

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 11, 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 11, 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 Rachel Lawson...



I have been busy lining ducks up in a row and I'm finally able to share that SMILE is bringing a very special system of service to NE TN! The CarePortal system was created under the Global Orphan Project and exists to connect local churches, businesses and individuals with the needs of vulnerable children in their community.

For example: Hope House has a new mom that finally got an apartment but still needs a crib and the stove she got isn't working. The caseworker there can submit those requests on the online CarePortal platform which goes out to all churches in the network. A church that has someone with a crib to donate (or wants to buy one) will get to meet this new mama, gush over her new little blessing, and maybe even assemble the crib for her. That church, or a different one, may have a handyman that can donate his time to fix her stove. The beautiful part about CarePortal is that it was designed so that the church is the hands that help and the feet that walk with these children and families; keeping them together and out of the foster care system. What a blessing all the way around! Over the coming months you will be hearing about how YOU as part of the WRPC church family can be a part of it all as well as what other things CarePortal can do. You can also watch a short video clip on how it works right here if you're ready to get excited about it! <https://youtu.be/ij3rOWd011Y>

—Rachel



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—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 6/11	9:45am Intergenerational Sunday School Class, FH
	11:00am Sunday Worship
	7:00pm Personnel, Library
Tuesday 6/13	9:00am Walking Group, Greenbelt Holston Valley Drive Trailhead
	6:00pm The Has Beens, FH
	6:00pm Children & Youth Ministries, MR
Wednesday 6/14	1:00pm ZOOM Bible Study
Friday 6/16	10:00am Food Pantry, FH



**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.

We really need twist ties!



Hello all...we have a shortage of twist ties for bagging bread. If you have some extras in your kitchen, it would be most appreciated if you would drop them off in the bagging supplies area. The WRPC kitchen seems to be short on them also. Many thanks.

—Jane Hunter

Mission Moment Update...

June 4, 2023—Stewardship Update

Good morning. I'm representing the Stewardship Committee this morning, and that consists of two groups, the Finance Committee and Building & Grounds. Through April, our church's financial position looks good. Our revenues of \$153,386 are higher than budgeted as we continue to benefit from pledges that were prepaid for the full year. Through April, expenses of \$136,627 dollars are lower than anticipated, resulting in a budget surplus of \$16,759 dollars. As a reminder, our annual budget is almost \$433 thousand dollars. We have more than half of the year to go, but so far, so good. Thank you for your gifts and thanks be to God.

Our Building & Grounds Committee stays busy, sometimes with routine fixes around the church and sometimes with something unusual like the time when an elderly man drove his car onto the front porch of the Prospect House. Fortunately, the driver was not hurt AND he reimbursed us. Some of the more normal work done to date this year includes replacing a water heater, updating lighting to LEDs, improving drainage issues, and working on projects for the Child Care Center.

Watching over finances and property is extremely important, of course, but that can also be kind of a narrow way to think about Stewardship. After all, we all have a responsibility in the broader picture—to use our gifts to worship, to help each other grow, to teach future generations about Jesus, and to share God's love outside these doors.

I want to share something I read from PCUSA Stewardship Ministry News. Blogger Maggie Harman acknowledges and I'm quoting: "We may be in the midst of grief over the change occurring in our churches today. Our churches do not feel the way they did decades ago. They do not occupy the same space in the social landscape. Things have changed and change is hard, scary, and uncomfortable."

She continues, "It is time to put aside our grief over what was and experience the possibility of what can be." She writes, "I suspect that while Jesus was alive, none of his disciples really believed that they were going to have to take over someday. Sure, they could help out; they could preach, they could do some healing, but they had a very real, very tangible safety net. Until they didn't."

As we know, there weren't many disciples. "The 'church' was small; they didn't have big buildings and they weren't popular with people in power, but wow! Did they ever manage to do something incredible!"

Maggie writes, "We are no less the recipients of that charge today. We are no less responsible, and we are no (Continued on back page)"



Views from the

FOOD PANTRY

by Peter Lodol



June 11–17, 2023

We began June with a typical Friday; 37 bags delivered.

