

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



May 19, 2024
Pentecost Sunday
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/WaverlyRoadPresbyterian-Church/)



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



SCRIPTURES

May 19, 2024
Ezekiel 37:1-4

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,

Yesterday was Mother's Day. I am sure that many of you were able to enjoy a celebration of that day with your family. I also am sure that for others of you it was a day with sadness. Days like these have mixed emotions: grief, anger, joy, elation, sadness.

One of the things that I do each Mother's Day is sit down and remember my 'faith mothers.' The women who helped me learn about Jesus, the church

and my own walk of faith. These women were Sunday school teachers, camp counselors, friends, professors and so many more. I am sure that you have many names that pop into your mind and heart.

Mothers are more than those who give birth. They are the ones who raise us or care for us. That kind of love can be given by everyone. I pray that we all try to raise one another in the faith, nurturing God's love all through our lives.

May God continue to bless,

—Rev. Collin



PRAYER REQUESTS

People in our Prayers

Rev. Dan Clark	Laci, Nicholas &
Holston Presbytery Camp	Robin Lodal
Doris Blanchard	Ann Kibler
Ted Germroth	Jeanne Jernigan Family
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
Conner Caldwell	Ken Marsh

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 5/19	9:45am	Sunday School
	11:00am	Worship Service / Pentecost Sunday
	4:00pm	LEO Churchwide Picnic, Eastman Cabins, Shelter #22
Monday 5/20	6:00pm	Youth Group, YS
	7:00pm	Mission Committee, ZOOM
Tuesday 5/21	9:00am	Walking Group, Greenbelt Holston Valley Trailhead Entrance
	6:00pm	The Has Beens, FH
Wednesday 5/22	1:00pm	ZOOM Bible Study
	7:00pm	Chancel Choir Practice
Friday 5/24	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.**



SMILE for the Month of May

Our wish list for April includes
new or gently used Preemie 5T
clothing and new or gently used twin
bedding (sheet sets and comforters).



Coming Up: WRPC's Churchwide Picnic

**Sunday, May 19,
4:00 to evening
Eastman Picnic Shelter #22**

Come join us! We'll provide fried chicken and you bring your favorite side dish or dessert. We'll have game options and you're welcome to bring your own favorites. And, if it happens to rain, we'll have board games to enjoy under the shelter. If you have any questions, flag down any of our Adult Ministries Committee members: Eileen Butler (chair), Howard Carman, Anne Garber, Rachel Lawson, Lynda Snook.

Mission Moment Update...

May 12, 2024—Pentecost Offering



As one of the four Special Offerings of the Presbyterian Church (U.S.A.), the Pentecost Offering unites us in a church-wide effort to support young people in Christ and inspire them to share their faith, ideas, and unique gifts with the church and the world.

The gifts to the Pentecost Offering are used in four areas:

Guiding Youth - 25% supports ministries with youth, ages 12-18, and those called to accompany them such as providing resources for youth ministry.

Serving Communities - 25% goes to Young Adult Volunteer (YAV) experience such as training and equipping young volunteers to engage in mission at 13 sites in the U.S. and around the world.

Child Advocacy - 10% supports the "Educate a Child, Transform the World" national initiative, which was affirmed at the 221st General Assembly (2014) by working and advocating to ensure equitable, accessible, quality public education so that all children, created in the image of God, may grow into the fullness of life.

Congregational Initiatives with Young People - 40% of the Pentecost Offering remains with your congregation to support ministries with children and youth in your church and local community. In past years Waverly Road has used its share to support the Kingsport City Schools Backpack Program. Thank you for supporting this special offering.

A truck loaded with thousands of copies of Roget's Thesaurus' crashed yesterday losing its entire load.



Witnesses were stunned, startled, aghast, taken aback, stupefied, confused, shocked, rattled, paralyzed, dazed, bewildered, mixed up, surprised, awed, dumbfounded, nonplussed, flabbergasted, astounded, amazed, confounded, astonished, overwhelmed, horrified, numbed, speechless, and perplexed.



Monday, May 20, 6:00—8:00pm

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



Views from the

FOOD PANTRY

by Peter Lodol

May 19–25, 2024



To all:

We delivered a more normal 38 bags this past Friday.

My thanks to those of you who have stepped forward to help out repackaging Panera Bread on Thursdays. Jane Hunter will be contacting you to put you in the schedule and answer any questions.

As always, thank you for your support and prayers.

—Pete Lodol



HEALTH Matters

Acid Reflux Drugs Linked to Increased Risk of Migranes

by Lisa O'Mary / WebMD

April 25, 2024 – Treatments for acid reflux may increase the risk of experiencing migraines or severe headaches, a new study shows.

