

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 27, 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/WaverlyRoadPresbyterianChurch/>



https://www.youtube.com/channel/UC1dv3U42u4jLlksq_71Foyg

Scriptures for June 27, 2021

2 Samuel 1:1 – 4, 17 – 27 & Mark 5: 21 – 47



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...



Have you ever heard someone say, "I'm tired, but it's a good tired"? That can mean lots of different things. Maybe it is simply that they completed an arduous task that took a long time to finish.

Usually, when you hear this phrase however, they're tired from an emotional gift they've given. They poured out of their cup into someone else's until their physical body is exhausted. The heart though, is often full.

When you love someone you sacrifice for them. Time sitting with someone who is ill who may not even know who you are, laboring to build a house with Habitat for Humanity, throwing a party to remind someone they are special, being emotional support when someone has a burden on their shoulders or however it may be that you give of yourself!

The Lord requires us to love our neighbors just like we love Him. Our sacrifice to him is the giving of our time and talents to Him via gifts to others, and sometimes it's exhausting! These bodies of ours cannot even contain the amount of love he wants us to give. When you rest after giving all you've got, check-in with your heart. Yes, you're tired. but it's a GOOD tired. Wear yourselves out this week and rest in the peace that serving Him gives!

—Rachel



GALATIANS 6:9



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 6/27

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

Wednesday 6/30

7:00pm Chancel Choir Practice –
Sanctuary

Friday 7/2

10:00am Food Pantry – OPEN

Mission Moment Update...

Osman Hope by Peter Borg

If you thought last year was crummy, you should be thankful you did not spend it in Honduras.

When the pandemic hit in the Spring, the government locked down the country. One could only leave home twice a month to go shopping.

Naturally, our shelters were closed. So, we went to Plan B. We made the shelters Food Distribution Centers. We had a learning curve and logistical issues, but eventually we were able to feed the families of our kids. After we became comfortable with our distribution process, we began feeding other local needy families.

During this time frame, the kids continued school virtually via their cell phones if they could afford the minutes. Through all of this, four of our kids were able to graduate from high school.

Then on November 5, Hurricane Eta showed up and dumped some 30 inches of rain on Honduras, flooding the La Lima shelter to the ceiling. Over the next two weeks, the water began receding. Then on November 19, Hurricane Iota hit the country and the flooding renewed. When the water finally receded, we were left with 1 foot of mud and sewage everywhere. So in February we made the decision to indefinitely close the shelter, laying off the employees and doing our best to find new jobs for them.

Also in February at two of the other shelters, we added computers and improved the Wi-Fi for the kids to use when virtual school started back up.

Then out of the blue, we were given a proposal to build a computer center within the La Lima shelter. They miraculously cleaned up the shelter and began making repairs. A new Administrator was hired and the shelter is now open for kids to use the computers for school as well as resume the food distribution.

At this point, we do not expect the country to open up until the end of the year at the earliest. We will continue the food distribution and computer centers until then.

Letter from a parent:

"We took for granted the services that Osman Hope offered through the years, but now that its doors are closed due to the pandemic and the two hurricanes that devastated our community, we realize how much we depended on its services. This shelter has been a sanctuary for our children and for this community; now we are forced to decide between feeding our kids and educating them."

Your generosity through Waverly Road Presbyterian's Mission Action Plan provided a total of \$4,200 last year to Osman Hope. We will be sending \$4,000 to Osman Hope in the next week during the first quarter of our 2021-2022 Mission Action Plan Year and will monitor what is needed as the year progresses.



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/>.

For the month of July...

If you would like to donate to SMILE, July is the month for sizes 6-20, all season and all genders. Thanks so much for your support!



Reminder: SMILE Yard Sale Fundraiser



Need to get rid of some stuff? Drop off your items for our Yard Sale at Prospect House on Friday, June 25 between 6-8pm. The SMILE Yard Sale is Saturday, June 26 from 8am – 2pm at Prospect House.



Views from the

FOOD PANTRY

by Peter Lodal



Week of June 27–July 3, 2021

We distributed 24 bags this past Friday, another typical week, if there is such a thing.

In a sign of things returning to normal, we received word this morning that, as of July 1, Second Harvest Food Bank will be returning to their “shopping” mode of distribution, instead of having pre-stocked pallets to pick up. Back to the Future!

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



HEALTH Matters

What Honey Can (and Can't) Do For You

webmd.com



How Do Bees Make Honey?

It begins when a honeybee stops at a flower and sucks out the sweet liquid nectar. They store the nectar in a special sac called a honey crop, where enzymes break it

down into simple sugars. Back at the hive, other bees move the nectar into honeycombs. They hover above the cells, creating a breeze that dries out the nectar until it becomes honey, and then seal the cells with wax. Bees visit 2 million flowers to make a pound of honey.

