

# 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 29, 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 29, 2023**

**Psalms 90:1-6, 13-17 &  
1 Thessalonians 2:1-8**

### 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...



The Fall Festival was lots of fun! We had a costume contest, games, prizes, a cakewalk and crafts. It was great fellowship with each other and Trinity's decorations were amazing!!

Next week the students from Lincoln Elementary will be visiting us on Halloween day for some trick or treating.

What a special way to open our doors to the children in our community, especially now that we can serve them through CarePortal as well. We have longed for a better connection with our neighbors and here is our opportunity. Thank you to everyone that supports the children of WRPC and our neighborhood. We have lots of candy and love to share in Jesus' name! —*Rachel*



## 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.

<b>Sunday 10/29</b>	9:45am	Sunday School
	11:00am	Worship Service / Remembering the Saints
<b>Monday 10/30</b>	6:00pm	Youth Group, YS
	6:30pm	Mission Committee, ZOOM
<b>Tuesday 10/31</b>	9:00am	Walking Group, Greenbelt Holston Valley Trailhead
	10:00am	Trick-or-Treating Event with Lincoln Elementary School
	6:00pm	Has Beens, FH
<b>Wednesday 11/1</b>	1:00pm	ZOOM Bible Study
	7:00pm	Chancel Choir Practice
<b>Friday 11/3</b>	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!**



## STEWARDSHIP

SHARING THE GIFTS WE HAVE



### Pledge Season Off to a Good Start

Our pledge season is off to a good start. Thanks to those of you who have already submitted your pledge to financially support our church in 2024. If you intend to pledge and haven't yet, there's still time!

You can drop your pledge card 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."

There are extra pledge cards and pledge packets in the narthex. Your pledge is treated as confidential; only our receiving treasurer sees what you submit.

Thank you for helping Session and Staff plan for next year as we all look for ways to worship our Lord and share His Kingdom here on earth.



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 November...

Our wish list for November includes gently used pajamas (all sizes) and NEW Christmas stocking stuffers.

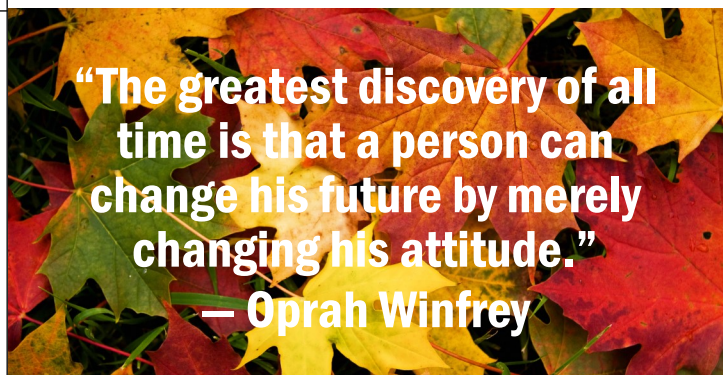


**Monday, October 30, 6:00–8:00pm**

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

**"The greatest discovery of all time is that a person can change his future by merely changing his attitude."**

**— Oprah Winfrey**





Views from the

# FOOD PANTRY

by Peter Lodol



**October 29—November 4, 2023**

Once again the trend is broken--we delivered 53 bags last Friday, a substantial increase from the previous two weeks.

The reason for the uptick is.....I have no clue. We will see how October closes out this Friday.

As always, thank you for your support and prayers.

—Pete Lodol



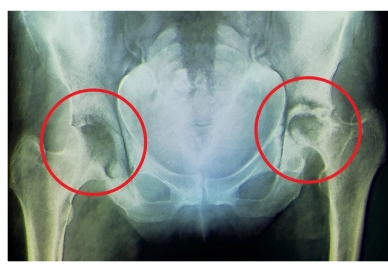
## HEALTH Matters

### Reasons Why Your Hips Hurt

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

#### Inside the Joint

Each hip is a ball-and-socket joint. The ball is the top of your thighbone (femoral head). The socket (acetabulum) is in your pelvic bone. Smooth, slippery tissue called cartilage lets the ball and socket glide against each other when you move. A thin lining (synovium) tops the cartilage and makes a bit of synovial fluid, which further eases rubbing. Tendons, ligaments, and muscles complete the joint.



