

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



May 15, 2022

**In-Person and
Online Worship Service
at 11:00am**

**Click on either link for
Sunday Worship Service**



[https://www.facebook.com/
WaverlyRoadPresbyterian-
Church/](https://www.facebook.com/WaverlyRoadPresbyterian-Church/)



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



SCRIPTURES

May 15, 2022

Acts 11:1-18

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 Trinity Gibson...

Greetings,

I had a pastor friend that told me he embarrassed his kids anytime he had the opportunity. The scripture that came to me was, "do not exasperate your children, so that they will not lose heart." Colossians 3:21. I asked him, "Do you think that breaks or grows trust?"

Parents (really anyone around kids), we are the biggest physical example of God's love in this realm. Does God embarrass or anger us for fun? Does He remind us of our past sins and wrongdoing? Has he ever put down our dreams? No on all counts!

Instead, he covers us and forgets all of our sins. He says dream bigger! He encourages us and is patient to let us discover our talents and skills. He focuses on our hearts and minds not our productivity. We are loved just the way we are and our kids are too!

I know this is a tall order! It's so much easier because He supplies all we need through the Holy Spirit. Relax into what He thinks of you and you'll soon think of your kids the same way!

Have a great week! —*Trinity*

P.S. I still yell and fuss at my kids and DO NOT always show love! I still expect chores and work to be done. This isn't Disney World!



PRAYER REQUESTS

People in our Prayers

Mary Margaret Bowles	Laci, Nicholas & Robin
Mike Lewis	Lodal
Rev. Dan Clark	Joyce Caldwell
Jackie Britton	Sarah Valk
Holston Presbytery Camp	Ann Kibler
Patients receiving Dialysis	Jo Morrison Family
Debbie Reiff	Dr. Bob & Jeanne Jernigan
Rorie Parker Family	Sarah Hale
Lee Bockman	Susan Avery
Doris Blanchard	Susan Smith

Missions in our Prayers—2nd Quarter

Local Missions

Family Promise / IHN
Second Harvest Food Bank of Northeast TN
Waverly Road Childcare Center

Regional / National Missions

Holston Habitat for Humanity

International Missions

Annapurna Panchakanya Primary School, Nepal
Congo Hope, Congo
Osman Hope, Honduras

Special Offerings

One Great Hour of Sharing (Easter – April 17)
Pentecost Offering (June 5)

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

Indoor and Online Worship at 11:00am.

Sunday 5/15

9:45am In-Person Sunday School –
Preschool through Grade 12
11:00am Sunday Worship Service /
(Godly Play Children's Church in
Room 102)
7:00pm Cantemus Concert 'Where Light
Begins', WRPC Sanctuary

Tuesday 5/17

9:30am Walking Group / Meet at
Greenbelt behind PetSmart

Wednesday 5/18

1:00pm ZOOM Bible Study
7:00pm Chancel Choir Practice

Friday 5/20



Cantemus Women's Choir Concert

Where Light Begins

Saturday, May 14, 7:00 pm

St. John's Episcopal Church, Johnson City

and

Sunday, May 15, 7:00 pm

Waverly Road Presbyterian Church

The spring concert will feature music with uplifting messages of love, light, and hope.

The choir is under the direction of Patricia Denmark, and Bryan Underwood serves as collaborative pianist. WRPC's Phyllis Wine, Eileen Butler and Julie Vogel are Cantemus members.

URGENT

HOLSTON CAMP AND
RETREAT CENTER

WE'RE HIRING

SUMMER CAMP
COUNSELORS

REQUIREMENTS:

- 18 years of age or older
- Staff training: May 22-June 1
- Camp sessions: June 2-July 16

PERKS:

- \$250 per week served
- Develop your leadership skills
- Free trips and weekend activities all summer
- A lifetime of memories and friendships, plus the support of a huge faith community

EMAIL DAVE COHN FOR MORE INFO

dcohn@holstoncenter.org



Outdoor Worship Service

Sunday, May 22, 11:00am
WRPC Front Lawn

Bring a lawn chair and
dress for the weather
and let's worship together!



WRPC Walking Group

**Every Tuesday,
weather permitting!**

**We will gather at 9:30 am
at the Greenbelt entrance
beside PetSmart.**



Views from the

FOOD PANTRY

by Peter Lodal

May 15–21, 2022

To all:

This past Friday we began May with 31 bags delivered.

More importantly, Girl Scout Troop 157 has once again generously supported our Food Pantry. With a number of the girls working on their Bronze award, they collected three vehicles worth of food and hygiene products, which they delivered last Thursday. Additionally, they put together 80 birthday cake kits to be distributed. I have attached a couple of photos to this email for you to see their handiwork. I cannot say enough about these girls and their leaders, in recognizing and acting upon hunger security issues in our community.

