

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



June 4, 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/WaverlyRoadPresbyterianChurch/)



[https://www.youtube.com/
channel/
UC1dv3U42u4jLlksq_71Foyg](https://www.youtube.com/channel/UC1dv3U42u4jLlksq_71Foyg)



SCRIPTURES

June 4, 2023

Genesis 1-2:4 &
2 Corinthians 13:11-13

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,

One of my favorite Jesus sayings comes from the Gospel of Matthew, Chapter 6: "Therefore do not worry about tomorrow, for tomorrow will worry about itself." This is always a good message to hear since it reminds us that God has blessed us with this moment, and we should take it for all it is worth. Worrying about the future just lets things that haven't, and may not, happen live rent free inside of our heads.

It is difficult to keep this in mind, because we are creatures that can envision and think about the future. But Jesus does not say, don't dream of the future, or even make plans for it. He says do not 'worry' about it. Sure it may rain on that trip, you may get bad news at that doctor's visit, or that phone call that you are dreading may be just as painful as you imagine. But worrying about it now only causes you to get lost in a land of what-ifs. There is enough for you to do in this moment, so focus on it.

May God continue to bless,

—Rev. Collin



People in our Prayers

Rev. Dan Clark
Holston Presbytery Camp
Patients receiving Dialysis
Lee Bockman
Doris Blanchard
Susan Smith
Ted Germroth
Benjamin Salyer
Howard S. Carman, Sr.
(Howard's Father)

Laci, Nicholas &
Robin Lodal
Ann Kibler
Dr. Bob & Jeanne Jernigan
Sarah Hale
Susan Avery
Kirk and Lola Finch
Abigail & Ashleen Easley
Shelley Porter Family

Missions in our Prayers—3rd Quarter

Local Missions

Kingsport City Schools Homeless Education Program
SMILE
WRPC Food Pantry

Regional / National Missions

Holston Presbytery Camp & Retreat Center

International Missions

Love Packages
Osman Hope, Honduras

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 6/4	11:00am Sunday Worship / 5 Cents-a-Meal Offering / Communion
Tuesday 6/6	9:00am Walking Group, Greenbelt Holston Valley Drive Trailhead 11:00am Staff Meeting, ZOOM 6:00pm The Has Beens, FH
Wednesday 6/7	1:00pm ZOOM Bible Study
Thursday 6/8	12:00pm Worship Committee, ZOOM
Friday 6/9	10:00am Food Pantry, FH



Communion Sunday, June 4, 2023

Join us during our online or in-person Worship Service this Sunday for Communion. For online worship, just provide your own bread and juice or wine and let's break bread together.

5 Cents-a-Meal Offering will be collected this Sunday, June 4!



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



Join us for ZOOM Bible Study every Wednesday at 1:00pm



STARTING NEXT SUNDAY!

A new intergenerational Sunday School class will be held for 8 weeks from June 11 - 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!



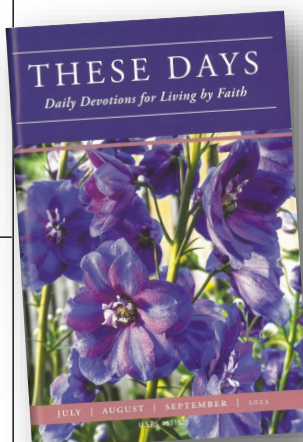
For the month of JUNE...

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

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!



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.



Views from the

FOOD PANTRY

by Peter Lodol



June 4–10, 2023

To all:

We closed out May with 33 bags delivered.

For the month, we delivered 151 bags, our second-largest month of 2023.

As always, thank you for your support and prayers.

—Pete Lodol



HEALTH Matters

Should You Switch to Oat Milk?

Alexandra Benisek / webmd.com



Nutrition and Oat Milk Sweetened or Unsweetened?

You've probably seen a different kind of "milk" recently on the menu of your

favorite coffee shop or in the grocery store. Oat milk is a popular plant-based drink made with oats, water, and sometimes a few other ingredients.

