

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 9, 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 9, 2021**

Psalm 1 & 1 John 5:9-13



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...

This year is a special year! Most of you probably know I'm not only a "cradle Presbyterian", but also a cradle Waverly Roder. Seventy-five years ago, on May 17th, 1946, Waverly Road was declared an organized church.

Have you ever wondered about the roots of WRPC? Our archive room is rich with information about our past, but so are our people. We have quite a few cradle WRPCer's still attending to this day. Not all from the beginning, though we are lucky enough to have some still that are. Have you ever wondered who "Rankin" from the Rankin Endowment fund was? Or what part that person with their name on that chair, or their name in that Bible, actually played in the formation of this church? All year long, we will be sharing our history, pictures, stories, and memories of our beloved WRPC. These will come not just from the archives, but also from WRPC member contributions.

If you have any of these in your own personal pictures or memorabilia that you would like to share with us please contact me. Every single week will be a new tidbit of WRPC history in the news sheet. The Lord has done so much good with his good and faithful servants at WRPC these 75 years. On this special anniversary we celebrate the gift we have been given of our church family homestead.

—Rachel



People in our Prayers

Mary Margaret Bowles	Laci, Nicholas & Robin
Mike Lewis	Lodal
Helen Austin	Joyce Caldwell
Rev. Dan Clark	Tom King
Jackie Britton	Sarah Valk
Holston Presbytery Camp	Ann Kibler
Patients receiving Dialysis	Lynda Snook
Debbie Reiff	Jo Morrison
Rorie Parker Family	Noah McMillan
Lee Bockman	Trinity Gibson Family

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 5/9

- 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
- 7:00pm Personnel – **ZOOM**

Wednesday 5/12

- 1:00pm ZOOM Bible Study – **ZOOM**

Friday 5/14

- 10:00am Food Pantry – OPEN

Dr. Kate Stubbs Hired as WRPC's Director of Music Ministries

After a great deal of prayer and a search in which we felt led by the Holy Spirit, the personnel committee is pleased to announce that we have hired Dr. Kate Stubbs to be the next Director of Music Ministries for Waverly Road Presbyterian Church.



Kate brings a strong background in vocal performance instruction which will enhance the abilities of both current and future members of the choir. Her talent to serve as an accompanist on piano as needed is also a strength that she brings to the position.

Kate has a Master of Music degree from Bowling Green State University and a Doctor of Musical Arts from the University of Texas. Before moving to Kingsport in 2019, she served as Director of Music for First Christian Church in Durant, Oklahoma. Since her relocation to our area, she has served as an interim pianist at First Baptist Church in Erwin and as an adjunct professor at East Tennessee State University. At ETSU, she has had a variety of responsibilities, including directing and coaching aspiring vocal and instrumental music majors and teaching various piano classes.

We look forward to seeing Kate grow into the position as she works with the staff and choir to create and lead worship. We are also excited to get to know her husband Tyler and their daughter, Arianna. Kate will start her position on June 14.

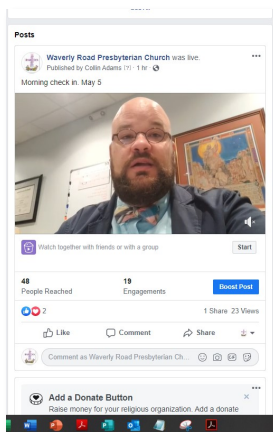


As you know, Richard Brown is serving as interim in this position. We were fortunate that upon Julie's retirement, Richard jumped right in to share his wonderful abilities. He devoted his time and talents to finding unique ways during a pandemic to make sure we continued to have a meaningful music program to enhance our worship services. Please join us in expressing our deep appreciation to Richard.

If there are any questions, please feel free to reach out to Charlie Foster or to Rev. Collin Adams. Please be in prayer for Kate, her family, the ministry and congregation of Waverly Road and for Richard and the choir.

May God continue to bless us all,

Rev. Collin



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/>.



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) if you don't currently receive our emails for these meetings or you would like to add a child to our 2021 roster.



Views from the

FOOD PANTRY

by Peter Lodol



Week of May 9—15, 2021

To all:

We distributed 18 bags Friday (a fifth Friday) for a total of 86 during the month of April.

As I noted last week, I think the combination of stimulus checks and income tax refunds has depressed our numbers. In a brief conversation with Jon, the warehouse manager at Second Harvest, he is seeing the same thing from most of the clients who obtain food from Second Harvest. We'll see how things change as the weather warms.

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



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!

