

# The Newsheet

## Waverly Road Presbyterian Church

www.waverlyroadpc.org wrpc@waverlyroadpc.org 423.247.5121 Office Hours: Monday-Thursday, 8:00 am – 4:30 pm, Friday, 8:00am – 12:00 pm

**WELCOME  
TO WORSHIP**

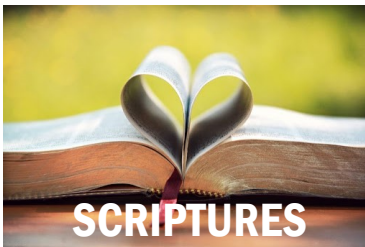
**September 26, 2021**  
**Online and Outdoor**  
**through October 10**  
**Service at 11:00am**  
**Click on either link for**  
**Sunday Worship Service**



<https://www.facebook.com/WaverlyRoadPresbyterianChurch/>



[https://www.youtube.com/channel/UC1dv3U42u4jLlksq\\_71Foyg](https://www.youtube.com/channel/UC1dv3U42u4jLlksq_71Foyg)



**SCRIPTURES**

**September 26, 2021**  
**Mark 9:38-50**

**WRPC**  
*Food Pantry*  
**SERVING EVERY FRIDAY**  
**from 10:00am–Noon.**

*A very special thanks goes out  
to all of our Food Pantry  
volunteers who are helping to  
FEED THE HUNGRY  
in our community.*



**You are loved. We are blessed!**



## From the desk of Pastor Collin...

**Greetings to you in the name of our Lord, Jesus Christ!**

I have preferences. When it comes to my coffee routine, I prefer Panera to Starbucks. When it comes to materials, I prefer natural wood and canvas. When it comes to relaxation, I like to play a video game or read a book. I have a preferred Bible translation (Common English Bible). I have political and economic preferences.

You have preferences too. They are most likely different than mine and thank God for that. If we all liked the exact same things our world would be pretty stagnant. There is not a lot of room for growth when nothing is pushing against you.

That is the thing: There is always room for growth.

My preferences have changed over time as I have been introduced to new things. I have been challenged by others to think about different things. I have been stretched through different experiences. Many of these changes took time and required effort, but I believe I have become a better person through them.

As we continue on our journey with Christ, we will encounter people who come from different places, who have different preferences. These people will challenge us as we challenge them, Through Christ's redeeming love we can see them as partners in our growth, and we will all walk away changed by what we have learned.



### People in our Prayers

|                             |                        |
|-----------------------------|------------------------|
| Mary Margaret Bowles        | Laci, Nicholas & Robin |
| Mike Lewis                  | Lodal                  |
| Helen Austin                | Joyce Caldwell         |
| Rev. Dan Clark              | Sarah Valk             |
| Jackie Britton              | Ann Kibler             |
| Holston Presbytery Camp     | Jo Morrison            |
| Patients receiving Dialysis | Sharon Petke           |
| Debbie Reiff                | Dr. Bob Jernigan       |
| Rorie Parker Family         |                        |
| Lee Bockman                 |                        |

### Missions in our Prayers 3rd Quarter

#### Local Missions

Kindermusik  
Second Harvest Food Bank of NE Tennessee  
WRPC After School Program

#### Regional / National Missions

Holston Presbytery Camp & Retreat Center

#### International Missions

Butoke Nutrition Center, Congo  
Moyo wa Afrika, Tanzania

*We will leave names on the Prayer Request List for three weeks unless you notify the Church Office to remain on the list for an extended amount of time.*



## This Week at WRPC

### Online Worship and Outdoor Worship at WRPC at 11:00am through October 10.

**Sunday 9/26**

9:45am Sunday School Grades  
Preschool – K, Grades 1-5, and  
Grades 6-12 – **ZOOM**  
11:00am Sunday Worship Service /  
Online and Outdoor on Church  
Lawn  
(Godly Play Children's Church  
will be offered during Outdoor  
Worship)

**Wednesday 9/29**

1:00pm ZOOM Bible Study – **ZOOM**

**Friday 10/1**

10:00am Food Pantry – **OPEN**



## Sunday Morning Worship Update

We will be worshipping outside on the front lawn of the church through October 10 at 11:00am. Everyone is welcome to join us but please bring a lawn chair. If you want to wear a mask that's OK. If you are comfortable not wearing a mask, since we are outdoors, that's OK, too. All are welcome! Invite your friends.

Godly Play Children's Church will be offered during Outdoor Worship.

For those wishing to worship online just continue clicking on this link [https://www.youtube.com/channel/UC1dv3U42u4jLlksq\\_71Foyg](https://www.youtube.com/channel/UC1dv3U42u4jLlksq_71Foyg).

## For the month of September...



If you would like to donate to  
**SMILE, September is the  
month for Coats and Hoodies  
(all sizes).**

Please leave them in the tan  
storage shed a the back of the  
Prospect House. There is a **SMILE**  
logo on it.

