

# 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, 8:00am – 12:00 pm

**May 23, 2021**

**In-Person and Online  
Service at 11:00am  
Online Worship 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 for  
May 23, 2021**

Romans 8:22-27 &  
Acts 2:1-21



## FEED THE HUNGRY

**WRPC Food Pantry**

**WE'RE STILL 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!**

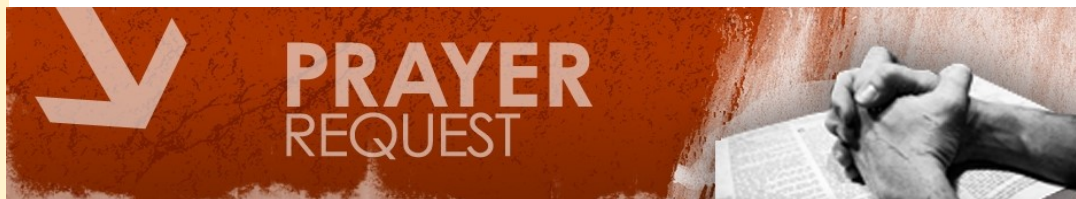


### Greetings to you in the name of our Lord, Jesus Christ,

At the beginning of the Covid-19 pandemic the session made some decisions about how we would gather for worship and how we would use the building in a way that would allow us to gather and also help us to be good neighbors to one another. We used CDC guidelines as one of the pieces of that decision making process and as many of you know those guidelines have been updated. At our May meeting the session voted to change our guidelines for church use.

### Beginning this Sunday, May 23 the following guidelines will be in effect:

- Those who have been vaccinated for Covid-19 no longer need to wear a mask. However, you may keep wearing a mask if you wish.
- The seating in the front of the sanctuary will be unrestricted. If you have been vaccinated you may sit in the unmarked pews without social distancing. Please reserve the pews in the back of the sanctuary for those who wish to maintain social distancing. If you choose to sit in the socially distant pews, you will be asked to wear a mask.
- We will begin congregational singing! Hymns and bibles will be placed in the pews, but the words to the hymns will also be in the bulletin.
- The HVAC system will be kept running during the service. This will increase airflow, but will also increase background noise and may make it a bit cooler than you are used to so please plan appropriately. *(Continued on next page)*



### People in our Prayers

Mary Margaret Bowles	Laci, Nicholas & Robin
Mike Lewis	Lodal
Helen Austin	Joyce Caldwell
Rev. Dan Clark	Tom King Family
Jackie Britton	Sarah Valk
Holston Presbytery Camp	Ann Kibler
Patients receiving Dialysis	Jo Morrison
Debbie Reiff	Scott Sluder (Wanda &
Rorie Parker Family	Bob Kerns' son-in-law)
Lee Bockman	

### Missions in our Prayers 2nd Quarter

#### Local Missions

Family Promise / IHN  
The Oasis of Kingsport  
Waverly Road Child Care Center

#### Regional/ National Missions

Holston Habitat for Humanity

#### International Missions

Annapurna Panchakanya Primary School, Nepal  
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

**Online Worship and In-Person Worship continues at 11:00am following all protocols.**

**Sunday 5/23**

### Family Promise Week

9:45am Sunday School Grades  
Preschool – K – **ZOOM**  
10:00am Sunday School Grades 1-5 –  
**ZOOM**  
10:00am Sunday School Grades 6-12 –  
**ZOOM**  
11:00am Sunday Worship Service /  
Pentecost Offering –  
Online and In-Person  
**Wednesday 5/26** 1:00pm ZOOM Bible Study – **ZOOM**  
4:30pm Youth Group – **ZOOM**  
**Friday 5/28** 10:00am Food Pantry – OPEN

## Mission Moment Update...

### Sunday's Pentecost Offering Helps Build a Strong Foundation for Youth



Sunday is Pentecost. It is also the day for giving to the Pentecost Offering. This offering is one of four annual special offerings of the Presbyterian Church.

This offering is used to help youth begin life with a strong start – a solid foundation of faith formed in the first third of life, from childhood through young adulthood. Since the Pentecost Offering started in 1998, Presbyterians have raised more than \$15 million for ministries that benefit younger members of God's family.

