

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

June 20, 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
June 20, 2021**

2 Corinthians 6:1-13 &
Mark 4:35-41



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,

I am currently nursing a bit of a sunburn that I received while I was on vacation. Usually, I am pretty good about putting on sunscreen and not staying out in the sun for too long, but I lost track of time. Now I have a bit of red on my neck and some discomfort.

I find it ironic that the sun, which is a good thing, can also become a problem if we stay in it for too long. It reminds me that there can be too much of a good thing. I think about this when it comes to church as well. We want to spend time in prayer and in worship, sitting close to God, but we can spend too much time there.

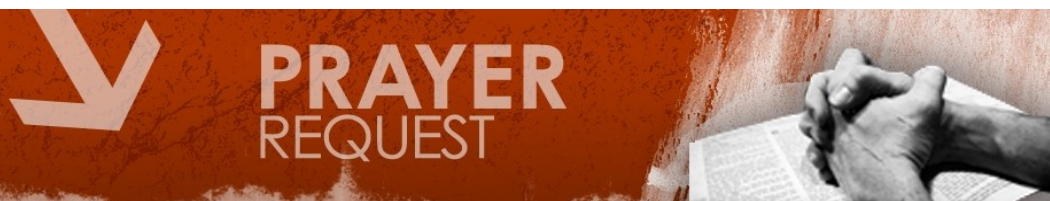
Jesus is who we should try to reflect in our lives and we see in him a balance. He went off to spend time with God alone, went to worship and then was out among people in everyday life. Jesus did not feel that he had to go off to a special place to be with God, Jesus found God wherever he was. We should try and do the same.

So, this week let us go out and see where God can be found. Church will be here for you to recharge your spirit and to refocus on God, but let us work to find God in, and bring God to other places.

May God continue to bless,

Rev. Colli

You will seek me
and find me when
you seek
me with
all your heart.
Jeremiah 29:13



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	
Rorie Parker Family	
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 6/20

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 –
Online and In-Person
7:00pm Session – **ZOOM**
Wednesday 6/23
1:00pm ZOOM Bible Study – **ZOOM**
7:00pm Chancel Choir Practice
Friday 6/25
10:00am Food Pantry – OPEN

Mission Moment Update...

Holston Presbytery Camp & Retreat Center – Nicholas Lodal

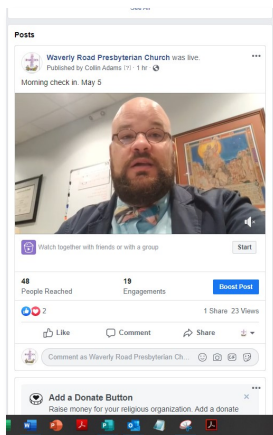
I have been involved with Holston Presbytery Camp & Retreat Center for almost 30 years in various ways - through church and youth retreats, attending as a camper, and then working as a member of the staff. This past week, I have had the opportunity to serve as an adult volunteer and watch my three daughters make some of the same memories I made at this special place.

Raelyn, my youngest, said that her favorite parts of the week were the zip lines and making new friends. My daughters, Kadi and Brileigh, attended and enjoyed their experiences. Gabe Lawson was also a camper and in the same group with Brileigh.

You may or may not be aware that on Saturday, June 5, a decision was made by Holston Presbytery to enter into a covenant relationship with HPCRC. This is similar to the relationship Holston Presbytery shares with Tusculum and King Universities. On July 1, Camp Director Jim Austin will begin working for the HPCRC Board of Directors. If you have any questions about this part of the camp's journey, please contact Board member Susan Lodal or Pastor Collin Adams.

There is an ever-growing need for volunteers at the camp, especially this year as they work towards rebuilding the program after the pandemic. If you have training in healthcare, help is needed for medication administration and looking after sick campers when the need arises. Other ways you can help are to serve as a chaplain for resident/day camps, van driver, and kitchen assistant. FYI, you do not need to be a pastor to serve as a chaplain. Please contact the camp if you are interested in volunteering or have questions: (844) 465-7866. Lodging for volunteers is provided at Guenther and there are plenty of rooms with comfortable beds.

I want to thank Waverly Road members for your long history of support for Holston Presbytery Camp. I look forward to my children continuing to enjoy our camp for many years to come.



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/>.



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!





Views from the

FOOD PANTRY

by Peter Lodol



Week of June 20–26, 2021

To all:

We distributed 21 bags this past Friday, our new “average” (for now, anyway).

We did get our Food City order picked up last Monday, and thanks to donations, we are now well stocked for the immediate future. We also received generous donations of soap and diapers. Susan and I put our granddaughters to work yesterday after church repackaging them, so we now have a good stock through size 5.

Happy Flag Day!

