

# 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**

**November 26, 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**

**November 26, 2023**

**Ezekiel 34:11-16, 20-24 &  
Matthew 25:31-46**

**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...

I think of my childhood at WRPC fondly. I loved feeling totally safe and at home in the halls. Friendly, familiar faces were everywhere. Except, I wondered what terrible, awful things lurked downstairs! Though I was probably barely able to read, I remember clearly the bottom floor in the Sunday School stairwell being roped off with a sign that said "Do NOT enter the childcare center!". I couldn't help but think of what awful things must be down there. I was scared to go in the stairwell by myself! How silly of course, it seems now.

It had to do with the motion alerts for the security system I am sure. Even in a place where you feel safe, loved and comfortable there can still be worries in the corners of our minds, especially in children.

A comment made in humor that embarrasses a child or makes them feel like they aren't enough, or conveying the message that they don't do enough things in church can be quite detrimental to the relationship the children/youth have with our church family. However, equally as impactful is the smile they see as they head down the aisle after they acolyte, or the encouraging word about an accomplishment like a part in a school play! We all have our good days and bad ones just like the kids do. We won't be perfect, but it doesn't mean we stop trying either. Every family is just a little dysfunctional after all!

*—Rachel*

EXCELLENT!  
Congrats! BRAVO!  
AWESOME!  
YAY! way to GO!  
YOU ROCK! Fantastic!  
AMAZING!

## PRAYER REQUESTS

### People in our Prayers

Rev. Dan Clark	Laci, Nicholas &
Holston Presbytery Camp	Robin Lodall
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
Sue Hall	(Collin's parents)
(Steve Hall's mother)	Chuck Green
Ken Marsh	

### 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 11/26</b>	9:45am	Sunday School
	11:00am	Worship Service
<b>Monday 11/27</b>	6:00pm	Youth Group, YS
	6:30pm	Mission Committee, ZOOM
<b>Tuesday 11/28</b>	9:00am	Walking Group, Greenbelt Holston Valley Trailhead
	6:00pm	Has Beens, FH
<b>Wednesday 11/29</b>	1:00pm	ZOOM Bible Study
	7:00pm	Chancel Choir Practice
<b>Friday 12/1</b>	10:00am	Food Pantry, FH



## For the month of December...

### It's the 12 Days of Christmas at SMILE! Here's our Wish List!

SMILE has been able to double our numbers served from last year (643) to over 1200 already! So many products that we had drives for earlier in the year are seriously depleted. We are happy to send you a tax deductible receipt for any and all physical or monetary donations.

- \* Underwear (all sizes)
- \* Infant and Children's Socks
- \* Pajamas (all sizes)
- \* Diaper Wipes
- \* Toddler/Preschoolers Car Seats
- \* Hairbrushes and Combs
- \* 3 in 1 Kids' Shampoos/Body Wash
- \* Body Wash for Teen Girls
- \* Athletic pants and hoodies for teen boys (adult sizes)
- \* Athletic leggings for teen girls (adult sizes)
- \* Hygiene products for natural/biracial skin and hair
- \* Pack n' Plays and Cribs (gently used is fine)

### Our Santa for Seniors and Foster Angel Trees are up in the Narthex!



Be sure to stop by and select an item or two to remind the receivers that they are thought of, loved, and prayed for this holiday season. **Santa for Senior items are due in by November 30. Foster Angel items are due by December 6.** You may leave these items in the box under the tree table in the Narthex.

### Loving Each Other Luncheon Sunday, December 3!



### Souper Sundae Sunday!

There will be a LEO Luncheon on December 3, immediately following the worship service. The meal will be soups and dessert will be ICE CREAM! Please join us for a time of fellowship.

Please call the church office to let us know how many people to expect so we can be sure to have enough food and ice cream. See you December 3!

### WRPC Walking Group

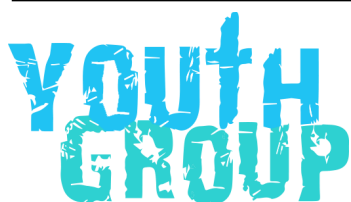


Every Tuesday, weather permitting!

We will gather at 9:00 am at the Greenbelt Holston Valley Drive Trailhead entrance to begin our walk.



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



Monday, November 27, 6:00—8:00pm

We will be gathering in the Youth Suite for a fun evening of learning and fellowship!



### Secret Santa Christmas Drive for Lincoln Elementary Students

The Leadership Class at Dobyns-Bennett is coordinating a Christmas drive for Lincoln Elementary students. If you would like to donate new toys, clothes and toiletries, just place them in the boxes in the WRPC workroom.

**The deadline is December 1.**





Views from the

## FOOD PANTRY

by Peter Lodol



**November 26—December 2, 2023**

Well, 75 seems to have been our number last week.

We delivered 75—*yes*, 75—bags on Friday, the most we have delivered since 2019. I have no idea where this demand is coming from. My appreciation to the Friday crew for working through the rush.

We also received 75 boxes of food, with potatoes and a frozen chicken, from Project Thanksgiving. Our thanks to Kingsport City Schools for picking them up and distributing them to needy families.

As always, thank you for your support and prayers.

