

# 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**



**June 16, 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/WaverlyRoadPresbyterianChurch/)



[https://www.youtube.com/  
channel/  
UC1dv3U42u4jLlksq\\_71Foyg](https://www.youtube.com/channel/UC1dv3U42u4jLlksq_71Foyg)



**SCRIPTURES**

**June 16, 2024  
Mark 4:26-34  
& 2 Corinthians 5:6-17**

**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,**

This morning has been wonderful. In the few hours that I have been in the office (Monday, June 10), I have worked on a worship bulletin, met with a representative for Habitat for Humanity, presided over the inurnment of Jack Lowe's ashes and written a Newsheet article.

It has been a reminder of all of the ways that church is part of my life, and I hope yours as well. In three hours, I have been involved with worship, mission, pastoral care and the life of the congregation. I have remembered a dear friend, talked about the challenges and joys that will take place in the future and been united with the Spirit as I think about Sunday. Not bad for a Monday.

I pray that this week you will also be a part of the life of the church. Whether that is through prayer, conversation, mission or something else. Think about how you can serve God this week. And if you need someone to walk with you, the directory is always available, as am I.

May God continue to bless,

*—Rev. Collin*



## PRAYER REQUESTS

### People in our Prayers

Rev. Dan Clark  
Holston Camp  
Doris Blanchard  
Ted Germroth  
Benjamin Salyer  
Howard S. Carman, Sr.  
(Howard's Father)  
Sue Hall  
(Steve Hall's mother)  
Mike Lewis  
Sharon Petke  
Conner Caldwell

Laci, Nicholas &  
Robin Lodal  
Ann Kibler  
Malcolm Jones Family  
Kirk and Lola Finch  
Abigael & Ashleen Easley  
Travis & Kathy Adams  
(Collin's parents)  
Chuck Green  
Marty Qualls  
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.

<b>Sunday 6/16</b>	11:00am	Worship Service
	7:00pm	Session, ZOOM
<b>Monday 6/17</b>	7:00pm	Mission Committee, ZOOM
<b>Tuesday 6/18</b>	9:00am	Walking Group, Greenbelt Holston Valley Trailhead Entrance
	6:00pm	The Has Beens, FH
<b>Wednesday 6/19</b>	1:00pm	ZOOM Bible Study
	7:00pm	Chancel Choir Practice
<b>Thursday 6/20</b>	7:00pm	Stephen Ministry, MR & ZOOM
<b>Friday 6/21</b>	10:00am	Food Pantry, FH

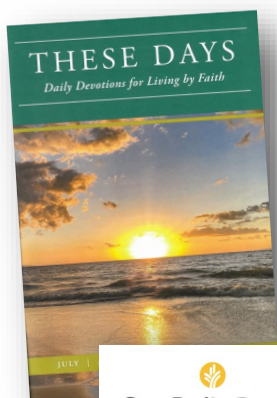


**Join us every Wednesday at 1:00pm for ZOOM Bible Study. We will send out log-in instructions to your email.**



### SMILE for the Month of June

Our wish list for June includes new or gently used teen / adult sized clothing and new or gently used hairbrushes, combs and hairbands.



### The NEW *These Days* and *Our Daily Bread* publications are here!

If you would like a copy, these publications are located to the right as you enter the Sanctuary doors.

If you are unable to pick up a copy at church, just call the church office at 247-5121 and we will be glad to mail a copy to home address.

## Mission Moment Update...

**June 9, 2024—  
Mini-Mission Grants**

The Mission Committee wants to remind the congregation that we still have the Mini-Mission Grant Program. We began it in late 2021 to respond quickly to needs in our community, our region, and our world, and to better engage the congregation in selection of mission donations.

Anyone in the congregation can submit a request, including youth and children. (A child under the age of 18 submitting a request is required to have the signature of an adult who is actively involved in the life of WRPC.) Mini-mission grants can also be requested by groups within the church, such as a Sunday School class.

The minimum suggested mini- mission grant is \$50. Since the start of the program, we have approved requests ranging from \$150 – \$1,500 with \$500 being the most common.

To request a mini-mission grant, and/or to get more information on them, pick up an application in the metal rack by the door in the Narthex. Or email Karen Carman to request an electronic form. Thank you for your generous spirit and for helping the Mission Committee identify needs that matter to you!

—Submitted by Karen Carman

### Calling All Painters— Grace House needs your help!



**Kingsport  
Homeless  
Ministry**

To kick-off this year's Week of Caring, on June 17<sup>th</sup> United Way will host a special community project at the Grace House to get the shelter painted and ready to open! Please RSVP on Volunteer United by June 14<sup>th</sup>. 40 people are needed so bring a friend (16 years and older). You can volunteer for just a few hours or for the full day. Lunch and supplies will be provided.

[Click here for more information and to register.](#)



### LEO (Loving Each Other) Lunches Coming Up!

**July 14**— Presented by the Adult Discipleship Committee. It's "Retro Potluck!" Bring your favorite food or foods and games from your childhood!





Views from the

# FOOD PANTRY

by Peter Lodal

**June 16–22, 2024**

To all:

We delivered 45 bags last Friday to start June.

I have also resolved the supply issue with Food City in Abingdon, so we did not run out of bags (we came close!)

As always, thank you for your support and prayers.

