

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



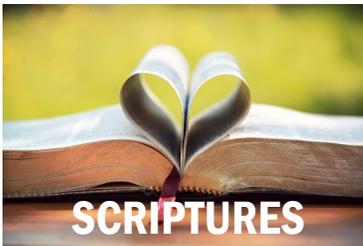
February 13, 2022
In-Person and Online Worship Service at 11:00am
 Click on either link for Sunday Worship Service



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



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



SCRIPTURES

February 13, 2022
 Jeremiah 17:5-10 & Luke 6: 17-26

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,

There have been some bitterly cold days here in Tennessee recently. Now, I normally enjoy a cold crisp day, but these days were too cold to even enjoy a nice walk. That is a shame because one of the wonders of a cold day is how clear the sky can be.

I find it interesting that the cold can be so clarifying. It reminds me that in the midst of our own lives it is often in the more

uncomfortable conditions that we can find some clarity in our lives. These are the experiences that remove us from our comfort zones. They break us out of patterns and even though we would rather it not be uncomfortable, they can show us places we need to change.



Knowing that God is with us in the midst of that discomfort helps us to get through it, and sometimes even see a flash of beauty there. The other night I was able to put on a heavy sweater and look up at the stars on a cloudless, almost moonless night. The meager warmth of the sweater let me appreciate the moment before I had to retreat into the warmth of the house. I pray that God will help me get through any disruptions this week in the same way.

May God help us to journey beyond the familiar,

—Rev. Collin



PRAYER REQUESTS

People in our Prayers

- | | |
|-----------------------------|---------------------------|
| Mary Margaret Bowles | Laci, Nicholas & Robin |
| Mike Lewis | Lodal |
| Rev. Dan Clark | Joyce Caldwell |
| Jackie Britton | Sarah Valk |
| Holston Presbytery Camp | Ann Kibler |
| Patients receiving Dialysis | Jo Morrison |
| Debbie Reiff | Sharon Petke |
| Rorie Parker Family | Dr. Bob & Jeanne Jernigan |
| Lee Bockman | Sarah Hale |
| Doris Blanchard | James Crawford |
| Doris Carson Family | Rev. Bill Jones Family |
| Rev. Bill Shotanus Family | |

Missions in our Prayers 1st Quarter

Local Missions

- Cora Cox Academy
- Meals on Wheels
- SMILE
- WRPC Food Pantry

Regional / National Missions

- Appalachian Miles for Smiles

International Missions

- Aashish Presbyterian Church, Nepal
- Love Packages

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 following Covid safety protocols.

Sunday 2/13	9:45am	In-Person Sunday School – Preschool through Grade 12
	11:00am	Sunday Worship Service (Godly Play Children’s Church in Room 102)
Monday 2/14	3:00pm	Youth Group
Tuesday 2/15	6:00pm	The Has Beens, FH
Wednesday 2/16	1:00pm	ZOOM Bible Study
Friday 2/18	10:00am	Food Pantry



Don't Forget!

ZOOM Bible Study every Wednesday at 1:00pm!



For the month February...

February is the month for donating shirts of all sizes!

Thanks so much for your support!



**Youth Group is on Mondays from 3-5 pm!
Pick-up by 5:15 pm.**



We pick up kids from school and parents pick them up. Volunteers are needed. Please contact Trinity with questions at trinity@waverlyroadpc.org.



Mission Moment Update...

Sunday, February 2—Meals on Wheels Update



Meals on Wheels is celebrating its 50th birthday this year. Meals on Wheels began in Kingsport in 1972, when the pastor of Bethany Presbyterian church recruited some members of his church to begin a home meal delivery service. His recruits began to cook meals and deliver them out of their homes 2 days a week. But they didn't stop there. They visited businesses, civic clubs, churches and other organizations in Kingsport to build support for their ministry. In 1974, our church donated the use of its kitchen and Meals on Wheels quickly expanded to preparing and delivering meals 5 days a week. Today, Meals on Wheels provides a hot, nutritious meal Monday through Friday including holidays, to at least 230 people in the greater Kingsport area. The in-kind donation of kitchen and storage facilities by our church and First Presbyterian Church makes it possible for these meals to be prepared and distributed to our recipients. To date, Meals on Wheels has served nearly 2 million meals to those in need in Kingsport.

We are blessed with over 500 volunteers who make this ministry possible, including cooks, drivers, kitchen coordinators, people who order and stock food and supplies and one part time paid employee who works 3 hours a day to make this possible. If you currently volunteer for Meals on Wheels or have done so in the past – this includes cooking, delivering or making cards for our recipients, thank you. Thank you for helping to feed those who are hungry and unable to care for themselves.

