

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



June 26, 2022

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

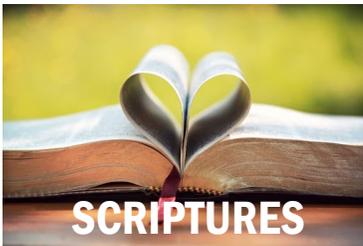
Click on either link for Sunday Worship Service



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



https://www.youtube.com/channel/UC1dv3U42u4jLksg_71Foyg



SCRIPTURES

June 26, 2022

2 Kings 2: 1-2, 6-14 & Luke 9: 51-62

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 Rachel Lawson...



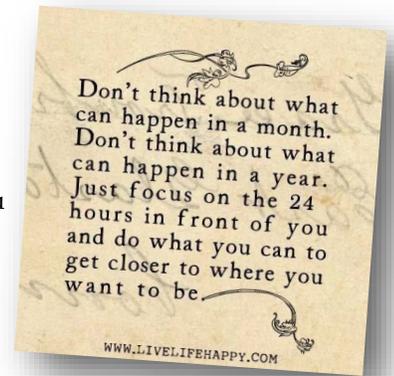
Life celebrations. How fun they can be! Often we celebrate the beginning of something wonderful, or the culmination of something wonderful (and maybe difficult). We set aside days to celebrate in order to keep us mindful and grateful for what we have.

We recognize mothers and fathers, birthdays, anniversaries and end-of-life celebrations. My daughter turns 6 this week. I'm struggling with that seemingly happening so fast, but we will of course have a day of celebration for it.

We lost one of our saints earlier this year in Jo Morrison. We had a celebration for that, too. For around 90-100 years Jo hadn't seen her parents, hadn't seen her husband Hall in 40+ years. While in no hurry to get there, I'm sure that for 105 years, Jo has looked forward to seeing Jesus and those loved ones again. How can you not imagine the joy she felt when she joined them? Definitely worth celebrating in and of itself, not to mention her accomplishments on this Earth.

I know It's hard to think about the future when you loved the past so much. So this week's challenge for myself and for you, is to try to NOT focus on the past or future. Instead realize that the present truly is a present from God. Be sure to take time to celebrate the gift of waking up today by singing His praises!

—Rachel



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 |
| Rorie Parker Family | Dr. Bob & Jeanne Jernigan |
| Lee Bockman | Sarah Hale |
| Doris Blanchard | Susan Avery |
| 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)

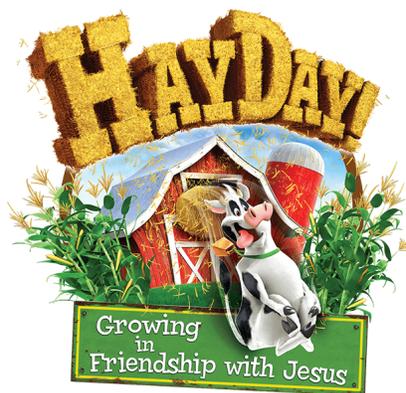
We will leave names on the Prayer Request List for three weeks unless you notify the Church Office to remain on the list for an extended amount of time.



This Week at WRPC

Indoor and Online Worship at 11:00am.

Sunday 6/26	9:45am In-Person Sunday School – Preschool through Grade 12
	11:00am Sunday Worship Service (Godly Play Children’s Church in Room 102)
	12:15pm Sunday Funday! for kids K-5th grade, FH
Tuesday 6/28	9:00am Walking Group / Meet at Greenbelt behind PetSmart
	6:00pm The Has Beens, FH
Friday 7/1	10:00am Food Pantry



SAVE the DATE for VBS!

Hay there!
VBS will be
July 21-24, 2022.
Get ready for some
fun and fellowship
down on the farm!



**We will not have ZOOM on 6/22 and 6/29.
ZOOM Bible Study will resume on 7/6.**



WRPC Walking Group

Lets Walk  **Every Tuesday, weather permitting!**

We will gather at 9:00 am at the Greenbelt entrance beside PetSmart.



Thank You for Your Service!!!

STEPHEN MINISTRY

Please join us in thanking Diana Eldredge and Suzanne Dobbs for their service in Waverly Road’s Stephen Ministry. They have made the decision to retire to spend more time with their and to do some traveling.

Suzanne was in the first class of Stephen Ministers and faithfully served for 13 years. Thank you, Suzanne, for the loving care you provided your care receivers and for your faithful attendance at the Leadership meetings. You always provided valuable input and suggestions for the rest of the Stephen Ministers.

Diana served as a Stephen Minister/Leader for 10 years. She served as Stephen Minister Recruitment Leader who talked to potential care receivers and potential Stephen Ministers. She also was one of the trainers for new Stephen Ministers. She always showed a caring attitude and prayerfully assigned care givers the Stephen Minister who would provide the care needed. Thank you, Diana, for your hard work the past ten years.

Thank both of you for your service!!!! You will be missed.



For the month of JUNE

June is the month for donating Gently Used Teen/Adult Sized Clothing, New Hair Brushes, Combs, and Hair Bands.

Thanks so much for your support!



Sunday Funday!

It’s Funday for kids K-5th grade this Sunday at 12:15pm after worship. Lunch will be served in the Fellowship Hall with games and activities to follow. Pick up time is 2:00pm.