Forty percent of the offering will stay with Waverly Road. In the past, we have been able to share from the generosity of our congregation with organizations like UKirk, the campus ministry at ETSU, and Cora Cox Academy, which is an alternative school in Kingsport for youth with disciplinary issues. Last year, this was the smallest offering collected in many years due to COVID, so we had little to share from the 40 percent. However, \$50 has been provided for Love and Encourage Teens (L.E.T.), which is a new program begun to provide support by adults in our church for our middle and high school students during this time when life is turned upside down. Like always, the Mission Committee will prayerfully consider how best to put our share of this year's offering to good use.

### Here's how the remaining portion of the offering is used:

Twenty-five percent goes to Young Adult Volunteers and will help train and equip people to engage in mission at more than 20 sites in the U.S. and around the world.

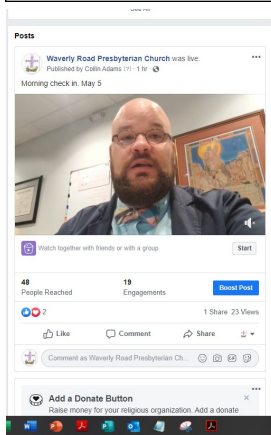
Another 25 percent supports ministries with youth, including the Presbyterian Youth Triennium, an event which gathers high school age youth for an event focused on worship, disciple making, Christian compassion and justice and biblical/theological education.

The final 10 percent is devoted to children at risk to improve education and provide safe havens.

Psalms 71 says, "Since my youth, God, you have taught me, and to this day I declare your marvelous deeds. Even when I am old and gray, do not forsake me, my God, till I declare your power to the next generation, your mighty acts to all who are to come." Declaring the power of God to the next generation – and equipping them to share that – is what this special offering is all about.

Thank you for considering a gift to the Pentecost Offering. There will be special envelopes available during worship Sunday, or you can simply make a notation of Pentecost Offering on your checks written to the church.

—Martha Lawson



### Morning Check-Ins with Rev. Collin on



Join us for morning musings, words of wisdom and spiritual guidance at <https://www.facebook.com/WaverlyRoadPresbyterian-Church/>.

### Following guidelines will be in effect, cont'd.

- We will continue the practice of not passing offering plates or communion plates for the time being. The offering plates will be placed in the narthex for people to place their gifts and communion will continue to be prepackaged.
- Church committees and ministries can meet in the church without needing prior authorization from session. Outside groups will be evaluated on a case-by-case basis.

I am very thankful for the gift that God has given to us in the Covid-19 vaccine. Please, if you have not received one take advantage of the opportunity to do so. If you choose not to be vaccinated, then please be a good neighbor and continue to wear a mask and maintain distancing to protect one another.

I look forward to seeing you all on Sunday, and May God continue to bless us all,

*Rev. Collin*





Views from the

# FOOD PANTRY

by Peter Lodal



**Week of May 23—29, 2021**

To all:

We distributed 23 bags this past Friday, a step up from previous weeks. Which means.....I still don't have a clue!

Our invoice from Second Harvest Food Bank was in the Food Pantry box this past Friday, and it showed a balance of -941.53 along with handwritten note: "This is a credit balance, do not pay." Second Harvest has been very aggressive and diligent about procuring grant monies and extra food. As a consequence, we (along with other area food banks) have been able to keep a consistent and diverse supply of food since March 2020, at essentially no cost to us. We have not had to pay for Second Harvest food at all in 2021, and based on this invoice, that will continue. So, if you have a chance to thank Rhonda Chafin and her staff, please do so. They have done a magnificent job.

As always, my thanks to each of you for your support and prayers. —Pete Lodal



School Makes a Difference

**Sunday School for Children & Youth offerings for the next few weeks:**

**Sunday School via Zoom every Sunday:**

**Pre-school - K** 9:45am with Wanda Kerns

**Grades 1st-5th** 10:00am with Candance Sass and Carlisa Barttels

**Grades 6th-12th** 10:00am with Karen & John Gilmer

**Youth Group** via Zoom every Wednesday at 4:30 with Trinity Gibson

Please email me ([trinity@waverlyroadpc.org](mailto:trinity@waverlyroadpc.org)) if you don't currently receive our emails for these meetings or you would like to add a child to our 2021 roster.

