

# 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 – 3:00 pm

**March 1, 2020**

**Sunday School** – 9:45 am  
**Worship** – 11:00 am

**Usher in Charge**  
Bill Butler

**Acolyte**  
Kara Huron

**Scriptures for**  
**March 1, 2020**

Matthew 4:1-11



### From the desk of Trinity Gibson...

The Father gives so many good things to us! Lately, there is a trend toward practicing gratitude. Keeping gratitude journals and daily gratitude mantra are mainstream right now. But I feel we could use some focus on the flip side, giving.

Giving freely is tricky. It's sometimes difficult to give and let go.

Here's some tips:

Give without concern for the gift's "future". Yes, we must be good stewards. This is different. We are called to give. Let God do the rest.

Give without expectation of returns. We never know what seeds we are planting. Just because growth isn't immediate, doesn't mean that gift is wasted.

Give without expectation of gratitude. Sometimes we cannot know the significance of a gift we've received. Some people are not grateful. This is okay. Gratitude isn't required to receive.

Find joy in the giving alone. Generosity creates joy all it's own. Spending time helping and caring for others helps us be grateful and brings us back to gratitude again.

This church practices giving daily and I've become a more generous and joyful giver from this example. Also, I'm so grateful for the opportunity to grow and flourish here.

Maybe the best way to practice gratitude is to practice giving. — *Trinity*



### Food Pantry Schedule

**February 28**

**Procurement:** G. Bus

**Pick-up:** None

**Baggers:** Martha Triplett, WRCCC Kids

**Distributors:** S. Bus, B. Lane, P. Hamer

**March 6**

**Procurement:** None

**Pick-up:** E. Vogel, B. Ketchie

**Baggers:** B. Elderbrock, D. Carson

**Distributors:** D. Eldredge, S. Foster, S. Porter

**March 13**

**Procurement:** P. Lodal

**Pick-up:** None

**Baggers:** Cora Cox Academy, S. Lodal

**Distributors:** P. Phillips, S. Bingham, S. Martin, C. Barttels

**March 20**

**Procurement:** None

**Pick-up:** A. Lawson,

A. Sublett **Baggers:** K. Marsh, Preston Hills

**Distributors:** S. Lodal, G. Bus, M. Lawson, R. Lawson, B. Preston



### People in our Prayers

Karl & Laura Hake	Helen Austin
Ellee Rose Large (@ St. Jude)	Jackie Britton
Rev. David Hale	Brent Warner
Bob Avery family	Kelley Arrowood
Mary Margaret Bowles	Jack Boyles
Cassi Yost	Laci, Nicholas & Robin Lodal
Mike Lewis	George Jeter (Amy's Uncle)
Linda Wilson	Those who have recently lost loved ones
Melba Johnson (Rick Johnson's Mom)	

### Missionaries in our Prayers

PCUSA Missionaries Bill & Ann Moore in Japan  
Jimmy Shafe: Mission: Hope ROW Congo  
Osman Hope in Honduras  
Mahendra Bhattarai & family and the school in Nepal  
Karah Germroth and Moyo wa Afrika in Tanzania

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

### Sunday 3/1

9:00am Choir Practice  
 9:45am Sunday School  
 11:00am Worship Service / 5-Cents-A-Meal Offering  
 5:30pm Handbells  
 7:00pm Learning Children & Youth, MR

### Tuesday 3/3

11:00am Shepherds, MR  
 1:00pm Staff Meeting, GS  
 6:00pm Has Beens, FH

### Wednesday 3/4

3:30pm After School Program, YS  
 5:30pm WOW Meal  
 6:15pm WOW Program

### Thursday 3/5

7:30pm Chancel Choir Practice  
 9:30am Tapestry Women's Bible Study, PH  
 1:00pm Congregational Care, MR

### Friday 3/6

10:00am Food Pantry, FH



**During Lent, we will again be doing faith journey stories by fellow WRPC members, back by popular demand. We will be doing this in an informal setting in the Meeting Room. If you have a faith journey story you would like to share, please contact Anne Garber.**



**Menu:** Chicken Filet Sandwich and fixings, Broccoli, Fruit salad, and Chocolate Lasagna.

## Lent / Easter Schedule of Events

**Sunday, April 5** – Palm Sunday Worship, 11:00am  
 Palm Sunday Pot Luck, 12:00pm  
 Egg Hunt, 1:00pm  
 Last day to order Easter Lilies!

