

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



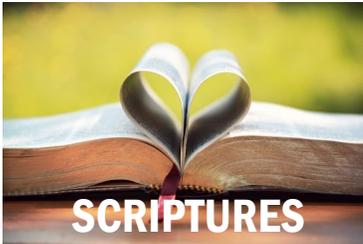
September 4, 2022
In-Person and Online Worship Service at 11:00am
Click on either link for Sunday Worship Service



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



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



SCRIPTURES

September 4, 2022

Psalm 139 & Luke 14:25-33

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...

Hi,

Whenever I challenge our church kids to quote a verse, they all rush to say John 11:35, "Jesus wept."

I haven't thought much about that verse except for these funny times with the kids. It may be the shortest verse, but today it holds great meaning for me.

I don't think any of us would say that the last 2 ½ years have been easy. Since early spring of 2020, I have been challenged in every aspect of my life. I've experienced heartbreak that may have damaged my actual heart. Financially smacked back and forth. This list is too much to repeat even to myself. I've made the old Timex slogan my own, "Takes a lickin' and keeps on tickin'". But Trinity wept.

Jesus wept on his way to raise Lazarus from the dead. He cried even though He knew the good outcome that was coming! I have cried the moments when the punches have found the tender parts of me, even though I know the good outcome. I know that I am covered, loved, and protected by the Trinity. I know that good times will come! Still, I weep, because I am tender and life hurts even when you believe there's a happy ending. Jesus wept for the sadness of his friend dying and the hurt it caused those who loved Lazarus. What a tender, precious Savior!

—Trinity



People in our Prayers

- | | |
|-----------------------------|------------------------------|
| Mary Margaret Bowles Family | Laci, Nicholas & Robin 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 |
| Sharon Nolen | Roy Cloud |

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)

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 9/4	9:45am	In-Person Sunday School— Preschool through Grade 12
	11:00am	Sunday Worship Service / Communion / 5 Cents-a-Meal Offering <i>Godly Play Children's Church in Room 102)</i>
Monday 9/5		Labor Day Holiday – Church Offices CLOSED
Tuesday 9/6	9:00am	Walking Group / Meet at entrance behind PetSmart or Netherland Inn Road entrance (TBD)
	11:00am	Staff Meeting, ZOOM
Wednesday 9/7	6:00pm	The Has Beens, FH
	1:00pm	ZOOM Bible Study
	7:00pm	Chancel Choir Practice
Friday 9/9	10:00am	Food Pantry



Pledging Starts with the Heart

Pledging to your church is more of a spiritual discipline than a financial exercise. It can be a way to show we trust God with our life AND our finances. Giving encourages a grateful and generous spirit.

WRPC committees are using this time to plan for 2023. They are seeking God's will to think about how best to use our resources to further God's Kingdom here on earth. That's one side of the annual church budget. The other side of budget planning comes from the funding the congregation pledges to give on a weekly, monthly, or annual basis.

What is a pledge?

A pledge is an estimate of the amount of money you plan to give during the year.

Why does the church ask you to pledge?

Having input from those who plan to give during 2023 helps leadership align their dreams with the amount of money that will be available to fulfill them.

What if I can't keep my pledge commitment?

No worries. Your pledge is not a legally binding commitment. If circumstances change in your life for the negative, you are free to give less. Likewise, if your circumstances improve, you may choose to give more than you pledged.

How do people decide what to give?

Giving is a very personal matter. It's between you and God. We should seek God's guidance in this area of our life just as we do in other areas. There are many mentions of giving in the Bible. You may want to take time to explore those for a deeper consideration.

In closing...

Like all spiritual disciplines, giving is for our benefit. Sacrificing a portion of our income reminds us to rely on God to meet our needs. God doesn't need our money; all that we have comes from Him. He wants our hearts. One person put it like this – Giving is about living with the attitude that we've been blessed to be a blessing.

—Martha Lawson

WRPC Walking Group
Every Tuesday,
weather permitting!

We will gather at 9:00 am at
the Greenbelt entrance behind PetSmart
or Netherland Inn Road entrance.
Email will be sent out to let you know.

For the month of SEPTEMBER...



SEPTEMBER is the month for donating gently used leggings/athletic/sweat pants (all sizes) and NEW infant formula.



Thanks for your support!



Open Doors for Jesus!

We need people to sign up as ushers for Sunday morning worship services. There is a sign-up sheet in the Gathering Space. It's easy and it's fun to welcome your friends to church. If you need some instructions, please talk to Tim Nolen.



Youth Group will start on Monday, September 12, 6:00–8:00 pm. This will be our regular meeting time.



