

Monterey and Beulah

eNewsletter

April 2023



RISE AGAINST HUNGER

EVENT NEEDS VOLUNTEERS

This following request comes from Andre Crummett, Pastor of Blue Grass United Methodist Charge
Blue Grass United Methodist Charge is sponsoring a Rise Against Hunger food packaging event April 16 at the Blue Grass Ruritan Building. Meals packaged will be used to feed less fortunate people in Third World countries.

They invite all to join them in this event as they put their hands to work to help feed the least of our brothers and sisters. They plan to do a minimum of 10,000 meals. Setup will begin at 1:00 PM and they should be ready to start packing by 2:00 PM. It should take a couple of hours to package the meals depending on how many volunteers assist and what the final meal count is.

Meals this year are 40 cents each. If you would like to make a monetary donation to this effort, make a check payable to Rise Against Hunger and mail it to Blue Grass UMC, P.O. Box 29 Blue Grass, Virginia 24413.

PRAYER CONCERNS

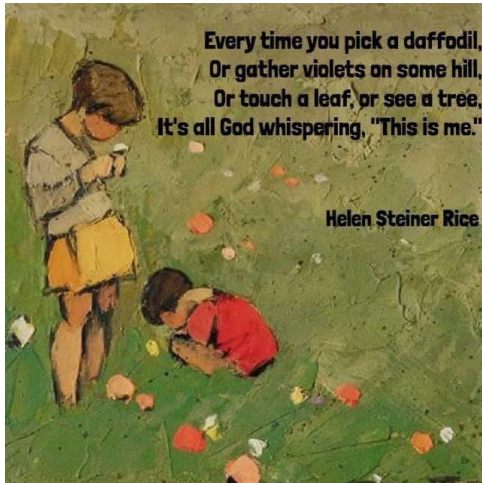
Fred Frye, Carlton Hull, Lillian and Garland Dever, Marlene Reynolds, Ray Mueller

Garland and Lillian Dever have been in declining health, and this past week it was determined that moving them to a care facility would provide the full time care they need. To find a space where they could stay together meant moving further than expected, but they are now settled in their new home. You can send cards to: *Garland and Lillian Dever*

*Shenandoah Valley Health and Rehab
Room 113
3737 Catalpa Avenue
Buena Vista, VA 24416*

Mark your Calendar

April 5, 6:00 pm, Seder meal on the first night of Passover, Monterey Church
April 7, EASTER, Tim Allen will be leading worship in both churches
April 19, 7:00 pm – Monterey Session Meeting
April 25, 7:00 pm - Beulah Session Meeting
April 30, 5th Sunday Hymn Sing at Beulah, followed by lunch



Birthdays

4/6 - Peggy Bird
4/7 - John McVeigh
4/11 – Chris Swecker
4/16 – Jennifer Cox
4/17 - Claire Sax
4/20 – Beth Armstrong
4/24 – Mariam Foster
4/25 – Ruby Simmons
4/27 – John Barker
4/28 – Nate Defibaugh
4/29 – Betty Gail Hiner
4/29 – Donna Bedwell
4/30 - Pastor Rick Hill
4/30 – Heath Chambers
4/30 – Lucy Sax
4/30 – Mike Armstrong

Anniversaries

4/23 – Holli and John McVeigh

What: Highland County Eldercare Conference!

Purpose: Provide experts in the fields of elder law, financial planning, long-term care placement, state services for elderly, long term insurance, hospice, home health agencies, and businesses who will provide information and resources to aid individuals and their families as they plan for the challenges of aging and end of life.

When: May 6, 2023, 10 AM – 2 PM

Where: The Highland Center, Monterey VA

Cost: FREE

Lunch: FREE to speakers, vendors, and attendees provided by Claire's Cakes & Café

Registration: Opens March 20, 2023 & closes April 21, 2023; **must** register to attend.

