

# 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 19, 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/WaverlyRoadPresbyterian-Church/)



[https://www.youtube.com/  
channel/  
UC1dv3U42u4jLlksq\\_71Foyg](https://www.youtube.com/channel/UC1dv3U42u4jLlksq_71Foyg)



**SCRIPTURES**

**February 19, 2023**  
**Psalm 2 & 2 Peter 1:16-21**

**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 think it is quite appropriate that while everyone is thinking of love this week, that the Missions Committee is preparing to kick off the Season of Mission. I am not on the Missions Committee, and so this is not a plug for them, but rather explaining that missions is why I am a part of WRPC. And my guess is, probably a pretty big part of why you're here, too.

Valentine's Day itself is a menial holiday for some, or for some a special day, and still others quite a painful time. If we all only *thought* of love the way Jesus *taught* about love, we could feel and see it so much more clearly. The man that held the door open at the restaurant, the friend that called just to say hello, the person that left a granola bar in the blessing box, or the church family member that prays for us - these are all calls to action from Jesus which transform love the noun, into love the verb. When love becomes action it becomes a blessing not just to the receiver, but to the giver!

WRPC recognizes love as a verb and gives us so many opportunities to respond to the call. Be blessed!

—Rachel



### People in our Prayers

Rev. Dan Clark	Laci, Nicholas &
Holston Presbytery Camp	Robin Lodai
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.

<b>Sunday 2/19</b>	9:45am	In-person Sunday School Grades Pre-K – 12
	11:00am	Sunday Worship
	7:00pm	Session, MR
<b>Monday 2/20</b>	6:00pm	Youth Group, YS
	6:30pm	Mission Committee, ZOOM
<b>Tuesday 2/21</b>	9:00am	Walking Group, Greenbelt Entrance Netherland Inn
	6:00pm	The Has Beens, FH
<b>Wednesday 2/22</b>	1:00pm	ZOOM Bible Study
	5:00pm	Shrove Tuesday/ Ash Wednesday Pancake Supper, FH
	6:30pm	Ash Wednesday Service
<b>Friday 2/24</b>	10:00am	Food Pantry, FH
<b>Saturday 2/25</b>	5:00pm	Emmaus Gathering, FH

## Vocal Scholarship Update

Hi, my name is Aidan Wolfe! I'm a Freshman at Northeast State Community College and East Tennessee State University. My major is Entertainment Technology, and I sing in ETSU Chorale. I enjoy learning about fun facts and playing with my cats in my free time. I'm very excited to have this opportunity to sing more during the week and looking forward to meeting new people!



### A word from your friendly Receiving Treasurer:

Statements reflecting your gifts from 1/1/2022 to 12/31/2022 have been printed and provided. If I didn't see you in person the last couple of weeks at church, your statement will be delivered via the mail. If you require any additional documentation of your 2022 gifts for tax purposes, please let me know.

2023 is now in full swing and WRPC is thankful for all your gifts, large and small. I strive to get everything deposited promptly and make sure your gift is put to work according to your designation. If you have questions or concerns, don't hesitate to reach out.

[noahmcmillan@gmail.com](mailto:noahmcmillan@gmail.com)

—Noah McMillan, Receiving Treasurer

**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...**  
**February 20 is bowling and pizza night at Youth Group. Bring your appetite and let's bowl some spares and strikes!**



*Ash Wednesday*

Join us for  
**Ash Wednesday Worship Service,**  
**February 22, 2023, 6:30pm.**





Views from the

# FOOD PANTRY

by Peter Lodol



**February 19–25, 2023**

To all:

Another light Friday – 31 bags delivered.

However, this may change in the near future, as some government food benefit programs are set to expire in the next few weeks. Stay tuned.....

As always, thank you for your support and prayers.

—Pete Lodol

## Ash Wednesday Pancake Supper

**February 22, 2023, 5:00–6:15pm**



Join us in the Fellowship Hall for pancakes, fellowship and more before our Ash Wednesday Service at 6:30pm.

