Apostles, St. Clair
Celebrant – The Rev. Dolores Smith**

**6:30 p.m. – St. John's, Ashland
Celebrant – The Rev. Dolores Smith**



PLEASE PRAY FOR:

Joseph Bass
Doris Behney
Anne Dorrance
Lois Hewes
Rita Hinchey
Anna Hutchko
Donald Jones
Dolores K.
McKenzie Kline

Nick Lane
Jim Lecher
Kristin Lecher
Rosalie McNally
Tracey Miller
Bernie Moran
Raymond Moyer
Shirley Moyer
Angelina Palizzotto

Mary Price
Fred Rabbits
Alfred Roberts
Charlotte Smith
James Spieles, Jr.
Jayson Stellar
Eddie Ulceski
Mary Ann Whiteman
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.

PRAYER LIST POLICY:

We will begin a new prayer list beginning January 1st. If you would like your name to remain on the prayer list or you need to add someone please notify the office before then.

We ask that you call the church office at 570-429-7107 or email us at nparish@ptd.net. Please leave your name, phone number and the name of the person for the prayer list.

You can also mail the form below to the church office at:
North Parish, P.O. Box 487, Frackville, PA 17931

Name on the prayer list: _____

Person making the request: _____

Please note: The prayer list will be updated at the end of June also.

VESTRY MEETING
Saturday, November 16th
10:00 a.m.
Holy Apostles, St. Clair, PA





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

NOVEMBER BIRTHDAYS

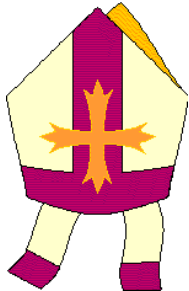
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|--------------------|-------------------------|---------------------------|
| 1 – Bonnie Hynoski | 17 – Aubrey Scanlan | 27 – Theresa Price |
| Denise Ulceski | 19 – Albert Leibig, Jr. | 28 – Christie Joy Donatti |
| 4 – Nicole Scanlan | 21 – Ryan Lindenmuth | 30 – Monique Snyder |
| 6 – Sam Correll | 22 – Nicholas Price | Patricia Snyder |
| Ryder Chase Bowers | 24 – Neal R. Miller | Frances Clamser |
| 8 – Carole James | Mary Umlauf | |
| 10 – Lilly Meade | 26 – Charlotte Smith | |



DECEMBER BIRTHDAYS

- | | | |
|---------------------|----------------------|-----------------------|
| 2 – Joshua Jacobs | 12 – Holly Jazwinski | 18 – Robert Scheuren |
| 4 – Jennifer Evans | Sue O'Neill | 21 – Clayton Demcher |
| Janis Idell | Michael Leshner | 23 – Jane Shaqfeh |
| Mary Price | Alicia Rathosky | 26 – John Price, Jr. |
| 8 – Randall Snyder | 14 – Albert Leibig | Stephen Ulceski |
| 10 – Brooklyn Hewes | 15 – Dakotah Hewes | 27 – Mary Alice Reese |

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



BISHOP'S VISIT

December 1, 2019

St. John's, Ashland, PA - 9:00 a.m.

Followed by a Reception

The Most Rev. Canon Kevin Nichols, Bishop of the Episcopal Diocese of Bethlehem will be with us on Sunday, December 1st at St. John's, Ashland. Please mark your calendars now for this special visit and a reception following the service.



THANK YOU to everyone who volunteered their time, gave donations, baked treats, purchased tickets or helped in any way at our Peach Festival. Thank you also to those folks who helped with donations and preparing and selling the food at Pioneer Day. Our profit from the Peach Festival was \$885 and our profit from Pioneer Day was \$313. Thank you also to everyone who made or bought soup at our Soup Sale on October 26th. The profit will be available soon.

JULY 2019 FINANCIAL REPORT

North Parish Receipts

General Account

July	\$ 1,939.74
Year to Date Gen. Receipts	\$ 24,906.22
Transfer in from M&I	\$ -
Transfer M&I Year to Date	\$ 18,000.00

M&I Account

July	\$ 58.80
Year to date	\$ 4,268.03

Memorial Account

July	\$ 1.01
Year to date	\$ 26.85

Balances

General Account	\$ 3,836.36
M&I Account	\$ 32,984.94
Memorial Fund	\$ 11,800.07
Temp. Restricted Fund	

