

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 10, 2022

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

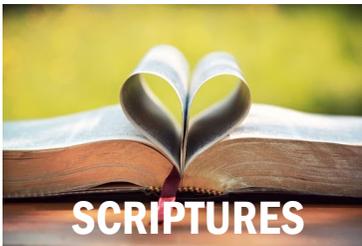
**Click on either link for
Sunday Worship Service**



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



https://www.youtube.com/channel/UC1dv3U42u4jLlksq_71Foyg



SCRIPTURES

July 10, 2022

Psalm 82:1-8 &
Luke 10:25-37

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 Dr. Kate Stubbs...

Greetings!

During worship this past Sunday, I announced my hope to begin a Vocal Scholarship program at WRPC. I ran a vibrant and successful vocal scholarship program in Oklahoma which was rich in ministry, community, and music making. Students attended weekly choir rehearsals and Sunday worship, sang parts in the choir, and often offered additional vocal solos or quartets.

This program touched many lives and brought in new church

The Session has approved our proposal to begin raising funds for such a program here at WRPC. If we can get this off the ground, I know this program will be a beautiful ministry and will carve a new path forward for our congregation. My ultimate hope is to have four scholars at a time (a soprano, alto, tenor, and bass). However, for our first year, our goal is to support two college students. One tenor, and one bass which will help balance our current choir members. Our hope is to offer 2K per semester, per student, with a target to receive all funds by July 24th. Can you help us with this vision? Donations can be accepted via check/cash through the collection basket or online.

—Kate



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	

Missions in our Prayers—2nd 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)

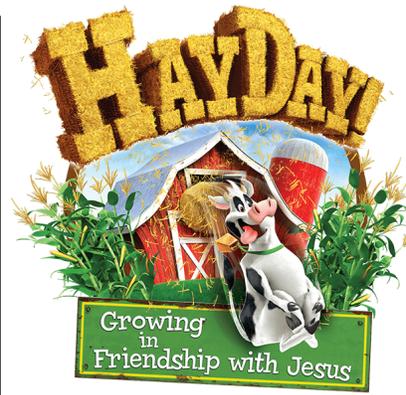
We will leave names on the Prayer Request List for three weeks unless you notify the Church Office to remain on the list for an extended amount of time.



This Week at WRPC

Indoor and Online Worship at 11:00am.

Sunday 7/10	9:45am In-Person Sunday School— Preschool through Grade 12
	11:00am Sunday Worship Service / Communion <i>(Godly Play Children’s Church in Room 102)</i>
	7:00pm Personnel, Library
Tuesday 7/12	9:00am Walking Group / Meet at Greenbelt behind PetSmart
	6:00pm The Has Beens, FH
Wednesday 7/13	1:00pm ZOOM Bible Study
Friday 7/15	10:00am Food Pantry



VBS is coming SOON!

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

Schedule

Thursday 6/21, 6:00pm – 8:00pm, VBS Kick-off
Friday 6/22, 5:30 – 8:00pm, Session 1
Saturday 6/23, 10:00am – 12:30pm, Session 2
Sunday 6/24, VBS Wrap-up during Time with Children during worship

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

Communion Sunday, July 10

Join us during our online or in-person Worship Service this Sunday for Communion. Individual Fellowship Cups with juice and wafer provided for in-person Communion. For online worship, just provide your own bread and juice or wine and let's break bread together.



A word from your friendly Receiving Treasurer:

Smile faster care closer **For the month of JULY...**
July is the month for donating gently used Kids clothing, sizes 6-20 for Back to School and NEW school supplies.
Thanks for your support!

BACK to SCHOOL 

Mid-year Contribution Statements



2022 is halfway behind us!

Contribution Statements through June 30 will be handed out before and after the worship services on July 10th and 17th. Please see Noah McMillan in the Narthex, if he doesn't see you first. If you can't get your statement at one of these times, the remainder will be mailed out after July 17th. Thank you for your support of WRPC!



ZOOM Bible Study resumes on July 6!
Be sure to ZOOM in!

Encouraging Words

“You are never too old to set another goal or to dream a new dream.” —C.S. Lewis



Views from the

FOOD PANTRY

by Peter Lodol

July 10–16, 2022



To all:

We began July with 41 clients served, so we appear to be moving back towards a more normal (pre-COVID) level of clientele.

