

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, 8:00 am – 12:00 pm

WELCOME TO WORSHIP



April 21, 2024

In-Person and Online Worship Service at 11:00am

Click on either link for Sunday Worship Service



<https://www.facebook.com/WaverlyRoadPresbyterianChurch/>



https://www.youtube.com/channel/UC1dv3U42u4jLlksq_71Foyg



SCRIPTURES

April 21, 2024
Psalm 23 &
1 John 3:16-24

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,

Over the last few Sundays, we haven't only talked about Easter, but how we must respond to it. We've talked about living in community and studying scripture. We will continue to explore these thoughts in the upcoming weeks. That is because Easter requires a response.

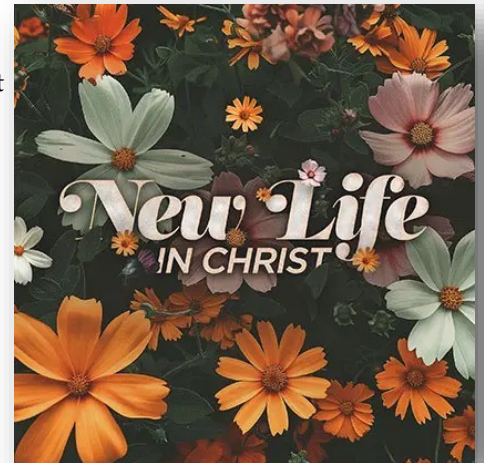
Think about it, God has changed everything. How can we keep doing the same old things? We should see Easter as an opportunity

to break out of our own tombs. So many of us, me included, are stuck in ruts and have travelled down dead ends. God has shown us that there is always new life in following Christ. We have been freed from fear of the greatest obstacle, death, and now in Christ we can move beyond where we are.

So let us respond to the Easter message. Let us hear the good news of Christ's resurrection. May we have the boldness to follow where our savior leads.

Blessed Easter,

—Rev. Collin



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) |
| Mike Lewis | Chuck Green |
| Dave & Sharon Petke | Marty Qualls |
| Steve Hall | Conner Caldwell |

Missions in our Prayers—2nd Quarter

Local Missions

- Family Promise (IHN)
- Second Harvest Food Bank of NE Tennessee
- WRPC Food Pantry

Regional / National Missions

- Holston Habitat for Humanity

International Missions

- Love Packages
- Living Waters of the World

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 4/21	9:45am	Sunday School
	11:00am	Worship Service
	7:00pm	Session
Monday 4/22	6:00pm	Youth Group, YS
Tuesday 4/23	9:00am	Walking Group, Greenbelt Holston Valley Trailhead Entrance
	6:00pm	The Has Beens, FH
Wednesday 4/24	1:00pm	ZOOM Bible Study
	7:00pm	Chancel Choir Practice
Friday 4/26	10:00am	Food Pantry, FH



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



**Monday, April 22,
6:00–8:00pm**

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

**The next SMILE benefit Rummage Sale is
Saturday April 20th, 8:00 am–2:00pm!**



Last time we raised \$1500 and would love to do even better this time! Drop-off your formerly-loved-treasures the week of April 14-19th and place the items in the first large closet past the elevator in the Fellowship Hall. Happy Spring Cleaning!



**SMILE for the
Month of April**

Our wish list for April includes new or gently used swimsuits and new hygiene items.

Mission Moment Update...

April 14, 2024—Family Promise

Four weeks ago, I talked with the congregation about a new opportunity to participate in a Dinner Ministry that provides dinners to Family Promise guests that are residing in their shelter program. I want to let you know that last week we delivered meals to two families on each of the 5 weeknights. These families included a family of 5 and a family of 2.

I must admit, the week wasn't without its challenges. On Monday morning, our task suddenly changed from providing food for 1 family to providing food for 2 families. But our WRPC volunteers selflessly rose to the challenge and ample meals were prepared. Also, due to an unpredictable situation, our intended delivery method for the week changed from delivering the meals to the Family Promise Office to delivering directly to the shelters during the late afternoon. But despite the inconvenience, we were able to be flexible and get the job done!

I am so grateful to all the volunteers who gave the gift of the food, their time, and their energy as they planned and prepared the dinners. If you haven't read last week's newsheet, be sure to take extra notice of Rachel's article and the photos of our youth preparing the taco bar meal for Tuesday. I was so proud of them, and I give thanks for their servant hearts. They are good examples to all of us!