North Parish Disbursements

General Account

July	\$ 5,259.06
Year to Date Exp.	\$ 74,277.12

M&I Account

July	\$ -
Year to date	\$ 18,000.00

Memorial Account

July	\$ -
Year to date	\$ -



AUGUST 2019 FINANCIAL REPORT

North Parish Receipts

General Account

August	\$ 3,073.00
Year to Date Gen. Receipts	\$ 27,979.22
Transfer in from M&I	\$ -
Transfer M&I Year to Date	\$ 18,000.00

M&I Account

August	\$ 33.80
Year to date	\$ 4,301.83

Memorial Account

August	\$ 1.00
Year to date	\$ 27.85

Balances

General Account	\$ 2,039.92
M&I Account	\$ 33,018.74
Memorial Fund	\$ 11,801.07
Temp. Restricted Fund	

North Parish Disbursements

General Account

August	\$ 4,852.83
Year to Date Exp.	\$ 79,129.95

M&I Account

August	\$ -
Year to date	\$ 18,000.00

Memorial Account

August	\$ -
Year to date	\$ -



SEPTEMBER 2019 FINANCIAL REPORT

North Parish Receipts

General Account

Sept.	\$ 6,770.61
Year to Date Gen. Receipts	\$ 34,749.83
Transfer in from M&I	\$ 5,000.00
Transfer M&I Year to Date	\$ 23,000.00

M&I Account

Sept.	\$ 1,361.23
Year to date	\$ 5,663.06

Memorial Account

Sept.	\$.97
Year to date	\$ 28.82

Balances

General Account	\$ 6,590.90
M&I Account	\$ 29,379.97
Memorial Fund	\$ 11,802.04
Temp. Restricted Fund	

North Parish Disbursements

General Account

Sept.	\$ 7,219.63
Year to Date Exp.	\$ 86,349.58

M&I Account

Sept.	\$ 5,000.00
Year to date	\$ 23,000.00

Memorial Account

Sept.	\$ -
Year to date	\$ -



CHRISTMAS FLOWERS/MEMORIAL DONATION FORM

Please fill out this form and place it in an envelope with
your donation and place it in the collection or mail it to
the church office: North Parish, P.O. Box 487, Frackville, PA 17931



PLEASE NOTE:

MEMBERS OF HOLY APOSTLES - Please give your donations to Lois Hewes.
Checks should be made payable to Good Shepherd's Guild
MEMBERS OF ST JOHN'S - Please give your donations to Elaine Ulceski
Checks should be payable to St. John's ECW

Name of Donor(s): _____

Church: _____

In Loving Memory of: _____

In Loving Memory of: _____

In Loving Memory of: _____

Amount Enclosed: _____

PLEASE RETURN BY December 6, 2019.

All memorials will be published in the January/February Newsletter.

NEWS FROM MARION C. PRICE TRUST FUND

Prediabetes - affects over 84 million Americans – that's 1 out of 3 adults! There are no clear symptoms of prediabetes so many do not even know they have it. With numbers like that, it's important to learn about prediabetes and take action.

You are at risk for developing prediabetes if you:

- Are overweight
- Are 45 years or older
- Have a parent, brother or sister with type 2 diabetes
- Are physically active less than 3 times a week
- Have had gestational diabetes or have given birth to a baby weighing more than 9lbs.
- Are African American, Hispanic/Latino American or Native American

Since there are no clear symptoms of prediabetes it is important to speak with your doctor if you fall into any of the risk categories. The (ADA) American Diabetic Association recommends that blood sugar screening for adults begin at age 45, or sooner if you are overweight and have additional risk factors.

Before people develop type 2 diabetes, they almost always have prediabetes – blood sugar levels that are higher than normal but not yet high enough to be diagnosed as diabetes. If you discover that you do have prediabetes, left untreated it can lead to heart disease, stroke, and diabetes.

You can potentially reverse prediabetes with simple, proven lifestyle changes. Making these following changes in your daily habits are a good way to start:

- Build more activity into your daily routine. Ideally, you should exercise at least 30 minutes a day, 5 days a week.
- A weight loss of 5-7% (just 10-14 lbs. in someone who weighs 200 lbs.) makes a huge impact.
- Eat healthy foods. Choose foods low in fat and calories and high in fiber. Focus on fruits, vegetables and whole grains. Strive for a variety to help you achieve your goals without compromising taste or nutrition.
- See your doctor every 3 - 6 months. Take your medications as ordered.
- Set good sleep habits, not getting enough sleep regularly makes losing weight harder.
- Get support. Losing weight, eating a healthy diet and exercising regularly is easier if you have people supporting you and holding you accountable.
- Make a conscious effort to do your best every day, be patient with yourself.

www.webmd.com – Has a free tool for people with diabetes or anyone else who wants to track their carb intake. The Diabetes Meal Planner lets you track calories and carbs and organize your meals.

