

take a cun o' kindness yet For auld lang syne.

Highlawn Presbyterian
January 2022
HIGHTERIAN

HAPPY New Year

Whew! We made it through the holidays! Yippee!
I always feel like we should give each other a hearty pat on the back after the holidays. Don't get me wrong – I love this time of the year. But if we are honest, it can be a lot. A lot of parties, a lot of shopping, a lot eating, a lot of traveling, even a lot of church. Sometimes it is just a lot. And it's okay to use this time to take a breath. Still have your Christmas tree up? Don't worry about. Still haven't finished all those things that you said you were going to do during Christmas. Let it go.

Each New Year people make all kinds of resolutions, usually to do with being healthier like eating better or losing weight. But what if this year, we chose to take better care of ourselves in a different way? After the business of the holidays, it is important that we take the time to simply be. It is time for us to find rest in God's presence. To return the daily routines of life, but in a way that is mindful of God's presence with us.

The Psalmist reminds of God's words to us, "Be still and know that I am God." Even in a time when we are celebrating God (like Christmas), the busyness can keep us from truly experiencing God's presence. So, let's resolve to take the time this year to breathe, time to slow down when needed, time to rest. Let's resolve to give up the need to perform or produce. God's love is not tied to our performance or productivity. (Amen!) Would you join me in making this a year of choosing be still, so that we may know he is God?

Sharon

We'll syne, We'll lang For auld lang syne, my jo. For auld lang

Should auld acquaintance be forgot And never brought to mind? Should auld

acquaintance be forgot, And auld lang syne.

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EPIPHANY



... they bowed
down and
worshiped
him.
Then they
opened their
treasures and
presented
him
with gifts
of gold,
frankincense
and myrrh.

MATTHEW 2:11, NIV

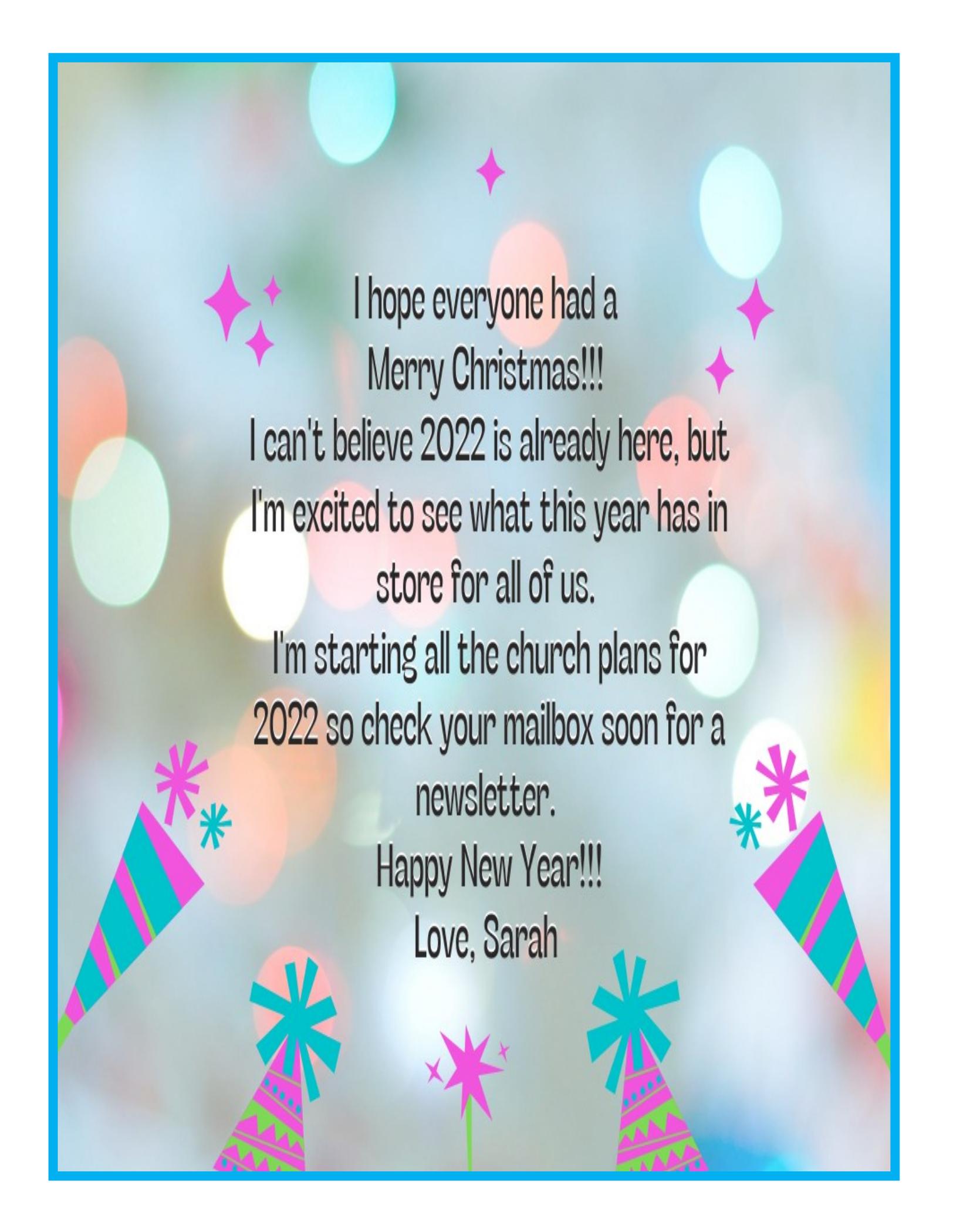
Epiphany is the celebration of God's manifestation or self-revelation to the world in Jesus Christ. In particular, we celebrate the revelation of God's promise and purpose to the nations of the world, as the magi came from the East to worship to the Christ child, and God's covenant of grace is extended to

