

A. COSSARD

Highlawn Presbyterian  
May 2022  
**HIGHTERIAN**

*May is a month full of celebrations – Mothers Day, Memorial Day cookouts, usually graduations or end of the school year celebrations. This year, the Presbyterian Women are hosting a luncheon following church on May 22. This will be another chance for us to enjoy fellowship together (and eating some great food!).*

*As our minds move to thinking about cookouts and summer trips and days spent by the pool, please continue to think about your church in your summer plans. I know it is easy to want to sleep in on Sundays or make plans that keep you away from the church, especially as summer comes, but I want to encourage to keep church as part of your plans. Of course, you can always join us virtually as you travel (and we encourage you to do so), but when you are away, your church family misses you. It's not the same when the people you are used to seeing in the church are gone. It's not the same when your fellow worshippers can't share the peace with you or hear you singing your favorite hymn (even if you are a little off-key).*

*Starting your week with church, whether virtually or in-person, can set the tone for your week. It can re-center you and allow you to prioritize all the things that are going on your life. But, coming to church is a practice in which the more we do it, the more we find we need to do it. And the more we miss, the easier it is to skip. And if that happens, we'll be right here when you are ready to come, excited to see you again and listen to you sing (off-key) again.*

**Sharon**

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**Thursday  
May 5th**



NATIONAL DAY OF PRAYER  
THURSDAY, MAY 5, 2022

**EXALT THE LORD  
WHO HAS  
ESTABLISHED US**

COLOSSIANS 2:6-7



**MEMORIAL DAY PRAYER**

Heavenly Father,

On this Memorial Day, we pray for those who courageously laid down their lives for the cause of freedom. May the example of their sacrifice inspire in us the selfless love of your Son, our Lord Jesus Christ.

Bless the families of our fallen troops, and fill their homes and their lives with your strength and peace.

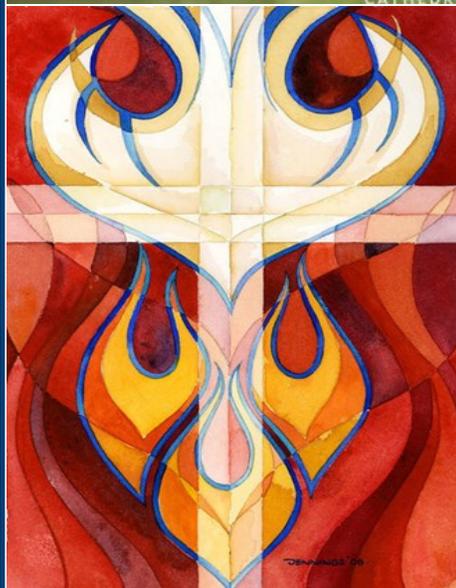
Embolden us to answer the call to work for peace and justice, and thus, seek an end to violence and conflict around the globe.

We pray through Christ our Lord.

Amen



**Monday  
May 30th**



**Pentecost Sunday  
Sunday, June 5th**

**Make sure to wear**

***RED***

# Confirmation

## thank you!!

We have a lot of people to be thankful for in this congregation!

Thank you Pastor Sharon for teaching our Confirmation Class.  
Thank you Hospitality Committee for making us a delicious breakfast.  
Thank you Session for listening to and discussing our Faith Statements

with us.

and

Thank you everyone else for supporting us and praying for us every step  
of the way!

*Max and Isaac Specht*

*Ethan and Dylan Lovejoy*

*Shawn Bragan*

*Anthony Lapelle*



# May Newsletter

It's hard to believe another school year is almost over.

Mark your calendars for these May events  
and then it's Bluestone time!!

If you want to go to camp this summer,  
let me know and we'll get you signed up!!

May 1 - No Youth Group

May 8 - 3:00-5:00 Youth Group - we'll be making something special  
for Mother's Day

May 15 - 1:00-3:00 Mario Party at First Presbyterian.

Zane Pinson will be bringing MarioKart Live and we'll have  
pizza and ice cream sundaes. *Cost \$10 a person*

May 22 - 3:00-5:00 End of Year Party at HPC

May 27-29 - Memorial Day Bluestone Retreat - we'll be taking the  
bus so if you want to go let me know - we'll have plenty  
of room! More information attached





As we enter the beautiful month of May, the PW study groups exit their nine month study of

***"What my Grandmothers Taught Me",***

learning from the women in Matthew's Genealogy of Jesus.