Our “average” Friday for all of 2023 is just over 36 bags per week.

As always, thank you for your support and prayers.

—Pete Lodol



HEALTH Matters

How Grief Can Affect Your Health

webmd.com



Sleep Problems

Grief can keep you from getting the regular sleep your mind and body need. You might have trouble going to sleep, or you might wake up often in the night or even sleep too much. Good

sleep habits can help. Wind down slowly before bed with something calm like a bath, a book, or breathing exercises, and go to bed and wake up at the same time each day.

Fatigue

The emotional toll of grief can drain your energy. To keep up your strength, be sure to eat enough, even if you don't feel like it. And exercise -- something as simple as a short walk can really help. It's also good to stay connected with family and friends. And a mental health professional or a support group may be able to give you a sense of connection, along with tools to help you through your grief.

Immune System

There's some evidence that grief can take a toll on your body's ability to fight illness and infection, especially if it goes on for a long time. Talk to your doctor or a mental health professional if you're having trouble coming to terms with your loss.

Inflammation

This happens when your immune system responds to something it sees as a threat and makes tissues in your body swell. It can play a role in heart disease, arthritis, diabetes, asthma, and possibly cancer. There's evidence that grief is linked to inflammation, and some studies show the more severe the grief, the more serious the inflammation. Exercise and eating right can help you manage it.

Anxiety

The events that cause grief can make you feel like you don't have control over your life. You might be concerned about your financial future or being alone or the possibility of losing someone else. Some worry is normal, but if your anxiety lasts longer than a few months or gets in the way of your normal work or home life, it may be time to talk to a mental health professional.

Cortisol

This is sometimes called the “stress hormone,” and your body may release more of it than usual into your bloodstream in the 6 months after the loss of a loved one. High levels of cortisol over a long period can raise your chances of heart disease or high blood pressure.

Digestion

Grief can lead you to stop eating on a regular schedule or to binge eat. And stress hormones can make you nauseous or bother your stomach and the rest of your digestive tract. You might have stomach cramps, diarrhea, constipation, ulcers, and even irritable bowel syndrome. If you have stomach issues that won't go away, your doctor can help you find ways to treat them.

Aches and Pains

Grief may make you more likely to have joint pain, back pain, or headaches. Part of the reason could be the muscle tension caused by the stress hormones your body releases in response to grief. This should get better over time, but talk to your doctor about how to manage the pain if it doesn't go away.

Heart Rate

Serious grief can keep your pulse high for as long as 6 months. This faster rate, which could be caused by anxiety or the release of cortisol, might make your chances of heart problems more likely. Talk to your doctor about adding or changing your medication, especially if you already have heart issues.

Broken Heart Syndrome

The sudden loss of a spouse or loved one can cause a jolt of intense emotion and trigger hormones that lead to sharp chest pain and trouble breathing. Your heart may not pump blood as well for a while. It can feel like a heart attack, but it usually doesn't damage your heart or block your arteries. Most people get better within a few days or weeks. *(Continued on back page)*

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How Grief Can Affect Your Health, *cont'd.*

Higher Heart Attack Risk

In the first day of grief over the loss of someone close, your chances of having a heart attack are higher than normal. They go down over the course of the first week, but your odds may stay higher than usual for the first month. Try to get enough sleep, and watch for signs of heart attack like chest and stomach pain, cold sweats, nausea, and dizziness.



STARTING THIS SUNDAY!

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.

Mission Moment Update... *cont'd.*

less capable. The legacy of the opportunity present in the resurrection is ours, and we must do the work that will pass that legacy to the next generation and the one after that. We must move to the world of new possibilities."

I really like the way Maggie Harman closes her thoughts, as she challenges us to "shift our perspective to the fullness of the opportunity in front of us, so we can move forward together with hope, with joy, with gladness, and with the full knowledge that we will do our work to make sure the church is there for thousands of years to come."

Thanks for letting me share that perspective of Stewardship with you and thanks for sharing your time, talents, and tithes to glorify God.

(Submitted by Martha Lawson)

Encouraging Words

"Great opportunities to help others seldom come, but small ones surround us every day."

—Sally Koch