

Happy Easter!

Hope Springs Eternal

The flowers are starting to peak out of the ground. The temperatures are rising. The days are getting longer. There is always a hopefulness that happens at this time of the year. Spring is here! Lent is wrapping up and Easter is just around the corner. We know that although we are in a season of reflection and penitence, that soon we will be in a season of celebration, the season of hope. Easter is the reason we have hope.

We are a people of hope. When things appear at their darkest, we are reminded of hope. Hope is more than a wish or a good feeling. It is a knowledge that despite the circumstances around us, there is more. We may find that things improve with time and that like the seasons of each year, the challenges we are encountering will fade away. Or, we may find that things will improve on the other side of eternity. Our hope is based on the promises of God for eternal life with God. Our hope is not just in our current lives, but in the life to come.

We are Resurrection People. We are people with hope in our DNA. Hope is the very center of our identity as Christians. As we celebrate the resurrection, remember that we not only have hope for the Resurrection of Christ, but we have hope in our resurrection to eternal life. If things look bleak in your life right now, take hope: God is with you, God is for you, and God will see you through.

Sharon

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HOLY WEEK



WORSHIP SCHEDULE

Palm Sunday - Lunch & Intergenerational event after church. Everyone is invited!

Holy Week activities at Enslow Park PC:

Monday 6:30 "Money Changer"

Rev. Parrish Bridges—First PC

Tuesday: 6:30 "Tricky Tuesday"

Bishop Samuel Moore—Full Gospel Assembly

Wednesday: "Spy Wednesday"

Rodrigo Almeida, ALP—Enslow Park

Thursday - Maundy Thursday - 6:30pm, special service in the Fellowship Hall (including communion)

Good Friday - at Enslow Park PC @ 12:00

Rev. Sharon Bell

Easter Sunday - no Sunday School,

Session/ Confirmation Class Breakfast, worship at 11:00,

Egg Hunt to follow.

APRIL NEWSLETTER

CALENDAR AND TIMES:

- April 3: Bowling at Strike Zone 1:00-3:00
Bring \$15.00 - cost covers bowling, shoes, pizza, and pop
- April 10: Palm Sunday - we're having an intergenerational activity right after church. Lunch is provided. If you don't come to church be here at 12:00
- April 17: Easter!!! NO Youth Group
- April 24: Youth Group 3:00-5:00
- April 28-May 1: Bluestone Spring Retreat - flyer attached. If you're interested in going let me know
- May 1: No Youth Group

Looking Ahead:

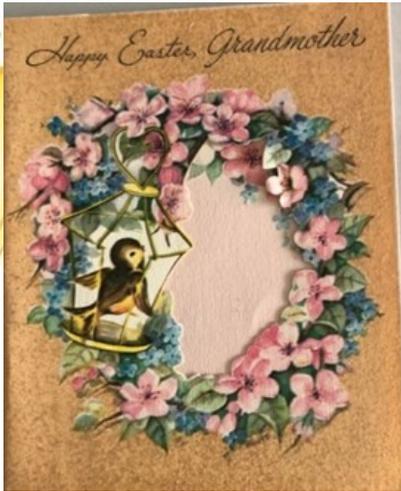
May 15: Group activity with First Pres - more info to come
May 27-29: Bluestone Retreat with First Pres and Enslow Park



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HAPPY EASTER, indeed!

Looking forward to a beautiful spring and lots of colorful flowers!

We are winding down now to the next to the last lesson in our series..... **"What My Grandmothers Taught Me"** from Matthew's Genealogy of Jesus and what an interesting series it has been!

April's lesson will be our continuation of the study of Mary, Mother of Jesus, titled "Mary in the Faith and Tradition of the Church".

No biblical woman has captured the imagination of the faithful as thoroughly as Mary.

As someone who understands the fears and grief of motherhood, she has been a sympathetic figure to women through the ages. Mary is also the model disciple for all followers of Jesus. She allowed God to work in her despite the risk and pointed others to faith in Jesus. As a quote from our study's Opening Prayer..." Help us to remember that you have always worked through the lives of ordinary women and men, with all their faults and failings—people like us." Come join us as we conclude our story of Mary and reflect on the other women who have gone before her.

