

# The Newsheet

## ✠ Waverly Road Presbyterian Church

Photo courtesy: Charlie Foster

www.waverlyroadpc.org wrpc@waverlyroadpc.org 423.247.5121 Office Hours: Monday-Thursday, 8:30 am—4:00 pm, Friday, 8:30 am—12:00 pm

### Sunday August 26, 2018

Sunday School — 9:45am  
Worship — 11:00 am

**Usher in Charge**  
Jane Welch

**Greeters**  
Debby Clasen  
John Clasen

**Acolyte**  
Gabe Lawson

### Scriptures for August 26, 2018 Sunday

1 Kings 8:  
1, 6, 10-11, 22-30, 41-43  
John 6:56-69

### Food Pantry Schedule

#### August 24

**Baggers:** W. Kerns, B. Kerns  
**Distributors:** S. Bus, S. Pitts,  
M. Triplett, B. Hubbard, B. Fritz

#### August 31

**Baggers:** K. Boyd, R. Lawson  
**Distributors:** D. Germroth,  
S. Rotenberry, B. Rotenberry,  
G. Blythe

#### September 7

**Baggers:** B. Elderbrock, L. Carson,  
D. Carson  
**Distributors:** S Foster,  
D. Eldredge, C. Pitts, S. Porter,  
G. Blythe

#### September 14

**Baggers:** Cora Cox Academy,  
S. Lodal  
**Distributors:** P. Phillips,  
S. Bingham, S. Martin, C. Barttels



## From the desk of Pastor Collin...

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

Last Sunday we had a congregational meeting to vote on changing the number of elders that serve on the session. I want to thank all of you for asking questions and listening for the movement of the Spirit as we move into the future here at Waverly Road. I also need to warn you that this is not the end of what you will be called on to do.

Under the new structure we will need people who feel led to come and serve on committees and as elders. We are looking for new ideas, new ways of doing old things and we may need to set some things down. What we need is to hear from you all.

One of the things we have discussed in Session and Session Council is how the Session is not meant to be a place to conduct business. The Session is meant to help further the mission and ministry of the congregation. Session is meant to equip the saints. You all are the saints and we need to know what you need. How can Waverly road help you in your faith journey? Are there things you wish to explore or opportunities that you feel the Spirit is leading us to?

Please speak to your elders and to me. All voices are important as we seek to discern where God is calling us.

May God continue to bless,

*Rev. Collin*



### People in our Prayers

Clasen Family	Sharon Petke
Ellee Rose Large (@ St. Jude)	Carrie Conkin
Rev. David Hale	Mike Lewis
Eileen Williams	Helen Austin
John Bearden	TEAMEffort in Virginia
Mary Margaret Bowles	Beach, VA
Cassi Yost	Those who have
Betty Joiner (Julie's Mom)	recently lost loved ones

### Missionaries in our Prayers

PCUSA Missionaries Bill & Ann Moore in Japan  
Jimmy Shafe: Mission: Hope ROW Congo  
Osman Hope in Honduras  
Mahendra Bhattarai & family and the school in Nepal  
Fred Foy & Cecily Strang in Kenya  
Karah Germroth and Moyo wa Afrika in Tanzania  
Alyson Miller in Peru

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

**Saturday 8/25**

**SMILE Yard Sale! Let's try this again!**

**Sunday 8/26**

9:00am Choir Practice

9:45am Sunday School

11:00am Worship Service

5:30pm Youth Group, YS

**Tuesday 8/28**

11:00am Shepherds, MR

6:00pm Stephen Ministry, MR

6:00pm Has Beens, FH

**Wednesday 8/29**

3:30pm After School Program

5:30pm WOW Meal

6:15pm WOW Program

7:30pm Chancel Choir

**Friday 8/31**

10:00am Food Pantry, FH



**Mark your calendar!**

The next Parents' Night Out is  
Saturday, September 15, 4-8 pm. Contact Rachel  
Lawson at [rachelzbeth@gmail.com](mailto:rachelzbeth@gmail.com) or (423) 963-4310.



**WOW**

**starts on  
August 29th with an  
Indoor Picnic and more!  
Be sure to sign up.**



**Menu:** Hamburgers, Hot Dogs, all the fixings, Baked Beans, Chips, Salad and Fruit Pizza.



**After School  
Program**

**starts Wednesday, August 29!**

## Congregation



### WRPC Congregational Meeting News

Robin McMillan, Clerk of Session, is pleased to announce that the Elder/Officer Nominating Committee will consist of the following members:

**Elder co-leaders:** Rick Johnson and Karen Carman

**At-large members:** Betty Fritz, Tim Nolen, Dave Petke, Carol Pitts

Robin appreciates the congregation's participation and these individuals' willingness to serve in this capacity.