**Thanks so much for your  
support!**

## Finish your Christmas shopping early this year!

The City of Kingsport is celebrating the 50th Anniversary of Bays Mountain Park with two limited edition Commemorative books: "Celebrating 50 Years" and a special book for children called "Unalii's Unexpected Adventure".

What makes these two books so special is several of our church members were involved with making these projects happen, including:

**Jay Huron** - photography featured in both books

**Wanda Kerns** - coordinator for publishing of the children's book

**Susan Lodal** - overall coordinator of the children's book

**Diana & Eddie Eldredge** - early editors for children's book

**Bob, Laura, Higgs Feagins** - final editors for children's book



I will attach a copy of this flyer in the body of the email when I send out the *Newsheet* on Wednesday. Please remember these books are limited editions, so order NOW and get some of your Christmas shopping finished early this year!





Views from the

# FOOD PANTRY

by Peter Lodol



**September 26—October 2, 2021**

To all:

We delivered 28 bags, slightly more than what now seems to be a typical Friday.

We also continue to get feedback from other pantries in the area that their numbers are down as well. We'll see what happens between now and the end of the year.

As always, my thanks to each of you for your support and prayers. —*Pete Lodol*

## WAVERLY ROAD PRESBYTERIAN CHURCH



We continue to celebrate the 75th Anniversary of Waverly Road Presbyterian Church. All year long, our news sheets will be filled with our history, pictures, stories, and memories of our beloved WRPC from the archives and from WRPC member contributions. If you have any of these in your own personal memorabilia that you would

like to share with us please contact Rachel Lawson.

## The Story of Waverly Road Presbyterian Church—The 70's, Part 2

In the early days of Waverly Road, there were many children but very few teenagers. By the 1970's, this situation had been reversed and the congregation accepted the challenge of ministering to this very important part of the church family. For several years a youth club met under the pastors' leadership to provide opportunities for church centered activities both educational and recreational. The facilities at the Holston Presbytery Camp were put to frequent use, especially the ski slopes. Recreational equipment was purchased and installed in the older part of the church building for teen use. Youth and Children's choirs continued and expanded to include instrumentalists in the worship services.

As usual...let us know if you recognize any of the unnamed people in these photos!



**Top photo:** Does anyone recognize these four teens? If so, send us a note!

**Middle photo:** Wildcat Lake at Holston Presbytery Camp

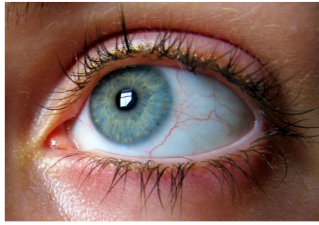
**Bottom photo:** Meg Boyles Mauney is in the plaid shirt, Mary Jane Holtzclaw Alley is next to her in the red bandana and Laurie Boyles Townes is in the gray shirt next to the young lady in the pink bandana. Can any of you recognize the others? Let us know!



# HEALTH

## Matters

### Eye Floaters: Causes, Symptoms and Treatment



Eye floaters appear as small spots that drift through your field of vision. They may stand out when you look at something bright, like white paper or a blue sky. They might annoy you, but

they shouldn't interfere with your sight.

If you have a large floater, it can cast a slight shadow over your vision. But this tends to happen only in certain types of light.

You can learn to live with floaters and ignore them. You may notice them less as time passes. Only rarely do they get bad enough to require treatment.

#### What Are the Symptoms?

Floaters earn their name by moving around in your eye. They tend to dart away when you try to focus on them.

**They come in many different shapes:**

- \* Black or gray dots
- \* Squiggly lines
- \* Threadlike strands, which can be knobby and almost see-through
- \* Cobwebs
- \* Rings

Once you get them, they usually don't totally go away. But you usually notice them less over time.

#### What Causes Them?

Most floaters are small flecks of a protein called collagen. They're part of a gel-like substance in the back of your eye called the vitreous.

As you age, the protein fibers that make up the vitreous shrink down to little shreds that clump together. The shadows they cast on your retina are floaters. If you see a flash, it's because the vitreous has pulled away from the retina. If the floaters are new or dramatically changed or you suddenly start seeing flashes, see your eye doctor ASAP.

These changes can happen at any age, but usually occur between 50 and 75. You're more likely to have them if you're nearsighted or have had cataract surgery.

**It's rare, but floaters can also result from:**

- \* Eye disease
- \* Eye injury
- \* Diabetic retinopathy

- \* Crystal-like deposits that form in the vitreous
- \* Eye tumors

**Serious eye disorders associated with floaters include:**

- \* Detached retina
- \* Torn retina
- \* Bleeding in your vitreous
- \* Inflamed vitreous or retina caused by infections or an autoimmune condition
- \* Eye tumors

Something that might resemble a floater is the visual aura that can come with a migraine headache. It could look like what you see when you put your eye to a kaleidoscope. It might even move. It's different from the floaters and flashbulb type "flashes" that come with other eye problems. This usually lasts about 30 minutes or less, and may involve the vision in both eyes. But then it completely resolves unless you have another episode.

#### When to See the Doctor

If you only have a few eye floaters that don't change over time, don't sweat it.

