

# 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 10, 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

**September 10, 2023**

Colossians 3:21, Ephesians 6:4,  
Mark 10:13-16 & Matthew 18:10

### 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,**

It is always a joy to see the youth get involved in the life of the church. I get to see it when we do the Children's Time each Sunday as well as when I get to travel with them to youth events and retreats. They are thoughtful, caring and have a real desire to walk in faith. I encourage you to get involved with the youth and spend time with them.

That is why I am so sad that I will not be here when they are taking part in the leadership of worship this Sunday. I know that whatever they do, they will be doing it from a place of faith and love. I hope that you will come and worship God with them.

May God continue to bless,

*—Rev. Collin*



## 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 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 9/10</b>	9:45am Sunday School
	11:00am Sunday Worship
	7:00pm Personnel, Library
<b>Monday 9/11</b>	6:00am Youth Group, YS
<b>Tuesday 9/12</b>	9:00am Walking Group, Greenbelt Holston Valley Trailhead
	6:00pm Has Beens, FH
	6:00pm Children & Youth Ministry, MR
<b>Wednesday 9/13</b>	1:00pm ZOOM Bible Study
	7:00pm Chancel Choir Practice
<b>Thursday 9/14</b>	12:00pm Worship Committee, ZOOM
	6:00pm Stephen Ministry, MR & ZOOM
<b>Friday 9/15</b>	10:00am Food Pantry, FH



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!

## STEWARDSHIP

SHARING THE GIFTS WE HAVE



### Stewardship Season— Planning and Praying for 2024

As mentioned here before, your church committees, Session members and staff are already planning for ways to glorify God in 2024 and beyond. Specifically, discussions about worship, programming and resources needed are under way. Your prayers for those discussions are much appreciated.

Developing a spending plan for organizations like churches is difficult since we don't really know how much revenue to count on. That's why our Stewardship Season—and specifically your pledges—are so important. Those pledges help guide the planning. Going through a prayerful thought process about our gifts to the church can be a meaningful worship experience for each family represented in our congregation.

In about a month, you'll receive a packet of information about the budget for 2024. Pledge Sunday is scheduled for Oct. 15. Again, please pray for plans being made, both as a church and as individuals who make up our church family.

Here's a Prayer of Dedication recently used in our worship service. It was used to dedicate one particular offering, but it is also a strong testament to why we are called to support the Kingdom of God throughout the year. May it be a blessing to you, just as you are one of God's blessings to others.

*"Lord, out of abundance you have created us. You have given us many gifts and talents; our time and resources and energy come from you. As members of the Church of Jesus Christ, we are called to be a community of love and service, called to participate in an exchange of gifts given by the gifting God. So may we give freely of our gifts, talents, time, resources and energy to lift up your people in their times of need. May our offering help bring about peace and the reconciliation of your creation. May our offering be dedicated to the coming of your kingdom. Amen."*

## Encouraging Words

All Christians are but God's stewards. Everything we have is on loan from the Lord, entrusted to us for a while to use in serving Him. ~ John MacArthur



Views from the

# FOOD PANTRY

by Peter Lodol



**September 10–16, 2023**

To all:

Happy Labor Day! We began September with 41 bags delivered, slightly up from the previous week.

Last Thursday, I attended the Second Harvest Food Bank annual meeting, which is always an informative one. Just a couple of statistics to fill your mind on a holiday:

1. Second Harvest Food Bank of East Tennessee is one of more than 200 Feeding America Food Banks across the United States.
2. There are 60,000 (!) meal programs and food banks (such as ours) affiliated with Feeding America.
3. In 2022, these affiliates distributed more than 1.2 billion meals.

As always, thank you for your support and prayers.

—Pete Lodol



## HEALTH Matters

### Low-Carb Choices for Fast Food

webmd.com

#### Lettuce-Wrapped Burgers

A juicy cheeseburger should be only an occasional treat. Ditch the high-carb buns or ask for the meat patties wrapped in lettuce. You'll keep the flavor and protein, but little to no empty carbs. If bread is a must, try eating your burger with just one bun instead of two. Go easy on ketchup, mayo, and other condiments.



#### Skip the Sodas

It's easy to drink your carbs. Regular soft drinks, sweetened teas, and milkshakes can soak up your daily carb allowance. Opt for water (you can flavor it with (Continued on back))

## Stephen Ministry Training Update



The 50 hours of training for four new Stephen Ministers: Tom Christian, Mark Crow, Linda Qualls, and Martha Triplett was completed on Saturday, August 26<sup>th</sup>. They are scheduled to be commissioned on Sunday, October 22<sup>nd</sup>.