Is Honey Really Bee Barf?

When they're hunting for nectar, bees do store it in a special second stomach just for honey. And while they do sort of throw it up when they get back to the hive, it isn't quite the same. The truth is that since the nectar was never in the bee's actual stomach, it isn't really vomit.

Where Does Honey Come From?

Most honey comes from farms where bees pollinate crops like berries, vegetables, fruit trees, and nut trees. In 2017, U.S. beekeepers gathered 148 million pounds of honey. The top honey states are North Dakota, California, South

Dakota, Florida and Montana. Bees pollinate more than one-third of our crops and increase the value of harvests by at least \$15 billion.

How Long Have People Used Honey?

Humans have gathered honey for thousands of years. Rock art in Spain from 6000 B.C. shows people harvesting honey. Beeswax from around 8000 B.C. was found in cooking pots in Turkey. By 2400 B.C., the Egyptians were skilled beekeepers. When early people cleared forests into pastures, they created bee-friendly habitats where flowers and bushes grew. As farmers moved into new areas, honeybees followed.

How Is Honey Used In Brewing?

The oldest known fermented drink was made with honey. Scientists found it preserved in 9,000-year-old pottery jars at a site in Northern China. The recipe also included rice and fruit. Today, brewers use honey to make beer sweet or dry, or to add aroma, flavor, and roundness. Many brewers also make mead, which is fermented only with honey. But mead isn't beer.

Honey vs. Sugar

In this debate, honey may have an edge. It has healthy antioxidants, amino acids, and vitamins. But some experts say honey's benefits are too small to matter. Besides, a teaspoon of honey has 21 calories, compared with 16 for sugar. Don't give honey to children under 1 year of age. It may have trace amounts of botulism that will make them sick.

Will Honey Help My Allergies?

Honey contains pollen, and because of that, some people eat local honey for relief from hay fever and other allergies. The idea is similar to how allergy shots work. But the types of pollen in honey are rarely the types of pollen that make people sneeze or cause their eyes to water. The science is clear: Eating honey won't help most people with seasonal allergies.

Can Honey Help You Heal?

The use of honey to treat wounds and burns has been part of traditional medicine for centuries. Ancient Egyptians used it on wounds. It has natural compounds that fight bacteria, promote healing, prevent infections, and ease swelling. To be safe, buy medical-grade honey from a drugstore before you treat a wound or burn. Always see your doctor if the wound is serious.

How Long Does Honey Keep?

Honey has an amazing shelf life. Scientists found pots of honey in Egyptian tombs that were thousands of years old -- and still safe to eat! Its low moisture, strong acids, and antibacterial compounds make it almost impossible to spoil as long as it's sealed. Keep it in a tightly closed jar in a dry, cool place like a pantry. If it gets crystals, put it in an open, non-plastic container in a pan of warm water until it's clear again.

What is Royal Jelly?

Royal jelly is superfood for bees. Every newborn bee eats it for a few days. But bees destined to become queens are fed royal jelly until they're adults. That's why queens are bigger and live longer than other bees. Some people say *(Continued on back page)*

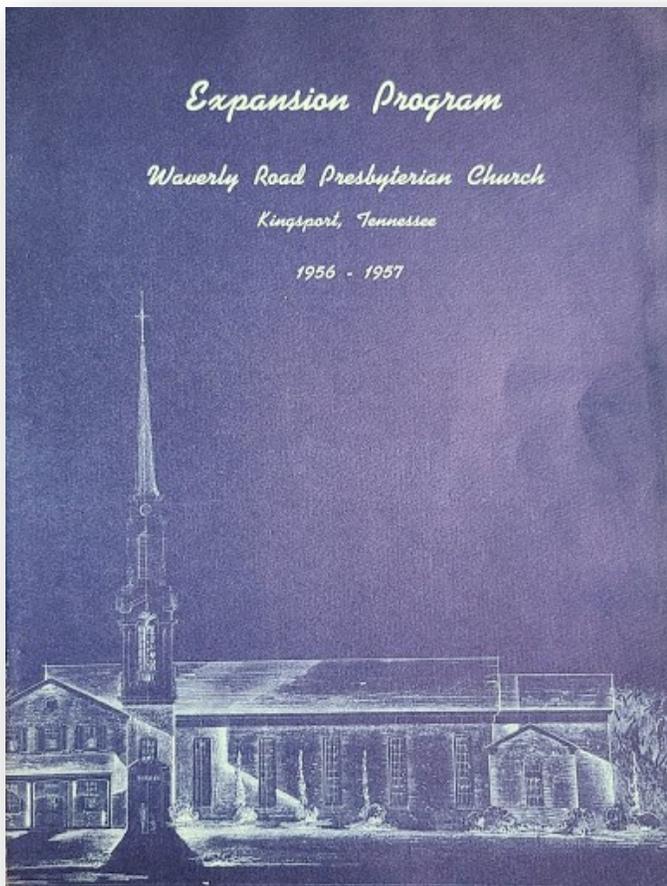
WAVERLY ROAD PRESBYTERIAN CHURCH



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: (September 1957—May 1959)

