

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



February 4, 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

February 4, 2024

Isaiah 40:21-31 &
Mark 1:29-39

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...

Good morning,

This one's personal. This past week, I faced something that I had been very worried about for several years. Over the years, I've prayed for it and studied what I could, yet I had a deep fear of the unknown. I had confided in two people alone. But I have cried many nights and couldn't pray any words other than, "Help me, Jesus".



Last Sunday night, I was overcome with anxiety, maybe terror. Monday was the day. I couldn't think of any scriptures. I was too panicked to think clearly. I closed my eyes, and a vision of a necklace came into my mind. A sweet lady I knew showed her necklace to 8-year-old me that had a tiny glass bottle with gold trim attached. The bottle held one mustard seed. I prayed, "God, I only have a mustard seed of faith, but you say that can move mountains. You are a faithful God. Help my unbelief."



I still had to go through the thing, but it turned out beautifully. The best people were there to help me and calm all my fears. I'm not going to say I shouldn't have worried. It's part of who I am. I am going to say, without a doubt, that God was with me and all the people around me were meant to be there. I promised to give Him all the glory and now I have.

Look for God's faithfulness this week. —*Trinity*

PRAYER REQUESTS

People in our Prayers

Rev. Dan Clark	Laci, Nicholas &
Holston Presbytery Camp	Robin Lodal
Doris Blanchard	Ann Kibler
Ted Germroth	Jeanne 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)	Jack Lowe Family
Dave Petke	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 2/4	9:45am	Sunday School
	11:00am	Worship Service / Communion / 5 Cents-a-Meal Offering
Monday 2/5	6:00pm	Youth Group, YS
Tuesday 2/6	9:00am	Walking Group, Greenbelt Holston Valley Trailhead
	11:00am	Staff Meeting
	6:00pm	The Has Beens, FH
Wednesday 2/7	1:00pm	ZOOM Bible Study
	7:00pm	Chancel Choir Practice
Thursday 2/8	12:00pm	Worship Committee, ZOOM
Friday 2/9	10:00am	Food Pantry, FH

When Forest Gump Died...

When Forest Gump died, he stood in front of St. Peter at the Pearly Gates.

St. Peter said, "Welcome, Forest. We've heard a lot about you." He continued, Unfortunately, it's getting pretty crowded up here and we find that we now have to give people an entrance examination before we let them in."

"Okay," said Forest. "I hope it's not too hard. I've already been through a test. My momma used to say, 'Life is like a final exam. It's hard.' "



"Yes, Forest, I know. But this test is only three questions. Here they are."

- 1) Which two days of the week begin with the letter 'T'?"
- 2) How many seconds are in a year?
- 3) What is God's first name?

"Well, sir," said Forest, "The first one is easy. Which two days of the week begin with the letter 'T'? Today and Tomorrow."

St. Peter looked surprised and said, "Well, that wasn't the answer I was looking for, but you have a point. I give you credit for that answer."

"The next question," said Forest, "How many seconds are in a year? Twelve."

"Twelve?" said St. Peter, surprised and confused.

"Yes, sir. January 2nd, February 2nd, March 2nd ..."

St. Peter interrupted him. "I see what you mean. I'll have to give you credit for that one, too."

"And the last question," said Forest, "What is God's first name? It's Andy."

"Andy?" said St. Peter, in shock. "How did you come up with 'Andy'?"

"I learned it in church. We used to sing about it."

Forest broke into song, "Andy walks with me, Andy talks with me, Andy tells me I am His own."

St. Peter opened the gate to heaven and said, "Run, Forest, Run!"



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

February 4–10, 2024



To all:

We delivered 46 bags Friday to close out January, closer to our new “normal”.

The donation of food from Food City was indeed large — by my estimate, it was over \$2500 worth of food.

My thanks to Food City, and the crew that helped move it — Ray Lawson, Anthony Lawson (no relation), Gabe Lawson (relation) and Michael Lawson (also relation), along with Eddie Eldredge.

—Pete Lodal



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!



