

Highlawn Presbyterian
JULY 2022
HIGHTERIAN

*Do you know anyone who can't
pack for an overnight trip without
taking three suitcases?*

*Some people just seem to travel with so much stuff! Why are
they carrying all that around with them? What could they possibly
have in there?*

*A lot of us are doing the same thing but with our lives. We carry
around things that God has told us to put down and leave behind:
guilt, unforgiveness, shame, envy, pride and the list goes on. This
month, we are going to begin by looking at how Jesus told some of
the first missionaries to pack and then we are going to talk about the
things are that we are carrying around that Christ has called us to
leave behind.*

*I hope you will join us in July for our
series "Traveling Light".*

Sharon



4th Of July

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Mission Committee meeting July 6 at 2 pm.

Sewing Group will gather in Fellowship Hall July 13 10 am. Inexperienced and experienced welcome to help cut out patterns, sew pillow cases or Christmas stockings.

A group of Project Shine workers will be joining us for worship on Sun July 10th. We will be serving them lunch after the service. **Please sign up to bring a salad or dessert to go with the hamburgers and hot dogs we will serve them.**



Harmony House Lunch July 27.

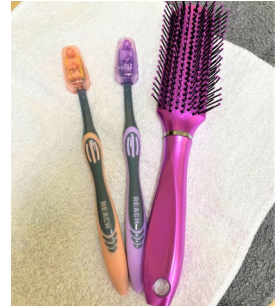
In May we served around 70 people and we hope to continue this mission outreach every other month. Meet in the HPC kitchen at 9:30 to prepare the meals. *Youth, you're invited to help!* Meals will be taken to Harmony House at 11:30 and set up on tables in front of their 4th Ave facility.

Christmas Missions in July

Christmas Missions in July will be an opportunity to get a head start on our Christmas Missions. You can wear your favorite Christmas sweater or T-shirt if it helps you to get in the mood! There will be opportunities for cutting and sewing stockings, assembling Hygiene Kits, School Supplies Kits, Tic Tac Toe Games and learning a fun new way to make Jump Ropes! Putting these kits together and organizing donations will make the packing of the boxes and stockings so much easier. We will meet at **10:00 on Wednesday, July 20** You can come just to enjoy the fellowship, but we will find a project for you! Come and join the fun! As always, come when you can, leave when you need to.

Hygiene Kits

We can still use toothbrushes, combs and brushes.



School Supplies Kits

School supplies are already on sale at both Walmart and Target. Crayola crayons 24 packs are down to 50cents, a great bargain! We also need pencils, pencil sharpeners, erasers, colored pencils, scissors and notebook paper.



FYI Teachers and Shoebox shoppers prefer Crayola. Ticonderoga pencils are superior to other brands especially the cutesy pencils. Scissors are pricey. Loose leaf notebook paper is much easier to pack than notebooks. Colored pencils last longer than markers and produce no plastic waste.

Not Allowed Liquids, toothpaste, food, seeds and camo items are not allowed for shoeboxes. Some countries are not allowing soap through customs and we never know where our will boxes will be sent. All that being said, **we appreciate all donations!**

Freebies allow us to serve more children. Some businesses give away T-shirts, pencils, pens and other small items that go well into shoeboxes and stockings. Many dentists donate toothbrushes if asked. Donors may be interested to know that we send at least 50 shoeboxes internationally each year and fill about 100 stockings for Salvation Army for local children. Beanie babies are a popular item for shoeboxes and stockings. **All items must be new.** So if an item is donated it must be from a collection that was just on display, not played with. Various Fast Food Restaurants will give away Happy Meal prizes, crayons, coloring books and crowns. Think outside the box! We have already received some donated school supplies and small toys from the WVU Extension office.



Old T-Shirts too stained or holey to donate can be used in one of our shoebox crafts! Come to Christmas Missions in July to find out how!



One Person's Trash is another person's treasures. If you have **Furniture or Household items to dispose of**, please check in with **Linda, Ann or Nancy**. We recently sent some well used furniture to Harmony House. They sent a truck and plenty of people to load it and were thrilled to be able to offer a bed to a senior citizen who was currently sleeping on a mattress on the floor!

