

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**



September 3, 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

September 3, 2023
Exodus 3:1-15

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...

WRPC

**The Church should
be a community
where messed-up
people are
welcome, outcasts
are loved,
underdogs find a
champion, the
hopeless find hope,
and the friendless
find a friend.**

But who ARE
these people?
They aren't in our
sanctuary on
Sunday morning.
We'd be glad to do
these things of
course but they
aren't here. I don't
pretend to have all the
answers, but it sounds
like a problem to solve!

—Rachel



PRAYER REQUESTS

People in our Prayers

Rev. Dan Clark
Holston Presbytery Camp
Patients receiving Dialysis
Lee Bockman
Doris Blanchard
Charlie Smith
Ted Germroth
Benjamin Salyer
Howard S. Carman, Sr.
(Howard's Father)
Marie Jones Family

Laci, Nicholas &
Robin Lodai
Ann Kibler
Dr. Bob & Jeanne Jernigan
Sarah Hale
Susan Avery
Kirk and Lola Finch
Abigail & Ashleen Easley
Travis & Kathy Adams
(Collin's parents)

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.

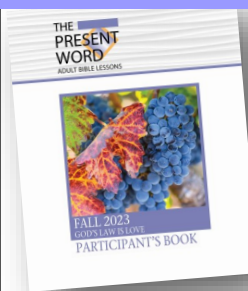


This Week at WRPC

Indoor and Online Worship at 11:00am.

Sunday 9/3	9:45am Sunday School 11:00am Sunday Worship / Communion / 5 Cents-a-Meal Offering
Monday 9/4	8:00am Labor Day Holiday — Church Offices CLOSED
Tuesday 9/5	9:00am Walking Group, Greenbelt Holston Valley Trailhead 11:00am Staff Meeting, ZOOM 6:00pm Has Beens, FH
Wednesday 9/6	1:00pm ZOOM Bible Study 7:00pm Chancel Choir Practice
Friday 9/8	10:00am Food Pantry, FH

The Present Word (Online Sunday School Lesson) Classes Resume



The On-line Sunday School Class is resuming lessons for the Fall quarter. We will continue to use *The Present Word* curriculum that we have used for many years. The theme for this quarter is *God's Law is Love*. During September, we will be studying *Love Completes, Law Falls Short*.

We will learn about Jesus eating with a Pharisee; Is it Lawful to Heal on the Sabbath?; Jesus Gives God Glory; and Jesus Extends Forgiveness. We will put the themes for each month in the news sheet on a regular basis.

Betsy Preston, Jack Lowe, and Barbara Lane will be recording the lesson each week using Zoom. Howard Carman will serve as a backup leader and will be uploading the lesson to YouTube. This is normally done on Thursday or Friday. Howard sends out an email with the YouTube link to each person who requests to be notified once the recording has been uploaded.

We would like to have more people to participate by watching the approximate 20-minute lesson each week. If you would like to be notified when a recording is available, please let Howard Carman, Betsy Preston, Jack Lowe, or Barbara Lane know and you will be added to the email group. If you would like to have a copy of the optional participant study guide, please let one of us know.



Join us every Wednesday at 1:00pm for
ZOOM Bible Study. We will send out a log-in
instructions 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**

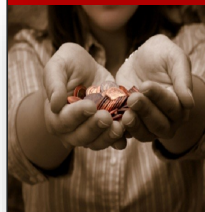
Trinity has some fun things planned for our WRPC Youth. You don't want to miss out!

Communion Sunday, Sept. 3, 2023

Join us during our online or in-person
Worship Service this Sunday for Communion.
For online worship, just provide your own
bread and juice or wine and let's break
bread together.



**5 Cents-a-Meal Offering will be collected
this Sunday, September 3!**



**We are very grateful to
Holston Presbytery, but also to
the congregation of WRPC for
your dedication to the
5 Cents-a-Meal offerings!**



Views from the

FOOD PANTRY

by Peter Lodol



September 3—9, 2023

To all:

We ended August by delivering 38 bags this past Friday. For August, our total was 149 bags, up from 138 in July. As always, thank you for your support and prayers.