**Thursday, April 9** – Maundy Thursday Service / Communion, 7:00pm

**Friday, April 10** – Good Friday / Lenten Window Banners Open House, 10:30am – 2:30pm

**Sunday, April 12** – Easter Sunday Worship, 11:00am



## Mark your calendar!

The next Parents' Night Out is Saturday, March 21, 4-8 pm. Contact Rachel Lawson at rachelzbth@gmail.com or (423) 963-4310.

## MARCH Sunday School Scriptures

### Sunday, March 1

Genesis 2:15-17; 3:1-7 In the Garden of Eden

### Sunday, March 8

John 3:1-17 Nicodemus visits Jesus

### Sunday, March 15

John 4:5-42 Jesus at the Well with the Woman of Samaria

### Sunday, March 22

1 Samuel 16:1-13 Young David Chosen as King

### Sunday, March 29

Ezekiel 37:1-14 The Valley of Dry Bones

Please note that these scriptures and lessons are guidelines for our Sunday School classes and may change sometimes.

## 5-Cents-A-Meal Offering will be collected this Sunday, March 1!



This Sunday, we will collect the 5-Cents-A-Meal Special Offering that is used to assist Holston Presbytery congregations in their local and international hunger relief ministries. The purpose of the offering is to get our individual families involved in contributing to a larger corporate effort to fight hunger. Members of all ages are asked to collect a few cents (five) at every meal throughout each month and bring that as an offering once a month as an expression of thanks for what we have received. If you stop to do the math, this works out to nearly \$5/month/person! Thank you for participating in this special offering.



## Join us for Prayer Services every weekday during Lent

During Lent you are invited to join Rev. Collin in the Sanctuary at 8:00am for a brief prayer service. Please come in through the office door.



Views from the

# FOOD PANTRY

by Susan Lodal



**Week of March 1-7, 2020**

**Items of the Week**

**Shampoo, Conditioner, Soap, Lotion**

**(we gladly accept unopened hotel samples)**

Our heartfelt THANKS go to these retired Panera Doughnations volunteers: Gloria Blythe, Sarah Hale, Bob and Jeanne Jernigan, Malcolm Jones, Jill Parsons, Betsy Schrum.

We set a record in our Food Pantry last week with Bob Miller helping to bag groceries. Bob is 101 years old and a member of Preston Hill Presbyterian Church. Our friends from Preston Hills volunteer in our Food Pantry once each month and Bob asked to join them. Can anyone top that record?

## It is Okay to be Human



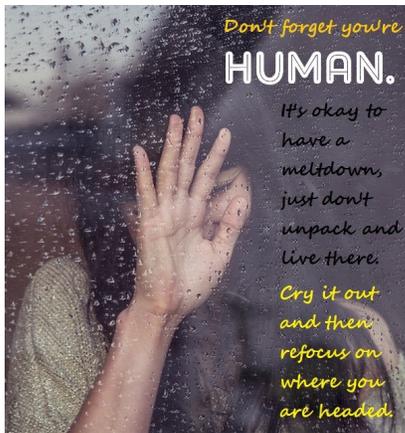
**STEPHEN MINISTRY**

An important theme of the Lenten season is the humanity of Christ. In Jesus, God became human and fully experienced the wide range of emotions we all encounter in life. Jesus experienced times of loneliness, sadness, hurt, anger, disappointment, grief, and abandonment. That is part of being human. Another part of being human is to need help from each other. God never intended us to be completely self-sufficient. Part of God's plan is for each of us to turn to others for help when we need it.

So when you are experiencing difficult times, don't struggle alone. Our Stephen Ministers will walk with you, listen to you, encourage you, pray for you, and

provide confidential one-to-one care to help you through tough times.