The month of May will bring our series to an end as we recap and summarize what the grandmothers of our faith have taught us. Each lesson seems to stand alone in their story and message but we'll bring it all together and discover their similarities and differences!

Study groups will meet **Thursday, April 14**....Fellowship Hall
Afternoon Group....1:00.....contact Neva Baldwin
Evening Group.....7:00.....contact Sara Lowe

Shelia Brownfield, PW Moderator



A MONTH OF MISSIONS

"Thanks for the Donation!"

I contacted Leslie Summers, Cabell County 4-H Agent at the WVU Extension Office asking if they could donate pencils and erasers for our Shoebox and Stocking missions. She delivered a very generous number of pencils along with a variety of erasers, scissors, jump ropes and other items to the church. They will make great additions to our shoeboxes and stockings. Thank you to the Extension Office and to Leslie for making the delivery!

Mission Accomplished

In addition to the generous donation of duffle bags, blankets, new clothes etc donated to the Children's Home in January, we have already collected items for another donation. By the time you read this the Children's Home will have picked up 20 pillows with beautiful handmade pillowcases and a bag of DVDs for the Emergency Shelter. We also sent several pieces of luggage, baby items, toddler ride on toys, clothing for kids and adults.

The Children's Home Society is a private organization, largely dependent on donations. We are always accepting donations for the shelter for kids 10 -18 and shoes, purses, and clothing for all ages and sizes for their community Clothes Closets as an ongoing mission. Later in the year we will again be looking specifically for duffle bags/back packs/ luggage/ laundry bags, pillows and pillowcases, and blankets for the kids at the shelter.

April Mission Opportunity

Grand Families (Grandparents raising children).

We are collecting Cleaning Supplies and Paper Products

Supporting Grand Families is another service of Children's Home Society WV



HARMONY HOUSE – NEW ITEMS NEEDED

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. The first quarter was a success as many items were donated, such as kitchen utensils, cleaning supplies, bathroom toilet bowl cleaners and trash cans. Workers at Harmony House are so appreciative when the items are dropped off as there is a continuous need for helping individuals and families moving into homes.

The most-needed items for April, May, and June have changed. The items for this quarter include shower curtains and rings, laundry soap, disposable coffee filters, bakeware, sauce pans, pillows, pot holders, wash cloths, kitchen towels, coffee pots, and microwaves. If you have an item that is not on this monthly household list, but you would like to get rid of it, they would likely be able to use it. These donated items may be new or gently used. If anyone is unable to shop or would prefer, you may donate cash or check, and committee members will shop for you. A receipt will be given to you 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.





- Apr 7 Women's Circles
- Apr 10 Palm Sunday
- Apr 14 Session
- Apr 15 Good Friday
- Apr 17 Easter Sunday



Free Way to help Workcamp 2022

We need Covid tests to use at Workcamp this year. If you want to contribute, you can request your free Covid tests from the government at COVIDtests.gov. You can request free tests which will be mailed to your home. Please do this soon as it takes about 6 weeks to receive them. These can be used for sick work campers to protect others. Thank you so much !

Work Camp

Birthdays for This Month

- 4/03 Ethan Morgan
- 4/04 Emily Meyers
- 4/11 Kelly Harlow
- 4/15 Lynn Thompson
- 4/18 Adam Franks
- 4/24 Daryll Bauer
- 4/25 Paulette Mabry
- 4/27 Caroline Dorey

Birthdays for the Beginning of Next Month

- 5/06 Paul Smith (Sexton)
- 5/07 Richard Brunton
- 5/08 Grayson Bell



PARAMENTS

Paraments include the liturgical hangings on and around the altar, such as altar cloths, as well as the cloths hanging from the pulpit and lectern.

NEW – OLD PARAMENTS

We are blessed to have received some beautiful hand embroidered paraments from the now closed Beverly Hills Presbyterian Church. These paraments were fashioned and stitched by Jean Magariello who just happens to have been the mother of our own Mitzi Cyrus. Mrs. Magariello made the white paraments first and when she found out that there were three more colors she investigated having them done by machine. She was then informed that no machine could match the work she had done on the white so she set to work and stitched the green, purple and red ones even though the red is only used one Sunday a year.

Our thanks to Beverly Hills and to Mitzi for bringing them to our attention.