## Encouraging Words

You'll have bad times, but it'll always wake you up to the good stuff you weren't paying attention to.

—from the movie *Incredibles 2*



## HEALTH Matters

**Foods That May Help With Muscle Cramps**

[webmd.com](http://webmd.com)

### Bananas: A Time-Tested Treatment

You probably know that bananas are a good source of potassium. But they'll also give you magnesium and calcium.

That's three out of four nutrients you need to ease muscle cramps tucked under that yellow peel. No wonder bananas are a popular, quick choice for cramp relief.



### Sweet Relief From Sweet Potatoes

Like bananas, sweet potatoes give you potassium, calcium, and magnesium. Sweet potatoes get the win because they have about six times as much calcium as bananas. And it's not just sweet potatoes: Regular potatoes and even pumpkins are good sources of all three nutrients. Plus, potatoes and pumpkins naturally have a lot of water in them, so they can help keep you hydrated, too.

### The Avocado: A Potassium Powerhouse

One creamy, green berry (yes, it's really a berry!) has about 975 milligrams of potassium, twice as much as a sweet potato or banana. Potassium is important because it helps your muscles work and keeps your heart healthy. So swap out mayo on a sandwich with mashed avocado, or slice one onto your salad to help keep muscle cramps away. They have a lot of fat and calories, so keep that in mind.

### Beans and Lentils

Legumes like beans and lentils are packed with magnesium. One cup of cooked lentils has about 71 milligrams of magnesium, and a cup of cooked black beans has almost double that with 120 milligrams. Plus, they're high in fiber, and studies show that high-fiber foods can help ease menstrual cramps as well as help control your blood sugar and lower levels of "bad" LDL cholesterol.

### Melons Are the Total Package

These fruits have it all: loads of potassium, a good amount of magnesium and calcium, a little sodium, and a lot of water. Sodium and water are key because as you exercise, your body flushes sodium out with your sweat. If you lose too much water, you'll get dehydrated, and muscle cramps may happen. Eating a cup of cubed cantaloupe after a workout can help.

### Watermelon for Hydration

They're about 90% water, so when you need foods that hydrate, a cup of watermelon will do it. Since it's a melon, it's also high in potassium, but not quite as high as others.

(Continued on page 7)

