

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



October 15, 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

October 15, 2023

**Psalm 106:1-6, 19-23 &
Matthew 22:1-14**

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 Trinity Gibson,



There are days when I am overwhelmed by life in general. But this past week, I had car trouble, home repairs, and a kiddo ended up in the ER (they are fine). Of course, all of this is on top of being a single parent and doing most things by myself. As most of you know, all these issues are not straightforward!

But one by one, God overcame each of them for me. People I did not know helped me. What I thought were big problems became manageable. All I had to do was ask for the help.

And that's the issue for me!

I even asked God, "how much more humbling do I need?" How many times will I be forced to rely on someone for help? I hate needing help much less asking for assistance. Oh pride!

The answer is always. Asking God and others for help isn't humbling unless we are under the assumption that anyone gets by without help. Pride lies to us and tells us we aren't sufficient if we can't do it all ourselves. Needing assistance is not a moral issue! This is something built into us by God so that we will lean on Him and rely on Him to send reinforcements.

This week I pray that all of us will say no to the pressure to do it all alone and lean on one another and Him.

In love,

—Trinity



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
Ted Germroth	Susan Avery
Benjamin Salyer	Kirk and Lola Finch
Howard S. Carman, Sr.	Abigail & Ashleen Easley
(Howard's Father)	Travis & Kathy Adams
Charlie Smith Family	(Collin's parents)
Sue Hall	Chuck Green
(Steve Hall's mother)	

Missions in our Prayers—4th Quarter

Local Missions

Meals on Wheels

Regional / National Missions

Ukirk (ETSU)

International Missions

Congo Hope, Congo

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 10/15	9:45am	Sunday School
	11:00am	Worship Service / Pledge Sunday
	12:00pm	Loving Each Other (LEO) Luncheon, FH
	7:00pm	Session, MR
Monday 10/16	6:00pm	Youth Group, YS
	6:30pm	Mission Committee, ZOOM
Tuesday 10/17	9:00am	Walking Group, Greenbelt Holston Valley Trailhead
	6:00pm	Has Beens, FH
Wednesday 10/18	7:00pm	Chancel Choir Practice
Friday 10/20	10:00am	Food Pantry, FH

It's Candy Time!

October is here and it's time to start collecting candy donations! Lincoln Elementary will be trick or treating at WRPC on Halloween day. We will need some goodies for a whole school's worth of kiddos! Please bring candy donations or small non-edible goodies by the church and leave them in Rachel's office between now and Sunday, October 29th. **Can you help distribute candy on Halloween day to the Lincoln kiddos? Let Rachel know if you're available between 10:00am and 2:00pm to help!**



WRPC Fall Festival

Sunday, October 22, 2023

WRPC Fellowship Hall

5:00—7:30pm

In lieu of a Trunk or Treat this year, we will be changing it up a little with a Fall Festival. We're serving hot dogs with chili and chips for dinner. Then, we're having a Fall costume contest for kids AND adults and a cake walk. Who doesn't love cake and desserts, right? Please feel free to bring a cake or dessert to share for the cake walk, so everyone goes home with something sweet!



It's going to be fun for everyone!



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 October...

Our wish list for October includes gently used coats and hoodies, new socks and underwear (all sizes).



Monday, October 9, 6:00—8:00pm

We will be gathering in the Youth Suite for an evening of activities and FUN!

Loving Each Other



This Sunday after worship, we will have our first LEO Luncheon. Come and fellowship with us. No reservations are required. We look forward to seeing you in the Fellowship Hall.



Views from the

FOOD PANTRY

by Peter Lodol



October 15—21, 2023

We began October last Friday with 35 bags delivered, similar to the previous Friday.

Thanks to all who covered for me while we were out of the country. The trip was wonderful---now, back to the grindstone! Happy Monday!

As always, thank you for your support and prayers.

