

# 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



**March 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/WaverlyRoadPresbyterian-Church/)



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



### SCRIPTURES

**March 5, 2023**

Genesis 3:1-13

**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...

Hello,

Our youth group has been busy! Last Monday, the whole gang went bowling! The night was filled with lots of laughs! Let's just say that none of the leagues asked us to join. The kids enjoyed pizza for dinner as well. (By the way, Warpath Bowling has really yummy pizza!)

On Wednesday, before our Ash Wednesday Service, Youth Group hosted a Pancake Breakfast as a fundraiser for Montreat Youth Conference this summer. Thank you to everyone that attended and thank you for all the generous donations. If you'd like to add your support to our Montreat trip, just put Montreat Youth on the memo line of your check and place it in the offering.

Youth Group meets at 6pm on Mondays and each week we pray for others. If you'd like to be on our prayer list, please just email me. Thank all of you for your prayers and support!

In His love,

*—Trinity*



## PRAYER REQUESTS

### People in our Prayers

Rev. Dan Clark  
Holston Presbytery Camp  
Patients receiving Dialysis  
Lee Bockman  
Doris Blanchard  
Susan Smith  
Beverly Carman  
(Howard's Mother)  
Ted Germroth

Laci, Nicholas &  
Robin Lodal  
Sarah Valk  
Ann Kibler  
Dr. Bob & Jeanne Jernigan  
Sarah Hale  
Susan Avery  
Kirk and Lola Finch  
Ken Hunter Family  
Sarah Valk Family

### 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.*



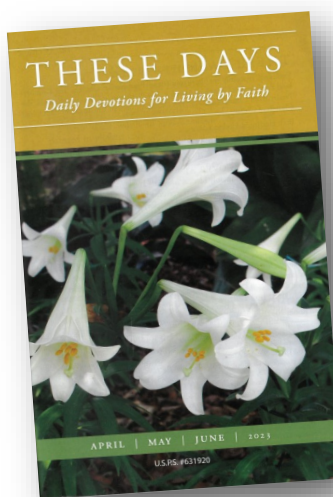
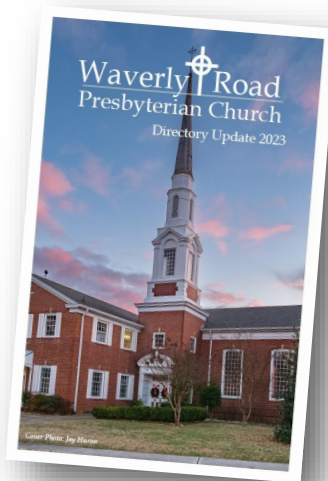
## This Week at WRPC

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

<b>Sunday 3/5</b>	9:45am	In-person Sunday School Grades Pre-K – 12
	11:00am	Sunday Worship / 5 Cents-a-Meal Offering
<b>Monday 3/6</b>	6:00pm	Youth Group, YS
<b>Tuesday 3/7</b>	9:00am	Walking Group, Greenbelt Entrance, Netherland Inn
	11:00am	Staff Meeting, ZOOM
	6:00pm	The Has Beens, FH
<b>Wednesday 3/8</b>	1:00pm	ZOOM Bible Study
	6:00pm	Handbells
	7:00pm	Chancel Choir Practice
<b>Thursday 3/9</b>	12:00pm	Worship Committee, ZOOM
<b>Friday 3/10</b>	10:00am	Food Pantry, FH
<b>Saturday 3/11</b>	8:00am	Stephen Ministry Training, MR

## Just a friendly reminder....

**The deadline to make changes for the new WRPC directory is Sunday, March 5th!**



## The NEW 'These Days' publications are here!

They're located on the right as you enter the Sanctuary door. If you are unable to get to the church to pick one up, just call Amy in the church office (423) 247-5121 and she will be glad to mail a copy to you.

**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 MARCH...

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



**WRPC Youth...**  
On March 6 we will have a lesson, snacks and games! See you at Youth Group!

## New Arrivals

### Ashleen & Abigael Easley

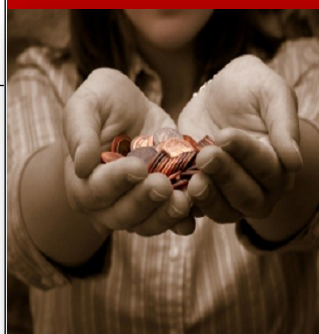
Born: February 17, 2023 in Greeneville, TN

Parents: David and Tonya Easley

Grandparents: Gary & Judy Easley



## 5 Cents-a-Meal Offering will be collected this Sunday, March 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!**





Views from the

# FOOD PANTRY

by Peter Lodol



**March 5–11, 2023**

This past Friday, our totals rose again slightly to 46 bags delivered. For the month of February, we totaled 147 bags, an average of nearly 37 bags per week.

