

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 12, 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 12, 2023

Acts 8: 26-40

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.*

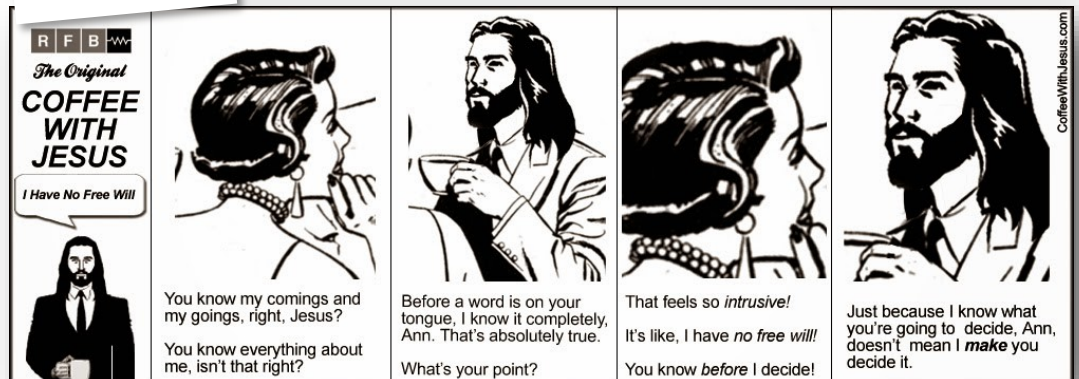


You are loved. We are blessed!



From the desk of Pastor Collin...

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



—Rev. Collin



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
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

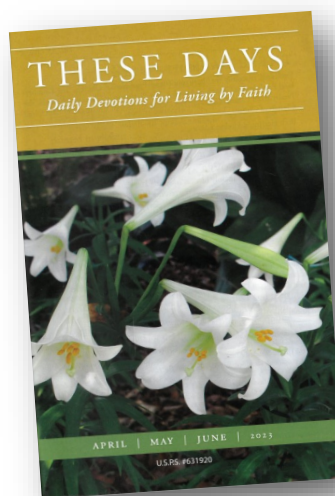
*We will leave names on the Prayer Request List for three weeks unless
you notify the Church Office to remain on the list for an extended
amount of time.*



This Week at WRPC

Indoor and Online Worship at 11:00am.

Sunday 3/12	9:45am	In-person Sunday School Grades Pre-K – 12
	11:00am	Sunday Worship
	7:00pm	Personnel, Library
Monday 3/13	6:00pm	Youth Group, YS
Tuesday 3/14	9:00am	Walking Group, Greenbelt Entrance, Netherland Inn
	11:00am	Staff Meeting, ZOOM
	6:00pm	The Has Beens, FH
	6:00pm	Children & Youth Ministry, MR
	7:00pm	Season of Mission Presentation – SMILE, ZOOM
Wednesday 3/15	6:00pm	Handbells
	7:00pm	Chancel Choir Practice
Friday 3/17	10:00am	Food Pantry, FH



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.



Thank you for the many cards and prayers during Ken's illness and passing. Your thoughtfulness and support strengthen us during this difficult time.

—Jane Hunter and family



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 13 we will have a lesson, snacks and games! See you at Youth Group!



Waverly Wanderers

Our Waverly Wanderers group enjoyed an evening of entertainment at ETSU's Mary B. Martin Center featuring the Grammy Award winning, San Francisco based group, Chanticleer. Founded in 1978, Chanticleer is known for its interpretations of Renaissance music, for which they were founded, but also a wide repertoire of jazz, gospel and contemporary classical music.





Views from the

FOOD PANTRY

by Peter Lodol



March 12–18, 2023

To all:

This past Friday, we started out March with a relatively low total of 23 bags delivered.

However, as I said last week, some COVID-related food stamp benefits will be expiring this month (or may have already expired). The impact of these changes on our operations remains to be seen, but I can't help but think our numbers will be rising.

Attached is an article from Saturday's Washington Post, discussing the impact of expired benefits in Kentucky. It might be a glimpse into our future as well. [Just click here to read the full article.](#)

As always, thank you for your support and prayers.