Freedom Fridays

Dear Friends,

Our next gathering is set for April 8, at 6:00 PM in the activity room of Huntington's First Presbyterian Church. We're altering our Freedom Friday meeting locations each month in order to provide an opportunity for adults to worship, to make new friends and to share their thoughts and prayers in a time when there is such a deep divide in America and around the world. Also, desserts, soft drinks and juice will be available.

We encourage all of you to join us Friday, April 8, at 6:00 and to bring as many friends as you would like.

PEACE, HOPE, and LOVE TO ALL OF YOU. Bob Bondurant

EGG MY YARD

BENEFITING

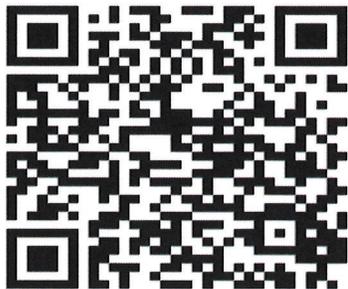


Ronald McDonald
House Charities®
Huntington

Keeping families close™



SATURDAY, APRIL 16 FROM 7-9PM



**WAKE UP EASTER MORNING TO
EASTER EGGS, TOYS, AND OTHER
TREATS SCATTERED AROUND
YOUR LAWN!**

For more info, contact Olivia at
Olivia@RMHChuntington.org

Ronald McDonald House Charities of Huntington is currently hosting an Easter fundraiser, "Egg My Yard". People in the community purchase Easter eggs from us, and the night before Easter (Sat, April 16) we drive to those families' houses and scatter eggs, toys, and other treats around their lawn so when their kids wake up, the Easter bunny came! AND, parents don't have to do any of the work (parents can also choose to pick up their goodies and hide their eggs themselves, at a slightly lower cost). We take egg purchases via credit card; however, if anyone would like to purchase via cash or check they can give me a call and I can get that set up for them. 304-529-1122 Ext. 603 Olivia Zarilla



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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 3

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.

Keep Your Mind Active

Being intellectually engaged may benefit the brain. People who engage in personally meaningful activities, such as volunteering or hobbies, say they feel happier and healthier. Learning new skills may improve your thinking ability, too. For example, one study found that older adults who learned quilting or digital photography had more memory improvement

than those who only socialized or did less cognitively demanding activities. Some of the research on engagement in activities such as music, theater, dance, and creative writing has shown promise for improving quality of life and well-being in older adults, from better memory and self-esteem to reduced stress and increased social interaction.

However, a recent, comprehensive report reviewing the design and findings of these and other studies did not find strong evidence that these types of activities have a lasting, beneficial effect on cognition. Additional research is needed, and in large numbers of diverse older adults, to be able to say definitively whether these activities may help reduce decline or maintain healthy cognition.

Lots of activities can keep your mind active. For example, read books and magazines. Play games. Take or teach a class. Learn a new skill or hobby. Work or volunteer. These types of mentally stimulating activities have not been proven to prevent serious cognitive impairment or Alzheimer's disease, but they can be fun! Plus, findings from observational studies suggest that some informal mentally stimulating activities, such as reading or playing games, may lower the risk of Alzheimer's-related cognitive impairment and dementia.

Some scientists have argued that such activities may protect the brain by establishing "cognitive reserve." They may help the brain become more adaptable in some mental functions so it can compensate for age-related brain changes and health conditions that affect the brain.

Some types of cognitive training conducted in a research setting also seem to have benefits. For



the Advanced Cognitive Training for Independent and Vital Elderly (ACTIVE) trial, healthy adults 65 and older participated in 10 sessions of memory training, reasoning training, or processing-speed training. The sessions improved participants' mental skills in the area in which they were trained with evidence suggesting these benefits persisted for two years.

Be wary of claims that playing certain computer and online games can improve your memory and other types of thinking as evidence to back up such claims is evolving. There is currently not enough evidence available to suggest that computer-based brain training applications offered commercially have the same impact on cognitive abilities as the ACTIVE study training. NIA and other organizations are supporting research to determine whether different types of cognitive training have lasting effects.

