

# 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 24, 2023**

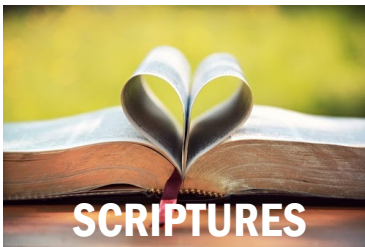
Informal Christmas Eve  
Worship Service, Singing of Carols,  
Christmas Pageant, and Birthday  
Party for Jesus at 11:00am.  
**Candlelight Christmas Eve  
Worship Service at 6:30pm.**



[https://www.facebook.com/  
WaverlyRoadPresbyterian-  
Church/](https://www.facebook.com/WaverlyRoadPresbyterianChurch/)



[https://www.youtube.com/  
channel/  
UC1dv3U42u4jLlksq\\_71Foyg](https://www.youtube.com/channel/UC1dv3U42u4jLlksq_71Foyg)



**SCRIPTURES**

**December 24, 2023**  
Informal Worship

**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...**

**Peace be with you....**

Christmas is practically here. During these last few days, I always feel as though the world is holding its breath. The shepherds did not know what was about to take place, and my hope is that I will be like them. I long to be surprised by angelic

choirs and a glimpse of the Messiah.

May you find that joy is entering the world. May you find the darkness around you lit up with songs of salvation and hope. May you be renewed at the birth of Jesus.

Most of all, may you have a very Merry and Blessed Christmas.

*—Rev. Collin*



## PRAYER REQUESTS

### People in our Prayers

Rev. Dan Clark	Laci, Nicholas &
Holston Presbytery Camp	Robin Lodal
Patients receiving Dialysis	Ann Kibler
Doris Blanchard	Jernigan Family & Jeanne
Ted Germroth	Jernigan
Benjamin Salyer	Sarah Hale
Howard S. Carman, Sr.	Kirk and Lola Finch
(Howard's Father)	Abigail & Ashleen Easley
Sue Hall	Travis & Kathy Adams
(Steve Hall's mother)	(Collin's parents)
Ken Marsh	Chuck Green
Mike Lewis	Marty Qualls

### 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 12/24</b>	11:00am	Informal Worship Service / Singing Carols / Christmas Pageant / Birthday Party for Jesus
	6:30pm	Candlelight Christmas Eve Service
<b>Monday 12/25</b>	8:00am	Christmas Holiday – Church Offices CLOSED
<b>Tuesday 12/26</b>	8:00am	Christmas Floating Holiday – Church Offices CLOSED
<b>Wednesday 12/27</b>	1:00pm	ZOOM Bible Study
<b>Friday 12/29</b>	10:00am	Food Pantry, FH

## 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

**WRPC Walking Group**  
*Let's 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 log-in  
instructions to your email.



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





Views from the

# FOOD PANTRY

by Peter Lodal

**December 24–30, 2023**



To all:

We had another big Friday, delivering 52 bags on Friday, up by 5 from the previous week.

Again, our thanks to 1st Presbyterian-Kingsport for their White Gift offering—35 fully packed food bags ready to distribute.

As always, thank you for your support and prayers.

—Pete Lodal



## HEALTH Matters

**Surprising Things Your Genes Say About You**

*webmd.com*

### Your Genes And You

Some traits you were born with -- your eye color and hair color, for example -- come from your genes. They're molecules -- scientists need a microscope to see them -- that carry information passed down from your parents. It's called DNA, and most is the same for everybody. But a small percentage of it is yours alone. Those differences help determine how you look, the way your body works, your risk for diseases, and your personality.



### Sunlight Sneeze

Have you ever noticed that you feel the urge to sneeze when you step into bright light? It's called photic sneeze reflex, and it seems to happen in about a quarter of the population. It's not clear just how light can lead to sneezing, but scientists do know that it's tied to a gene your parents pass down to you. If one parent is a sun-sneezers, their child has a 50% chance of being one, too.

### Perfect Pitch

A trained musician can typically sing you a note, like a G, as long as you give them a "starting pitch," like C, and say what it is. That's relative pitch. If you have absolute,

or perfect, pitch, you can hear or sing any note without hearing another one first. Your genes might play a part in this skill. In a survey, people with perfect pitch were more likely to have a close relative who had it. Still, musical training makes a difference.

### Earwax

Is yours dry, grayish, and flaky? Or wet, yellow, and sticky? It depends on which version, or allele, you have of one gene, called ABCC11. The same gene is tied to the smell of the sweat in your armpits as well. If you have the allele for wet, sticky earwax, you're more likely to have body odor than someone with the other kind.

### Lark or Owl?

The time of day when you're most alert and productive is driven by your body's internal clock, or circadian rhythm. Most people's run on about a 24-hour schedule, but it can run faster or slower, making you a morning lark or a night owl. Specific genes seem to play a role in your circadian rhythm speed and how closely it matches the 24-hour day. Changes in those genes can cause disorders that make you fall asleep and wake up at odd hours.

### The Roots of Gray Hair

We all wonder when we'll get our first gray strand. Scientists found a gene that helps figure out if -- and how early -- you'll get yours. The gene, called IRF4, helps make the pigment in your hair, eyes, and skin. It may give us insight on aging and possibly how to hold off those silver locks. Researchers also found genes linked to balding, curly hair, and unibrow.

