

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**



December 3, 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

December 3, 2023
Isaiah 64:1-9

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,

"Slow down, you move too fast. You've got to make the moment last."

Those words from Simon and Garfunkel's '59th Street Bridge Song' could apply to Advent. This is a time for us to slow down and make this moment of anticipation/preparation/hope last. We are invited to slowly approach the manger, savoring the moment when our Savior comes into the world.

Advent is a time for us to read devotionals. It is a time to pray and ponder. It is a time to listen and wait. So let us slow down together for a few weeks and let this season last. Christmas is coming, but Advent invites us to breathe before that big day gets here.

May God continue to bless,

—Rev. Collin



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
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.

Sunday 12/3	9:45am	Sunday School
	11:00am	Worship Service / 5 Cents-a-Meal Offering
	12:00am	LEO Luncheon, FH
Monday 12/4	6:00pm	Youth Group, YS
Tuesday 12/5	9:00am	Walking Group, Greenbelt Holston Valley Trailhead
	11:00am	Staff Meeting, ZOOM
	6:00pm	Has Beens, FH
Wednesday 12/6	1:00pm	ZOOM Bible Study
	7:00pm	Chancel Choir Practice
Thursday 12/7	6:00pm	Stephen Ministry, MR and ZOOM
Friday 12/8	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)



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.

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.

December 24, 2023 WRPC Christmas Eve Schedule

Christmas Morning Worship Service

11:00am in the Fellowship Hall
Christmas Pageant and
Birthday Party for Jesus

Candlelight Christmas Eve Worship Service

6:30pm in the Sanctuary

Loving Each Other Luncheon this 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!



Views from the

FOOD PANTRY

by Peter Lodol



December 3—9, 2023

What we had last week went away this week: Only 5 bags delivered, which is not surprising for the day after Thanksgiving.

My thanks to everyone who has helped cover things the past two weeks, including giving up holiday time to ensure we were open.

For all of November, we had 174 bags delivered, only slightly more than October's 166.

As always, thank you for your support and prayers.

—Pete Lodol

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
or call (423)378-9620



YOUTH GROUP

**Monday, December 4,
6:00—8:00pm**

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



Hymn Stories

Come, Thou Long-Expected Jesus

Charles Wesley wrote seventy-five hundred hymns (Encyclopedia Britannica) — roughly a hymn every other day for fifty years. I find that

amazing! It would be amazing if he had written one verse every other day, but most of his hymns have several verses. I can scarcely imagine how he managed to do anything else — but he was a great preacher as well as a great writer of hymns.

The hymn, “Come, Thou Long-Expected Jesus,” looks forward to Jesus’ Second Coming. It begins, “Come, thou long expected Jesus, born to set thy people free.” Wesley looked forward to the time when Jesus would come again to set us free from fear and sin.

Wesley knew what it meant for people not to be free. When he was about thirty years old, he traveled to America on a mission, where he saw slavery in its rawest form. He recorded in his journal that he had seen parents give their child a slave to torment. Wesley was so shaken by the evil of slavery that he nearly had a nervous breakdown. It wasn’t long before he returned to England.

Some would criticize Wesley for not remaining in America to join the fight against slavery, but Wesley’s weapons were his sermons and his hymns. For the next several decades, his sermons and hymns lent their power to the efforts to make people free — free from slavery — free from fear — free from sin.

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New Arrivals

Eleanor Lovett Gordon (Ellie)

Born: October 9, 2023, Dallas, TX

Parents: Abby Nolen and Aaron Gordon

Grandparents: Sharon and Tim Nolen



Liam Scott Sudbury & Cora Mae Sudbury

Born: September 6, 2023,
Mosely, VA

Parents: Zeke and Adrienne
Sudbury

Grandparents: Jane and Steve Welch





The DOs and DON'Ts of Online Giving

You may already be aware that it is possible to donate to Waverly Road Presbyterian Church online. The easiest way to do this is from our website, waverlyroadpc.org. Click "Online Giving" at the top of the page and follow the prompts. This allows a quick, easy, and secure way to give to WRPC using your credit card. A number of donors are already taking advantage of this convenience and in 2023 we will receive more than \$25,000 to the General Fund via Online Giving.