Support your favorite cause

Did you know you can **Support The Huntington City Mission and Harmony House while you shop**? If you have a Kroger Plus Shopper's Card, you can choose a community partner to receive a small donation for a percentage of what you spend at Kroger. If you are an Amazon Shopper, you can elect to shop through Amazon Smile and choose a charity to receive a small percentage of eligible purchases. **Harmony House is listed as Cabell-Huntington Coalition for the Homeless** on both Kroger and Amazon Smile lists.

Learn about the OCC Shoebox Ministry

Want to know more about Samaritan's Purse Operation Shoebox Ministry? We have invited Rebecca Parker-Moore of Ashland, the **Regional Coordinator for Operation Christmas Child** to speak briefly during Sunday morning Worship, July 10th and to stay for Fellowship after.

For the Month of July

We are collecting School Supplies for Christmas Missions.

It was a Sewing Party!



Sewing Party

We had so much fun sewing last week, we scheduled another **Sewing Party for Wednesday, July 6 at 10:00**. We are currently working on red, white and blue pillowcases, but are also looking forward toward Christmas stockings. As long as folks want to sew, will have projects!



Collection of Household Items for Harmony House

The Mission Committee of Highlawn Presbyterian Church has a mission during 2022 to meet the needs of new clients in the Harmony House Rapid Re-Housing Program. At the six-month point of 2022 we have been able to donate many items for their program. Each month, a car full of items are delivered to Harmony House. Each quarter, or every three months, we change the list for their most-needed items.

The requested items for **July, August, and September** include **toilet bowl plungers, kitchen knives, garbage bags, zip-lock bags, air mattresses, pillows, laundry baskets, bath towels, kitchen towels, and laundry soap**. Donations may be new or gently used. This is not to discourage the donation of items not mentioned on this list. For example, if you get a new set of dishes, and do not need your old set, there is a family who could use your dishes. If you have items in your attic or garage and don't plan to use them, now is the time to donate. If anyone prefers to make a monetary donation, committee members are willing to shop for you.

There is a display with the wagon in the Narthex with a poster reminding you of the items needed. When you bring your items to donate, you may leave them in the Narthex or in the room near the office, where the committee stores the items till delivery to Harmony House at the end of each month.

Furniture and bedding supplies were recently donated to Harmony House for their rehousing program. The furniture is from the Boso home. Donated items included a queen-size mattress and box springs, mattress cover, bed sheet set, and pillows. Also donated were a large dresser, bed-side stand, and a coffee table. Harmony House does take furniture for their rehousing program, but needs to know in advance to plan delivery straight to the new home, as they do not have storage space at Harmony House.



For any questions, please call
Linda Hansen,
304-421-0860.



UPCOMING EVENTS



July 2 Parry Baby Shower
 July 4 4th of July
 July 9 Service for Lou Capaldini
 July 10 Speaker—Rebecca Moore
 Project Shine Lunch
 July 13 Sewing Party
 July 17 Sarah Returns !!!
 July 20 Christmas Packing Pty
 July 21 Session
 July 27 Harmony House Lunch



Birthdays for This Month

7/01 Barb Boley
 7/03 Larry Lapelle
 7/05 Peggy Noel
 7/09 Carol Specht
 7/11 Ginny Morgan
 7/15 Kalyn Dorey
 7/15 Kevin Dorey
 7/19 Joanne Yingling
 7/25 Alanna Cushing
 7/29 Sharon Shockley
 7/31 Gary Prater

Birthdays for the Beginning of Next Month

8/03 Lester Williams



The latest in Church news!

New Address for:

Nancy Weider
 500 Bradley Foster Dr Room 342
 Huntington, WV 25701
 Home phone: 304/522-0262



Welcome to our new members:

Terri Effingham, Sharon Rowsey & Nan Price



Prayers for the Family of Lou Capaldini.

*A Service in
 Remembrance will be held
 on Saturday, July 9, 2022*

10:00 am

*Refreshments to follow in the
 Fellowship Hall*





I•M•P•O•R•T•A•N•T

Announcements

Worship will now begins at 10:00 AM.
Sunday School is cancelled until fall.

MISSION SERVE!

