

# 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

**WELCOME  
TO WORSHIP**



**August 22, 2021**

**Online through  
September 19**

**Service 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/  
UC1dv3U42u4jLlksq\\_71Foyg](https://www.youtube.com/channel/UC1dv3U42u4jLlksq_71Foyg)



**SCRIPTURES**

**August 22, 2021**

Psalm 84

**WRPC**  
*Food Pantry*  
**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 lonnnnnnnng past week, my thoughts have often turned to an old joke that's been around awhile:

A storm descends on a small town, and the downpour soon turns into a flood. As the waters rise, the local preacher kneels in prayer on the church porch, surrounded by water. By and by, one of the townsfolk comes up the street in a canoe.

"Better get in, Preacher. The waters are rising fast." "No," says the preacher. "I have faith in the Lord. He will save me."

Still the waters rise. Now the preacher is up on the balcony, wringing his hands in supplication, when another guy zips up in a motorboat. "Come on, Preacher. We need to get you out of here. The levee's gonna break any minute." Once again, the preacher is unmoved. "I shall remain. The Lord will see me through."

After a while the levee breaks, and the flood rushes over the church until only the steeple remains above water. The preacher is up there, clinging to the cross, when a helicopter descends out of the clouds, and a state trooper calls down to him through a megaphone. "Grab the ladder, Preacher. This is your last chance." Once again, the preacher insists the Lord will deliver him. And, predictably, he drowns.



A pious man, the preacher goes to heaven. After a while he gets an interview with God, and he asks the Almighty, "Lord, I had unwavering faith in you. Why didn't you deliver me from that flood?" (Continued on back page)

## PRAYER REQUESTS

### 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	Sharon Petke
Rorie Parker Family	Dr. Bob Jernigan
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 ONLY continues at 11:00am through September 19th.**

### Sunday 8/22

9:45am Sunday School Grades  
Preschool – K – **ZOOM**  
10:00am Sunday School Grades 1-5 –  
**ZOOM**  
10:00am Sunday School Grades 6-12 –  
**ZOOM**  
10:30am Chancel Choir Practice  
11:00am Sunday Worship Service/ Godly  
Play for Children

### Wednesday 8/25

1:00pm **ZOOM Bible Study – ZOOM**  
7:00pm Chancel Choir Practice –  
Sanctuary

### Friday 8/28

10:00am Food Pantry – OPEN

## Mission Moment Update...



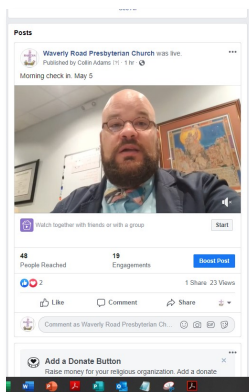
**Family Promise**

Here at Waverly Road, you might occasionally hear Family Promise

referred to as “IHN”, because the program was originally called Interfaith Hospitality Network.

### What is Family Promise?

- Family Promise is a national nonprofit corporation with over 200 affiliates. The overall mission of Family Promise is to help families experiencing homelessness and low-income families to achieve sustainable independence.
- Waverly Road partners with our local affiliate, Family Promise of Greater Kingsport, which, in 2021, is celebrating 20 years of service. Our church has been involved during all 20 years!!
- We are one of 13 Host Churches that provide overnight shelter and meals for our guest families. There are many other churches that provide additional support for Family Promise through volunteers and financial giving.
- We host families one week at a time, four times each year. The program accommodates up to 14 people in four family units at a time. We host our guest families in the Fellowship Hall from around 5:30 p.m. until 7:00 a.m. the following morning.
- During the day, adults are taken to the Day Center downtown. A Case Manager works with them to develop a Self-Sufficiency Plan to overcome whatever barriers they might have to obtaining employment, housing, and stability for their children.
- During the pandemic, Family Promise has not been able to follow their normal rotational model of sheltering families at local churches. Instead, during this time, churches have been providing food gift cards during their hosting week, and guests have been housed in hotels. August 15 marks the first day of WRPC's 3rd hosting week in 2021.