If you choose to give by this method, the Stewardship Committee wants you to be aware of a few things:

1. When you give online, you are donating to the Presbyterian Foundation, an agency of PC(USA). The Presbyterian Foundation will forward your gift (minus a 2% processing fee) to WRPC.
2. Because you are donating to the Presbyterian Foundation, they will provide a letter acknowledging your tax-deductible donation. Online donations will never appear on a statement that you receive from WRPC.
3. At this time, WRPC only offers the Online Giving option for five funds: The General fund, the Mission Action Plan, 5 Cents-a-meal, Memorials, and the Vocal Scholarship fund. If you want to give to something other than these five funds, please do not use Online Giving to do that. You run the risk that your gift may not be applied as you intend. Please talk to the Receiving Treasurer.
4. At this time, we cannot accept non-deductible gifts via Online Giving. Therefore, we ask that you do not try to pay for Poinsettias, the Church Retreat, Waverly Wanders, or any other non-deductible activity by this method. Again, if you are not giving to one of the five specific funds (listed in #3), please do not use the Online Giving form. Please do talk to the Receiving Treasurer.
5. If you need to give a donation outside of the five funds currently available, please do talk to the Receiving Treasurer. The Stewardship Committee is monitoring the use of Online Giving and we can make adjustments as there is a need to do so.

Regardless of how you choose to give, we do thank you for your financial support of WRPC. If you have any questions, please let us know.

—Noah McMillan on behalf of the Stewardship Committee



What Is Advent Season?

Advent Season is a very special time of year that sometimes gets lost in the bright lights of the Christmas season it precedes. The first day of Advent is the first day of a new Liturgical (or church) calendar and begins a four week period of preparation for the nativity of Jesus Christ at Christmas.

The Advent Season is all about reflecting on how we can prepare our hearts and homes for Christ's birth in the world as it is today. It is a time for faith communities and families to remember, through prayer, reflections, special music, and good deeds what the true meaning of Jesus' birth is. There are many different Christian traditions associated with the four weeks of Advent.

The Advent season invites us to step away from what can be a frenzied time of parties, shopping, and holiday noise to consider how we commemorate the birth of Jesus, one of the holiest times in Christian faith. It is also a time to reflect on the triumphant return of Jesus at the second coming.

CANTEMUS WOMEN'S CHOIR OF THE TRI-CITIES INVITES YOU TO THEIR 10TH SEASON

WINTER CONCERT

"I SING OF A MAIDEN"

FRIDAY, DEC. 15TH AT 7PM
State Street United Methodist Church
Bristol, VA

SUNDAY, DEC. 17TH AT 4PM
First Broad Street United Methodist Church
Kingsport, TN

SUGGESTED DONATION OF \$10 (CASH ONLY) WWW.CANTEMUSWOMENSCHOIR.ORG



HEALTH *Matters*

What Not to Do When You Are Immunocompromised

webmd.com

What Does Immunocompromised Mean?

When you're immunocompromised, your immune system doesn't work as it should to fight infections and disease. This can result from conditions like HIV and AIDS, diabetes, lupus, and cancer, or from a bone marrow or organ transplant. You can also become "immunosuppressed" from certain treatments, like chemotherapy and corticosteroids. To protect against illness, there are some things you should avoid.



Stay Away From Pet Poop

Pet poop may carry parasites like *Toxoplasma gondii* or cryptosporidium (crypto). These can infect anyone, but immunocompromised people are more likely to get seriously ill. Wear gloves to clean the litter box or cage, or ask someone else to do it. Afterward, wash your hands thoroughly. Stay away from reptiles, amphibians, and farm animals. Ask your doctor and vet how to stay safe.

Avoid Unwashed Produce

Fresh fruits and veggies can spread foodborne illnesses. Wash any produce you plan to eat raw with running (and uncontaminated) water. Peel fruits before you eat them. Use a brush to scrub hard-skinned items like potatoes and carrots. Don't soak produce in the sink, which may harbor bacteria. In particular, stay away from raw or lightly cooked sprouts, like alfalfa sprouts.

Don't Swallow Unsafe Water

Even chlorinated water and saltwater can contain bugs like crypto. Never swallow water when you swim in a pool, lake, river, or ocean. Don't drink from springs or private wells. Depending on water quality in your area, even tap water – and ice made with it – could be risky. It may be best to drink only bottled water, or use a filter.

Stop Smoking

Smoking itself weakens your immune system, raising your risks for many diseases and infections. It can even lead to autoimmune conditions like rheumatoid arthritis,

in which your immune system attacks healthy body tissues. And it harms your lungs, leaving less healthy tissue to fight off respiratory illnesses like COVID-19. Ask your doctor about the best ways to quit.

