

# The Newsheet

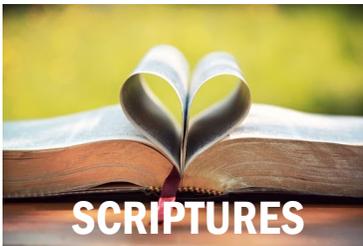
## Waverly Road Presbyterian Church

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



**January 22, 2023**  
**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/UC1dv3U42u4jLlksq\\_71Foyg](https://www.youtube.com/channel/UC1dv3U42u4jLlksq_71Foyg)



### SCRIPTURES

**January 22, 2023**  
Psalm 27 & Matthew 4:12-23

**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...



I have a dream ..... a song to sing!

*"I believe in angels. Something good in everything I see, I believe in angels. When I know the time is right for me, I'll cross the stream, I Have a Dream." – ABBA*

With this having been MLK Jr. Day/Week, our thoughts turn toward the great *I Have a Dream* speech that illustrates the struggles of the oppressed. How unfair everything seems to be in this world, still today. It's hard to see how far we have come when we still have so far to go. But those angels of good are out there. God sends his angels to restore our faith that God is good - all the time. The glory of the Lord was (and is) in Jesus - sent to stand up for the outsider and the outcast and to love the sinners equal to the saints.

*"I have a dream that one day every valley shall be exalted, every hill and mountain shall be made low, the rough places will be made plain, and the crooked places will be made straight, and the glory of the Lord shall be revealed, and all flesh shall see it together." – MLK Jr.*

Whether it is Martin Luther King Jr, or ABBA, the message is that we cannot lose sight of the dream. The dream God has for us and His Kingdom is the same dream that I know I long for. Peace and love, yes, but also that one day all flesh will get to see his glory together as equal children of God. Let us sing our praises that we have that hope thanks to Jesus! *–Rachel*



### 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.



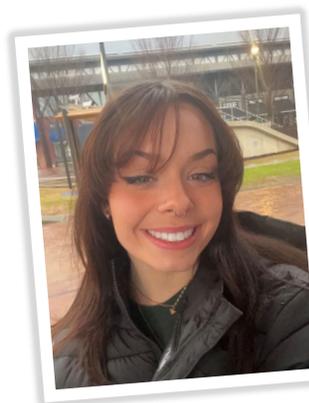
## This Week at WRPC

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

<b>Sunday 1/22</b>	9:45am	In-person Sunday School Grades Pre-K – 12
	11:00am	Sunday Worship
<b>Monday 1/23</b>	6:00pm	Youth Group, YS
<b>Tuesday 1/24</b>	9:00am	Walking Group, Greenbelt Entrance Netherland Inn
	6:00pm	The Has Beens, FH
<b>Wednesday 1/25</b>	1:00pm	ZOOM Bible Study
	7:00pm	Chancel Choir Practice
<b>Friday 1/27</b>	10:00am	Food Pantry, FH
<b>Saturday 1/28</b>	8:00am	Stephen Ministry Training, MR

## Vocal Scholarships Update

### Mattie Fouch:



Hello, my name is Mattie Fouch, and I am a first-year student at ETSU. I am seeking a degree in Criminal Justice and have not yet determined a minor. For four years I sang in the choir at David Crockett High School. I participated in the TN All-East Honor Choirs in 2021 and 2022, along with the All-State Honor Choir in 2022. I am so excited to sing and be a part of this choir, but

I am even more excited to get to know everyone! Making music is definitely one of my favorite things to do, but getting to make music alongside people I care about and love makes it even more special. I am so excited to meet everyone and am looking forward to an exciting semester!  
[fouchmj@etsu.edu](mailto:fouchmj@etsu.edu)

### Addison Myers:



Hi Everyone! My name is Addison Myers, and I am so excited to sing and become a part of your Church. I'm originally from Morristown and recently moved to Johnson City for school. When I lived in Morristown, I attended a non-denominational Church called the Avenue. However, I ultimately grew up Catholic and attended St. Patrick's Catholic Church. I am currently a second-year Junior studying Human Services with a minor in Family Studies at East Tennessee State University. After college, I hope to become a school and mental health counselor.

Alongside my love for helping others, my other love is music. I have been singing from the moment I could talk. I started singing in a choir during middle school and have continued ever since. I am currently a member of ETSU's Chorale which is their auditioned mixed choir ensemble, directed by Dr. Alan Stevens. Chorale has been one of the biggest blessings in my life. Aside from Chorale, I am also a part of ETSU's premier pop Acapella group, Ascension.

The two things I am hoping and looking forward to at WRPC is a stronger connection with God and that my singing can bring peace to others! Music really is a gift from God, and I cannot wait to hopefully show you that gift! [MYERSAN@mail.etsu.edu](mailto:MYERSAN@mail.etsu.edu)

**WRPC Walking Group**  
*Let's Walk*  
**Every Tuesday, weather permitting!**  
 We will gather at 9:00 am at the Netherland Inn Road entrance to begin our walk.



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.



