

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 13, 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/WaverlyRoadPresbyterian-Church/)



[https://www.youtube.com/
channel/
UC1dv3U42u4jLksq_71Foyg](https://www.youtube.com/channel/UC1dv3U42u4jLksq_71Foyg)

**Scriptures for
June 13, 2021**

1 Samuel 15:34-16:13



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 Trinity Gibson...

Hello WRPC family,

VBS is coming! Mark your calendars for July 22-24th. Again, this year's VBS will be virtual. So, everyone near and far will be able to join in the fun!

This year's theme is Totally 80's! Children will get to learn about God in a unique way and everything 80's is back! Each family will receive a bag filled with supplies for games and crafts. The lessons are virtual and can be watched

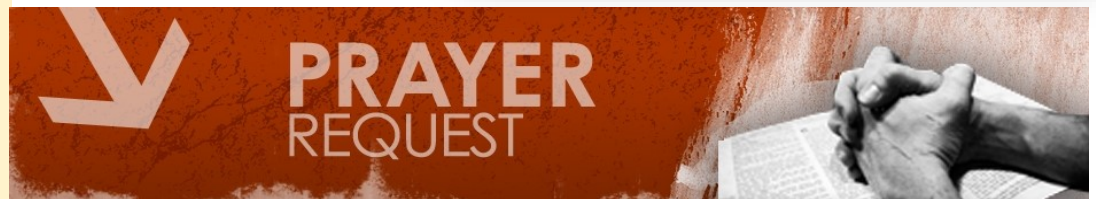
(and rewatched) at any time.

Please feel free to email me to add any one you would like to be included in our VBS. Although I am unable to send the supplies to long distance families, I will send a list of the items they need before VBS begins.

Last year we had great participation and hope for the same this year. It's going to be "totally awesome"!

Have a wonderful week,

—Trinity



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 6/13

- 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 / Communion – Online and In-Person
- 7:00pm Personnel – **ZOOM**
- 1:00pm ZOOM Bible Study – **ZOOM**
- 7:00pm Stephen Ministry – Meeting Room
- 10:00am Food Pantry – OPEN

Wednesday 6/16
Thursday 6/17

Friday 6/18

Holston Presbytery Camp Update

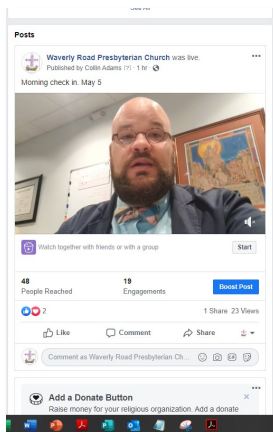


On Saturday, June 5, Holston Presbytery met and voted on the proposed changes to the relationship with Holston Presbytery Camp & Retreat Center. The proposal for HPCRC to move to a

covenant relationship with Holston Presbytery passed overwhelmingly, 98% to 2%. On July 1, the next part of the HPCRC journey will begin and we are excited about the possibilities!

Thank you for your prayers resulting in a successful outcome this past Saturday. Please continue to pray for our church camp and those working to sustain and nourish its growth. Thank you.

-- Susan Lodal, Member of the HPCRC Board of Directors



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/>.

Communion

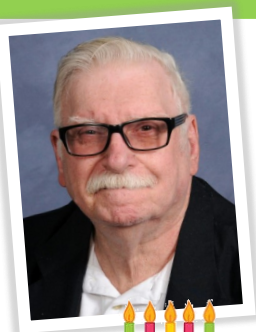
June 13, 2021

Join us during our online or in-person Worship Service this Sunday for Communion. Individual Fellowship Cups with juice and wafer provided for in-person Communion. For online worship, just provide your own bread and juice or wine and let's break bread together.



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)



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!



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 Lodal



Week of June 13–19, 2021

To all:

We began June by distributing 20 bags on Friday, so our weekly totals seem to be settling in on 20-25, for now anyway.

My thanks to our Food City pickup crew, who responded to two “false alarms” this week due to some critical people in the special orders department of Food City in Abingdon being out of pocket last week, causing our order to be delayed. It will be picked up this evening.

—Pete Lodal



HEALTH Matters

Foods That Help or Harm Your Sleep

webmd.com



If you could pick foods that may help you get the best sleep possible, would you? And if you knew which foods may hinder your restful slumber, would you avoid them? Now's

your chance to learn just that for a good night's sleep. Though the science is not solid, being mindful of what you eat and drink before bed may help.

Reach for Tryptophan-Rich Foods

We've all heard of warm milk's ability to send us off to dreamland. Do you know why it's true? Dairy foods contain tryptophan, which is a sleep-promoting substance. Other good sources include nuts and seeds, bananas, honey, and eggs.

