

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 28, 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 28, 2024

Deuteronomy 18:15-20 &
Mark 1:21-28

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

This Sunday we will be installing our new elders for 2024. This time during our service is a reminder that in the Presbyterian tradition we believe that God speaks through all of us and helps us to lift up leaders from within the membership of the congregation.

We all know that our own natures can often get in the way of listening to where God is leading. So, in our tradition we try to get many voices together so that we can hopefully discern what God is saying and what we might not be willing to hear. This comes out in conversations and prayer at and between session meetings.

This week, I ask that we all pray for our church leaders. Not just the session of Waverly Road Presbyterian, but also our Presbytery, our Synod, and our General Assembly which meets later this year.

May God continue to bless,

—Rev. Collin



*Pray for
Our Elders*



PRAYER REQUESTS

People in our Prayers

Rev. Dan Clark	Laci, Nicholas &
Holston Presbytery Camp	Robin Lodal
Patients receiving Dialysis	Ann Kibler
Doris Blanchard	Jeanne Jernigan
Ted Germroth	Sarah Hale
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	Marty Qualls
Mike Lewis	Jack Lowe Family
Ingram Family (Wes' Sister)	Steve Hall

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 1/28	9:45am	Sunday School
	11:00am	Worship Service / Installation of New Elders
	7:00pm	Session, MR
Monday 1/29	6:00pm	Youth Group, YS
Tuesday 1/30	9:00am	Walking Group, Greenbelt Holston Valley Trailhead
	6:00pm	The Has Beens, FH
Wednesday 1/24	1:00pm	ZOOM Bible Study
	7:00pm	Chancel Choir Practice
Friday 2/2	10:00am	Food Pantry, FH

Liturgical Action Lesson—Holy Baptism

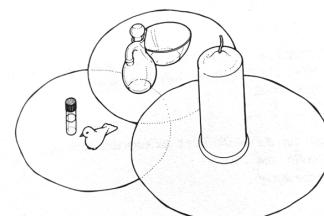


We baptize people in the name of the Father, Son and Holy Spirit. Creator, Redeemer, and Sustainer.

(One of the goals of Godly Play is to introduce the child to the language of the Christian Church.) In a multi-age environment a child will see and hear this lesson multiple times as they grow. Age appropriate is different for each child. In the case of our WRPC at present.

The Sunday School child helps me lay out the lesson materials before The Godly Play group during church time.

On the white circle of the Father or Creator we have water. This is the water of creation, the dangerous water of the flood, the water the people went through into freedom, the water that Jesus was baptized in, the water your were, or will be baptized in, and so much more.



The Three Circles of the Trinity (Storyteller's Perspective)

There was once someone who said such wonderful things and did such amazing things that people just had to ask him who he was. One time when they asked him who he was, he said..."I am the Light." We now light the Christ Candle that is on the second white round underlay of the Son or Redeemer.

The Holy Spirit goes where it will. It rides the invisible wind like a dove and comes to us when we need its comfort and power. It is invisible, like the scent of this oil. It is invisible but still there. The third white underlay, the one of the Holy Spirit holds the ceramic dove that we pass among ourselves. Also the vial of Frankincense (the oil of prayerful worship) we smell as we pass it around the circle for everyone to smell.

People are baptized in all times of life; some as babies, children, teenagers, grownups or when they are very old. In our lesson about baptism, we will use this baby doll. (We name the doll just so that we can invest in this lesson) Molly was the name of our doll the last time we did this lesson. As the storyteller's fingers dip into the bowl of water we have on the Father circle, they say, "I baptize you in the name of the Father...and of the Son... and of the Holy Spirit. Amen." Molly, you are sealed by the Holy Spirit in baptism and marked as Christ's own forever. Amen.

We then light a tea light from the Christ Candle for Molly, the storyteller, and all the children around the circle to remember or look forward to their baptism. Look, the
(Continued on next page)

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.



Monday, January 29, 6:00—8:00pm

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

In case of inclement weather, Trinity will send an email to cancel Youth Group.

SMILE for the Month of February

Our wish list includes new or gently used plus-sized clothing, 2X—5X clothing all sizes and new fidget toys.



Views from the

FOOD PANTRY

by Peter Lodal

January 28—February 3, 2024

To all:

We had a light Friday amidst the snow and cold, with only 24 bags delivered.

On the good news front, we are set to receive a very large donation of food from Food City this evening. I will let you know next week exactly how large.

As always, thank you for your support and prayers.