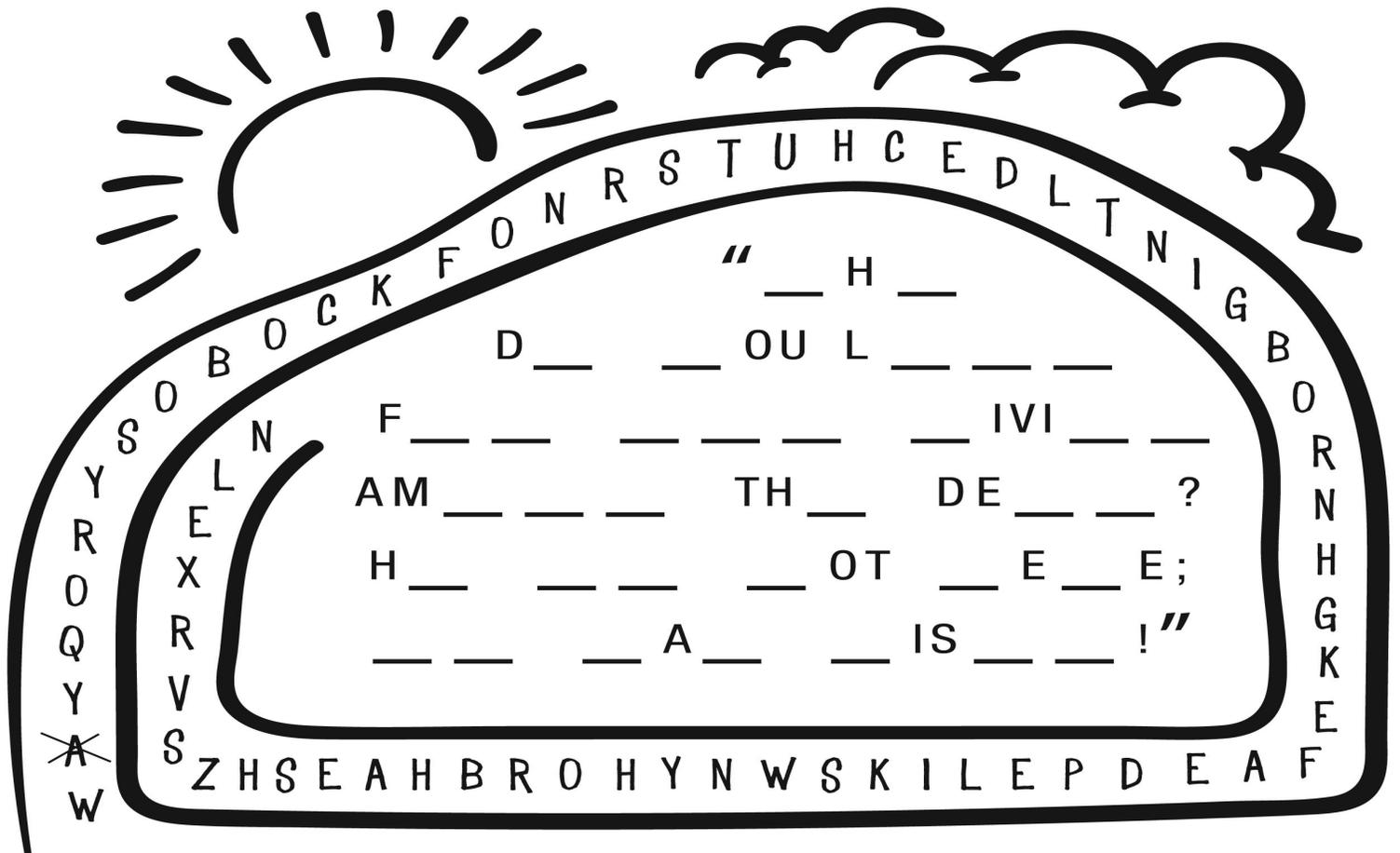




EASTER MORNING *message*

Early Sunday morning, some women who followed Jesus encountered a great surprise. Solve the puzzle to see what the angels told them.

Directions: Cross out every other letter in the maze. Write the remaining letters in order to complete Luke 24:5-6, NIV.



LUKE 24:5-6, NIV

Answer: "Why do you look for the living among the dead? He is not here; he has risen!" Luke 24:5-6, NIV