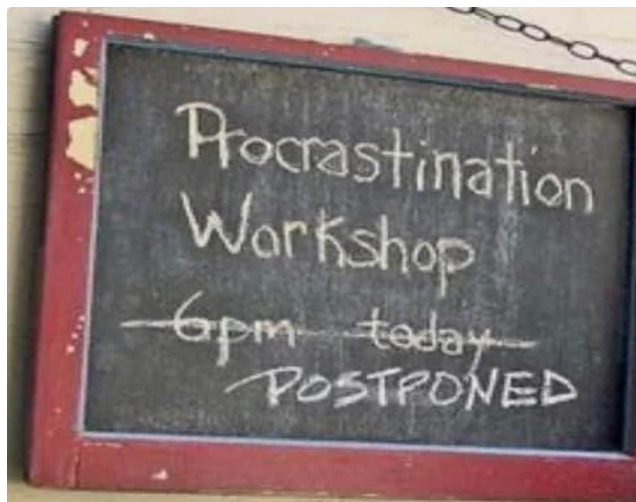
—Pete Lodol

WRPC Fall Church Retreat November 3-5, 2023 at Holston Camp, Banner Elk, NC

Sign-up below!

You do not have to be a church member to attend. The theme is Ecclesiastes 8:15 - fun and fellowship! You can sign up by clicking the link below:

<https://forms.gle/pTFixz9sVY1znc1X9> or call the church office. Please sign up as soon as possible with reservations needing to be in by Sunday, October 22 so they can plan the meals accordingly.



STEWARDSHIP

SHARING THE GIFTS WE HAVE



October 15 is Pledge Sunday

Have you had a chance to look over your pledge packet yet? There are several pieces of information in that packet—a letter from Rev. Collin, examples of some of the many parts of WRPC's ministry, a list of questions and answers, and a draft of the cash flow projection for 2024. There is also a card asking you to consider a financial gift for next year.

In his letter, Rev. Collin explains why we go through a financial stewardship season as a church. "This is the season where I ask you to think about the way you support the church financially. How you can give to the budget and the life of the church. We need money to keep the building in good repair, to pay staff fair salaries for the work they do, to keep the committees functioning and ready to provide opportunities as the needs arise. Money is a tool for us to use, and I hope that you are in a place where you are able to give." He closes asking us to pray over our pledge cards.

Sunday, Oct. 15, is Pledge Sunday. That simply means you'll have an opportunity as a congregation to present your pledge cards during the service. If you have already submitted a pledge, thank you. If Sunday is not a good time for you, you can drop your pledge in the offering plate the next time you're at church or mail it to the office. There is also an online pledge form on the church website. Just look for the Resources tab and select Forms and Policies. Then there is a form for "Financial Stewardship Commitment." Our receiving treasurer is the only person who sees that form when you submit it.

Thank you for all the many ways you support Waverly Road in our journey of faith.

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!



Holston
Habitat
for Humanity®

Faith Build Update!

Just look at those happy, smiling faces. Finally a home to call their own! Thanks to everyone who worked on Habitat house for Marquetta Bishop and her family. Check out the article from Times-News below.

By **ALLISON WINTERS**
awinters@sixriversmedia.com

KINGSPORT — Community members gathered Friday afternoon to celebrate the dedication of a Kingsport family's house with Holston Habitat for Humanity.

Marquetta Bishop, mother to three, has adapted to caring for her daughter, niece and nephew after the death of Bishop's sister in 2019.

Over 100 Habitat for Humanity volunteers worked together, putting in more than 2,800 hours toward the home, to provide Bishop with a new place to raise her family.

"Since my sister passed away and I unexpectedly got custody of my niece and nephew, we have been living in a cramped, two-bedroom house," said Bishop. "Now we



ALLISON WINTERS/SIX RIVERS MEDIA

Marquetta Bishop and her family pose together in their new kitchen. Shown here from left to right are ZaRiyah, Marquetta Bishop, Kahlaya and Josiah.

will have a four bedroom, two bath house that I can afford."

First Baptist Church, Colonial Heights Presbyterian, Colonial Heights United Methodist Church, First Presbyterian, St. Dominic and Waverly Road Presbyterian worked on the build alongside Bishop and the Habitat for Humanity regulars starting in early Spring 2023.