#### Osteoarthritis

It's the "wear and tear" type of arthritis that many people get in middle age. Cartilage on the ball end of the thighbone and in the hip socket slowly breaks down and causes grinding between bones. You'll have stiffness, and you might feel pain in your crotch and at the front of your thigh that radiates to your knee and behind. It's often worse after a hard workout or when you don't move for a while.

#### Rheumatoid Arthritis

With RA, your immune system attacks parts of your body, which can include the synovium. This normally

thin lining starts to thicken and swell and to make chemicals that damage or destroy the cartilage that covers the bone. Doctors don't know why this happens. When one hip is affected, the other often gets it too. The joint may hurt and swell, and you might notice heat and red skin around it.

#### Sciatica

Too much sitting and too little exercise, among other things, might irritate and inflame the sciatic nerve, the largest in the human body. It runs from the bottom of your spine through your hips and down the back of your leg, which is where you'll feel the pain when it's pinched. It will radiate from the hip and might be mild, sharp, tingly, numb, or even like an electric shock.

#### Hip Fracture

It's a break in the top part of your thighbone. If you're young and healthy, it takes a lot of power, like a serious car wreck, to do it. But if you're over 65, especially if you're a woman, or you have brittle bones (osteoporosis), even a minor fall can cause it. Your groin and the top, outer part of your thigh will likely hurt, especially when you try to flex the joint. In a complete break, one leg may look shorter than the other.

#### Dislocation

It happens when the ball on top your thighbone is knocked out of its pelvic socket. It usually takes a lot of force, as when you fall from a ladder or crash a car. All that power often causes other injuries like tissue tears, bone fractures, and could even damage nerves, cartilage, and blood vessels. Get to a hospital. It's very painful, and you won't be able to move your leg much, if at all, until your doctor starts to treat it.

#### Dysplasia

Here, the socket of your hip isn't deep enough for the ball to fit firmly inside. The looseness can vary from just a little jiggly, to fairly easy to push out (dislocate), to complete dislocation. Babies may be born with it, or they may get it in their first year. Female, firstborn, and breech birth (feet-first) babies get it more often. You could also cause it if you wrap (swaddle) your baby's legs too tightly.

#### Bursitis

It's when fluid-filled sacs, or "bursae," that ease friction between muscle, tendons, and bones get irritated and swollen. It can happen on the outside bony part of your hip (trochanteric bursitis), where it causes sharp, intense pain that dulls and spreads out over time. Less often, it happens on the inside (hip bursitis), where it causes pain in the groin. Either may worsen when you walk, squat, or climb stairs.

#### Labral Tear

You can damage the cartilage at the bony edge of your hip socket that helps keep the joint together. You could  
(Continued on back page)

## **Reasons Why Your Hips Hurt, *cont'd.***

injure it suddenly in a twisting fall or an accident, or you might simply wear it away with the same motion over time. You might feel clicking sensations and have pain in your groin or hip. You're more likely to get it if you play ice hockey, soccer, football, or golf.

### **Hip Strain**

It's when you overstretch or tear any of the muscles and tendons that help your hip joint move. (It's a "sprain" when it happens to a ligament.) It could affect lots of muscles like your hip flexors, glutes, abductors, adductors, quadriceps, and hamstrings. The area might swell, weaken, and hurt, especially when you use it. Rest, ice, and over-the-counter pain relievers are often enough to get you healthy again.

### **RICE: Rest, Ice, Compress, Elevate**

It's a good first step for any hip pain. Rest, but don't stop all movements (that could make things worse), just the ones that hurt. Ice for 20 minutes at a time, and use a cloth so you won't damage your skin. Compress the painful area with an elastic bandage, but not too much. Loosen it up if you see skin turning blue. Elevate the injured part on a pillow or stool to stop blood from pooling there.

## **Cheesy Witches Pretzel Broomsticks**

*A healthy and fun Halloween snack recipe for kids to eat and make with only three simple ingredients!*

### **Ingredients**

4 mozzarella cheese sticks cut in half

8 pretzel sticks

fresh chives

### **Directions**

1. After cutting cheese sticks in half, start making small slices in the cheese about half way down (you don't want to go too far up, since you'll need to cut a whole in the top).
2. Pull slices apart to create the broom effect.
3. Using a large toothpick, create a whole in the top of the cheese for the pretzel stick.
4. Press pretzel stick into the cheese and wrap the cheese with 1 chive.
5. Make a knot with the chive and serve.

