

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



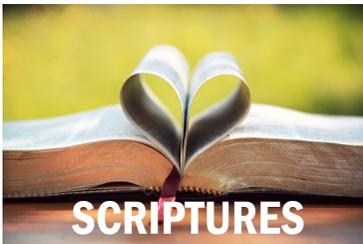
October 10, 2021
Indoor and
Online Worship Service
at 11:00am
Click on either link for
Sunday Worship Service



<https://www.facebook.com/WaverlyRoadPresbyterian-Church/>



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



SCRIPTURES

October 10, 2021
Psalm 22 & Mark 10:17-31

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 Pastor Collin...

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



If you come by my office, you will realize that I have a lot of clutter. Every surface has stuff on it. Looking at my desk right now I see a microfiber cloth to wipe glasses, several wooden disks with drawings on them, a highlighter, not one but two stacks of books and a knife for some reason. My space does not have a place for everything and everything is definitely not in its place.

There have been many times when I have been struck by a desire to declutter. I pull out a big box, start taking things off of shelves and as I get ready to be rid of things my mind fills. Memories of who gave me the book or trinket, thoughts that I might finally get around to reading that one, or just a reminder that some of those thick tomes look very authoritative on my bookcase.

In only a few cases are those thoughts worth anything. Most of the memories I will keep and no, I am probably never going to get around to reading that book. But I let them persuade me into stopping the declutter and stuff keeps piling up.

This week, take a look at the clutter that is around and within you. Look at those things you have been piling up and finally get rid of them. Stop letting yourself get in the way of clearing out some space to fit new things, things that Christ longs to show or teach you. Let us all finally set aside the clutter we have and move forward with unburdened hearts.

May God continue to bless,
—Rev. Collin



People in our Prayers

- | | |
|-----------------------------|------------------------|
| Mary Margaret Bowles | Laci, Nicholas & Robin |
| Mike Lewis | Lodal |
| Helen Austin | Joyce Caldwell |
| Rev. Dan Clark | Sarah Valk |
| Jackie Britton | Ann Kibler |
| Holston Presbytery Camp | Jo Morrison |
| Patients receiving Dialysis | Sharon Petke |
| Debbie Reiff | Dr. Bob Jernigan |
| Rorie Parker Family | |
| Lee Bockman | |

Missions in our Prayers 4th Quarter

Local Missions

Kingsport City Schools Homeless Education Program
Shades of Grace
Trunk or Treat

Regional / National Missions

UKirk (ETSU)

International Missions

Families Involved Serving Humanity (FISH), Nicaragua
Northumbria Community Retreat Center &
Mother House, England

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

**Indoor and Online Worship at 11:00am.
Masks are encouraged.**

Sunday 10/10	9:45am	Sunday School Preschool through Grade 12 – ZOOM
	11:00am	Sunday Worship Service / Stewardship Pledge Sunday (Godly Play Children's in Room 102)
	7:00pm	Personnel – ZOOM
Wednesday 10/13	1:00pm	ZOOM Bible Study – ZOOM
Friday 10/15	10:00am	Food Pantry – OPEN



CONGREGATIONAL MEETING OCTOBER 10

On October 10 there is a called meeting of the congregation to elect a nominating committee. We will also be having our annual meeting of the corporation to elect officers. Please plan on staying after worship for this meeting.



For the month of October...



If you would like to donate to SMILE, its "Socktober"! New socks and underwear all month!

Please leave them in the tan storage shed a the back of the Prospect House. There is a SMILE logo on it.

Thanks so much for your support!

How to Submit Your Pledge

*I need instructions for that?
Probably not, but you do have several options*

We invite you to prayerfully consider and reflect on the ministry you make possible through your financial pledge for the upcoming year. Your commitment helps our Session forecast the action and impact that we will have in the community.

We know that this year has been very difficult for all from Covid-19 and other crises. Many of us have been severely impacted – even devastated – and we invite you to lean on this congregation for healing.

For those who are in a position of relative strength, we invite you to consider how great a blessing your generous financial pledge will be. Join us as we lift one another and the community in this time of crisis.

Pledge in any of these ways!

