

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



January 15, 2023
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.youtube.com/channel/UC1dv3U42u4jLksg_71Foyg



SCRIPTURES

January 15, 2023
John 1:29-42 & Psalm 40

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 and peace to you in the name of our Lord, Jesus Christ,

Here we are in the new year. By the time you read this we will have had our congregational meeting to elect elders and thank the nominating committee for their work. This is a wonderful time in the life of the congregation, a time for us to see where the Spirit is leading us.

It is also a time for us to remember that the work of the church does not stop with the session or the committees. There are so many things that are happening at Waverly Road, and so many dreams that we have for our future, that there is a place for you and your gifts. Off of the top of my head I can think of opportunities to teach Sunday School, help with worship, be a part of the prayer chain, come with me on visits to shut-ins, help with upkeep on the building and grounds, volunteer with the food pantry, Meals on Wheels, volunteer with other mission projects, volunteer with the youth group, sing in the choir and ring bells.

All of these opportunities and many more are places where we can glorify and meet God in our church and community. These are the places where the work of the church gets done and we always welcome new folks who want to be involved.

So in this new year, please pray about how you might serve here at Waverly. And if there is nothing that you have seen that excites or drives your spirit, come and talk to me. I am always looking for new ministry opportunities.

May God continue to bless,

—Rev. Collin



People in our Prayers

Rev. Dan Clark	Laci, Nicholas &
Holston Presbytery Camp	Robin Lodal
Patients receiving Dialysis	Sarah Valk
Rorie Parker Family	Ann Kibler
Lee Bockman	Dr. Bob & Jeanne Jernigan
Doris Blanchard	Sarah Hale
Susan Smith	Susan Avery
Beverly Carman	Kirk and Lola Finch
Howard's Mother)	Ken & Jane Hunter

Missions in our Prayers—1st Quarter

Local Missions

Oasis of Kingsport
Waverly Road Child Care Center

Regional / National Missions

Appalachian Miles for Smiles

International Missions

Butoke Nutrition Center, Congo
Moyo wa Afrika, Tanzania

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 1/15	9:45am	In-person Sunday School Grades Pre-K – 12
	11:00am	Sunday Worship
	7:00pm	Session, MR
Monday 1/16	6:00pm	Youth Group, YS
Tuesday 1/17	9:00am	Walking Group, Greenbelt Entrance Netherland Inn
	6:00pm	The Has Beens, FH
Wednesday 1/18	1:00pm	ZOOM Bible Study
	7:00pm	Chancel Choir Practice
Friday 1/20	10:00am	Food Pantry, FH



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



For the month of JANUARY...

Our wish list for January includes donations of diaper cream, rolls of masking tape, and lawn/leaf trash bags.



Youth Group is kicking off 2023 starting Monday, January 16th! It's going to be a great year so we hope to see all of our youth here for an evening of fun!

Mission Moment Update...

KCS Homeless Education Program Holiday Boxes 1-8-23

I would like to share with you one of the programs our Mission Action Plan supports and the difference you are making in our community.

For several years, Waverly Road Presbyterian Church has donated towards the Winter Break Food Boxes for disadvantaged students and their families in Kingsport City Schools. This year, we gave \$2,000 for this purpose.

Students in the Homeless Education Program and Family Resource Center are identified through their individual schools when they are experiencing homelessness or their families have very limited income.

Homelessness is defined by the McKinney-Vento Act, a federal law, as a student "lacking a fixed, regular, and adequate nighttime residence." This includes students sharing housing with others because they do not have a home, families living in a motel or their car or a campground. When a student in the school system is identified through this program, the student's younger siblings are also served automatically.

This year, Michele Wilder, Coordinator for the Homeless Education Program, is serving 44 families, representing 180 students. Each of the families received a Winter Break Food Box that provided food during a time when the children were not in school to access free school meals. Becky Hill and Brandy Marshall assist Michele with this program.

Candice Cradic is the coordinator for the Family Resource Center. This state-funded program serves low-income families. This year, her program is serving 888 students. Candice helped 250 of those students over the break by delivering 79 food boxes to their families.

There are currently 7,600 students enrolled in the Kingsport City Schools District, so this represents about 1 in every 7 students being served through these programs. The number of students identified in need will typically increase until the end of school in May.

This year, the Winter Break Food Boxes were designed for families to prepare meals, rather than the traditional assortment of canned goods and boxed foods. Your donation helped to provide taco kits, pizza kits, bean burrito kits, "add water only" breakfast items, and flavored drink mixes. Families were also given a booklet of meal suggestions that could be created from the items in the box.

