

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**



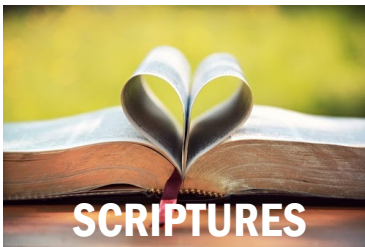
August 7, 2022
**In-Person and
Online Worship Service
at 11:00am**
**Click on either link for
Sunday Worship Service**



[https://www.facebook.com/
WaverlyRoadPresbyterian-
Church/](https://www.facebook.com/WaverlyRoadPresbyterian-Church/)



[https://www.youtube.com/
channel/
UC1dv3U42u4jLlksq_71Foyg](https://www.youtube.com/channel/UC1dv3U42u4jLlksq_71Foyg)



SCRIPTURES

August 7, 2022
Isaiah 1:1, 10-20 &
Luke 12:32-40

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 Trinity Gibson...

Hello WRPC folk,

As our summer break closes, here's some of the highlights. Summer began with Youth Group having a weenie roast on the front lawn. We all enjoyed cold sodas, games, and simple fellowship without rushing to meet a deadline. It's so special to be a part of a teenagers' life. I am honored to spend time with them!



During the end of June and the month of July, all of our efforts were focused on Vacation Bible School. My kiddos, Andie and

Tessa, and I made backgrounds, murals, a huge tree, and animals of all kinds to create a farm scene. The theme was "Growing in Friendship with Jesus". Suzanne Huron, Carlista Barttels, Rachel Lawson, Jermaine Bus, and Martha Triplett carried out all my crazy plans! (Thank you all so much.) The kids had a blast and really learned that Jesus loves them ALWAYS.

The stars of VBS were our teens! Our whole Youth Group helped set up games and decorations. Then they guided the kids in their craft projects, games, and all that we did! Wow! Teenagers that once attended VBS are now a big part of holding VBS for younger kids! I hope you all recognize this as miraculous!

Church, thank you for your support in donations of supplies and financial gifts. This VBS was especially important as we haven't been to host an in-person VBS since I came to work here. Children that really need to feel the love of God participated.

Summer break is over, but I'm planning great things for this Fall! Have a wonderful and peaceful week,

—Trinity



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 | Dr. Bob & Jeanne Jernigan |
| Rorie Parker Family | Sarah Hale |
| Lee Bockman | Susan Avery |
| Doris Blanchard | Barbara Lane Family |
| Susan Smith | Kirk and Lola Finch |

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.

Missions in our Prayers—3rd Quarter

Local Missions

Meals on Wheels
Shades of Grace
WRPC After School Program

Regional / National Missions

Holston Presbytery Camp & Retreat Center
Ukirk (ETSU)

International Missions

Butoke Nutrition Center, Congo
Moyo wa Afrika, Tanzania

Special Offerings

Peace and Global Witness Offering (Oct. 2 World Communion Sunday)



This Week at WRPC

Indoor and Online Worship at 11:00am.

| | | |
|-----------------------|---------|--|
| Sunday 8/7 | 9:45am | In-Person Sunday School – Preschool through Grade 12 |
| | 11:00am | Sunday Worship Service / Communion / 5 Cents-a-Meal Offering <i>Godly Play Children's Church in Room 102)</i> |
| Tuesday 8/9 | 9:00am | Walking Group / Meet at Greenbelt behind PetSmart |
| | 6:00pm | The Has Beens, FH |
| Wednesday 8/10 | 1:00pm | ZOOM Bible Study |
| | 7:00pm | Chancel Choir Practice |
| Friday 8/12 | 10:00am | Food Pantry |



Dear Waverly Road Congregation,

I did not plan to become a church organist, but In December of 1980, Rev. Morris Warren asked me to fill in for our retiring organist until a permanent organist could be found...and it changed the course of my life!

I could never have imagined the blessings and joys I would receive over the next 41 plus years! But the time has come for me to give someone else the opportunity to receive those blessings and joys. I will be retiring as soon as a replacement is found. Words are not enough, but thank you for all your love and support!

Love in Christ,

—Susan

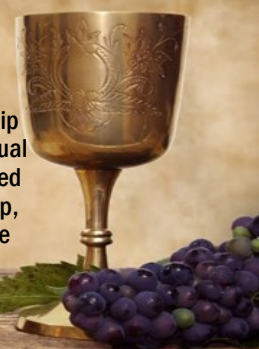
WRPC Walking Group

Let's Walk  **Every Tuesday, weather permitting!**

We will gather at 9:00 am at the Greenbelt entrance beside PetSmart.

Communion Sunday, August 7

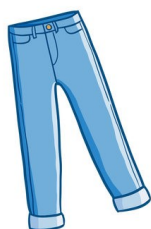
Join us during our online or in-person Worship Service this Sunday for Communion. Individual Fellowship Cups with juice and wafer provided for in-person Communion. For online worship, just provide your own bread and juice or wine and let's break bread together.



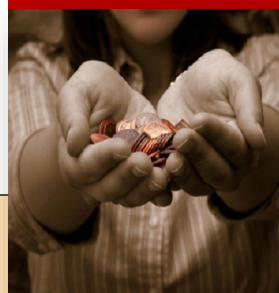
 **For the month of AUGUST...**

August is the month for donating gently used jeans (all sizes) and new feminine supplies.

Thanks for your support!



