

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 26, 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 26, 2023

Mark 5:21-43

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...

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

In our Lenten banners, Judi Easley has done a wonderful job of focusing on the things that we do with our hands. The ways we clutch scripture, or gesture at temptation.

The way we bless and reach out for the things God told us to leave alone.

Our hands can be used to strike and to serve. What have you been doing with your hands this Lent?

It is a good point to take stock of where you are and how we can best prepare for Easter. Is there something that you need to let go of? Something that you need to hold tightly? Perhaps there is something you need to pick up, or something you need to give away.

This week, think of your hands, and how you can let them become the hands of Christ.

May God continue to bless,

—Rev. Collin



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
Benjamin Salyer

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

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 3/26	9:45am	In-person Sunday School Grades Pre-K – 12
	11:00am	Sunday Worship
Monday 3/27	6:00pm	Youth Group, YS
Tuesday 3/28	9:00am	Walking Group, Greenbelt Entrance, Netherland Inn
	6:00pm	The Has Beens, FH
Wednesday 3/29	1:00pm	ZOOM Bible Study
	6:00pm	Handbells
	7:00pm	Chancel Choir Practice
Thursday 3/30	6:00pm	Stephen Ministries, MR & ZOOM
Friday 3/31	10:00am	Food Pantry, FH



Save The Date!

April 15, 2023 * 2-4 PM at Waverly Road

You are invited to a drop-in baby shower for Abigail and Ashleen Easley, preemie twin daughters of Tonya and David Easley, proud grandparents Judi and Gary Easley

Please contact Susan Lodal at susan.lodal@gmail.com or Anne Hill Trask at 804-347-8222 or ahtrask@gmail.com



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 27 we will be filling Easter eggs and making games! See you at Youth Group!

A note to parents about Palm Sunday

Parents, please have your children get one PALM frond from the basket at the Main Sanctuary door. During our first hymn, please have your kids follow the leader around the church and wave their PALM frond. They will return to you when finished. When church is over, please return your PALM fronds.





Views from the

FOOD PANTRY

by Peter Lodol



March 26—April 1, 2023

To all:

This past Friday was rainy, so we only had 32 bags delivered.

Many thanks again to Food City for a very generous donation of food (2 pallets), and to Anthony Lawson and Paul Cox, who graciously picked it all up and put it into the Prospect House garage.

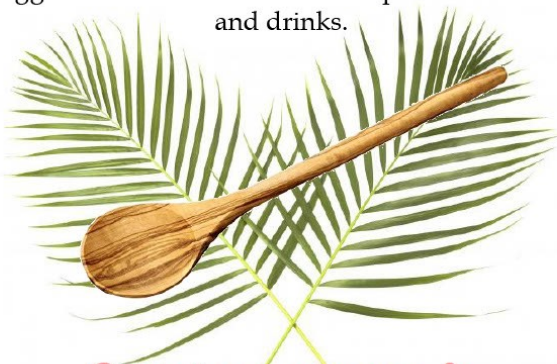
As always, thank you for your support and prayers.

—Pete Lodol

Palm Sunday Potluck

Sunday, April 2 after Worship
in the Fellowship Hall, 12:15pm

Bring your favorite potluck item and have some "egg"cellent fun! The church will provide chicken and drinks.



**Eggstravaganza &
Easter Egg Hunt**
(starts at 1:15pm)

The Easter Egg Hunt is for all children through 5th grade. They will have age appropriate games, prizes and egg hunting. Come join the fellowship and fun on Palm Sunday!



Easter Lily Order Form

If you would like to order an Easter lily to be used in the sanctuary on Easter morning, please fill out a form for EACH lily ordered. The cost is \$8.50 for each lily. Please make checks payable to the church and leave the order form and the check in Amy's mailbox in the church workroom or in the mailbox slot on her door.

The last day to order is Sunday, April 2. You can also call the church office at 247-5121 and place your order!

I would like to order....

A lily in memory of:

A lily in honor of:

In celebration of:

Given by:

* I will pick up my lily following Easter morning worship: _____

* I will not be picking up my lily: _____



Lenten Window Banners Open House

**Good Friday, April 7,
2023**

10:30am—2:30pm

The 2023 Lenten Window Banners are brand new this year. Judi Easley has designed 10 unique and thought provoking works of art for all to enjoy. Everyone is welcome! Please invite your family, friends and members of the community and share the stories of Lent, the journey to Holy Week and the death and resurrection of our Lord and Savior, Jesus Christ.



