

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

July 18, 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
July 18, 2021**

Mark 6:30-34, 53-56



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 Pastor Collin...

Greetings to you in the name of our Lord, Jesus Christ!

During the pandemic I started to do a lot of reading about travel. It was not planned that way, I can think of nothing more ironic than getting pulled into travel reading during a year of quarantine. What I found though was a lot of language that helped to describe my own journey of faith.

My favorite discovery was the English slang word Coddiwomple. To coddiwomple is to travel with purpose to an unknown

destination. That has described my walk of faith. I have hope in my destination, but whatever path God is using to get me there is unknown and there are some days where I am more certain of my destination than others.

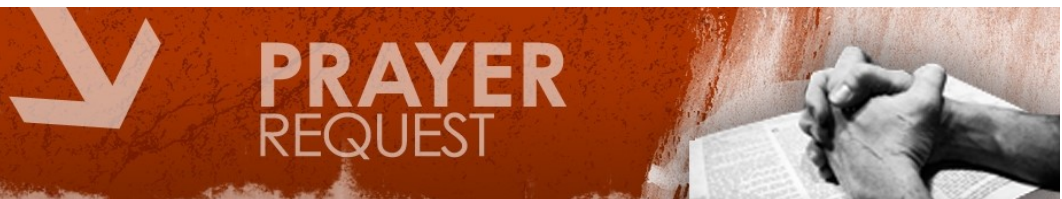
As I coddiwomple through life I am reminded that the earliest church called itself 'The Way' and that disciples of Christ are called onto a path of discipleship. This is a journey that we are on, with Christ as our guide. So I try to walk with purpose as a disciple to wherever Christ may lead.

May god continue to bless,

Rev. Collin

Coddiwomple

(v.) to travel in a purposeful manner towards a vague destination.



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 3rd Quarter

Local Missions

Kindermusik
Second Harvest Food Bank of NE Tennessee
WRPC After School Program

Regional/ National Missions

Holston Presbytery Camp & Retreat Center

International Missions

Butoke Nutrition Center, Congo
Moyo wa Afrika, Tanzania

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 7/18

9:45am Sunday School Grades
Preschool – K – **ZOOM**
10:00 am Sunday School Grades 1-5 –
ZOOM
10:30am Chancel Choir Practice
11:00am Sunday Worship Service
– Online and In-Person
7:00pm Session – MR
1:00pm **ZOOM** Bible Study – **ZOOM**
6:00pm VBS Kick-off – Marquee Pinnacle
Movie Theater
7:00pm Chancel Choir Practice –
Sanctuary

Wednesday 7/21

Friday 7/23
Sunday 7/25

VBS 80's Blast! 7/22 – 7/24

10:00am Food Pantry – OPEN
7:00pm VBS Pool Party – Lawson's

WRPC'S
**80'S BLAST
VBS
KICKOFF!**
AT THE MARQUEE
PINNACLE MOVIE THEATER!
July 21 6-8pm
**THE MUDDETS
TAKE
MANHATTAN!**
RATED G 1984



HEALTH Matters

**Ways to Wreck
Your Sleep**

webmd.com

Drink Coffee After Dinner

It's the caffeine. It was perfect with that apple pie. But at 3 a.m. when you're still awake? Not so much. Caffeine lurks in lots of places like tea, chocolate, soda, and energy drinks.



Drink Alcohol

A "nightcap" is the perfect way to end the evening, right? Wrong. Alcohol messes with deep sleep, which is important for restfulness, memory, and other things your brain does. It can make you drowsy enough to fall asleep, but it often wakes you up just a few hours later.

Surf the Web

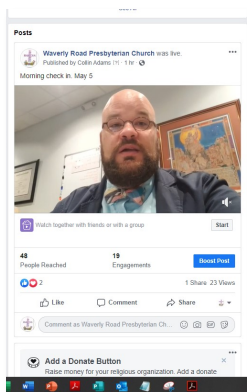
Artificial light at night can be bad for sleep. But the "blue light" on smartphones and computers is particularly bad - - televisions, too. Shut down bright screens 2 to 3 hours before bedtime to get your body ready for snoozing.