It has been a most interesting journey and I believe everyone enjoyed the lessons and the discussions.

Our final lesson is entitled,

***"What Are These Women Doing in a Place Like This?"***

This final lesson will summarize what the grandmothers of our faith have taught us and imagines what they may have taught Jesus. Through the stories of outsiders and marginalized people we see the kingdom of God, in which the last are made first.

None of the women we studied started or possessed any power but they all used their quick-wittedness to make the best of difficult situations. They were truly all strong women! Every woman has a set of strengths and characteristics that makes her unique. The challenges we face draw out our strengths and character. It also gives opportunities for friends and family to learn from us—and draws out their strengths and character too. We cannot possess every characteristic each woman's story in Jesus' genealogy, but we can read them, study them and learn from them. May God be with us all...always!

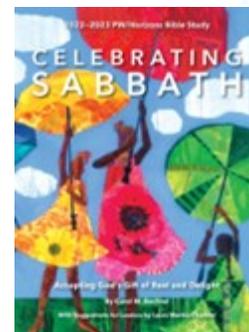
Thanks to all who attended, supported and learned from our bible study this year.

Stay tuned to learn what's in store for us next September!  
***Celebrating Sabbath: Accepting God's Gift of Rest and Delight***

Hope you will make plans to join us!



Shelia Brownfield  
Moderator



# A MONTH OF MISSIONS

## **"Grand Families" - Thank you!**

Thank you to everyone who donated cleaning supplies and paper products for "Grand Families". The collection was scheduled for April, but we are happy to wait a week or 2 to send them off in case anyone still has items to donate.

## **Pillows and Pillowcases Made with Love**

We are hoping to make another donation of pillows and pillowcases to the Children's Home Society and one to the Veteran's Home later this year. We need your help. We have a number of pillow case kits cut and ready to be stitched. These can be found in the Fellowship Hall. We have exhausted our supply of pillows and would love to have more of those donated as well. The following is a text I received from Belinda, local Resource Director for the Children's Home Society, after our last donation:

*"The items that we receive from you are always greatly appreciated! You have no idea how thrilled the kids (at the Emergency Shelter) are when they receive the pillows! Even children in the community that did not have beds, I have witnessed them hugging their new pillow! Highlawn Presbyterian Church is such a blessing to our community!!"*

## **Thank you to Karen Albers**

Karen crochets hats for our missions all year long. All she asks is that we share them with someone who needs them. She has already sent us 200 beautiful hats this year!

Thank you, Karen!





## Household Donations for Harmony House Rapid Rehousing Program

A reminder to everyone...as you work on your Spring housecleaning projects, if you have items you would like to donate...please consider the Mission Committee collection of household items for the Rapid Rehousing Program at Harmony House.

The items most needed for the month of May include **shower curtains and rings, laundry soap, disposable coffee filters, bakeware, sauce pans, pillows, pot holders, wash cloths, kitchen towels, coffee pots, and microwaves.** These items may be purchased new or given "gently used." Other items, in addition to the above list, are also much appreciated. If anyone is unable to shop and would like to help, you may donate cash or check, and Mission Committee members will shop for you and give you a receipt for the purchased items.

Items may be dropped off in the front entryway of the church or 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.



*The Mission Committee is coordinating a lunch for the Staff of Highlawn Elementary during Staff Appreciation Week as part of the church's outreach to the Highlawn community. The lunch is scheduled for Wednesday, May 4 at the school. In past years lunch has been served and been very appreciated by the Staff.*

*Anyone who has signed up to bring food for the lunch, please have your food at the church by 10:00 am on May 4. Thank you to everyone who is helping with the lunch.*



- May 4 Lunch for Highlawn School Teachers
- May 5 National Day of Prayer
- May 7 Yoga Class
- May 8 Mother's Day
- May 12 Women's Circles
- May 14 Yoga Class
- May 22 Birthday Luncheon
- May 26 Session
- Ascension of the Lord
- May 30 Memorial Day

**The latest in Church news!**

*Coming up:*

**Sharon will be on Study Leave May 16—22nd**

**Sarah leaves for Bluestone May 30th**

**PEWS NEWS**



**Birthdays for This Month**

- 5/06 Paul Smith (Sexton)
- 5/07 Richard Brunton
- 5/08 Grayson Bell
- 5/10 Ashley Thompson
- 5/10 Luke Lovejoy
- 5/12 Mertie Woolcock
- 5/13 Sandra Parker
- 5/17 Sarah Specht
- 5/29 Kim Gray

