

# 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 18, 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 18, 2023**

Genesis 18:1-15 &  
Matthew 9:35-10:23

### 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,**

Summer is upon us and many of us have begun travelling to see family, friends, or just to get away. The Adams family just recently returned from one of these trips. We were down in Blairsville, GA for the Highland Games and Festival. It was a delightful time, and we were able to spend time with family and with hundreds of others who came up to celebrate their heritage or just enjoy the weather and the festivities.

Being at the festival and seeing all the different people there made me think of the most amazing parts of the church. There were people of all different types and walks of life. From the bumper stickers and shirts that I saw, the political views were all over the place. Yet, all of these people were celebrating and talking and eating with one another.

The church should be like that. We have the love of Jesus holding us together, yet so often we become very closed off to all the vibrancy of people and life around us. Let us continue to strive to be a fellowship of many types of people, united by our love for Jesus and our mission to each other.

May God continue to bless,

*—Rev. Collin*



### 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
Ted Germroth	Kirk and Lola Finch
Benjamin Salyer	Abigail & Ashleen Easley
Howard S. Carman, Sr.	Shelley Porter Family
(Howard's Father)	Mark Lowe
Sue Hall	
(Steve Hall's Mother)	

### 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.**

<b>Sunday 6/18</b>	9:45am Intergenerational Sunday School Class, FH
	11:00am Sunday Worship
	7:00pm Session, MR
<b>Monday 6/19</b>	6:30pm Mission Committee, ZOOM
<b>Tuesday 6/20</b>	9:00am Walking Group, Greenbelt Holston Valley Drive Trailhead
	6:00pm The Has Beens, FH
<b>Wednesday 6/21</b>	1:00pm ZOOM Bible Study
	7:00pm Chancel Choir Practice
<b>Thursday 6/22</b>	6:00pm Stephen Ministries, MR
<b>Friday 6/23</b>	10:00am Food Pantry, FH
<b>Saturday 6/24</b>	8:00am Stephen Ministry Training, MR

## Mission Moment Update...

### June 11, 2023—CCC Projects

As part of our 2023 Season of Mission, your Mission Committee looked for a project that would provide a hands-on opportunity for members of the congregation.

One of these involved approximately ten repairs and upgrades that Martha Triplett needed in the Child Care Center – inside the children's rest and play areas as well as on both outside playgrounds.

As Project Leader, Steve Hall purchased the materials and organized a work party to complete the tasks on Saturday, May 20.

That team of fifteen Waverly Readers and three Child Care parents knocked out all the jobs and also enjoyed a delicious home-prepared lunch. Thank you to all those volunteers.

Waverly Road is blessed to support the Child Care Center as a mission to our local community.

Thank you for your on-going support of the Child Care Center and all our missions.

—Eddie Eldredge



**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.

## Encouraging Words

"Keep your face always toward the sunshine and shadows will fall behind you.

—Walt Whitman







Views from the

# FOOD PANTRY

by Peter Lodol



**June 18–24, 2023**

We had a larger than normal day last Friday – 50 bags delivered.

We would also like to welcome Judy Cox to the Food Pantry Team. Judy is a member at 1st Presbyterian in Kingsport, and is helping us with bag loading while the Cora Cox Academy folks are on summer break. Thanks, Judy!

As always, thank you for your support and prayers.

—Pete Lodol



## HEALTH Matters

### 13 Ways to Beat the Afternoon Slump

[webmd.com](http://webmd.com)

#### Take a Walk

Your body isn't built to be alert and productive 8 hours straight. Your levels of the hormone cortisol go up and down all day, which can leave you feeling sluggish in the afternoon. Take a walk to get your blood flowing. Even if it's just around the building or the block, the change of scenery will also reenergize your senses.

#### Eat a Good Breakfast

Do you skimp on your morning meal or skip it altogether? If so, you're missing out on important nutrients that help you concentrate, problem-solve, and be productive.

