

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 30, 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 30, 2021

Isaiah 6:1-8 & John 3:1-17



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!



From the desk of Rachel Lawson...

I'm "off" this week but did not want to miss my chance to talk to you. I miss my church family when I'm not there, especially since I feel like I have been orchestrating a giant family reunion!

Delving into our history is like mapping a family tree. In 75 years we have had many branches, split offs, and new growths. We even generated a new tree in the form of Preston Hills.

Sometimes our branches bend, sometimes they break. We rejoice in new blooms and healing. We grieve our losses, especially when we have a break. We love celebrating our past and also love getting excited about our future.

We've had a lot of changes - we are Presbyterians and we recognize that change is hard! But God is good, all the time. His blessings and grace have been more than evident to me, particularly in this past year. I am proud of who we are, who we have become, and what we aspire to be.
Love to you all. —Rachel



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 5/30

9:45am Sunday School Grades
Preschool – K – **ZOOM**
10:00am Sunday School Grades 1-5 –
ZOOM
10:00am Sunday School Grades 6-12 –
ZOOM

Monday 5/31

8:00am Memorial Day Holiday – Church
Offices CLOSED

Wednesday 6/2

1:00pm ZOOM Bible Study – **ZOOM**

Friday 6/4

10:00am Food Pantry – OPEN

Update on Holston Presbytery Camp & Retreat Center



On Saturday, June 5, Holston Presbytery will meet virtually. Shelley Porter and Pastor Collin Adams will represent WRPC at the meeting. One of the agenda items is a vote on the future of Holston Presbytery's relationship with Holston Presbytery Camp & Retreat Center. The May newsletter containing an

explanation from Camp Director Jim Austin follows my comments.

A covenant relationship will allow the Camp Board to approach churches in Holston Presbytery and churches located closer to HPCRC for financial support. The Camp Board of Directors looks forward to the autonomy this move will provide.

If all goes forward, HPCRC Camp Director Jim Austin will resign from Holston Presbytery on June 30 and be hired by the Camp Board of Directors on July 1. Holston Presbytery has agreed to pay Jim's salary and most of his benefits through the end of December. On January 1, 2022, the Camp Board of Directors will begin to provide all of the director's salary and benefits, as well as continue to pay the salary and benefits of the other staff members.

Thank you for the generous support you have given to Holston Presbytery Camp & Retreat Center over the years through your participation at the camp and with your financial gifts.

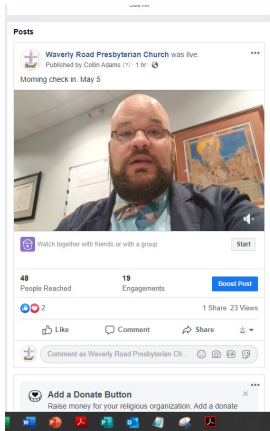
Please pray for the decisions that will be made on June 5 and for the future of Holston Presbytery Camp & Retreat Center. If you have any questions about the process or plans for our camp's future, you are welcome to contact me.

In Christ,

Susan Lodal, Member of the HPCRC Camp Board of Directors

Encouraging Words

"My fellow Americans, ask not what your country can do for you, ask what you can do for your country."
– John F. Kennedy



Morning Check-Ins with Rev. Collin on



Find us on:
facebook®

Join us for morning musings, words of wisdom and spiritual guidance at

<https://www.facebook.com/WaverlyRoadPresbyterian-Church/>.

Guess who's turning

85

on June 12, 2021?

Let's help Roy celebrate his
Birthday even though we can't
be there with him.

If you would like to send a
card, here's how:



Roy Cloud
Asbury Assisted Living,
Room D16
2648 Sevierville Road
Maryville, TN 37804

Happy 85th Birthday, Roy!



Views from the

FOOD PANTRY

by Peter Lodal



Week of May 30—June 5, 2021

To all:

We distributed 21 bags this past Friday, about the same as the previous week.

Other than that, not much new going on right now. We will see how (and if) our numbers change with school letting out.

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



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)



For the month of June...

**If you would like to donate to SMILE, June is the month for sizes 3T-5T
Thanks so much for your support!**



HEALTH Matters

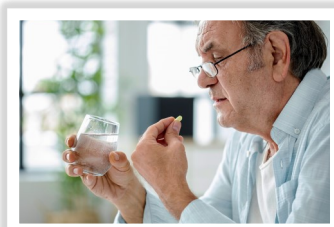
Brain Supplements That Do and Don't Work

webmd.com

Take a Pill, Protect Your Memory?

"Improves memory." "Sharpens focus." These are just some of the claims you may see on the supplements that 25% of adults over age 50 are taking to try to keep their brains healthy.

