

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



February 5, 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.facebook.com/WaverlyRoadPresbyterianChurch/)



[https://www.youtube.com/
channel/
UC1dv3U42u4jLlksq_71Foyg](https://www.youtube.com/channel/UC1dv3U42u4jLlksq_71Foyg)



SCRIPTURES

February 5, 2023
Isaiah 58:1-12 &
1 Corinthians 2:1-16

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 all,

This week our youth group lesson was on the **Trinity**. Let me tell you, explaining the Trinity and how that applies to us on a daily basis, is not easy! Having the name, Trinity, is no help at all!

But our kids did have some great ways to describe the concept of three in one. They discovered the sweetness of having the Holy Spirit as a comforter, Jesus as our advocate, and the Father's love.

Teenagers figuring out the different aspects of our faith for themselves is a beautiful type of worship. Parents, friends, and teachers, be proud of the seeds of faith you've planted in our youth's hearts. I'm witnessing the fruits of your diligence!

Youth Group is on Monday nights, from 6pm to 8pm. Please pray for our children of all ages. If you get an opportunity, thank a volunteer that works with our children. They are helping to lay a foundation for our kids' faith.

Have a great week!

—Trinity



PRAYER REQUESTS

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
Ted Germroth	

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 2/5	9:45am	In-person Sunday School Grades Pre-K – 12
	11:00am	Sunday Worship/ 5 Cents-a-Meal Offering / Communion
Monday 2/6	6:00pm	Youth Group, YS
Tuesday 2/7	9:00am	Walking Group, Greenbelt Entrance Netherland Inn
	11:00am	Staff Meeting, ZOOM
	6:00pm	The Has Beens, FH
Wednesday 2/8	1:00pm	ZOOM Bible Study
	6:00pm	Handbells
	7:00pm	Chancel Choir Practice
Thursday 2/9	12:00pm	Worship Committee, ZOOM
Friday 2/10	10:00am	Food Pantry, FH
Saturday 2/11	8:00am	Stephen Ministry Training, MR

Mission Moment Update...

5 Cents-a-Meal Offering

The Presbyterian Hunger Program works to alleviate hunger and eliminate its causes. Thousands of Presbyterian Congregations are at the forefront of responding to the reality of hunger in their communities, helping bear the love of Christ while making a tangible difference in their neighbors' lives.

Cents-Ability originated in 1976 as Two-Cents-A-Meal, a project begun by Presbyterian Women to involve individuals and families in a corporate response to world hunger. Our current 5-Cents-A-Meal program is a small first step in the battle against hunger and poverty. On the first Sunday of every month, we invite every member – of all ages – to contribute a few cents for every meal they've eaten. This simple act is an expression of thanksgiving for what we have received. And it is also a commitment to share with others in response to Jesus' command "You give them something to eat." Funds are used by Holston Presbytery to support local hunger ministries, as well as national and international projects through the Presbyterian Hunger Program.

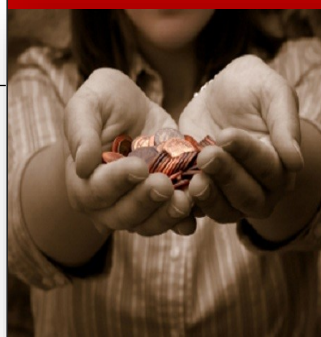
In 2022, Waverly Road collected \$1,535.04 through our 5-Cents-A-Meal offerings. Some of that money came back to us in the form of a hunger relief grant awarded to our Food Pantry for \$916.26.

Next week, the first Sunday in February, we will again take up our 5-Cents-A-Meal offering during the first hymn. If you are not able or do not wish to walk to the front of the sanctuary, you can always place your contribution in the basket before or after the service. Or you can place your offering in the collection plate after designating it for 5-Cents-A-Meal.

Thank you for your continued generosity to those who need a helping hand, here in our community, across the country, and around the world.

