



## Highlawn Presbyterian February 2022 **HIGHTERIAN**

Let's face it, February is not a month a lot of people look forward to. With the exception of Valentine's Day, it can still be a cold and dreary month. Many of us are hunkered down, counting down the days until Spring. Parents with small children struggle with how to let kids burn off all their energy when they are indoors so much. On top of that, we are still the midst of global pandemic like we have never seen before. Sometimes, it just makes you thankful that February is at least a slightly shorter month.

But before we all pull the covers over our head and wait until we see signs that things are getting better, let's take a step back and ask what God would like us to do during this month. Maybe since we have more time indoors, we can call an old friend. Maybe we can send a card to a person we know who is going through a rough time. Maybe God is giving you this time to finally read that book that you have had on your nightstand for a year now, or you are being given the chance start that new hobby that has been in the back of your mind for a while.

What if, instead of focusing of the dreariness of this month, we focused on the opportunities it provided. When Paul wrote to the Philippians, he encouraged them to set their minds on things above. He wrote in Philippians 4:8, "Beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things." If we commit to spend the month of February thinking about these things, we will not be overcome by the thought of another snow day. Instead, our minds will be filled with the good things from God and before we know the warmer temperatures will be here and Spring will be on its way.

*Sharon*

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***Don't forget to bring in snacks for  
Hospice House on the  
1st & 3rd Sundays.***



Presidents' Day  
February 21, 2022



Transfiguration Sunday  
February 27, 2022

He was transfigured before them ...  
and his clothes became dazzling white ...  
Mark 9:2-3, NRSV



# HAPPY VALENTINE'S DAY!

## Happy New Year!!

I've missed having youth group over the holiday season so I'm excited to get back to our normal meetings. We will meet each week from 3:00-5:00, unless we have something special going on. I have some fun things planned for 2022 so I hope to see you all soon!

Jan 9: Bible Verse Scavenger Hunt

Jan 16: No Youth Group - I'm going out of town

Jan 23: We'll start a series on the Parables of Jesus - starting with Parables that teach us about God's love for man.

Jan 30: Parables that teach us about salvation

Feb 6: Parables that teach us about hypocrisy

Feb 13: Parables that teach us about sharing Christ with others

Feb 20: Parables that teach us about wisdom

Feb 27: Parables of Jesus Escape Room!!

We're starting to run low on snacks so if anyone would like to donate individually wrapped snacks or drinks it would be much appreciated.

As always, call me with any questions, 304-690-6667

2022 is going to be a great year!

Sarah Specht



Grandmas hold our  
tiny hands for just a  
little while.....



[www.wow4u.com](http://www.wow4u.com)

## **Happy February!**

Hope this finds you well and braving the snow  
and cold weather successfully!

Hang in there.....Spring is just around the  
corner!

This month the Presbyterian Women Circles will be studying **Bathsheba**, the fourth woman, of five, in our study series. I found it a little strange to learn that Bathsheba is not named in Matthew's genealogy. Instead, she is referred to as the "wife of Uriah," and is defined by her relationship to a man. Now I do recall that "back in the day", when I was growing up, often times women were referred to as the "wife of so-and so" or "Mrs. So-and-So" instead of by their own name.

But, of course, "we've come a long way, Baby!"  
and that doesn't happen so much anymore.

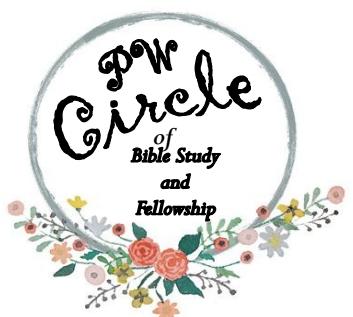
At first, it appears that Bathsheba is silent and powerless, but when she steps onto the stage she finds her voice and exhibits an ability to influence kings. Bathsheba's story illustrates the corrupting influence of power as well as the support, she, as a queen, can provide for her son's reign. We will look at Bathsheba from different points of view—as a manipulator, a victim, or someone who is ignored or treated as totally unimportant. She was portrayed as the perfect temptress with seductive ways or just a "cardboard character with no depth". Come join us in our study of Bathsheba and find that she isn't "all bad" and that there are **at least** two sides to every story! Several references even indicated that she was probably of noble birth.

Hope to see you **Thursday, February 10** at either the  
afternoon meeting (1:00 p.m.)  
or the evening meeting (7:00 p.m.).

I promise you'll have an enjoyable time and as we continue  
to learn even more of Jesus' genealogy!

Shelia Brownfield

HPC Women's Moderator





## January/February Mission Opportunities

Items for Harmony House, see display in lobby.

