

# 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



**July 23, 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

**July 23, 2023**

**Genesis 28:10-19a &  
Matthew 13:24-30, 36-43**

### 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,

As our calendar summer moves toward the start of school, I feel the rush toward fall begin! Most stores already have autumn and Halloween decorations on shelves. Though the sun's rays scorch all day, sweaters hang in store fronts!

I realize many of us live  
our lives in what's  
coming next

rather than being in the

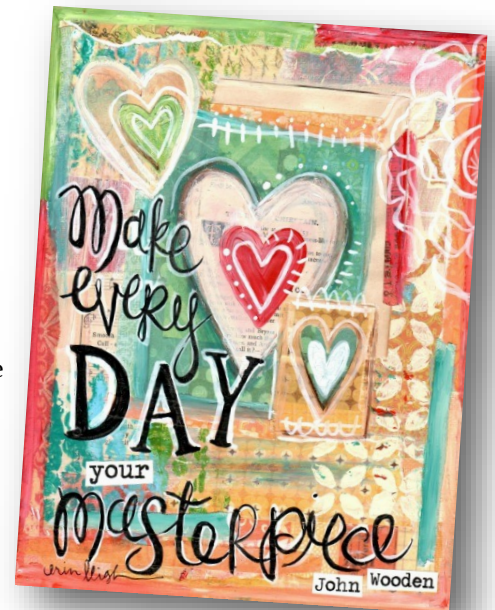
present moment. Focusing on the future alone  
devalues anything happening now.

This betrays the peace, love, and joy of today.

We undermine our current efforts and  
achievements because we don't take time to  
honor them. We send this message to our kids  
as well.

Today, right now, we are valuable and what we  
do matters! I challenge you to go through your  
day reminding yourself that you don't have to  
achieve more or wait longer to be worthy of  
good things today. Tell someone else  
the same. Savor the summer of 2023 and  
each 'today'!

With gratitude, —*Trinity*



## 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)

Laci, Nicholas &  
Robin Lodall  
Ann Kibler  
Dr. Bob & Jeanne Jernigan  
Sarah Hale  
Susan Avery  
Kirk and Lola Finch  
Abigail & Ashleen Easley  
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 7/23</b>	9:45am Intergenerational Sunday School / VBS Class, FH
	11:00am Sunday Worship
<b>Tuesday 7/25</b>	9:00am Walking Group, Greenbelt Holston Valley Trailhead
	6:00pm Has Beens, FH
<b>Friday 7/28</b>	10:00am Food Pantry, FH
<b>Saturday 7/29</b>	4:00pm Event Set-up, GS



**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 JULY...**

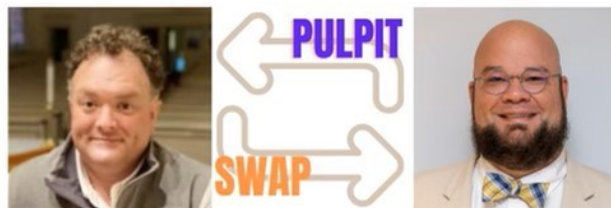
Our wish list for July includes gently used Kids sizes 6-20 for Back to School and NEW School Supplies

## 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://www.eservicepayments.com) or scan the QR code to go directly to this link.

## PULPIT SWAP



On Sunday, July 30, at 11:00am, Rev. Adam Love will preach at Waverly Road Presbyterian and Rev. Collin Adams will preach at Mafair United Methodist.

Following the worship services, both churches will join together at the Prospect Center for a catered lunch.

Join us to hear Collin's message and enjoy some fellowship!

## Intergenerational VBS wraps up Sunday, July 30!



We will meet in the Fellowship Hall during regular Sunday School time.

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.

Absolutely all ages are welcome and we hope you'll come enjoy this opportunity to engage with congregation members of all ages you may not normally get to spend time with! A breakfast snack will be served.





Views from the

# FOOD PANTRY

by Peter Lodol



**July 23—29, 2023**

To all:

We had a pretty light Friday, with only 26 bags delivered.

As always, thank you for your support and prayers.

—Pete Lodol



## HEALTH Matters

**Foods for a Long,  
Healthy Life**

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

### Antioxidants & Aging

Free radicals are molecules that can damage healthy cells. They can make you more likely to get certain diseases, like cancer, and speed up aging. Foods rich in antioxidants can help fight those molecules. Colorful vegetables and fruits are packed with them, so aim for five to nine servings of those each day.



### Berries

These are a great source of antioxidants and may help prevent cancer and some brain diseases. Frozen berries have them, too. Check out the grocery store's freezer case and enjoy them year-round.

### Olive Oil

This tasty "good" fat may have anti-inflammatory and antioxidant properties. Some studies show that it may improve cholesterol levels.

### Fish

It's been called "brain food" because its fatty acids, DHA and EPA, can help your brain and nervous system work the way they should. Eating fish one or two times a week may also make you less likely to have dementia. Omega-3 fats found in fatty fish, like salmon and trout, can lower "bad" cholesterol and triglycerides. It can also help ease the inflammation that leads to atherosclerosis, when fatty deposits clog your arteries.

### Beans

Add these nutritional powerhouses to your diet three or four times a week. The fiber may help with digestion and help lower your chances of obesity, heart disease, and diabetes. And because they make you feel full longer, a diet high in fiber may help you lose weight, too. Top a salad with chickpeas, or use beans in place of meat in soups.

