



Highlawn Presbyterian
March 2022
HIGHTERIAN

It seems like we just got the Christmas decorations finally all put away and now Lent is upon us. It begins on Mar. 2 with Ash Wednesday, one of the most meaningful days of the church year. With the marking of a cross on our forehead with ashes, we are reminded of our own mortality and enter into a time of self-reflection before the celebration of the Resurrection.

Some folks come from a tradition that encourages the giving up of some earthly pleasure for the season of Lent. People often give up soda or chocolate or some other thing that they enjoy. As healthy as those practices are for our physical bodies, they rarely draw us closer to God or to a deeper understanding of Christ's sacrifice for us.

So, this year, instead of giving up something like candy, I invite you to give up something else. What if we gave up the things that separate us from God? What if we gave up judgmental thoughts about others or self-doubt or frivolous spending or always having to be right or worrying about what others think about us or any other action or thought that might be harmful to our own spiritual journey? What might God be calling you to give up? How could you become more aware of God's presence in your life by doing so?

During Lent, let's give up those things that separate us from God and take on a discipline of service, Bible reading, prayer, silence, fasting or any other spiritual discipline that maybe you have struggled with in the past and use this time to allow God to help us develop that discipline. Begin with a small, realistic goal and ask God if *this* is what He wants you to do during the season of Lent.

However, you mark this Lenten season, whether by giving something up or by taking on a new spiritual discipline, ask God to lead and guide you closer each day during this holy season.

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Big News about our church properties:



As you are probably aware, the Session voted to sell the small white house (Smalley house) last year. We have a buyer and have agreed to a sale price, however, it is taking longer than expected for the buyer's financing to come through. The buyer is working with their lender to tie things up. We are hopeful that this arrangement will be completed soon. The Trustees have been working with the buyers to come to a closing as soon as possible. Once everything is completed with this process, it will come before the congregation for a final vote on the offer.

Also, in January, the Session voted to sell the larger brick house (Boso house). The trustees are working together to arrange the sale of this property. The current tenant, who has a rental agreement with HPC and HUD, was given three months' notice and is working with HUD to find a new place to live.

You may be wondering why the Session decided to sell these properties.

As you probably remember, our church building is in need of several major repairs (roofs need replaced, foundation needs repairing). The expected cost of these repairs is almost \$100,000. The sanctuary roof has already been replaced and paid for out of our savings. It is our hope that the sale of the Smalley House will cover those expenses (approx. \$25,000).

In order to pay for the rest of the repairs, one option that was discussed, and ultimately determined to be the best course of action, was to sell the other house (Boso House). The Session talked at length about what that would mean for the current tenant and how to best communicate with her. The discussion included several comments about the positive relationship that we have had with her and also the struggle that it has put upon the church to serve as a landlord (primarily in being available to take care of any maintenance needs as they occurred). The session was aware that as the Boso House continued to age, it, too would require costly updates and repairs.

With both properties, HPC has seen our relationships with these tenants as mission opportunity. However, we recognized that with the sale of these properties, we would be able to take care of our own property and in so doing, use our resources for even more mission opportunities. We are so thankful for these gifts that were given to the church many years ago and how they have been able to bless HPC and others in the community. And we recognize that these gifts will continue to be blessing for this church and those we seek to serve.

MARCH NEWSLETTER

There is a lot going on in March!!

This first page is a list of dates that you can keep on your refrigerator.

Any additional information you might need will be attached to this letter. Let me know if you have any questions!

There's a lot of fun stuff so I hope to see you soon!!

MARCH CALENDAR:

- March 2: Ash Wednesday Service 6:30
- March 6: First day of Confirmation Classes 10:00
- March 6: Malibu Jack's 1:00
- March 13: Youth Group 3:00-5:00
- March 19: Middle School Retreat
- March 20: Youth Group 3:00-5:00
- March 27: Youth Group 3:00-5:00



LOOKING AHEAD

April 3: Bowling Party

April 17: Easter Sunday

April 29-May 1: Spring Getaway

Retreat at Bluestone



Sarah Specht

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HAPPY ST. PATRICK'S DAY!

Well, here it is March already!

