

**NORTH PARISH
FEBRUARY 2017
NEWSLETTER**

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



**PANCAKE &
SAUSAGE SUPPER**

*Holy Apostles' Episcopal Church
of North Parish*
**307 E. Hancock St.
St. Clair, PA**
Sunday, February 26, 2017
6:00 p.m. - Eat-in only.

For Reservations
**Call 570-391-9546
or 570-429-7107**

Sign-Up Sheets are available at the church too.
Please RSVP by February 19th

*Free Will Offering Accepted.
Donations of Desserts are needed.*

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

In Loving Memory **FEBRUARY MEMORIALS** *In Loving Memory*

BULLETINS: In memory of Josephine Eagan by Lee, Mary and Peter Umlauf.

SANCTUARY CANDLES: In memory of Gladys Lally by Lee, Mary and Peter Umlauf.
In memory of Emily Morris by the Hynoski Family.

MEMORIALS FOR 2017 ARE AVAILABLE FOR THE FOLLOWING MONTHS:

February: Wine & Wafers
March: Newsletter
April: Wine & Wafers, Newsletter
May: Newsletter
June: Newsletter
August: Newsletter
September: Bulletins, Newsletter
October: Bulletins, Newsletter
November: Bulletins, Sanctuary Candle, Newsletter
December: Newsletter

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 March Newsletter should be submitted to our Parish Secretary, Shannon no later than Wednesday, February 8th. Volunteers are needed on Thursday, February 23rd 1:30 p.m. at Holy Apostles, St. Clair to help fold the newsletter.

FOOD BANK MINISTRY



During the month of February we are collecting any kind of comfort type foods. (soup, canned meals, manwich, mac & cheese, etc.) Thank you to everyone who donated products in January. If you are in need of food assistance, please call the church office at 570-429-7107 and we will direct you to a local food pantry.



PLEASE PRAY FOR:

Susan Glick Connor
 Bob Davis
 Mariana Demonteverde
 Daniel J. Eisenhauer
 Mary Catherine Glick
 Bob Goulet
 Richard Griffin
 James Hood

Jessica Hynoski
 Sue (Kaufman) Jiannino
 Dolores K.
 McKenzie Kline
 Nick Lane
 Landry Lauver
 Michael Leshner
 Russell Leshner

Steven Leshner
 Todd Leshner
 Gretchen Moore
 Thelma Morgan
 Charlotte Smith
 Rev. Dolores (Evans) Smith
 James Spieles, Jr.
 Judith Wright

PLEASE PRAY FOR OUR TROOPS SERVING HERE AND ABROAD.



SPECIAL INTENTION: Your prayers are asked for the Rev. Canon Jane Teter who entered eternal life on January 17, 2017. May God grant Jane eternal rest and give comfort to all who knew and loved her. At the time of her death, she was serving on the bishop's staff as chaplain to retired clergy and their spouses. Canon Teter also served in many parishes in the diocese and was the founding vicar of St. Brigid's, Nazareth.

FEBRUARY BIRTHDAYS

2 – Connor Demcher
 8 – James Willard
 12 – Hailey Foerster
 14 – Angela Neary
 15 – Matthew R. Price
 18 – Kevin Jacobs

21 – Bonnie Baker
 Rebecca Higgins
 25 – Holden Andrewcavage
 26 – Nancy Lymaster
 Margaret Scheuren
 27 – Robin Leibig



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

Dear Members of North Parish,

Thank you for the monetary Christmas gift. Please know that North Parish is in my prayers. I wish each of you a Happy, Healthy, and Peaceful 2017.

Thank you again,
 Shannon, Parish Administrator



Please call the church office if:

- your address or phone number changes
- if a loved one has been admitted to the hospital
- if you have a prayer concern
- if there is any way we can assist you



Church Office Phone: 570-429-7107

Church Office Address: North Parish, P.O. Box 487, Frackville, PA 17931

Church Office Email Address: nparish@ptd.net; Website: www.northparish.com

Church Office Hours: Wednesdays & Thursdays: 1:30-5:15 p.m.; Fridays: 1:30-4:30 p.m.

Senior Warden – Bonnie Baker – 570-429-2272

VESTRY MEETING HIGHLIGHTS - January 15, 2017

Thanksgiving Meal – Approximately 280 meals were served which included 152 deliveries, 57 take outs and 71 people ate at the church. \$992 in donations along with turkeys was received from not only church members but also the community. Expenses totaled \$925.20 leaving a balance of \$66.80. This amount was donated to the Marion Price Trust fund to help to defray the cost of postage for Operation We Care.