Stephen Ministers can bring the love of Jesus back into your life. To learn more about Stephen Ministry, talk to one of our Stephen Leaders: Sharon Petke, Dave Petke, Diana Eldredge, or Barbara Lane. Our Stephen Ministers are ready to care for you!



# HEALTH Matters



## Average Human Body Temperature is Dropping

*healthywomen.org*

Think the average human body temperature is 98.6 degrees Fahrenheit? Not anymore, new research suggests.



"Our temperature's not what people think it is," said senior study author Dr. Julie Parsonnet, a professor of medicine, health research and policy at Stanford University. "What everybody grew up learning, which is that our normal temperature is 98.6, is wrong."

That standard was established in 1851, but a number of modern studies have suggested that it's now too high. For example, a recent study found that the average body temperature of 25,000 British people was 97.9 F.

One possible reason for the decrease in average body temperature in the United States could be a reduction in metabolic rate -- the amount of energy that people burn -- that may be due to a population-wide decline in inflammation.

"Inflammation produces all sorts of proteins and cytokines that rev up your metabolism and raise your temperature," Parsonnet said in a Stanford news release.

She noted that over the past 200 years there have been dramatic improvements in public health due to advances in medical care, better hygiene, greater access to food and improved standards of living.

It's also possible that more comfortable homes have contributed to the decline in average body temperature. Homes in the 19th century had uneven heating and no cooling, but central heating and air conditioning are now commonplace.

That means people don't have to expend as much energy to maintain a constant body temperature.

"Physiologically, we're just different from what we were in the past," Parsonnet explained. "The environment that we're living in has changed, including the temperature in our homes, our contact with microorganisms and the food that we have access to... We're actually changing physiologically."

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# Holston Camp and Retreat Center



As our Season of Mission: Season of Hope continues, we would like to share some information with you about Holston Camp and Retreat Center. This year marks the 65th Anniversary

of the Camp. For 65 years, Holston Camp has transformed the lives of young people by showing them God's love in an outdoor community and exalting each camper as a beloved child of God without judgement and without exception. Likewise, Holston Camp has offered a place of retreat for churches, youth gatherings and families where they can experience rest and renewal in the beauty of God's creation. Over the camp's long history, it has touched the lives of tens of thousands of children and youth as well as countless adults, including many at Waverly Road.

Waverly Road has been a strong supporter of the mission and ministry of Holston Camp for many years – through use of its facilities, occasional service projects and consistent financial support. Last year, we sent 7 children to camp as well as our Pastor who served as a Camp Chaplain. We have historically held our annual Fall Church Retreat there. Since 2011, we have been contributing directly to Holston Camp, not just supporting them through the portion of funding they formerly received from Presbytery. Giving from the Mission Action Plan has totaled between \$5,000 and \$7,000 per year for the last nine years. Since the Presbytery has reduced funding to the camp, their budget relies heavily now on contributions from churches and individuals, as well as enrollment in camp and retreat occupancy. Their books are in good order, and the financial outlook is trending well, but 65 years of active use means daily infrastructure issues. Here are a couple of projects they hope to be able to undertake soon depending on the extent of giving:



- Enhancing the dining hall with a projector and large screen. This would be great for summer camp to

teach songs and share information and would enable those on retreats to show movies and online content.

- Renovating the bathrooms in the original part of Guenther Lodge. There are 5 original bedrooms that share two very awkward bathrooms. Guenther is the most comfortable facility for retreats and this renovation would make this venue even more desirable to many.
- Growing the scholarship fund. Holston Camp wants to invite as many kids to camp as possible, but many cannot afford the fee – this scholarship fund provides financial assistance to families that could not participate otherwise.

The staff has been working hard to increase camp attendance and use of the facilities by retreat groups which directly impacts their revenue. Along those lines, they have a Youth Retreat on March 8, a Family Ski Camp on March 15, and a Women's Retreat on April 17.

If you would like more information on the camp and upcoming events, you can check out their website or like them on Facebook (Holston Presbytery Camp & Retreat Center).