—Pete Lodal



## Who Can Use the Care of a Stephen Minister?



**STEPHEN  
MINISTRY**

Stephen Ministers provide ongoing Christian care to people experiencing a wide range of life needs or transitions, including: the hospitalized, the terminally ill, those bereaved, the divorced or separated, those in a job crisis, first

-time parents, empty nesters, new members of our congregation or community, and those in spiritual crisis. These are often the clearest needs - the kind you can see listed in our Stephen Ministry brochures. But there are also less readily apparent needs for which a person could benefit from the care of a Stephen Minister. I want to mention a couple of those now.

The first is the quiet sufferer. This may be someone who encounters a series of smaller losses, stresses, or problems, any one of which they could normally take in stride – but when added together, they pose a bigger challenge. While the person may be able to get through these struggles alone, they could work through them much better, faster, and healthier with the help and the support of a Stephen Minister.

Another group that often goes unnoticed is the family members of a person in crisis. This could be, for example, a spouse, sibling, adult child, or parent of someone who has been unexpectedly incapacitated by an accident or illness. It is easy to recognize how the victim's life has been changed suddenly and drastically – but so has the family members; they have been pushed, perhaps reluctantly, into the role of a caregiver. Immediate care may focus on the person with the illness or physical limitations, while the spouse's needs are forgotten or neglected. These are situations where a Stephen Minister could provide a high level of care to someone in a crucial, but often forgotten, role.

Thinking Stephen Ministry means looking to connect people with care wherever you are. Identifying people with those needs, caring for them as appropriate, and helping them find the level of care they need are all important parts of Thinking Stephen 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, visit the Meditation Room where there are several articles on this ministry or pick up a Stephen Ministry pamphlet from the cart in the Narthex for yourself, a friend, or family member.

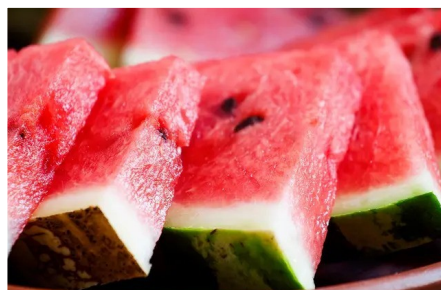
Waverly Road's Stephen Ministers are here to care for you!!!



## HEALTH Matters

### The Health Benefits of Watermelon

Stephanie Booth / webmd.com



#### Loaded With Lycopene

The cheery red color comes from lycopene, an antioxidant. Studies show it may help curb your risk of cancer and

diabetes as part of a healthy lifestyle. Watermelon has more of this nutrient than any other fruit or veggie -- even tomatoes. To load up on lycopene, choose a melon with bright red flesh rather than yellow or orange. And the riper, the better. Also, seedless melon tends to have more lycopene than those with seeds.

#### Sun Benefit?

Some pigments help protect plants from the sun. Oddly enough, just eating them may shield your skin, too -- at least a little. The lycopene in watermelon may make it less likely that you get sunburned. But that's not for sure, so keep using your broad-spectrum sunscreen with SPF of 30 or higher every day.

#### Healthier Heart

Watermelon is rich in an amino acid called citrulline that may help move blood through your body and can lower  
(Continued on back page)

## **The Health Benefits of Watermelon,** *cont'd.*

your blood pressure. Your heart also enjoys the perks of all the lycopene watermelon contains. Studies show that it may lower your risk of heart attacks. Of course, your whole lifestyle affects your heart health. So make sure you also work out, don't smoke, limit saturated fat, and keep up with your doctor's advice.

### **Protects Your Joints**

Watermelon has a natural pigment called beta-cryptoxanthin that may protect your joints from inflammation. Some studies show that over time, it could make you less likely to get rheumatoid arthritis.

### **Easy on Your Eyes**

Just one medium slice of watermelon gives you contains 9-11% of the vitamin A you need each day. This nutrient is one of the keys to keeping your eyes healthy. Foods are the best ways to get all the vitamins and minerals that your body needs.

### **Naturally Sweet Hydration**

Juicy watermelon is 92% water, so it's a simple way to help stay hydrated. Every cell in your body needs water. Even a small shortage can make you feel sluggish. If you

get really dehydrated, it can become serious enough that you need to get fluids by IV.

### **Soothes Your Skin**

Vitamins A, B6, and C in watermelon help your skin stay soft, smooth, and supple. Because it's loaded with water, melon also makes a great face mask. Mix 1 tablespoon of watermelon juice with the same amount of Greek yogurt. Spread over your face and leave on for 10 minutes to slough off any dry, dull skin. Rinse and pat dry.

### **Satisfies Your Sweet Tooth**

A cup of ice cream will set you back around 300 calories. You can enjoy the same amount of watermelon for just 45.6 calories. And unlike many other desserts, it's fat-free, cholesterol free, and has no sodium. Plus, the water in it will help you stay fuller longer. To make an easy sorbet, puree some watermelon in your blender, add a squeeze of lime, and pop in the freezer until it hardens.

### **Won't Spike Your Blood Sugar**

Trying to keep your blood glucose levels steady? You're in luck. Watermelon has a glycemic index (GI) value of 80, about the same as a bowl of cornflakes. But it's got few carbs. That means its glycemic load (how quickly it enters your bloodstream and how much glucose it can produce) is a mere 5. Enjoy a slice without guilt!