Do these products work? It's often unclear, as the FDA doesn't require makers to prove the supplements are effective, as long as they don't make any claims about specific diseases. Here's what experts do -- and don't -- know about some of these popular items.



B Vitamins

B vitamins like B6, B12, and B9 (folic acid) all play a role in brain health. But unless you're low on them or pregnant (folic acid is a must to prevent birth defects), a supplement is unlikely to help. If you're at high risk for Alzheimer's, ask your doctor. Some research shows that people at high risk might benefit from B supplements. But most others should stick with food sources like leafy greens.

Caffeine

Caffeine pills and powders aren't a good idea, because of the risks if you overdose. But you can enjoy coffee guilt-free, as long as it doesn't worsen your sleep or make you jittery. Some might be good for your brain. It's a stimulant that helps perk you up, plus it promotes energy by blocking brain receptors for a chemical called adenosine.

L-theanine

A natural amino acid, L-theanine seems to have potential for improving mental performance, especially when combined with caffeine. That said, most studies have been small, such one in 2019 that included 30 people. Until there's more research, a safe bet is to drink green tea: It naturally contains both L-theanine and caffeine, as well as antioxidants that may help your mental and physical well-being in other ways.

Omega-3s

The traditional Mediterranean diet, which includes omega 3-rich-fish, is linked to a lower risk of dementia. But can omega-3 supplements help? So far, large studies (including one sponsored by the National Institutes of Health) haven't proved that. One possible exception: People with the APOE4 gene mutation, which is tied to Alzheimer's, might benefit if they start taking the supplements early enough, a 2017 review shows.

Vitamin E

This antioxidant combats free radicals, including those that may damage brain cells. But large studies aimed at finding out whether vitamin E supplements can protect against dementia haven't yielded great results, though at (Continued on page 5)

WAVERLY ROAD PRESBYTERIAN CHURCH



We continue to celebrate 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.): March 1947-September 1948

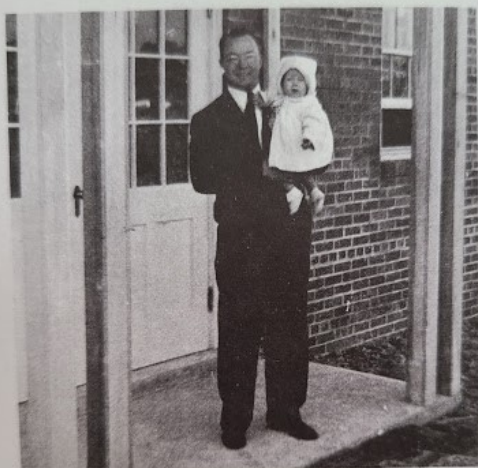
March 2, 1947, Mr. Currie was "called" as full-time pastor and on April 1, 1947, and began his pastorate at Waverly Road Presbyterian Church. The Church also became self-supporting at that time.

The Church continued to grow and on March 12, 1947, a building committee was appointed to plan for the second unit of Waverly Road Presbyterian Church.

On the first anniversary of the church organization May 4, 1947, Mr. Currie was installed.

October 10, 1947, the church building dedication service was held and declared debt-free.

September 1, 1948, Reverend and Mrs. Currie and family departed for Edinburgh, Scotland, in order for Mr. Currie to pursue further studies there.



Marion Currie, WRPC minister 1944-48,
and daughter Betty

Stewardship Committee Update Legacy of a Lifetime



As we begin our year-long celebration of the 75th anniversary of our church, we reflect on the faith and commitment of many individuals throughout the history of Waverly Road. We have the ability to participate in our many ministries because of the foundation they laid for us, both because of the physical facilities they built and because of their personal efforts to establish and grow those ministries. In short, we are the beneficiaries of the legacy they created.

Each of us is creating a legacy every day by the things we do and the choices we make. One part of that legacy involves the choices we make regarding stewardship of our financial resources. Each year, the church committees and the Session make choices regarding how the church will spend our financial resources that come primarily from contributions of our current members. Each of us has a role to play in this process, either by our personal financial contributions, by participating in the work of a committee, by serving on the Session, or perhaps all three.

There is another way that we can add to the legacy that each of us creates, and that is through the concept of legacy giving. Legacy giving is giving through charitable bequests, permanent endowment funds, and other estate plans that enable us to share God's material gifts with the church and help fund its mission in the future.

The simplest type of legacy giving is by making a charitable bequest in a will. That bequest can be as general or specific as the donor would like. The bequest can be made for a specific purpose or for the church to use wherever the need is greatest. Making a gift through a charitable bequest provides members with the assurance that they will continue to have complete control of their assets during their lifetime and the satisfaction of knowing their will reflects their faith and stewardship values.