As always, thanks for your support and your prayers.

—Pete Lodal



THANK YOU!

Who Is a Care Receiver?

In Stephen Ministry, a care receiver is someone who needs a Christian friend, a Stephen Minister.

Stephen Ministry helps to meet the needs of individuals who are:

- Homebound/alone
- Hospitalized/recently discharged
- Facing serious or terminal illness
- Experiencing major adjustments to jobs/careers/residences
- Residents of long-term care facilities
- Facing decisions of future care for aging parents/spouses
- Experiencing absence of family members due to death, school, military assignment, marriage, divorce
- Persons adjusting to becoming single parents
- Pandemic Fatigue
- Other times when life seems overwhelming

Care Receivers are persons

- Who need someone to care for them
- Who need someone they can trust
- Who need someone to be there with regular visits during times of crisis or transition
- Who need someone who listens and cares/shares Christ's love
- Who need someone who does not "do for" but is "there for"

Do You or Someone You Know Need a Care Giver (Stephen Ministry)?

- Is life more than you or someone you know can handle alone right now?
- Are your health, your attitude, or your relationships suffering?
- Are you adjusting to a new job, changed marital status, serious illness, the death of a loved one, a recent move, or another time of transition?

If the answer to any of the above is yes, consider having a Stephen Minister walk with you or a friend on a journey to wholeness. If referring another person, please be sure to get their permission. If this is something you are interested in, please contact one of the Stephen Leaders for more details and to start the process. The Referral Coordinator will talk to the person about Stephen Ministry and if it is determined that the need is there for a Stephen Minister, one will be assigned to meet with the care receiver on a weekly basis either in person or virtually, whichever is the care receiver's preference. The Stephen Minister will continue to provide distinctively Christian care for the person with **strict confidentially** for as long as care is desired. The Stephen Leaders at WRPC are Sharon Petke, Dave Petke, and Barbara Lane.

Mission Moment Update...

Grace House Service Project Report

Once again Wavery Readers, thank you, thank you, thank you!

On behalf of the Mission Committee, I am reporting on your donations to the second service project held during our recent Season of Mission ~ Season of Hope; providing items for hygiene kits for future residents of Grace House. As a reminder, Grace House will be a day center and overnight shelter for those experiencing homelessness and will be operated by the Kingsport Homeless Ministry.

Items you generously donated included:

- 11 sets of bath towels/washcloths
- 52 bars of soap
- 12 bottles of shampoo/conditioner
- 28 toothbrushes
- 15 tubes of toothpaste
- 19 sticks/cans of deodorant
- 18 combs/brushes
- 5 bottles of body lotion
- 124 feminine hygiene products
- Several miscellaneous first aid and personal hygiene items

In addition to these donated supplies, you also generously gave \$1,000 which will be used to purchase additional items to expand the number of hygiene kits we provide. Grace House hopes to accommodate up to 40 overnight guests.

Many renovations are needed before Grace House can open and comfortably receive guests. As opening day approaches, we will complete the hygiene kits and deliver them to Grace House for use by their very first overnight guests.

Thank you for giving generously in the name of Jesus Christ.

—Karen Carman



HEALTH Matters

Health Benefits of Coffee and Tea

webmd.com

Common Ground

Aside from plain water, coffee and tea are the most enjoyed beverages around the world. Both have things in them that may help your health, and they're an excuse to get together with a friend - that can be good for you, too.



Coffee Basics

The beans grow on flowering trees found in more than 50 countries around the world, including the U.S. (Hawaii). They're roasted and ground, then boiled, dripped, steamed, or soaked to make coffee, depending on where you live and how you like it.

Tea Basics

More than two-thirds of the world's people drink this beverage, which is made from the leaf of a bush called *Camellia sinensis*. You typically steep the leaves in steaming hot water for a few minutes then serve the tea hot or over ice.

Green, Oolong, Black: What's the Difference?

Tea makers dry and crush the leaves to bring out their oils, then they might expose them to air for a while, depending on the kind of tea they want to make. This is called "fermentation" -- it's a chemical reaction that affects the flavor of the leaves and turns them brown.

The longer they're exposed, the more caffeine they have. Green tea uses leaves that haven't been fermented at all, which is why it has almost no caffeine. Oolong uses leaves that have been fermented for a time, while black tea leaves are fermented the longest.

Free Radicals

These chemicals can damage your cells and lead to disease and illness. Your body makes them when it turns certain foods into energy and when sunlight hits your skin. You also can get them from things you eat and drink. Tea and coffee help your body fight free radicals with chemicals of their own called antioxidants.