We are in our last “woman of interest” lesson in our study of Jesus’ genealogy (according to Matthew)...the woman we think we know a lot about, when in actuality, we know very little about!

She may be perceived as a “supporting” actress in a much larger study. It almost seems easy to overlook Mary, at least in Matthews’ Gospel in comparison to the Gospels of Luke and John.

Of course, I am speaking of Mary, Jesus’ mother. We will have a second lesson about Mary in April and then a final lesson to talk about what all these grandmothers taught us and imagine what they may have taught Jesus. But for March, **MARY** has the spotlight!

The biblical account of Mary tells us of a young girl, in danger of complete disgrace, who has the courage to say “Yes!” to God. Mary’s experience of motherhood includes a bewildering birth, a risky escape as a refugee and a message from prophets that warns of the death of her son. She meets these difficulties with thoughtfulness and steadfastness.

Even if you’ve never attended a Woman’s Bible Study (aka “Circle”), plan to join us this month, April and May. While each of the women we have studied has their own unique stories, they all still share the same common thread in the life of Jesus.

Study groups meet Thursday, March 10...Fellowship Hall.

Questions:

Afternoon Group....1:00.....contact Neva Baldwin

Evening Group.....7:00.....contact Sara Lowe

Hope you will plan to attend and join in the fun, fellowship and learning with other HPC Women and friends!



A MONTH OF MISSIONS



It is never too early to start looking for bargains for items to fill Christmas shoeboxes and stockings. I shop for Christmas all year long, both in person and online.

Photos show some of the bargains so far this year. I always check after holiday sales and clearance racks. Sometimes you can find nice items reasonably priced as party favors. We can always use school supplies, combs and brushes, toothbrushes, socks, gloves, stuffed animals and small toys for girls and boys ages 2-14. Stay tuned for Christmas in July! Smiles, Nancy



Missions Accomplished

After Harmony House posted on social media that they were in need of gloves, Highlawn Pres and Facebook Friends responded in a big way! We donated 142 pairs of gloves and 34 beautiful handmade hats! Shout out to Jane Armstrong for making deliveries. Thank you to every one who supported this unplanned project!

Mayfield Kentucky

We sent a box to Mayfield KY Presbyterian Church for those recovering from the recent tornadoes. Jane A. mailed a box containing 30 of Karen's beautiful handmade hats. We were able to add 5 more kid's hats, 8 pairs of gloves, 6 pairs of ladies underwear and 10 pairs of socks from items donated to be used wherever they were needed. Thank you!!

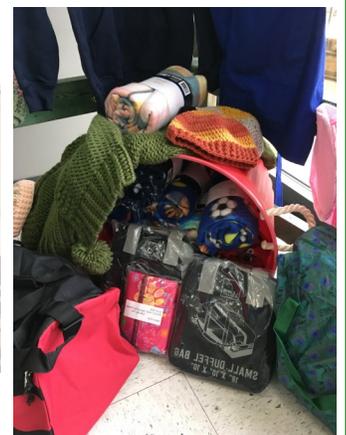


Children's Home Society

We collected and donated 36 blankets, 30 duffel bags and a variety of new and used clothing. Belinda said our timing was great and that these items were very much needed and appreciated. Collecting for the Children's Home Society is an ongoing project. You can leave donations of new and gently used books, games, DVDs art supplies, sports equipment, small pieces of luggage, duffel bags, back packs and laundry bags for kids 10 - 18 years of age. New and gently used clothing, shoes, purses, etc for all ages and sizes are appreciated for their neighborhood clothes closets.

March is for Making Pillowcases - Sewers Needed

While we were very successful with our collection of duffel bags and blankets, we were not able to donate pillows or laundry bags to the Children's Home Society this time. We have pillowcase kits available at the church. We would also love to have a work day to make pillowcases and laundry bags together. This is the perfect time to clean out your stash. If you have fabric to purge, we can make good use of it!





February was truly a month of love and giving at Highlawn Presbyterian Church. There were many donations and money given for purchasing items for our mission to help Harmony House clients in the Rapid Re-Housing Program.