all who believe the good news of Christ Jesus. The symbolism of light is important: not only because of the star that guided the magi, but as it relates to the bright dawning of God's self-revelation in Christ.

God of endless light, you sent a star—
rising from darkness, guiding seekers and sages,
overwhelming us with joy.

Let the splendor of your dawning light grow in us
and in all the world until the whole creation shines with
your glory; through Jesus Christ our light.

Matthew 2:1-12



I hope everyone had a
Merry Christmas!!!

I can't believe 2022 is already here, but
I'm excited to see what this year has in
store for all of us.

I'm starting all the church plans for
2022 so check your mailbox soon for a
newsletter.

Happy New Year!!!

Love, Sarah

Happy New Year!

Hope everyone had a wonderful Christmas!

At our Circle Meeting In December we learned a little about Ruth, the third of the five women in Jesus' genealogy.

We learned how Ruth chose to stay with her mother-in-law, Naomi, and return to Bethlehem, Naomi's homeland....
"Ruth and Loyal Love".

We learned of her loyalty to her mother-in-law, Naomi.

In January we will continue our study of Ruth....

Lesson Five: "Ruth and Redemption".

Ruth and Naomi, who started out empty and bereft, are filled and redeemed through the honesty and care they show one another. The foreign daughter-in-law is praised for her faithfulness and, in the end, Ruth is shown to be the main reason King David's family line can continue.

The story shows God's action through ordinary people like you and I. Ruth's is a story of a journey, from home, to a foreign country, back to home; from famine to fullness; from emptiness into community; from prejudice into openness, and from hopelessness into possibility.

Plan to join us as we learn together and hear..... "the rest of the story".

It's not too late to join us. While having a study book is helpful, please don't feel like it is obligatory! You can still benefit from hearing the lesson and being a part of the discussion.

The Afternoon Group, led by Neva Baldwin, meets at 1:00 p.m.
and the Evening Group, led by Sally Lowe, meets at 7:00 p.m.

Both groups meet in Fellowship Hall.

Please feel free to contact either of these ladies if you have any questions. Hope to see you there!

Shelia Brownfield
HPC Women's Moderator



"We should all have one person who knows how to bless us despite the evidence. Grandmother was that person to me."

