

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**



January 14, 2024

**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/WaverlyRoadPresbyterianChurch/)



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



SCRIPTURES

January 14, 2024

John 1:43-51 &
1 Corinthians 6:12-20

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,

As the Christmas decorations get put away and we begin to go back to 'ordinary time,' I am reminded that Christmas reminds us that things will never be 'ordinary' again. It is the same lesson that Easter will again teach in just a few months. Living in a world where Jesus has been born and resurrected means living in a world that is extraordinary!

It is up to us to remind ourselves of this every single day. Opening our lives to prayer, or scripture reading, or singing, or just sharing the good news each day remind us that we are different because of what God has done. It is up to us to see our lives as out of the ordinary, because God has made it that way.

This week I hope that God-Father, Son and Spirit- shows you just how extraordinary life is. I pray that you are able to do something each day to remind yourself of the world made new in Christ.

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
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
Ingram Family (Wes' Sister)	

Missions in our Prayers—1st Quarter

Local Missions

Cora Cox Academy
The Oasis of Kingsport

Regional / National Missions

Appalachian Miles for Smiles

International Missions

Butoke Nutrition Center, Congo
Osman Hope, Honduras

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.



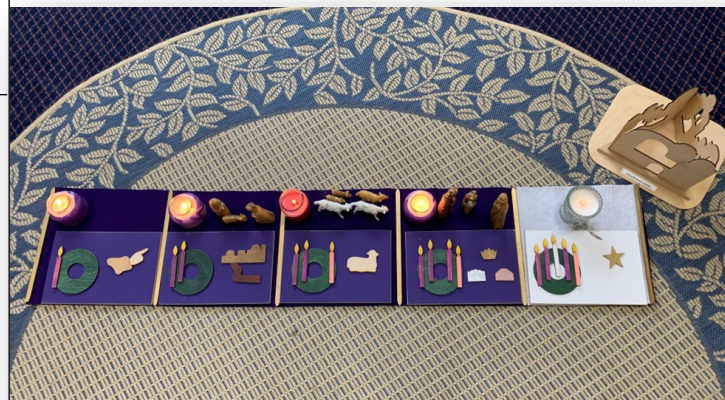
This Week at WRPC

Indoor and Online Worship at 11:00am.

Sunday 1/14	9:45am	Sunday School
	11:00am	Worship Service
Monday 1/15	6:30pm	Mission Committee, ZOOM
Tuesday 1/16	9:00am	Walking Group, Greenbelt Holston Valley Trailhead
	6:00pm	The Has Beens, FH
	6:00pm	Children & Youth Ministry, MR
Wednesday 1/17	1:00pm	ZOOM Bible Study
	7:00pm	Chancel Choir Practice
Thursday 1/18	7:00pm	Stephen Ministry, MR & ZOOM
Friday 1/19	10:00am	Food Pantry, FH
	11:00am	Congregational Care, GS

1. Today we remember the prophets. They came so close to God and God came so close to them they knew something important was going to happen in Bethlehem. (We have the model of Bethlehem out along with the card that has a hand that points to Bethlehem. **It is the Sunday of Hope.**
2. Today we remember the Holy Family. The Holy Family is on the way to Bethlehem and we are going with them. (We have Mary, Joseph, and the Donkey from our Holy Family tray). Mary was about to have a baby. Mary rode and walked on the donkey. It is very hard to walk when you are about to have a baby. They were probably some of the last people on the road. **This is the Sunday of Peace.**
3. Today we remember the shepherds who were standing in the fields around Bethlehem, keeping their sheep; staying awake so they so that the wolf could not come and get them. Suddenly there was so much light in the sky that it hurt their eyes. They were afraid and heard singing, "Do not be afraid, we bring you great tidings of joy. Peace on earth and good will to everyone. A child is born. Go. Hurry. Run to Bethlehem to see the child who will change everything. **This is the Sunday of Joy.**
4. Today we remember the three kings, the wise ones, the Magi. They came from far in the East, and of all the things that they knew, they knew most about stars. They follow the wild star to Bethlehem. They came from far away lands to see where the wild star would take them. They came so far and got there after the baby was born. **This is the Sunday of Love.**

The Christ Candle is to be lit on Christmas Eve, along with all the other Advent Candles.



Encouraging Words

"We all get the exact same 365 days.
The only difference is what we do
with them."—Hillary DePiano



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



As this year ends and the new year begins, I would like to share with you some of the learning we have done in the Godly Play Room.

We center our learning on the three Great Mysteries of the church year: Easter, Christmas, Pentecost.

We talk about the "getting

ready times" for the three Great Mysteries. Easter, the greatest mystery of Jesus' resurrection, requires the longest 'getting ready time'. This 6 weeks is known as Lent and we spend time talking about the events that happened in the Holy Week before Easter. The 'getting ready time' for Christmas is known as Advent. Each Sunday has its own special portion of the story leading up to the birth of Christ.