Diocesan Trust Funds – North Parish currently has a total of 19 Trust Funds invested with the Diocese totaling approximately \$360,000. Currently each is set up in its own fund. On recommendation of the Diocesan Treasurer, Charlie Barebo, the Trust Funds will be merged into three funds. The sale of all property along with trust funds that were set up to help with the expenses of the church will be merged into the General Trust Fund. The Trust Funds that were designated by the family for Maintenance and Improvement will be merged into the Maintenance and Improvement Trust Fund. And the Sanner Glick Trust Fund will remain a stand-alone fund to be used for altar supplies such as candles, linens, etc. This is being done to have a better rate of return.

Nativity Set at Holy Apostles - The week before Christmas, someone smashed Joseph, the Angel and a lamb to our beautiful outdoor Nativity Set. During this terrible time, God has shown his light on HA once again. People from the community have sent donations to repair or replace the set. A parishioner from HA has offered to replace the figures that have been broken or the whole set if need be. We will have a Nativity Set next Christmas, thanks be to God.

Committee Reports:

Devotional – The following services have been scheduled:

Ash Wednesday Services – Holy Apostles – 5:30 p.m.; Saint John’s – 8:00 p.m.
Maundy Thursday – Saint John’s - 5:30 p.m.; Holy Apostles – 8:00 p.m.
Good Friday Services – Saint John’s – 3:00 p.m.; Holy Apostles – 5:30 p.m.
Palm Sunday Services – Saint John’s – 8:45 a.m.; Holy Apostles – 11:15 a.m.
Easter Sunday Services – Saint John’s - 8:45 a.m.; Holy Apostles – 11:15 a.m.

2 – 3 year study - The committee will compare the new canons to our by-laws to ensure we are in compliance with the new canons.

Stewardship Committee – 2017 Pledge Report based on Pledge Cards received:

HA – 6 cards totaling \$6,500.
SJ – 8 cards totaling \$11,420.
2017 received 14 pledge cards totaling \$17,920.
2016 received 14 pledge cards totaling \$13,564,
Increase of \$4,356.

There will be a Pancake and Sausage supper at Holy Apostles on Sunday, February 26th at 6:00 p.m. – Eat in only. A free will offering will be taken. Donations of desserts will be needed.

March 11, 2017 at 10:00 a.m. at HA there will be a soup sale (take out only). Parishioners are asked to make their favorite soup. The church will supply quart and pint containers.

Next regular meeting will be February 19, 2017, at 4:00 p.m. at St. John’s, Ashland.

DECEMBER 2016 FINANCIAL REPORT

North Parish Receipts

General Account

December -16	\$ 9,646.78
Year to Date Gen. Receipts	\$ 52,029.15
Transfer in from M&I (Current)	\$ -
Transfer M&I Year to Date	\$ 49,876.00
Transfer in from Mem. Acct. (Current)	\$ -
Transfer Mem Acct. Year to Date	\$ 8,105.00

M&I Account

December -16	\$ 1,577.67
Year to date	\$ 33,612.06

Memorial Account

December - 16	\$.91
Year to date	\$ 15.08

Balances

General Account	\$ 7,124.74
M&I Account	\$ 44,255.38
Memorial Fund	\$ 10,796.02
Temp. Restricted Fund	

North Parish Disbursements

General Account

December -16	\$ 6,320.55
Year to Date Exp.	\$115,402.54

M&I Account

December -16	\$ -
Year to date	\$ 49,992.92

Memorial Account

December -16	\$ -
Year to date	\$ 8,105.00



2017 PLEDGE REPORT

2017 received 14 pledge cards totaling	\$17,920.00
2016 received 14 pledge cards totaling	\$13,564.00
Increase Giving of \$4,356.00	

**If you did not return a 2017 Pledge card, please do so today.
We have an operating budget of \$71,307.00 for 2017.
Thank you for your continued financial support to North Parish.**

FREE RESIDENTIAL CHAIR LIFT FOR STAIRS



If you are interested in a free chair lift or know of someone who can use it, please call Bob Tiley at 570-640-7458.

NEWS FROM MARION C PRICE TRUST FUND



Cold season is upon us. The cold is caused by a viral infection in the upper airways, sinuses, throat and nose.