Views from the

FOOD PANTRY

by Peter Lodal



September 4–10, 2022

To all:

We had our largest Friday of 2022 this past week – 50 bags delivered, for a total of 177 in August, second only to July’s 196 (a 5 Friday month).

With numbers increasing, I will be looking at changing our procurement procedure, as more food will be needed. Also, we are in need of a 4th Friday volunteer.

As always, thanks for your support and your prayers.

–Pete Lodal



HEALTH Matters

12 Foods That Leave You Hungry

webmd.com

Croissants

Flaky, buttery, and perfect with your morning latte. But they score really low on the satiety index, a measure of how well a food satisfies your hunger. There’s not much in them that’s good for you, and they’re loaded with fat and white flour. That gives you more calories without leaving you satisfied. If you want a breakfast that will last you to lunch, a poached egg on whole-grain toast should do the trick.



Low-Fat Yogurt

The more you chew a food, the more it satisfies. By that measure, yogurt doesn’t rate well. And the low-fat version often has sweeteners that can spike your blood sugar without the dairy fat that can help you feel full. Try plain, full-fat yogurt with granola, fresh berries, and nuts instead: More fiber, more chewing, and more satisfaction.

Muffins

Ever wonder about the difference between having a muffin or a piece of cake for breakfast? In terms of nutrition, there isn’t much. They’re both full of refined

white flour, sugar, and fat -- a perfect way to pack in the calories without satisfying your hunger. Calling it a muffin doesn’t make it a better morning choice.

White Rice

It can spike -- and then crash -- your blood sugar, which makes you hungry again. Choose basmati rice or brown rice instead. They aren’t as likely to cause that roller coaster reaction. And don’t overcook it.

Egg Whites

If you leave out the orange-yellow goodness in the middle of the egg to lose calories, it won’t leave you feeling satisfied. That’s because the yolk is nature’s “complete protein” thanks to amino acids, which your body uses to build cells. And recent research shows that the amount of saturated fat and cholesterol in a whole egg isn’t likely to be bad for you.

Cereals With Artificial Sweeteners

They lurk in some cereals -- especially the ones labeled “reduced sugar.” Artificially sweetened foods can affect your blood sugar and actually make you hungrier. This may be because when you get the sweet taste without the calories, your body is still looking for those calories.

Fruit Juice

It doesn’t have any of the fiber of the fruit it came from, which is a big reason apples and grapes make you feel full and slow the flow of sugar into your bloodstream. Without fiber, your blood sugar can quickly spike and then crash, and make you hungry.

White Bread

It doesn’t have the fiber or nutrients of whole grains that can make you feel full. There’s an easy solution here: Eat whole-grain bread instead. You have a lot of kinds to choose from -- whole wheat, pumpernickel, rye, and even multi-grain. Try a few, and see what works for you.

French Fries

It’s a shame really: Bake or boil your potatoes and they’ll satisfy your hunger better than most foods on the planet. But fry them up in oil and cover them in salt, and they lose most of their power. And they typically have more fat and salt than plain potatoes, too.

Alcohol

You have a couple of drinks with friends at the local watering hole, and suddenly it doesn’t seem important to stick to your dinner plan of steamed fish and broccoli. Bring on the burger with extra cheese -- and don’t forget the fries. It’s not just you: Studies show that when you drink alcohol, you’re likely to eat more calories.

Doughnut

It’s a sugar bomb that piles on the calories without any nutrition. The white flour breaks
(Continued on next page)



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12 Foods That Leave You Hungry, *cont'd.*

down quickly into sugar, and the glaze adds more to spike and crash your blood sugar. Combine that with almost zero nutritional value, and you'll be hungry again in no time.

Soda

The research is clear: People who drink soda get more calories in a day. Scientists think this may be because it makes you hungry or keeps you from feeling full in some way. Another theory is that the sugar in soda makes your sweet tooth even sweeter.



**Just a reminder....
The Church Offices will be
CLOSED Monday,
September 5 for the Labor
Day Holiday.**



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

Refreshing Watermelon Feta Salad

Yield: 4 servings

Ingredients:

- 1/4 c. extra-virgin olive oil
- 2 tbsp. red wine vinegar
- 1/2 tsp. kosher salt
- 3 c. cubed seedless watermelon
- 1 c. medium cucumber, chopped
- 1 c. crumbled feta
- 1/2 c. red onion, thinly sliced
- 1/2 c. coarsely chopped mint, plus more for garnish
- Flaky sea salt, for garnish (optional)



Directions:

1. In a small bowl, whisk together oil, vinegar, and salt.
2. In a large serving bowl, combine watermelon, cucumber, feta, red onion, and mint. Add dressing and toss to coat.
3. Garnish with more mint and flaky sea salt if desired.