

The Newsheet

Waverly Road Presbyterian Church

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WELCOME TO WORSHIP



June 25, 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

June 25, 2023

Genesis 21:8-21 &
Matthew 10:24-39

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 Trinity Gibson...

Hello,

Our high school youth group just returned from Montreat. During the conference, our days were filled with worship, learning, and fellowship amongst 800 teens from around the country!

As most of you know, Montreat is a very special place, but Montreat is also a mindset. We set aside time to focus on the love of God and get quiet enough to hear the Holy Spirit at Montreat. Our kids experienced the Holy Trinity by building community with other churches and new friends, action packed worship, and fun filled fellowship! The weather held for us, no rain, only sunny mild days and cool nights. Of course, we all took advantage of the beautiful Montreat campus full of little streams, relaxing shady spots, and gorgeous buildings. Phones were seldom seen!

I'm excited to share more in the weeks ahead! Thank you all so much for your support and prayers. The conference was amazing.

Enjoy your week!

—*Trinity* (not the Holy one)



PRAYER REQUESTS

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)
Sue Hall
(Steve Hall's Mother)

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

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 6/25	9:45am Intergenerational Sunday School Class, FH
	11:00am Sunday Worship
Tuesday 6/27	9:00am Walking Group, Greenbelt Holston Valley Drive Trailhead
	6:00pm The Has Beens, FH
Wednesday 6/28	7:00pm Chancel Choir Practice
Friday 6/30	10:00am Food Pantry, FH

Mission Moment Update...

June 18, 2023

2023–2024 Season of Mission Update

We are very excited to share that we have received pledges totaling \$35,575 – this is over \$1,000 more than last year's pledged total. And, as of the end of May, we have already received \$23,340 of those pledged dollars. In addition to this unspecified giving, we have received designated pledges of \$975 for Congo Hope and \$1,200 for the Food Pantry.

Last week, Eddie told you about the Work Project that was done for the Child Care Center. I also want to share that as a result of our Hygiene Products Service Project, we were able to provide baby wipes, diapers, toilet paper, toothpaste, toothbrushes, shampoo, body wash, and bar soap to the Food Pantry, Child Care Center and SMILE Foster Closet.

If you'd like to learn more about the missions that Waverly Road supports, you can check out the [2023 Season of Mission Playlist](#) on our YouTube page where we feature Appalachian Miles for Smiles, Living Waters for the World and SMILE Foster Closet. Or, go to the Missions section of the church website and click on the [Interactive Map](#) to see all the missions we are supporting.

Thanks to the generosity of this congregation, Waverly Road will once again be able to make a real difference in the lives of those in need in our community, in our region, and around the world. Thank you.

—The Mission Committee



WRPC Walking Group

Every Tuesday, weather permitting!

We will gather at 9:00 am at the Greenbelt Holston Valley Drive Trailhead entrance to begin our walk.



ZOOM Bible Study will be taking a break for the Summer starting June 28 through July 26.

ZOOM will resume on August 2.



For the month of JUNE...

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

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.





Views from the

FOOD PANTRY

by Peter Lodol



June 25—July 1, 2023

We delivered 38 bags this past Friday, a more normal day.

My thanks to Anthony Lawson for retrieving our Food City order this week while I was in Chicago.

Happy Juneteenth to all!

As always, thank you for your support and prayers.

—Pete Lodol

Stephen Ministry Training Update



STEPHEN MINISTRY

Our future Stephen Ministers will continue their training sessions on Saturday, June 24, 2023.

Please continue to pray for our Stephen Minister trainees as they learn key skills to become better caregivers.

They will cover the section named **“Using Mental Health Professionals and Other Community Resources,”** preparing them for any situation when a care receiver needs a different kind of care than a Stephen Minister is equipped to provide. Our Stephen Ministers work with our Stephen Leaders, the pastor, and others as needed to connect the person with the right kind of care to meet their needs.

They will also explore one of the more frequent situations in which they may provide care **“Ministering to Those Experiencing Grief.”** They’ll learn about the different stages of grief, along with practical ways they can care for their care receiver during each stage of grief. This is a situation everyone is likely to encounter at different times in life, so it’s a crucial way our Stephen Ministers will offer care to our congregation and in our community.

Our Stephen Minister trainees will also study the topic of **“Caring for Those with Depression: The Stephen Minister’s Role”** this week. They’ll learn the signs of mild, moderate, and severe depression; how to care appropriately for someone with mild or moderate

depression; and when and how to make a referral to a mental health professional.

Continue to pray for Linda, Mark, Martha, and Tom as they grow in their ability to bring Christ’s love and care to people as a ministry of our congregation and pray for Dave, Sharon, and Barbara as they prepare for and lead the sessions.



HEALTH Matters

Keeping Dust Mites to a Minimum

Candina Jordan / webmd.com

Dust mites are so small that you can't see them, but these tiny creatures live in everyone's house. They aren't likely to cause eczema on their own. However, they can cause an eczema flare-up in people who already have it. Dust mites themselves aren't the problem, though: It's a protein in their droppings that causes irritation in people who are sensitive to it.



The best thing you can do if you're sensitive to dust mites is avoid exposure to them. You can't completely rid your home of dust mites, but you can cut down on their numbers.

In the Bedroom

There are more dust mites in your bedroom than any other room in the house. Their main source of food is the skin flakes you shed. Here are some ways you can cut down on dust mites in your bedroom:

Use bed covers

Put allergen-proof bed covers on your mattress and box springs. These are covers of tightly woven fabric designed to encase your mattress. This serves the dual function of preventing dust mites from getting into your mattress and preventing the ones that are already there from getting out.

Wash weekly

Wash your sheets, blankets, pillows, pillow cases, and other bedding every week. The water needs to be at least 130 degrees Fahrenheit to kill the dust mites. For bedding that can't be washed, putting it in a hot dryer for 15 minutes or freezing it overnight will also kill any dust mites.

Choose washable bedding

Avoid bedding that's difficult to clean or traps dust. Choose simple bedding that will hold up despite frequent washing. (Continued on back page)

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Keeping Dust Mites to a Minimum, *cont'd.*

Remove habitats where dust mites thrive

Dust mites live in humid, dusty environments. Carpet, especially if it's over concrete, upholstered furniture, and draperies provide optimal living conditions for dust mites. Consider replacing the carpet in your bedroom with wood, tile, or vinyl flooring.

Vacuum and dust frequently

Vacuum your carpets and rugs several times weekly. Vacuum soft furniture once a week. When you vacuum your furniture, pay special attention to the seams, as this is where dust mites tend to collect. Dust hard surfaces with a damp duster daily if possible.

Reduce humidity

Use a dehumidifier or air condition to keep the humidity levels in your home below 50 percent. You can check humidity levels with a hygrometer, which is available at hardware stores.

Avoid clutter

Since dust is a breeding ground for dust mites, avoid having items out in the open that collect dust. Either remove knickknacks, books, and magazines or put them in a protected cabinet to reduce dust.

Intergenerational Sunday School Class