—The Mission Committee

5 Cents-a-Meal Offering will be collected this Sunday, February 5!



We are very grateful to Holston Presbytery, but also to the congregation of WRPC for your dedication to the 5 Cents-a-Meal offerings!

WRPC Walking Group
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 FEBRUARY...

Our wish list for February includes gently used shirts of ALL sizes and NEW packs of diaper wipes.



WRPC Youth...
Join us on February 13 in the Youth Suite for a lesson, snacks and games with a Valentine's theme!



Views from the

FOOD PANTRY

by Peter Lodol

February 5—11, 2023

To all:

Another big Friday this week, with 53 bags distributed.

Our total for January 2023 was 185 bags, or more than 46 per week. This is the largest month since last September (which was a 5 week month).

As always, thank you for your support and prayers.

—Pete Lodol

Communion Sunday, February 5

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



The NEW *Our Daily Bread* publications are here!



Be sure to pick up your copy for March, April and May located right as you enter the Sanctuary door. If you would like a copy mailed to your home, just contact Amy in the church office at 247-5121 and she will be glad to get one in the mail to you.



HEALTH Matters

Worst Habits for Belly Fat

webmd.com

Eating While Distracted

Instead of scrolling through your smartphone while you snack, pay attention to your meals and savor the flavors. The more mindful you can be while eating, the less likely you are to overeat. Notice your food, chew with care, and be present in your body as you nosh. Your waist will thank you.



Eating Too Fast

It takes about 20 minutes for your brain to get the message from your stomach that it's full. If you're cramming food in too quickly, you'll keep eating past the point your body needs. Slow eaters take in fewer calories -- and prevent extra pounds.

Getting Poor Sleep

In one study, adults under 40 who slept less than 5 hours a night gained more belly fat than those who got more ZZZs. But if you're sleep-deprived, don't go overboard to correct it -- sleeping more than 8 hours a night can have the same gut-expanding effect.

Eating Late

Give your digestive system time to do the work of burning off your meal by eating on the earlier side of the evening. The later you take in calories, the fewer hours your body has to use them up.

Eating White Bread

The refined grains in white bread and other processed foods are stripped of slow-digesting fiber, so your body digests it faster, raising your blood sugar. Over time, this can lead to weight gain. Choose whole-grain carbs instead.

Drinking Diet Soda

You may think swapping full-sugar soda for the diet version would keep your calorie count low and therefore curb weight gain. But scientists say that's not true at all: Aspartame, the artificial sweetener in many diet sodas, actually increases belly fat. Skip soda altogether and quench your thirst with water.

Skipping Meals

Did you know opting out of breakfast makes you 4½ times more likely to be obese? Going without a meal slows (Continued on back page)

Worst Habits for Belly Fat, *cont'd.*

down your metabolism, which makes it more probable you'll overeat later on when you're hungry.

Eating 'Low-Fat' or 'Fat-Free' Food

It's good to watch your fat intake, but foods that take out fat and sugar can often be higher in carbs. High-carb foods can raise your triglycerides, increase your insulin sensitivity, and increase fat in your midsection.

Smoking

You already know smoking is terrible for health, but one of the many bad effects of smoking centers on your belly. The more you light up, the more fat you store in your stomach, as opposed to your hips and thighs.

Eating on a Big Plate

Yep, it's that simple: Put your food on a smaller plate (and use smaller utensils!) and trick your brain into thinking you're eating more than you are. If you go for the huge platter, you're more likely to finish it all and eat more than you need.

Not Moving Enough

The science is certain: Physical activity is the key to health. Aim for 30 minutes of moderate-intensity

movement every day, and your waistline will shrink (and your muscles will grow), even if your weight stays the same.

Being Stressed Often

Stress releases a hormone called cortisol into your body. Higher cortisol levels can lead to weight gain, especially the visceral weight you hold in your belly. Practice regular relaxation techniques, such as deep breathing and meditation, to help keep calm and curb stress levels.