-Phyllis Diller





Over 130 stockings were sent to the Salvation Army for Seniors and children! Nancy Estler and Ann Shurman have worked for months gathering, sewing and collecting items for the stockings. Many thanks to all who have donated, sewed stockings, and collected items.



MISSION CHRISTMAS



Salvation Army

For months folks have donated, shopped, cut, stitched, organized, stuffed and prayed to complete 118 stockings for local children and 28 stockings for Senior citizens. Thank you to everyone who supported this ministry.

30 pillows with handmade pillow cases were delivered to the **Veteran's Home**. It was decided that they would be saved and given as Christmas gifts because they were so nice.

Carla took many, many items to **Dunlow**

We donated 4 Lap Robes to "Empty Stockings"

Hundreds of hand made hats were donated to a variety of missions.

School supplies were sent to a school in **Kentucky**.

A variety of items were donated to **Harmony House**, and children's clothes, shoes and teddy bears were sent to the **Children's Home Society of WV**, both of which will be an ongoing missions this year.



January/February Mission Opportunity ...Children's Home Society of West Virginia

In January and February we will be collecting items to support this private organization that manage foster children, adoptions, shelters children, supports families and neighborhoods.

Duffle bags offer foster children dignity. Blankets are the most requested gift by children in need. Hoodies are the favorite clothing items of children 10 - 18 at the shelter. Pillows and pillow cases are both comforting and are personal possessions that children can take with them when they move to a new situation.

Many stores have marketed blankets as Christmas gifts and they may be available after the holiday at deep discounts. Last year Walmart reduced hoodies early in the new year to as little as \$2.00 each. We can sometimes find deals on duffle bags and we can make laundry bags. Supporting this very worthy cause helps West Virginia's most vulnerable children.

Nancy & Ann

PRAYERS FOR THE NEW YEAR

UPCOMING EVENTS

Jan 7 & 8 **Session Retreat**
Jan 13 Women's Circles
Jan 20 Session

HAPPY BIRTHDAY

Birthdays for This Month

1/02 Nancy Weider
1/02 Gary Baldwin
1/06 Mitzi Cyrus
1/07 Mike Wilson
1/11 Mary Beth Biederman
1/11 Avery Morgan
1/18 Jenny New
1/20 Neva Baldwin
1/21 Anna Laura Dorey

Birthdays for the Beginning of Next Month

2/02 Jane Hastings
2/02 Isaac Meyers
2/04 Steve Armstrong
2/04 Lois DeMattie
2/05 Lexie Thompson

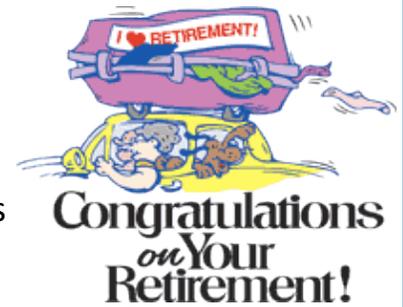


Thank You

Dear HPC Congregation;

The Staff of HPC would like to express our sincere appreciation for the wonderful Christmas gift. We all feel very blessed to be part of the HPC family! Thank you!

Dr. Bob Lowe, Orthopedic Surgeon, has retired from Scott Orthopedic Center, Inc, after practicing 50 years in Huntington, WV. His patients will now be cared for by one of his partners at Scott Orthopedic Center, or by another orthopedic surgeon of their choosing. He is grateful and appreciative of the many patients who have trusted him with their care, and he wishes them the very best of health in the years to come.



Yoga Classes!

Sat Jan. 15th & 22nd 9:00 am.
Fellowship Hall \$10 per person

All are welcome!

There is a Card Center now located in the Atrium if you would like to send a card to someone on the Prayer list. Cards will be picked up and mailed out by the Congregational Care Committee.



Congregational Care



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For more information on gratitude for older adults check out...

https://greatergood.berkeley.edu/article/item/what_happens_when_older_adults_take_a_class_on_gratitude

<https://www.visitingangels.com/sarasota/articles/six-benefits-of-practicing-gratitude-for-seniors/16063>

<https://www.sciencedaily.com/releases/2021/01/210121131633.htm>

Gratitude as a Healthy Habit

Gratitude is getting a lot of airplay these days ... and for good reason.