## Help Jump Start our 2023 Season of Mission ~ Season of Hope



On Tuesday, February 28, Frank Waldo, Founder, and Michelle Campbell, Vision Director of Appalachian Miles for Smiles (AMS) will join us for an educational

evening on Zoom. Learn more about this local non-profit organization that provides a FREE Mobile Dental and Vision Unit and serves the uninsured and under-insured of Upper East Tennessee and Southwest Virginia. Dental services include X-Rays, necessary extractions, fillings, and cleanings. Vision services offer comprehensive eye exams, free prescription glasses and referrals to specialists as needed. Pulmonary exams and mammograms are also available. We have partnered with Mafair United Methodist Church since 2019 to host an annual AMS event. Join us on Tuesday, February 28 at 7pm on Zoom to learn more about this worthwhile service and to show our support to Frank and Michelle. Zoom invitations will be sent just prior to the event.



## Fun Facts About Lent

### What does Lent mean?

The word Lent comes from *lencten*, an old English word for “spring,” which is related to the word *length*, referring to the lengthening of the days. Other traditions refer to it as things like the “Great Fast,” “the Forty,” or the “Fasting Time.”

### Lent is an ancient Christian practice

In the ancient church, Lent was the period during which catechumens – those being prepared for baptism at Easter – prepared themselves for a life of Christian discipleship. It eventually became a time of penance for all Christians.

### Fasting

It has become common to abstain from something during Lent – chocolate or sweets are usually high up on the list – but the practice of giving up something or taking on a spiritual discipline is an ancient one. Traditionally, the practices of prayer, fasting, and almsgiving were Lenten discipline, as these are the three subjects covered in Jesus’ teaching in Matthew 6:1–6; 16–21, which is traditionally read on Ash Wednesday. Today, some people have decided rather than abstaining from something, to add an activity as part of their spiritual discipline.

### 40 Days

The Lenten fast is a period of forty days, following the 40 days that Jesus spent in the wilderness fasting before beginning his public ministry. There is a monastery in Jericho, Palestine to this day built near caves in the side of the mountain where it is believed that Jesus conducted his fast. This Monastery of the Temptation is a pilgrimage site for many to this day – and, somewhat ironically, near a very popular restaurant built into the side of that same mountain.

### Sundays Off

If you look closely at the calendar, you’ll notice that there are actually forty-six days between Ash Wednesday and Easter. How can that be if Lent is a period of 40 days? The answer is that the Sundays in Lent do not count as part of the fast. From a Christian perspective, Sundays are perpetual feast days in the church in commemoration of the Resurrection, so no fasting is allowed on Sundays! Does that mean you can have your little piece of chocolate on Sunday? Why, yes, it does!

## A Recipe for LENT

### Roasted Cauliflower Salad

*Yields: 8 servings*

*Make this dish ahead of time by roasting and then refrigerating the cauliflower for up to two days. Before serving, bring to room temperature and then toss the salad together.*

#### Ingredients

1 medium head cauliflower (about 2 pounds), quartered, cored, and sliced 1/4 inch thick

4 tbsp. olive oil

2 tbsp. cider vinegar

2 scallions, thinly sliced



1/2 c. unsalted roasted almonds

1/4 c. golden raisins

1/4 c. dried cranberries

1 1/2 c. baby arugula

Kosher salt and pepper

#### Directions

1. Heat oven to 425°F and place the oven rack in the lower third. On a rimmed baking sheet, toss cauliflower, 2 tablespoon oil, and 1/2 teaspoon each salt and pepper. Roast until tender and golden brown, 25 minutes.
2. Meanwhile, in a bowl, whisk together vinegar, remaining 2 tablespoon oil, and 1/4 teaspoon salt and pepper. Toss in scallions, almonds, raisins, and cranberries. Let sit, tossing occasionally, while cauliflower roasts.
3. Toss roasted cauliflower with almond mixture, then fold in arugula.