A Recipe for Easter

Easter Egg Fruit Pizza

Yields: 16 servings

Ingredients for the Fruit Pizza Crust:

- 3 1/4 cups all-purpose flour
- 1/2 tsp. salt
- 1/2 tsp. baking soda
- 6 oz. unsalted butter, at room temperature
- 1 1/2 cups granulated sugar
- 2 T. lemon zest, packed
- 2 eggs, at room temperature
- 2 T. cream, either heavy or whipping cream
- 2 tsp. lemon extract

For the Strawberry Cream Cheese Frosting:

- 8 oz. cream cheese, at room temperature
- 1/3 cup strawberry jam, at room temperature
- 1 1/2 cups powdered sugar

To Assemble:

- 8 cups assorted fresh fruit, washed and sliced
- 1/4 cup apple jelly, or other light-colored jelly
- 1 T. water

To make the Fruit Pizza Crust:

1. In a small bowl, whisk together the flour, salt, and baking soda. Set aside for a moment.
2. Combine the butter, sugar, and lemon zest in the bowl of a large stand mixer fitted with a paddle attachment. Beat them together until light and fluffy, about 2 minutes. Add the eggs one at a time, beating well after each, then add the cream and lemon extract and mix them in.
3. Turn the mixer to low and add the dry ingredients, mixing until there are just a few flour streaks left. Stop the mixer and finish stirring everything together by hand, scraping the bottom and sides of the bowl well. Shape the dough into a large disc and wrap the dough in cling wrap. Refrigerate for at least an hour, until firm. Dough can be made several days in advance.
4. When the dough is firm, preheat the oven to 350 F. and cover a large baking sheet with parchment. Roll out the



dough between sheets of parchment or waxed paper until it is a rectangle about 16x12 inches. (You can make it ever thinner if you'd like—I prefer a thick, soft, cake-like cookie.) Use a paring knife to trim it into an egg shape.

5. Transfer the cookie to the baking sheet, and bake it at 350 F. for 16-20 minutes, until it takes on a light golden color and is puffed and set in the middle. Let it cool completely at room temperature. The cookie can be baked several days in advance.

To make the Frosting:

1. Beat the cream cheese using a mixer until it is smooth and free of lumps. Add the strawberry jam and powdered sugar, and beat until everything is well-mixed.
2. Taste the frosting, and add more sugar if desired. Remember that it will be combined with a cookie and fruit, so it doesn't have to be super-sweet on its own. Frosting can be made in advance and stored in the refrigerator for up to a week.

To assemble:

1. Spread the frosting in a thin, even layer over the surface of the cookie, leaving a small margin around the edges. Layer the fresh fruit over the frosting in the pattern of your choosing—don't be afraid to play with colors and shapes!
2. In a small microwave-safe bowl, combine the jelly and water, and microwave for 15 seconds. Stir them together until the jelly is fluid and smooth. It should have the consistency of a thin gel—if it's still fairly thick, add a bit more water to thin it out.
3. Use a pastry brush to spread this glaze on top of your fruit. This gives the fruit pizza a lovely shine, and also prevents the cut fruit from looking wilted and tired at room temperature.
4. Cut the pizza into slices and enjoy! Store extras in an airtight container in the refrigerator. This Easter Egg Fruit Pizza is best within a day of assembly.

Maundy Thursday Worship Service

April 6, 2023 7:00pm

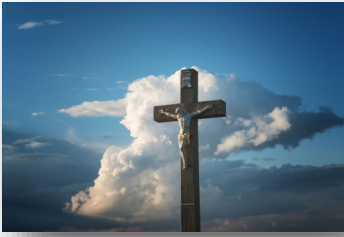
Communion will be served.



"A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another." — John 13:34

Hymn Stories

When I Survey the Wondrous Cross



Isaac Watts was a very bright preacher's kid who grew up in England. At that time, music in the church consisted primarily of crude adaptations of the Psalms — poorly written and poorly sung. When Watts com-

plained to his father about the music, his father invited him to write something better. Watts did so, composing his first hymn that very night. During his lifetime, he wrote hundreds of hymns, many of which are among our favorites yet today — hymns such as Joy to the World and O God, Our Help in Ages Past.

