

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



April 23, 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

April 23, 2023
1 Peter 1:17-23

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...

Greetings to you in the name of our Lord, Jesus Christ,

I am incredibly full right now. Not physically, but spiritually. Our Easter worship was so beautiful and full of love and life. Then, I was able to go and spend time at Montreat hiking and exploring spirituality. Now, I am trying to process everything.

I am grateful to all of you. The ways that you all support me and one another are a gift. I may not always express this how I want to, but I see the risen Christ in each and every one of you. As we go into this Easter season, let us continue to love, support and grow with one another and Christ.

May God continue to bless,

—Rev. Collin



PRAYER REQUESTS

People in our Prayers

Rev. Dan Clark	Laci, Nicholas &
Holston Presbytery Camp	Robin Lodal
Patients receiving Dialysis	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)	Abe Lincoln Family
Ted Germroth	Abigail & Ashleen Easley
Benjamin Salyer	

Missions in our Prayers—2nd Quarter

Local Missions

Family Promise/IHN
Second Harvest Food Bank of NE Tennessee
WRPC After School Program

Regional / National Missions

Holston Habitat for Humanity

International Missions

Families Involved Serving Humanity (FISH), Nicaragua
Northumbria Community Retreat Center & Mother House, England

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 4/23	9:45am In-person Sunday School Grades Pre-K – 12
	11:00am Sunday Worship
Monday 4/24	6:00pm Youth Group, YS
Tuesday 4/25	9:00am Walking Group, Greenbelt Entrance, Netherland Inn
	6:00pm The Has Beens, FH
Wednesday 4/26	1:00pm ZOOM Bible Study
	7:00pm Chancel Choir Practice
Thursday 4/27	6:00pm Stephen Ministries, MR & ZOOM
Friday 4/28	10:00am Food Pantry, FH



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
APRIL...**

Our wish list for April includes gently used infant to 24 months clothing and NEW hygiene items.



**If you would like to send a card
to Howard Carman's Mom,
Beverly, her address is:**

**Beverly Carman
Baptist Reynolds Hospice House
1520 West Poplar
Room 5722, Trinity Grove
Collierville, TN 38017**

5 Types of Care Stephen Ministries Provide



**STEPHEN
MINISTRY**

**Below is a brief explanation of the
types of care:**

1. Transitional Care - Stephen Ministers often help people cope during times of transition in their lives, such as hospitalization, terminal illness, divorce, death of a loved one, employment status, natural disasters and others. These events can throw people into a tailspin and coping mechanisms that have worked in the past don't work as well. Stephen Ministers will provide a listening ear and care for the person as long as needed.

2. Follow Up Care - The actual time of transition may be over within a short period of time - possibly days or weeks. However, for the person experiencing it, the initial topsy-turvy time is just the beginning and the actual life changes could continue for some time. Much work remains for them to do. In this follow-up period, Stephen Ministers have a unique role of caregiving to provide - one not easily met by other caregivers such as family. They stick with the care receiver and help them sort through feelings and continue to provide care faithfully as the care receiver goes about rebuilding his/her life.

3. Chronic Care - Stephen Ministers occasionally care for people with long-term disabilities, such as chronic illness, loneliness, etc. As well as doctors, nurses, and other medical personnel, Stephen Ministers provide care by listening to, praying for or with the person, valuing what the care receiver thinks and feels, and providing a connection to the outside world.

4. Preventative Care - Certain life events that people look forward to might unexpectedly cause unanticipated feelings. For example, when the last child is getting ready to leave home, a person may begin to feel panic instead of looking forward to freedom. In this instance, a Stephen Minister can help the person analyze the emotional turmoil that he/she feels by listening to the care receiver as he/she determines what adjustments need to be made.

5. Caregiver Care - Stephen Ministers can offer valuable support to those behind the scenes caring for someone who is going through a time of transition. Those caregivers also need care and the care provided by a Stephen Minister. This care provides strength for that care giver to continue providing care and support for their loved one.

If you have any questions about Stephen Ministers or know someone who is going through a time of transition and need someone to care and listen, please contact one of our Stephen Leaders: Sharon Petke, Dave Petke, or Barbara Lane.