### Vegetables

Veggies have fiber, antioxidants, and loads of vitamins and minerals that may help protect you from chronic diseases. Dark, leafy greens have vitamin K for strong bones. Sweet potatoes and carrots have vitamin A, which helps keep your eyes and skin healthy and protects against infection. Results are mixed, but in one study, men who ate 10 or more servings of tomatoes a week lowered their chances of prostate cancer by 35%.

### Nuts

Nuts are packed with cholesterol-free plant protein and other nutrients. Almonds are rich in vitamin E, which can help lower the risk of stroke in women, and pecans have antioxidants. The unsaturated fats in walnuts can help lower LDL and raise HDL cholesterol. But nuts aren't fat-free. One ounce of almonds -- about 24 nuts -- has 160 calories. So enjoy them in moderation.

### Dairy

Beverages fortified with vitamin D, like milk, help your body take in and use calcium. That's especially important if you're likely to have osteoporosis, or thinning bones. Eat yogurt with live cultures to help with digestion.

### Whole Grains

Adding these to your diet may lower your chances of certain types of cancer, type 2 diabetes, and heart disease. The fiber also may help prevent digestive problems like constipation and diverticular disease. Choose whole-grain breads and pastas, and brown or wild rice instead of white. Drop barley into soups, or add plain oatmeal to meatloaf.

### Eat Like the Greeks

People who live near the Mediterranean regularly include olive oil, fish, vegetables, and whole grains in their meals, along with an occasional glass of red wine. Instead of salt, they use spices and herbs to flavor their foods. This "Mediterranean diet" can be good for heart health, and it may lower your chances of mild memory issues and some kinds of cancer.

### Stay a Healthy Weight

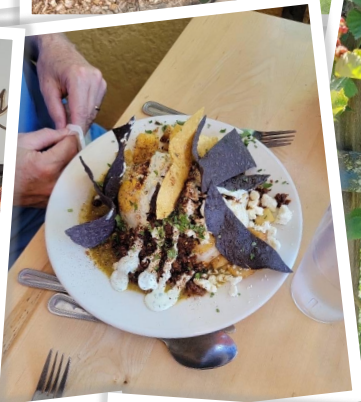
Some people find it hard to keep weight on as they get older, especially after an illness or injury. A couple of ideas are having smaller meals with healthy snacks in between, and switching to whole milk instead of skim. Don't fill up on foods that are high in sugar or fat, or you won't get the nutrients you need.





# Waverly Wanderers

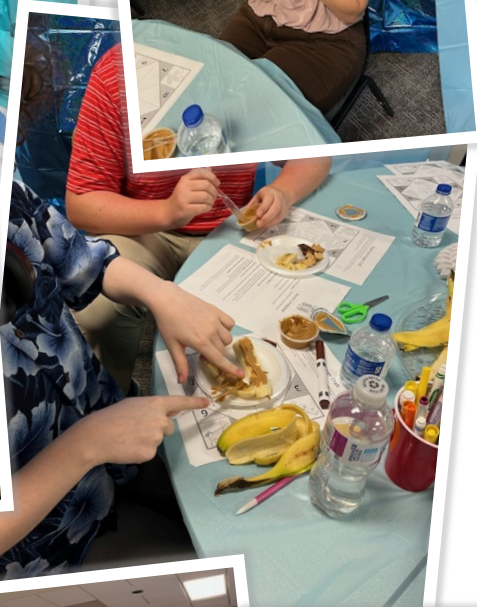
And.... the Waverly Wanderers went wandering to Asheville to dine at the Sunny Point Café and tour French Broad Chocolates! It was a fun and delicious "wander"!





# Sunday learning and fun at our Intergenerational VBS!

**VBS**  
JOIN THE FUN!





**Waverly Road Presbyterian Church**  
**1415 Waverly Road**  
**Kingsport, TN 37664-2520**

The Newsheet (permit 445-550) is published weekly by Waverly Road Presbyterian Church, 1415 Waverly Rd., Kingsport TN 37664-2520. Periodicals postage paid at Kingsport TN. Postmaster: send address changes to The Newsheet, 1415 Waverly Rd., Kingsport TN 37664-2520.

## Loneliness Is a Risk – How Can We Lower that Risk?



**STEPHEN  
MINISTRY**

In a Times-News article on May 3, 2023, the headline “Loneliness poses risks as deadly as smoking: surgeon general” stood out to me. Almost 50% of Americans say they have been lonely at some time in life and perhaps you or someone you know is struggling with it currently.

In the article, Dr. Vivek Murphy stated that “Widespread loneliness in the U.S. poses health risks as deadly as smoking up to 15 cigarettes a day. We now know that loneliness is a common feeling that many people experience. It’s like hunger or thirst. It’s a feeling the body sends us, like something we need for survival is missing.”

Research shows that people experiencing loneliness become less involved in places of worship, community organizations, and with their own family members. In recent years, an increase in feelings of loneliness has been evident. The number of single households has

doubled over the last 60 years. Another contributing factor is the isolation caused by Covid-19 which prompted churches, schools, and workplaces to close their doors and caused millions of Americans to isolate at home away from relatives and friends.

Loneliness increases the risk of premature death by nearly 30%. Dr. Murphy’s report reported that those with poor social relationships had a greater risk of stroke and heart diseases. Isolation also elevates a person’s likelihood of experiencing depression, anxiety, and dementia.

How can you help someone who is lonely? Reach out to a person who may be lonely by sending a card, making a phone call, extending an invitation to take a walk, have lunch, or some other activity that he/she might like. If you think you, your friend, or family member might be experiencing more loneliness than you can help with, please ask that person if he/she would like to talk to a Stephen Leader to see if a Stephen Minister would be beneficial. Stephen Ministers are here to help, care, and listen.