

**NORTH PARISH
AUGUST/SEPTEMBER/OCTOBER 2020
NEWSLETTER**

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



*Like good stewards of the manifold grace of God, serve one another
with whatever gift each of you has received. – 1 PETER 4:10*

Dear Members of North Parish,

This year has reminded us in so many ways of the strength and closeness of our community. Even in the months in which we were physically distant and unable to gather in person, the Spirit kept us together, connecting us. Many in the media or in our society kept referring to our churches as “closed,” but we were never closed — we continued following the Gospel call to live in love with our neighbors, finding ever new ways to seek and serve Christ in all people.

As we look to the year to come, we are more committed than ever to the ministry and love we share with our community and our neighbors. Our ministry is funded through the gifts of its members — your generous offerings given in grace and love. This year we are asking for every member to take part in our stewardship campaign by making a pledge.

Once again reflections will be printed in the bulletins beginning October 4th to kick off our Stewardship Series and on November 22nd we will then celebrate Pledge Sunday. A pledge card will be available in the next Newsletter and will also be available in the November 15th & November 22nd bulletins.

The Gospel is rich with examples of how our faith kindles our love for each other and our Christian responsibility to share our love with the world. I invite you and your household to pray and learn, taking these weeks to consider how your generous response to God’s call has been shaped by this community and the friends who gather with you. Thank you for being a part of North Parish and for your faithful, faith-filled gift to our annual campaign.

In the spirit of generosity and love,

Bonnie Baker
Senior Warden

Donald Clamser, Sr.

Stewardship Chair



AUGUST MEMORIALS

WAFERS: In memory of George and Naomi Amour by Carol Jones.

BULLETINS: In memory of Michael Bennett by the Umlauf Family.

SANCTUARY CANDLES: In memory of Anna Mae Krebs by Bob and Kay Ann Kalbach.

In memory of Cole Joshua Lauver by the Hynoski Family.

In memory of Timothy Jenkins by Claudia Moyer.



SEPTEMBER MEMORIALS

WAFERS: In memory of Earl Hess and Lester Jones by Carol Jones.

In memory of Betty Noble by the Hynoski Family.

SANCTUARY CANDLES: In memory of Rosemary and Edward Ulceski by the Ulceski Family.



OCTOBER MEMORIALS

WAFERS: In memory of Alfred and Dolly Roberts by Bob and Kay Ann Kalbach.

In memory of Donald M. Lippincott by Diane Lippincott.

BULLETINS: In memory of Ron Glass by the Umlauf Family.

SANCTUARY CANDLES: In memory of Betty Noble by the Hynoski Family.

In memory of Timothy Strunk by the Ulceski and Strunk Families.



2020 MEMORIALS AVAILABLE:

Bulletins: September

Newsletter: 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

The donations for monthly memorials are as follows:

Wafers - \$10.00; Bulletins - \$10.00; Newsletters - \$10.00; Sanctuary Candle - \$5.00



All articles for the NOVEMBER/DECEMBER NEWSLETTER should be submitted to our



non no later than Wednesday, October 7th.

AUGUST BIRTHDAYS

- | | | |
|------------------------|--------------------------|---------------------|
| 1 – Anthony Javid | 15 – Benjamin Hynoski | 24 – Ann Hanson |
| 3 – Enrique Ortiz, III | 16 – Amanda Marie Jacobs | Jack Dudash |
| 4 – Nancy Davis | 18 – Lois Hewes | 26 – Taryn Harris |
| 9 – Sally Leibig | 20 – Matthew Foerster | 29 – Darren McGlone |
| Joseph Coddington | 21 – Roland Price, Jr. | 31 – Peter Umlauf |
| 10 – Robert Davis | Earl Donatti | |

Happy Belated Birthday!!!

SEPTEMBER BIRTHDAYS

- | | | |
|-----------------------------|-----------------------------|--------------------------|
| 1 – Sarah Andrewcavage | 10 - Scott Price | 24 – Donald Clamser, Jr. |
| 2 – Mark Andrewcavage | 13 – Barry Idell | 27 – Nancy Long |
| 5 – Ja’ Shon Dennell Yelito | 14 – Elizabeth Andrewcavage | 30 – Edward Ulceski |
| 8 – Amanda Foerster | 15 – Rev. James C. Smith | |
| 10 – Brittany Evans | 20 – Kayla Ann Tiley | |



OCTOBER BIRTHDAYS

- | | | |
|---------------------------|-------------------------|------------------------|
| 1 – Adalynn Eckrode | 11 – Claudia Rae Moyer | 26 – Ethan Correll |
| 4 – Angela Bowers | 17 – Betty Haverty | Elaine Scheuren |
| 5 – Rev. Timothy Albright | Carol Jones | 27 – Mila Pasinski |
| 7 – Shannon Correll | McKenzie Kline | 28 – William Umbenhaur |
| Jeffery Hoffman | 19 – Linda Gerlott | 29 – Heidi Ann Higgins |
| 9 – Michelle Jacobs | 20 – Jacqueline Demcher | 31 – Robert Jones, Jr. |



