

# 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 13, 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 13, 2023**

Romans 10:5-15 &  
Matthew 14:22-33

### 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 John Gilmer

### Sowing God's Word

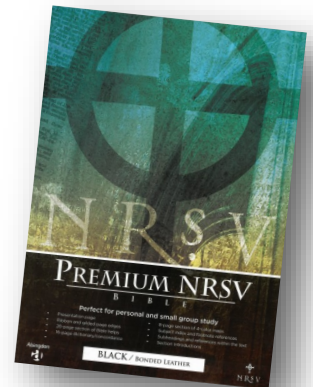
In the WRPC Middle and High Sunday School class, one question which often arises is, "How do we learn what God wants us to do, both day-by-day and in our longer-term goals and plans?"

The answers offered to this question certainly always include both Bible reading and prayer. These young Christians know that they want to continually develop their own personal set of beliefs as they each embark on their personal faith journey. When I was this age, I

certainly wanted to be able to read and study the Bible for myself, preferring to use the version in which I had the most confidence. Certainly, the present and future vitality of the church throughout the world, depends on those of us who work with the youth to do all that we can to empower the ongoing growth of their faith in God.

The WRPC Committee of Youth and Children's Ministry agreed last spring, to provide each member of the Middle and High Sunday School class a personal Bible in a version of their own choice. To emphasize the importance of this gift, both to the youth and to our church congregation, we have decided to include the receiving of these Bibles as part of our worship service on August 13, when WRPC begins its new Sunday School year. We certainly rejoice at each youth's desire to serve and honor God, and hope that this gift proves greatly meaningful and empowering to each of them.

*—John Gilmer*



### 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 Lodal  
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.

<b>Sunday 8/13</b>	9:45am	Sunday School
	11:00am	Sunday Worship
	7:00pm	Personnel, Library
<b>Tuesday 8/15</b>	9:00am	Walking Group, Greenbelt
		Holston Valley Trailhead
	6:00pm	Has Beens, FH
	6:00pm	Children & Youth Ministry, MR
<b>Wednesday 8/16</b>	1:00pm	ZOOM Bible Study
	7:00pm	Chancel Choir Practice
<b>Thursday 8/17</b>	6:00pm	Stephen Ministry, MR & ZOOM
<b>Friday 8/18</b>	10:00am	Food Pantry, FH



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!

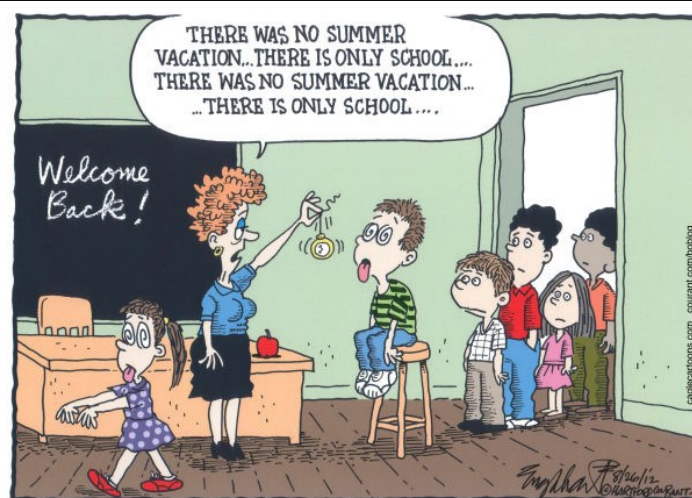


### Godly Play resumes this Sunday!

Children will be dismissed to attend Godly Play (Children's Church for ages Pre-School through Grade 5) in Room 102 after Time with Children.



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 August...

Our wish list for August includes gently used jeans (all sizes) and new feminine supplies.



Hey parents,  
Regular Sunday school will start on August 13th. Sunday School starts at 9:45 am. See you soon! — Trinity

### WRPC Blessing Box



If you would like to contribute items, please feel free to place them inside the box unless it is full. If the Blessing Box is full, just bring your items to the WRPC Workroom and we will replenish when the box is empty again. Thanks to everyone for your continued support!





Views from the

# FOOD PANTRY

by Peter Lodal



**August 13—19, 2023**

To all:

We began August with a more normal total of 41 bags delivered.

Kingsport City Schools are back in session this week, so be careful in school zones.

As always, thank you for your support and prayers.