Take a Nap

It's a great way to catch up on a little shut-eye. But if you take one after 3 p.m., it might affect you later on. So, no naps and no coffee. A splash of cold water on your face or a brisk walk can get you moving again.

Turn Up the Heat

You've probably noticed it's harder to fall asleep when it's hot. But did you know it can hurt your sleep quality, too?
(Continued on page 3)



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!



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



Views from the

FOOD PANTRY

by Peter Lodol



Week of July 18—24, 2021

We distributed 28 bags this past Friday, so July is off to a robust start.

Bill Elderbrock has retired from his duties as a bag packer. I would like to thank Bill and Virginia for their many years of service to the Food Pantry. Nancy Knight will be joining Doris Carson as Bill's replacement (not that Bill could EVER truly be replaced!) We thank Nancy for her willingness to serve. —*Pete Lodol*

WAVERLY ROAD PRESBYTERIAN



would like to share with us please contact Rachel Lawson.

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

The Story of Waverly Road Presbyterian Church Part 5: (January 1963—December 1966)

The mid-60's were busy times for Waverly Road Presbyterian Church which resulted in the congregation's growth both spiritually and physically. After much consideration, the congregation approved the church's participation in the Presbyterian Development Fund and pledged \$46,000 to its support over a three year period 1964-1966. This decision continued our church's tradition of being supportive of the greater church and provided an opportunity for us to be more aware of the work being done beyond our own walls.

In the spring of 1964, we committed ourselves to assisting the Presbyterian Extension Association of Greater Kingsport in the formation of a new church in the Preston Woods area. Three years later, in February of 1967, the work culminated in the organization of Preston Hills Presbyterian Church and 16 families (47 communing

members) were dismissed from our rolls and added to the new congregation. Ironically, it was also 47 members who initially formed WRPC in 1947.



Preston Hills Presbyterian Church (today) located on Orebank Road.

With growth came space challenges. In 1963, a study of the Waverly Road Church School space and equipment requirements was completed as part of a long range plan to meet the needs of the growing congregation.

Ways to Wreck Your Sleep, *cont'd.*

High humidity can make it even worse. Like so many other good things in life, if you want to get good rest, you gotta stay cool.

Eat Close to Bedtime

A little bit is probably fine. But a big meal or snack can supercharge your metabolism and speed up your brain, which could lead to indigestion and even nightmares. But it doesn't affect everyone the same way. If you're a midnight snacker, keep a diary of what happens when you eat late to see if it bothers you.

Take Certain Medications

If you're supposed to take meds before bed, you should. But some prescription drugs can keep you from getting quality sleep, and some over-the-counter medications are loaded with stimulants. Check with your doctor about what you're taking and when before you change or stop any medication.

Exercise Around Bedtime

Though exercise is good for your sleep, exercising too close to bedtime can ruin it. It doesn't happen to everyone, but if that sounds like you, try to finish up your workout at least 3 hours before you go to bed.

Drink Too Much Water

You want to drink enough to stay hydrated, but not so much that it interrupts your sleep with repeated bathroom breaks. That's why it's best to spread the amount of water you drink over the course of the day. Don't try to guzzle it all down before bed.

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

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Frozen Hot Chocolate

Ingredients

- 1 cup fat-free evaporated milk
- 1/2 cup chocolate syrup
- 1/2 teaspoon vanilla extract
- 3 cups ice cubes
- Whipped topping or chocolate shavings, if desired, for garnish



Directions

Combine the evaporated milk, chocolate syrup, vanilla and ice cubes in a blender and blend until completely smooth. Pour into glasses and garnish with a dollop of whipped topping or a sprinkling of chocolate shavings if desired.

Encouraging Words

“Do not stop thinking of life as an adventure. You have no security unless you can live bravely, excitingly, imaginatively; unless you can choose a challenge instead of competence.” —Eleanor Roosevelt

