

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 12, 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 12, 2023
Matthew 25:1-13

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,

Happy Fall,

Something that's been on my mind for a few months is the idea of joyful living. When I see the same idea popping up in odd places, I know God is speaking. This summer, Montreat's theme was "In Joy". "Finding Joy" ideas get top interest on social media. Our church retreat last weekend focused on playing and being joyful.

Unfortunately, we are seeking joy but simultaneously snuffing out its embers. During church services, many of us are so concerned about offending God, we forget to worship Him with joy. We hear gorgeous singing and amazing sermons, yet we sit quietly. Clapping is worship! Saying amen is agreeing with God, not the preacher. It seems unnatural for me to feel so happy in church and hold it in. I want to thank God by making a joyful noise! Won't you join me?

In love and reverence,

—Trinity



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
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 11/12	9:45am	Sunday School
	11:00am	Worship Service / Communion
	12:00am	Loving Each Other Luncheon, FH
Monday 11/13	6:00pm	Youth Group, YS
Tuesday 11/14	9:00am	Walking Group, Greenbelt Holston Valley Trailhead
	6:00pm	Has Beens, FH
	6:00pm	Children & Youth Committee, MR
Wednesday 11/15	1:00pm	ZOOM Bible Study
	7:00pm	Chancel Choir Practice
Friday 11/17	10:00am	Food Pantry, FH

Loving Each Other Luncheon this Sunday!



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

Communion Sunday, Nov. 12, 2023

Join us during our online or in-person Worship Service this Sunday for Communion. For online worship, just provide your own bread and juice or wine and let's break bread together.



WRPC Walking Group
Lets Walk 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 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,
November 13,
6:00–8:00pm**

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

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



Views from the

FOOD PANTRY

by Peter Lodol

November 12–18, 2023

We opened November very much the same way we closed October – 45 bags delivered.

We also received two very generous donations from our sister Presbyterian congregations – approximately 12 bags of food from Bethel, and 25 pumpkins to give away from Colonial Heights. My thanks to both for their generosity.

As always, thank you for your support and prayers.

—Pete Lodol



with

Lincoln Elementary School

We all had so much fun hosting about 450 Trick-or-Treaters from Lincoln Elementary School this past Tuesday, October 31st. Here are more photos from the event!





HEALTH *Matters*

How to Tell When It's Strep Throat

webmd.com

What Is Strep Throat?

It's an infection of your throat and sometimes tonsils. "Strep" is short for "group A streptococcus," the type of bacteria that causes it. Your throat may get sore and scratchy. Strep throat is most common in kids. Adults who are around children, like parents and teachers, also have a higher chance of getting it. Only your doctor can tell you for sure if you have it.



Causes

Strep bacteria spreads easily from person to person. You can get it if you:

- * Breathe in tiny droplets from a sick person's cough or sneeze
- * Get droplets on your hands and then touch your mouth or nose
- * Use the same plate or glass as a sick person at mealtime

Symptoms

Besides a sore throat that starts quickly, you can have pain when you swallow, a fever, red and swollen tonsils that sometimes have white patches or streaks of pus, red spots on the roof of your mouth, and swollen lymph nodes in the front of the neck.

It's likely not strep if you have a cough, runny nose, hoarseness, or conjunctivitis (pinkeye).

Diagnosis

To find out if you have strep, your doctor will swab the back of your throat to get some mucus. A technician will try to grow, or "culture," any bacteria that might be there. It could take up to 2 days to get results. Some doctors use a "rapid strep test," which might confirm you have it in as little as 15 minutes.

Treatment

Your doctor will likely suggest you take antibiotics for about 10 days. In about a day, your fever should get lower and you'll become much less contagious. In 2 or 3 days, your other symptoms should start going away, too. It's important to complete the full cycle of antibiotics so

that the bacteria doesn't return. Don't stop taking them just because you feel better. Talk to your doctor first.

Home Remedies

Though you need antibiotics to treat the root cause, other things can help, too:

- * Gargle with warm salt water.
- * Use acetaminophen or ibuprofen to ease pain and fever.
- * Stay away from spicy or acidic food, like peppers or orange juice.
- * Look for mild, soft foods like yogurt, soup broths, and cool drinks.
- * Drink plenty of water and suck on ice to lessen throat pain.
- * Get plenty of sleep to help fight the infection.

Are You a Strep Carrier?

In some people, particularly kids, strep bacteria lives in the throat, but doesn't cause illness and is less contagious. As many as 20% of children could be in this group, known as "strep carriers." Your lab test may be positive for strep even after you finish taking antibiotics. Once you're a known strep carrier, your doctor might treat your sore throat with different antibiotics, or with none at all.

Prevention

Some good ways to keep from spreading strep to others:

- * Cover your mouth and nose when you sneeze or cough.
- * Keep your food and drinking utensils separate, and wash them in hot, soapy water after each meal.
- * Don't share food, drinks, napkins, or towels with others.
- * Wash your hands often, especially after you sneeze or cough.

Risk Factors

Anyone can get strep, especially if you've been in close contact with someone who has it. But it most often infects children from preschool to the early teenage years. The time of year also makes a difference. Though you can get it anytime, it's much more likely in the late fall through winter and early spring. In general, strep seems to thrive wherever people gather in groups close to one another.

Possible Complications

These are rare but may happen, especially when bacteria spreads to other parts of the body:

- * Sinus or ear infection
- * Swollen tissue (lymph nodes) in the neck
- * Sores (abscesses) near the tonsils
- * Rheumatic fever
- * Scarlet fever
- * Kidney inflammation or disease

A collage of three photographs showing children in a classroom setting, overlaid with a large, stylized orange and red maple leaf graphic. The top photo shows a child with a yellow bow in their hair, the middle photo shows a child with a yellow bow in their hair, and the bottom photo shows a child with a yellow bow in their hair. The maple leaf graphic is large and central, with a red stem and veins.



Slow-Cooker Chicken Tortilla Soup

Yield: 8 servings (2 qt.)

Ingredients

- 1 pound boneless skinless chicken breasts
- 1 tablespoon canola oil
- 1 medium onion, chopped
- 3 garlic cloves, minced
- 1 carton (32 ounces) reduced-sodium chicken broth
- 1 can (15 ounces) black beans, rinsed and drained
- 1 can (14 ounces) fire-roasted diced tomatoes
- 1-1/2 cups frozen corn
- 1 tablespoon chili powder
- 1 tablespoon ground cumin



- 1 teaspoon paprika
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup minced fresh cilantro

Crushed tortilla chips

Optional: Chopped avocado, jalapeno peppers and lime wedges

Directions

1. In a large skillet over medium heat, brown chicken in oil. Remove chicken to 3-qt. slow cooker. Add onion to skillet; cook and stir until tender, 6-8 minutes. Add garlic; cook 1 minute longer. Transfer to slow cooker. Stir in the next 9 ingredients. Cover and cook on low until chicken is tender, 4-5 hours.
2. Remove chicken and shred with 2 forks; return to slow cooker. Stir in cilantro. Sprinkle with tortilla chips. Serve with toppings as desired.