—Pete Lodol

Stephen Minister Training Update

Our future Stephen Ministers will study and practice two topics on Saturday, March 11th. Please continue to keep Martha, Linda, Mark, Tom, Sharon, Dave, and Barbara in your prayers. Here is the lesson plan for this week:

Assertiveness: Relating Gently and Firmly (2 Parts) - Assertiveness has gained a bad name for itself in some circles of the church. It has been taken to mean "getting my own way," which is erroneous. In fact, assertiveness is about relating to others gently and firmly. In the first of two sessions on this topic, the Stephen Ministers will discuss and apply the principles they read about in the book *Speaking the Truth in Love: How to Be an Assertive Christian*, which uses Jesus as the model for assertive behavior. In the second part, they take a look at the differences between passive, aggressive, and assertive behavior. They also will be participating in a discussion about when they were assertive and also will be sharing affirmations for each member of the class.

Maintaining Boundaries in Caregiving: Our Stephen Ministers will discuss the importance of establishing boundaries both to protect themselves from manipulation and also to guard against their own controlling impulses.

WRPC families enjoy a fun day at
Zip N Slip in Mars Hill, NC



MissionMoment Update...

Season of Mission ~ Season of Hope 2023 Rollout

Our Season of Mission ~ Season of Hope officially kicked off on February 28th with a very informative Zoom Presentation from staff at Appalachian Miles for Smiles. If you missed it, I encourage you to watch the recording on WRPC's YouTube channel and learn about the free care they provide to our neighbors in need.

You have additional opportunities this Season to join us on Zoom and learn about two more of the missions we support at WRPC. Zoom invitations will be provided just prior to each event.

Tuesday, March 14: Rachel Lawson will share how she became interested in supporting foster families, some of the challenges foster families face today, and how SMILE Foster Closet has been able to help.

Tuesday, March 21: Steve Young, Executive Director from Living Waters for the World will tell us how this ministry trains, equips and supports volunteers to work in partnership with international communities to install and sustain water purification systems.

You can also learn more about another ministry we support by checking out the Osman Hope display in the Narthex, prepared by Peter Borg.

We will sponsor two projects this year. Our service project gives you the opportunity to provide specific hygiene products needed by our Food Pantry clients, SMILE Foster Closet families, and the staff of the Child Care Center. If you are not able to shop, you may also make a monetary donation specifically for this project. Hygiene products may be dropped off in the bin in the Narthex through Sunday April 2.

Requested items:

Bar Soap	Toilet Paper	Chapstick
Toothbrushes (adult)	Toothbrushes (for 0-2 yr olds)	Toothbrushes (for kids)
Toothpaste	Training Toothpaste (for infants)	Toothpaste (kid flavored)
Diapers (any size)	Diaper Cream	Baby Wipes (any brand)
Sam's Club Members Mark Premium Fragrance Free Baby Wipes (specific brand needed due to allergies)	Shampoo and conditioner for African American Hair: need infants and kids	3-in-1 shampoo/conditioner/bodywash for kids
Infant Shampoo/Bodywash	Mens 3-in-1-Shampoo/Conditioner/Bodywash	2-in -1-Shampoo/Conditioner
Bodywash	Loofahs	

If you prefer online shopping, click the link below to see a list Rachel created for SMILE.

<https://www.walmart.com/lists/shared/WL/eac79c2f-2772-418f-b5d7-89b065112afd>

Our second project is a work project to help the Child Care Center with several "construction-type" improvements to their facilities. Steve Hall has graciously agreed to donate his time to lead this effort but will need some help with manual labor. The cost of materials will be covered by the Mission Action Plan. If you would like to help with the manual labor, please let Steve know. And the rest of us can help by praying for those completing the work, and for the dedicated staff and children of WRCCC.

Mission Pledge Sunday is March 26th. You will be invited to submit your pledge for the 2023-2024 Mission Action Plan on that day. Last year, your generosity provided more than \$59,000 in funds distributed to missions close to home, throughout our region and around the world. The Mission Committee is excited about what this new Season of Hope will enable and we are extremely grateful for the generosity of this congregation and the trust you place in us to share with others on your behalf in the name of Jesus Christ.

—The Mission Committee



HEALTH *Matters*

How to Spot Cataracts

webmd.com

What Are Cataracts?