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



School Makes a Difference

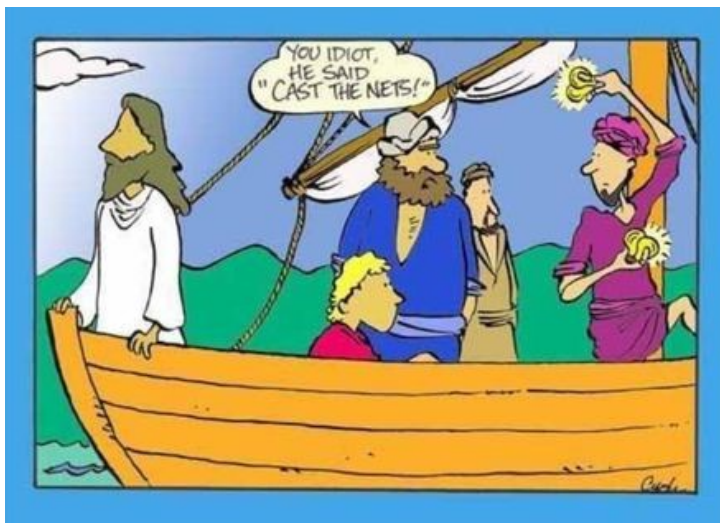
**Sunday School for Children & Youth offerings
for the next few weeks:**

Sunday School via Zoom every Sunday:

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

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

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



HEALTH Matters

**Foods Most Likely To
Give You Food Poisoning**

webmd.com

Sprouts

They're seeds that have sprouted. Raw and lightly cooked sprouts, especially clover and alfalfa, have caused multistate outbreaks of food poisoning every year since 2006. The same warm, humid conditions that nurture sprouts also promote salmonella, listeria, and E. coli. You might be tempted to toss these antioxidant-packed seedlings fresh into salads and sandwiches. But it's safer to cook the sprouts first. Washing won't kill the germs.

Raw Milk

It's one of the most dangerous sources of foodborne illness and is illegal in some states. It's milk from animals that hasn't been heated, or pasteurized, to kill bacteria. Raw milk can harbor E. coli, listeria, campylobacter, and salmonella. They can cause diarrhea for days, vomiting, and serious illnesses like Guillain-Barré syndrome that can lead to paralysis. Check your milk container to ensure it's pasteurized, especially at farmers markets.

Eggs

Annually, salmonella-tainted eggs cause 79,000 U.S. cases of food poisoning and 30 deaths. Chickens can pass salmonella to eggs before the shell forms. Bacteria can also infect eggs through poultry poop. Refrigerate eggs at or below 40 F. Some products and recipes call for uncooked eggs. Use pasteurized eggs (they're hard to find) or DIY by dunking eggs in 140 F water using sous vide for at least 3½ minutes. The eggs may thicken slightly.



Flour

You probably wouldn't dip a spoon into raw flour and eat it. But what about cookie dough or cake batter? It's rare, but raw flour can be contaminated with E. coli during harvesting, grinding, and sifting. Bleaching flour won't kill E. coli, which can cause bloody diarrhea, vomiting, and even kidney failure and death. Boxed cake mixes and prepared cookie dough also can harbor germs.

Bagged Lettuce

Fresh salads are another top source of food poisoning. But pinpointing the cause can be tricky. Some outbreaks are tied to a specific kind of greens, often romaine lettuce and spinach, or to certain growers or packers. Salmonella and other bacteria can be traced to dirty irrigation water, soil, or human hands. Germs multiply in the juice from cut leaves and can get trapped inside the bags. They can cling to the leaves even after washing. (Continued on page 5)

WAVERLY ROAD PRESBYTERIAN CHURCH



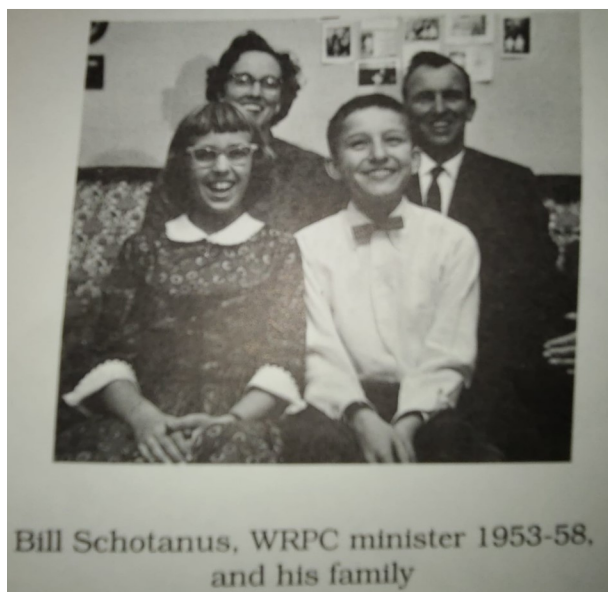
We continue to celebrate the 75th Anniversary of Waverly Road Presbyterian Church. All year long, our news sheets will be filled with our history, pictures, stories, and memories of our beloved WRPC from the archives and from WRPC member contributions. If you have any of these in your own personal memorabilia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