Views from the

FOOD PANTRY

by Peter Lodol



April 23–29, 2023

To all:

Another “typical” Friday this past week, with 33 bags distributed.

As always, thank you for your support and prayers.

—Pete Lodol



Hello Youth Parents,

This is a quick update for the rest of our meetings. Can you believe we have just over a month of school left?

Spring Youth Schedule

Monday, April 24

Outdoor night (weather might change this) Hotdog roast and smores.

Monday, May 1

Movie night with heavy snacks

Monday, May 8

Board games and fancy soda drinks

Monday, May 15

Highlights and Hopes

Thank you for allowing me to enjoy and teach your children. They are all a testament to your good parenting!

Have a great week! —Trinity



HEALTH Matters

Ways to Protect Yourself From Skin Cancer

webmd.com

Don't Skip Sunscreen

Slather a thick layer onto all exposed skin. Use “broad spectrum” sunscreen with an SPF (sun protection factor) of 30 or higher. Wear it even on cloudy or cool days. Reapply every 2 hours, or more often if you swim or sweat a lot.
(Continued on back page)



Smile
Foster Closet



SMILE Rummage Sale—Saturday April 22, 2023

We love to put SMILES on people's faces, so we hope this news does just that! SMILE will have our HUGE Fundraiser Indoor Rummage Sale on April 22nd, 8:00 am—2:00 pm! Our rummage sale will be held in the Fellowship Hall of @Waverly Road Presbyterian Church at 1415 Waverly Road Kingsport.

For only \$5.00, you can stuff a grocery bag with clothing - ALL sizes! And any other items you would like to purchase will be by donation unless otherwise marked. We'll also have our SMILE Swag on hand that you can buy. Our swag helps get our name and message into the community!

Any current FOSTER FAMILIES have the opportunity to SHOP for FREE!

If you have items you would like to donate for this fundraising event, please bring them to us! We will take ANYTHING except knives or guns and violent or inappropriate clothing/items for sale.

We will be preparing for our sale at that time, so you may bring your donation items to the Waverly Road Presbyterian Fellowship Hall - WRPC members you can bring them anytime that week, please just leave the items in the small room outside the ladies restroom in the Fellowship Hall. The community is asked to bring donations only on the evening before (the 21st from 5-8pm).

100% of the proceeds go to SMILE Foster Closet! Please donate or make plans to come shop!

—Rachel

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

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Ways to Protect Yourself From Skin Cancer, *cont'd.*

Time It Smart

If you must go out, it's best to do so before 10 in the morning or after 4 in the afternoon. The in-between hours are when the ultraviolet (UV) light is strongest and most damaging to your skin.

Avoid Tanning Beds

It raises your chances of having melanoma, the most serious type of skin cancer. The risk goes up the younger you are and the more often you do it.

Wear the Right Hat

Look for a tight weave, like what you'd find in canvas-type fabric. The brim matters, too. The best ones go all the way around and are broad enough to shade your face, ears, and neck -- at least 2 inches wide.

Cover Up With Long Sleeves

Clothes are a simple barrier to the sun. But they can't protect what they don't cover. Also, light, loosely woven fabrics won't protect you as well as tighter, thicker fabrics like denim. Some specialized clothes have a UPF (ultraviolet protection factor) number that, like SPF in sunscreen, shows how well it blocks sunlight.

Check Your Skin

Skin cancer is almost always curable if you catch it early. Inspect your whole body about once a month with a full-length mirror. Look for any new growths or changes in old spots. See a skin doctor (dermatologist) once a year or anytime you notice something unusual.

Antemus Women's Choir **Women of Note**

*Featuring music for women's voices by women
composers from Hildegard of Bingen to Elaine Hagenberg.*

UPCOMING CONCERTS:

Sunday, May 7th, 2023
4:00pm

First Presbyterian Church
110 N Main Street
Greeneville, TN 37743

Saturday, May 13th, 2023
7:00pm

Waverly Road Presbyterian Church
1415 Waverly Road
Kingsport, TN 37664



\$10 SUGGESTED DONATION cantemuswomenschoir.org