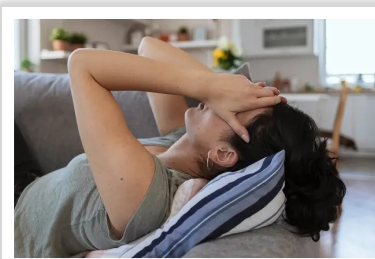
HEALTH Matters

Signs You're Mentally Exhausted

by Keri Wiginton / webmd.com

What Is Mental Exhaustion?

It's kind of like physical tiredness, except it's your mind instead of your muscles. It tends to show up when you focus on a mentally tough task for a while. You might also feel this kind of brain drain if you're always on alert or stressed out. Your job, caring for children or aging parents, and other things can lead to mental exhaustion.



You're Angry or Impatient

Mental fatigue can put you in a bad mood. You may be short-tempered or irritated, snapping at people more often. It's harder to control your emotions when you're mentally tapped out.

You Can't Get Work Done

Everyone's productivity goes up and down. But mental exhaustion can make it really hard to concentrate. It also saps your motivation. You might get distracted easily or start to miss deadlines. Even small tasks may seem overwhelming.

You Zone Out

This can look like mind wandering or drowsiness. It makes it hard to pay close attention to what you're doing, and you may not react to things very fast. That can be dangerous in certain situations, such as driving. Mental fatigue is linked to car wrecks.

You Don't Sleep Well

You might think it'd be easier to snooze when your brain is tired. But that's not always the case. Research shows people who have jobs with a high “cognitive workload” report more symptoms of insomnia than those who don't have mentally exhausting work. A lack of shut-eye can make mental fatigue worse. Tell your doctor if you can't sleep or get really tired during the day. Treatment can help.

You Do Unhealthy Things

You may start to drink or use drugs more than normal. Mental fatigue can take an even harder toll on those who already have a substance use disorder. Experts think that's because drug addiction changes parts of the brain that help you manage stress and control impulsive behavior.

You're Depressed

You may not have any energy or feel like you're moving in slow motion. Some people say they feel numb. That can make it hard to finish things at work or do daily activities. Tell your doctor if you have really low feelings or a sense of hopelessness for longer than 2 weeks. That can be a sign your depression is more serious.

You Worry a Lot

Mental fatigue triggers your sympathetic nervous system. That's your “fight or flight” mode. Anxiety is an alarm that tells you something is wrong. If you're always mentally exhausted, you might start to feel panicked or worried all the time. That often happens alongside symptoms of depression.

Exercise Feels Harder

Experts aren't sure why mental fatigue affects physical activity. Some think your tolerance for exercise might go down. So it may seem like you're putting in more effort than you really are. (Continued on back page)

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Signs You're Mentally Exhausted, *cont'd.*

Your Eating Habits Change

Mental fatigue can affect your appetite in different ways. You may snack more than normal and not pay attention to what you eat. Stress can also make you crave sugary, salty, or fatty foods. Or you may not be hungry at all.

You Make More Mistakes

It's impossible for your work to be perfect all the time. But mental fatigue lessens your ability to catch and fix your mistakes quickly or at all. That can cause serious problems in certain jobs, such as ones where you use machines, drive a vehicle, or fly a plane.

You Feel More Pain

Everyone is different, which makes it hard to say how mental fatigue will affect your body. But you might get headaches, sore muscles, back pain, or stomach problems. If you have an ongoing illness, such as fibromyalgia, you may hurt a little bit more than usual.

Take Breaks

You might feel less drained if you take short breaks during long stretches of mental work. There isn't an exact amount of rest time that works best for everyone. But you may want to recharge for a few minutes every 1-2 hours.

Get Active

There's evidence that you may feel even more energized if you exercise during your breaks. Try some jumping jacks and stretches for a few minutes each. Or go for a 10-15 minute brisk walk.

Find Ways to Relax

It's hard to avoid mental exhaustion completely. But you can learn to switch on your body's natural relaxation response. You can get a massage. Or you can try meditating, yoga, or something as simple as watching a funny movie. Reach out to friends, family, or a mental health professional if you need more support.

WRPC Blessing Box



If you would like to contribute items, please feel free to place them inside the box unless it is full. If the Blessing Box is full, just bring your items to the WRPC Workroom and we will replenish when the box is empty again. Thanks to everyone for your continued support!