To register call: Ellen Ratcliffe at 540-468-2546; Kathy Solomon at 540-468-3693; or Jeanie Whitecotton at 540-474-5201

Sponsors: Highland Medical Equipment Loan Program, Highland County Department of Social Services, and The Highland Center

Both churches continue to collect paper goods to donate to the Highland Food Pantry through Easter Sunday. If you purchase large packages of paper goods, please make sure they are individually wrapped inside the larger wrapping.

There is a place in both churches to leave your donations. The most needed items are toilet paper, paper towels, tissues and napkins.

Bucky Reynolds will be delivering our donations after Easter.



APRIL 22 is EARTH DAY, a time to focus on our planet and our responsibility to care for it. Earth Day became the birth of our modern environmental movement and has been an annual event since 1970.

Most of us recognize the impact plastics are having on our planet and the difficulty in recycling a product that becomes toxic when heated. Dumping it in the ocean is no longer a solution because it never decomposes and releases toxins in the water.

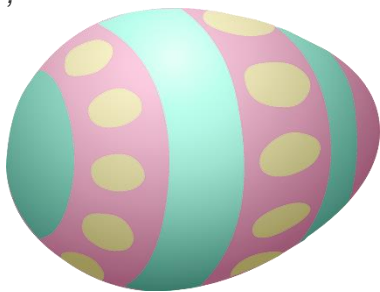
If we can't recycle plastic, what is the solution? We need to reuse or repurpose the plastic we currently have and work to change our purchasing habits as more and more companies work to not package products in plastic or to use plastic bags.

That is a conscious decision on the part of businesses and consumers. Many retailers reuse plastic bags multiple times before being thrown away or have gone to paper bags. Others of us carry our own reusable fabric bags into stores so businesses don't have to provide a bag. It was great to see the number of visitors to the Maple Festival that brought their own non-plastic bags with them.

Making decisions to help our planet is a health concern globally. Have you wondered why businesses ask you if you want your receipt? In addition to not creating paper trash, it's because most receipts are printed with bisphenol A (BPA), a chemical similar to estrogen that affects neural development, reproduction, cell repair, your thyroid and other health issues. The European Union banned the use of BPA's in thermal paper in 2020. The US is behind other countries, but chains like CVS have gone to BPA free receipts in all 10,000 stores and others are working to make changes.

BPA's are also found in plastics used in food containers and lining of canned-food containers. The CDC reports that 93% of people have BPA's in their urine. Some of us have been buying BPA free containers for some time, but in reality they've only been replaced by similar products that are proven to also be a health risk.

Let's make April 22 a reminder of the ways we can help heal our planet, thus helping to heal ourselves and future generations. As Christians, we are called to care for God's creation. Complaining about not being able to recycle plastic in Highland is not an excuse. We can recycle paper and aluminum and tin, so let's do that. We can also explore ways to reduce our dependence on plastic, both at home and at church. Small changes can lead to larger results, particularly when we do it together.



Easter VPAS/MPC gift bags for older adults will be delivered on April 6. Thanks to all who contributed to the contents, assembled the bags, and created the festive decorations.

The last of the Lenten dinners at Monterey Presbyterian will be this **Wednesday** evening at **6:00**, the first night of Passover. In addition to eating a good meal together, we will be looking at the symbolism of the foods shared during a Passover **Seder**, and how Jesus used those symbols and made them new during the last meal he shared with the disciples, a meal that is still shared with us today. All are welcome to join us.

(Yes, we will be eating more than the traditional symbolic foods)



Beulah Church families making donuts for the Mill Gap Ruritans during the 2023 Maple Festival



Christian Brock carried on the family tradition of making donuts for the Mill Gap Ruritans that his grandparents did for many years.



David and Mary Winters Blanchard preparing dough.

March 14 brought snow and closed school. While there wasn't much accumulation, it was slick enough to do a little sledding and create a small snowman. Karl Sax got down the hill with encouragement from Hobbes.



Claire Sax was interviewed by Channel 10 News - Roanoke before the Maple Festival. Many thanks to Chris Swecker, HC Chamber Director, for the professional, organized way the festival ran this year. Despite bad weather, it was a success, and visitors enjoyed our beautiful county and what it has to offer.