### 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 August...

If you would like to donate to **SMILE**, August is the month for small bags of hygiene items (like make-up bags or pencil pouches). Also, boys clothing size 5T. 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

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

### Why is Family Promise important?

- Family Promise keeps families together! In Kingsport, families with children make up 38% of the people who experience homelessness. Family Promise is the only shelter in Kingsport that can accommodate two-parent families, families with teenaged boys, and single fathers with teenaged girls. The ability to provide family-style housing is a crucial element in addressing homelessness in our community.
- Family Promise is hospitality in action! Volunteers share food, play with the children, chat with the  
(Continued on next page)





Views from the

# FOOD PANTRY

by Peter Lodal

**August 22—28, 2021**



To all:

After a weeks' hiatus in northern Vermont, I am back.

We distributed 21 bags on August 4, and 16 bags on August 11, a slow start to August. With the recent announcement of increased SNAP benefits by the Federal government, we may not see much change for the near future.

Also, we will be audited by Second Harvest this coming Friday. This is a routine evaluation in order to keep our status with Second Harvest current.

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

## Mission Moment Update... cont'd.

adults, and spend the night, creating a compassionate temporary "home" for families that have no other place to turn. Relational blessings abound for both the guests and the volunteers as community is shared together.

- Family Promise lets God's transformational love shine! Volunteering provides a hands-on meaningful outreach opportunity right here within the walls of WRPC! Love shines through our volunteers as a supportive and hopeful "hand-up" is offered to our guest families.

The Mission Committee would like to thank our Family Promise Leadership Team (Karen Gilmer, Carlisa Barttels, and Judi Easley) for their dedication to this ministry. We hope this glimpse of Family Promise has touched your heart causing you to look forward to the opportunity to volunteer with this ministry. You can volunteer as an individual, with a partner or as a family. At some point, we will once again be able to have families safely stay as guests in our church building. And we will need your help to enable WRPC to continue to support this important community ministry.

## Encouraging Words

"What seems to us as bitter trials are often blessings in disguise." — *Oscar Wilde*

## 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 Celebrates 25 Years (Part 3)

After observing Easter Sunday, WRPC continued to celebrate their 25th Anniversary by welcoming Reverend Bill Schotanus back to the pulpit on April 18th. This was a special and unexpected surprise as originally it didn't look like the Schotanus's would be able to join in the celebration. Unfortunately, Nancy (Mrs. S) was ill and unable to attend but the congregation was delighted to have their former pastor back "home".

Reverend Schotanus had served Waverly Road from 1953 through 1958 and was, at this time, pastor of the American Church in London, England. Sadly, less than an hour before Bill was scheduled to preach, he received news of the passing of his father. He decided to withhold the news from the congregation and, "by the grace of God", was able to go ahead with his participation and preaching. Unfortunately, he was unable to attend the celebratory dinner in his honor later that evening. Congregants remarked that Bill's presence and preaching were a blessing beyond measure. "It's wonderful! We only planned an anniversary celebration, and it's becoming a revival!"



Rev. Bill and Nancy Schotanus



# HEALTH *Matters*

## How the Pandemic is Affecting Our Bodies

*webmd.com*



### Sign of the Times

The COVID-19 pandemic, and the stress that has come with it, have changed our lives in many ways. Those changes can take a toll on your health, both physically and mentally. But you can do a few things to limit their effects.

### Anxiety

Many aspects of the pandemic can make you more anxious or worried than usual. If you have trouble sleeping or notice changes in your appetite or energy, it's a good idea to take breaks from the news and social media and find time for hobbies and exercise, even if it's just doing some stretching or taking a daily walk.

### Depression

The hardships caused by the pandemic can be even tougher to deal with if you feel isolated because of social distancing. If you feel sad, hopeless, or cranky a lot of the time, it's important to connect with friends or family and talk about how you're feeling. If you feel down for several days, or you have thoughts of hurting yourself, reach out to your doctor or a mental health hotline for help.

### Headaches

Anxiety can affect you physically, too. Headaches and migraines are among the most common symptoms caused by worry and uncertainty during the pandemic. In addition to unplugging and being more active, meditation or breathing exercises can help ease your stress.