The Story of Waverly Road Presbyterian Church Part 3: (July 1953—Summer 1956)

On February 15, 1953, our congregation issued a call to the Rev. William M. Schotanus. He delivered his first sermon, "The Ideal Christian", on July 5, and was ordained and installed on Sunday, July 26th. We were happy to have his wife Nancy and daughter Nan in our church family.

That fall two ventures were begun - The Boy Scout Program which received its charter the following spring, and weekday kindergarten operated jointly by First Presbyterian Church and Waverly Road Church, which two years later became Waverly Road Weekday Kindergarten.

On September 18, 1955, former pastor, John R. MacKinnon came to help in the mortgage burning ceremony for the existing building. The following month, the congregation approved the plan to build our present sanctuary and fellowship hall. On November 13th, 1955, the purchase of a new manse at 2213 Hermitage Drive



Bill Schotanus, WRPC minister 1953-58,
and his family

was approved. A dedication was held in February, and Nancy held an Open House for the congregation.

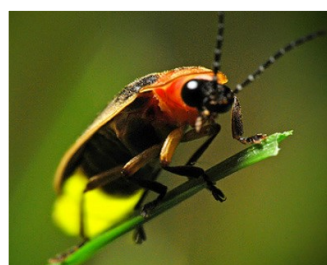
In March, 1956, we assumed partial support of our third missionary family, the William Metzels, in the Congo. In May of the same year a service was held to observe the tenth anniversary of the church.

The summer of 1956 brought two events to our pastor's family: Bill served as a military chaplain for two weeks; and Douglas Franklin Ball, age nine, came to stay permanently at the manse with the Schotanus.



Several years ago, Jack and I had an opportunity to see this amazing display of nature in the Great Smoky Mountains National Park accompanied by one of his co-workers who is a retired GSMNP Park Ranger. We have never entered "the lottery" to secure our place for the event, so I'm going to let you in on a little secret. This year the time frame for "the big show" is June 1-8. However, the fireflies will still be flashing after the designated time period. Drive down after work during the week for a much better private viewing at Elkmont. It's much nicer with the diminished tourist traffic during the week and much easier to the viewing location. Take lawn chairs and you will need a red lens on your flashlight. The first sentence out of your mouth will be "Oh WOW"! – Amy Boyles

Located just a few minutes from the hustle and bustle of downtown Gatlinburg and its millions of summertime visitors is an incredible natural phenomenon known as synchronous fireflies. This breathtaking show put on by nature resembles a psychedelic combination of stars falling and fireworks exploding – It is an immersive experience you will never forget.



The tens-of-thousands of lightning bugs gather in swarms and flash in harmony as the entire forest alternates between light and darkness. Right here in the Smoky Mountains, near the
(Continued on page 5)

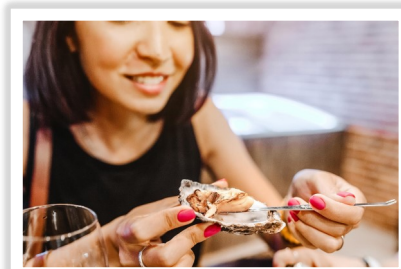
Foods Most Likely To Give You Food Poisoning, *cont'd.*

Chicken

This poultry is America's No. 1 choice of meat. And every year, about a million of us get sick after eating chicken. Like all animals, chickens have bacteria in their gut. Pathogens such as campylobacter and salmonella can get on the birds during processing and packaging, and go all the way to your cutting board and utensils. Don't wash raw chicken because it can contaminate your kitchen. Cooking to proper temperature kills bacteria.

Pre-cut Melon

Every year, 1.35 million people in the U.S. get salmonella. Nearly 27,000 are hospitalized. Infections are more common in the summer, when more of us enjoy watermelon, cantaloupe, and honeydew melon. The vines grow on the ground, where the rinds can pick up germs. Their surface can be hard to sanitize. Pre-cut melon can pass on norovirus, listeria, and other harmful agents. Washed, whole melons are best. Refrigerate pre-cut fruits or pack them in ice.



Oysters

Slurping fresh oysters right out of the shell can be a briny treat. These mollusks draw food from coastal waters through their gills. They trap viruses and bacteria the same way.