You can make your own oat milk as well as buy it in the store. You can drink it on its own or add it to smoothies, tea, or coffee. Its creaminess makes it a good nondairy choice for foamy drinks like lattes.

But what makes oat milk different from other milky alternatives like soy, almond, and rice milks?

Nutrition and Oat Milk

Compared to other nondairy options like almond and rice milk, oat milk has more fiber (about 2 grams per cup) and protein (3 grams). But it's also higher in calories (120 per cup) and carbs (16 grams). If you prefer a lower-carb milk alternative, almond milk may be a better choice.

Oat milk has about half as much protein as cow's milk. And like other plant-based milk substitutes, the proteins it

contains are incomplete. That means that, unlike dairy milk, it lacks some of the essential amino acids your body needs.

Like many other store-bought plant milks, oat milk usually has added vitamin D and calcium to promote bone health. Riboflavin and vitamin A are also added to most brands. Iron is the only nutrient that naturally occurs in oat milk. Cow's milk also provides calcium, vitamin D, riboflavin, and vitamin A. But unlike oat milk, it contains niacin, as well.

Of course, if you make your own oat milk, it won't contain these added nutrients.

Sweetened or Unsweetened?

Some store-bought oat milks contain added sugar, especially the flavored types like chocolate or vanilla. Some brands also have oils, stabilizers, or gums.

To cut down on sugar, look for the word "unsweetened" on the label. And choose brands with a short ingredient list for fewer additives.

Allergies

Oat milk is safe for people with dairy and soy allergies. It's also a good choice for those who have a tree nut allergy and want to avoid dairy.

But if you have celiac disease or are staying away from gluten, check the label on the milk carton (or on the oatmeal if you're making your own). Some oats are processed in factories that also handle gluten-containing grains.

An Environmental Edge

Many people choose plant milks because their carbon footprint is smaller than that of dairy milks. But some have concerns about genetically modified soybeans in soy milk, or pesticide and water use by almond growers. Research has found that growing oats has less environmental impact than either almonds or soy.

How to Make It

To make your own oat milk at home, mix one part old-fashioned oatmeal (not instant) to two parts water. Let it sit overnight, then blend the mixture thoroughly and strain through a piece of cheesecloth. Add some vanilla or maple syrup if you like.

Encouraging Words

"What good is the warmth of summer, without the cold of winter to give it sweetness."

—John Steinbeck

Waverly Road Presbyterian Church
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Kingsport, TN 37664-2520

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Crispy Chicken Salad

Yields: 4 serving(s)

Ingredients

4 c. cornflakes, slightly crushed

1/2 c. buttermilk, divided

4 (5 to 6-oz.) boneless, skinless chicken breasts

1/2 tsp. cayenne

Kosher salt and pepper

1/4 c. sour cream

1 1/2 tbsp. white wine vinegar

1 tsp. Dijon mustard

1 tbsp. fresh tarragon, chopped

6 c. torn gem or green leaf lettuce

1/2 medium bulb fennel, cored and thinly sliced

1 small seedless cucumber, cut into matchsticks

2 tbsp. chopped fresh chives



Directions

1. Heat oven to 400°F. Line rimmed baking sheet with nonstick foil. Place cornflakes in shallow bowl.
2. Using 1/4 cup buttermilk, brush chicken breasts on all sides, then season with cayenne, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Coat chicken in cornflakes, pressing gently to help them adhere, and place on prepared baking sheet. Bake until cooked through, 15 to 20 minutes. Slice if desired.
3. Meanwhile, in large bowl, whisk together sour cream, vinegar, mustard, remaining 1/4 cup buttermilk, and 1/4 teaspoon each salt and pepper; stir in tarragon. Add lettuce and toss to coat, then fold in fennel and cucumber. Serve with chicken and sprinkle with chives.

WRPC Blessing Box



If you would like to contribute items, please feel free to place them inside the box unless it is full. If the Blessing Box is full, just bring your items to the WRPC Workroom and we will replenish when the box is empty again. Thanks to everyone for your continued support!