The upsides to expressing gratitude are many. Studies have shown that gratitude has a uniquely powerful relationship with health and well-being, both our own and of those around us. When people have higher levels of gratitude, they tend to have lower levels of depression, better sleep quality, and stronger biomarkers, such as higher rates of good cholesterol. In addition, they are better able to handle stress and are more socially connected.

Gratitude encourages us to focus on what is rather than what is not, to think carefully about what we have and can be thankful for, rather than what we don't have (and maybe do not even need). In this way, gratitude is closely associated with mindfulness

When things are going well in our lives, it can be relatively easy to express gratitude. But what happens when things are not going so well? It's at these moments when we need gratitude the most.

By practicing gratitude over time, we can learn to notice and appreciate not only the positives, but also develop better attitudes about the negatives ... the challenges, losses, and frustrations that we all face as we age. Adopting an attitude of gratitude means tackling the negative things and challenging ourselves to find ways to be grateful for them.

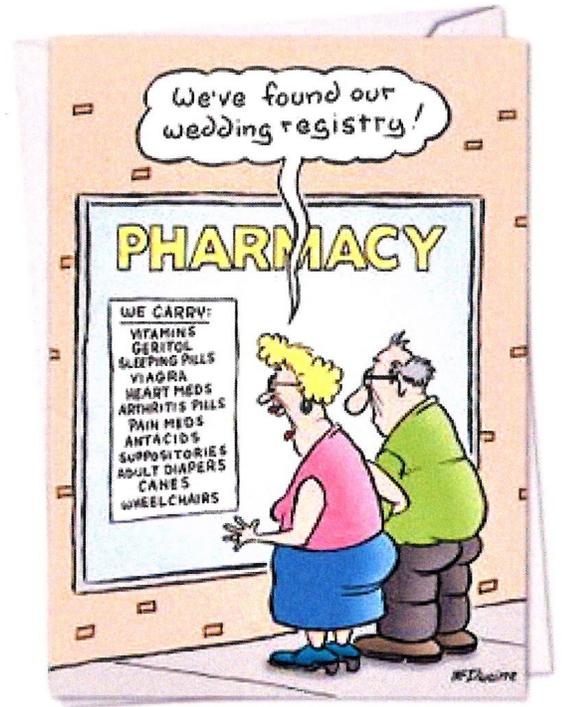


"One senior discount for the six o'clock show, and could you fill this prescription, please?"

The best way to practice gratitude over time is to build it into your daily routine as a habit, much the same way that you make brushing your teeth a daily habit.

Here are some tips on how to incorporate gratitude into their lives:

- "I ask myself every morning, 'What am I grateful for today?'"
- "I send thank-you cards to old friends, family, and acquaintances. This weekend, I'll write thank-you cards to my health care providers to say 'thanks' for their care this year."
- "I write down and then say out loud what I am grateful for."
- "I keep a gratitude journal. I see so much more to be grateful for and I'm happier."



As you can see, there is no one-size-fits-all approach, but practice does make perfect. The added benefit of practicing gratitude every day is that, over time, you can watch your good thoughts accumulate which can be a source of both inspiration and solace in your life.

L	R	I	D	O	O	F	T	A	E	H	D	M	Y
R	E	S	R	T	E	A	A	U	N	T	E	O	T
N	S	T	U	F	O	Y	H	C	F	N	I	M	R
A	I	N	N	I	F	I	W	S	A	E	S	R	O
T	L	A	N	F	T	F	E	T	O	I	D	Y	T
U	I	L	I	S	E	F	R	E	E	G	N	D	A
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D	T	I	R	N	O	I	I	H	O	M	E	U	E
S	C	O	M	P	U	T	E	R	S	N	N	S	R

- NEIGHBORS
- RUNNING WATER
- RESILIENCE
- WIFI
- FOOD
- PETS
- ZOOM
- INDOOR PLANTS
- COMPUTER
- CELL PHONE
- NATURE SOUNDS
- AUNT
- REFRIGERATOR
- SUN
- FRIENDS
- HOME
- BRADY
- MOM
- HEAT
- COFFEE