The following June our congregation approved a bank loan plan of financing a building fund pledge campaign, which was successful. These pledges were dedicated in a special service on September 8, 1957.

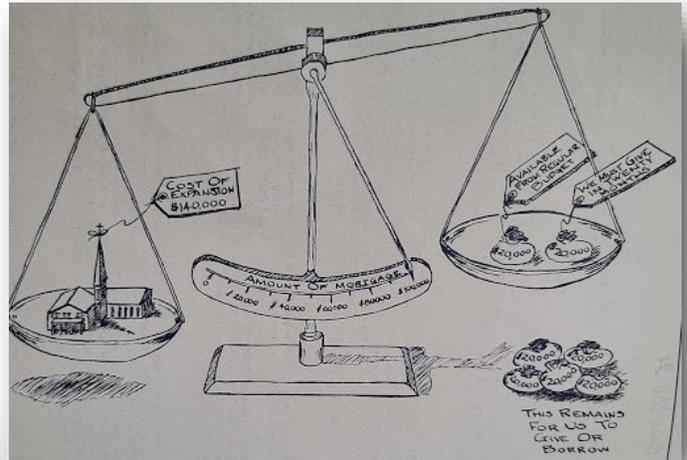


Bill spent part of the summer of 1957 in special study programs at Union Seminary, N. Y. and Richmond, Va.

The old steeple was removed from our church in July, 1958, and transported to Bethany Church on the Johnson City Highway where it was used for many years.

In September, our beautiful new sanctuary was dedicated and used for the first time. Bill preached on "Great is the Lord".

Just after Christmas the congregation said farewell to Bill, Nancy, Nan, and Doug with wishes for a successful life in Jacksonville, N.C. where Bill was to begin his new ministry on January 1, 1959. Later, Bill was pastor of churches in Rockingham, N.C.; Kansas City, MO; the American Church in London and in Atlanta, GA.



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



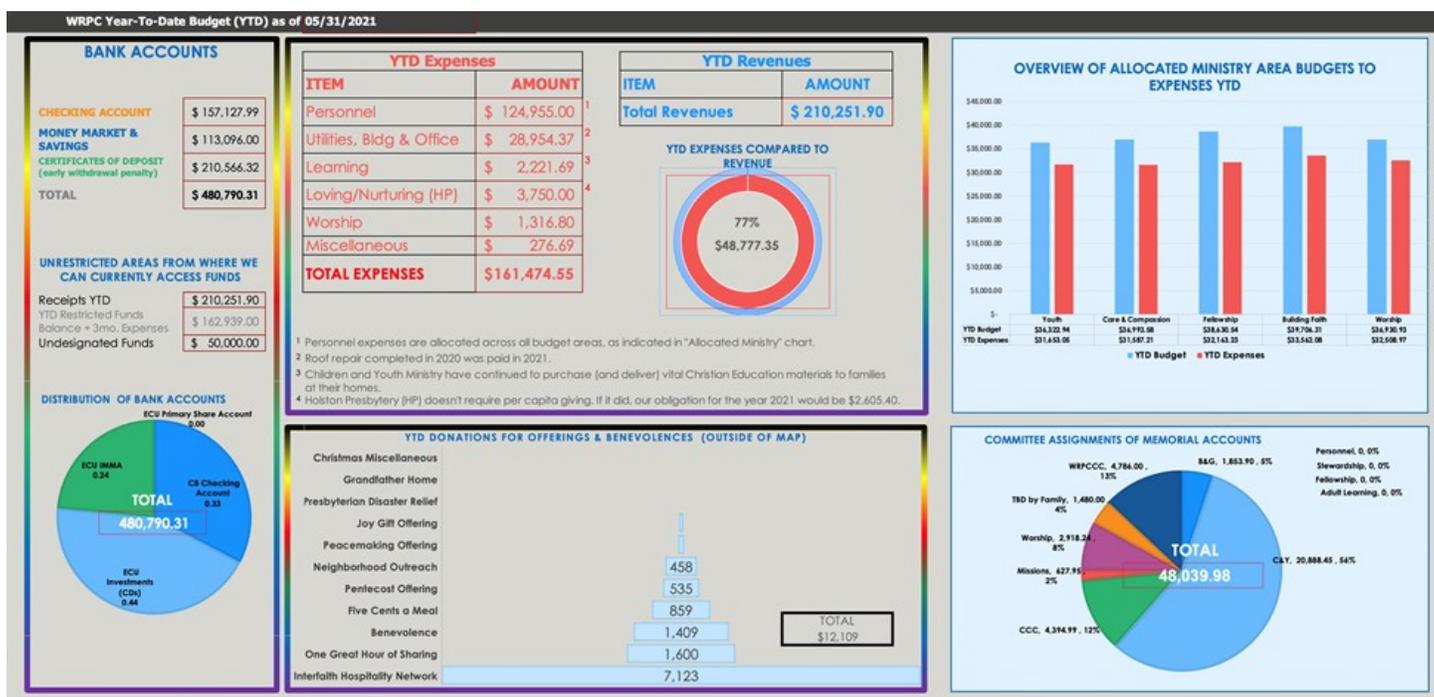
**WRPC Church Offices will be CLOSED
on Monday, July 5th for the
Fourth of July holiday.**