### Your Father's Influence

You know that a pregnant woman's age, diet, weight, and other habits can affect their baby's health. But do you know the same is true for the father?

As men get older, if they gain a lot of weight or become heavy drinkers, their genes can change. If passed down, those changes may raise their kids' -- or even grandkids' -- chances of getting conditions like autism, diabetes, and cancer.

### Weight in Your Genes

What you eat and how much you exercise isn't the whole story when it comes to your size. Your DNA also may play a part. Scientists have found that some people's genes nudge them toward a higher-than-healthy weight. A nutritious diet tips the scales in your favor.

### Gluten Glitch

About 40% of us might have genes linked to celiac disease. That's the disorder that stops you from digesting gluten and causes inflammation in the intestines. But only about 1% of the people with these genes have symptoms of the disease. Scientists aren't sure what makes the difference.

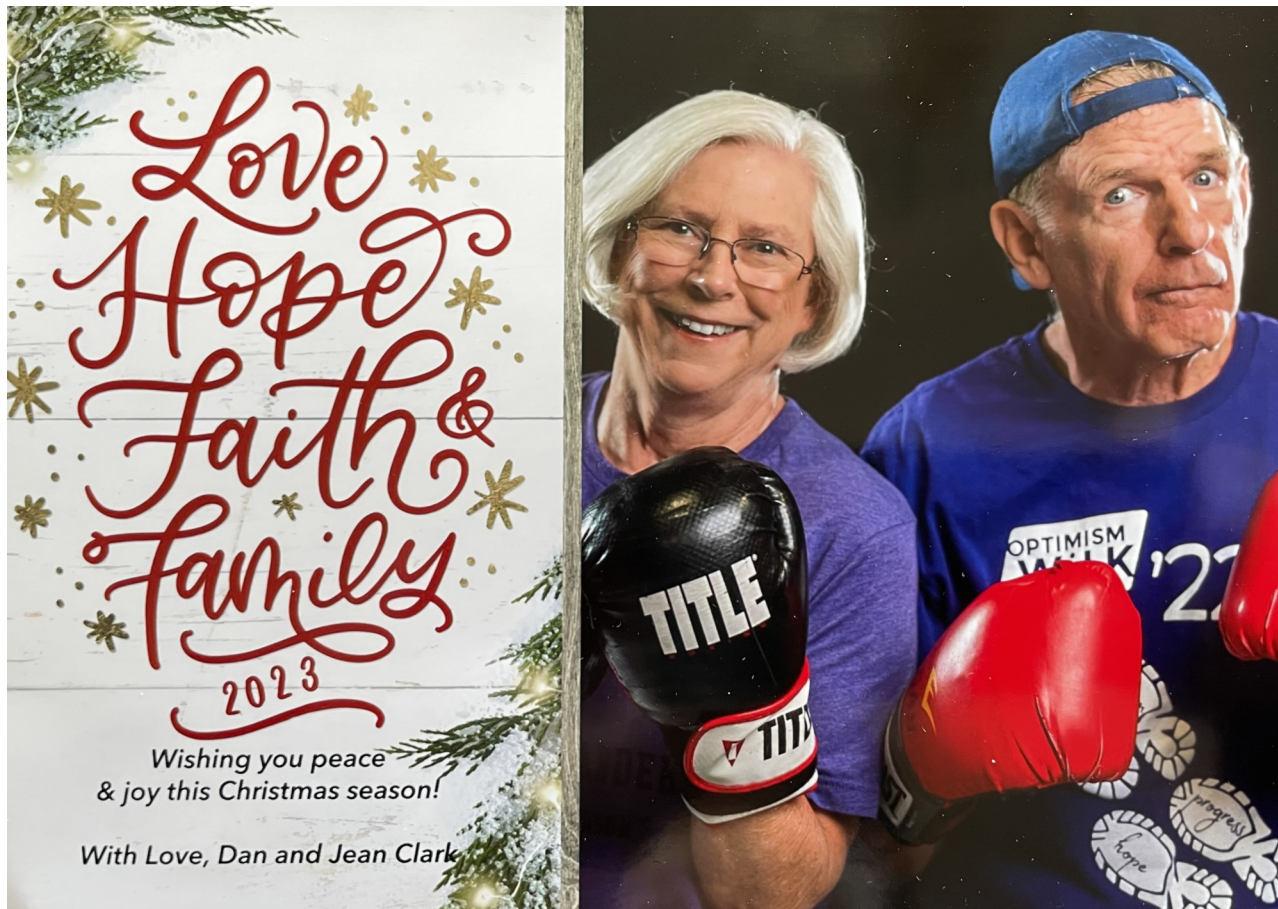
### It's Nature AND Nurture

If all this makes you wonder about what could be hiding in your DNA, remember this: Your health, personality, and looks are based on many things, including your genes. Your environment, lifestyle, and a bit of chance also make a difference. The choices you make still matter most as far as who you'll become, though.



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Kingsport, TN 37664-2520

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Just sharing Rev. Dan and Jean's Christmas card this year! They are in Rock Steady Boxing (<https://www.rocksteadyboxing.org>), a program that helps people with Parkinson's Disease. Jean is Dan's boxing coach! Pretty cute, huh? Wishing them a very Merry Christmas from WRPC!