Acid reflux affects as many as 1 in 3 adults on a weekly basis and occurs when stomach acid flows up from the stomach into the esophagus, which is located just below the throat. Symptoms such as a burning sensation or upper abdominal or chest pain usually occur after a large, rich meal, or when someone lies down shortly after eating.



How to Stop Headaches Faster

What can you change to make headaches go away faster? In a new study, researchers compared the likelihood of experiencing migraines or headaches between people who took acid-reducing treatments and people who didn't. Treatments included in the analysis were proton pump inhibitors such as omeprazole, histamine H2-receptor antagonists (H2 blockers), and antacid supplements. The treatments are commonly used for
(Continued on back page)

Your Role in Stephen Ministry



STEPHEN MINISTRY

Stephen Ministry is our congregation's ministry – your ministry – and your support is vital to its success. There are a number of important ways you can help this ministry, even without becoming a Stephen Leader or Stephen Minister.

First and foremost, pray. Prayer is essential for Stephen Ministry since we rely on God's help to do the ministry, he calls us to do. What can you pray for?

- Pray for our pastor, Stephen Leaders, and Stephen Ministers as they work to minister to people in need.
- Pray for the care receivers. While you may not know their names, you can pray that God works through their caring relationship with their Stephen Minister to bring love and healing into their lives in whatever their situation may be.

You can also be aware of caring ministry needs. You can be the eyes and ears of Jesus. When you notice a need for care – not just a member of this church, but perhaps a friend, a neighbor, a coworker, or a relative – talk to that person, let them know you care, tell them about Stephen Ministry, and then offer to speak with the pastor or one of our Stephen Leaders about the possibility of matching them with a Stephen Minister.

And be open to receiving care yourself should the need arise. It's not a sign of weakness to ask for help when you encounter a difficult time. God created us not only to give help to others but also to receive help when we need it. Every one of us at times in our life will face difficulties – times when we could benefit from the care of a Stephen Minister. Keep Stephen Ministry open as an option for yourself when you encounter difficulties in the future.

Similarly, consider becoming involved in Stephen Ministry. Pray for the Holy Spirit's guidance for possibly serving in this ministry. Through prayer you may hear the Holy Spirit calling you to offer your gifts to a particular ministry.

If you have any questions about Stephen Ministry or would like to know more about this ministry, please contact Dave Petke, Susan Foster, Linda Qualls or Barbara Lane, visit the church web-site, or visit the Meditation Room, where there are several articles on this ministry.

Waverly Road's Stephen Ministers are here to care for you!!!

Encouraging Words

"Don't count the days, make the days count." — Muhammad Ali

Waverly Road Presbyterian Church
1415 Waverly Road
Kingsport, TN 37664-2520

The Newsheet (permit 445-550) is published weekly by Waverly Road Presbyterian Church, 1415 Waverly Rd., Kingsport TN 37664-2520. Periodicals postage paid at Kingsport TN. Postmaster: send address changes to The Newsheet, 1415 Waverly Rd., Kingsport TN 37664-2520.

Acid Reflux Drugs Linked to Increased Risk of Migraines, *cont'd.*

heartburn symptoms and by people with ulcers and gastroesophageal reflux disease (GERD).

The researchers analyzed survey responses from 1999 to 2004 collected by the CDC that asked people whether they used acid suppression treatments and whether they experienced migraines or severe headaches in the past 3 months. The researchers explained they used those years of survey data because they were the only ones that included specific headache and migraine questions.

Using any of the studied types of acid reflux therapy was linked with increased odds of reporting migraines or severe headaches, compared to people who said they didn't use acid reflux therapies. The odds varied based on the type used:

Proton-pump inhibitor use corresponded to a 70% increased risk.

H2 blocker use corresponded to a 40% increased risk.

Generic antacids corresponded to a 30% increased risk.

People were not significantly more or less likely to experience migraines or severe headaches when compared to each other based on the type of therapy they used.



FIVE GUYS

COMMUNITY
.....EVENTS

**FIVE GUYS
WILL DONATE
20% OF YOUR
PURCHASE**

**IN-STORE
ORDERS ONLY**

**MUST MENTION
FUNDRAISER AT
CHECKOUT**

**Family Promise
of Greater
Kingsport**

**NEEDS
YOUR
SUPPORT!**



**Thursday
May 16, 2024**

5:00 - 9:00 pm

**Five Guys - Kingsport
1708 East Stone Dr.
Kingsport, TN**

Please present this flyer or identify yourself as part of the fundraiser at the register.