

The Newsheet

✠ Waverly Road Presbyterian Church

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WELCOME TO WORSHIP



July 28, 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

July 28, 2024
2 Samuel 11:1-5 &
Ephesians 3:14-21

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,

I took my own advice yesterday and rested for a bit. I did not get to spend time in my hammock since the boys had taken it over. Instead, I took a nap and then sat on the porch. Sitting on the porch has always been a special thing for me. My dad always sits on his porch and that is where I have my deepest talks with him.

I did not have any deep talks, but as I sat there I was

able to have some deep thoughts. Watching the birds I remembered that God's eye is on the sparrow. Watching the trees I thought about how we are rooted in our faith. As I looked out over the grass my dogs were romping in, I thought about those green pastures we are called to lay down in.

There are so many reminders all around us of God. We find God in the Bible, but also in the world around us, both natural and human made. Take time to look for God all around you. Think deep thoughts about God wherever you are. God is thinking about you after all.

May God continue to bless,

—Rev. Collin



People in our Prayers

Rev. Dan Clark
Holston Camp
Doris Blanchard
Ted Germroth
Benjamin Salyer
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
Travis & Kathy Adams
(Collin's parents)
Chuck Green
Marty Qualls

Missions in our Prayers—3rd Quarter

Local Missions

Kingsport City Schools Homeless Education Program
SMILE Foster Closet
Kingsport Homeless Ministry

Regional / National Missions

Holston Camp & Retreat Center

International Missions

Congo Hope, Congo

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 7/28	11:00am	Worship Service
Monday 7/29	12:00pm	WRCCC Staff Appreciation Luncheon, FH
Tuesday 7/30	9:00am	Walking Group, Greenbelt Holston Valley Trailhead Entrance
Wednesday 7/31	1:00pm	ZOOM Bible Study
Friday 8/2	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 August

Our wish list for August includes new or gently used leggings / athletic sweatpants, new school supplies and lunch boxes.

WRPC accepts Kingsport Beautiful Beautification Award at Awards Ceremony!



Hank and Diane Somers, Rev. Collin Adams and Michael Eldredge represented WRPC at the July 16 Keep Kingsport Beautiful Awards Ceremony at City Hall. Many thanks to all who keep Waverly Road looking so nice. To view the complete list of winners for July, just click on this link <http://waverlyroadpc.org/wp-content/> and keep scrolling down the page.



Next LEO (Loving Each Other) Lunch is Sunday, August 4!

Focus on WRPC's Future Health & Financial Picture

As you may have heard in recent announcements, WRPC is facing challenges. Like many mainstream churches, our membership numbers have declined due to a variety of reasons and we have to reassess how we want to handle the challenges that come with that shift. Bill Butler, our Receiving Treasurer, recently presented the Session with a comprehensive picture of the direction of WRPC's finances over the last ten years or so, and the projection for our finances over the next five to six years. It is important that the rest of the church also sees this presentation and has the opportunity to ask questions. We need our whole church family to be part of facing the changes ahead.

The Adult Ministries Committee is planning this LEO lunch with a simple menu of "monster pizzas" from Italiano's and tossed salad. Please scan the QR code or call the church office to let us know if you can attend.



Thank you from the Adult Ministries Committee: Eileen Butler (chair), Howard Carman, Anne Garber, Rachel Lawson and Lynda Snook.

Mission Moment Update... July 21, 2024—

Congratulations Martha Triplett and Welcome Dani Prather

In honor of Martha's retirement, the Mission Committee has created the **Martha Triplett Honorary Scholarship Fund** for the Waverly Road Child Care Center (WRCCC). We have donated \$4,000 from the Mission Action Plan to establish this fund. The money will be used over time to help subsidize the cost of child care for those who are unable to afford it and who do not qualify for support through other programs. This includes staff members needing tuition assistance in order to enroll their own children.

Individuals from within our congregation and beyond may contribute additional funds to this account at any time to honor Martha and her 40+ years of service by helping to provide future scholarships in her name. (Continued on next page)



Views from the

FOOD PANTRY

by Peter Lodal

July 28—August 3, 2024



To all:

We delivered 41 bags this past Friday, almost identical to the previous week.

Enjoy Funfest!

As always, thank you for your support and prayers.

—Pete Lodal

Mission Moment Update... Cont'd. July 21, 2024

Simply write your check to WRPC and note on the memo line the funds are for the Martha Triplett Honorary Scholarship Fund. We presented the first scholarship check to the new WRCCC Director, Dani Prather, this past Sunday. It will be used to help one of her staff members who is just returning from maternity leave.

We wish Martha the very best in this next phase of her journey and welcome Dani and look forward to working with her in her new role as Director.

WRCCC has been part of our ministry at WRPC since 1952.

A Stephen Minister's Experience



STEPHEN
MINISTRY

Why did you become a Stephen Minister when asked?