Two hundred and seventy members of Mission Serve will be staying at New Highlawn Elementary school July 9th -16th and rehabbing houses in Highlawn, West Huntington, and Fairfield East. We seek support from The Churches and Highlawn, West Huntington, and Fairfield East communities of food donations and help to prep bagged lunches for the group to take to their work sites.

Here is how YOU can help:

The donations will be collected from now to July 16th at Highlawn Presbyterian Church from the hours 9 am-1 pm Monday-Friday of the following items:

Brown paper bags
Bread
Jelly
Peanut butter
Ham
Turkey
Sliced cheese
Mayonnaise packages
Mustard packages
Wrapped sweets (Ex. Little Debbie cakes)
Individual bagged Chips



Lastly, we will need volunteers to meet each day at 9 am starting July 11th to assemble bagged lunches. If you have any questions or concerns, please get in touch with Kalyn Obiozor-Dorey at 304 563-3964

HPC Mask Policy Update!



Session has decided that we will follow Marshall's CDC & County Guidelines for updates on requirements for masks. Currently, the status is at level orange. The CDC updates the level every Thursday, and we will update you every Friday via email as to whether or not you will need to bring a mask. This is the link if you want to follow;

www.marshall.edu/coronavirus/

Check your emails!



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More information:

<https://www.doinggoodtogether.org/bhf/visit-older-adults>

<https://salmonhealth.com/blog/things-visiting-elders/>

<https://www.nia.nih.gov/health/participating-activities-you-enjoy-you-age>

March or Meander?

I would like to publicly apologize. I know it is not very fashionable, but I must do it. After all, wisdom sometimes comes later than we wish!

Over the years, I have gone with children, youth, and adults into retirement homes, nursing homes, and older adult communities with little or no preparation. Generally, we just called to say we were coming and marched through with various gifts, musical numbers, flowers, carols, and cards.

Within an hour or two, we were gone, having laid waste to the peace and orderliness of the community. Seldom did we stop to listen or slow down enough to hear, to learn, and to wonder at the amazing gifts to be found in those halls and homes. We should apologize for our self-centeredness and, frankly, our fear that somehow old age would rub off on us with its call to courage and needful change. I am so sorry we marched through when we should have meandered.

Over the last several years, I have spent many of my days with my mother and father in one of our wonderful Presbyterian Homes. I have seen many

generous volunteers love and care for the residents with grace and respect, but I have also seen countless groups parade in and out, giving what they have but never really honoring the residents with an opportunity for real community. I have come to enjoy this community, to cherish its stories, and to be comfortable with walking a little slower and listening a bit longer so that the wisdom and laughter of generations of experience can become a part of my heart and soul. It is a treasure I am so glad to have discovered. With a little effort, it is available to all.

Here are some suggestions for those who prepare to enter these communities:

» Before you race over to a retirement home with a group, visit the community and talk to the



staff about the group you plan to bring and what they might do or help with when they come. Staff members can give you great direction on how to interact with residents and what kinds of programs or activities are well received. They can assist with the timing of your visit so that most residents are available and alert. They can also guide you as to what kinds of gifts are helpful and which are not, and can alert you to food restrictions and allergies.

- » After you have decided what your group will do, ask several residents if they are willing to talk to group members before or after the program or activity. Note any special interests and experiences that might be a good match for individuals in your group. Ask if you can take photos now and later.
- » Follow up with staff by confirming your plans, your group's size, the timing of your visit, parking needs, and any equipment you might bring or need.
- » Talk to your group about what to expect, and show them photos of the facility and residents they might meet.
- » Have group members take part in activities that give them an idea of what it feels like to be older. Wearing gardening gloves while they try to eat or write can help them understand how it feels to lose dexterity. Ask group members what other activities arthritis might make difficult or impossible.
- » Explain that when some people get older they have trouble remembering words and things that happened recently. Try playing a game like "Taboo" that challenges people to search for words as they try to express what they mean. Or ask your group to pick a topic to talk about like fishing, soccer, fast food, or Christmas. Have them write down five key words they would normally use to tell about these experiences. Then challenge the group to make a 30-second statement about their chosen activity without using any of those five words. Then talk about how it felt to have to search for words, and how frustrating it would be to have to do that all the time.
- » Talk about the people your group might meet and the things that have happened in their lives, such as the wars that occurred, the Great Depression, the invention of TV, and the first space missions. Formulate questions that might serve as conversation starters.
- » Talk about older adults your group already knows and make the connection with the other older adults you will soon meet. Talk about how important it is for those people to know they are remembered. Older members in your congregation might help your group practice by sharing their life stories.
- » Plan plenty of time to talk with residents and plenty of time to debrief after your visit.

