

# 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



**August 27, 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

**August 27, 2023**

Romans 12:1-8 &  
Matthew 16:13-20

### 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,**

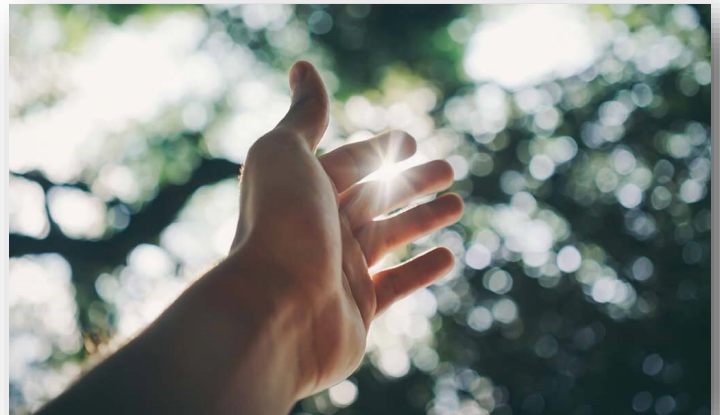
So much happens around us all of the time. It is hard to find focus when there are so many things that are competing for our attention. There are the demands of family, of friends, of work, of our bodies and so much more.

It is no wonder then that in the Psalms we are reminded to 'Be Still.' Just for a moment be still and see if there is something that brings

God's voice to your heart. Turn down distractions and let your body relax. God does not want us to be busy, God wants us to be alive.

Today, find that moment of stillness and be alive in God's Spirit.

*—Rev. Collin*



## PRAYER REQUESTS

### 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.	Travis & Kathy Adams
(Howard's Father)	(Collin's parents)
Marie Jones Family	

### 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 8/27</b>	9:45am	Sunday School
	11:00am	Sunday Worship
	12:00pm	CarePortal Info Luncheon, FH
<b>Tuesday 8/29</b>	9:00am	Walking Group, Greenbelt Holston Valley Trailhead
	6:00pm	Has Beens, FH
<b>Wednesday 8/30</b>	1:00pm	ZOOM Bible Study
	7:00pm	Chancel Choir Practice
<b>Friday 9/1</b>	10:00am	Food Pantry, FH

## Stephen Ministry Training Update



**STEPHEN  
MINISTRY**

This Saturday, August 26th, our Stephen Minister trainees will study Part 2 of "Supervision: A Key to Quality Christian Care" this week. They'll learn more about the kind of discussion that takes place in supervision while preserving confidentiality – and then they'll have a chance to try out their skills in a practice supervision session.

In the second session, our Stephen Minister trainees will be experiencing their second-to-last training session: "How to Make a First Caring Visit." This class summarizes everything our Stephen Ministers have learned so far and applies it to getting their first caring relationships off to a strong, healthy start.

The last session of initial training, "Go – God Is with You!" is a time for review and inspiration as they prepare for the next stage in their caregiving journey. With the completion of their training, they are ready to provide quality, one-to-one caring ministry on behalf of our congregation.

At the end the day, newest trainees will have completed their initial training and will be prepared to be commissioned in worship soon.

Please be in prayer for Martha, Linda, Mark, and Tom as they complete the 50 hours of training. Also be in prayer for Sharon, Dave, and Barbara as they prepare and lead the training.

## Don't forget! This Sunday!



What is CarePortal anyway, why is Rachel going on and on about it, and what good will it do me and WRPC?

These pressing questions and more will be answered at a luncheon hosted jointly by the Mission and Congregational Care Committees on Sunday, August 27th in the Fellowship Hall immediately after worship. Rachel will be providing the programming.

We hope you can come enjoy fellowship along with our friends from Mafair and discover how CarePortal can help us to be the hands and feet of Christ both in our congregations and neighborhood. Please RSVP either online [here](#) or by placing the provided bulletin insert into the offering plate on either Sunday the 13th or Sunday the 20th (please don't RSVP twice both online and via the insert).

See you there!



**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.**

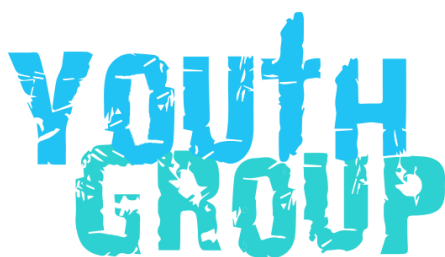


**Join us every Wednesday at 1:00pm for  
ZOOM Bible Study. We will send out a log-in and  
password to your email.**



**For the month of  
September...**

Our wish list for September includes gently used leggings, athletic sweat pants (all sizes) and new infant formula.