Eating tainted raw oysters can give you vibriosis, which causes diarrhea, vomiting, fever, and chills in more than 80,000 Americans every year. You also can catch norovirus, sometimes called "stomach flu." The only safe way to enjoy oysters is to cook them.

Raw Milk Cheeses

Eating soft cheeses made with raw milk is much riskier than pasteurized cheeses. You're 160 times more likely to pick up listeria with queso fresco, feta, brie, Camembert, and blue-veined varieties such as Roquefort. Listeria can spread beyond your gut and cause headaches, loss of balance, and convulsions. It also may lead to miscarriage, stillbirth, or premature delivery. And your newborn can catch listeria from you.

Ground Beef

E. coli became a household name in the early 1990s, when more than 700 adults and kids fell ill from undercooked hamburger patties sold by a fast-food chain. Four people died. E. coli remains a mainstay culprit behind food poisoning outbreaks. The bacteria is inside humans and animals naturally. Cook steaks and roasts to 145 F on the inside. Ground beef and pork need to reach 160 F to be safe.

Hot Dogs

These ballpark staples are precooked. Americans eat a whopping 20 billion of them each year. But they can pick up listeria after they've been packaged. To avoid illness, hot dogs should be just that: hot. Always reheat before you eat.

Viewing the Amazing Synchronous Fireflies in The Smoky Mountains, *cont'd.*

Elkmont campground, is the largest population of synchronous fireflies in the Western Hemisphere.

Fireflies Or Lightning Bugs? Beetles.

While people commonly call these amazing creatures fireflies or lightning bugs, they are actually small flying beetles with an abdomen that lights up. There are over 2,000 species of bioluminescent beetles in the world with 125 in North America alone and 19 species found within the Smoky Mountains National Park.

Although it takes the lightning bugs one to two years to mature from larvae into adults, the lifespan of an adult is extremely short. Adult fireflies only live two to three weeks and don't eat any more meals once they are an adult.

Why Do They Flash?

The distinct flashing pattern of the synchronous fireflies is difficult to describe and nearly impossible to photograph or catch on film. The pattern includes five to eight bursts of light in a short time period followed by complete darkness for approximately five seconds. The light they emit, which produces no heat, is due to a chemical reaction of luciferin and oxygen and is used to attract a mate.

Insider Tips for entering the lottery:

- The synchronous fireflies lottery period for 2021 is Friday, April 30, 2021 10:00 AM – Monday, May 3, 2021 11:59pm.
- The synchronous fireflies event dates for 2021 are June 1-8.
- Lottery winners will be notified on Thursday, May 7, 2021.
- On cool nights (below 50° Fahrenheit) and on misty evenings following rain, the flashing may be greatly reduced or altogether absent.
- Since the first shuttle back to the parking area is typically 9:30 pm (or later), it is a good idea to eat dinner before going.
- It is highly recommended to bring bug spray and chairs or a blanket to sit on.

Did you fail to procure a pass? Consider visiting within three days on either side of the event when passes are not required. Alternatively, you may want to book with a private operator that has some limited availability (first come, first serve).

For complete information visit: <https://smokymountains.com/park/things-to-do/synchronous-fireflies-smoky-mountains/>.

Grilled Chicken Ramen Salad

Ingredients

- 2 tablespoons canola oil
- 2 packages (3 ounces each) ramen noodles, crumbled
- 2/3 cup canola oil
- 2 teaspoons sesame oil
- 1/3 cup seasoned rice vinegar
- 1 tablespoon sugar
- 2 tablespoons reduced-sodium soy sauce
- 1-1/2 pounds boneless skinless chicken breast halves
- 1/2 teaspoon pepper
- 1/4 teaspoon salt
- 1 package (14 ounces) coleslaw mix
- 1/2 cup minced fresh cilantro
- 3 cups fresh snow peas, thinly sliced lengthwise
- 2 cups shredded carrots
- 4 cups torn mixed salad greens
- 3 thinly sliced green onions
- 1/3 cup crumbled cooked bacon, optional



Directions

1. In a large saucepan, heat oil over medium-low heat. Add ramen noodles; cook and stir until toasted, 5-8 minutes. Remove from pan; set aside.
2. In a small bowl, whisk oils, vinegar, sugar and soy sauce until blended; set aside.
3. Sprinkle chicken with pepper and salt. Place chicken on a lightly oiled grill rack. Grill, covered, over medium heat or broil 4-5 in. from heat until a thermometer reads 165°, 8-10 minutes on each side. Cool slightly and chop into 1/2-in. pieces.
4. In a large bowl, combine coleslaw mix and cilantro. Layer coleslaw mixture, peas, chicken, carrots, salad greens, noodles and green onions in an 8- to 10-qt. dish. Sprinkle with bacon; serve with vinaigrette.

Yield: 8 servings