## WAVERLY ROAD PRESBYTERIAN CHURCH



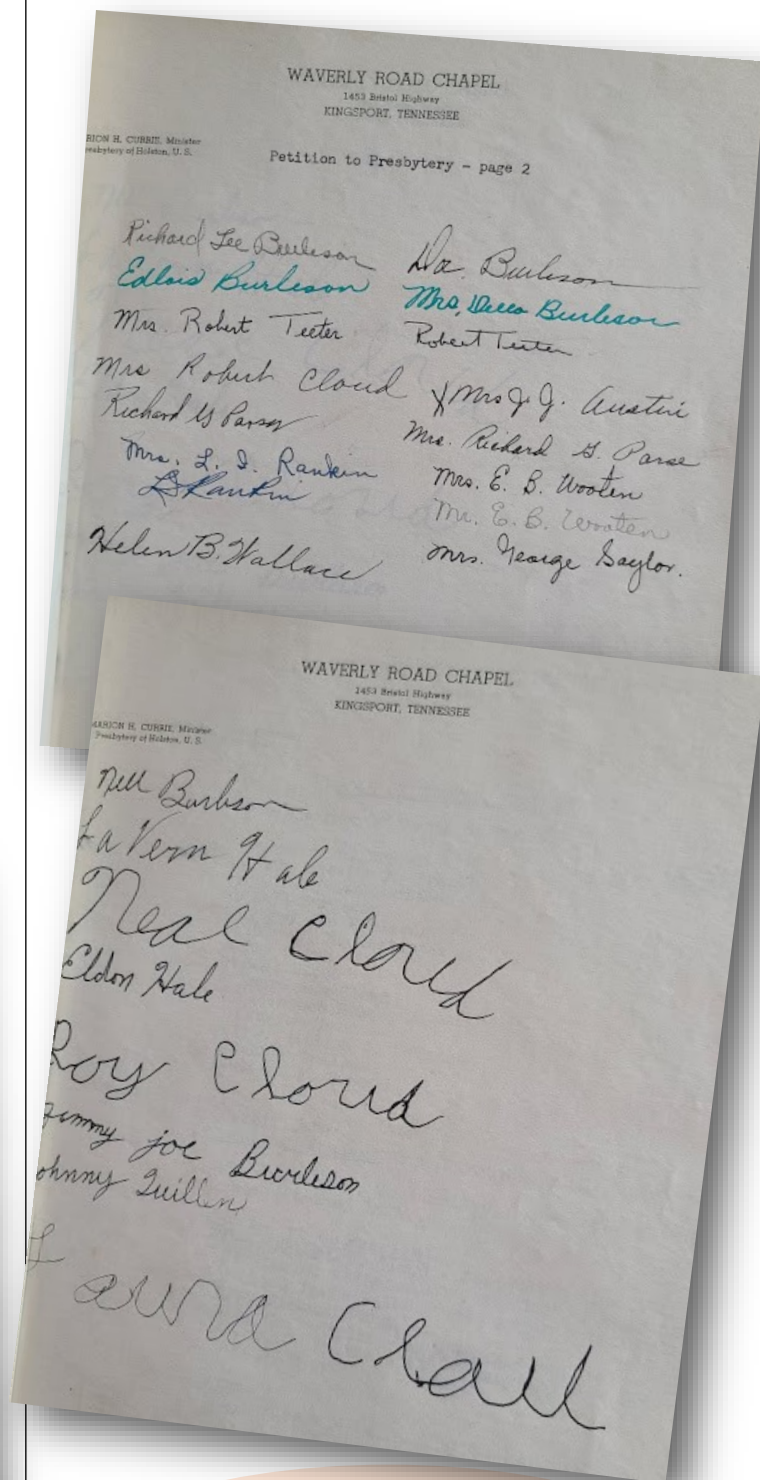
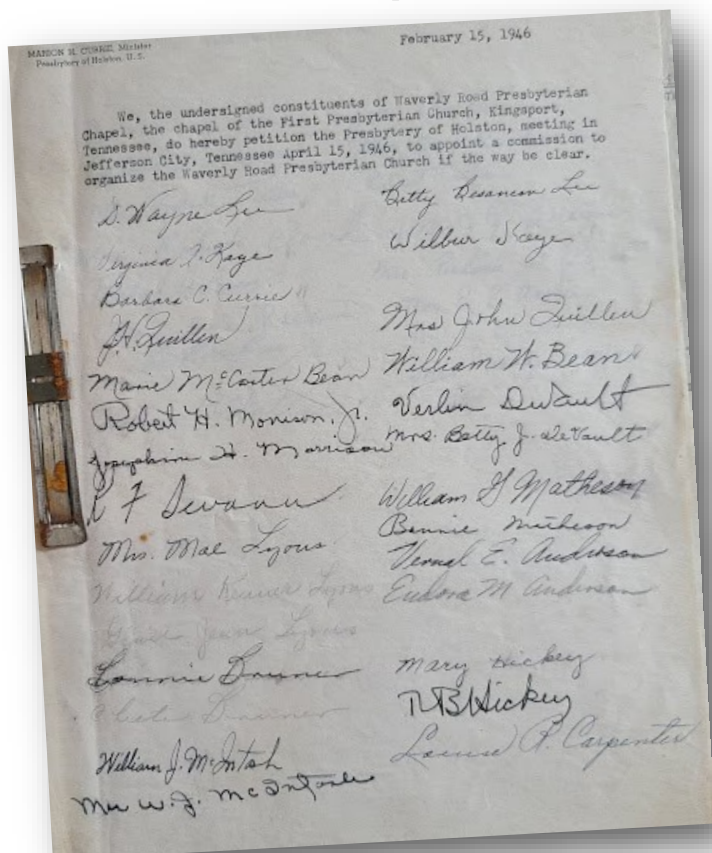
This month marks the 75th Anniversary of Waverly Road Presbyterian Church. All year long, our news sheets will be filled with our history, pictures, stories, and memories of our beloved WRPC from the archives and from WRPC member contributions. If you have any of these in your own personal memorabilia that you would like to share with us please contact Rachel Lawson.