Indulge Your Carb Craving (a Little Bit)

Carbohydrate-rich foods may help. So a few good late-night snacks might include a bowl of cereal and milk, nuts and crackers, or bread and cheese.

Have a Snack Before Bedtime

If you have insomnia, a little food in your stomach may help you sleep. Drinking some milk may help, too. But keep the snack small. A heavy meal will tax your digestive system, making you uncomfortable and unable to get your ZZZs.

Limit High-Fat Foods

Research shows that people who often eat these foods gain weight and their sleep cycles tend to get disrupted. Why? A heavy meal activates digestion, which can lead to nighttime trips to the bathroom.

Beware of Hidden Caffeine

It's no surprise that an evening cup of coffee might disrupt your sleep. But don't forget about less obvious caffeine sources, like chocolate, cola, and tea. Even decaf coffee has a trace of it -- but not enough to be a problem. For better sleep, cut all caffeine from your diet 4 to 6 hours before bedtime.

Medications May Contain Caffeine

Over-the-counter and prescription drugs that may have caffeine in them include pain relievers, weight loss pills, diuretics, and cold medicines. These and other medications may have as much or even more caffeine than a cup of coffee. Check the label of nonprescription drugs or the prescription drug information sheet to see if your medicine interferes with sleep or can cause insomnia.

Skip the Nightcap

Alcohol may help you fall asleep faster, but you might not sleep well, waking up often, tossing and turning, and even having headaches, night sweats and nightmares. It can help to down a glass of water for each alcoholic drink, to dilute the alcohol's effects. But for a good night's sleep, it's better to avoid alcohol 4 to 6 hours before bedtime.

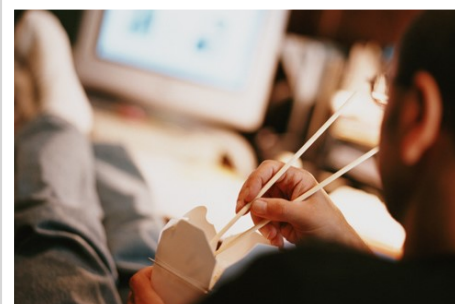
Beware of Heavy, Spicy Foods

Lying down with a full belly can make you uncomfortable, since the digestive system slows down when you sleep.

It can also lead to heartburn, as can spicy cuisine. If you indulge in a heavy meal, finish it at least 4 hours before bedtime.

Cut the Fluids by 8:00 pm

Staying hydrated throughout the day is great for your body, but cut it off before bed. You don't want to have to keep getting up to go to the bathroom after you turn in.



WAVERLY ROAD PRESBYTERIAN CHURCH

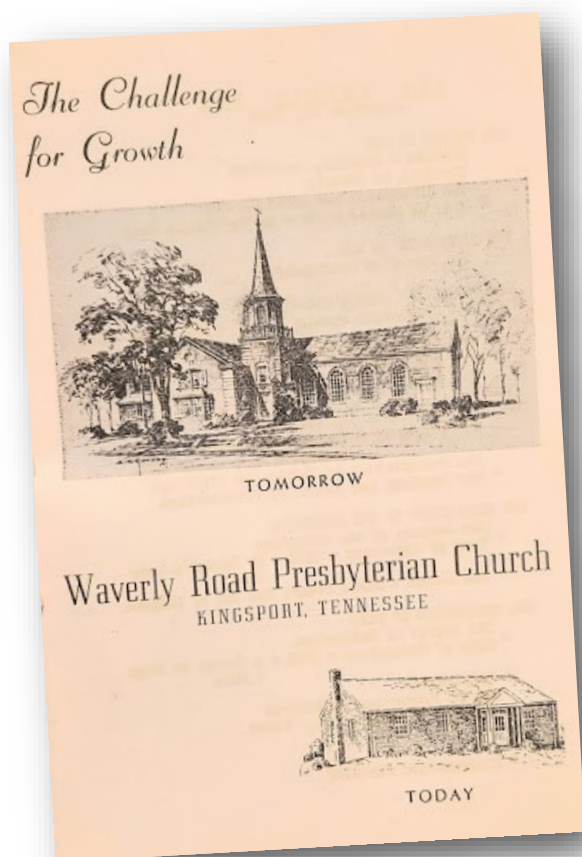


We continue to celebrate the 75th Anniversary of Waverly Road Presbyterian Church. All year long, our news sheets will be filled with our history, pictures, stories, and memories of our beloved WRPC from the archives and from WRPC member contributions. If you have any of these in your own personal memorabilia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

The Story of Waverly Road Presbyterian Church Part 2 (cont'd.): July 1951—October 1952

In July, 1951 the church undertook the partial support of Rev. and Mrs. Kyle Peterson, missionaries in Japan, and also Miss Thrift at the home mission school in Paint Gap, N.C. In December, 19 church officers pledging to tithe for 18 weeks, sponsored a successful 13 week Tithing Adventure. This was followed in March with pledges of not only money, but also time and talent.