There were two trips to Harmony House during February with donations including 2 sets of silverware, 4 trash cans, 18 different cooking utensils, 4 large laundry detergent containers, 3 alarm clocks, 3 can openers, a bedspread, shower curtain, kitchen towels, hot pads, 2 frying pans, a small television, and a large bag of bath towels.

Personal items, such as assorted hand soaps and shampoos, toothpaste, deodorant, and lotion went to the day shelter and were very much appreciated. Two large bags of beautiful and colorful crocheted hats and a large bag of scarves and socks will meet many needs these cold winter days.

March will be the last month of our winter quarter for our collection of the suggested items:

kitchen trash cans, brooms, mops, buckets, toilet bowl brushes, silverware/flatware, dish drainers, toasters, can openers, and cooking utensils. The Mission Committee will communicate with the Re-Housing Program staff and determine the most-needed items for the Spring quarter (April, May, and June).

The 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.

UPCOMING EVENTS



- Mar 2 Ash Wed Svc
- Mar 4 World Day of Prayer
- Mar 10 Women's Circles
- Mar 12 Yoga
- Mar 10 Session
- Mar 26 Yoga



Birthdays for This Month

- 3/01 Glenn Stotts
- 3/02 Mike Hager
- 3/03 MacKenzie Barbera
- 3/04 Patty Justice
- 3/12 Marcia Aulick
- 3/14 John Schurman
- 3/14 Sally Lowe
- 3/14 Matthew Thompson
- 3/14 Alice Browning
- 3/17 David Chenoweth
- 3/20 David Specht
- 3/21 Denise Parks
- 3/23 Rochelle Bragan
- 3/23 Thea Thompson
- 3/24 Dennis Thompson

Birthdays for the Beginning of Next Month

- 4/03 Ethan Morgan
- 4/04 Emily Meyers
- 4/04 Emily Noel



Dear Karen, Jane, and brothers and sisters in Christ at Highlawn Presbyterian Church;

Thank you so much for the box of lovely handmade hats and other clothing items. There are so many who have lost so much and we will make sure these items get out into the community where most needed. And especially to all—thank you for your prayers! God bless you for the kindness you've shown.

Jacque Dale
First Presbyterian Church
Mayfield, KY

THANKS
FROM THE
HEART

There are some old stained glass windows in the Church office is anyone is interested in taking them home!



Rev. Sharon will be on vacation March 27th—April 2nd. Office hours will remain the same:
Monday—Friday 9:00 am—1:00 pm

March 13
Daylight Savings



March 20
First Day of Spring!



Yoga Classes!

Saturdays Mar 12 & 26.
9:00 am.

Fellowship Hall \$10 per person

All are welcome!

Easter Flowers

If you would like to place a flower in the sanctuary for Easter Sunday, please fill out this form.



Please note how the flower is being given:

- In Memory of a Loved One (s)
- In Honor of a Special Person (s)
- To the Glory of God.

You may either place the form in the offering plate or mail it to the church office. **Flowers are \$9.00 each.**

In Memory of a Loved One (s): _____

In Honor of a Special Person (s): _____

To the Glory of God: _____

Given by: _____

Number of flowers ordered: _____ Date Paid: _____ (cash /check) circle one

Deadline to order is Sunday, March 20th





A Publication of the Presbytery of West Virginia

520 2nd Ave, South Charleston, WV 25303 . wvpresbytery.org . 304-744-7634



Vol 5 Issue 2 ❖ February 2022

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

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.