### WRPC Corporation Update

As President of the Corporation, Robin McMillan reported that the proposed addition to the bylaws was passed by vote of the congregation on August 19th. This change in the bylaws was previously approved by Session and supports transition to the reorganized Session for 2019.



Our After School Program starts August 29th. To access a permission form, email Joshua Russell at [bishopjosh russell@gmail.com](mailto:bishopjosh russell@gmail.com). **We must have this form in hand to transport your child.**

**Don't forget! SMILE Yard Sale!**  
**Let's try this again!**



This Saturday!  
**August 25,**  
**8:00am—1:00pm,**  
**in the Prospect**  
**House parking lot.**  
Support a great  
Cause and get  
some cool  
bargains, too!





Views from the

# FOOD PANTRY

by Susan Lodal



**Week of August 26—Sept. 1, 2018**

**Item of the Week**

**Canned Vegetables**

*(From Second Harvest of Northeast Tennessee website)*

## Children and Hunger

40% of the client households served by Second Harvest Food Bank of Northeast Tennessee have at least one member younger than age 18.

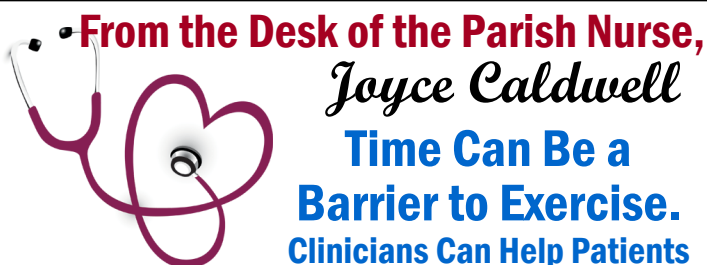
Among client households with children younger than age 18, 43.7% are single parent households.

The study shows that 79.9% of client households with children under 18 are food insecure.

Among all clients with children, 4.1% stated that, during the previous 12 months, their children were often not eating enough because they just could not afford enough food.

18.2% of the clients with children said that their children skipped meals because there was not enough money for food during the previous months.

\*According to Hunger in America Study 2010



**Time Can Be a Barrier to Exercise.  
Clinicians Can Help Patients**

*By Alexandra Larcom MPH, RD, LDN, Senior Manager of Health Promotion & Health Policy at IHRSA*

Lack of time is one of the most commonly cited barriers to physical activity.

The good news is, research shows it is possible for a person to improve their health by incorporating even a small amount of exercise into their



daily routine. Health professionals can share these three key facts about physical activity with patients to help encourage them to meet the recommendations in the Physical Activity Guidelines.

## Shorter bouts of exercise are just as good as one longer bout

According to 2013 research published in *Medicine & Science in Sport & Exercise*, completing three, 10-minute bouts of exercise produced similar effects on cholesterol, BMI, and Framingham heart risk as did one sustained 30-minute bout of exercise. The Journal of the American Heart Association found the same: mortality risk reduction was achieved independently of how exercise was accumulated – be it in bouts of 5-10 minutes or all at once. For someone who doesn't have a 30-minute portion of the day free but has a few minutes here and there, this is great news. Three 10-minute walks, five minutes of jumping jacks and calisthenics every hour during the workday, or a 30-minute run can all confer the same benefits.



## Higher intensity exercise requires a lower time commitment for similar benefits

It's important to remember that the recommended weekly amount of physical activity according to the Physical Activity Guidelines can be achieved with moderate intensity (150 minutes) or vigorous intensity (75 minutes) activity. Vigorous exercises include things like running, cycling 10 miles per hour or faster, singles tennis, aerobic dance, or hiking uphill. According to the 2008 Physical Activity Guidelines Advisory Committee Report, accumulating 13-26 MET hours/week, achieved either by moderate activity like walking for 150 minutes per week or vigorous activity like jogging for 75, is associated with weight loss of 1-3 percent of body weight. Research has also suggested shorter, higher intensity workouts can produce similar results for fat loss and cardiovascular fitness in obese adults, and statistically significant differences in total body mass, fat mass, and fasting plasma insulin levels.

## Some activity is better than none

While the Physical Activity Guidelines recommend adults do 150 minutes a week of moderate-intensity (or 75 minutes of vigorous-intensity) aerobic physical activity, it's important to remember that even smaller amounts can still achieve some beneficial effects. Exercise amounts equivalent to a 15 minutes brisk walk daily lowered all cause mortality risk by 22 percent and cardiovascular mortality risk by 25 percent in adults over age 60. Additionally, muscle-strengthening activities are an important part of the Physical Activity Guidelines. A 2017 Mayo Clinic Proceedings study found that people who completed an hour of resistance training weekly had a 29 percent lower risk of developing metabolic syndrome than non-exercisers.

## Meet Our Stephen Ministers/Leaders— Sylvia Rotenberry



This month we are recognizing Sylvia Rotenberry, who became a Stephen Minister in 2010.

