

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 9, 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 9, 2023
Romans 7:15-25a

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...



A few weeks ago I was able to attend the InterGenerate conference in Nashville, TN with leaders from all over the world that are beginning (or already have) intergenerational churches.

Intergenerational Discipleship is defined by James White as:

"Two or more different age groups....together learning, growing, living in faith through in-common experiences, parallel learning, contributive occasions, and interactive sharing".

Intergenerational Discipleship:

- Is NOT just about the children, it IS about people of ALL ages.
- Is NOT primarily about what we do, but it IS about who we are.
- Is NOT something that just happens, it DOES require intentionality (this is the difference between "multi" generational and "inter" generational.
- Is NOT just programming or a "class". It IS a way of church life.
- Does NOT mean that split age group classes/activities are a bad thing. It DOES mean that we will benefit together more from the knowledge we gain in both atmospheres.

An integral part of the Intergenerational way of discipleship is participation. Participation is DOING God's story - the required action that brings his Word to life and meaning. It is authentic, relational dialogue between people that have intentional relationships based on mutuality (all benefit), equality (all are valued equally) and reciprocity (all give and receive).

Basically, "me" needs to become "we". We will come to realize that when creating spaces that allow all voices and giftings it won't always be clean and in decent order. Variety and change don't mean comfort, but almost always mean growth. It won't be anything that happens quickly. But, it will be worth every minute invested as we know that God doesn't waste anything. —Rachel



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

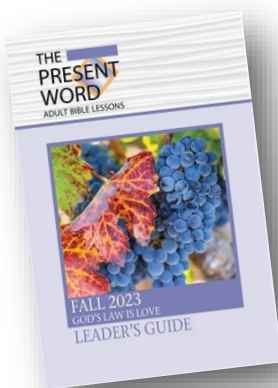
We will leave names on the Prayer Request List for three weeks unless you notify the Church Office to remain on the list for an extended amount of time.



This Week at WRPC

Indoor and Online Worship at 11:00am.

Sunday 7/9	9:45am Intergenerational Sunday School / VBS Class, FH
	11:00am Sunday Worship
Tuesday 7/11	9:00am Walking Group, Greenbelt Holston Valley Trailhead
	6:00pm Has Beens, FH
	6:00pm Children & Youth Ministry, MR
Thursday 7/13	12:00pm Worship Committee, ZOOM
Friday 7/14	10:00am Food Pantry, FH



Online Bible Study To Restart In September

The online weekly Bible study will resume in September. The 20 minute Zoom lesson is taught by Barbara Lane, Jack Lowe, and Betsy Preston. The Present Word is the quarterly that will be used. If you would like a copy of the study booklet, please let Amy know by phone or email. She will be placing an order for the books in the near future.

The Intergenerational Sunday School class becomes an all-inclusive intergenerational VBS starting this Sunday and continuing for the next three Sundays!



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.



ZOOM Bible Study will be taking a break for the Summer starting June 28 through July 26. ZOOM will resume on August 2.



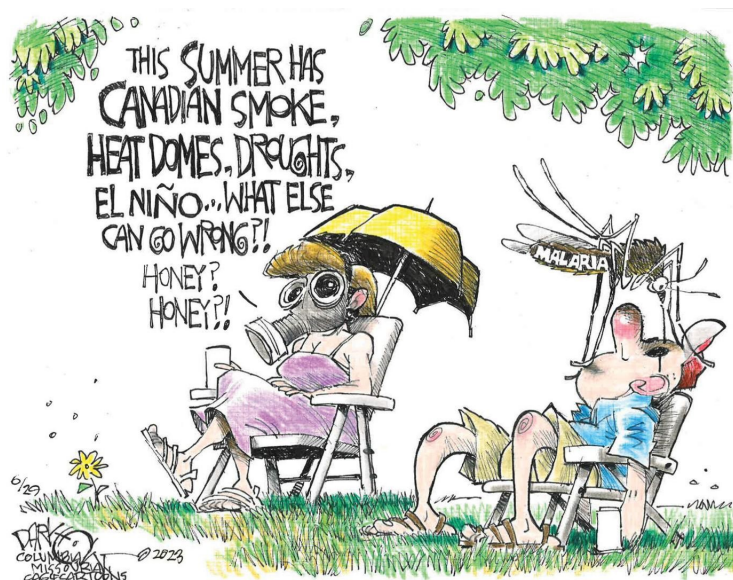
For the month of JULY...

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





Views from the

FOOD PANTRY

by Peter Lodol



July 9–15, 2023

To all:

Hope you are enjoying the 4th of July celebrations.

We delivered only 21 bags this past Friday, which might be due to the holiday weekend.

For all of June, we delivered 188 bags, the largest monthly total for 2023, along with 600 pounds of baked goods from Panera.

