

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
Pentecost Sunday

May 28, 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

May 28, 2023

**Numbers 11:24-30 &
Acts 2:1-21**

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!



grow in faith.

As we break from our regular schedules this summer, remember to rest. It can be so tempting to work even harder during summer. Relax, rest, and let the beauty of summer refresh your mind and body. Work will always wait for us but summer is short. Take your time and enjoy!

Have a wonderful week,

—Trinity

From the desk of Trinity Gibson...

Hello WRPC family,

School's out! Happy Summer!

This Summer break begins with our youth trip to Montreat Youth Conference, June 11-17! I'm excited for this new adventure with our Youth Group. This is the first Montreat event for our students. Please pray for our kids as they learn to



PRAYER REQUESTS

People in our Prayers

Rev. Dan Clark	Laci, Nicholas &
Holston Presbytery Camp	Robin Lodall
Patients receiving Dialysis	Ann Kibler
Lee Bockman	Dr. Bob & Jeanne Jernigan
Doris Blanchard	Sarah Hale
Susan Smith	Susan Avery
Ted Germroth	Kirk and Lola Finch
Benjamin Salyer	Abigail & Ashleen Easley
Howard S. Carman, Sr.	Shelley Porter Family
(Howard's Father)	

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.



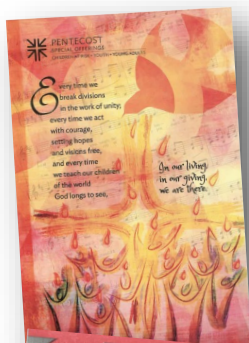
This Week at WRPC

Indoor and Online Worship at 11:00am.

Sunday 5/28	11:00am	Sunday Worship / Pentecost Special Offering
Monday 5/29	8:00am	Memorial Day Holiday – Church Offices CLOSED
Tuesday 5/30	9:00am	Walking Group, Clinchfield Entrance
	6:00pm	The Has Beens, FH
Wednesday 5/31	1:00pm	ZOOM Bible Study
	7:00pm	Chancel Choir Practice
Friday 6/2	10:00am	Food Pantry, FH

Mission Moment Update...

May 21, 2023—Pentecost Special Offering



How many times have we seen a modern building, an historic landmark, or a great cathedral and thought, "How did they do that?" Regardless of when it was built, the skill and craftsmanship needed to not only imagine it, but to make it sturdy enough to withstand the test of time, boggles the mind.

And what about people? We watch, listen and read as sports legends, talented musicians and brilliant writers astound us with their skills. And even though we know that the raw talent that leads to great skill is honed through years of practice, patience and persistence, we still look with awe at these accomplishments and say, "How did they do that?"

They were able to do that because someone saw a spark. A spark that with the right teaching, coaching, leadership and practice would lead to great things. They were lifted up, they were mentored and they were encouraged to grow into the person God was calling them to be. By fanning sparks, raw talents and abilities within young people throughout the church and beyond can be harnessed to create strong and gifted leaders that God can use.

This Sunday is Pentecost when we will join with Presbyterians around the world in giving to the Pentecost Special Offering. Helping youth achieve their God-given potential is what the Pentecost Offering is all about. 40% of this offering will be retained by Waverly Road to make an impact in the lives of young people within our own community. The remaining 60% is used to support children-at-risk, youth, and young adults through ministries of the Presbyterian Mission Agency.

Pentecost Sunday reminds us of the Holy Spirit's power to transform lives. The Holy Spirit resides within us, connecting us with the church of the past, continuing to inspire the church of today, and pointing us to the church of the future. By supporting this offering, you are nurturing the faith and talents of those who are the church of the future — children, youth, and young adults.

Please prayerfully consider giving to the Pentecost Special Offering on Sunday, May 28th. If you forget or are unable to attend, you can always drop a check in the secure dropbox in the workroom or give online at <https://specialofferings.pcusa.org/make-a-gift/gift-info/pentecost/> Thank you for your generous support of our mission programs. — *The Mission Committee*

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 JUNE...

Our wish list for June includes gently used Teen/ Adult sized clothing, NEW hair brushes, combs and hair bands.



Have a happy and safe Memorial Day weekend.

Remember, the Church offices will be CLOSED on Monday, May 29, 2023.

Meals on Wheels will still be cooking and delivering meals.



Views from the

FOOD PANTRY by Peter Lodol



May 28—June 3, 2023

To all:

We had a much bigger week last Friday, with 46 bags delivered.

As always, thank you for your support and prayers.

—Pete Lodol



**Habitat
for Humanity®**

2023 Holston Habitat Faith Build

Waverly Road's three volunteer workdays are July 27-29. Work will include cabinets, closets, bathroom fixtures, kitchen appliances, etc. Habitat will provide tools and guidance.

