

#### **Free Bible Courses**

Free Bible Correspondence Course. Send vour name and address to 3168 Quail Road, Mt. Vernon, Ky. 40456.

#### Let the Bible Speak

Tune in to "Let the Bible Speak," with Brett Hickey, on Sunday mornings at 8:30 a.m. on WDKY Fox 56.

#### **Gospel Singing**

There will be a gospel singing at McNew Chapel Baptist Church on Cove Branch Road (off Hwy. 1004 - Big Cave Road) in Rockcastle County on Saturday night, March 16th at 7 o'clock. Featured singers will be Chester Azbill and Southern Faith Walkers.

Also, on Sunday evening, beginning at 6 o'clock, the church will be hosting a Gospel Singing, featuring Charlie Napier, Larry Settles and Samuel Bullock.

Pastor Jerry Ballinger and congregation invite everyone to attend these meetings and enjoy the blessings of the Lord.

#### **Benefit Singing**

There will be a Benefit Singing for Trinity Holiness Church on Thursday, March 21st at 7 p.m. The Stallsworth Family singers will be featured. The church is located on Trinity Lane off White Rock Road. Everyone welcome.

Strange...

But True?

by: Tonya J. Cook

The Old Hag Strikes

Again:

Evidence of the Old Hag

Syndrome, Part II

column, some of you are

probably saying, "I thought

that Ms. Cook was a little

nuts; now I'm sure of it." or

"That Ms. Cook is probably

possessed." Or possibly "

She just dreamed the whole

thing..." just to be polite. I

really can't blame you. The

story was so unreal sound-

ing, my having encountered

the "Old Hag". Whatever

the case, it is something one

of her victims will never

forget as I join about 15%

of the population, world-

wide, that admit encounter-

ing the "Old Hag".

Judging from last week's

For more information or directions, call 606-392-

#### **Benefit Singing**

Brush Creek Holiness Church will hold a Benefit Singing on Sat., March 16, beginning at 7 p.m. All proceeds will go toward funeral expenses for Nicole "Nikki" Cotton.

#### Revival

Revival services will be held at Brush Creek Holiness Church March 17-22 with evangelist Richard Beasley.

Pastor Lonnie Mcguire and congregation welcome everyone to come.

#### **Special Service**

Grace

Fellowship Church invites you to a special service with Beyond the Ashes on Sunday, March 17th at 10:30 a.m. The church is located at

845 South Main Street. Carnaby Square, London. For more information, contact the church office at 606-864-4635 or www.graceforyou.com.

#### **Weekend Revival**

Skaggs Creek Baptist Church invites you to attend a weekend revival with Bro. David Smith and Bro. Garrett. The revival will be held Friday, March 15th and Saturday, March 16th at 7 p.m. each night. Brother Bill Wages and the congregation invite you to attend.



## 50th Wedding Anniversary

Delmas and Barbara Bullock celebrated their 50th wedding anniversary Saturday, March 9th with family. They have three children: Ricky Bullock, Gary Bullock and Kristy Gross and numerous grandchildren.

## **Prayers meetings scheduled**

Citizens for a Secure Rockcastle invite concerned Rockcastle Countians to join in an effort to seek God for Spiritual Awakening, relief to the drug problem and to pray for those suffering an addiction and their famiilies.

There will be 7 prayer meetings in 7 places for 7 weeks to pray for a safe, healthy, drug-free community and to pray for Spiritual Awakening in our community.

Each meeting will consist of uplifting and encouraging singing, challenging messages by spiritual leaders and testimonies by recovered addicts, as well as

deal with the "Old Hag" are China, Japan, Korea, Mongolia, Cambodia, Vietnam, the Philippines, New Pakistan, Bangladesh, the Arab Nations, and European nations. Each nation has its own name for the visitor, but the name usually refers to a witch, ghost, or demon.

This will conclude the study of the "Old Hag". Sleep well.