In celebration of our 50th birthday, we want to add 50 new recipients, 50 new volunteers and 50 new donors. If you or someone you know needs to receive Meals on Wheels, please visit the Meals on Wheels website. You can download and print an application form, have a doctor complete it and return it to the Meals on Wheels office. There are immediate openings for drivers for cooks at both kitchens. If you're interested in volunteering, you can visit our website more information or call the Meals on Wheels office at 423-247-4511. Please help us reach our goal of 50 new volunteers. Finally, we would also like to add 50 new donors. Remember, Meals on Wheels delivers all of its meals free of charge to our recipients and that is made possible through the generosity of our donors, United Way of Greater Kingsport, City of Kingsport and other sponsors. Visit us at www.mealsonwheelskingsport.org for more information on becoming a recipient, volunteer or donor. Thank you for supporting Meals on Wheels of Kingsport!



Views from the

FOOD PANTRY

by Peter Lodal

February 13–19, 2022



To all:

Looks like we might be establishing a new normal--last Friday we delivered 43 bags. That puts us at an average of just under 40 bags per week for the past three weeks. I am working on adjusting our inventory appropriately.

My thanks to the baggers who have worked through the supply chain issues we have been facing.

And, as always, thanks for your support and your prayers.

—Pete Lodal

WAVERLY ROAD PRESBYTERIAN



We continue to celebrate the 75th Anniversary of Waverly Road Presbyterian Church. All year long, our Newsheets 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— (taken from Be Thou My Vision revised edition by Keene White)



In February 1991, funds from the Hall Morrison Memorial Fund were used to bring Dr. Albert Dimmock to our church to help us explore ways of enhancing our

ministry to older adults and others in special needs situations. An outgrowth of this was the foundation of the Shepherd's Group which meets for an hour each Monday for Bible study and prayer for those in special need. Those who take part in the program covenant to contact and visit the sick and shut-ins and to pray for

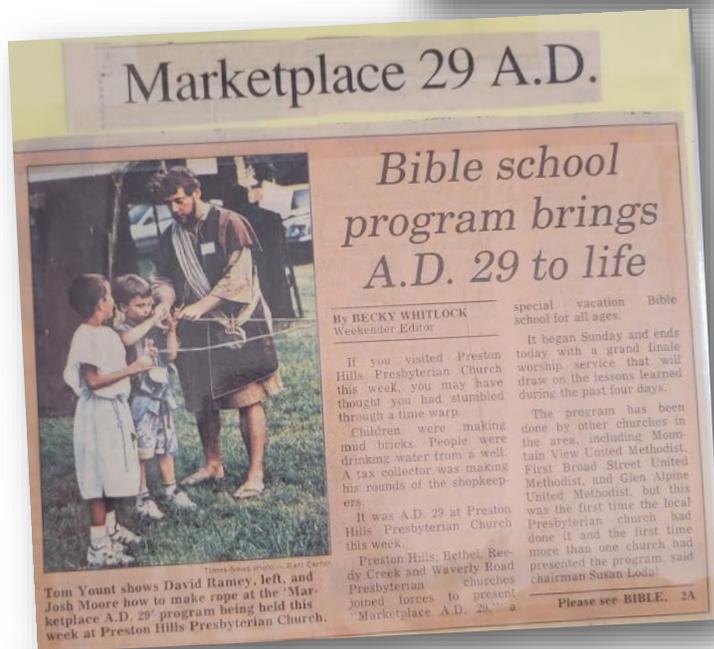
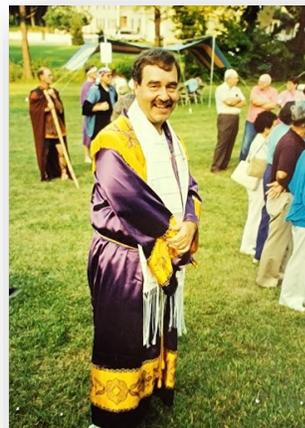


them daily. This ministry adds much to the spiritual life of the congregation.

In April of 1991, WPRC suffered an outbreak of food poisoning from a catered meal. If you survived, you got this lovely badge of honor

(everyone survived, but it was unpleasant)!

In 1992 and again 1993 the congregation joined with the folks of Bethel, Preston Hills, and Reedy Creek churches in the Marketplace A.D. 29 project which gave the participants a feel for what life was like during Jesus' lifetime. This activity made good use of the skills of many of the adults of all of the churches and the fellowship added greatly to the learning experience.



(More photos on next page)

Bible school program set in A.D. 29

Continued from page 1A
"This is a chance for the children to be immersed in the culture and what it would have been like to live in 29 A.D.," Lodal said. "To have a chance to see Jesus teaching, the things we read about and hear about, this school brings it out in a different way. It really makes it come alive."

Each session began at 6:30 p.m. with an assembly, during which one of the four ministers of the churches involved portrayed a rabbi and read from the Torah.

The children then were divided into the tribes of Israel. Although there were 12 tribes of Israel, there were 15 groups of children. Each "tribe" had its own tent, where the children learned about Judaism and the history of their "tribe." They also learned some songs and dances from that era.