Say No to Sushi

A weak immune system makes you vulnerable to food poisoning and can make it more serious if you get it. So raw fish, as well as uncooked meats like steak tartare, are off the table. Other no-nos include:

- * Uncooked or undercooked eggs
- * Rare burgers and steaks
- * Soft cheeses like brie and Camembert, as well as blue-veined cheese
- * Uncooked deli meats like bologna and turkey breast
- * Self-serve buffets and salad bars

Beware of Bug Bites

Mosquitoes and ticks spread infections that can be serious for those with weak immune systems. Before heading outdoors:

- * Use bug repellent with effective ingredients like DEET or picaridin.
 - * Wear protective clothing.
 - * Avoid wooded and brushy areas.
 - * Check pets and yourself for ticks on your return.
- If you're traveling to an area prone to mosquito-borne illnesses, ask your doctor about medicine to ward off disease.

Don't Garden Without Gloves

Bug spray isn't the only protection you need when you head out to work in your yard. Soil contains bacteria and mold that could lead to fungal infections. Wear gardening gloves to guard against cuts and scrapes to your hands, which give bacteria a way to enter your body. Long pants and long sleeves help, too. In some cases, your doctor may recommend that you avoid contact with soil.

Don't Skip All Shots

It's true that you should forgo most "live" vaccines – those containing a weak form of the disease-causing virus – like the yellow fever vaccination. But "inactivated" vaccines, like the flu and pneumonia shots, are made from dead viruses. They're generally safe, and they're important to protect against infections. Your doctor can tell you which are right for you.

Don't Be Careless About COVID-19

When you're immunocompromised, you're more likely to get COVID-19, get seriously ill from it, and stay sick longer. Use these protections:

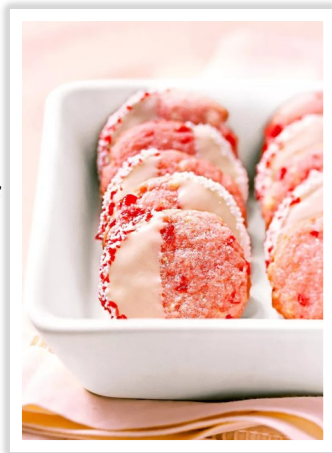
- * Get a COVID-19 vaccine, including suggested boosters.
- * Take medicine (Evusheld) to boost your immune system response and prevent infection.
- * Wear a high-quality mask when you're around others.
- * Avoid crowded indoor events.

White Chocolate-Cherry Shortbread

A basic shortbread recipe requires nothing more than butter, flour, and sugar. This version of the classic cookie recipe is dressed up with the addition of maraschino cherries and a dip in melted white chocolate.

Ingredients

- ½ cup maraschino cherries, drained and finely chopped
- 2 ½ cup all-purpose flour
- ½ cup sugar
- 1 cup cold butter
- 12 ounce white chocolate baking squares with cocoa butter, finely chopped
- ½ teaspoon almond extract
- 2 drops red food coloring (optional)
- 2 teaspoon shortening
- White nonpareils and/or red edible glitter (optional)



Directions

1. Preheat oven to 325 degrees F. Spread cherries on paper towels to drain well.
2. In a large bowl, combine flour and sugar. Using a pastry blender, cut in the butter until mixture resembles fine crumbs. Stir in drained cherries and 4 ounces (2/3 cup) of the chopped chocolate. Stir in almond extract and, if desired, food coloring. Knead until smooth and form into a ball (dough will be crumbly at first, but will come together as you work the dough with your hands).
3. Shape dough into 3/4-inch balls. Place balls 2 inches apart on an ungreased cookie sheet. Using the bottom of a drinking glass dipped in sugar, flatten balls to 1-1/2-inch rounds.
4. Bake in preheated oven for 10 to 12 minutes or until centers are set. Cool for 1 minute on cookie sheet. Transfer cookies to a wire rack and let cool.
5. In a small saucepan, combine remaining 8 ounces white chocolate and the shortening. Cook and stir over low heat until melted. Dip half of each cookie into chocolate, allowing excess to drip off. If desired, roll dipped edge in nonpareils and/or edible glitter. Place cookies on parchment or waxed paper until chocolate is set.

To store: Layer cookies between waxed paper in an airtight container; cover. Store at room temperature for up to 3 days or freeze for up to 3 months.