First of all, I prayed about it and felt it would be a good way to honor God and help others. I was attracted to several aspects of the

ministry, including the fact that I wasn't expected to "cure" anyone—God is the cure giver; Stephen Ministers are simply care givers. I also liked the idea of the opportunity to have one-on-one Christian relationships, and I felt good about the training and preparation I would receive.

How long did you serve as a Stephen Minister?

I served as a Stephen Minister for several years and had four care receivers during that time. Each one was different but what they all had in common was that circumstances in their lives were such that they felt they could benefit from having a Christian, confidential relationship.

What was the most rewarding part of being a Stephen Minister for you?

Many good things in life are give and take. On the giving side, I hoped (and prayed) I would somehow be a positive influence in the lives of my care receivers. On the take side, I relished having a deep and personal relationship with these new friends, and I found that during our time spent together, I learned things that would make me a better person as well.

How would you describe Stephen Ministry in 50 Words or less?

One of my first training manuals said it better than I can: "Stephen Ministry is Christ caring for people through people."

What advice would you give someone who is going through a time of transition and you feel that he/she could use Stephen Minister?

Reach out to one of our Stephen Leaders: Dave Petke, Susan Foster, Linda Qualls, or Barbara Lane to find out more about the ministry. Sometimes life just kind of piles up on us. I call it a perfect storm, although it's far from perfect! But when you have multiple problems or conflicts arise, you may feel you need someone to talk to, to bounce ideas off of. Often, just having an objective person to talk with-- to share concerns, hopes and dreams—is very therapeutic. There's no pushing, no judgement...only love, compassion and prayers.

Do you feel that your care receivers benefitted by having a Stephen Minister?

I hope so. Many times, I was told thank you when I really didn't think I had done anything. My care receivers all knew and loved God, so that was a huge blessing. Just talking out loud through issues they faced seemed to help move them to realizations and decisions. Sometimes those "out loud" conversations help when one person alone can get stuck replaying scenarios over and over in their heads. I can relate to that.

Why aren't you serving as a Stephen Minister now?

Unfortunately, I came to a time in my life when I had several demanding care giving situations in my immediate family. I felt I could not adequately commit to continuing the type of care giving in the Stephen Ministry that I wanted to. I will say the training and experience I received from my time in Stephen Ministry has helped me in many relationships in my life. It truly is a great ministry.



Stewardship Message

We passed the halfway point in the church financial year at the end of June. Income and expenses have run very close to the expected and budgeted amounts. That is encouraging to date but previous history leads us to believe the rest of 2024 will be less attractive.

For the past several years Waverly Road has operated on growing deficit budgets. The deficit for 2024 is expected to be more than \$38,000, the largest shortfall yet of income versus expenses, or approximately 9% of our planned \$448,659 budget. As inflation has steadily impacted everything from utilities, insurance, programs and staff; pledges, gifts, and receipts have failed to keep up with our aggregate expenses.

For example our 2019 actual expenses, the last year before COVID struck and scrambled the economy in unfortunate ways, were \$503,333. The 2023 books closed with outlays of \$421,099, or a decrease of 16%. In the years between 2019 and last year we balanced the books by drawing on reserves and special gifts each year in increasing amounts. Based on experience to date this year we currently project the books will close at approximately \$410,000, or at least \$38,000 below the current budget.

Your Stewardship Committee and Session are determined to address the negative trend in our finances and reduce the deficit for 2024. Concurrently, we look toward the development of a balanced 2025 budget. To obtain these results each of us need to consider what we can individually and household by household do to support our church work while looking to see where we can bring Waverly Road expenses in line with available resources. Each of us can do something. Together we can maintain our outreach, our internal programs, our worship experiences and our Christian Fellowship. Let us continue building on our 78 years of maintaining and spreading the gospel of Christ in Kingsport and beyond.

Over the coming weeks and months we will be exposed to ideas and changes that collectively can move us toward a sustaining future.

Ken Marsh— Stewardship Committee



**Scenes from our
LEO Intergenerational
“Retro Potluck”
on Sunday, July 14!**





HEALTH *Matters*

The Healthiest Salty Snacks

by Stephanie Booth / webmd.com

Nuts

Walnuts. Pecans. Almonds. Whatever kind you prefer, a small handful makes a great snack. They're full of healthy fats, fiber, and protein. They also have minerals like magnesium. Skip the kinds that are dry-roasted or flavored -- they're higher in sodium. Instead, add your own dash of flavor with cayenne pepper or cinnamon.



Edamame

These young soybeans have a mild, buttery flavor that's easy to like. And a three-fourths cup serving has just 7 grams of sodium. Edamame's also packed with vitamins, minerals, and plant compounds that help protect your heart and lower your risk of some cancers. Look for edamame in the frozen food section. Steam or microwave, then sprinkle with a hint of salt and your favorite seasoning.

String Cheese

You don't have to be a kid to enjoy this lunch box staple. It's also high in calcium, which is good for your bones and teeth. The combo of lean protein and fiber-rich carbs help keep you fueled until your next meal. Look for low- or reduced-sodium options.