### Hair Loss

Thinning or falling clumps of hair can be a troubling sign of pandemic stress, but it's only temporary. It happens when more hairs than usual go into the "shedding phase" at the same time. You may start to notice it 2 to 3 months after the stress kicks in, and that it stops after the stress eases up.

### Dental Problems

If your jaw feels sore or your teeth hurt or are sensitive, you might be clenching your jaw or grinding your teeth without knowing it. Stress can cause this, and it usually happens when you're asleep or concentrating really hard.

Along with muscle-relaxing exercises, your dentist also might recommend that you sleep with a mouth guard.

### Skin Issues

Washing your hands is an important part of curbing the spread of COVID-19, but doing it often can break down the natural oils that protect your hands and dry them out. If you notice that your hands are drier than usual, especially if you have a condition like eczema, try using a smaller amount of soap, and warm water instead of hot. When you're done, pat your hands with a towel, then use hand cream or petroleum jelly right away.

### Eyestrain

During the pandemic, screens have become a connection to the outside world, whether it's a monitor for work, a TV for entertainment, or a phone for social media. But spending too much time in front of one can lead to burning, itchy, watery eyes and even blurry or double vision. To protect yourself, turn off overhead lights to ease glare, make sure your corrective lenses are the right prescription, use artificial tears to help with dry eyes, and be sure to take frequent breaks.

### Weight Gain

During the pandemic, several things have made it easier to put on extra pounds, like working from home, exercising less, and stress-related snacking. Don't be too hard on yourself, but if you feel like you need to get a handle on your eating habits, you can make a weekly plan for meals and snacks, keep track of what you eat each day, or, if you work from home, go to the kitchen only when you can sit and enjoy food.

### Unhealthy Habits

Bad habits are even harder to ditch with time on your hands and few distractions. Whether it's drinking alcohol, smoking, or playing video games for hours on end, it's easy to slip and miss (or ignore) the warning signs. If you're doing something in secret or a loved one has tried to talk to you about it, it's probably time to cut back. If you have trouble breaking an unhealthy habit, your doctor can help.

### Neck and Back Pain

The dining table or kitchen counter isn't necessarily a good substitute for the ergonomic workstation in your office. Over time, sitting in a slouched position or having your monitor at the wrong height can damage parts of your spine and cause all kinds of neck and back issues. It's best to designate a work area and follow guidelines to make it as comfortable as possible. And don't forget to get up and walk around often.

### Hand and Wrist Pain

A comfortable work setup is important for other parts of your body, too. Make sure the height of your chair is set so that your forearms are level with your keyboard. Keep your keyboard flat or tilted away from you (never toward you). It's also a good idea to take breaks and shake your wrists often. It can help to keep your hands warm, too.



## A Note from the WRPC Session

The Session has been in prayer and discussion over the pandemic resurgence in our local area, and how best to respond. WRPC is a congregation whose mission is first and foremost to Love God and Love One Another, as our Savior taught us. With humility, to do all we can to protect the most vulnerable in our community, WRPC will be returning to virtual worship services only through Sunday, Sept. 19. At that time, the Session will reassess the local data and CDC guidance. During this period masks will be required in the Church building during the week, and for those recording the virtual services on Sunday, with the exception of individuals speaking at the pulpit. These actions are consistent with previous actions we have taken during times of high community spread.

We don't take these actions lightly, and are praying fervently that this is a temporary situation. Please be in prayer for our church, our community, for our health care workers, and all who are being impacted by the pandemic.

—The Session of WRPC

*"One of the scribes came near and heard them disputing with one another, and seeing that he answered them well, he asked him, 'Which commandment is the first of all?' Jesus answered, 'The first is, 'Hear, O Israel: the Lord our God, the Lord is one; you shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength. The second is this, 'You shall love your neighbor as yourself.' There is no other commandment greater than these.'" -Mark 12: 28-34 (NRSV)*

Search | How it works | Start a GoFundMe



### Start A Needed Homeless Shelter in Kingsport, TN



If you would like to help with fundraising efforts to start Grace House Kingsport (shelter for Kingsport's homeless population), just donate to their **gofundme** page at: [https://www.gofundme.com/f/start-needed-homeless-shelter-in-kingsport-tn?utm\\_campaign=p\\_cf+share-flow-1&utm\\_medium=copy\\_link&utm\\_source=customer](https://www.gofundme.com/f/start-needed-homeless-shelter-in-kingsport-tn?utm_campaign=p_cf+share-flow-1&utm_medium=copy_link&utm_source=customer).