Source-Wikipedia: "sleep paralysis" (Remember, I'm always looking for a bit of Rockcastle history. If you have a story to tell, and all of us do, please contact me at therootsofrockcastle@windstream.net)

opportunities to pray for the release of those in bondage to drug addiction and re-

The second meeting will be held this Thursday (today), March 14th at First Christian Church at 7 p.m.

## Mamaw's Kitchen

By Regina Poynter Hoskins

CROCK POT TACO SOUP

This is one of the easiest and hardiest soups I make. Just open some cans and let the crockpot do the rest.NOTE: You can use a pound of ground beef instead of the chicken. Just brown the ground beef first, and then add to rest of ingredients. 2 cans (about 14 ounces

each) chicken

1 onion, chopped

1 can (16 ounce) pinto beans 1 can (16 ounce) cannellini (white kidney) beans

1 can (11 ounce) Rotel tomatoes w/chilies

2 cans (14 ounces each) diced tomatoes

1 can (4 ounce) green chilies (diced)

2 cups water

2 tablespoons taco season-

ing mix 1 ounce Hidden Valley

Ranch dressing mix DO NOT DRAIN CANS! Add all ingredients to fivequart crock pot. Stir. Cook on high for 2 hours or low

for 4 hours. Keep on low until serving to keep hot. Garnish with sour cream, shredded cheese, chopped green onions, or tortilla

CORNBREAD Co-worker at Bank of Oak

REVA'S MEXICAN

Ridge, Oak Ridge, TN 1981 1 and 1/2 cups self-rising cornmeal

1/4 cup salad oil 1 green pepper, chopped

1 onion, chopped

3/4 cup shredded Cheddar Cheese

1 and 1/4 cups milk

2 eggs, well beaten 1/2 cup cream style corn

1 can (4 ounce) chopped green chilies

Garlic powder to taste 1 small fresh jalapeno, finely chopped, if desired Preheat oven to 450°. Mix all ingredients and pour into a greased 9 x 13 pan. Bake at 450° for 25 to 30 minutes. CREAMY CUCUMBERS This salad goes so well with the taco soup and Mexican cornbread. It adds a coolness to contrast with the

1 cup mayonnaise or Miracle Whip ® 1/4 cup sugar 1/4 cup white vinegar

heat of the chilies and the

jalapenos.

1/4 teaspoon salt 1 teaspoon fresh dill, optional

4 cups peeled sliced cucum-

In a large bowl, combine mayonnaise, sugar, vinegar, and salt. Add cucumbers; toss to coat. Cover; refrigerate for 2 hours.



### Every American discards over 68 pounds of clothing per year

Clean out your closet and donate all of your unwanted items to the Grateful Threadz Used Clothing Store. Not only will you get a tax receipt for your donation but if you donate your items between March 1st and April 30th you could win a prize.

Grateful Threadz Used Clothing Store, 3095 Richmond Street, Mt. Vernon, KY 40456, (606)256-3035 ext. 2. Donations can be dropped off during our normal business hours: M-F 9:00am – 4:30pm.

Don't drive to Berea, Richmond, or London instead donate your items at home.

# **Bible Talk**

Our study this month is on discontentment and what God commends to us: contentment.

Discontentment- Dangers of living in an affluent society is that materialism, covetousness, greed and discontentment blinds us to the true values of life. All that this world has to offer is only temporal at best. When we are discontent about our life and greedily sacrifice our spiritual interests for the material things, we have made a poor choice. The wise man said, "He that loveth silver shall not be satisfied with silver; nor he that loveth abundance with increase: this is also vanity." Ecclesiastes 5:10. Discontentment is like trying to satisfy thirst by drinking salt water, we are only more thirsty in the end. We are like the proverbial horse that is trying to get a carrot that is dangling out in front of its face, but never able to reach it. Even so we deceive ourselves thinking "If I just had I would then be happy and content." We fill in the blank with various things like a new truck, a new house, a better job, a new tractor, etc. We are "happy" for a while, then we have another goal of something to acquire. Discontented people are never satisfied, no matter what they get.