It's hard to believe the year is now half-over. Onward to a successful 2nd half of 2023.

As always, thank you for your support and prayers.

—Pete Lodol



HEALTH Matters

Can Your Swimming Spot Make You Sick?

webmd.com

What's in the Water?

When you swim, you can come across some nasty bacteria, viruses, and chemicals. Oceans, rivers, lakes, and ponds can get things from animals, sewage spills, runoff from rainstorms, or other swimmers. And while chlorine kills most of the germs in places like pools, hot tubs, and splash fountains, it doesn't work instantly.

Digestive Problems

If you catch something while you're swimming -- wherever you might be -- you're most likely to have these kinds of issues. The culprit is often a parasite like cryptosporidium (crypto for short) or giardia. You also could come into contact with norovirus or bacteria like

E. coli or shigella. To protect yourself, don't swallow water when you swim. To protect everyone else, stay on the sidelines if you have diarrhea.

Swimmer's Ear

The official name for this is otitis externa. It's a common infection you can get when you spend a lot of time in any kind of water. Your skin breaks down more easily when it's moist, and bacteria can move in. Over-the-counter drops can help prevent it. If you have it, you'll need to see a doctor for antibiotics.

Legionnaire's Disease

You can get this type of pneumonia, also called legionellosis, if you breathe in a bacteria called legionella. The germ can thrive in a hot tub that isn't clean enough, and you can breathe it in through mist or steam. It's one of the most common waterborne illnesses in the U.S.

Hot Tub Rash

A long soak in a hot tub can give you itchy, bumpy, red spots. The troublemaker is often a germ called *Pseudomonas aeruginosa*. Spas are harder to keep clean than pools because high temperatures break down chemicals like chlorine faster. That makes a friendlier environment for bacteria. Always shower with soap right away after you've been in one, and wash your swimsuit, too.

Toxic Algae

Sometimes these simple plants that live in oceans and freshwater can grow out of control and make dangerous poisons. That's called a harmful algal bloom (HAB), and every U.S. state with a coastline has had them. One type, known as cyanobacteria, can give you diarrhea and rashes and cause problems with your lungs. Don't swim in areas that look scummy or foamy, and pay attention to posted warnings about HABs.

Swimmer's Itch

You can get this rash, also called cercarial dermatitis, in fresh or saltwater. It's a reaction to a tiny parasite that burrows into your skin. It starts with infected snails, and you're more likely to run into them in shallow areas near the shore. The best way to avoid it is to stay away from marshy places where snails live. And always towel off or shower when you're done swimming.

Leptospirosis

You can come across the bacteria that cause this illness in lakes and rivers -- they get there through the urine of infected animals. The germs go into your body through your eyes, nose, mouth, or a cut. Symptoms include diarrhea, red eyes, headache, fever, and jaundice (yellowish skin or eyes caused by a problem with your liver). It's more common in warmer climates, and recent heavy rains and flooding make it more likely.

(Continued on back page)



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

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Can Your Swimming Spot Make You Sick? *cont'd.*

Naegleria fowleri

This tiny organism, found in warm freshwater spots like lakes, rivers, and hot springs, is sometimes called the "brain-eating amoeba." It can get in your nose when you swim in contaminated water. Once it's in your body, it destroys tissue and is almost always fatal. Infections are very rare in the U.S. -- there are only about three each year. To cut your risk, hold your nose closed, use nose clips, or keep your head above water.

Vibriosis

If you swim in the ocean when you have a cut, scrape, or recent tattoo, certain organisms that live in warm coastal waters can get in your wound and cause an infection. One type, vibrio vulnificus, is sometimes called "flesh-eating bacteria." It's very rare, but it can cause skin ulcers and lead to serious problems, especially if your immune system is weak.

Conjunctivitis

When it's caused by germs, it's very contagious, and you can get it by swimming in the same pool as someone who has it. This condition, also known as pinkeye, makes your eyes swell, turn red, and leak a watery yellow fluid. It can be caused by chemicals, too, and the chlorine in pools can sometimes lead to a mild version.



2023 Holston Habitat Faith Build

Waverly Road's three volunteer workdays are July 27-29. Work will include cabinets, closets, bathroom fixtures, kitchen appliances, etc. Habitat will provide tools and guidance.

Six workers per day will be needed for each of the three days. Please see the sign-up instructions below. In addition to the six volunteer workers, we will need lunch support each day.

Instructions for on-line signup for Waverly Road: Each worker will need to visit this link:

www.holstonhabitat.org/marquettasbuild and click the VOLUNTEER button.

It's time to go Waverly Wandering!



Waverly Wanderers are going to take a tour of the French Broad Chocolate Factory in Asheville on Wednesday, July 12th and have brunch at the Sunny Point Cafe. If you'd like to join us contact Rachel Lawson.