FROM YOUR STEWARDSHIP COMMITTEE

Every month, the Stewardship Committee reports to the Session about the state of WRPC's finances, and the status of various Building & Grounds projects. For your review, here is the report from the June 20, 2021, Session meeting.

FINANCE COMMITTEE PROJECTS AND INFORMATION

- Sharon will write Newsheet articles about how to invest income in ways that will benefit God's Kingdom.
- Mary Jane and Susan Wallace agreed to start the church audit.
- Charts in the picture below show various perspectives of our financial status.



BUILDING AND GROUNDS COMMITTEE'S CURRENT PROJECTS

- Paint Rachel and Kate's offices.
- Investigate ways to improve air circulation in all 5 Children & Youth classrooms, **and** find best value for 2 air purifiers that contain "true HEPA filters" for adequate coverage of square footage of infant room and Godly Play room.
- Replacement of heat pump in Youth Suite. The new unit will be installed on June 24-25. (Installation requires 2 days).
- Find out what needs to be done to repair the steeple.

Please contact Sharon Petke 423.676.6931 or sspetke@mac.com) if you have any questions, suggestions, or comments.

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1415 Waverly Road
Kingsport, TN 37664-2520

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What Honey Can (and Can't) Do For You, *cont'd.*

royal jelly is also a superfood for humans and can treat everything from baldness to menopause and arthritis. But claims about royal jelly are more hype than fact.

What Is Manuka Honey?

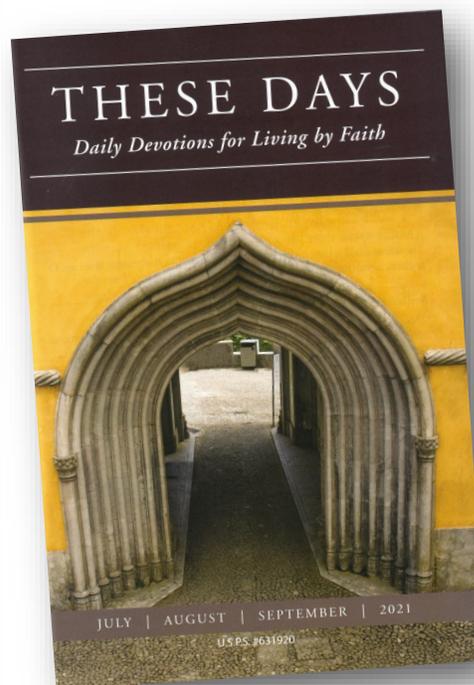
This dark honey, made from the nectar of manuka trees in New Zealand, is a popular folk remedy for wounds, burns, and ulcers. It has an antibacterial compound that is unique among honeys. That's why it's drawn interest from scientists. Recent studies support the use of manuka to heal wounds and skin disease, and to fight deadly bacteria. It also shows promise as a treatment for some cancers.



Can Honey Ease Cold Symptoms?

Your parents were on to something when they gave you honey for a cold. Studies show that a small amount helps children cough less and sleep better, compared with the drugs in many well-known syrups and allergy pills. Just don't give it to any little ones less than 1 year old. It could cause botulism.

The NEW *These Days* publication just arrived!



Copies of *These Days* are located in the Narthex before you enter the Sanctuary. If you can't make it to Sunday worship service, we will be glad to mail a copy to your home

address. Just call Amy in the Church Office at (423) 247-5121.