Six workers per day will be needed for each of the three days. Please see the sign-up instructions below. In addition to the six volunteer workers, we will need lunch support each day.

Instructions for on-line signup for Waverly Road: Each worker will need to visit this link:

www.holstonhabitat.org/marquettasbuild and click the VOLUNTEER button. It will ask you to either log in to your Giveffect account (for those who have volunteered before) or create a new account. You do NOT need Facebook to create an account. There is an option for email sign-up.

Visit the WRPC Library...You'll never know what you're going to find until you search!



Wanda Kerns, our resident Librarian, has done an amazing job with our Library for all church members to enjoy. There's something for everyone, adults and kids. Just take the time to stop by and check out a book or several books!



HEALTH Matters

**Banish the Bags Under
Your Eyes**

webmd.com

Curb the Salt

Put down that salt shaker! Water will always find its way from parts of your body that are low in sodium to those that have the most.

The area around your eyes is a prime example. That's why a dinner loaded with salt often results in morning-after puffiness.



Manage Your Allergies

Allergy season and watery, puffy eyes go hand-in-hand. Here's the good news: Those over-the-counter medicines that you take for your allergies, colds, or sinus infections can dry up your puffy eyes -- along with your runny nose.

Use a Neti Pot

Try a neti pot. Use this gizmo, which looks like a small teapot, to pour salt water into one nostril and let it drain out the other. It sounds weird, but it might help flush out all that extra moisture in your sinuses from seasonal allergies, colds, or infections.

Switch Your Sleep Position

Are you a side or stomach sleeper? Gravity causes fluid to collect under your eyes, which might explain those pesky bags. Try to sleep on your back and add an extra pillow under your head.

Take Your Makeup Off Before Bed

Don't hit the hay with your eye makeup on. It can make your eyes water, and cause a case of morning-after puffiness. Wash off the gunk with soap and water, or use a remover every night.

Go Easy on the Alcohol

A glass of wine is fine, but don't overdo it. Why? Booze can pull the water out of your skin. Once you weaken the delicate area around your eyes, it's more likely to sink into a pouch. If you do tie one on, drink water before you go to bed and use a moisturizer around your eyes.

Protect Your Eyes From UV Rays

You do a lot to protect your body from sunlight. Are you doing the same for your face? Too much sun can make the skin around your eyes sag or wrinkle. Use sunscreen, sunglasses, and hats to protect your face from harmful rays. (Continued on back page)

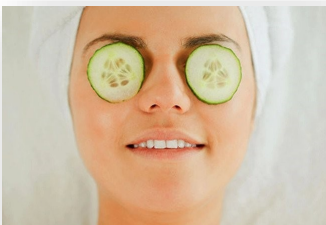
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Banish the Bags Under Your Eyes, *cont'd.*

Don't Smoke

Want another reason to kick the habit? Smoking can dry and weaken the skin on your face. Say no to smokes and save yourself from wrinkled, droopy eyes.



Give Your Eyes a Cooldown

Got swollen eyes? Chill them out! A cold compress can ease puffiness. Try chilled spoons, cucumber slices, or tea bags. What you use

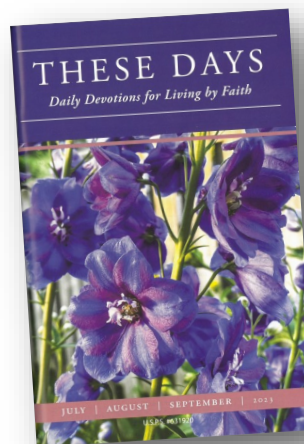
doesn't matter -- the low temperature does the work.

Consider Eye Cream

Store shelves groan under the weight of creams and lotions made to reduce puffy eyes. Try them out to see if one works for you. Here's one product to avoid: Don't use old-fashioned hemorrhoid cream. It can irritate the skin around your eyes. Try a retinol eye cream instead.

Cover Up

Are dark circles a problem? You can often hide them with concealer. Choose one that matches your skin tone. Apply it by lightly patting it on -- don't try to rub it in.



The NEW *These Days* publications for July / August / September are here!

They are located in the Narthex as you enter the Sanctuary doors. If you would like a copy mailed to your home address, please call Amy in the church office at (423) 247-5121 or send her an email at wrpc@waverlyroadpc.org.



COMING THIS SUMMER!

A new intergenerational Sunday School class will be held for 8 weeks from June 12 - July 30th, 9:45am in the largest room in the youth suite (the former Presbytery meeting room). Absolutely all ages are welcome and we hope you'll come enjoy this opportunity to engage with congregation members you may not normally get to spend time with as we Live In the Faith Together (LIFT)! A light breakfast snack will be served. See you this summer!