

# 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 23, 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 23, 2024**  
Psalm 133 &  
2 Corinthians 6:1-13

**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...

Hello WRPC,

Our Youth Group attended Montreat a couple of weeks ago. The weather was perfect and the beauty of Montreat amazed us! Thank you to all of you who support our Youth Group adventures!

The theme this year is Planting Peace. We learned ways to have peace and spread peace. This week, let's ask ourselves,

"Are my actions and words growing or destroying peace?" Jesus is the Prince of Peace, however, it is our duty and privilege to be ambassadors of peace.

Peace to all of you,

*—Trinity*



## 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  
Abigail & 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 6/23</b>	11:00am	Worship Service
<b>Monday 6/24</b>	7:00pm	Enneagram Journey Class, MR
<b>Tuesday 6/25</b>	9:00am	Walking Group, Greenbelt Holston Valley Trailhead Entrance
	6:00pm	The Has Beens, FH
<b>Wednesday 6/26</b>	1:00pm	ZOOM Bible Study
	7:00pm	Chancel Choir Practice
<b>Friday 6/28</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.

## Ice Cream for the Vocal Scholars



The Marble Slab in Kingsport is having a Waverly Road Vocal Scholars day on June 24! Please support our music program simply by eating ice cream at the Marble Slab on **Monday, June 24**. No special code or keyword is needed – Just get some ice cream. 15% of that

day's total sales will be donated to our scholarship program.

## How Do You Refer Someone to Stephen Ministry?



**STEPHEN  
MINISTRY**

In our congregation, the contact person to refer people to when they may benefit from the care of a Stephen Minister is Susan Foster. If you feel more comfortable talking to one of our other Stephen Leaders (Dave Petke, Linda Qualls, or Barbara Lane); Stephen Ministers (Sylvia Rotenberry, Scott Bowles, Anne Garber, Mark Crow, Martha Triplett, or Tom Christian); or Pastor Collin Adams, you can do that as well, and they will relay the information to Susan.

There are two important points to remember when referring someone to Stephen Ministry. The first is to seek the person's permission. If you know of someone who could benefit from having a Stephen Minister, talk to them first. Tell them you care about them and recognize they are going through a time of transition in life, and offer to put them in touch with our Stephen Ministry. You can say something like this: "You're going through a lot right now. We have a ministry at our church called Stephen Ministry. It's a ministry that provides one-to-one, confidential care to someone going through a difficult time. I think you'd benefit from having the care of a Stephen Minister, and I'd like to put you in touch with them." If they agree, you would then contact one of these people mentioned above.

The second point to remember as you make a referral is never to promise a Stephen Minister. In some instances, no Stephen Ministers are available, or some other type of care is more appropriate. When you suggest Stephen Ministry, let the person know that the pastor or Stephen Leader will help them during their time of transition in some way, whether through a Stephen Minister or with some other type of care.

As you prayerfully support Stephen Ministry, we hope you will also pray that you yourself might be open to receiving the care of a Stephen Minister, should the need ever arise. Our society today tends to be self-sufficient. People often see needing help as a sign of weakness. From Biblical standpoint, nothing is farther from the truth. Paul did not write "Bear others' burdens"; he wrote "Bear one another's burdens" (Galatians 6:2 (NRSV)). He isn't just asking you to care for other people. He's also asking you to let other people care for you. When you are going through a time of transition, Jesus doesn't expect or want you to bear it alone. He wants you to bring that need to others so that they can help bear it with you.





Views from the

# FOOD PANTRY

by Peter Lodol

**June 23–29, 2024**



To all:

We delivered 37 bags last Friday.

Stay cool! As always, thank you for your support and prayers.

—Pete Lodol



**MONTREAT.**  
CONFERENCE CENTER

**Check Out Montreat's Women's  
Conference Coming Soon!  
August 9-11, 2024**

WRPC women are invited to participate along with a group from First Presbyterian. First Presbyterian is coordinating and covering the cost of Reynold's Lodge and food. Participants register on Montreat's website as a commuter, cost \$247. Montreat's Conference website: <https://montreat.org/events/wc-2024> If you have questions about what to expect, ask Rachel Lawson or Adult Ministries Elder, Eileen Butler, who can speak from personal experience.



## HEALTH Matters

**The Health Benefits of  
Swimming**

Kara Mayer Robinson / webmd.com



If you are looking for a great aerobic and total body-strengthening workout, then look no further. Swimming can provide all that and more.

If the water is warm, swimming can even have a soothing effect on achy joints and muscles. If the weather is hot, swimming can keep you cool while you burn calories, shed extra pounds, and get in shape.

Of course, you need a safe place to swim. Pools are ideal. If you are going to swim in lakes or oceans, you have to be very careful of currents, water temperature, and other obstacles. And never swim alone -- either inside or out.

Swimming can be a solo or a group adventure. You may prefer to swim laps, if you like to work out by yourself. But if you like being in a group, many pools and Y's have aquatic exercise classes for all levels. If you are older, pregnant, or disabled, there is likely a specialized class just for you.

### Is It Good for Me If I Have a Health Condition?

Swimming is just about as good as it gets for a total workout. (Continued on back page)



**LEO (Loving Each Other)  
Lunch 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!

## 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!*



**We will be cleaning  
up the Archive  
Room after July 8th.**

If you have anything that you want to keep or save, please get it now. The Archive Room is located to the right as you go up the stairs and enter the Youth Suite.

Thanks for your cooperation!

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

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If you are pregnant, the buoyancy of the water will take stress off your joints. If you swam before you became pregnant, you will likely be able to continue swimming unless you have a problem with your pregnancy. There are just a couple of things to consider. Make sure that the water is not too hot or too cold. And if the breast stroke worsens any existing pelvic discomfort, choose another stroke and talk to your doctor or midwife.

Swimming is a great aerobic workout for people with most types of arthritis. It can take the load off your joints and help prevent injuries. It is also a good choice if you have low back pain. Warm water can be very soothing. Check with your doctor first if you are having joint pain, have had a recent injury, joint replacement, or are having an arthritis flare.

If you have diabetes, an aerobic activity like swimming can be a very important part of your diabetes treatment plan. It will help you burn calories, lose weight, and keep your blood sugars under control. If you have high cholesterol, you will also benefit from swimming. It will

help you lower your "bad" LDL cholesterol and raise your "good" HDL cholesterol.

If you have been a couch potato, or you have heart disease or other medical problems, check with your doctor first to see what kind of swimming program is right for you.

### Areas It Targets

**Core:** Yes. Swimming gives your entire body a great workout, including your core.

**Arms:** Yes. You'll need your arms for most swim strokes, so expect them to get a workout.

**Legs:** Yes. You'll use your legs to propel yourself through the water.

**Glutes:** Yes. Swimming uses your glutes.

**Back:** Yes. Your back muscles will get a workout, whether you're doing the backstroke or a water-based exercise class.