—Pete Lodol



HEALTH Matters

Brain Supplements That Do and Don't Work

webmd.com

Take a Pill, Protect Your Memory?



"Improves memory."
"Sharpens focus."
These are just some of the claims you may see on the supplements that 25% of adults over age 50 are taking to try to keep their brains healthy.

Do these products work? It's often unclear, as the FDA doesn't require makers to prove the supplements are effective, as long as they don't make any claims about specific diseases. Here's what experts do -- and don't -- know about some of these popular items.

B Vitamins

B vitamins like B6, B12, and B9 (folic acid) all play a role in brain health. But unless you're low on them or pregnant (folic acid is a must to prevent birth defects), a supplement is unlikely to help. If you're at high risk for Alzheimer's, ask your doctor. The research into the use of vitamin B supplements to boost cognitive ability is inconclusive. You should stick with food sources like leafy greens to stay sharp.

Caffeine

Caffeine pills and powders aren't a good idea, because of the risks if you overdose. But you can enjoy coffee guilt-free, as long as it doesn't worsen your sleep or make you jittery. Some might be good for your brain. It's a stimulant that helps perk you up, plus it promotes energy by blocking brain receptors for a chemical called adenosine.

L-theanine

A natural amino acid, L-theanine seems to have potential for improving mental performance, especially when combined with caffeine. That said, most studies have been small, such as one in 2019 that included 30 people. Until there's more research, a safe bet is to drink green tea: It naturally contains both L-theanine and caffeine, as well as antioxidants that may help your mental and physical well-being in other ways.

Omega-3s

The traditional Mediterranean diet, which includes omega 3-rich-fish, is linked to a lower risk of dementia. But can omega-3 supplements help? So far, large studies (including one sponsored by the National Institutes of Health) haven't proved that. One possible exception: People with the APOE4 gene mutation, which is tied to Alzheimer's, might benefit if they start taking the supplements early enough, a 2017 review shows.

Vitamin E

This antioxidant combats free radicals, including those that may damage brain cells. But large studies aimed at finding out whether vitamin E supplements can protect against dementia haven't yielded great results, though at least one study found that they might slow the worsening of Alzheimer's in people who already have it. For now, experts say most healthy people should stick with food sources like nuts, seeds, and vegetable oils.

Ginkgo Biloba

Although it's a staple in traditional Chinese medicine, modern research has found that ginkgo supplements probably won't protect your memory. Although some studies have suggested there might be benefits, the most well-designed trials -- notably the Ginkgo Evaluation Memory study that included 3,000 older adults -- showed that ginkgo doesn't prevent or slow dementia.

Ginseng

Often used along with ginkgo, ginseng is another popular supplement that hails from Asia. As with ginkgo, some studies have suggested that ginseng might be a potent brain booster. But the evidence didn't hold up when scientists homed in on the best-quality research: A review of several trials concluded there's "no convincing evidence" that ginseng will protect your mental skills.

(Continued on back)

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.

Brain Supplements That Do and Don't Work, *cont'd.*

Curcumin

Found in turmeric (an ingredient in curry powder), curcumin has been hailed for its antioxidant powers. Does it help explain why Alzheimer's rates are lower in India? A UCLA study found that people who took curcumin fared better on memory tests and had less buildup of abnormal proteins in their brains. But this study only included 40 people, and other research hasn't found this result, so more studies are needed.

CDP-choline

In Europe, CDP-choline isn't sold as a dietary supplement. Instead, it's a prescription drug. According to researchers who reviewed 14 studies, there's decent evidence that it can benefit memory in elderly people who already have memory problems. But whether it can prevent them in healthy people isn't clear. Ask your doctor if you're thinking of trying it.

What About Combos?

Supplements may cause side effects, and the risk rises with the number you take. Mixing them with prescription drugs can be risky, too. Review all the drugs and supplements you're taking (or considering) with your doctor or pharmacist, so they can tell you what's safe.



The church offices will be CLOSED on Monday, September 4 to observe the Labor Day holiday. Have a safe and fun day with family and friends!