—Pete Lodol



## WRPC Christmas Poinsettia Order Form

You can participate in the tradition of beautifying our Sanctuary during the Advent season by ordering a Poinsettia. If you would like to contribute a Poinsettia in memory of or in honor of someone, or to celebrate someone special, please write the name of the person(s) to be honored or memorialized and any other appropriate information in the space below and return it to the church office, along with your check **no later than Sunday, December 17**. The cost of each Poinsettia ordered is \$10.00. Checks should be made payable to Waverly Road Presbyterian Church and marked "for Poinsettias". Please indicate below whether you will be picking your Poinsettia up after Christmas Eve Service on Sunday, December 24.

(PLEASE PRINT LEGIBLY)

Poinsettia given by: \_\_\_\_\_

In Honor of: \_\_\_\_\_

In Memory of: \_\_\_\_\_

In Celebration of: \_\_\_\_\_

PLEASE REMEMBER TO CHECK BELOW ...

\_\_\_\_\_ I will pick my Poinsettia up after Christmas Eve Service on Sunday, December 24.

\_\_\_\_\_ I will **not** pick up my Poinsettia



## HEALTH Matters

### Signs of Chronic Inflammation You May Not Expect

webmd.com

#### Balance Problems

Chronic inflammatory diseases (CIDs) cause your body to overreact and, in some cases, attack itself. In multiple sclerosis, for example, your body's immune system attacks nerve coatings. That makes it harder for nerve signals to get through. You may feel dizzy or off-balance, especially when you walk.



#### Insulin Resistance

Insulin helps control the sugar level in your blood. Inflammation could affect how well your insulin works. It's not yet clear exactly why.

Insulin resistance can lead to high blood sugar. That can damage your nerves and blood vessels. It could also lead to diabetes. You might have tingling feet, or you could be more thirsty and tired. You might not have symptoms. Your doctor can help you discover what's going on.

#### Muscle Weakness

Sometimes your immune system mistakenly attacks and inflames your muscles (your doctor may call it myositis). This could start to break down muscle fiber and make you weaker. It usually happens slowly, most often in your torso, shoulders, and hips. In some cases, you might find it hard to do simple things like walk, bathe, and swallow.

#### Diarrhea

Inflammatory bowel disease, or IBD, has two main forms: ulcerative colitis and Crohn's disease. In both cases, your immune system overreacts and inflames your colon and small intestine. Diarrhea is one thing that can happen. Others are nausea, joint pain, fever, and skin rashes.

#### Lower Back Pain

In ankylosing spondylitis, chronic inflammation typically attacks the spine. Sometimes, it hits your hips, neck, knees, or chest. You might have pain and stiffness in your lower back, especially in the morning. In serious cases, you could have loss of motion. Talk to your doctor if you notice any symptoms. Early treatment can help you manage your condition better. (Continued on back)

Mafair United Methodist Church  
*and*  
Waverly Road Presbyterian Church

present

# *The Seven Noels*

*Songs to Light the World*

a cantata by Pepper Choplin

12th Night Celebration - Friday, January 5, 2024

Mafair UMC 1409 E Center St, Kingsport

Music at 6:00 pm with community dinner to follow

RSVP for dinner at  
[www.mafairumc.org](http://www.mafairumc.org)  
or call (423)378-9620





## Signs of Chronic You May Not Expect, *cont'd.*

### You're Always Tired

It's one of the typical signs of long-term inflammation and a common sign of inflammatory diseases like fibromyalgia, multiple sclerosis, lupus, and rheumatoid arthritis. Talk to your doctor if you have a sudden drop in energy. It could be a sign of an underlying illness. It may be treatable, too.

### Livedo Reticularis Rash

This purplish, marbled rash looks webbed like lace. Inflammatory conditions (like lupus and antiphospholipid syndrome) can cause it. You'd usually get this on your arms and legs. You might notice it more in the cold.

There's not much you can do to treat the rash itself, but your doctor may be able to treat the problem that causes it. Your rash might go away on its own. Talk to your doctor if it doesn't or if you notice nodules or sores.

### Hardening of the Arteries (Arteriosclerosis)

If you're gaining body fat or you spend a lot of time taking in foreign substances like cigarette smoke, your body will respond with inflammation. This can cause fatty plaque to build up on the inside walls of your arteries. Known as arteriosclerosis, it's the main cause of heart attack and stroke. Only your doctor can tell if you have hardening of the arteries.

### Blood Clotting

Inflammation from trauma, surgery, or diseases like antiphospholipid syndrome and IBD can cause your blood to clot too much (called hypercoagulation). This might cause swelling and could bring on more serious things like stroke, heart attack, or pulmonary embolism. It is not always easy to spot hypercoagulation, and your doctor might take some time to figure out what's causing it. Drugs called anticoagulants can help.

### Dry Eye

It's a common symptom of inflammation. One condition, Sjogren's syndrome, affects your salivary glands and your tear glands. You might notice a gritty or burning feeling in your eyes, swelling in your salivary gland, and dryness in your nose and throat. Your doctor can prescribe medication to help ease your symptoms and keep away serious complications like vision loss and dental problems.

### Brain Issues

Your memory and your ability to think are likely to take a hit if your body shows signs of inflammation. Scientists continue to study the link. Early findings suggest that inflammation may contribute to Alzheimer's disease and other conditions that cause dementia. This is especially true in older adults.