### The Story of Waverly Road Presbyterian Church Part 1 (cont'd.): June 1945-May 1946

On August 21, 1945 the ladies organized the Women's Auxiliary at the home of Mrs. J. H. Quillen, 1359 Bristol Highway. The organization proved very successful and a great help in organizing the church.

The Commission met to organize the church on May 5, 1946. Forty-seven charter members were received and officers elected. The ruling elders were Wilbur Kaye, R. Hall Morrison and L. Irvin Rankin. The deacons were W. H. Matheson, R. B. Hickey and D. Wayne Lee. May 17, 1946, Waverly Road Presbyterian Church was declared an organized church. Quoting Mr. Currie, from a letter to Mrs. Mae Lyons, "I have called it "Our Church", it is ours to build for Christ, ours to keep for Him, and ours to

share with all those who hunger and thirst after righteousness that they may be filled. One thing I want to emphasize is that your own relationship to the Church ought to be a growing one, and that tomorrow should mean more to you than today, and today ought to mean your greatest opportunity for devoting your life in useful service to the Savior."



Learn more about Waverly Road's beginning and the 75 years in between each week in *The Newsheet*. We've got a lot to be proud of, so let's celebrate!



## Waverly Road Presbyterian Church celebrates 75 years

By HOLLY VIERS

hviars@timesnews.net May 16, 2021



KINGSPORT — 75 years ago, 46 people took a leap of faith to begin a new church in Kingsport.

Today, Waverly Road Presbyterian Church is honoring its humble beginnings by kicking off a yearlong anniversary celebration. Throughout the year, members will get a chance to learn about the church's history, while also celebrating its current success.

"We're going to take the whole year to celebrate this anniversary, so it's not just one big service on Sunday," said Rachel Lawson, director of student pre-K and young adult discipleship and lifelong church member. "We're putting little bits of history in our weekly news sheets and on our social media every week for 52 weeks, starting with the beginnings, where we have the neat pictures of the building actually being built, all the way up to now."

### Then to now

Waverly Road began as an outpost of First Presbyterian Church. Of the 46 charter members, two are still living: Roy Cloud and Jo Morrison. At 104 years old, Morrison is still active in the church, while Cloud has moved away to live with family.

Lawson said a few major expansions have occurred since the church opened, including the addition of a new sanctuary and an education wing. Allen Dryden Sr. and Allen Dryden Jr. were the architects for all the expansions.

Over the last 75 years, the church has been led by 10 pastors, several associates and several interims. The

current pastor, the Rev. Collin Adams, has been with the church for five years.

### Missions

Waverly Road's involvement in missions started in its earliest days, when it hosted a kindergarten class. Since then, the church has supported a variety of local and international missions, many of which continue today.

One of the longest-running missions is its food pantry, which opened in 1984. It also hosts a blessing box, which is a small pantry where people leave donated goods for others to pick up. Last year, the church began a new mission called the snack program, which has provided healthcare workers with snacks during the COVID-19 pandemic.

In addition to its own missions, the church hosts two separate organizations on its property: the Waverly Road Childcare Center and the SMILE Foster Closet. It also supports outside groups like Family Promise, Habitat for Humanity, Meals on Wheels and Shades of Grace United Methodist Church.

"Missions has always been huge, and it still is huge," Lawson said. "That's something that's been very common all 75 years."

### Celebration

Lawson said the yearlong celebration will begin with today's worship service, which will be modeled after a service from the church's early years.

"Our service on Sunday will be from a bulletin in the 1950s, which was the dedication of the second addition to the church," Lawson said. "It's the earliest bulletin we could find, and we've pulled liturgy from that service bulletin. We're doing the hymns they sang that day and just kind of talking about rededication in general."

Lawson said church leaders also hope to hold an evening celebration later this year and order some commemorative items to mark the occasion. At the end of the year, Lawson hopes to compile historical facts and photos into a book that church members can order.

### What's next?

Over the next 75 years, Lawson hopes the congregation will continue to be active in the church and in the community.