It may also cause you to overeat at lunch, which can spike blood sugar. This leaves you tired and hungry a few hours later.

#### Do Energizing Yoga Stretches

Yoga is all about slow movements and deep breaths, both of which get your blood moving. It also helps you release any tension you're holding in your body. You don't have to get on the floor. Just back away from the computer and



do some neck rolls, shoulder rolls, and a few seated side bends. Remember to breathe.

#### Drink Water

Your body runs on water. When you don't get enough, everything slows down. Drinking a glass of water will not only make you feel less tired by carrying nutrients and oxygen to your cells, it also helps keeps your blood pressure and heartbeat in check.

#### Sip Green Tea

Eight ounces of brewed green tea has slightly more caffeine than soda, and all of it's natural. Green tea also has plant compounds called catechins that give you a powerful antioxidant boost.

#### Take a Break From Work

Tiredness is your body's way of telling you it needs something. And that something might be as simple as a break. It's tempting to keep working. But when you give your mind and body a few minutes away, you'll be more focused and productive when you return.

#### Open the Blinds

Don't underestimate the power of light. At a core level, your body takes its cues from light to know when to wake up and when to go to sleep. If you're feeling tired during the workday, bright sunlight or a light therapy lamp can help you feel awake and alert.

#### Try a Standing Desk

If you have a desk job, most of the action happens in your mind. Your arms may move a bit on a keyboard, but your lower half stays static. If you alternate between a sitting and standing desk, it keeps your body and blood moving.

#### Grab an Energy-Boosting Snack

These keep your body fueled and offset energy dips in the afternoon. This is a good time to get vitamins, minerals, fiber, and a solid hit of protein in: Reach for yogurt, a piece of fruit, or crunchy vegetables.

#### Cut Back on Sugar

Like caffeine, sugar gives you a quick, easy boost, but you'll pay for it later with low blood sugar and a big drop in energy. Get healthy amounts of sugar naturally from fruit or drinks with 100% fruit juice.

#### Take a Catnap

Give in! A quick nap could be just what your body needs to reset and feel refreshed. Set a 15-minute timer and shut the door to your office or recline the seat in your car. Aim to get your nap in before 3 p.m. so it doesn't mess with your nighttime sleep cycle.

#### Turn On Energetic Music

Ever notice how a song can boost your mood and wake up your whole body? Music tells your brain to produce more dopamine, the hormone that helps you feel pleasure. It also helps your blood flow more freely. Think of it as audio caffeine. (Continued on back page)

## 13 Ways to Beat the Afternoon Slump, *cont'd.*

### Chew Gum

It's not about how many bubbles you can blow. The physical act of chewing gets your heart rate going and increases blood flow to your brain. This wakes your body up and makes you more alert.

## Lemon Pie In A Jar

*Yields: 6 servings (jars)*

### Ingredients

- 2 cup nonfat Greek yogurt
- 1 package fat free, regular or sugar-free lemon pudding mix
- 1 tablespoon lemon juice
- 8 reduced fat vanilla wafers
- 6 tablespoon whipped cream
- 6 small sauce jars



### Directions

1. In a medium bowl, beat the nonfat Greek yogurt with a hand mixer until stiff peaks form.
2. Add the lemon pudding mix and lemon juice and beat to combine.
3. Prepare the jars by placing one vanilla wafer in the bottom of each jar. Top with 1/3 cup yogurt mixture and one tablespoon whipped cream.
4. Crush remaining two vanilla wafers and top each lemon pie with cookie crumbles.

## JUST A FRIENDLY REMINDER!



Due to the wonderful amount of positive responses we will be moving the Intergenerational LIFT Sunday School class to the Fellowship Hall. We are so excited to offer this fully inclusive Sunday School catering to everyone of every age and ability all together. We would like you to be aware that there is a family with a young child who has a severely compromised immune system. The weeks that they attend, masks will be provided to everyone for their safety and inclusion. This has been the practice for their children's Sunday school class on the weeks they attend, and so it will be our practice as well.