We asked for folks to watch for bargains on socks, gloves and Christmas clearance for 365 Days of Christmas (shoeboxes and stockings).

And for Children's Home Society duffel bags, blankets and hoodies. I have not been having much luck finding deals on hoodies, but have found other kids clothing on sale. We have more than 2 dozen blankets and about 4 dozen duffle bags. They are coming in so quickly it is hard to keep count!

Karen continues to make hats to be donated wherever there is a need. She gladly accepts donations of yarn and asks only that we pick them up and sort for size. Again, she makes them so fast it is hard to keep track, but I am pretty sure she has made more than 100 already this year!

Harmony House announced on Facebook that they need gloves. Thanks to generous donations, we are sending at least 5 dozen pairs of gloves and a supply of Karen's beautiful handmade hats. Thank you, everyone!

Sewing Missions. We love making pillowcases, laundry bags and stockings etc. but we are having a hard time finding fabric on sale. If anyone has fabric to spare, we could use your cast offs. Otherwise, we need sales or other sources of fabric. We love flannel for pillowcases, sturdy fabric for laundry bags and red and green fabric for stockings, but will gladly take what we can get. Beggars can't be choosers! We like to include pillows and pillowcases when we send a donation to the Children's Home. We have a number of pillowcase kits made up. We just need some stitchers!

Any time you have gently used clothes or shoes; games, books, or DVDs for kids or useful household items, talk to Ann S or Nancy E.

We love finding homes for them!





The Mission Committee of Highlawn Presbyterian Church continues its collection of household items for Harmony House clients in the Rapid Re-Housing Program. Items needed for the month of February include **kitchen trash cans, brooms, mops, buckets, toilet bowl brushes, silverware/flatware, dish drainers, toasters, can openers, and cooking utensils, such as big spoons, spatulas, etc.**

Items may be new or gently used.

A car load of items was delivered to Harmony House recently. Workers were very thankful for the donations. Some bedding, sheets, blankets, and pillows were also included in that delivery.

If you have an item that is not on the monthly household list, but you would like to get rid of it, they would likely be able to use it.

If shopping in this cold weather is not something you care to do, you may donate cash or a check, and committee members will shop for you. A receipt will be given to you for the purchased items.

The display/collection “wagon” remains in the front entryway of the church for donations. They may also be placed in the back room, near the office.

For any questions, please call Linda Hansen, 304-421-0860 or speak with any member of the Mission Committee.

**Hometown Breakfast**, our largest annual fundraiser, historically provides sponsorships and donations that allow us to sustain and grow our services and programs. With the rise in COVID cases locally and nationally, the decision to prioritize safety and not host the event in-person has left a sizable gap in our fundraising campaign for a second year in a row. For that reason, we have opted to transition it to a virtual event again this year. We are excited to host the event online and safely give our supporters an opportunity to gather virtually to celebrate our accomplishments while being responsible regarding our community's health and mindful of the ongoing stress the pandemic has placed on our healthcare workers and facilities.

We hope that you will join us in this virtual celebration and fundraising opportunity by sponsoring this year's event. I would be happy to send you a sponsor sheet for your review and use, and I've included the link at the bottom if you'd like to sponsor online. To be included in the event program, sponsorships must be received on or before February 8th. Additionally, if you are an individual or for-profit company, your sponsorship may qualify for a 50 percent West Virginia income tax credit through the state's Neighborhood Investment Program (NIP).

We are pleased to announce that Jan Rader, Huntington's Fire Chief, who will soon take on the role of Chief Director of the Mayor's Council on Public Health and Drug Control Policy, has accepted our Board of Directors' invitation to be our keynote speaker this year. Please mark your calendars and plan to attend the virtual event on Thursday, February 24th at 7:30 AM.

Please note "Hometown Breakfast" if you prefer to use our online sponsor link:  
<https://harmonyhousewv.networkforgood.com/>

## UPCOMING EVENTS



- Feb 10 Women's Circles  
Feb 17 Session



### **Birthdays for This Month**

- 2/02 Jane Hastings  
2/02 Isaac Meyers  
2/04 Steve Armstrong  
2/04 Lois DeMattie  
2/05 Lexie Thompson  
2/07 John Justice  
2/11 Karen Albers  
2/12 Ann Hagan  
2/15 Libby Ball  
2/17 Martha Woodward  
2/17 Gwen Tygrett  
2/21 Abby Parks  
2/24 Margaret Franks  
2/25 Mike Barbera  
2/27 Bradley Morgan  
2/28 Sylvia Wilson

### **Birthdays for the Beginning of Next Month**

- 3/01 Glenn Stotts  
3/02 Mike Hager  
3/03 Mackenzie Barbera  
3/04 Patty Justice



# THANK YOU

Thank you to everyone who supported us this Christmas season.