Type 2 Diabetes

Both tea and coffee are linked to a lower chance of getting this condition, which affects how your body uses blood sugar (glucose) for fuel. Coffee has lots of a certain antioxidant that helps keep your blood sugar lower and
(Continued on next page)

Health Benefits of Coffee and Tea, *cont'd.*

more stable -- the main challenge of diabetes. And antioxidants from tea may help your body process sugar in your blood.

Parkinson's Disease

Coffee and tea may help against this serious disease, which attacks the nerve cells in your brain and makes it hard for you to move. Some studies suggest that caffeine can ease early symptoms of Parkinson's, while others show that drinking coffee and tea might help protect your brain from it in the first place.

Heart Disease

Doctors once thought people with this should cut down on tea and coffee, because of the caffeine, but now it seems they may protect you from it. In one study, people who drank 3 to 5 cups of coffee a day were less likely to have a buildup of calcium in the vessels that bring blood to your heart muscle. That could mean a lower chance of heart disease.

Liver Disease

This is another organ that probably benefits from your morning cup of joe. Drinking 3 or more cups of coffee a day may lower your odds of having chronic liver disease, cirrhosis, and liver cancer -- and it may be an alternative medicine for people who have those issues. Coffee has more than 100 different chemical compounds in it, and scientists are trying to figure out what they do and how they might work together to help your liver.

Stroke

This happens when blood is cut off from a certain area of your brain, and a cup of coffee or tea a day might lower your chances of having one. This may be because coffee can ease inflammation and help control your blood sugar levels. And drinking black tea is linked to lower blood pressure, which can make you less likely to have a stroke.

Cancer

Coffee and green tea might help prevent breast and prostate cancers, while all kinds of tea may protect you against the kinds of cancer that affect the ovaries and stomach. Researchers think antioxidants in tea, including ones called polyphenols, are to thank for this.

Alzheimer's Disease

This disorder attacks your brain's nerve cells (neurons) -- it can cause memory loss and changes in thought patterns and behavior. Coffee has antioxidants that may help protect neurons, and green tea has some that may help prevent the clusters of proteins believed to cause the disease.

Too much caffeine can make you anxious or irritable and make it hard to sleep. Talk with your doctor if you have questions about how much is too much for you.

Fresh Strawberry Scones with Glaze

Yield: 8 Scones

Ingredients

2 cups all-purpose flour
1 teaspoon baking powder
1/4 teaspoon baking soda
1/2 teaspoon salt
1/3 cup sugar
8 tablespoons unsalted butter, frozen
1/2 cup plain yogurt, sour cream, or buttermilk
1 heaping cup hulled and diced fresh strawberries
1 large egg

For the Glaze

3 tablespoons unsalted butter; melted
1 cup confectioners' sugar; sifted
1/2 teaspoon pure vanilla extract OR 1 drop lemon oil

Directions

Preheat oven to 400 degrees. If using a scone pan, lightly grease it. If you're not using a scone pan, line a baking sheet with parchment paper.

In a medium bowl, whisk together all of the dry ingredients.

Grate butter into flour mixture on the large holes of a box grater; use your fingers to work in the butter until the mixture resembles coarse meal. Gently mix in the diced strawberries.

In a small bowl, whisk the yogurt and egg until smooth. Using a wooden spoon or spatula, gently stir yogurt mixture into flour mixture until large dough clumps form (be careful not to squish all the berries). Use your hands to press the dough against the bowl into a ball. The dough will be crumbly at first, but as you press, the dough will come together. (If your dough is too dry, add up to 2 tablespoons of milk, 1 teaspoon at a time until the dough comes together)

If you're not using a scone pan, place dough ball on a lightly floured surface and pat into a 7-inch circle about 3/4-inch thick. Use a sharp knife to cut into 8 triangles; place on prepared baking sheet, about 1 inch apart. Or, gently press the dough evenly into the scone pan. Bake until golden, about 15 minutes. Cool for 10 minutes and prepare the glaze.

In a medium bowl, prepare the glaze by mixing together all of the glaze ingredients. Whisk until smooth. Drizzle over the warm scones and enjoy - they will literally melt in your mouth.



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1415 Waverly Road
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Sunday School Teacher Needed for Grades 3-5

We need a dedicated Sunday school teacher for Grades 3- 5. Anyone interested please send Trinity Gibson or Martha Triplett an email at: trinity@waverlyroadpc.org or waverlyccdirector@gmail.com. Thank you!



For the month of MAY

May is the month for donating gently used Kids sizes 2-T—5-T clothing and NEW Swimwear (all sizes).

Thanks so much for your support!

