

# 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



**July 31, 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

**July 31, 2022**

**Colossians 3:1-11 &  
Luke 12:13-21**

### 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,**

This morning I had to go to an eye doctor to have my corneas looked at. One of the things that they did while I was there is dilate my eyes. In order for them to find out what was wrong with my vision, they had to do something that has made my vision worse, although it is only temporary.

I feel that my life is sometimes like that. I have a problem in one part of my life that needs attention, but part of the remedy might put other parts of my life into flux. I am working on my health, so that may take away some free time. I need to finish a project and my sleep is affected. I am trying to fix a relationship and have had to put other relationships on the back burner.

Part of the trick of making it through these times is remembering that they are temporary. Jesus was very wise to tell us not to worry about tomorrow. The other part is to remember who your foundation is. If the changes get out of control, go back to the foundation and start again. Jesus is ready to comfort and calm you. He is also ready to challenge and send you out.

May God continue to bless,

*—Rev. Collin*



### 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	Dr. Bob & Jeanne Jernigan
Rorie Parker Family	Sarah Hale
Lee Bockman	Susan Avery
Doris Blanchard	Barbara Lane Family
Susan Smith	Kirk and Lola Finch

*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.*

### Missions in our Prayers—3rd Quarter

#### Local Missions

Meals on Wheels  
Shades of Grace  
WRPC After School Program

#### Regional / National Missions

Holston Presbytery Camp & Retreat Center  
Ukirk (ETSU)

#### International Missions

Butoke Nutrition Center, Congo  
Moyo wa Afrika, Tanzania

#### Special Offerings

Peace and Global Witness Offering (Oct. 2 World Communion Sunday)



## This Week at WRPC

### Indoor and Online Worship at 11:00am.

<b>Sunday 7/31</b>	9:45am	In-Person Sunday School — Preschool through Grade 12
	11:00am	Sunday Worship Service <i>Godly Play Children's Church in Room 102)</i>
<b>Tuesday 8/2</b>	9:00am	Walking Group / Meet at Greenbelt behind PetSmart
	11:00am	Staff Meeting, ZOOM
	6:00pm	The Has Beens, FH
<b>Wednesday 8/3</b>	1:00pm	ZOOM Bible Study
	7:00pm	Chancel Choir Practice
<b>Friday 8/5</b>	10:00am	Food Pantry

## Barnabas Program

Since 1998, members of Waverly Road Presbyterian Church have been secretly paired with college students through our Barnabas Program. Throughout the school year, the adult volunteers encourage their student by lifting them in prayer and sending notes of encouragement and care packages. The students may be living at home or they may be attending school far from home. There are times when all of us can benefit from prayer, an encouraging word sent through the mail, or a care package and our college students are no exception.

On Wednesday, July 27th, we will hold a Barnabas Reveal gathering where the students will learn who their secret encourager was this past school year.

### The students participating in the program were:

- Gillian Marlow
- Lauren and Bailey Whipple
- Zach Sublett
- Marshall Palmer
- Paige Hubbard
- Julia Brown

Why is the Barnabas Program important to our college students? Studies have shown that more than two thirds of young Protestants will stop attending church for at least a year between the ages of 18 and 22. This occurs for many reasons. But what is important is that those that come back, choose to do so partially because of the relationships that they have sustained with members of their church family.

If you know of a college student who has not been participating in the Barnabas Program but you believe they might like to this year, please send their name and a means of contacting them to Karen Carman at [klcarman@charter.net](mailto:klcarman@charter.net).

On behalf of the Fellowship and Discipleship Committee, I would like to thank each of the adult volunteers who served as a Barnabas encourager this past school year. It's about time to kick off the program for the upcoming school year; if this is a ministry you think you would like to participate in, please let me know. I believe you will find you will be personally blessed by serving in this way, in addition to blessing the student you are encouraging. —Karen Carman

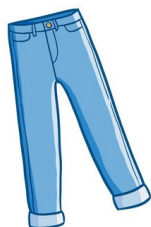
**WRPC Walking Group**  
*Let's Walk* Every Tuesday,  
weather permitting!  
We will gather at 9:00 am  
at the Greenbelt entrance  
beside PetSmart.



### For the month of AUGUST...

**August is the month  
for donating gently used  
Jeans (all sizes) and new  
Feminine Supplies.**

**Thanks for your support!**



### Online Adult Bible Study (Formerly Meeting Room Class) to Resume in August

The former Meeting Room Adult Bible Study Class will resume online lessons beginning in August. The Present Word will continue to be used. The 20-30 minute weekly lesson will be co-taught by Barbara Lane, Jack Lowe, and Betsy Preston. Howard Carman will format the weekly lesson to ZOOM. If you would like to be included in the e-mail link to the lesson, please e-mail Jack Lowe at [jl Lowe2@charter.net](mailto:jl Lowe2@charter.net) and Howard will send you the link. You do not need a lesson book to get the lesson. However, if you would like a Fall Book (Sep-Dec), please let Amy know.