Last month, we received this thank you note from Kingsport City Schools:

(Continued on next page)



Views from the

FOOD PANTRY

by Peter Lodol



January 15–20, 2023

Back to normal—we distributed 48 bags this past Friday to start the new year. We also had an enormous load of bread, all of which we distributed.

We also received an \$825 donation from 1st Presbyterian-Kingsport as a part of their White Gift offering, in addition to the loaded bags they delivered in December. We greatly appreciate their generosity.

As always, thank you for your support and prayers.

—Pete Lodol

KCS Homeless Education Program Holiday Boxes , cont'd.

Dear Waverly Road Presbyterian Church,

The words “thank you” don’t seem adequate enough to express our appreciation for all that you do to help the families we serve. Your partnership allowed our programs to distribute Project Thanksgiving dinners to 70 families this year. On top of that, you donated \$2,000 to help purchase food items needed to fill in the gaps and provide balanced food boxes to families – we will distribute these food boxes right before winter break. We could not begin to address these needs without your continued support – your generosity means the world to us and to the families we serve.

Sincerely,

*Michele Wilder, Becky Hill, Brandy Marshall, and
Candice Cradic*

The Mission Committee also wants to add our appreciation for your generosity through our Mission Action Plan. Thank you.



HEALTH Matters

Simple Steps to Boost Bone Health

webmd.com

Strong Bones For Life

Weak and brittle bones don’t have to be part of aging. Your bones are a living tissue that rebuilds itself. Your bone mass reaches its peak between your mid 20s and mid 30s. You can “borrow” from that banked strength as you get older. Here’s how to get, and keep, your bones dense at any age.



Calcium: Why You Need It

If you’re like most Americans, you probably don’t get enough of this mineral to keep your bones healthy. Calcium makes your bones hard and dense. If your calcium levels are too low, your body takes it from your bones. Too much loss may lead to osteoporosis, or brittle bone disease. That raises your chances for falls and broken bones.

Calcium: How to Get It

Starting around age 50, you need about 1,200 milligrams of calcium a day to stop bone loss. But you should get even more, 1,300 milligrams daily, between ages 9 to 18 to stock up for adulthood. Good food sources include:

- 1 cup plain low-fat yogurt (300 milligrams)
- 1/2 cup firm tofu with calcium (200 milligrams)
- 1 cup baked beans (140 milligrams)
- 3 ounces canned salmon with edible bones (180 milligrams)

Vitamin D: Why You Need It

It works in tandem with calcium. Without vitamin D, you can’t absorb the calcium from foods. That forces your body to raid your skeleton for the nutrient. That weakens your bones. It also prevents your body from building strong new bone. A blood test can tell you your levels. The normal vitamin D level for adults is equal to or greater than 20 ng/mL. Less than 12 ng/mL means you’re vitamin D deficient.

Vitamin D: How to Get It

Your skin makes vitamin D from sunlight. Just a few minutes of sun each day should do it. The second way is from foods. Good sources include:

- Fatty fish like salmon, tuna, or mackerel
- Fortified milk from cows, almonds, soy, and oats
- Eggs
- Pork
- Fortified cereal (Continued on back page)

Simple Steps to Boost Bone Health, *cont'd.*

Supplements might help. But talk to your doctor first. Too much could be harmful.

Get Physical Every Day

When you exercise regularly, your body responds by adding more bone. Adults who work out can help prevent bone loss that usually starts in your 30s. Bonus: Exercise builds muscles, which help improve your balance and coordination. So you may be less likely to fall in the first place.

Best Exercises to Build Bones

Weight-bearing activities. You work against gravity by:

- Running
- Walking
- Dancing
- Climbing stairs

These exercises are site specific. So jogging may strengthen the bones in your legs and feet, but not your arms.

Resistance exercise. This is also called strength training. It taxes your bones so they can grow heavier and denser.

Try:

- Pushups
- Free weights
- Rowing
- Resistance bands

Aim for at least 30 minutes of any type of exercise each day.

Quit Smoking

Nearly 1 in 7 American adults smoke. It's a known risk factor for osteoporosis. Nicotine and other chemicals in tobacco slow the production of bone-forming cells. They also hinder blood flow to your bones. The result is frail bones that are more apt to break. That can be a concern especially in your spine, which already doesn't get much blood.

Cut Out Added Sugar

Your body does not need any added sugar from soft drinks, cookies, and other processed foods. Too much added sugar may hurt your bone health because it:

- Causes your body to flush out bone-strengthening calcium and magnesium in your pee
- Prevents your intestines from taking in enough calcium
- Displaces important nutrients from your diet