## Heirloom Tomato and Onion Quiche

### Ingredients

- ½ 15 ounce package (1 crust) rolled refrigerated unbaked piecrust
- 12 ounces assorted garden heirloom tomatoes (Cherokee Purple and/or Brandywine) or regular tomatoes, cut into 1/4-inch-thick slices
- 1 tablespoon butter
- ½ cup chopped onion (1 medium)
- 3 eggs
- ¾ cup half-and-half, light cream or milk
- 3 tablespoons all-purpose flour
- 1 tablespoon snipped fresh basil or 1 teaspoon dried basil, crushed
- ½ teaspoon salt
- ¼ teaspoon dry mustard
- ⅛ teaspoon ground black pepper
- 1 cup shredded Swiss, cheddar, Monterey Jack, and/or Havarti cheese (4 ounces)
- Paprika



### Directions

1. Let piecrust stand at room temperature according to package directions. Unroll piecrust into a 9-inch pie plate. Crimp edge as desired. Line un-pricked pastry with a double thickness of foil. Bake in a 425 degree F oven for 8 minutes. Remove foil. Bake for 4 to 5 minutes more or until pastry is set and dry. Remove from oven. Reduce oven temperature to 375 degrees F.
2. Meanwhile, place tomato slices on paper towels to absorb excess moisture. In a small skillet, melt butter over medium heat. Add onion. Cook until onion is tender but not brown, stirring occasionally.
3. In a medium bowl, whisk together eggs, half-and-half, flour, basil, salt, dry mustard and black pepper.
4. To assemble, sprinkle cheese onto bottom of the hot, baked pastry shell. Spoon onion mixture over cheese. Arrange a single layer of tomato slices over cheese, overlapping slightly. Slowly pour egg mixture over tomatoes. Sprinkle paprika over egg mixture.
5. Bake, uncovered, for 35 to 40 minutes or until egg mixture is set in center. If necessary, cover edge of pie with foil for the last 5 to 10 minutes of baking to prevent overbrowning. Let stand 10 minutes before serving.

Waverly Road Presbyterian Church  
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Generally, a pledge is a "solemn promise or undertaking." (Oxford Dictionaries). More specifically for WRPC, it is a time that we've set aside to focus on next year's ministries. [Church leadership and committees](#): They use the time to evaluate the status of their area of responsibility, seek God's will, discuss options for improvement, and position WRPC for an even greater impact for the Kingdom of God during the next year. Having input from those who plan to give to WRPC during 2022 helps leadership align their dreams with the amount of money that will be available to fulfill them. [For us as individuals](#), it can be a spiritual discipline (a practice that God uses to train us in godliness). More thoughts will appear in future Newsheets, but today I leave you with this one: [Start praying now about how to respond to God's goodness with your finances during 2022.](#)

## From the desk of Rachel Lawson... *cont'd.*

God shakes his head. "What did you want from me? I sent you two boats and a helicopter."

You can plug any number of things into what God sends to rescue you. Maybe you are fighting Covid, like my family has battled this week, and you need some rescuing. Maybe not from the blatantly obvious situation itself (our cases have been more moderate than the severe cases I've heard about) but from a resulting lapse of faith. Why, when we were so careful? When we did all the right things to protect others?

My rescue came from an outpouring of family and friends in our time of need. I know it's pointless to ask why when only God knows how it all works out. But because of our affliction, I got the warm fuzziness that comes from the compassion He has sent me and my family. It's that compassion, from you, that rescues me. So, if you're stuck on the proverbial rooftop this week, what blessings can you see coming to rescue you? Watch for them and DON'T MISS THE BOAT! —Rachel