PLEASE PRAY FOR:

- | | | |
|------------------|------------------|--------------------|
| John Coddington | Mckenzie Kline | Susan Noble |
| Phil Frantz | Nick Lane | Kimberly Olsen |
| Taryn Harris | Rita Laspina | Raymond Moyer |
| Kenny Herring | Kristin Lecher | Shirley Moyer |
| Lois Hewes | Carlo Lombardi | Gertrude Newman |
| David Hewes, Sr. | Bernadette Moran | Anthony Palizzotto |
| Rita Hinchey | Royal Miller | Mary Price |
| Tammy Hoffman | Tracey Miller | Sandi Riedel |

Joe Scheuren
Charlotte Smith
James Spieles Jr.

Kathleen Swiss
Easton Ulceski
Eddie Ulceski

Elaine Ulceski
Judith Wright

MAY 2020 FINANCIAL REPORT

North Parish Receipts

General Account

May	\$ 6,327.00
Year to Date Gen. Receipts	\$ 25,591.02
Transfer in from M&I (current)	\$ -
Transfer M&I Year to Date	\$ 3,000.00

M&I Account

May	\$ 6.93
Year to date	\$ 1,559.06

Memorial Account

May	\$.80
Year to date	\$ 4.44

Balances

General Account	\$ 13,277.76
M&I Account	\$ 28,423.10
Memorial Fund	\$ 11,809.45
Temp. Restricted Fund	

North Parish Disbursements

General Account

May	\$ 4,240.39
Year to Date Exp.	\$ 22,889.14

M&I Account

May	\$ -
Year to date	\$ 3,000.00

Memorial Account

May	\$ -
Year to date	\$ -



JUNE 2020 FINANCIAL REPORT

North Parish Receipts

General Account

June	\$ 4,562.36
Year to Date Gen. Receipts	\$ 30,153.38
Transfer in from M&I (current)	\$ -
Transfer M&I Year to Date	\$ 3,000.00

M&I Account

June	\$ 1,414.94
Year to date	\$ 2,974.00

Memorial Account

June	\$.78
Year to date	\$ 5.22

Balances

General Account	\$ 8,429.26
M&I Account	\$ 29,838.04
Memorial Fund	\$ 11,810.23
Temp. Restricted Fund	

North Parish Disbursements

General Account

June	\$ 9,460.86
Year to Date Exp.	\$ 32,350.00

M&I Account

June	\$ -
Year to date	\$ 3,000.00

Memorial Account

June	\$ -
Year to date	\$ -



NORTH PARISH'S ANNUAL MEETING

Holy Apostles, St. Clair, PA

October 18, 2020 - Following Worship

Meeting will follow Annual Meeting

NEWS FROM MARION C. PRICE TRUST FUND

With the coronavirus (COVID-19) continuing to infect so many we need to keep our immune systems strong to help us fight any viruses, bacteria or any other invaders that might come our way.

Your immune system is an intricate network of cells, tissues, and organs that band together to defend your body against invaders - things like germs, viruses and bacteria. A healthy immune system protects you by creating a barrier that stops those invaders from entering your body. If one happens to slip by, your body starts to produce white blood cells and other chemicals that attack and destroy foreign substances. In addition to blood cells and chemicals that physically attack germs, your skin, lungs, digestive tract, saliva and tears are also involved in the immune system.

While there are no COVID medications or immunity-boosting supplements that can prevent the coronavirus, there are steps you can take to make your defenses as strong as possible. Taking steps now to boost your immune health and keeping your immune system healthy year-round is key to preventing infection and disease.

Healthy living strategies you can do for your immune system include:

- Exercise regularly. Experts recommend at least 150 minutes of moderate exercise per week. Anything that gets your heart pumping such as - dancing to your favorite music, walking around the house or your neighborhood, gardening or doing yard work. Exercise slows the release of stress hormones while at the same time improves natural immune defense activity and lowers anxiety levels.
- The best approach to preventing illness and disease is to eat a healthy well-balanced diet that is high in fruits, vegetables, whole grains, heart healthy fats and lean proteins to provide your body with the best variety of nutrients.
- Sleep is one of the most important health behaviors for optimal immune function, mental and physical health and quality of life. Getting a good night's sleep boosts the effectiveness of specialized immune cells that are in charge of recognizing foreign invaders and activating the proteins that attach to and kill them.
- Quit smoking. Smoking weakens the immune system. The chemicals in cigarette smoke are an ongoing source of damage to cells throughout the body and your immune system must continuously work to fight off this damage. Eventually, the immune system cannot keep up with all the damage caused by smoking.
- Limit or eliminate alcohol consumption. Alcohol makes it harder for the immune system to gear up and defend the body against harmful germs, damaging the cells lining a person's airway allowing viral particles, such as COVID-19, easier access.