Many people assume that they need to be wealthy to make a bequest or legacy gift. While large gifts are helpful, the Presbyterian Foundation tells us that they are the exception rather than the rule. The widow's offering in Luke 21 reminds us that it's not the size of the gift, but the measure of faith it represents.

In future newsletters, the Stewardship Committee will provide additional information regarding other ways to accomplish legacy giving. We hope that this information will be helpful to you and that you will prayerfully consider what you can do to build on the legacy that we have been given by the founders of our church.

Brain Supplements That Do and Don't Work, *cont'd.*

least one study found that they might slow the worsening of Alzheimer's in people who already have it. For now, experts say most healthy people should stick with food sources like nuts, seeds, and vegetable oils.

Ginkgo Biloba

Although it's a staple in traditional Chinese medicine, modern research has found that ginkgo supplements probably won't protect your memory. Although some studies have suggested there might be benefits, the most well-designed trials -- notably the Ginkgo Evaluation Memory study that included 3,000 older adults -- showed that ginkgo doesn't prevent or slow dementia.

Ginseng

Often used along with ginkgo, ginseng is another popular supplement that hails from Asia. As with ginkgo, some studies have suggested that ginseng might be a potent brain booster. But the evidence didn't hold up when scientists homed in on the best-quality research: A review of several trials concluded there's "no convincing evidence" that ginseng will protect your mental skills.

Curcumin

Found in turmeric (an ingredient in curry powder), curcumin has been hailed for its antioxidant powers. Does it help explain why Alzheimer's rates are lower in India? A UCLA study found that people who took curcumin fared better on memory tests and had less buildup of abnormal proteins in their brains. But this study only included 40 people, and other research hasn't found this result, so more studies are needed.

CDP-choline

In Europe, CDP-choline isn't sold as a dietary supplement. Instead, it's a prescription drug. According to researchers who reviewed 14 studies, there's decent evidence that it can benefit memory in elderly people who already have memory problems. But whether it can prevent them in healthy people isn't clear. Ask your doctor if you're thinking of trying it.

What About Combos?

Many memory supplements aren't sold as single ingredients. Though some ingredients might work well together, combined supplements are harder to study and could be risky. Supplements may cause side effects, and the risk rises with the number you take. Mixing them with prescription drugs can be risky, too. Review all the drugs and supplements you're taking (or considering) with your doctor or pharmacist, so they can tell you what's safe.

Food First

While certain supplements might help in some cases, most healthy people don't need pills to stay sharp. Eating a diet that's rich in vegetables, berries, whole grains, and fish (key parts of the so-called MIND diet) is a way to support brain health as you age. Staying physically active, getting enough sleep, taking care of any medical conditions you have, keeping up your social connections, and challenging your mind by being a life-long learner can make a big difference, too. And it's good for the rest of your body!

Creamy Strawberry Crepes

Ingredients

- 4 large eggs
- 1 cup 2% milk
- 1 cup water
- 2 tablespoons butter, melted
- 2 cups all-purpose flour
- 1/4 teaspoon salt

Filling

- 1 package (8 ounces) cream cheese, softened
- 1-1/4 cups confectioners' sugar
- 1 tablespoon lemon juice
- 1 teaspoon grated lemon zest
- 1/2 teaspoon vanilla extract
- 4 cups fresh strawberries, sliced, divided
- 1 cup heavy whipping cream, whipped

Directions

1. In a large bowl, whisk eggs, milk, water and butter. In another bowl, mix flour and salt; add to egg mixture and mix well. Refrigerate, covered, 1 hour.
2. Heat a lightly greased 8-in. nonstick skillet over medium heat. Stir batter. Fill a 1/4-cup measure halfway with batter; pour into center of pan. Quickly lift and tilt pan to coat bottom evenly. Cook until top appears dry; turn crepe over and cook until bottom is cooked, 15-20 seconds longer. Remove to a wire rack. Repeat with remaining batter, greasing pan as needed. When cool, stack crepes between pieces of waxed paper or paper towels.
3. For filling, in a small bowl, beat cream cheese, confectioners' sugar, lemon juice, zest and vanilla until smooth. Fold in 2 cups berries and the whipped cream. Spoon about 1/3 cup filling down the center of each crepe; roll up. Garnish with remaining berries and, if desired, additional confectioner's sugar. Cover and refrigerate or freeze remaining crepes in an airtight container, unfilled, for another use.



Waverly Road Presbyterian Church
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Kingsport, TN 37664-2520

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Our Daily Bread publications are here!



If you would like one of the *Our Daily Bread* devotionals for some early morning Summer reading, you can pick one up here at the church on the table in the Narthex or call Amy in the church office at (423) 247-5121 and she will be glad to mail a copy to your home address.