Meeting Room Sunday School Class

The WRPC Meeting Room Sunday School Class is continuing studies in The Present Word curriculum. Each week, the lesson is recorded and uploaded to our church YouTube Channel. The Class has its own "playlist" on the channel that can be found at the following link. Simply copy and paste this link in your web browser to open the playlist. Check back each week to look for the latest lesson. If you have any questions, please contact Jack Lowe, Barbara Lane, or Howard Carman.

<https://www.youtube.com/playlist?list=PLwN9yCSJNqICCouVqNL0iIeEzbXeWG7u1>

Encouraging Words

Keep your face always toward the
sunshine and shadows will fall behind you.

—Walt Whitman



HEALTH Matters

Health Benefits of Cinnamon

webmd.com

What Is It?

Cinnamon, from the bark of the cinnamon tree, has long been used as both a spice and a traditional medicine. As a supplement, you'll find it in capsules, teas, and extracts.

So far, doctors don't recommend it for any health issues. Although research suggests interesting possibilities, there's more work to be done.



Lower Blood Sugar

Several studies of adults and animals with diabetes have found that cinnamon can help lower blood sugar, though others haven't shown similar results. Scientists still don't know how cinnamon may work. It's also unclear how much you would take and how long the results might last.

Boost Metabolism

An essential oil in cinnamon called cinnamaldehyde can target your fat cells and make them burn more energy, according to a lab study. This is exciting news for anyone trying to lose weight, but the research is still in the early stages. We have a long way to go.

Great Skin

Search the internet for "cinnamon face mask" and you'll find plenty of DIY recipes that claim they'll fight pimples and redness. There's very little to back this up -- just one small study that found Ceylon cinnamon, specifically, can fight the types of bacteria known to cause acne. Another small lab study suggests that cinnamon can boost collagen production, which might help your skin look younger.

Help Treat Cancer

In studies using animals or cells grown in labs, cinnamon has shown promise for its ability to slow cancer growth and even kill tumor cells. We need well-run studies of humans to know what role, if any, cinnamon could play in curing or preventing cancer.
(Continued on next page)

Health Benefits of Cinnamon, *cont'd.*

Lower Blood Pressure

Several studies suggest that eating cinnamon every day for 3 months can bring your systolic blood pressure (the top number) down by as much as 5 points. Larger studies are needed to check things like does it really work, how much to eat to get the best results, and how long the effect lasts. And since these were people who had prediabetes and type 2 diabetes, we don't know if cinnamon has the same effect when you don't have blood sugar issues.

Protect Your Brain

In a lab setting, cinnamon stopped the buildup of a brain protein that's a hallmark of Alzheimer's disease. In another study, rats who had cinnamon did better in a water maze designed to test their memory. Of course, we need to see if these findings carry over when tested on humans.



Reduce Inflammation

It turns out that cinnamon was a top inflammation-fighter in a recent laboratory study that looked at 115 foods. Since inflammatory diseases like rheumatoid arthritis become more

common as you age, more research could support using cinnamon as a natural remedy for older adults to help with these types of conditions.

Lower Cholesterol

When 60 adults in a small study ate about 1/4 teaspoon of cinnamon every day for 40 days, their LDL ("bad") cholesterol went down. Other research has found that similar amounts of cinnamon, eaten daily for up to 18 weeks, can lower LDL and total cholesterol while raising HDL ("good") cholesterol. But it's too early to recommend cinnamon as a treatment for high cholesterol.

Fight Bacteria

Cinnamon can fight many types of bacteria that make people sick, including salmonella, E. coli, and staph. Perhaps it could be used as a natural preservative in foods and cosmetics.

Get Rid of a Yeast Infection

It seems cinnamon has the power to destroy the fungus *Candida albicans*, which causes most vaginal yeast infections. At least, it works in the lab. It's not clear how -- or even if you could -- use cinnamon to fight off or treat a yeast infection.

Mission Moments Update...

For the recent Food Drive for the Shades of Grace, WRPC donated food and money to this local mission. And because of the generosity of this congregation, we donated the following food items:

- 340 packs of cheese and peanut butter crackers
- 333 protein/granola/cereal bars
- 191 fruit or applesauce cups
- 102 juices/water/milk
- 102 packs of nut/fruit/candy snacks
- 89 canned meats
- 64 packs of breakfast pastries
- 63 packs of dried meat snacks
- 51 packs of cookies/pies/pudding
- 14 packs of chips

Deliveries were made three different times, and the folks at Shades of Grace were thrilled to get everything.