WRPC will be taking on other weeks of Dinner Ministry during the year. The dates are not set currently. I hope you will add your name to the list of volunteers interested in future participation, by contacting the church office or contacting me directly (253-227-0993). Please join us in the adventure of serving others!



HEALTH Matters

Mental Health Benefits of the Beach

by webmd.com editorial contributors

Using the Beach to Improve Your Well-Being

The beach can be a refreshing place that makes you feel better the longer you're there. Some studies show short walks along the beach can boost your mood and affect your mental health. This is because the beach is considered a blue space -- a water source such as an ocean, lake, pond, or swimming pool. Exposure to blue spaces has been linked to overall improved health.

The beach is a good place to head to when you're feeling stressed and overwhelmed. (Continued on back)



Views from the

FOOD PANTRY

by Peter Lodal

April 21–27, 2024



CarePortal Update

Waverly Road Presbyterian and Mafair Methodist have fully met 3 Care Portal requests from Lincoln Elementary and one from Smile. There is one active request from Lincoln at this time. Kennedy School is now a part of the Care Portal network.

Since our last update in January, Lincoln School submitted a request to pay for an Anger Management Class which a mother needed in order to get a full-time job for which she had completed training. The feedback was "Quick, no judgement, family was engaged with care & concern. Thank you so much".

The next request from Lincoln was a request to pay an overdue child care bill for a child whose mother had a full-time job and needed child care for her child. The feedback was "This request was made so quickly and in full. This student is already in childcare, where she is getting tutoring, a snack, time with friends, and in a safe afterschool environment. Mom is now able to work her full shift to financially support her and her daughter. Thank you so much".

The fourth request from Lincoln is a request to furnish a few furniture items and silverware for a family of a mom, adult son, and two young daughters. If you could provide one of these items, please respond to the email you received or sign up to be notified on requests.

The request from Smile was for some needed equipment to provide to Foster Parents for the safety of the children. A portion of their feedback was "So many people want to help and just need a way to find out what the needs are - Care Portal takes care of that!"

If you would like to make a monetary donation to purchase an item for the outstanding request or a future request, you can write a check to the church and put in the memo line "Care Portal". We will purchase the item using funds from the Care Portal account.

People from the responding churches delivers the items to the requesting family. This allows the family to see the church in action. At least two people go to deliver the items or meet the family at church. I personally was involved in meeting one of the ladies and it was very special hearing her story and seeing her appreciation.

Thank you very much for your participation in Care Portal - it meets WRPC's mission of Love God, Love Others, and Make Disciples. To sign up to receive emails of new requests, click on the following link: <https://system.careportal.org/church/waverly-road-presbyterian-church/99742?kiosk=6vtH97wWwulVjLbYjpGLTUOzn> which is also located on the home church web site.

To all:

We had a larger week than normal this past Friday, with 50 bags delivered.

The United Grocery Store canned food drive on our behalf was a success, with more than 33 bags and 300 cans of food donated. Our thanks to Assistant Manager Denise Whitaker for making this happen.

As always, thank you for your support and prayers.

—Pete Lodal



Encouraging Words

The war against hunger is truly mankind's war of liberation.

— John F. Kennedy

Mental Health Benefits of the Beach, *cont'd.*



Benefits of the Beach

When you're feeling burnt out at work and in need of a vacation, you might automatically think of the beach. Most people have come to associate the beach with relaxation and happiness. The beach does impact your mental health in the following ways:

It's a change of scenery

Some studies show that your senses experiencing the same thing over and over again can cause stress. When you change your setting and go to the beach, your senses

are engaged in new sights, smells, tastes, and sounds. This can improve your mental state and increase feelings of relaxation.

It improves overall well-being

Getting exposure to the sun and ocean air is great for your mental health. "Surf therapy" is shown to boost your overall mood. Getting in the water and moving around increases mindfulness and allows you to get some physical activity.

It lowers stress

Being in nature, a place you feel safe, can lower your blood pressure and stress hormone levels. Likewise, spending time at the beach can lessen anxiety and nervous system arousal, which is what makes you feel stressed and anxious.

It lifts your mood

Time on the beach increases your self-esteem and promotes relaxation. People with attention deficit disorder can feel calmer at the beach. Walking along the shoreline can make you feel less isolated and happier.

The beach can have lasting benefits for people who have anxiety, depression, elevated stress, and other mental health conditions. Spending just 20 minutes walking along the beach can boost your mood and well-being.