Contentment- One of the great virtues taught in the New Testament is the principle of contentment. It is a learned quality. "Not that I speak in respect of want: for I have learned, in whatsoever state I am, therewith to be content. I know both how to be abased, and I know how to abound: every where and in all things I am instructed both to be full and to be hungry, both to abound and to suffer need." Phil.4:11-12. Like Paul we have to learn how to deal with the times of plenty, and the times of scarcity. The Lord has instructed us in this matter. But will we ever learn this great quality? In Heb.13:5-6 we read, "Be ye free from the love of money; content with such things as ye have: for himself hath said, I will in no wise fail thee, neither will I in any wise forsake thee. So that with good courage we say, The Lord is my helper; I will not fear: What shall man do unto me?" We would be a much happier people if we could ever learn the lesson that inspired word teaches us in these texts, that having food and clothes let us therewith be content. Contentment carries the idea of: satisfaction, sufficiency, peace of mind, happiness, serenity, tranquillity, to have enough. I like what the wise man said, "Remove far from me falsehood and lying; give me neither poverty nor riches; feed me with the food that is needful for me, lest I be full and deny you and say, "Who is the LORD?" or lest I be poor and steal and profane the name of my God." Prov.30:8-9.

We invite you to study and worship with us at the Providence church of Christ. Sunday 10am Bible Study, Worship 10:40 & 6:00pm; Wednesday 7:00pm.

Our Web Site: www.WhatSaithTheScriptures.com

If you will remember, the "Old Hag", thought to be a witch or demon, will sit on her victim's chest making breathing, speaking, or moving impossible although the other senses are fully working. It is said that shadows, footsteps, strange odors, and red glowing eyes may be experienced prior to her attack. Some say it is sleep pa-

ralysis that occurs when falling asleep or awakening, and associated with terrifying visions. There are two kinds of

sleep paralysis: isolated, happening for about one minute only once in a lifetime, as in my case, or recurrent, a chronic condition that occurs frequently and may last for an hour or longer. It occurs commonly in 30-50% of people who have been diagnosed with narcolepsy, a neurological disorder caused by the brain's inability to regulate sleep-wake cycles. It is not considered a mental illness. The main characteristic of narcolepsy is excessive day-

There are several theories about what causes sleep paralysis. Sleep paralysis is a parasomnia resulting from inappropriate overlaps of REM (rapid eye movement) and waking stages of sleep. Another is that the neural

time sleepiness.

bodies that regulate sleep are out of balance. There is also a genetic component in sleep paralysis. A study by Susan

Blackmore and Marcus Cox of the University of the West of England suggests that the reports of alien abductions are related to sleep paralysis. There are three types of hallucinations that accompany sleep paralysis: the intruder, incubus, and vestibular motor sensation.

The "intruder" is the result of an emergency created in the mid-brain that triggers the protective mechanism and views the hallucination as dangerous. For time's sake, this is the only one that will be noted in detail since it is the most common.

Sleep paralysis is thought to be caused by insomnia, erratic sleep schedules, sleeping in the supine position, stress, overuse of stimulants, fatigue, and certain medicines used for ADHD, as well as genetics.

As I had said earlier, this is a worldwide occurrence. In Finnish and Swedish folklore the hag is a mare, a damned woman who is cursed and her body is carried mysteriously during sleep. Newfoundland, South Carolina, and Georgia believe in the "Old Hag" in the lore of the Gullah, as well as the British. In Fiji, the experience is believed to be the spirit of a recently dead relative come to pass along some important news to the family. It is the "kance tervoro" and is described as eating the victim. The experience is particularly common in Nigeria. It is more recurrent in the people of African descent and is referred to as "the devil on your back". The Turkish call their visitor, "karabaran". In order to rid yourself of it you are to pray to Allah. Phi Am, a ghost, causes panic in sleepers in Thailand. The "witch riding on your back" is the common term in the

Southern U.S. The other countries to