Additionally, a donation of \$1,175 was sent for them to use on other food items they need.

Thank you for supporting this local mission! —Bree Fox



From our Stephen Ministers...

It's Okay to Be Human...



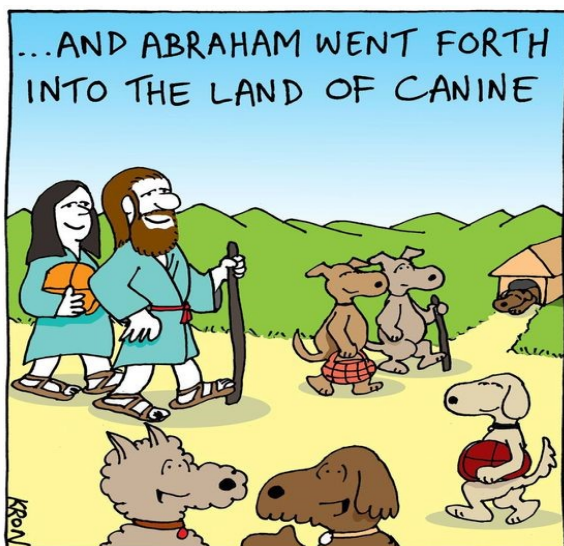
**STEPHEN
MINISTRY**

We're brought up to be strong, self-sufficient, independent people. We tend to think that if we ask for help, it's a sign of weakness. So we try to keep our struggles hidden, stuffed deep inside. However, that's not God's plan. Galatians 6:2 says, "Bear

one another's burdens, and so fulfill the law of Christ." God wants us to care for others and allow others to care for us in our time of need

We all go through times in our life when we could benefit from a little extra care and attention. That's what Stephen Ministers are for. Stephen Ministers are members of Waverly Road Presbyterian Church who have been trained to provide confidential, one-to-one Christian care to people who are going through a difficult time. They will listen, care, encourage, pray with and for you, and provide weekly support for you as long as your need persists. Men are matched with men, and women with women. It's completely confidential too! If you think a Stephen minister can help and you don't feel comfortable talking to someone you go to church with, arrangements can be made with Stephen Ministers of other local congregations. Waverly Road Stephen Ministers also work with people who are not members of Waverly Road, so if you have a relative or friend who is going through a time of transition, Waverly Road Stephen Ministers are available to care for them.

If you would like to learn more about Stephen Ministry, talk with one of our Stephen Leaders: Sharon Petke, Dave Petke, Diana Eldredge or Barbara Lane. Our Stephen Ministers are ready to bring God's love and care into your life.



The CARTOON KRONICLES

Shrimp and New Potato Chowder

Add shrimp a few minutes before serving so they don't overcook.

Yield: Makes about 2 quarts

Ingredients

2 tablespoons butter

3 bunches green onions, sliced

1 ½ pounds new potatoes, diced

2 cups reduced-sodium chicken broth

1 ½ cups heavy cream

½ cup dry white wine

1 teaspoon kosher salt

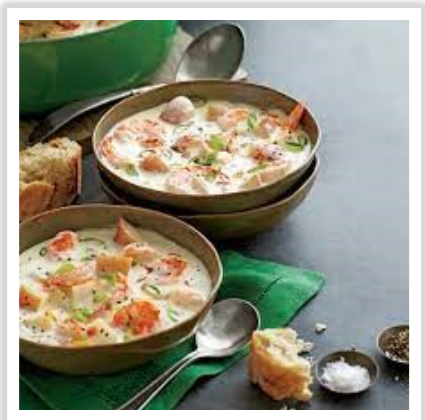
¼ teaspoon black pepper

½ pound medium-size raw shrimp, peeled and deveined

2 teaspoons hot sauce

Directions

1. Melt butter in a medium Dutch oven over medium heat. Add green onions, and cook, stirring often, 1 minute.
2. Add potatoes and next 5 ingredients, and increase heat to high. Bring to a boil. Reduce heat to medium-low, and cook, stirring occasionally, 25 minutes or until potatoes are tender.
3. Stir in shrimp and hot sauce, and cook 3 minutes.
4. Chop onions and potatoes into pieces that are the same size. This will ensure they cook uniformly.



**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)

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

Have You Ever Wondered?



How much WRPC spends on maintaining the building compared to what we spend on our ministries? Here is a depiction of a sample month.

Please contact Sharon Petke if you have questions or comments about WRPC's finances. You can reach her at 423.676.6931 or sspetke@mac.com