



Free Bible Courses

Free Bible Correspondence Course. Send your 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 Stallworth Family singers will be featured. The church is located on Trinity Lane off White Rock Road. Everyone welcome.

For more information or directions, call 606-392-1163.

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 visit 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 families.

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

opportunities to pray for the release of those in bondage to drug addiction and revival.

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



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.



Christian
Appalachian
Project, Inc.

deal with the "Old Hag" are China, Japan, Korea, Mongolia, Cambodia, Vietnam, the Philippines, New Guinea, 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)

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

Strange... But True?

by: Tonya J. Cook



*The Old Hag Strikes Again:
Evidence of the Old Hag Syndrome, Part II*

Judging from last week's 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 sounding, 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, worldwide, that admit encountering the "Old Hag".

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 paralysis 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 daytime sleepiness.

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