

The Newsheet

Waverly Road Presbyterian Church

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WELCOME TO WORSHIP



October 27, 2024

**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/WaverlyRoadPresbyterianChurch/)



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



SCRIPTURES

October 27, 2024

Psalm 34 & Mark 10:46-52

Food Pantry WRPC

**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...

How many times have you started a sentence with “I just can't comprehend WHY xyz”? Usually there is a hint of frustration behind that statement. Sometimes, but not always, maybe a hint of intolerance? It's understandable and human nature. Too bad we are asked to rise above that because it's not easy!! To merely tolerate that which we do not understand is not enough.

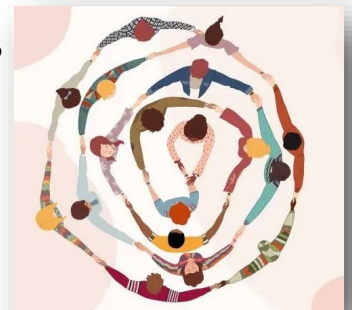
I heard somewhere the other day that “It's about compassion, not comprehension”. That rings so true of what Christ asks of us.

Other people's experiences are not your experiences, their feelings are not your feelings, their traumas are not the same as yours.

Goodness knows there is so much we cannot (and perhaps aren't meant) to understand about God's plan. That doesn't mean don't bother TRYING to understand, otherwise we wouldn't have sermons, study the scripture, or Sunday School either. We are to strive for understanding, but it is not as important as the compassion that Jesus so frequently modeled for us.

We must also try to understand where our neighbors are coming from, but it is compassion that is crucial if we are to emulate Christ's love the way he commanded. Next time, I am going to try and substitute “I cannot comprehend” with “I have compassion for” and just see what happens. I have a feeling my conversation (internal dialog or with others) will take on a different tone. Perhaps yours would, too?

—Rachel



People in our Prayers

Rev. Dan Clark
Holston Camp
Doris Blanchard Family
Ted Germroth
Benjamin Salyer
Sue Hall
(Steve Hall's mother)
Mike Lewis
Sharon Petke
Conner Caldwell Family
Lynda Snook

Laci, Nicholas &
Robin Lodall
Ann Kibler
Kirk and Lola Finch
Travis & Kathy Adams
(Collin's parents)
Chuck Green
Marty Qualls
Linda Dillon

Missions in our Prayers—4th Quarter

Local Missions

Meals on Wheels
Waverly Road Childcare Center
CarePortal

Regional / National Missions

UKirk (ETSU)

International Missions

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

Indoor and Online Worship at 11:00am.

Sunday 10/27	9:45am	Sunday School
	11:00am	Worship Service / Remembering the Saints
Monday 10/28	6:00pm	Youth Group, YS
Tuesday 10/29	9:00am	Walking Group, Greenbelt Holston Valley Trailhead Entrance
	6:00pm	Has Beens, FH
Wednesday 10/30	11:15am	NE TN Faith Leaders Co-Hort Lunch, FH
	1:00pm	ZOOM Bible Study
	7:00pm	Chancel Choir Practice
Thursday, 10/31	9:00am	Trick-or-Treating Event with Lincoln Elementary
Friday 11/1	10:00am	Food Pantry, FH

Mission Moment Update...

October 20, 2024

Meals on Wheels—Celebrating 50 years!

2024 marks the 50th anniversary of Meals on Wheels of Kingsport at Waverly Road Presbyterian Church. Meals on Wheels started in Kingsport in 1972, but it was in 1974 that our church provided Meals on Wheels with a kitchen to use for meal preparation. We have church members who began to volunteer with Meals on Wheels in 1974 and are still volunteering today.. From 1974-1985, our kitchen was the only kitchen used for meal preparation. There are several pictures attached to this article that show a cook team preparing meals in the kitchen in the 70's.



Waverly Road Presbyterian Church has had a special relationship with Meals on Wheels for a very long time. That is demonstrated by the number of people in our church who volunteer now, or have volunteered in the past by preparing or delivering meals. Meals on Wheels of Kingsport serves over 200 meals every day, and each of those meals' costs approximately \$3 per meal. No recipient is ever asked to pay for a meal. These free meals are made possible by the generous the in-kind support that is provided by our church in the form of kitchen space and food storage, and preparation space. Without the support from our church and First Presbyterian Church, Meals on Wheels in Kingsport would look very different than it does today. It would be very difficult to deliver over 200 meals free of charge to qualified recipients. Commercial kitchen space is prohibitively expensive and nearly impossible to find in our area.

Meals on Wheels of Kingsport is very thankful for the special relationship and partnership that we have with Waverly Road Presbyterian Church. Recently the Meals on Wheels refrigerator here had temperature control issues. A church member stepped forward and

(Continued on next page)



SMILE for the Month of October

Our wish list for October includes new or gently used coats and hoodies, and new stocking stuffer items.

zoom

Bible Study Every Wednesday!

Join us every Wednesday at 1:00pm for ZOOM Bible Study. We will send out the information how to tune in and join study and conversation!