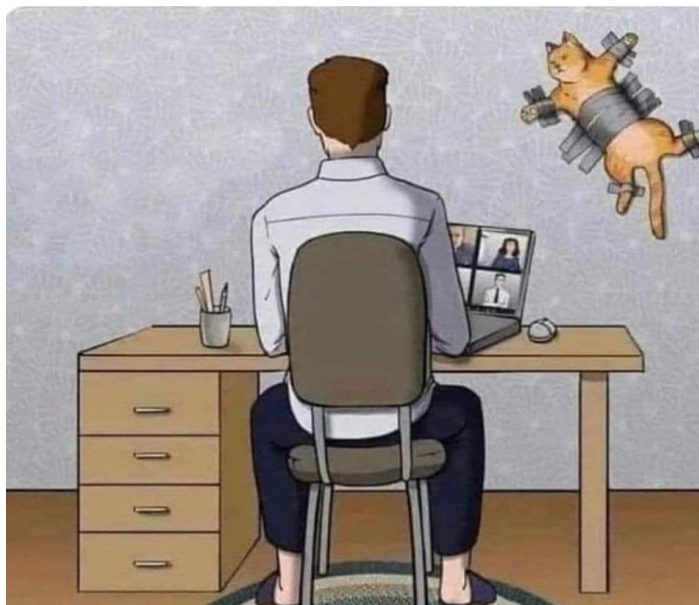
These trainees worked extremely hard and their dedication will pay off. The course involved pre-class reading assignments, as well as in-class lectures, discussions, and role playing. Each of the trainees showed real growth in knowledge and skills. They are ready to provide care for people who are going through a time of transition.

A recurring emphasis of Stephen Ministry training is confidentiality. What a care receiver says to his or her Stephen Minister is held in strict confidence. Even the identity of the care receiver is kept confidential from other Stephen Ministers – and everyone else. Most people are reluctant to share their problems and situations because they are afraid of others finding out. As Tom, Mark, Linda, and Martha learned, this confidentiality can help people understand they can discuss difficult concerns with their Stephen Minister and not be afraid of others finding out.

If you or someone you know is going through a time of transition in his or her life and would like a caring person who will listen without giving advice or judgment, please contact one of our Stephen Leaders: Sharon Petke, Dave Petke, or Barbara Lane.

For our cat loving church members....

### How to prepare for a ZOOM Meeting



## **Low-Carb Choices for Fast Food, *cont'd.***

lemon or other fresh fruit). Try your specialty coffee drink with almond milk, which has half the carbs of a 2% cow's milk.

### **Egg Combos**

Eggs are naturally carb-free. They also pack protein to help ward off a growling tummy. So order eggs on their own, or mixed with spinach, tomatoes, and other veggies. Go with all egg whites and you'll also save on cholesterol. Just watch out if they're served along with muffins, croissants, pancakes, and other high-carb companions.

### **Toss the Tortilla**

In the mood for Mexican or Southwestern fare? Try a salad bowl instead of burritos. Feel free to load up on health-friendly ingredients like: black olives, cilantro, guacamole, salsa and spinach. Go easy on black or refried beans, sour cream, and chips.

### **Take a Pass on the Fries**

Talk about a carb bomb. A large order of fries may have your whole day's allotment for a low-carb diet. Onion rings or waffle fries aren't much better, either. Order a healthier side like a salad, fruit, or yogurt.

### **Grilled Chicken**

Any piece of chicken -- breast, drumstick, thigh, or wing -- has 0 carbs as long as it's not breaded. So go with poultry items that say "grilled" instead of "fried," "crispy," or are coated with buttermilk.

### **Condiments Comparison**

Watch what you dip your fries into or slather on your meats. Ketchup has more carbs than mayonnaise. Regular mustard is a better pick than honey mustard. And hot or chili sauces usually have less sugar and carbs than barbecue sauce.

### **Salads**

They can make for filling, healthy-carb meals. Chicken salad, Greek salad, and strawberry caprese salad all have under 20 grams of carbs. If you're in a sub or sandwich shop, ask if they can turn your order into a salad. Skip the croutons. Ranch dressing usually has a third fewer carbs than balsamic vinaigrette and half as much as Italian dressing. Use only as much dressing as you really need.

### **Downsize It**

An easy way to cut your carbs is to order the smallest size. One order of large fries can have more than twice the carbs as a small serving. Ditto for sodas and milkshakes.