**WRPC Youth...**  
**join us on January 23**  
**in the Youth Suite for**  
**an evening of fun!**



Views from the

# FOOD PANTRY

by Peter Lodal



**January 22–28, 2023**

To all:

We distributed 34 bags this past Friday, a more normal day.

I have begun work on the 2022 Food Pantry Annual Report – I just KNOW you can't wait to get your hands on it. Our annual meeting will be a part of the Season of Mission presentations, which are still being formulated by the Missions Committee. Stay tuned.

As always, thank you for your support and prayers.

–Pete Lodal

## Mission Moment Update...

### Moyo Wa Afrika 1-15-23

For the second year in a row, the rainy season in Tanzania and many parts of eastern Africa was significantly delayed resulting in severe drought conditions. Consecutive years of almost no rain has taken a toll not only on livestock and wildlife, but also on the people. In addition to not having water to drink, pastures are parched and crops will not grow resulting in severe food shortages. The primary school in Engaruka normally has 946 students but they had to close because they had no food and it was too far for the children to travel on an empty stomach. Thanks to your generosity to our Mission Action Plan, we were able to provide Moya Wa Afrika \$5,000 to purchase 3 months of food for the school. Personal donations covered an additional 3 months of food and the school was able to reopen on January 8th. It has started to rain some in Tanzania and the grasses are beginning to turn green. Please pray for the rains to continue, for the crops to begin growing, and for the livestock to recover.

–The Mission Committee

## Encouraging Words

"If I cannot do great things, I can do small things in a great way." –Martin Luther King, Jr.



# HEALTH Matters

## Health Benefits of Cinnamon

webmd.com

### What Is It?

Cinnamon, from the bark of the cinnamon tree, has long been used as both a spice and a traditional medicine. As a supplement, you'll find it in capsules, teas, and extracts.



So far, doctors don't recommend it for any health issues. Although research suggests interesting possibilities, there's more work to be done.

### Lower Blood Sugar

Several studies of adults and animals with diabetes have found that cinnamon can help lower blood sugar, though others haven't shown similar results. Scientists still don't know how cinnamon may work. It's also unclear how much you would take and how long the results might last.

### Boost Metabolism

An essential oil in cinnamon called cinnamaldehyde can target your fat cells and make them burn more energy, according to a lab study. This is exciting news for anyone trying to lose weight, but the research is still in the early stages. We have a long way to go.

### Great Skin

Search the internet for "cinnamon face mask" and you'll find plenty of DIY recipes that claim they'll fight pimples and redness. There's very little to back this up -- just one small study that found Ceylon cinnamon, specifically, can fight the types of bacteria known to cause acne. Another small lab study suggests that cinnamon can boost collagen production, which might help your skin look younger.

### Help Treat Cancer

In studies using animals or cells grown in labs, cinnamon has shown promise for its ability to slow cancer growth and even kill tumor cells. We need well-run studies of humans to know what role, if any, cinnamon could play in curing or preventing cancer.

### Lower Blood Pressure

Several studies suggest that eating cinnamon every day for 3 months can bring your systolic blood pressure (the top number) down by as much as 5 points.

(Continued on back page)

**Waverly Road Presbyterian Church**  
1415 Waverly Road  
Kingsport, TN 37664-2520

The Newsheet (permit 445-550) is published weekly by Waverly Road Presbyterian Church, 1415 Waverly Rd., Kingsport TN 37664-2520. Periodicals postage paid at Kingsport TN. Postmaster: send address changes to The Newsheet, 1415 Waverly Rd., Kingsport TN 37664-2520.

## Health Benefits of Cinnamon, *cont'd.*

Larger studies are needed to check things like; does it really work, how much to eat to get the best results, and how long the effect lasts. And since these were people who had prediabetes and type 2 diabetes, we don't know if cinnamon has the same effect when you don't have blood sugar issues.

### Protect Your Brain

In a lab setting, cinnamon stopped the buildup of a brain protein that's a hallmark of Alzheimer's disease. In another study, rats who had cinnamon did better in a water maze designed to test their memory. Of course, we need to see if these findings carry over when tested on humans.

### Reduce Inflammation

It turns out that cinnamon was a top inflammation-fighter in a recent laboratory study that looked at 115 foods. Since inflammatory diseases like rheumatoid arthritis become more common as you age, more research could support using cinnamon as a natural remedy for older adults to help with these types of conditions.

### Lower Cholesterol

When 60 adults in a small study ate about 1/4 teaspoon of cinnamon every day for 40 days, their LDL ("bad") cholesterol went down. Other research has found that similar amounts of cinnamon, eaten daily for up to 18 weeks, can lower LDL and total cholesterol while raising HDL ("good") cholesterol. But it's too early to recommend cinnamon as a treatment for high cholesterol.

### Fight Bacteria

Cinnamon can fight many types of bacteria that make people sick, including salmonella, E. coli, and staph. Perhaps it could be used as a natural preservative in foods and cosmetics.

## WRPC Blessing Box



*If you would like to contribute items, please feel free to place them inside the box unless it is full. If the Blessing Box is full, just bring your items to the WRPC Workroom and we will replenish when the box is empty again. Thanks to everyone for your continued support!*