Healthier Holidays -The holidays are often filled with time-honored traditions that include some of our favorite meals and foods. As you celebrate, think of little changes you can make this holiday season to create healthier meals and active days.

- △ Protein foods curb your appetite so offer small healthy protein bites as appetizers such as light cheeses, smoked salmon on cucumbers or herbed nuts.
- △ Create a meal that is mostly fruits and vegetables.
- △ Use smaller plates.
- △ Use fat substitutes like applesauce or mashed ripe bananas. Trim fat when cooking meats.
- △ Avoid sauces and gravies.
- △ Use recipes with unsweetened applesauce or mashed ripe bananas instead of butter.
- △ Add nuts and dried fruits to side dishes to enhance flavor and increase fiber.
- △ Choose healthier fats like olive oil, canola oil or nut oils. Play with texture and flavor combinations to create interesting flavors that don't rely on fat or sodium.
- △ Plate up the desserts in small portions.
- △ Quench your thirst with low-calorie options.
- △ Make being active part of your holiday tradition.
- △ If you do overeat, get right back on track the next day.

Medicare Open Enrollment – will end December 7. If you have not already reviewed your current Medicare Part D Plan and compared it to plans being offered for 2020 you still have time. Even if you are satisfied with your current plan it is important to check out what is being offered for next year. Each year the co-pays, deductibles and formularies change.

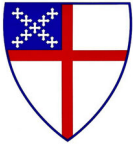
Operation We Care – the next mailing will be November 19, 2019. Both a personal care box and a goodie box will be sent to our local servicemen and women stationed overseas.

Senior Christmas Party - will be held on Thursday, December 12. The afternoon will start with a Deacon's Eucharist celebrated by The Rev. Dr. Kurt Kovalovich followed by a luncheon in the social hall at Holy Apostles in St. Clair.

Clothesline of Love – will be hung outside of Trinity in January again this year. Last year 150 scarves, hats and gloves were donated to warm someone's winter days up a bit.

Permanent Drug Take Back Sites – Do you have expired or unused medication at home and are not really sure how to dispose of it. Most local police stations and the Schuylkill County Sheriff's Office have permanent drug take back sites. That means they will accept your old medication free of charge and dispose of them safely.

If you have any questions about Medicare Open Enrollment, Operation We Care, the Senior Christmas Party, the Clothesline of Love or Permanent Drug Take Back Sites call Kathy Burda at 570-621-3220.



NORTH PARISH EPISCOPAL CHURCH SERVICES

NOVEMBER 2019

Nov. 3	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
Nov. 10	Morning Prayer Morning Prayer	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	Susan Noble Bonnie Baker
Nov. 17	Morning Prayer Morning Prayer	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	Donald Clamser, Sr. Robert Tiley
Nov. 24	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

DECEMBER 2019

Dec. 1	Holy Eucharist Combined service of North Parish	9:00 a.m.	St. John's	The Rt. Rev. Kevin Nichols Bishop of the Diocese of Bethlehem
Dec. 8	Morning Prayer Morning Prayer	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	Robert Tiley Donald Clamser, Sr.
Dec. 15	Morning Prayer Morning Prayer	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	Bonnie Baker Donald Clamser, Sr.
Dec. 22	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
Dec. 24	Holy Eucharist Holy Eucharist	4:30 p.m. 6:30 p.m.	Holy Apostles St. John's	The Rev. Dolores Smith The Rev. Dolores Smith
Dec. 29	Morning Prayer Morning Prayer	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	Susan Noble Robert Tiley



	Notes:	Color:
Nov. 3	The Twenty-first Sunday after Pentecost - All Saints	Green
Nov. 10	The Twenty-second Sunday after Pentecost	Green
Nov. 17	The Twenty-third Sunday after Pentecost	Green
Nov. 24	The Last Sunday after Pentecost – Christ the King	White
Dec. 1	The First Sunday of Advent – Bishop's Visit	Purple
Dec. 8	The Second Sunday of Advent	Purple
Dec. 15	The Third Sunday of Advent	Purple
Dec. 22	The Fourth Sunday of Advent	Purple
Dec. 24	The Nativity of Our Lord Jesus Christ	White
Dec. 29	The First Sunday after Christmas Day	White