A cataract is a progressive, painless clouding of the natural, internal lens of the eye. Cataracts block light, making it difficult to see clearly. Over a period of time, cataracts can cause blindness, if not treated or removed. They're often related to growing older, but sometimes they can develop in younger people



How Cataracts Affect Your Vision

In a normal eye, light enters and passes through the lens. The lens focuses that light into a sharp image on the retina, which relays messages through the optic nerve to the brain. If the lens is cloudy from a cataract, the image you see will be blurry. Other eye conditions, such as myopia, cause blurry vision, too, but cataracts produce some distinctive signs and symptoms.

Cataract Symptom: Blurry Vision

Blurry vision at any distance is the most common symptom of cataracts. Your view may look foggy, filmy, or cloudy. Over time, as the cataracts get worse, less light reaches the retina. People with cataracts may have an especially hard time seeing and driving at night.

Cataract Symptom: Glare

Another early symptom of cataracts is glare, or sensitivity to light. You may have trouble seeing in bright sunlight. Indoor lights that once didn't bother you now may seem too bright or have halos. Driving at night may become a problem because of the glare caused by street lights and oncoming headlights.

Cataract Symptom: Double Vision

Sometimes, cataracts can cause double vision (also known as diplopia) when you look with one eye. This is different than the double vision that comes from the eyes not lining up properly, which would give you double vision when looking out of both eyes together. With cataracts, images can appear double even with just one eye open.

Cataract Symptom: Color Changes

Cataracts can affect your color vision, making some hues look faded. Your vision may gradually take on a brownish or yellowish tinge. At first, you may not notice this discoloration. But over time, it may make it harder to distinguish blues and purples.

Cataract Symptom: Second Sight

Sometimes, a cataract may temporarily improve a person's ability to see close-up, because the cataract acts as a stronger lens. This phenomenon is called second sight, because people who may have once needed reading glasses find that they don't need them anymore. As the cataract worsens however, this goes away and vision worsens again.

Cataract Symptom: New Prescription

Frequent changes to your eyeglass or contact lens prescription can be a sign of cataracts. This is because cataracts are usually progressive, meaning they get worse over time.

Who Gets Cataracts?

The majority of cataracts are related to aging. More than half of Americans over 65 have cataracts. Babies are sometimes born with cataracts, also called congenital cataracts, or children may develop them as a result of injury or illness. Exposure to Ultraviolet (UV) light can also increase the risk of cataract and other eye conditions.

What Causes Cataracts?

The exact cause of cataracts is unknown. While the risk grows as you get older, these factors may also contribute:

- * Diabetes
- * Smoking
- * Excess alcohol use
- * Eye Injury
- * Prolonged use of corticosteroids
- * Prolonged exposure to sunlight or radiation

How Are Cataracts Diagnosed?

Most cataracts can be diagnosed with an eye exam. Your eye doctor will test your vision and examine your eyes with a slit lamp microscope to look for problems with the lens and other parts of the eye. The pupils are dilated to better examine the back of the eye, where the retina and optic nerve lie.

Surgery for Cataracts

If you have vision loss caused by cataracts that can't be corrected with glasses or contact lenses, you may need surgery to remove the cataracts. In cataract surgery, the cloudy lens is removed and replaced with an artificial lens. The surgery, which is done on an outpatient basis, is safe and extremely effective at improving vision. If cataracts are present in both eyes, surgery will be done on one eye at a time.

Cataract Surgery Risks

Complications from cataract surgery are rare. The most common risks are bleeding, infection, and changes in eye pressure, which are all treatable when caught early. Surgery slightly raises the risk of retinal detachment, which requires emergency treatment. Sometimes, lens tissue left after surgery and used to support the intraocular lens implant can become cloudy, even years after surgery. This "after-cataract" is easily and permanently corrected with a laser.

Waverly Road Presbyterian Church
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Kingsport, TN 37664-2520

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Lenten Window Banners Open House



Have you seen them?

As always, Judi Easley has done an amazing job with this year's Lenten Window Banners. They're all brand new!

And...we have an opportunity to share her many talents with our congregation and with our community.

**You're invited to our
Lenten Window
Banners Open House
Good Friday, April 7
10:30am–2:30pm.**

Friends and family are always welcome.



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.



**SPRING FORWARD
2023**