**Join us for ZOOM Bible Study  
every Wednesday at 1:00pm**





Views from the

# FOOD PANTRY

by Peter Lodol

**July 31–August 6, 2022**



To all:

After a low count on July 15, we rebounded to 47 bags this past Friday. So, once again, my prognostication abilities have been called into serious question—I have no clue what next week will bring.

We did have a decent amount of bread this past week.

As always, thanks for your support and your prayers.

—Pete Lodol



## HEALTH Matters

### Health Benefits of Oats and Oatmeal

webmd.com



#### Types of Oats

Not all oats are created equal. Instant oats are heavily processed. They have less fiber, digest faster, and cause a quicker spike in blood sugar.

Groats (whole oat kernels) and steel-cut or Irish oats are less processed, have more fiber, and take a longer time to digest.

#### Boost Heart Health

A specific fiber in oats called beta-glucan can lower both your LDL (bad) cholesterol and your total cholesterol. LDL is known to cause clogs in your arteries and damage your heart tissues. Controlling your cholesterol cuts your odds of heart attack and stroke.

#### Help With Weight Loss

Beta-glucan, the fiber in oats that helps your heart, also makes you feel full faster. It boosts a hormone that tells

your brain you've had enough to eat. You'll eat fewer calories overall when you start with filling up on oats.

#### Keep You Regular

The outer layer of oats, oat bran, is full of fiber.

Oat bran helps move your bowels. Studies in older adults show that eating oat bran daily can help get you moving if constipation is a problem.

#### Provide Nutrients

A half cup of raw oats has around 150 calories and is packed with nutrients, including high amounts of phosphorus, magnesium, copper, iron, zinc, folate, and vitamin B1 (thiamin). In that same cup you get 25 grams of carbs, 5 grams of protein, 2.5 grams of fat, and 4 grams of fiber.

#### Lower Blood Pressure

Oats have a group of antioxidants called avenanthramides. They bump up your body's nitric oxide (NO) levels. NO helps your blood vessels open up so blood can flow more easily, lowering your blood pressure.

#### Soothe Your Skin

Avenanthramides, the antioxidants in oats, can have a calming effect on your skin. They ease itchiness inflammation.

Products with finely ground oats (colloidal oatmeal) that you rub on your skin or add to your bath water may help with eczema symptoms.

#### Keep Asthma at Bay

Studies show giving oatmeal to babies before they're 6 months old may lower their odds of getting asthma later on. Chances of getting hay fever and skin allergies might also go down, too.

#### Control Your Blood Sugar

Beta-glucan fiber in oats can help keep your blood sugar steady. It does this by making you more sensitive to insulin. That's good news if you have insulin resistance (when your body doesn't respond to insulin like it should) or type 2 diabetes.

#### Improve Gut Health

Oats are a prebiotic. That means probiotics (good bacteria in your gut) can feed on them and grow. This keeps your gut healthy. Add oatmeal into your daily diet to improve digestion.



## Blueberry Salad with Balsamic Dressing

*Yield: 4 servings*

### Ingredients

1/2 recipe Best Balsamic Vinaigrette (following)\*

1 cup blueberries

1/4 small red onion

8 cups mixed baby greens (we used baby spinach and arugula)

1/3 cup chopped pistachios

1/3 cup feta cheese crumbles (omit for vegan)

Fresh ground black pepper

### Instructions

1. Make the Best Balsamic Vinaigrette. (\*For the nutrition analysis, we've calculated 1 tablespoon dressing per serving. We recommend making the entire dressing recipe and saving leftovers in a sealed container in the refrigerator; bring to room temperature prior to serving.)



2. Wash the blueberries. Thinly slice the red onion. Place the greens on plates, then top with blueberries, red onion slivers, feta cheese crumbles, and pistachios. Drizzle with the dressing and serve.

### \*Best Balsamic Vinaigrette

*Yield: About 11 tablespoons*

### Ingredients

2 tablespoons aged balsamic vinegar

2 tablespoons Dijon mustard

1 tablespoon maple syrup (or honey)

1/4 teaspoon kosher salt

6 tablespoons olive oil

### Instructions

1. In a medium bowl, whisk together the balsamic vinegar, Dijon mustard, maple syrup, and salt until fully combined.
2. Gradually whisk in the olive oil, adding 1 tablespoon at a time and whisking until it incorporates, until an emulsion forms.\* Serve immediately. Store refrigerated and bring to room temperature before serving (keeps at least 2 weeks).