—Pete Lodal

Liturgical Action Lesson— Holy Baptism, *cont'd.*

light is growing bigger and look here. The light that all the light is coming from is not growing smaller. I wonder how so much light can come from one light? Look at all of this light.

Let's change the light. No, I did not say that we were going to put it out or extinguish it. Do you see how easy it is to see. Now watch. It changes. (The tea lights are snuffed until the flame turns into smoke) The light is still spreading out. It is filling the room. Just because you cannot see it does not mean that it is gone. Anywhere you go in the room today there it will be. Our room will be full of invisible light. Your light, the light you received on the day of your baptism or the light you will receive.



Valentine's Pancake Lunch after Worship Sunday, February 11!

The lunch will be coordinated by Rachel Lawson and open to all our church family. 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 pancakes. See you February 11!

Encouraging Words

"If you want to lift yourself up, lift up someone else. —Booker T. Washington



Thanks for the Kitchens at 1st Presbyterian Church and Waverly Road Presbyterian Church

We would not be able to provide these meals without the support of First Presbyterian Church and Waverly Road Presbyterian Church.

These churches provide the facilities that allow us to prepare the meals all year long. They also contribute financial support. If you are a member of one of these mission minded churches, thank you! If you know someone who belongs to these churches, please express our appreciation.



HEALTH *Matters*

Pet Ownership May Offset Cognitive Decline in Older People

by Lisa O'Mary / webmd.com

Dec. 27, 2023 – For older people who live alone, owning a pet may slow the process of cognitive decline, a new study suggests.

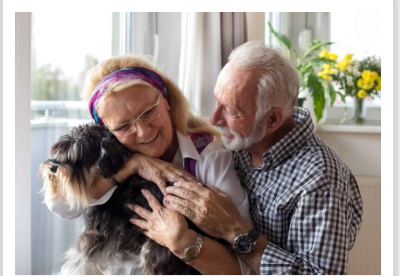
The findings were published Tuesday in JAMA Network Open.

Researchers looked at health and pet ownership information from a database of 7,945 people living in the United Kingdom from 2010 to 2019. All of the people in the study were at least 50 years old, and the average age of participants was 66.

Cognitive decline refers to problems with memory and thinking that naturally occur as people age. An estimated 10% to 20% of people over age 65 may have a more advanced form of decline called mild cognitive impairment, which can be a precursor to dementia.

This latest study evaluated the impact of living with a pet. An increasing number of older people are living alone, the authors noted, which has been linked to an increased risk of dementia.

To test a cognitive function called verbal memory, study participants were asked to recall 10 unrelated words. And to test a function called verbal fluency, participants were asked to name as many animals as they could within 1 minute. The researchers compared changes in test performance over time and also compared performance (Continued on back page)



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Pet Ownership May Offset Cognitive Decline in Older People, *cont'd.*

based on whether people lived alone, with other people, or with other people and with pets.

People who lived alone with pets had slower rates of cognitive decline based on those test results when compared to people who lived entirely alone. But there were no differences between people living alone with pets compared to people living with others. Also, there were no differences between pet owners who also lived with other people compared to pet owners who lived alone.

The authors noted that their study was limited because they couldn't evaluate additional cognitive areas such as executive function, reasoning, and attention. Also, the data they used only asked about pet ownership during a single point in time, not regularly during the 9-year

period they analyzed health data. The study design also meant factors other than pet ownership may have impacted people's cognitive health.



CarePortal

If you heard the segment on WCQR radio this week about SMILE - then you know we are SO EXCITED to be bringing something VERY special and exciting to Northeast Tennessee!

We are proud to announce we are partners with CarePortal! CarePortal is an online platform that brings the needs of hurting children and families to the community's attention. CarePortal will help churches, businesses and individuals know when there is a child in crisis in their neighborhood so they can help in REAL TIME. Linking everyone together to do everything possible for these children. Check out the current needs being met all over the country and zoom in to our little corner of Tennessee to check out the needs in our first county ever launched in the Northeast - Sullivan County!

<https://system.careportal.org/map>

CarePortal uses churches as the points of care to be the hands and feet, often delivering needed items to the families and providing support face to face. As Benjamin Franklin said, "an ounce of prevention is worth a pound of cure". Let's keep kids OUT OF FOSTER CARE! This is a completely free tool churches can use to take action. Let us know if you want more information or have us come speak to your church leaders about it, and you can also check it out for yourselves at [careportal.org](https://system.careportal.org). Let's make some kids SMILE together, shall we?