As you travel, please collect hotel toiletries for distribution. We have been running short (for obvious reasons) for some time. Any help will be greatly appreciated.

As always, thanks for your support and your prayers.

—Pete Lodol



HEALTH Matters

Natural Remedies for Sinus Trouble

webmd.com

What Causes Sinus Problems?

Sinus pain and pressure happens when the tissue in your nose and sinuses gets swollen and inflamed. That keeps the sinuses from draining properly. A change in temperature, allergies, smoking, the common cold -- pretty much anything that causes swelling in your sinuses or keeps your cilia from sweeping away mucus -- can cause problems.



Breathe Moist Air

Keep a humidifier on in your bedroom or other rooms where you spend a lot of time. Dry air can irritate your sinuses, but keeping air moist can help reduce congestion. Inhaling steam two to four times a day may help, too. Sit in the bathroom with the door closed and the shower running. Make sure the water is hot.

Enforce a No-Smoking Zone

Fumes from harsh cleaning products, paints, hair spray, perfumes -- and most of all, cigarette smoking -- can

irritate your sinuses. Don't let friends or family smoke in your home. Look for "green" cleaning products in unscented varieties. They're less likely to contain the harsh chemicals that can kick-start a sinus problem.

Drink More Water

Sip more H2O or juice. It'll help thin out mucus and encourage drainage. Hot tea is another good option. Don't overdo caffeine or alcohol. Alcohol can worsen sinus swelling. Aim for eight or more 8-ounce glasses of water or other healthy drinks each day.

Try Nasal Irrigation

It's also called nasal wash, and it can help keep your sinuses clean and clear. You use a mild, sterile saline solution to flush out the mucus and allergens causing your congestion. Lean over the sink, squirt the solution into one nostril, and let it drain through your nasal cavity and out the other nostril. Keep your mouth open and don't breathe through your nose.

Nasal Irrigation: What You Need

Rinse bottles, bulb syringes, and Neti pots are available at most drugstores. You can buy a pre-filled container or make your own saline solution. To make your own, mix about 16 ounces (1 pint) of lukewarm sterile water with a teaspoon of salt. Some people add 1/2 teaspoon of baking soda to take the sting out of the salt. In addition, it's possible to get relief using a bioelectric device that emits micro-current waveforms to relieve sinus congestion and pain.

Avoid Your Triggers

Nasal allergies can lead to sinus problems like pain and pressure. So, steer clear of common triggers such as pet dander, dust mites, and pollen. Get your allergies treated, too.



"I just love how they come individually wrapped to seal in the flavor."

Grilled Tarragon-Mustard Chicken Skewers Recipe

Ingredients

1/4 cup (3.5g) fresh tarragon leaves, finely chopped

1/4 cup (60ml) Dijon mustard

1/4 cup (60ml) fresh lemon juice, plus lemon halves for grilling and serving alongside

2 tablespoons (30ml) honey

1 tablespoon (15ml) extra-virgin olive oil

2 medium cloves garlic, minced

Kosher salt and freshly ground black pepper

2 pounds (900g) boneless, skinless chicken breasts or thighs, cut into 1 1/2-inch chunks



Directions

1. If using bamboo skewers, soak skewers in water for at least 30 minutes. Meanwhile, in a large bowl, whisk together tarragon, mustard, lemon juice, honey, olive oil, and garlic. Season with salt and pepper. Toss the chicken in the marinade until fully coated, then cover and refrigerate for at least 1 and up to 4 hours.
2. Light one chimney full of charcoal. When all the charcoal is lit and covered with gray ash, pour out and spread the coals evenly over half of coal grate. Alternatively, set half the burners of a gas grill to high heat. Set cooking grate in place, cover grill, and allow to preheat for 5 minutes. Clean and oil the grilling grate.
3. Remove chicken from marinade and thread onto skewers. Discard the marinade.
4. Grill skewers over high heat until chicken has cooked through, about 3 minutes on each side (12 minutes total). If skewers threaten to burn, move them to the cooler side of the grill to finish cooking. Meanwhile, grill the lemon halves, cut side down, until lightly charred. Transfer chicken skewers to a platter and serve warm with the grilled lemons.