**Youth Group  
begins Monday,  
September 11,  
6:00–8:00pm**

Trinity has some fun things planned for our WRPC Youth. You don't want to miss out!





Views from the

# FOOD PANTRY

by Peter Lodol



**August 26–September 2, 2023**

To all:

We delivered 40 bags this past Friday.

Our bread from Panera was way up this week – so much for the downward trend. Thanks to Jane Hunter for her coordination of the “dough-nations.”

As always, thank you for your support and prayers.

—Pete Lodol



## Wandering...

The Waverly Wanderers have some exciting adventures coming up! Contact Rachel Lawson for more details about any of our outings.

Wednesday August 30th we will be traveling to Lake Lure, NC (where Dirty Dancing was filmed) to take a boat tour and have lunch. We can take up to 15 people and suspect the bus will fill up quickly so let Rachel Lawson know ASAP if you'd like to join us.

September 24th we will be going to Bristol to see the musical Oklahoma at the Paramount Theatre. Please RSVP no later than Monday, August 20th for that.

October - Date TBD – trip to the Museum of Appalachia in Clinton, TN

## Encouraging Words

“A person who never made a mistake never tried anything new.”

—Albert Einstein



## HEALTH Matters

### Health Benefits of Manuka Honey

webmd.com



Honey bees produce Manuka honey by pollinating the leptospermum scoparium bush (tea tree) native to Australia and New Zealand. The bushes grow uncultivated and the honey must pass rigorous tests in order to be considered authentic. Manuka honey by either New Zealand's Ministry of Primary Industries or the Australian Manuka Honey Association.

In addition to eating this natural product, Manuka honey can be used topically, popularly applied to help treat wounds and burns, or as part of a skin care regimen.

#### Health Benefits

Manuka honey has a long history in folk medicine. Many recognize it as a viable alternative treatment for several medical conditions. Some of the potential health benefits of Manuka honey include:

#### Wound Care

Manuka honey can serve as a dressing for wounds, sores, and burns. In addition to its antimicrobial properties, Manuka honey protects wounds and keeps them moist.

Clinical data shows that Manuka honey helps prevent infection due to its antibacterial and antiviral. It has even demonstrated antibiotic properties when applied to already infected areas.

As cases of antibiotic-resistant infections become more common, Manuka honey may have potential as an alternative treatment when dealing with pathogens such as methicillin-resistant Staphylococcus aureus, better known as MRSA.

When used topically, Manuka honey can also enhance healing and tissue regeneration. As an anti-inflammatory, topical use of Manuka honey further helps reduce pain, particularly in people with burns.

#### Prevention of Gum Disease and Tooth Decay

Manuka honey attacks harmful oral bacteria, such as Porphyromonas gingivalis, that are associated with gum and tooth health problems.

(Continued on back page)

## **Health Benefits of Manuka Honey, *cont'd.***

One study compared the effect of chewing or sucking a Manuka honey chew after meals to the effect of chewing sugarless gum. Unlike the gum, the Manuka honey significantly reduced plaque and gingivitis.

### **Sore Throat Relief**

Many lozenges rely on honey's power to soothe a sore throat and suppress a cough. Honey can help coat the throat and attack harmful bacteria, contributing to relief.

Clinical trials have been conducted that specifically involve patients undergoing radiation or chemotherapy. In one study, Manuka honey helped reduce the harmful bacteria *Streptococcus mutans*, which is linked to sore throats, in irradiated patients. Good bacteria was not affected.

### **Acne Treatment**

Several cosmetic companies have begun including Manuka honey in facial washes and lotions, hoping to use its antimicrobial and anti-inflammatory effects to help treat acne.

While there is a lack of clinical studies involving Manuka honey and acne, one study was performed using Kanuka honey, which is substantially different. That study found

no significant difference between acne in participants using antibacterial soap and participants using antibacterial soap with Manuka honey.

### **Other Possible Benefits**

Manuka honey has been promoted as a potential treatment for several other conditions, there is increasing evidence for use of Manuka honey for digestive health, but the available research yields mixed results.

Conditions that may benefit from using Manuka honey include:

- \* Irritable bowel syndrome (IBS)
- \* Gastric ulcers
- \* *H. pylori* infection
- \* Upper respiratory infections, particularly in people with cystic fibrosis

### **Health Risks**

Manuka honey is safe for most individuals. However, there are still some risks involved in using honey, such as:

Adverse reactions including allergies to honey bees, infant botulism and high sugar content for people with diabetes.