**Birthdays for the Beginning of Next Month**

- 6/01 Anne Myers
- 6/02 Tim Dorey
- 6/05 Linda Reynolds



*Presbyterian Women Birthday Luncheon*

*Sunday, May 22nd—following Worship*

*Everyone is invited!*

*Donations will be accepted to support the ministry of the Presbyterian Women.*



**Yoga Classes!**

*Saturdays*  
*May 7th & 14th.*  
*9:00 am.*  
*Fellowship Hall*  
*\$10 per person*

Happy Mother's Day

"She is clothed with strength and dignity; she can laugh at the days to come. She speaks with wisdom, and faithful instruction is on her tongue." PROVERBS 31:25-26



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### More information:

<https://www.news-medical.net/health/Improving-Cognitive-Abilities-in-the-Elderly.aspx>

<https://thegreenfields.org/cognitive-health-and-older-adults/>



## Cognitive Health and Older Adults Part 4

Cognitive health — the ability to clearly think, learn, and remember — is an important component of performing everyday activities. Cognitive health is just one aspect of overall brain health.

### What Is Brain Health?

Brain health refers to how well a person's brain functions across several areas. A growing body of scientific research suggests that the following steps are linked to cognitive health. Small changes may really add up: Making these part of your routine could help you function better.

- Take Care of Your Physical Health
- Manage High Blood Pressure
- Eat Healthy Foods
- Be Physically Active
- Keep Your Mind Active
- Stay Connected with Social Activities
- Manage Stress
- Reduce Risks to Cognitive Health

Research shows that a combination of these healthy lifestyle behaviors may also reduce the risk for Alzheimer's disease.

### Stay Connected with Social Activities

Connecting with other people through social activities and community programs can keep your brain active and help you feel less isolated and more engaged with the world around you. Participating in social activities may lower the risk for some health problems and improve well-being.

People who engage in personally meaningful and productive activities with others tend to live longer, boost their mood, and have a

sense of purpose. Studies show that these activities seem to help maintain their well-being and may improve their cognitive function.

So, visit with family and friends. Consider volunteering for a local organization or join a group focused on a hobby you enjoy. Join a walking group with other older adults. Check out programs available through your Area Agency on Aging, senior center, or other community organizations. Increasingly, there are groups that meet online too, providing a way to connect from home with others who share your interests or to get support.

We don't know for sure yet if any of these actions can prevent or delay Alzheimer's and age-related cognitive decline. Still, some of these have been associated with reduced risk of cognitive impairment and dementia.

### **Manage Stress**

Stress is a natural part of life. Short-term stress can even focus our thoughts and motivate us to take action. However, over time, chronic stress can change the brain, affect memory, and increase the risk for Alzheimer's and related dementias. To help manage stress and build the ability to bounce back from stressful situations, there are many things you can do:

Exercise regularly. Practicing tai chi or going for a walk, especially in nature, can restore a sense of well-being.

Write in a journal. Putting your thoughts or worries on paper can help you let go of an issue or see a new solution.

Try relaxation techniques. Practices such as mindfulness — which involves focusing awareness on the present moment without judgment — or breathing exercises can help your body relax. These can help lower blood pressure, lessen muscle tension, and reduce stress.

Stay positive. Release grudges or things beyond your control, practice gratitude, or pause to enjoy the simple things, like the comfort of a cup of tea or the beauty of a sunrise.

### **Reduce Risks to Cognitive Health**

Genetic, environmental, and lifestyle factors are all thought to influence cognitive health. Some of these factors may contribute to a decline in thinking skills and the ability to perform everyday tasks such as driving, paying bills, taking medicine, and cooking.

Genetic factors are passed down (inherited) from a parent to child and cannot be controlled. But many environmental and lifestyle factors can be changed or managed to reduce your risk. These factors include:

Some physical and mental health problems, such as high blood pressure or depression

Brain injuries, such as those due to falls or accidents

Some medicines, or improper use of medicines

Lack of physical activity

Poor diet

Smoking

Drinking too much alcohol

Sleep problems

Social isolation and loneliness