"We just want to really continue our outreach and mission work," Lawson said. "Our mission statement is, 'Love God, love others, and make disciples,' and that really is our goal is to help spread love everywhere and encourage discipleship and action."

## Stewardship Committee Update

### Tax Efficient Charitable Giving



Since 2018, the threshold for itemizing deductions for Federal income tax purposes has become much higher. This means that many people can no longer get a tax benefit from their charitable contributions.

However, if you are over 70.5 years old and have an IRA account from which you take annual taxable distributions, you have another option: a Qualified Charitable Distribution or QCD. A QCD is a direct transfer of funds from your IRA custodian, payable to a qualified Section 501(c)(3) charity (including your church). QCDs can count toward your required minimum distribution (RMD) for the year if specific rules are met.

A QCD excludes the amount donated from taxable income (unlike regular withdrawals from an IRA). When you reduce your taxable income, you may also reduce the impact on certain tax credits and deductions, including Social Security and Medicare. Also, QCDs don't require that you itemize. You may decide to take advantage of the higher standard deduction and still use a QCD for charitable giving.

#### Requirements for Making a QCD

1. You must be age 70.5 or older. The QCD must be created after turning age 70.5, not just in the same year that you turn 70.5.
2. QCDs are limited to the amount that would otherwise be taxed as ordinary income. This excludes non-deductible contributions.
3. The maximum annual amount that can qualify for a QCD is \$100,000. This applies to the sum of QCDs made to one or more charities in a calendar year. Couples filing jointly can each make a QCD from his or her own IRA within the same tax year for up to \$100,000.
4. For a QCD to count towards your current year's RMD, the funds must come out of your IRA by your RMD deadline, generally December 31.
5. Funds distributed directly to you, the IRA owner, and that you then give to charity do not qualify as a QCD.

#### Tax Reporting

A QCD is reported as a normal distribution on IRS Form-1099R for any non-inherited IRA. For inherited IRAs, the QCD will be reported as a death distribution. Form 1099R will not specify how much of the total allocation was a QCD. Therefore, you must provide your tax preparer with that information so that the QCD amount will not be treated as taxable income. While the QCD amount is not taxed, you may not claim the distribution as a charitable tax deduction. When making a QCD, you must receive an acknowledgment of the donation, just like the one you would receive for any other type of charitable contribution.

All of us recognize our responsibility to pay the federal income taxes that we owe. Still, I don't know anyone who writes a check to the IRS for more than they owe! So, if a QCD sounds like something that could benefit you, please consult your tax adviser for further information.



**Best wishes to our High School graduates, Paige Hubbard and Gillian Marlow. We will be presenting them with Bibles this Sunday. Remember to keep these graduates in your prayers as they grow into the next chapter of life.**





## Foods That May Help With Muscle Cramps, *cont'd.*

### Milk

It's a natural source of electrolytes like calcium, potassium, and sodium. It's good for hydration. And it's packed with protein, which helps repair muscle tissue after workouts. All of the above can help protect against muscle cramps.

### Pickle Juice

Some athletes swear by pickle juice as a fast way to stop a muscle cramp. They believe it's effective because of the high water and sodium content. But that might not be the case. While pickle juice may help relieve muscle cramps quickly, it isn't because you're dehydrated or low on sodium. It is more likely because the pickle juice sets off a reaction in your nervous system that stops the cramp, according to recent research.

### Dark, Leafy Greens

They're rich in calcium and magnesium. So adding kale, spinach, or broccoli to your plate may help prevent muscle cramps. Eating leafy greens also may help with menstruation cramps, as studies show eating foods high in calcium can help relieve pain from periods.

### Orange Juice

One cup of refreshing OJ has plenty of water for hydration. It's also a potassium star with nearly 500 milligrams per cup. Orange juice has 27 milligrams of calcium and magnesium. Choose a calcium-fortified brand for an extra boost.

### Snack Smart With Nuts and Seeds

Like beans and lentils, nuts and seeds are a great source of magnesium. For example, 1 ounce of toasted sunflower seeds has about 37 milligrams of magnesium. And 1 ounce of roasted, salted almonds has double that. Many types of nuts and seeds have calcium and magnesium as well.

