

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**



May 7, 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 7, 2023

1 Peter 2:2-10 & John 14:1-14

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 get reminders for everything. Reminders to go to the dentist, or the doctor. Reminders about what products I have bought in the past so that I can re-order them. Reminders to check my e-mail or follow up a text message. I get so many of these things that I have become very good at ignoring them!

The one reminder I do not receive on my phone or computer is the reminder that God loves me. I get that reminder when I take a breath, look out the window, get a hug or see a smile. I get that reminder when I read scripture, hear a beautiful piece of music, look at an old photo.

Those reminders are still ones that I can ignore, but eventually they break their way into my heart and my life. I hope that you will get a reminder like that today.

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 Family	Kirk and Lola Finch
Ted Germroth	Abe Lincoln Family
Benjamin Salyer	Abigail & Ashleen Easley

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 5/7	9:45am In-person Sunday School Grades Pre-K – 12
	11:00am Sunday Worship / Communion / 5 Cents-a-Meal Offering
	12:00pm Waverly Road Music Appreciation Luncheon, FH
Monday 5/8	4:30pm Meals on Wheels Annual Mtg., FH
Tuesday 5/9	6:00pm Youth Group, YS
	9:00am Walking Group, Greenbelt Entrance, Netherland Inn
	6:00pm The Has Beens, FH
Wednesday 5/10	6:00pm Children & Youth Ministry, MR
	1:00pm ZOOM Bible Study
	7:00pm Chancel Choir Practice
Thursday 5/11	11:00am WRCCC Graduation, FH
	11:00am Worship Committee, ZOOM
Friday 5/12	10:00am Food Pantry, FH
Saturday 5/13	7:00pm Cantemus Women's Choir Concert, WRPC Sanctuary

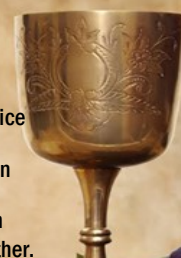
5 Cents-a-Meal Offering will be collected this Sunday, May 7!



We are very grateful to Holston Presbytery, but also to the congregation of WRPC for your dedication to the 5 Cents-a-Meal offerings!

Communion Sunday, May 7, 2023

Join us during our online or in-person Worship Service this Sunday for Communion. Individual Fellowship Cups with juice and wafer are provided for in-person Communion if preferred or feel free to pass the elements. For online worship, just provide your own bread and juice or wine and let's break bread together.



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



The NEW 'Our Daily Bread'

Pick up your copy in the Narthex right as you enter the Sanctuary. If you would like a copy mailed to your home, please call the church office at (423) 247-5121.



For the month of MAY...

Our wish list for May includes gently used 2T-5T clothing and NEW Swim Wear (all sizes).

Children & Youth Sunday School and Godly Play Summer Schedule

The last day of Sunday School will be May 14th. We will have a Summer break and start back to Sunday School on August 13th.



Waverly Road Music Appreciation Luncheon



Join us following Worship this **Sunday, May 7, 2023** in the Fellowship Hall for a luncheon honoring everyone that participates in our music programs throughout the year. We appreciate you very much!



Views from the

FOOD PANTRY

by Peter Lodol



May 7—May 13, 2023

To all:

We closed out April with 33 bags delivered.

For the month of April, we delivered a total of 140 bags (our lowest monthly total of 2023), and approximately 600 pounds of baked goods from Panera.

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 a few weeks of school left?

Spring Youth Schedule

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

Vocal Scholarship Program



If you would like to donate to the Vocal Scholarship Fund, you can place a check in the collection plate with Vocal Scholarship Fund designated in the memo line, send your check in the mail to Amy, or place in the Receiving Treasurer's metal lock box in the workroom.

We can also receive online

donations through the Presbyterian Foundation. The link is [Donation \(eservicepayments.com\)](https://eservicepayments.com) or scan the QR code to go directly to this link.



HEALTH Matters

Health Myths Debunked

webmd.com

Drink 8 Glasses of Water a Day

No need to count cups. Research shows people who gulp a glass of H₂O when they're thirsty get enough to stay healthy and hydrated. Water-rich foods like soup, fruit, and vegetables and drinks like juice, tea, and coffee all help you get your fill. You might need to drink more water if your urine is dark yellow, you don't go regularly, you're very active, or you live in a hot climate.



Eggs Are Bad for Your Heart

Omelet lovers, rejoice. Eating an egg or two a day doesn't raise the risk of heart disease in healthy people. Yes, the yolks have cholesterol, but for most of us, the amount found in any one food isn't as bad for you as the mix of fats from everything you eat. What's more, eggs have nutrients, like omega-3s, that may lower the risk of heart disease.

Antiperspirant Causes Breast Cancer

Don't sweat it! Some scientists think the chemicals found in antiperspirants and deodorants can be absorbed through your underarm. The idea is they end up in breast tissue and make tumors more likely. But the National Cancer Institute says there's no evidence connecting either product with breast cancer.

Being Cold Gives You a Cold

No matter what your grandma might've told you, spending too much time in the cold air doesn't make you sick. One study found that healthy men who spent several hours in temperatures just above freezing had an increase in healthy, virus-fighting activity in their immune systems. In fact, you're more likely to get sick indoors, where germs are easily passed.

You Need a Daily Multivitamin

You may have heard that a multivitamin can make up for nutrients that aren't in your diet. Researchers don't all agree on that point. But if your doctor tells you to take a vitamin, do it. And if you're pregnant, you need to take folic acid to lower the risk of birth defects. Still, the best way to get your nutrients is to eat a diet filled with fruits, vegetables, whole grains, nuts, and healthy oils.

(Continued on back page)

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Health Myths Debunked, *cont'd.*

Eat Breakfast to Lose Weight

Eating breakfast does help some people lose weight. It can stave off hunger, and it might prevent random eating later in the day. If you're not a breakfast fan, you can still slim down. A Cornell University study found that the non-breakfast crowd didn't overeat at lunch and dinner, and they ate about 400 fewer calories a day. The bottom line: Skipping breakfast may help some healthy people shed pounds.

Sugar Makes Kids Hyper

Sugar isn't good for kids, but research shows the sweet stuff won't cause them to act out, hurt their schoolwork, or make them unable to focus. Since many parents believe there's a link, though, they expect their kids to behave badly after eating sugary food. So, they're primed to notice it if it happens.

A Toilet Seat Can Make You Sick

Don't stress if you can't cover the seat. Toilet seats are usually pretty clean -- it's bathroom doors, door handles, and floors that tend to be covered with bugs like E. coli, norovirus (a.k.a. "stomach flu"), and the flu. Cover your hand with a paper towel before you touch doors or handles, and use hand sanitizer or wash afterward.

Cracking Joints Causes Arthritis

The sound might annoy people around you, but that's about all the harm it does. You may think bones or joints rub together to cause the noise, but that's not so. It results from a gas bubble that forms between the bones and "pops." If you enjoy doing it, keep on. Studies show it doesn't cause or play a role in arthritis. If you feel regular or severe pain when you do it, see your doctor.



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!