- By Mail:** Complete and return by mail the pledge card you received. Bill Butler will enter them as he gets them.
- Online:** There are 2 ways to pledge online. One is through the Presbyterian Foundation, and one is directly through WRPC:
 - Directly through WRPC:** Click on this link which will take you to the Forms page of the church's website. The third option on the page is the "Financial Stewardship Commitment" section. Click on any of those three words, and it will open the commitment form. This is essentially an electronic pledge card and (only) Bill Butler will receive it after you submit it.
 - To WRPC through the Presbyterian Foundation:** Click the Online Giving link at the top of our website (or click Online Giving to go there directly). These donations will be reimbursed to WRPC minus a minimal processing fee. You will get a statement from the Presbyterian Foundation when you make gifts against this pledge. The money from processing fees support Presbyterian Foundation's missions.
- Email:** You can email the receiving treasurer. Bill Butler will take pledges by letter, card, email and carried by mule. His email address is pepperjedi@gmail.com so feel free to email him and he will record your pledge.
- Drop Off:** You can place your pledge card in the Box in the Gathering Space at any time of the week. Bill Butler will collect them on a regular basis.
- Verbally:** if you see Bill Butler and want to tell him your pledge in person, feel free. He will write it down and record it.

Your gifts, talents and support provide important resources that allow Waverly Road Presbyterian Church to advance beyond what would ordinarily be possible.

Thank you. —Bill Butler



Views from the

FOOD PANTRY

by Peter Lodal



October 10–16, 2021

To all:

We started out October with 24 bags delivered.

And, as noted last week, we have also had some supply issues with dish detergent. Food City has not been able to get either of the brands we typically use for the past several weeks. I will check back with them next week to see if the situation has been resolved. Kudos to Betty Fritz, who found a supply for us and bought enough to carry us for 3-4 weeks.

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



Sign up at www.holstonhabitat.org/darlenesbuild.

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—The 70's, Part 4

Missions were a big part of Waverly Road's work in the 1970's just as they are today. In the later part of the decade, some noteworthy ministries were visited by Emmitt Young, a missionary to Brazil, and in November, 1979, a visit to the Christian churches in the Middle East by Doris Carson and Donna Cook, sponsored by the General Assembly Mission Board. Both Doris and Donna made many presentations to churches throughout the Presbytery.



MR. & MRS. LEWIS (DORIS) CARSON

Although the 1970's were not documented as extensively as some other time periods in Waverly Road's history, it's clear that it was a very active time for the congregation and that they headed into the 1980's deeply committed to each other and to the mission of the church.





A good home needs a good foundation!

As you can see from the photo, the Habitat Regulars have cleared the lot and poured the foundation for Darlene's Build at 2134 Ramsey Avenue. Now it is time for the Faith and Community volunteers to top this foundation off.

Waverly Road's volunteers will be working alongside volunteers from Colonial Heights United Methodist Church on November 18-20. Work will include cabinets, closets, bathroom fixtures, trim, painting, and landscaping. Habitat will provide tools and guidance.

Ten workers per day will be needed for each of the three days. Please see the sign-up instructions below.



Instructions for on-line signup for Waverly Road and CHUMC.

Each individual will need to visit this link:
www.holstonhabitat.org/darlenesbuild

1. Click on the VOLUNTEER button.
2. You will be asked to either:
 - a. Log in to your Giveffect account (for those who have volunteered before) or
 - b. Create a new account.
3. Fill out your Volunteer Profile information.
4. Read the Release & Waiver of Liability.
5. Click on the button at the bottom of the waiver indicating you have read it.
6. A list of work week dates to select from will open up.
7. Scroll to G. Week 7: Reserved for Waverly Road & CHUMC.
8. Enter the password: holston
9. Once you enter the password, the dates of November 18 - 20 will open up.
10. Select your shift(s).
11. Finish filling out the information.
12. Complete the "I am not a robot" tool (works best with CAPITAL letters).
13. You should be all set.

A week prior to our assigned week, Mandy will send an email reminder to each volunteer with all the information they will need for the day.

If you have questions, call or email Eddie Eldredge at 423-408-9902, ereldredge@hotmail.com.



"Make sure you are looking for an email from Rachel later this week with details about the 2021 Reverse Trunk or Treat"! We are excited to offer this again to our congregation for a smaller, safe, and fun alternative to our usual pre-pandemic Fall festivities.



HEALTH Matters

Frighteningly Fattening Fall Foods

webmd.com

Potpie Perils

When fall arrives, many of us turn to hearty foods, like creamy chicken potpie. One pie from the grocery freezer case can have more than 1,000 calories. For a fraction of the calories, try a flavorful roast chicken breast and a warm, whole wheat roll.

Game-Day Grub

Favorites like chips, nachos, pizza, wings, and ribs can spoil your diet. If you're a sports fan, you may also be glued to the couch for hours every week, so you're not burning off the extra calories. Instead, serve veggies and low-fat dip as part of your spread. Eat from a plate instead of grazing at the buffet.