The need for additional space resulted in the establishment of a committee in May, 1952 to determine the "Ultimate Building Plans".



In June of 1952, Mr. MacKinnon was ordered to active duty as Chaplain in the U.S. Air Force. In August, Dr. Ashby Johnson, Professor of Bible and King College, began serving as an interim supply pastor. He filled out the pulpit, preaching with wit and wisdom, for nine months.

In October, 1952, the church undertook the partial support of a second missionary family, the John Marshall Guthrie's in Brazil.



Sunday School
in the barber shop in 1950's

Take a look at how fast WRPC grew!

<u>Year</u>	<u>Church Membership</u>	<u>Sunday School Membership</u>
1951	195	273
1952	200	279
1953	225	300
1954	259	325
1955	300	358
1956	350	400

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!

"What exactly is a Stephen Minister?"



People often ask, "What exactly is a Stephen Minister?" One way to put it is that Stephen Ministers are the After People.

Stephen Ministers are there:

- After the phone call you hoped you'd never get
- After the funeral, when everyone has left and the emotions you've held at bay come crashing in on you
- After the relationship falls apart and the bottom falls out of your life
- After the doctor says, "I'm sorry, but there's nothing more we can do."
- After the nursing home director shakes your hand and says, "Welcome to your new home."
- After the last child honks the horn, waves, and drives away – and the house suddenly seems empty
- After the gavel comes down, the handcuffs go on, and your loved one is led away
- After the baby arrives, demanding more of you than you ever dreamed possible
- After you find a pink slip with your final paycheck
- After your family and friends have heard your story one too many times, but you still need to talk it out.

There are two people involved in a Stephen Ministry relationship – care receivers and care givers. The trained Stephen Minister provides a person who is going through a time of transition in his/her life with a listening ear and a compassionate heart in a completely confidential relationship.

Waverly Road Presbyterian currently has Stephen Ministers available. We need some care receivers. This ministry is not only for members of our congregation – it is open to anyone who could use a Stephen Minister. We partner with other congregations who also have Stephen Ministers when a person feels he or she would like a Stephen Minister but would prefer that person to not be someone he/she knows or sees each week at church. Meetings are usually once a week lasting about an hour and can be in person or virtually. There is no set amount of time for a caring relationship – it can be only a few weeks or for many years – we are there for as long as needed.

In the Words of Comfort article in the Kingsport Times News on Friday, Dr. Billy Holland wrote "May we always be kind and remember that everyone we meet is fighting a battle. As we choose to speak hope to the

disheartened and offer a helping hand to those who are struggling, we can bring comfort to those who feel discouraged." When I read that, I thought – this is the mission of a Stephen Minister.

Stephen Ministers are the After People. They are ready to come alongside you – or your friends, neighbors, coworkers, or relatives – and provide comfort and support for as long **after** as needed. If you or someone you know would like to know more about Stephen Ministry, please contact Sharon or Dave Petke, Diana Eldredge, or Barbara Lane.

Peach Sorbet



Use very ripe peaches for this sorbet; one way of knowing they are ripe is when the skins come off effortlessly.

Yields: 8 servings

Ingredients

- 1 pound ripe peaches - peeled, pitted, and chopped
- 2 tablespoons lemon juice
- ½ cup water
- ½ cup white sugar

Directions

1. Add peaches to a blender; blend until smooth. Measure out 1 1/2 cups peach puree into a bowl. Immediately stir in lemon juice and refrigerate.
2. Combine water and sugar in a small saucepan and bring to a boil. Stir until sugar is dissolved, about 1 minute. Remove from stove and cool to room temperature. Refrigerate simple syrup until chilled, about 1 hour.
3. Pour chilled peach puree and simple syrup into an ice cream maker and freeze according to manufacturer's instructions, about 20 minutes. Transfer to an airtight container and freeze until firm, about 4 hours.

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

The Newsheet (permit 445-550) is published weekly by Waverly Road Presbyterian Church, 1415 Waverly Rd., Kingsport TN 37664-2520. Periodicals postage paid at Kingsport TN. Postmaster: send address changes to The Newsheet, 1415 Waverly Rd., Kingsport TN 37664-2520.



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

Encouraging Words

"If you are working on something that you really care
about, you don't have to be rushed.
The vision pulls you." - Steve Jobs

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.