Views from the

FOOD PANTRY

by Peter Lodol

June 26—July 2, 2022



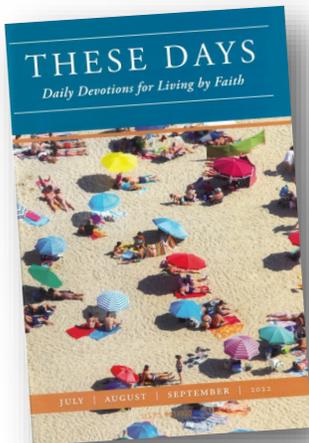
To all:

This past Friday we again delivered 35 bags. Our running total for June is now 112, which is what we had for the full month of May. I believe we are beginning to see the combined impact of higher prices and reduced supply in our increasing numbers.

As always, thanks for your support and your prayers.

—Pete Lodol

The NEW *These Days* Publications are here!



The NEW *These Days* publications for JULY, AUGUST and SEPTEMBER have arrived! They are located as you enter the Narthex on the small table inside the Sanctuary door.

If you would like a copy mailed to you, please call Amy in the church office at 247-5121 and she will be glad to mail a copy to you.

Waverly Wanderers



Did you know there are many more SALT groups up-and-coming to help us form tighter bonds in fellowship? For instance, we are reviving a program we had for many years here as a new SALT group called Waverly Wanderers.

We are going to start wandering again! We'll enjoy plays, concerts,

crafts, presentations, dinner theater, and many more adventures together. You don't have to be a senior, and you don't have to be retired. If your schedule allows, hop on the bus with us! It is not the destination we seek but the journey in getting there. If you're interested in getting on the email list about Waverly Wanderers, contact Rachel Lawson at rachelzbth@gmail.com.



HEALTH Matters

How Clutter Can Affect Your Health

webmd.com

Too Much Stuff

If your closets are bursting or your desk is topped with piles of disorganized papers, you may want to take some steps toward a neater home or work-space. While a bit of chaos might have some upsides -- at least one study suggests that a messy room spurs creativity -- it has many more downsides. It can even be damaging for your physical and mental health.



Mess Equals Stress

When everything is in order, you know exactly where you put your glasses and keys so you can grab them and go on with your day. That saves time and a whole lot of hassle. In one study, women who saw their homes as cluttered had high levels of the stress hormone cortisol throughout the day, while those who described their abode as a well-organized, restful space had lower levels.

It Doesn't Get Easier

If you're a bit scatterbrained because your space is scattered, don't wait to neaten up. Research has shown that adults in their 50s who have too many piles of stuff are more likely than younger folks to put off making decisions about what to get rid of. The study also found that those piles can make you less satisfied with your life.

Your Mind Wanders

It's hard to focus on important tasks when several things compete for your attention. Researchers have found that being around disorganization makes it harder for your brain to focus. It can be especially tough for people with ADHD (attention deficit hyperactivity disorder). If you have ADHD, a professional organizer or coach may be the best way to restore some order to your space.

Pass the Tissues

There's a reason people often call knickknacks "dust collectors." Too much stuff makes it harder to keep your space clean. If you're allergic to things like dust mites or pet dander, decluttering should make it easier to dust and vacuum and get symptoms like sneezing, wheezing, and itchy eyes under control.

Embarrassment and Isolation

A neat, tidy house feels inviting, both for the people who live there as well as guests. A cluttered home may feel the opposite. But shutting people out can take a toll on relationships and make you feel sad and lonely.

(Continued on back page)

How Clutter Can Affect Your Health, *cont'd.*

That could be one reason a hoarding disorder tends to overlap with depression and anxiety disorders.

Slips and Falls

Living with lots of clutter puts you at risk of getting injured. When your floor is covered with boxes, heaps of clothing, or even too much furniture, it's that much easier to trip. Shelves stuffed to the brim with books and knickknacks can also be a hazard if something falls off or a piece of overloaded furniture topples over.

Neatness and Generosity

A more organized environment may make you more caring toward others. In one study, volunteers who filled out surveys in a neat room were more likely to say they wanted to donate to a charity compared with those who were questioned in a messy room.

Memory Issues

Some people who live in cluttered homes have a poorer "working memory," according to research. Your brain is wired to be able to keep track of only a few details at once for a short period, so it can get overloaded when there's too much going on.

Safety First

If you've gone overboard on papers and other flammable items, your home can be a fire hazard. Even if a fire starts in the most common of ways (cooking oil goes up in flames or a burner catches the edge of your dish towel), clutter makes it harder to get help. Not only will you have more trouble getting out in time if your pathways and exits are blocked, but firefighters will also have a harder time putting out the blaze.

Linked to Weight Gain

People who fill their homes with so much stuff that they may have a hoarding disorder also appear to be more likely to overeat and become obese. One study found that as hoarding got worse, so did body mass index (BMI) and binge-eating symptoms (eating large amounts of food in a short time).

Up All Night

People who have a hoarding disorder also seem more likely to have insomnia. The link between the two isn't totally clear, but sleep is important for clear thinking and decision-making. If you're sleep-deprived, you might be more likely to make questionable decisions, including ones that involve getting more stuff you really don't need.