—Pete Lodal



## HEALTH Matters

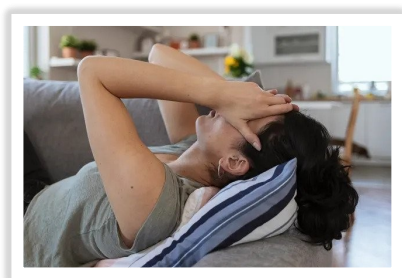
### Signs You're Mentally Exhausted

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

#### What Is Mental Exhaustion?

It's kind of like physical tiredness, except it's your mind instead of your muscles. It tends to show up when you focus on a mentally tough task for a while.

You might also feel this kind of brain drain if you're always on alert or stressed out. Your job, caring for children or aging parents, and other things can lead to mental exhaustion.



#### You're Angry or Impatient

Mental fatigue can put you in a bad mood. You may be short-tempered or irritated, snapping at people more often. It's harder to control your emotions when you're mentally tapped out.

#### You Can't Get Work Done

Everyone's productivity goes up and down. But mental exhaustion can make it really hard to concentrate. It also saps your motivation. You might get distracted easily or start to miss deadlines. Even small tasks may seem overwhelming.

#### You Zone Out

This can look like mind wandering or drowsiness. It makes it hard to pay close attention to what you're doing, and you may not react to things very fast. That can be dangerous in certain situations, such as driving. Mental fatigue is linked to car wrecks.

#### You Don't Sleep Well

You might think it'd be easier to snooze when your brain is tired. But that's not always the case. Research shows people who have jobs with a high "cognitive workload" report more symptoms of insomnia than those who don't have mentally exhausting work. A lack of shut-eye can make mental fatigue worse. Tell your doctor if you can't sleep or get really tired during the day. Treatment can help.

#### You Do Unhealthy Things

You may start to drink or use drugs more than normal. Mental fatigue can take an even harder toll on those who already have a substance use disorder. Experts think that's because drug addiction changes parts of the brain that help you manage stress and control impulsive behavior.

#### You're Depressed

You may not have any energy or feel like you're moving in slow motion. Some people say they feel numb. That can make it hard to finish things at work or do daily activities. Tell your doctor if you have really low feelings or a sense of hopelessness for longer than 2 weeks. That can be a sign your depression is more serious.

#### You Worry a Lot

Mental fatigue triggers your sympathetic nervous system. That's your "fight or flight" mode. Anxiety is an alarm that tells you something is wrong. If you're always mentally exhausted, you might start to feel panicked or worried all the time. That often happens alongside symptoms of depression.

#### Exercise Feels Harder

Experts aren't sure why mental fatigue affects physical activity. Some think your tolerance for exercise might go down. So it may seem like you're putting in more effort than you really are.

#### Your Eating Habits Change

Mental fatigue can affect your appetite in different ways. You may snack more than normal and not pay attention to what you eat. Stress can also make you crave sugary, salty, or fatty foods. Or you may not be hungry at all.

#### You Make More Mistakes

It's impossible for your work to be perfect all the time. But mental fatigue lessens your ability to catch and fix your mistakes quickly or at all. That can cause serious problems in certain jobs, such as ones where you use machines, drive a vehicle, or fly a plane.

*(Continued on back page)*

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

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## **Signs You're Mentally Exhausted,** *cont'd.*

### **You Feel More Pain**

Everyone is different, which makes it hard to say how mental fatigue will affect your body. But you might get headaches, sore muscles, back pain, or stomach problems. If you have an ongoing illness, such as fibromyalgia, you may hurt a little bit more than usual.

### **Take Breaks**

You might feel less drained if you take short breaks during long stretches of mental work. There isn't an exact amount of rest time that works best for everyone. But you may want to recharge for a few minutes every 1-2 hours.

### **Get Active**

There's evidence that you may feel even more energized if you exercise during your breaks. Try some jumping jacks and stretches for a few minutes each. Or go for a 10-15 minute brisk walk.

### **Find Ways to Relax**

It's hard to avoid mental exhaustion completely. But you can learn to switch on your body's natural relaxation response. You can get a massage. Or you can try meditating, yoga, or something as simple as watching a funny movie. Reach out to friends, family, or a mental health professional if you need more support.



*Here's wishing all of our  
Waverly Road kiddos  
a wonderful, magical and  
fun experience  
of learning at school  
this year!*