Good hygiene is important to prevent the spread of infection. Cover your mouth with a tissue when you cough or sneeze and throw it away into a trash can immediately. Make sure you wash your hands with warm water and soap. If you don't have tissues and cough or sneeze, health professionals recommend you do so into the inner part of your elbow, because that part of the body does not contaminate surfaces.

If you catch a cold, you can expect to be sick for one or two weeks. Bear in mind that your cold will most likely go away on its own. If you are suffering with a cold there are a number of things that you can look at to make life easier and more manageable for yourself in the meantime.

- Stay hydrated. Water, juice, clear broth or warm lemon water with honey helps loosen congestion and prevent dehydration. Avoid alcohol, coffee and caffeinated beverages, which make dehydration worse.
- Rest and stay warm. Your body needs to heal.
- Soothe a sore throat. A saltwater gargle – ¼ to ½ teaspoon salt dissolved in an 8-oz. glass of warm water can temporarily relieve a sore or scratchy throat.
- Combat stuffiness. Over-the-counter saline nasal drops and sprays can help relieve stuffiness and congestion.
- Relieve pain. Acetaminophen (Tylenol), Advil or ibuprofen are effective for the treatment of fever or pain.
- Sip warm liquids. Chicken soup, tea or warm apple juice might be soothing and ease congestion by increasing mucous flow and will keep your throat moist.
- Add moisture to the air. A cool mist vaporizer or humidifier can add moisture to your home, which might help loosen congestion.
- Try an extra pillow under your head.
- Use mentholated salve. Try a small dab under your nose to open up breathing passages.
- Try over-the-counter (OTC) cold and cough medications. Decongestants, antihistamines and pain relievers might offer some symptom relief. However, they won't prevent a cold or shorten its duration. ***Most have some side effects so please speak with your primary care physician or read labels carefully before starting any OTC medication.***

Pneumonia Colds can easily develop into pneumonia in the elderly. It can also be more dangerous for people with chronic diseases, such as lung or cardiac problems.

It should also be noted that older people tend to have fewer symptoms than younger people, meaning that the pneumonia can progress to a dangerous point before medical attention is sought.

Most cases of pneumonia start out with the typical symptoms of a cold - - sneezing, sore throat, runny nose. You may even have a mild cough. Chest pain that feels worse with deep breaths or coughing, may feel like an aching or dull pressure under your breast bone.

Often people with pneumonia feel a general “malaise”, which includes achy muscles and discomfort. There can also be joint pain.

Purple or “Dusky” skin color, indicating that not enough oxygen is getting into the blood.

Headaches are often made worse by coughing.

Shortness of breath, clammy skin and shaking chills, low alertness and confusion are also symptoms of pneumonia that you may see.

Responding quickly when any of these symptoms are present in an older person may mean the difference between a hospital stay (and even death). **Seeing a doctor immediately is crucial!**



There are currently two pneumococcal vaccines that are licensed for use in the United States by the FDA: Prevnar13 (PCV13) & Pneumovax23 (PPSV23).

It is now recommended that adults ages 65 and older get both vaccines usually one year apart.

You may require a PPSV23 booster every 5 years.

You should not get either vaccine if you had a life threatening reaction to either vaccine or any of their ingredients. Speak to your health care professional with questions.

Like all vaccines, both PPSV23 & PCV13 can have side effects. Some people have mild swelling, redness and soreness at the injection site. This goes away in a few days.

You can also lower your chances of getting pneumonia by staying away from people who have a cold and washing your hands often with soap and warm water.

More information available at www.verywell.com, www.mayoclinic.org, www.cdc.gov and www.vaccines.gov

NORTH PARISH EPISCOPAL CHURCH SERVICES FEBRUARY 2017

February 5	Holy Eucharist Morning Prayer	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	The Rev. James C. Smith Barry Idell
February 12	Morning Prayer Holy Eucharist	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	Donald Clamser, Sr. The Rev. James C. Smith
February 19	Holy Eucharist Morning Prayer	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	The Rev. James C. Smith Chester Shanoskie
February 26	Morning Prayer Holy Eucharist	9:00 a.m. 11:00 a.m.	St. John's Holy Apostles	Robert Tiley The Rev. James C. Smith

	Notes:	Color:
February 5	The Fifth Sunday after the Epiphany	Green
February 12	The Sixth Sunday after the Epiphany	Green
February 19	The Seventh Sunday after the Epiphany	Green
February 26	The Last Sunday after the Epiphany	Green