5 Cents-a-Meal Offering will be collected this Sunday, June 5!



5 Cents-a-Meal offering for August will be this Sunday, August 7. We are very grateful to Holston Presbytery, but also to the congregation of WRPC for your dedication to the 5 Cents-a-Meal offerings!

Online Adult Bible Study (Formerly Meeting Room Class) to Resume in August

The former Meeting Room Adult Bible Study Class will resume online lessons beginning in August. The Present Word will continue to be used. The 20-30 minute weekly lesson will be co-taught by Barbara Lane, Jack Lowe, and Betsy Preston. Howard Carman will format the weekly lesson to ZOOM. If you would like to be included in the e-mail link to the lesson, please e-mail Jack Lowe at jklowe2@charter.net and Howard will send you the link. You do not need a lesson book to get the lesson. However, if you would like a Fall Book (Sep-Dec), please let Amy know.

Three NEW Keypad Locks at Propect House!

The old door knob locks were beginning to stick which made regular keyed entry almost impossible. The solution? NEW keypad locks. If you have Prospect House keys, please return them to the church office to be recycled. If you need to enter Prospect House, please call Amy at 247-5121 for the new code (for all three locations).



Views from the

FOOD PANTRY

by Peter Lodol

August 7-13, 2022



To all:

We ended July, a 5-Friday month, with 38 bags delivered. The total for July was 196, by far the largest month of 2022.

Supply chain issues have eased a little bit, so we are in pretty decent shape for supplies.

As always, thanks for your support and your prayers.

—Pete Lodol



HEALTH Matters

10 Foods that Fight Pain

webmd.com

Ginger

A staple of traditional medicine, this pungent root is probably best known for its anti-nausea, stomach-soothing properties. But ginger can also fight pain, including aching joints from arthritis as well as menstrual cramps. One study found ginger capsules worked as well as over-the-counter anti-inflammatory drugs like ibuprofen at relieving period pain.

Blueberries

These little juicy gems have lots of phytonutrients that may fight inflammation and lessen pain. If it's not berry season, frozen blueberries can have the same or even more nutrients than fresh.

Other fruits with antioxidants and polyphenols, including strawberries and oranges, can have a similar soothing effect.



Pumpkin Seeds

Pepitas are a terrific source of magnesium, a mineral that may cut the number of migraines you get. It may also help prevent and treat osteoporosis. But despite what you may have heard, it doesn't seem to stop leg cramps

at night. For more magnesium, add almonds and cashews, dark green leafy vegetables (like spinach and kale), beans, and lentils to your diet.

Salmon

Loaded with anti-inflammatory omega-3 fatty acids, salmon makes just about all of the "good for you" lists. It's considered heart-healthy and may relieve joint tenderness if you have rheumatoid arthritis. Other varieties of cold-water fish, including tuna, sardines, and mackerel, are good choices, too. Avoid tilapia and catfish, though: Their higher levels of omega-6 fatty acids may promote inflammation.

Turmeric

The compound in the spice that gives curry its bright orange-yellow color can affect several processes in your body, including inflammation. Studies of people with rheumatoid arthritis and osteoarthritis who took supplements of curcumin found they could walk better and without the side effects of taking drugs. Black pepper can help your body absorb it, so try a blend of the spices, steeped with ginger and honey into a tea.

Tart Cherries

In one study, runners who drank tart cherry juice starting 7 days before a race and on race day (12 ounces, twice daily) had significantly less muscle pain than a group who swigged a similar-tasting beverage with no natural juice. It could be from the antioxidants and anti-inflammatory compounds in the fruit.



Virgin Olive Oil

Feel that peppery tingle in the back of your throat? That's a compound called oleocanthal, and it works like ibuprofen. Extra-virgin olive oil also has lubricin, which keeps joints sliding smoothly and protects cartilage from breaking down. It might help people with osteoarthritis. Stick to lower temperatures (less than 410 degrees) when you cook with olive oil so you don't lose any of its many benefits.

Chili Peppers

Capsaicin, the stuff that gives chilies their heat, is well known for its painkilling properties in creams and patches. Some early research suggests that eating hot peppers, instead of putting them on your skin, may reduce and prevent inflammation, too. The "burn" also tricks your brain into releasing endorphins, which block pain signals.

Mint

Peppermint oil relieves the painful cramps, gas, and bloating that are the hallmarks of irritable bowel
(Continued on back page)

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10 Foods that Fight Pain, *cont'd.*

syndrome. Peppermint tea is a good soother for occasional tummy upset. In early research, Brazilian mint tea (made from the plant *Hyptis crenata*) has been as effective as a prescription painkiller.



Red Wine

Early research suggests a compound in the skin of red grapes, called resveratrol, could ease the disk swelling that can lead to back pain. But don't drink that whole bottle for your stiff bones yet. (Women, stick to one glass; men can have two.) While resveratrol is promising, we need more studies to come up with a treatment.

Encouraging Words

"If you want to lift yourself up, lift up someone else". —Booker T. Washington

Rise and Shine Parfait

Start your day with a smile. This fruit, yogurt and granola parfait is so easy to make. Use whatever favorite fresh fruits are in season.



Ingredients

- 4 cups fat-free vanilla yogurt
- 2 medium peaches, chopped
- 2 cups fresh blackberries
- 1/2 cup granola without raisins or Kashi Go Lean Crunch cereal

Directions

1. Layer half the yogurt, peaches, blackberries and granola into 4 parfait glasses. Repeat layers.

 **zoom**
Join us for **ZOOM Bible Study**
every Wednesday at 1:00pm