One of his finest hymns is "When I Survey the Wondrous Cross," written originally as a communion hymn. It focuses on the cross of Christ, and calls us to devoted discipleship in response to Christ's love. "Love so amazing, so divine, demands my soul, my life, my all."

What Wondrous Love is This

If I were to use one word to describe this hymn, it would be "haunting." Another word might be "plaintive," which means "sad-sounding." The tune is based on a six-tone scale, which gives it that plaintive sound.

But the tune that begins on a sad note won't let us remain sad, but lifts us a bit in the second line and then becomes almost a lilting melody in the third line. This combination of sad and joyful—sour and sweet—is the perfect accompaniment for the words, which wonder how Jesus could love us enough to die on the cross for us.

This hymn comes from Appalachia and dates to the early 1800s—to a time and place where hymnals were scarce—where people learned hymns by singing them again and again. And so it repeats and repeats—"What wondrous love is this, O my soul, O my soul, what wondrous love is this, O my soul!"

The words begin with a question, "What wondrous love is this?" But then, in the third verse, they become an anthem—"To God and to the Lamb, I will sing, I will sing." (NOTE: Check your hymnal—some hymnals have different words). The last verse has a triumphant quality—"And when from death I'm free, I'll sing on, I'll sing on."

We don't like to think about death, but death is a fact of life. This hymn reminds us that Christ frees us from death—makes it possible for death to be more the opening than the closing of a door. It looks forward to an eternity filled with song—joyful song. On earth, some of us have good singing voices and others don't. But in heaven, every voice will ring loud and true in honor of the God who blesses us and gives us great joy.

—Richard Niell Donovan, *sermonwriter.com*



HEALTH Matters

More than Half the
World will be Overweight
or have Obesity by 2035

By Ralph Ellis / webmd.com



March 3, 2023 -- More than half the world's population will be overweight or have obesity by 2035 if current trends continue, with obesity rising at alarming rates among children and adolescents, a new report from the World Obesity Federation says.

By 2035, about 51% of the world's population, or 4 billion people, could be overweight or have obesity, the World Obesity Atlas 2023 says. That would be a sharp rise from 2020, when about 38% of the world's population, or 2.6 billion people, was classified as overweight or having obesity.

The percentage of the world population classified as having obesity could rise from 14% in 2020 to 24% in 2035, the report says.

Obesity rates among children and adolescents could double in the next 12 years. The percentage of young males with obesity could rise from 10% in 2020 to 20% in 2035, and the percentage of young females with obesity could rise from 8% to 18%.

Watch Out for These Weight Loss Myths

Should you steer clear of carbs? Do smaller, frequent meals keep the pounds off? What's the secret to shedding pounds?

The global economic impact of people being overweight or having obesity could reach \$4.32 trillion annually by 2035 if preventive steps aren't taken, according to the report.

"At nearly 3% of global GDP (gross domestic product), this is on a par with the financial impact of the COVID-19 pandemic in 2020," the report says.

The federation based their projections on the World Health Organization's definitions of obesity as body mass index, or BMI, over 30 and overweight as a BMI over 25. BMI is defined as a person's weight in kilograms divided by the square of their height in meters.

The federation called for governments to make systemic changes to reverse the trend and did not blame individuals for obesity, which it calls "a chronic, relapsing disease."

While obesity is often considered a problem in high-income nations, 9 of the 10 countries with the greatest projected increases in obesity are low or lower-middle income countries in Asia and Africa, the report says.

Waverly Road Presbyterian Church
1415 Waverly Road
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Good Friday Prayer Service

Friday, April 7, 2023
12:00pm
Noon



*Join us for our
prayer service as we
remember the day
that Jesus Christ
died for us.*

easter
SUNDAY
Christ Is Risen!

April 9, 2023 Worship at 11:00am

He is not here; he has risen! Remember how he told you, while he was still with you in Galilee: 'The Son of Man must be delivered over to the hands of sinners, be crucified and on the third day be raised again.'—Luke 24:6-7

Early Morning Outdoor
Easter Service
with
Mafair United Methodist
Church

Sunday, April 9, 2023, 9:00am
WRPC's Front Lawn

Please bring a lawn chair and
dress for the weather.



**We could really use
some help ushering
and assisting with
collecting Sunday
offerings!**

If you are interested in helping out, please contact Stephen Bus at (423) 288-5509 or send him an email at smichaelbus@gmail.com. If you need some training, he will be glad to help with that, too.