Your likes, comments, and donations on our social media posts were the best Christmas present we could have asked for. Your support helped to make our holidays extra special.

We hope to see you all soon,  
Mark Miller and Sarah Specht

I wish to thank my friends and fellow members for the card wishing me well. I read once that life is not a bed of roses—instead of ice, I wish it had been those roses I fell in to. Just learned I have graduated from St. Mary's to Encompass where the therapy will be intensive—the not strewn with flowers, and this tempo interruption will end. My heartfelt thanks for the prayers and joy of our partnership in the Faith at HPC to all.  
God bless everyone.

# THANKS FROM THE HEART



### ***Yoga Classes!***

*Saturdays in Feb. 9:00 am.  
Fellowship Hall \$10 per person*



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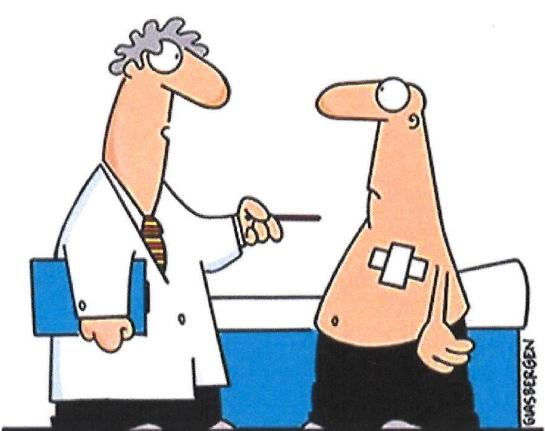
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#### More information

There's more about brain health at the [Alzheimer's Association](#).

SOURCES: Shiou-Liang Wee, PhD, associate professor, health and social sciences, Singapore Institute of Technology; Maria Torroella Carney, MD, chief, division of geriatric and palliative medicine, Northwell Health, New Hyde Park, N.Y.; *BMJ Open*, Nov. 22, 2021, online

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"It's a pacemaker for your heart.  
Plus, you can download apps for your liver,  
kidneys, lungs, and pancreas!"

### Housework Might Boost Your Body & Mind

By Steven Reinberg HealthDay Reporter

TUESDAY, Nov. 23, 2021 (HealthDay News) -- Seniors, looking for a way to stay mentally quick and physically strong? Start scrubbing.

Researchers from Singapore say housework may be a key to keeping your brain sharp as you age.

Their new study found that in older adults, cleaning house was tied to a better memory and attention span, and stronger legs, which helps prevent falls.

"Health promotion messaging on staying active should not just be about recreational or non-occupation physical activities," said study co-author Shiou-Liang Wee, an associate professor of health and social sciences at the Singapore Institute of Technology.

"Housework is a purposeful activity performed by many older adults" and represents a significant share of their self-reported moderate-to-vigorous physical activity, he said. As such, it's a key complement to recreational physical activity.

The researchers noted that their study doesn't prove housework causes sharper thinking or better balance, only that there appears to be a link.

For the study, Wee's team looked at nearly 500 healthy Singaporeans between 21 and 90 years of age.

The investigators used walking and the ability to get up from a chair as an indication of physical ability, and tests of short and delayed memory, language, attention span and visuospatial ability to gauge mental ability. (Visuospatial ability is a key to depth perception and moving around without bumping into objects.)

Participants were also asked about the household chores they did and other types of physical activity.

For Wee's group, light housework included washing dishes, dusting, making the bed, hanging out the wash, ironing, tidying up and cooking. Heavy housework included window cleaning, changing the bed, vacuuming, mopping and chores involving sawing, painting and repairing.

Among younger participants, 36% said they engaged in enough physical activity to meet the goal researchers set as beneficial, as did 48% of older participants.

But 61% of younger and 66% of older participants met this target exclusively through housework, the study revealed.

After accounting for other types of regular physical activity, the researchers found that housework was tied with sharper mental abilities and better physical capacity — but only among the older participants.

Scores on tests of mental ability were as much as 8% higher among those who did lots of housework, compared with those who did little, Lee's team found. Housework was also tied with higher attention scores.

And among older participants, balance and the time it took to stand up from sitting were better for those who did lots of housework than for those who didn't.

Dr. Maria Torroella Carney, chief of geriatric and palliative medicine at Northwell Health in New Hyde Park, N.Y., noted that exercise benefits your brain, and housework is exercise that also involves mental activity.