Views from the

FOOD PANTRY

by Peter Lodol

January 14–20, 2024



To all:

Well, we started the new year off with a bang—67 bags delivered. It appears as though our numbers are truly on an upturn. Stay tuned.....

As always, thank you for your support and prayers.

—Pete Lodol



HEALTH Matters

Brain-Boosting Beverages

by Stephanie Watson / webmd.com

Coffee

If you can't get through the morning without a java jolt, you're not alone. About 75% of Americans are coffee drinkers, and half say they drink it daily. The caffeine in coffee really does make you more alert. A cup of joe can also help you concentrate and boost your mood when you've got the Monday blues. Plus, lifelong coffee drinkers may have a lower risk of stroke and Alzheimer's disease.



Green Tea

If you're not a coffee drinker, this nutty-flavored beverage is another way to get your daily caffeine. Like coffee, tea can make you feel more alert. It may help tune out distractions like the noisy co-worker in the next cube too. There's also evidence that the green stuff improves memory and attention. Experts can't point to one component that makes these leaves so brain healthy. It's likely the blend of healthy plant chemicals it contains.

Berry Juices

Throw some blueberries, raspberries, blackberries, and strawberries into a juicer, or blend them into your favorite smoothie. However you drink them, berries are brain food. They're high in antioxidants that protect your cells from damage. The little fruits are also a good source of plant chemicals like anthocyanins that support healthy

memory. Just watch out for store-bought juices. They can be high in sugar.

Kombucha

Fans of this fizzy fermented drink claim it helps with everything from high blood pressure to diabetes and cancer. Kombucha is a mixture of black tea, sugar, bacteria, and yeast. Labels say these healthy germs boost immunity and bring down inflammation, though there isn't much evidence to support the claims. But beware: If you don't prepare this sour tea right and store it in the fridge, you could drink some bad germs along with the good.

Green Smoothie

Just one serving of greens a day can help slow mental decline as you age, research finds. Spinach, kale, and collard greens are rich in brain-friendly nutrients like folate and lutein. But you don't need to eat them in salad form, or even on a plate, to reap their benefits. Blend 2 ounces of greens with berries, a banana, and ice for a rich, nutritious treat that's also loaded with vitamins A and C.

Turmeric Tea

This yellow spice is a main ingredient in curry, and it adds an earthy flavor to tea. Turmeric has been a part of Chinese and Indian medicine for centuries. Thanks to its anti-inflammatory properties, turmeric is useful for skin, joint, and digestive issues. Researchers are now looking at its protective effects on the brain and whether it might improve memory and slow the progression of Alzheimer's disease.

Beetroot Juice

Beets are a root vegetable. Their juice is high in antioxidants that protect against damaging substances in the body called free radicals. It also has nitrates that relax blood vessels and may help to reduce high blood pressure -- a risk for stroke and dementia. Plus, this sweet and earthy juice helps fight fatigue.

Ginseng Tea

This root has been a staple of traditional Chinese medicine for centuries. It may help increase stamina, boost concentration, and improve memory. Researchers are studying whether it could also protect against depression, Parkinson's, and Alzheimer's disease. Asian ginseng can cause side effects, including trouble sleeping. Because it can lower blood sugar, check with your doctor before using it if you have diabetes.

Hot Chocolate

Cocoa is rich in flavanols, plant-based substances that help improve attention, processing speed, and memory. A cup of this rich brew might also protect against mental decline, especially in people who are at higher risk for dementia. Stick to dark chocolate, which has more flavanols than milk or white. And don't overdo it. Chocolate is high in fat, calories, and sugar.

Lemon Water

Your whole body needs water -- including your brain. When you're dehydrated, your mental function suffers. Water makes up 75% of your brain's volume and acts as a
(Continued on back page)

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Brain-Boosting Beverages, *cont'd.*

natural shock absorber. Add a squeeze of lemon to your glass of water for both flavor and nutrition. Lemon has plant nutrients that protect your cells from damage. Plus, some people find that its scent improves their mood.

Red Wine

If a glass relaxes you, enjoy it. Red wine is high in natural chemicals that fight inflammation and protect cells in your brain from damage. Moderate wine drinking could help prevent the blood clots that can lead to stroke and reduce the risk of dementia. Just watch how much you drink. More than one glass a day for women and two for men can worsen brain changes and increase dementia risk.

Lion's Mane Mushroom Tea

These large white fungi get their name from their fur, which looks like a lion's mane. A staple of Asian cooking and medicine, they are less popular in the United States. That's a missed opportunity because research shows they protect brain cells and improve mild cognitive impairment -- a decline in mental abilities that precedes dementia. Lion's mane mushrooms make a good addition to tea.



Special thanks to those who prepared food for "The Seven Noels" Community Concert and dinner at Mafair and for Dr. Jernigan's Memorial Service reception. Someone at the reception asked us if we were the "Three Blonde Bartenders"! We said "YES"!

***From the Jernigan family:** "We are grateful to all the people and Waverly Road and others who came to the service, and all who provided the reception."*