Trick-or-Treating Event with Lincoln Elementary School!

Thursday, October 31
Time: 9:00am-12:30pm

Just bring your candy and leave in Rachel's office. Thanks so much for your contributions and participation!

We need more candy!



Views from the

FOOD PANTRY

by Peter Lodal

October 27—November 2, 2024



To all:

We are back to normal (for now, delivering 46 bags this past Friday.

Through the end of September (3 quarters) we delivered 1596 bags, compared to 1438 for the comparable period in 2023, an 11% year-to-year increase.

As always, thank you for your support and prayers.

—Pete Lodal

Meals on Wheels— Celebrating 50 years!, *cont'd.*

secured permission for Meals on Wheels to move some food items temporarily into the church refrigerator. Church members were also instrumental in getting the Meals on Wheels refrigerator repaired. The work and dedication of so many members of our congregation makes it possible for Meals on Wheels to serve over 2 million meals, free of charge, for over 50 years. If you would like to support Meals on Wheels as a volunteer, please visit the website www.mealsonwheelskingsport.org. You truly are the hands and feet of Christ in our community. Thank you.



Stephen Ministry—Anticipatory Grief (continued)



STEPHEN
MINISTRY

This week we will conclude our discussion on anticipatory grief which is a state of deep, painful sorrow that occurs before an impending loss. Next week, there will be a short article about a couple of times I experienced this type of grief.

What are the benefits of anticipatory grief? Studies are conflicted on whether anticipatory grief is beneficial or not. It appears to depend on the individual. For some, it may help them sort out their feelings and make preparations for moving forward. Experts contend that anticipatory grief allows a person to:

- Confront their fears rather than avoid them
- Deal with any unfinished business, both practical and emotional
- Clarify any misunderstanding or express what should have been said earlier
- Say their goodbyes
- Make preparations for life moving forward

By doing so, a person may have less distress and be able to navigate bereavement when the loss occurs.

For others, however, anticipatory grief may only serve as a prelude to conventional grief, neither bolstering the person for the harsh reality of their loss nor preparing them for life ahead.

Not everyone feels anticipatory grief but it is common. Feeling grief before the loss does not mean you are giving up or abandoning a loved one. Instead, anticipatory grief may give you a chance to gain meaning and closure you may not have had otherwise. You may feel like you are somewhere between holding on and letting go. While it is painful to feel this way, the truth is it is possible to live with both feelings. You don't have to choose between them. Grief serves a purpose, whether it occurs before or after the loss.

Researchers have identified four phases and tasks of grief:

- Accept the coming loss
- Working through the pain (reflecting & coming to terms with feelings)
- Adjusting to a new reality (whether it be a death, employment change, autistic child, etc.)
- Connecting to life in a different way as you move forward.

Don't Go It Alone: Express Your Pain – Staying strong when we are facing a challenge can be difficult. Give yourself permission to feel sad and ask for support from other people in your life. Nobody should have to face anticipatory grief alone. Keeping your feelings to
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The Newsheet (permit 445-550) is published weekly by Waverly Road Presbyterian Church, 1415 Waverly Rd., Kingsport TN 37664-2520. Periodicals postage paid at Kingsport TN. Postmaster: send address changes to The Newsheet, 1415 Waverly Rd., Kingsport TN 37664-2520.

Anticipatory Grief, *cont'd.*

yourself can lead to loneliness and isolation. It can be upsetting when someone tries to tell you what to do or how to feel. This can cause you to react to this unsolicited advice with anger or simply shut down. Neither of these will help.

It is recommended that a person experiencing anticipatory grief find a good listener who will not try to "fix things", tell you how you should feel or use platitudes such as "I know how you feel". This describes a Stephen Minister. If you or someone you know is experiencing anticipatory grief, please contact one of our Stephen Leaders – Dave Petke, Susan Foster, Linda Qualls, or Barbara Lane. Our Stephen Ministers care for and are here for you.



Butter Toffee Pretzels

Ingredients

- 1 (16 oz) bag Mini Pretzels
- 1 cup Brown Sugar
- 1/2 cup Butter
- 1/4 cup Light Corn Syrup
- 1 tsp Vanilla
- 1/2 tsp Baking Soda
- 1 bag Heath Toffee Bits

Directions

Preheat oven to 200 degrees. Line a large baking sheet with parchment paper and set aside.

1. Pour mini pretzels into a large bowl and set aside.
2. In a medium sauce pan, add brown sugar, cubed butter, and corn syrup. Bring to a boil over medium heat. Boil for 5 minutes while constantly stirring.
3. Remove from stove top and whisk in vanilla and baking soda.
4. Pour hot toffee mixture over the pretzels and toss to coat evenly. Pour half the bag of toffee bits over the pretzels and toss again to coat evenly.
5. Spread pretzels onto the prepared baking sheet and distribute pretzels around evenly.
6. Bake for 1 hour, stirring every 15 minutes.
7. Once baked, remove from oven and sprinkle remaining half bag of toffee bits over the pretzels immediately.
8. Allow pretzels to set and cool.
9. Once set and cooled, break into small clusters.