"I want to acknowledge that these collective churches contributed \$27,500 that paid for all the studs and nails and drywall that went into that house," Laura Kelly, executive director for Holston Habitat for Humanity, said. "So that is amazing, and that kind of contribution allows us to continue to serve families."

See **HOME**, Page A2

From Page A1

According to a recent press release, nearly thirty loads of rocks were removed during excavation before the building process started. Bishop's home is the 142nd new home built in Kingsport by Holston Habitat for Humanity, including the two others built across the street from Bishop's home last year.

"We know that the many volunteers put a lot of love and sweat into this build," said Larry Johnson, Holston Habitat for Humanity board member and regular volunteer.

"And we know that you've done that, Marquetta. Now you get to continue not only as a mother and a provider for your family, but



ALLISON WINTERS/SIX RIVERS MEDIA

Marquetta Bishop waits with her family: Josiah, ZaRiyah and Kahlaya, while Holston Habitat for Humanity Executive Director Laura Kelly kicks off the dedication.

you're a homeowner."

ZaRiyah, Bishop's niece, said she is excited about her tie-dye comforter for her room; Josiah, Bishop's

nephew, said he is going to have a basketball hoop hanging on the door.

Kelly shared that the project is so much more

than building a house — it's about making memories and providing the stability of a new home that is fully yours.

"I like to remind everybody that this isn't just about getting a house," Kelly said. "This is a house that we all together have built, and they will make it a home. You will make it a home by throwing birthday parties, and I hear you're having a sleepover, and you're gonna make Christmas cookies for Santa. You're gonna put your pumpkins out on the front porch."

At the dedication, Bishop was presented with gifts from the family sponsors, Joe and Pam Gervais. They presented a Bible, quilt and

door draft catcher from local organizations and ministries.

A representative from the Habitat for Humanity ReStore in Kingsport also presented Bishop with a gift certificate to the store to use for furnishing their new home.

"You have been an absolutely wonderful future homeowner," said Tim Mallinak, site manager on the project. "I could not have asked for any better, kinder or easier person to work with. I appreciate you and look forward to your growth and your family."

For more information about Holston Habitat for Humanity, visit <https://www.holstonhabitat.org/>.

Did you know....

Habitat for Humanity reaches 29 million served as it rises to growing challenges of housing quality and affordability in the U.S. and around the world.



HEALTH *Matters*

Heartburn: What to Eat, What to Avoid

webmd.com

What's OK to Eat, What's Not?

That burning discomfort in your chest or throat may have nothing to do with your heart.

It can happen when stomach acid backs up, or refluxes, and irritates your esophagus, the tube that connects your mouth and stomach. Certain foods can trigger it, but they're not the same for everyone. So when it comes to eating, what will help you avoid heartburn?



Eating Too Much

The first thing to think about isn't any specific food: It's the amount you eat at one time. This is one case where bigger isn't better. No matter what food you're eating, how good it looks, or how much you like it, a stuffed stomach makes heartburn more likely. Try using smaller plates to help you trim your portions.

Slow Down

Shoveling food into your face is also a no-no. The three Gs -- grab, gulp, and go -- don't lead to good digestion, and they can make heartburn symptoms more likely, says Leslie Bonci, a registered dietitian and director of sports nutrition at the University of Pittsburgh Medical Center. Take your time and enjoy your meals.

Fatty Foods

High-fat foods tend to stay in your stomach longer. And the longer they're there, the more likely there will be discomfort, say Bonci and Elaine Magee, a registered dietitian and author of *Tell Me What to Eat If I Have Acid Reflux*. Big servings of those high-fat foods -- like a lot of fried chicken, chips, or wings -- are a double whammy.

Cut Back on Fats in Prep

You might be able to bake, broil, grill, or roast your favorite foods instead of frying them. Trim the fat off of meat and poultry, and cut the skin off chicken. Tweaks like these might be enough to tame your heartburn.