Pray before your group goes and after you come home. God will be with you through it all and will guide you into amazing and life-affirming places as you serve and are served during this activity.

At your debriefing, discuss what group members heard and saw. Ask them to name one person they were excited to meet, one thing that surprised them, and one thing from this experience that they would pray about. Ask what they discovered about themselves, what they would do differently next time — and where they saw God.

Building multi-generational relationships is a significant need for our congregations. What used to be a natural part of our faith community is now something we need to carefully plan.



So many of our church families do not live in the same area as their extended families, and therefore lack the contact with other generations that can give depth and fullness to their lives and faith.

Consider "adopt a grandparent" programs in your congregation, pairing children and youths with older members. Good and consistent contact with our older generations can be an amazing and gifted part of our lives. Take courage and take the plunge, slow your march, and meander through the treasures of these mature generations.

4th Of July Word Search

Search for the hidden words going up, down, left and right.



R	E	M	M	U	S	G	C	T	B	A	X	F	F	Q	T	U
U	P	S	B	F	I	G	U	A	E	B	K	D	R	L	B	P
F	J	E	J	D	T	K	D	N	A	C	I	R	E	M	A	G
K	A	C	U	I	R	H	Y	N	C	P	F	H	E	M	I	D
Y	E	N	L	Y	H	O	G	H	H	W	N	T	D	H	H	J
N	M	E	Y	S	R	C	A	I	C	G	R	W	O	W	P	F
E	B	D	B	P	Z	S	P	A	R	A	D	E	M	Y	L	L
U	C	N	Z	G	Z	X	H	D	D	Z	R	A	F	B	E	A
T	V	E	L	M	D	R	A	N	T	H	E	M	F	T	D	G
R	W	P	A	T	R	I	O	T	I	C	X	A	B	U	A	N
U	Z	E	N	G	L	A	N	D	L	A	T	V	K	R	L	Y
F	V	D	F	N	M	B	A	R	B	E	Q	U	E	B	I	T
B	X	N	O	V	T	A	Q	X	T	W	X	I	Z	A	H	R
M	F	I	R	E	W	O	R	K	S	D	O	C	R	G	P	E
F	U	B	J	H	F	M	B	G	U	P	U	F	K	A	R	B
C	S	B	A	A	W	Y	R	G	W	B	W	B	R	B	T	I
A	E	H	R	O	X	Q	F	M	K	K	Y	M	P	F	N	L