**Go to the doctor ASAP if you notice:**

- \* A sudden increase in the number of floaters
- \* Flashes of light
- \* A loss of side vision
- \* Changes that come on quickly and get worse over time
- \* Floaters after eye surgery or eye trauma
- \* Eye pain

Choose a doctor who has experience with retina problems. If you don't get help right away, you could lose your sight.

#### How Are Floaters Treated?

Benign ones almost never require medical treatment.

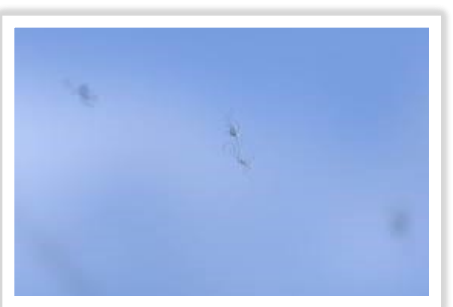
If they annoy you, try to get them out of your field of vision. Move your eyes -- this shifts the fluid around. Look up and down, that usually works better than side to side.

If you have so many that they block your vision, your eye doctor may suggest surgery called a vitrectomy. They'll remove the vitreous and replace it with a salt solution.

**You might have complications like:**

- \* Detached retina
- \* Torn retina
- \* Cataracts

The risk is low, but if these problems happen, they can permanently damage your vision.





## From our Stephen Ministers



**STEPHEN  
MINISTRY**

### When "Pull Yourself Together" Doesn't Work

We have heard it time and time again: "Pull yourself together. . . . Cheer up. . . . Tough it out. . . . It's not that bad." Perhaps people have said it to you. Or perhaps you keep saying it to yourself. But it hasn't helped. You're still hurting. Things are coming apart. Here's the good news: You don't have to go through your struggles alone. Help is available. Our Stephen Ministers are trained caregivers who will walk with you, listen to you, and provide confidential, one-to-one care as you search through the pieces and find what is truly in your heart. We currently have Stephen Ministers who want and need a care receiver. To learn more about what Stephen Ministry can do for you, talk with one of our Stephen Ministry Leaders: Sharon Petke, Dave Petke, Diana Eldredge, or Barbara Lane. Our Stephen Ministers are ready to care for you.



School Makes a Difference

### Sunday School for Children & Youth offerings for the next few weeks:

#### Sunday School via Zoom every Sunday:

**Pre-school - K** 9:45am with Wanda Kerns

**Grades 1st-5th** 9:45am with Candace Sass and Carlisa Barttels

**Grades 6th-12th** 9:45am with Karen & John Gilmer



Join us for Zoom Bible Study on Wednesdays with  
Rev. Collin at 1:00pm

(You will receive individual emails for different ZOOM events by email with a PIN and Passcode)



Holston  
**Habitat**  
for Humanity®



Sign up at [www.holstonhabitat.org/darlenesbuild](http://www.holstonhabitat.org/darlenesbuild).

## Encouraging Words

"Believe you can and you're halfway there."  
— Theodore Roosevelt

## Slow-Simmered Burgundy Beef Stew

YIELD: 4 servings

### Ingredients

- 1-1/2 pounds beef stew meat (1-1/4-inch pieces)
- 3 tablespoons all-purpose flour
- 3/4 teaspoon salt
- 2 to 4 teaspoons canola oil, divided
- 2 teaspoons beef bouillon granules
- 2 teaspoons dried parsley flakes
- 1-1/2 teaspoons Italian seasoning
- 2 cups water
- 1 cup Burgundy wine or beef stock
- 3 medium potatoes (about 1-1/3 pounds), peeled and quartered
- 1 cup fresh mushrooms, halved
- 1 medium onion, cut into 8 wedges
- 2 medium carrots, cut into 1-inch pieces
- 2 celery ribs, cut into 1/2-inch pieces
- Additional water, optional



### Directions

1. Preheat oven to 350°. Toss beef with flour and salt to coat lightly; shake off excess. In an ovenproof Dutch oven, heat 2 teaspoons oil over medium heat. Brown beef in batches, adding additional oil as needed. Remove from pan.
2. Add bouillon, parsley, seasoning, 2 cups water and wine to same pan; bring to a boil, stirring to loosen browned bits from pan. Add beef; return to a boil. Transfer to oven; bake, covered, 1 hour.
3. Stir in vegetables and, if desired, thin with additional water. Bake, covered, until beef and vegetables are tender, 45-60 minutes.

Waverly Road Presbyterian Church  
1415 Waverly Road  
Kingsport, TN 37664-2520

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**"Make sure you are looking for an email from Rachel later this week with details about the 2021 Reverse Trunk or Treat"! We are excited to offer this again to our congregation for a smaller, safe, and fun alternative to our usual pre-pandemic Fall festivities.**



From time to time, church members ask if we have people that come to our Food Pantry who have pets that may need food. The answer is yes. Sometimes they run short of pet food, too.

So, if people want to donate canned food (similar to how we get periodic donations of diapers), we can store and distribute that. Anything more elaborate we will defer until the Food Pantry (and church in general) are back on a more routine schedule.

**Remember,  
canned food only!**