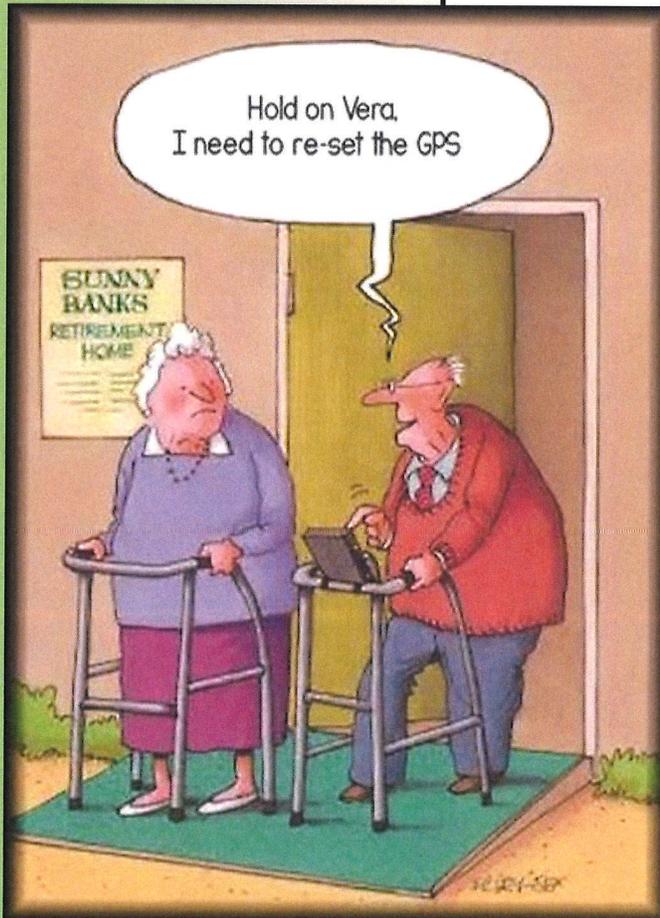
What Is Brain Health?

Brain health refers to how well a person's brain functions across several areas. Aspects of brain health include:

- Cognitive health — how well you think, learn, and remember
- Motor function — how well you make and control movements, including balance
- Emotional function — how well you interpret and respond to emotions (both pleasant and unpleasant)
- Tactile function — how well you feel and respond to sensations of touch — including pressure, pain and temperature

Brain health can be affected by age-related changes in the brain, injuries such as stroke or traumatic brain injury, mood disorders such as depression, substance use disorder or addiction, and diseases such as Alzheimer's disease. While some factors affecting brain health cannot be changed, there are many lifestyle changes that might make a difference.

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.

Take Care of Your Physical Health

Taking care of your physical health may help your cognitive health. You can:

Get recommended health screenings.

Manage chronic health problems like diabetes, high blood pressure, depression, and high cholesterol.

Consult with your health care provider about the medicines you take and possible side effects on memory, sleep, and brain function.

Reduce risk for brain injuries due to falls and other accidents.

Limit use of alcohol (some medicines can be dangerous when mixed with alcohol).

Quit smoking, if you currently smoke. Also avoid other nicotine products such as chewing tobacco.

Get enough sleep, generally seven to eight hours each night.

Manage High Blood Pressure

Preventing or controlling high blood pressure, not only helps your heart, but may help your brain too. Decades of observational studies have shown that having high blood pressure in midlife — the 40s to early 60s — increases the risk of cognitive decline later in life. In addition, the SPRINT-MIND study, a nationwide clinical trial, showed that intensive lowering of blood pressure (even below the previous standard target of 140 for systolic blood pressure) lowers the risk for mild cognitive impairment, which is a risk factor for dementia.

High blood pressure often does not cause signs of illness that you can see or feel. Routine visits to your doctor will help pick up changes in your blood pressure, even though you might feel fine. To control or lower high blood pressure, your doctor may suggest exercise, changes in your diet, and if needed — medications. These steps can help protect your brain and your heart.



ST. PATRICK'S DAY CROSSWORD PUZZLE



Across

- 4. capital of Ireland
- 5. a type of Irish dance
- 7. if you do not wear green on March 17 this will happen
- 9. the day St. Patrick's Day falls on
- 11. the national emblem of Ireland
- 12. yellow and blue make _____
- 13. from Ireland

Down

- 1. the 3rd month of the year
- 2. good fortune
- 3. nonsense or misleading talk
- 6. called the Emerald Isle
- 7. a starchy vegetable
- 8. a sprite
- 10. 4 leaf _____

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Across: 4 Dublin, 5 Jig, 7 Pinch, 9 Seventeenth, 11 Shamrock, 12 Green, 13 Irish

Down: 1 March, 2 Luck, 3 Blabber, 6 Ireland, 7 Potato, 8 Leprechaun, 10 Clover