FIREWORKS
LIBERTY
AMERICA
SUMMER
PHILADELPHIA



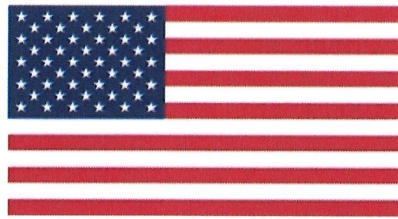
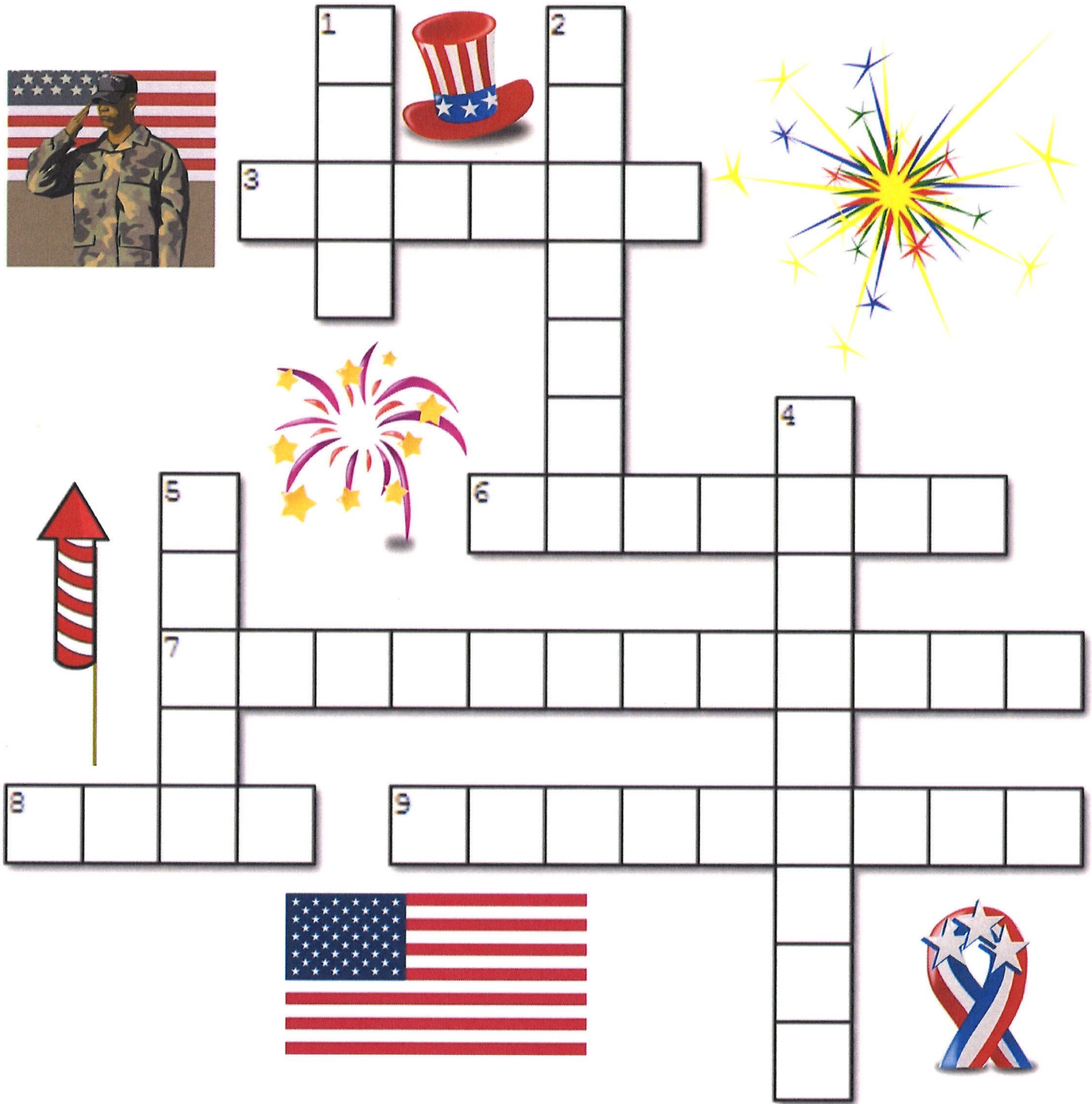
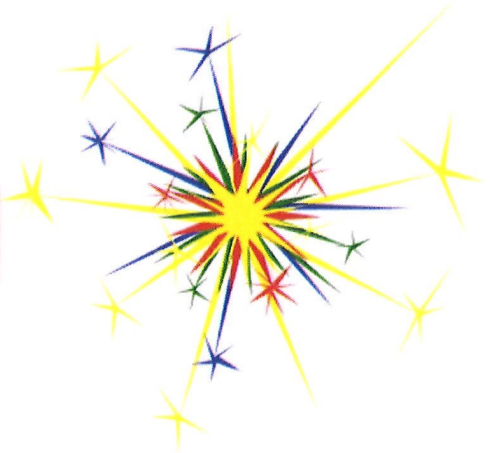
FREEDOM
PARADE
ANTHEM
PATRIOTIC
ENGLAND



INDEPENDENCE
FLAG
JULY
BARBEQUE
BEACH



4th Of July Crossword Puzzle



Across

3. It's a hot _____ day.
6. We live in the United States Of _____.
7. The 4th of July is _____ Day.
8. We celebrate the 4th of _____.
9. Someone who loves and supports America is _____.

Down

1. Our flag is red, white and _____.
2. Soldiers fight for our _____.
4. There is a _____ show on the beach.
5. Chicken and burgers are cooking on the _____.