"Exercise is extremely important for aging for both physical and cognitive function," she said. "We know this from past studies, but we don't necessarily appreciate how much housework is a physical activity that takes planning logistics to implement. Exercise and planning are incredibly important for both physical and cognitive health."

Torroella Carney said physical activity increases blood circulation to your muscles and your brain, which helps mental function.



Housework can be an important part of your exercise routine, she said.

"Housework is physical but also requires detailed thought processes to complete," Torroella Carney said. "It's a task you've got to plan for. You've got to use devices, you've got to use equipment. There's planning involved, so there's cognitive exercise along with physical exercise." Her advice: Get moving.

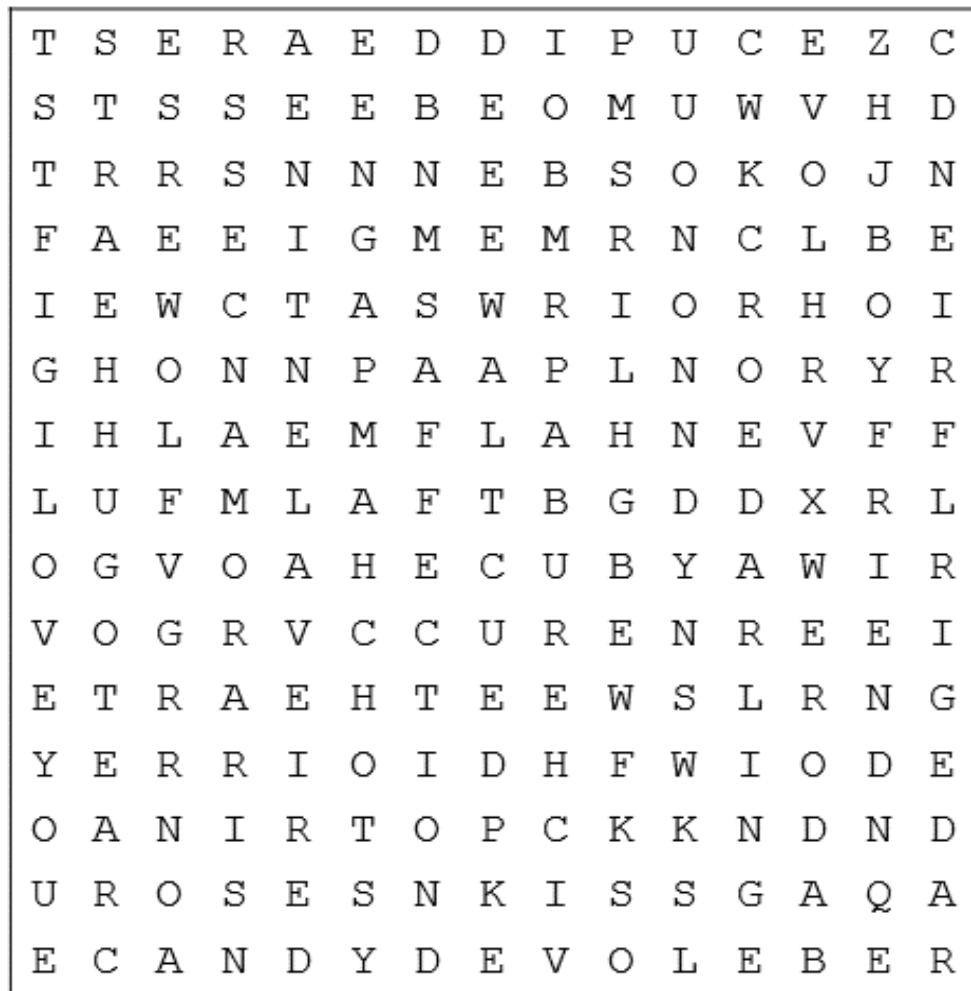
"It's never too late to start exercising, we know that from other studies, not just this one — it's never too late," Torroella Carney said.

The findings were published online Nov. 22 in the journal *BMJ Open*.



# Valentine's Day

## February 14th



ADORE  
AFFECTION  
ARROW  
BE MINE  
BELOVED  
BOYFRIEND  
CANDY  
CHAMPAGNE  
CHERUB  
CHOCOLATE

CUPID  
DARLING  
DEAREST  
FLOWERS  
GIFTS  
GIRLFRIEND  
HEARTS  
HUG  
I LOVE YOU  
KISS

LOVE  
PINK  
POEM  
RED  
ROMANCE  
ROSES  
SWEETHEART  
VALENTINE