Following those lessons, the children were called by the blowing of the shofar, or ram's horn, to come to the marketplace. Each child had a pouch of gold pebbles that he or she could use to buy materials to make bread or bricks or pottery or a wood product.

During the time in the marketplace, a dramatic portrayal of a Bible story was presented to the group. In addition, tax collectors, Roman soldiers, widows and beggars mingled in the crowd.

For teen-agers and adults, there was the Synagogue School, in which the four ministers, dressed as rabbis, taught about the customs of the time and talked about biblical parables.

The vacation Bible school drew people from a number of other churches, and attendance was more than 200 each night.

The success of the program, Lodal said, is due to the cooperation among the four churches.

"It makes it more of a chal-

lenge as far as organization, but it's great to work with the people. With this many people, the talents you can bring together are wonderful. It really has been great."
Tonight's program begins at 6:30 at Preston Hills Presbyterian Church on Orebank Road.

More photos from Marketplace A.D. 29



The Marketplace



Tribal Families



The Rich Young Ruler



The Widow's Mite

(More photos on next page)



Offering for Heifer Project



At three year intervals a Youth Triennium convocation is held under the auspices of the General Assembly. Cathy Clasen participated in the 1992 program and returned home even more enthusiastic in her Christian witness.



HEALTH Matters

The Truth About Chronic Pain

webmd.com

1. Weather Can Affect Pain

FACT. If your joint pain gets worse when it's cold or raining, it may not be your imagination. Although studies have shown mixed results, changes in air pressure can cause some people -- especially those with arthritis -- to have more pain in their joints.

2. Lots of Rest Is Good For Back Pain

MYTH. Although your doctor may prescribe short rest, it's best to remain active. Experts say that complete bed rest is one of the worst things you can do for back pain -- or any other type of long-term (chronic) pain. If you're not active, your body quickly gets out of condition, so you have even more pain when you eventually move. Limit exercise when pain is intense, but do your normal activities as much as you can.

3. Losing Weight Can Ease Pain

FACT. If you're overweight, losing some of it means less pressure on your joints and back. Even 10 pounds can make a difference. Your doctor can let you know what's a good goal weight to work toward and suggest the best, safest ways for you to do it.

4. You Can Overlook Minor Pain

MYTH. Many people believe that pain is something they have to live with, but you should never ignore it. Even if the ache gets better when you take over-the-counter pain medications, see your doctor if it's severe, lasts more than a week or two, gets worse over time, or makes it hard to do your daily activities.

5. Your Attitude Can Affect Pain

FACT. You don't want to ignore your pain. But as hard as it may be, try not to dwell on it, because it can make you feel worse. Instead, keep looking for solutions. Ask your doctor what else you can try -- physical therapy, maybe? If the hurting gets you down -- you feel depressed, mad, or worried about it -- consider talking with a counselor. They will listen and help.

6. No Pain, No Gain

MYTH. Although it's OK to push yourself when you work out, it's important to know when to stop. Pain is your body's way of telling you that something is wrong. You should never feel pain when exercising. If you do, stop and take a break. To stay safe, learn what your limits are and stay within them.

7. Pain Is Part of Aging

MYTH. Chronic pain is not like gray hair and wrinkles. You might not feel like you used to when you were young. But if you're in pain every day, talk with your doctor to help you find relief. At any age, you shouldn't settle for feeling bad.

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Chocolate Covered Strawberries

This is the simplest version of chocolate covered strawberries I know. Paraffin was originally used instead of shortening. Turn the strawberries upside down and insert by the toothpicks into a piece of styrofoam for easy cooling, or simply place them on a sheet of wax paper. White chocolate can be drizzled over the milk chocolate for a fancier look.

Servings: 24

Ingredients

- * 16 ounces milk chocolate chips
- * 2 tablespoons shortening
- * 1 pound fresh strawberries with leaves

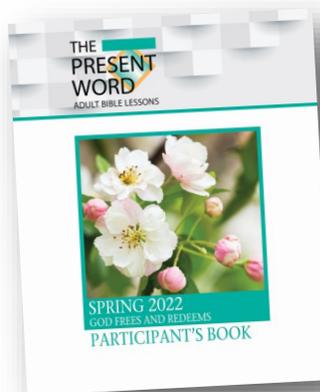
Directions

1. In a double boiler, melt the chocolate and shortening, stirring occasionally until smooth. Holding them by the toothpicks, dip the strawberries into the chocolate mixture.
2. Insert toothpicks into the tops of the strawberries.
3. Turn the strawberries upside down and insert the toothpick into styrofoam for the chocolate to cool.



Sunday School UPDATE

We will have In-Person Children's Sunday School this Sunday, February 13th. Parents, please check your email for details.



The **SPRING Present Word Adult Sunday School** books are in the Narthex entryway. We have a few extra copies if anyone would like to join the Adult Sunday School this Spring. Just call the Church Office and let us know if you would like to have a copy.