### Salmon for Circulation

Sometimes muscle cramps are the result of poor blood flow. Eating oily fish like salmon can help improve it. Plus, a 3-ounce portion of cooked salmon has about 326 milligrams of potassium and 52 milligrams of sodium to help with muscle cramps. Not a salmon fan? You also could try trout or sardines.

### Tap Into Tomatoes, Juice and All

Tomatoes are high in potassium and water content. So if you gulp down 1 cup of tomato juice, you'll get about 15% of your daily value of potassium. You'll also give your body hydration to prevent muscle cramps from starting.

### Drink Water for Max Hydration

Generally, women need about 11.5 cups of water a day, and men 15.5 cups. But this doesn't mean you should chug water. The water you get from other beverages, plus fruits and vegetables, counts, too. Before you reach for a sports drink, know this: You only need these sugary electrolyte beverages if you're doing high-intensity exercise for an hour or more. For electrolytes without the sugar, drink coconut water instead.

## Egg Roll in a Bowl

*Yield: 2 servings*

### Ingredients for the Crispy Wonton Strips:

6 (3.5 inch square) wonton wrappers  
2 teaspoons vegetable oil

### Ingredients for the Bowl:

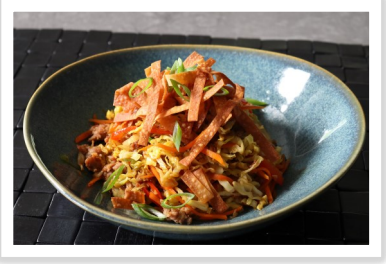
3 ½ cups shredded green cabbage  
1 cup julienned carrot  
¼ cup julienned red bell pepper  
⅓ cup thinly sliced green onions  
2 cloves garlic, finely minced

### Ingredients for the Sauce:

2 tablespoons soy sauce  
1 tablespoon rice vinegar  
1 tablespoon sake  
¼ teaspoon sesame oil  
1 teaspoon white sugar  
½ teaspoon freshly grated ginger  
1 pinch cayenne pepper  
¼ teaspoon white pepper  
1 teaspoon ketchup  
½ teaspoon cornstarch  
½ pound ground pork

### Directions:

1. Preheat the oven to 350 degrees F (175 degrees C).
2. Cut wonton wrappers into 1/4-inch strips. Transfer cut wonton wrappers to a baking pan and toss with oil. Spread out evenly.
3. Bake in the preheated oven until browned, about 12 minutes. Let cool and reserve.
4. Combine cabbage, carrot, bell pepper, green onions, and garlic for the bowl. Set aside.
5. Mix soy sauce, rice vinegar, sake, sesame oil, sugar, ginger, cayenne, pepper, ketchup, and cornstarch together for sauce in a bowl and reserve.
6. Add pork to a large skillet set over medium-high heat. Brown the meat well, while breaking up into small crumbles as it cooks, 5 to 7 minutes. Add the vegetable mixture and toss with the meat to combine. Cook, stirring, just until the veggies start to soften, about 2 minutes.
7. Stir in the sauce and toss everything to combine. Cook and stir until the sauce has coated everything evenly, and the vegetables are cooked to desired doneness, 1 to 2 minutes more. Serve in a bowl with crispy wonton strips on top.



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



**Greetings  
Church  
Family!**

Waverly Road Presbyterian Church is scheduled to "host" Family Promise families the week of May 23, 2021. Due to the coronavirus pandemic, the families are continuing to stay in a hotel at night instead of rotating between churches. Our church has been asked to provide food money for the week of May 23rd. It would be wonderful if you would donate money to WRPC with the designation of "Family Promise".

The staff of Family Promise are very thankful for the past generosity of WRPC members.

Please remember in your prayers the families participating in Family Promise and the individuals running the program.

Thank you for your support of this important program in our community. —Karen Gilmer



**For the month of May...**

**If you would like to donate to SMILE, May is the month for Teen/Adult sizes and Swimwear (all sizes).**

**Thanks so much for your support!**



**Join us for Zoom Bible Study on  
Wednesdays with Rev. Collin at 1:00pm**

(You will receive individual emails for different ZOOM events by email with a PIN and Passcode)