And, as promised, here is the link for the 2022 Food Pantry Annual Report for your reading pleasure. <http://waverlyroadpc.org/wp-content/uploads/2023/02/2022-Annual-Report-Package-R2.pdf>.

Amy will also be posting this to the WRPC website.

This coming Sunday, I will be at 1st Presbyterian-Kingsport to deliver their Mission Moment for the Food Pantry. They have been, and continue to be, faithful and generous partners in our efforts. If you see a friend of yours from 1st Pres, please thank them on our behalf.

As always, thank you for your support and prayers.

—Pete Lodol



## HEALTH Matters

### 6 Reasons to Eat More Mushrooms

*webmd.com*



Mushrooms are a great example of “don’t judge a book by its cover.” Yes, they’re a fungi. And sure, some varieties look like something out of a Dr. Seuss story.

But mushrooms

deserve to be tossed into your shopping cart and added to meals a lot more often (not just ordered on pizza, though that’s yummy too!). Here are six reasons why:

**1. They provide vitamin D:** Mushrooms are the only produce item that delivers vitamin D, a nutrient that’s not easy to come by in many commonly eaten foods. That’s because mushrooms can make vitamin D when exposed to UV light. For instance, one portabella

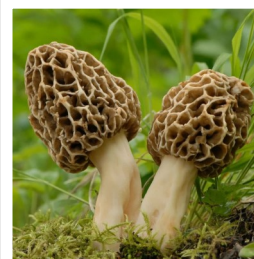
mushroom treated with UV light contains more than 100% of the Daily Value for vitamin D. Check the Nutrition Facts Panel for vitamin D content on portabella, white button, and brown cremini mushrooms (“baby bellas”). These varieties are more likely to be treated.

- 2. They taste meaty:** The flavor of mushrooms has been described as “umami,” a Japanese word meaning “pleasant savory taste,” that’s referred to as the fifth taste sense. Portabella (and cremini) mushrooms have a meatier flavor, though the milder flavor of white button deepens with cooking. Portabella mushrooms also have a meaty texture, which is why you’ll see them grilled whole or served on buns in place of meat burgers.
- 3. They’re high in selenium:** Mushrooms are one of the richest sources of selenium in the produce aisle. That’s a mineral that works like an antioxidant in your body, guarding cells against the kind of damage that can lead to disease. Selenium also plays a role in the immune system.
- 4. They vanish into ground meat:** With their meaty taste and texture and ability to disappear into ground meat, they’re the perfect way to cut back on the amount of ground beef (or ground pork, chicken, or turkey) you use in recipes. With this trick, you’ll also reduce the number of calories and fat in your recipe too. (Here’s my recipe for Freezer-Friendly Beef Burritos that stretches ground beef with white button mushrooms.)

- Keep in mind these ratio recommendations while you’re cooking:
- Burgers and meatloaf: Use 25% mushrooms to 75% ground meat
- Tacos: Use 50% each mushrooms and ground meat
- Pasta sauces: Use 70% mushrooms to 30% ground meat

**5. They may help with weight loss:** Mushrooms are extremely low in calories. There are only about 20 calories in a serving of five white button mushrooms or one whole portabella mushroom! Yet mushrooms are also satisfying. In one study published in the journal *Appetite*, people who swapped mushrooms for meat at lunch reduced the amount of calories and fat they took in, but they reported feeling just as full and satisfied as those who ate meat.

**6. They’re a sustainable crop:** Mushrooms are grown in trays indoors and don’t require sunlight, farmland, or very much water. When you eat them in place of meat or blend them so you’re eating less meat -- you’re also lowering the overall carbon footprint of your meals.



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

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## A recipe for Lent

### Easy Pesto Pizza

*YIELD: 8 servings*

Knead basil, oregano and Parmesan cheese into packaged bread dough for this full-flavored crust. Purchased pesto sauce keeps it big on taste and convenience.



### Ingredients

- 1 loaf (1 pound) frozen bread dough, thawed
- 1/2 cup shredded Parmesan cheese, divided
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano

- 1/4 cup prepared pesto
- 1 cup sliced fresh mushrooms
- 1 cup shredded part-skim mozzarella cheese

### Directions

1. Preheat oven to 425°. Place dough on a lightly floured surface; let rest for 10 minutes. Knead in 1/4 cup cheese, basil and oregano. Roll into a 12-in. circle; place on a greased 14-in. pizza pan. Prick with a fork. Bake 10 minutes.
2. Spread pesto sauce over the crust. Sprinkle with mushrooms, mozzarella cheese and the remaining Parmesan cheese. Bake until golden brown, 8-10 minutes longer.

## Encouraging Words

"During these 40 days, let me put away all my pride.  
Let me change my heart and give up all that is not  
good within me. Let me love God with all that I am and  
all that I have."—Genesis Grain