Oktoberfest Fare

You can expect beer, potato salads, and sausages. Bratwurst, one typical sausage, has about 97 calories per ounce, most from unhealthy animal fat. Instead, eat smaller portions, set a drink limit for yourself, and alternate with lower-calorie, non-alcoholic drinks.

Chubby Chili

You could get 500 calories in a bowl, depending on the recipe. The same goes for other meaty stews, which are often loaded with fatty beef or sausage and topped with gobs of cheese. Yet, chili and stew can be good choices when made right. Use small portions of lean meat, plenty of beans, vegetables, and spices, and just a sprinkle of low-fat cheese. In restaurants, check the calorie count before ordering.

Cream Soups and Hearty Stews

Warm soups and stews that are loaded with cream, cheese, or meat are also loaded with calories. If you serve them in a bread bowl or on top of rice or noodles, you add even more calories. Choose broth-based and vegetable-based soups and stews to fill you up for fewer calories.

Seasonal Beverages

Fall drinks -- hot chocolate, pumpkin-spice lattes, eggnog, apple cider, and hot toddies -- are a quick and easy way to take in lots of extra calories. An 8-ounce cup of homemade hot cocoa (without whipped cream) has 192 calories. An 8-ounce cup of eggnog packs 224 calories. Try

a hot cup of green or flavored tea, rich with antioxidants and calorie-free. Or choose light beer or wine spritzers, and limit yourself to one or two.

Caramel Apples

An afternoon snack of apples with a thick layer of caramel and nuts can total more than 500 calories. Enjoy crisp apple slices with a small container of low-fat caramel dip for the same great taste -- with a fraction of the fat and calories.



Halloween Candy

October brings bags of candy home to await trick-or-treaters. It's easy to get bewitched by those bite-size candies. But few of us can have just one. Stash sweets out of sight.

Macaroni and Cheese

Mac and cheese is a favorite comfort food for both kids and adults. But one cup can pack 300 to 400 calories, depending on the brand. Use low-fat cheese and milk to lower the calorie count.

Mashed Potatoes and Gravy

All that butter, heavy cream, and whole milk help cram about 240 calories into one cup. Ladle on 1/4 cup of fatty gravy, and you're close to 300 calories in a side dish. For fewer calories, savor 1/2 cup of mashed potatoes, without gravy. Or experiment with newer, calorie-conscious recipes for better mashed potatoes.

Root Vegetables With Added Fat

Roots like yams and sweet potatoes are super-nutritious, but you quadruple the calories when you mix them with cheese, cream, butter, canned soups, or bacon. A sweet potato casserole can easily have 500 calories per serving: 400 more than a simple roasted sweet potato. Slash the calorie count by eating root veggies oven-roasted or grilled.

Stuffing

Most stuffing contains high-fat ingredients such as sausage and butter. With gravy, stuffing is a diet nightmare. Keep the portion small, and try to resist smothering it in gravy.

Apple, Pecan, Sweet Potato Pies

These fall favorites start with healthy ingredients such as nuts, fruits, or vegetables. But once you add buttery pie crusts, sweet fillings, and whipped cream or ice cream topping, you have decadent pies full of calories. Try skipping the crust or add a little bit of light whipped topping and take only a sliver.

Pumpkin Desserts

Pumpkin layer cake, cheesecake, bread pudding. There are many ways to turn vitamin A-rich pumpkin into a rich dessert. Be careful: If you add tons of cream and sugar, you negate the health benefits of pumpkin. Instead, try crustless, low-fat pumpkin custard, or low-fat pumpkin muffins.

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1415 Waverly Road
Kingsport, TN 37664-2520

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Cinnamon Crackle Cookies

Yield: 7 dozen

Ingredients

- 1/2 cup butter, softened
- 1/2 cup shortening
- 1 cup sugar
- 1/2 cup packed brown sugar
- 1 large egg, room temperature
- 1 teaspoon vanilla extract
- 1/2 teaspoon almond extract
- 2-1/2 cups all-purpose flour
- 1 tablespoon ground cinnamon
- 2 teaspoons baking soda
- 2 teaspoons cream of tartar
- 2 teaspoons ground nutmeg
- 2 teaspoons grated orange zest



1 teaspoon grated lemon zest

1/2 teaspoon salt

Additional sugar

Directions

1. In a large bowl, cream butter, shortening and sugars until light and fluffy, 5-7 minutes. Beat in egg and extracts. Combine the flour, cinnamon, baking soda, cream of tartar, nutmeg, orange and lemon zest and salt; gradually add to the creamed mixture.
2. Shape into 1-in. balls; roll in sugar. Place 2 in. apart on ungreased baking sheets. Bake at 350° until lightly browned, 10-15 minutes. Remove to wire racks to cool.



**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)