Jim Austin, the Camp Director, as well as your Mission Committee extend a sincere thank you for your support and love of Holston Camp and Retreat Center. By giving generously to this year's Mission Action Plan, you will enable us to continue to help them carry out their mission of bringing youth and adults together to experience and explore God's creation and to embrace God's presence in the beautiful mountains of Banner Elk, North Carolina.

*Karen Carman on behalf of the Mission Committee*

SPRING WOMEN'S RETREAT AT  
HOLSTON

## BLOOM!

Participate in a weekend of renewal  
focused on God's blessing of abundant life

**APRIL 17-19**  
**2 NIGHTS, 4 DELICIOUS MEALS**  
**\$150 FULL WEEKEND | \$75 SATURDAY ONLY**  
**REGISTER: WWW.HOLSTONCENTER.ORG**

Hike • Yoga • Low-ropes Challenge Course  
• Service Project • Wildcat Lake • Dance •  
Rest • Worship & More!

## Interesting Facts about Shrove Tuesday

### "What is Shrove Tuesday?"

Although far less widely known than Fat Tuesday/Mardi Gras, the Tuesday immediately before Ash Wednesday is also known as Shrove Tuesday. Ash Wednesday marks the beginning of Lent, which is sometimes referred to as "Shrovetide" in England. Observance of Shrove Tuesday can be traced back to at least AD 1000 and was originally observed as a day of confession and penitence in preparation for Ash Wednesday and Lent. Today, Shrove Tuesday is primarily observed among Catholics, Episcopalians, Lutherans, and Methodists. The word *shrove* is past tense of *shrive*, a verb meaning "to go to confession and get absolved of sin."

### Why do people eat pancakes on Shrove Tuesday?

In the past few centuries, though, Shrove Tuesday has turned into more of a day of feasting in preparation for the fasting that is to occur during Lent. The feasting aspect of Shrove Tuesday originated due to the need to get rid of the foods/ingredients that are restricted during the Lenten fasting, such as sugar, leavened flour, eggs, etc. The need to use up these ingredients has resulted in Shrove Tuesday also becoming known as Pancake Tuesday, or, more simply, Pancake Day.

### What does the Bible say about Shrove Tuesday? Should Christians observe Shrove Tuesday?

Considering the Bible does not even mention Ash Wednesday or the 40 days of Lent, Shrove Tuesday is not a biblical observance, either. There is certainly nothing wrong with Christians eating pancakes on Shrove Tuesday, or any other Tuesday for that matter. Should a Christian feel led of the Lord to observe Lent in some fashion, there would be nothing wrong with observing a feast the day before the 40 days of Lent. What must be understood, however, is that Shrove Tuesday, Ash Wednesday, Lent, etc., are not observances God requires of Christians. Observance of these days is entirely a matter of personal conviction.



"FIRST COMES FAT TUESDAY, THEN ASH WEDNESDAY, FOLLOWED BY TEMPTATION THURSDAY."

## Lenten Wholegrain Apple Pancakes

### Ingredients

- \* 1 cup almond milk or apple cider
- \* 2 medium apples
- \* 1 tbsp sugar
- \* 1 tsp baking soda
- \* 1/2 tsp salt
- \* 3 tbsp olive oil
- \* 1/2 cup wholegrain flour
- \* 1/2 cup all-purpose flour ((you can try different flours like rye or buckwheat, mix and match for the variety of flavors))



### Instructions

1. Prepare your ingredients.
2. Wash, peel and dice apples.
3. Mix all dry ingredients. Sift flour with salt and baking powder, mix in sugar.
4. Add almond milk to the dry ingredients, mix in apples and olive oil. Leave for 10 min.
5. Preheat your pan over medium heat and pour apple pancake dough into round forms. Turn the pancake over when bubbles are generated (see picture).
6. Fry pancakes over medium heat for 5 min on each side.



Serve hot, enjoy with honey.  
Bon Appétit!

Recipe found on:  
[thelentenchef.com](http://thelentenchef.com).



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