High-Acid Foods

Tomatoes (including foods like salsa and marinara sauce) and citrus fruits (such as oranges, grapefruits, and lemons) can trigger heartburn, especially if you eat them

by themselves, on an empty stomach. Vinegar is another acid, and it's a common ingredient in salad dressings and other dishes.

Explore Your Options

Try other fruits and vegetables with less acid to give your tummy a break. Or limit your portion size of acidic foods, and offset them with something else. For instance, use less tomato sauce on your pasta and have a little meat or extra veggies at the same time. Experiment to find your comfort zone.

Watch What You Drink, Too

Certain beverages can make heartburn more likely. Drinks with caffeine (that's decaf coffee, too) boost acid in the stomach. Alcohol can relax the valve between your esophagus and stomach, letting acid escape more easily. And carbonation from fizzy drinks can bloat your stomach, which may lead to heartburn. Tomato and citrus juices have acid, too.

Better Beverages

Choose drinks without bubbles and caffeine, such as herbal teas, milk, and plain water. If you must have that coffee, cola, or bloody mary, drinking a smaller size will help.

Chocolate

Sorry, it has caffeine. If you can't bear life without chocolate, see if cutting back does the trick. Maybe you can eat only a bite or two, or just on special occasions. Also consider what other heartburn triggers may be at play. Eating chocolate for dessert at the end of a fatty feast, or by itself on an empty stomach, probably aren't good ideas.

Foods With a Kick

It's not really surprising that the heat from peppery foods and hot sauces can scorch you from the inside. But did you know that peppermint could be a problem? Although it's cool, not fiery, it may relax that gateway valve, leading to heartburn. Flavorful, pungent garlic and onions -- especially raw -- can also be culprits.

Dial Down on the Heat

You aren't necessarily headed for a lifetime of bland foods. Easing up a bit on the spiciness could make a difference. You don't have to drown your wings in hot sauce, for example. Maybe go with two alarms for your chili instead of four. Look for other ways to flavor foods that don't require burning your tongue.

Track Your Triggers

Everyone's different. You might be OK with a mildly spicy meal unless it has tomatoes. You may be able to drink a small cup of coffee as long as you don't gulp it down without food. Make notes or keep a diary to help you pinpoint what you can handle and what leads to heartburn.

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Cinnamon Sugar Chex Mix Recipe

Yields: 8 cups

Ingredients

- * 8 cups Rice Chex Cereal
- * 1/2 cup butter
- * 1/2 cup Brown sugar
- * 1/4 cup granulated white sugar
- * 2 tsp ground cinnamon



Instructions

1. Preheat the oven to 275F. Line a large baking sheet with parchment paper. Mix together the white sugar and the cinnamon in a small bowl. Set aside.
2. In a glass measuring cup, melt the butter in the microwave. Add the brown sugar, mix well, and return the microwave for another 20 to 30 seconds (watch to make sure it doesn't bubble over). Whisk until the sugar is dissolved.
3. Pour the Chex cereal into a large bowl, then drizzle the sauce over top. Use a spatula to gently mix until the Chex are evenly coated.
4. Spread the Chex mix onto the parchment lined baking sheet. Sprinkle the cinnamon sugar mix evenly over the Chex.
5. Bake at 275F for about 45 minutes, stirring every 15 minutes (lift and turn with a metal spatula).



**Appalachian Miles
for Smiles
Volunteers NEEDED!**

Appalachian Miles for Smiles is coming up this week, on Thursday, October 12, and Friday, October 13. We need one to two volunteers each day for a morning shift (7:30am – 11:00am), and for an afternoon shift (11:00am – 2:00pm)

We also need between three and five people to help provide lunch for approximately 30-35 people on Friday, October 13. I will have a better headcount as of Tuesday, October 10.

Linda Qualls is heading up the lunch and will need 2-3 helpers on Friday.

If you are able to help, please text or call me (423-292-7847) to let me know you'll be there!

Thanks!

—Bree Fox