In times of stress and uncertainty it becomes even more important to engage in strategies that can help manage stress. Include activities in your daily life that help you handle stress like:

- Stay connected to loved ones and friends by telephone or other channels.
- Make time for things that you enjoy.

- Be mindful. Mindfulness is the habit of consciously paying attention to what is going on around you. It is paying attention to the small things in your life. Mindfulness slashes stress, relieves pain and improves your mood. Even washing dishes can be good for your brain as long as you do it mindfully.
- Positive thoughts reduce stress and inflammation and increase resilience to infection.
- Minimize newsfeeds. Try to reduce how much you watch, read or listen to news that makes you feel anxious or distressed. Seek the latest information at specific times of the day, once or twice a day if needed.
- Snag a good hug, hugs lower stress. No one around to hug, you can get a big boost by petting your dog or cat.
- Laugh. Chemicals are released to your brain when you laugh that lifts your spirits and help your body ward off illness and ease pain.
- Dark chocolate not only tastes good but can give your mood a boost as well. Limit yourself to two squares a day though. Extra weight can be a buzzkill.

In addition to the above life-style and behavior practices, including these essential vitamins and minerals in your diet will help keep your body healthy. The easiest way to get these important vitamins and minerals are to reduce your intake of highly processed and sugary foods and increase your intake of fresh, healthy ones.

- Vitamin C may help shorten the duration of colds and acts as a natural anti-inflammatory. Try consuming more oranges, grapefruit, broccoli, strawberries, red bell peppers and tomato juice to get your Vitamin C.
- Vitamin D is used to fight off infections as well as works to maintain strong bones. Find Vitamin D in salmon, mushrooms, fortified milk, cereals and breads. Spending a few minutes in the sunshine raises your Vitamin D levels.
- Vitamin A helps by keeping your tissues and skin healthy. Vitamin A can be found in foods such as: sweet potatoes, carrots, apricots and spinach.
- Vitamin E's job is to fight cell damage. Plant based foods such as nuts and peanut butter are filled with Vitamin E.
- Zinc works as an antioxidant and boosts metabolism along with helping with healing wounds. Meat, shellfish, beans/legumes and nuts/seeds are good sources of zinc.

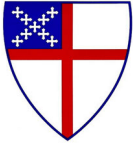
Green tea has been recognized as having powerful antiviral properties. It increases the immune response and aids in the production of a quick acting immune cell that launches a mighty attack on invading pathogens like the flu virus. However, green tea is caffeinated and not beneficial to everyone - check with your doctor if its right for you.

Pay attention to your body, be aware of energy levels, hunger pangs and pain. Tuning in to signals from your body will help with your overall well-being.

It's important to know that a strong immune system will not prevent you from contracting COVID-19 so It remains imperative to continue practicing social distancing, face masks, maintaining good hand hygiene, sneezing and coughing etiquette and avoid touching your face.

Medicare Part D open enrollment period is October 15 – December 7 for coverage starting January 1, 2021. It is important to review your plan every year even if you are satisfied with your current plan. Drug formularies (covered drugs), premiums and deductibles change every year. Reviewing the plan options is

the only way you can be sure you are getting the best plan for your individual needs. Call Kathy Burda at 570-621-3220 for more information.



NORTH PARISH EPISCOPAL CHURCH SERVICES

SEPTEMBER 2020

Sept. 6	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
Sept. 13	Morning Prayer Morning Prayer	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	Susan Noble Donald Clamser, Sr.
Sept. 20	Morning Prayer Morning Prayer	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	Bonnie Baker Susan Noble
Sept. 27	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

OCTOBER 2020

Oct. 4	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
Oct. 11	Morning Prayer Morning Prayer	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	Donald Clamser, Sr. Bonnie Baker
Oct. 18	Holy Eucharist Combined Service of North Parish followed by the Annual Meeting	11:00 a.m.	Holy Apostles	The Rev. Dr. Kurt Kovalovich
Oct. 25	Morning Prayer Morning Prayer	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	Susan Noble Donald Clamser, Sr.

	Notes:	Color:
Sept. 6	The Fourteenth Sunday after Pentecost	Green
Sept. 13	The Fifteenth Sunday after Pentecost	Green
Sept. 20	The Sixteenth Sunday after Pentecost	Green
Sept. 27	The Seventeenth Sunday after Pentecost	Green
Oct. 4	The Eighteenth Sunday after Pentecost	Green
Oct. 11	The Nineteenth Sunday after Pentecost	Green
Oct. 18	The Twentieth Sunday after Pentecost	Green

Oct. 25

The Twenty-First Sunday after Pentecost

Green