Veggies and Dip

You can't go wrong when you snack on fresh-cut veggies like carrots, celery, and peppers. To make a healthy dip to go along with them, peel, seed, and grate a large cucumber. Drain the extra water. Mix with 1 cup of plain Greek yogurt, juice from half a lemon, 1 teaspoon dried dill, and a minced garlic clove. Chill for 1 hour before serving.

Popcorn

That bucket of movie popcorn can have over 1,000 calories and up to 2,650 milligrams of sodium. Air-pop your own at home for a high-fiber, low-sodium, and low-calorie snack. That's because you control how it's prepared. Go easy on the oil and butter. Instead of powdered flavorings or salt, try out different spices and seasonings, from curry powder to a mix of cumin, paprika, and chili powder.

Seeds

Don't let their small size fool you. Seeds, like pumpkin and sunflower, are loaded with healthy omega-3 fatty acids, fiber, antioxidants, and protein. They're also a good

option if you have an allergy to peanuts or tree nuts. Seeds are high in calories, so stick to a small handful. Choose unsalted or lightly salted versions so you don't overdo it on the sodium.

Kale Chips

Crispy kale chips are full of vitamins, minerals, and cancer-fighting compounds. To make your own, rinse kale and remove the stems. Tear the leaves into bite-size pieces, and toss with olive oil and salt-free seasonings of your choice. Spread onto a baking sheet, and bake at 300 degrees for 18 minutes or until crisp. Once cooled, store in an air-tight container.

Mini Pizza

One slice of cheese pizza can have as much as 730 milligrams of sodium. When you crave pizza but not the salt, top a toasted whole-wheat English muffin or pita with 2 tablespoons tomato sauce, 1/2 cup diced veggies of your choice, and 2 tablespoons low-fat mozzarella cheese.

Roasted Chickpeas

Also called garbanzo beans, they're a crunchy, high-fiber snack. Rinse a can of chickpeas and pat dry with a paper towel. Mix with 1 tablespoon of olive oil and your choice of spices. Try garlic powder, pepper, cumin, chili powder, or whatever savory mix you like. Spread onto a foil-lined baking sheet and roast at 400 degrees for 20 minutes.

Ants on a Log

There's a reason you probably had celery sticks spread with peanut butter and sprinkled with raisins as a kid. It's high in protein and fiber so it'll tide you over. It's also quick to make and take on the go. When choosing which nut butter to use, don't forget to read the label. Your healthiest bet is a brand that only has one ingredient: the nut of your choice.

Baked Potato

Potatoes contain almost no sodium, while being high in vitamins B and C, and potassium. They're also a good source of folate and iron. Microwave a small potato and top with reduced-fat shredded cheese and salsa for a hearty snack.

Hard-Boiled Egg

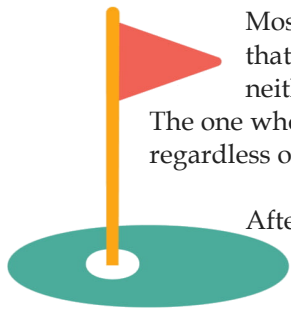
When you need a fast snack to stave off hunger, a hard-boiled egg may be the way to go. Just one has 6 grams of protein to help fill you up. Eggs are high in nutrients like vitamin D, which is good for bone health. And they also have lutein, which helps protect your eyes. Because eggs are high in cholesterol, try not to eat more than one a day. If you have diabetes or heart disease, aim for no more than two to three eggs each week.

Low-Sodium Chips and Salsa

Still craving that bag of chips? Go for it -- just choose your healthiest option. Opt for reduced-sodium potato or baked tortilla chips. Or look for unsalted whole grain pretzels. Pair with salsa to add more nutrients and flavor. Just make sure the salsa isn't loaded with salt or sugar.

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Moses and Jesus were playing golf and that there was a bet between them that neither would make a "hole in one". The one who achieved it would win the match regardless of the final score.

After several holes, Moses was well in the lead and joked that Jesus would only win by a miracle.

At the next hole, Jesus teed off but his ball fell short and to the right. A small rabbit emerged from the rough and picked up the ball in its mouth and started running away with it. Before it got very far, a hawk swooped down and grabbed the rabbit, ball and all and started to fly off. As it did so, clouds formed extremely quickly, and lightning bolt struck the eagle who let go of the rabbit who started to fall.

In terror the rabbit opened its mouth and the ball fell to the ground, bounced twice and went into the hole. A hole in one!

At that point, Jesus looked up at the sky and said, "Come on Dad. Stop mucking about. We're trying to have a serious game here."

Orange Ball Cookies

From the kitchen of Nelle Roberts, Susan N. Lodal's grandmother

Ingredients

- 1 - 6 ounce can frozen orange juice at room temperature
- 1 - 12 ounce box vanilla wafers, crushed
- 1 - 1 pound box powdered sugar
- 1 - stick butter/margarine, melted
- Coconut flakes

Directions

Mix well. Shape into balls. Roll in coconut flakes.
DO NOT BAKE.