Sylvia has been married to Roy for 54 years and they have been members of Waverly Road for 42 years. Sylvia has served as a Deacon at Waverly Road and she and Bobby are currently serving as distributors for the Food Pantry.

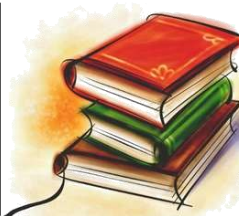
Sylvia's first job was at Eastman as an Export Order Editor. For the past 22 years, she has worked as an Enrolled Agent, Master Tax Advisor for H & R Block during tax season. Her hobbies include reading, walking, spending time with friends and family, and traveling. She and Bobby are members of the Boone Lake Association. Every spring, Sylvia and Roy work for the Boone Lake Cleanup picking up trash.

Sylvia says, "The biggest challenge I had when I began serving as a Stephen Minister was stepping out of my comfort zone and into the unknown. Our training sessions were a big help in overcoming this. I believe that all Stephen Ministers use this training almost daily. It has been helpful to me in my personal life and especially in my work environment. I have even used it in chance encounters with strangers. One thing I would like to share about Stephen Ministry is that we are available for anyone. We don't cure, but we care. We have supervision meetings every two weeks to help us in our care giving situations and for our own personal support. Stephen Ministry gives us a focus and a purpose. We are carefully matched to our care receivers. It brings us into contact with special people that we may not have known before. We have guidelines to follow as well as the care and support of our fellow Stephen Ministers."

When asked about her ministry as a Stephen Minister, Sylvia responded, "I have had two care receivers. The first one was for nine months. My second care receiver relationship was for a longer term, lasting 2 years and 10 months. I received many blessings with each relationship with my care receiver, and also my relationships with my fellow care givers. I could see my care receivers grow in their faith and I appreciate the things they were able to share with me. They knew everything they shared was confidential."

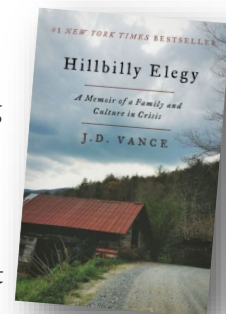
The advice that Sylvia would give to someone considering a Stephen Minister is "Please share any questions or concerns with any of us. Please remember that everything is confidential. There is no problem or concern too small or too difficult. We are here to listen because we care. We are not just here for the hard or sad times in your life. If good things are happening or good changes are occurring, that can also lead to stress in your life. We can share those times with you as well."

We appreciate the time and dedication that Sylvia has given as a Stephen Minister at Waverly Road Presbyterian.

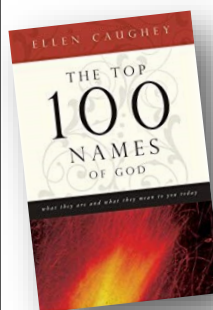


## News from the Church Library

**Hillbilly Elegy** by J.D. Vance is a passionate and personal analysis of a culture in crisis—that of white working-class Americans. The decline of this group, a demographic of our country that has been slowly disintegrating over forty years, has been reported on with growing frequency and alarm, but has never before been written about as searingly from the inside. J. D. Vance tells the true story of what a social, regional, and class decline feels like when you were born with it hung around your neck. *Given to the Church Library by Martha Triplett*



### **The Top 100 Names of God** by Ellen Caughey



God's many biblical names tell us much about Him—and here are brief sketches of the Lord's 100 most important names. From Adonai to Chief Shepherd, from Everlasting Father to Holy One of Israel, from Redeemer to Spirit of Truth, and from Passover Lamb to Word, you'll learn more about each title and enjoy thought-provoking devotional and inspirational takeaways. Short and

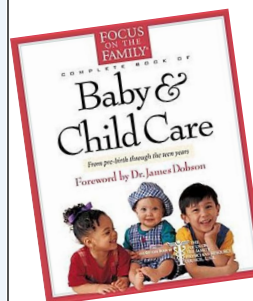
easy-to-read, they'll provide plenty of biblical insights for modern living. Applicable to readers of any age or background, *The Top 100 Names of God* is ideal for personal reading or group study. *Given to the Church Library by Beth Hubbard*

### **Look at it This Way** by Jan Silvious

Deeply rooted in Scripture, these valuable insights will give readers hope and real help for managing their thinking, showing how they can, at last, move forward with the courageous and grace-filled life God intended them to live. *Given to the Church Library by Beth Hubbard*



### **Focus on the Family Baby & Child Care** by James Dobson



Unlike any other book of its kind, the *Complete Guide to Baby & Child Care* takes a balanced, commonsense approach to rearing emotionally, physically, mentally, and spiritually healthy children. This indispensable guide delivers practical and critical information parents need to know in a straightforward format.



## Kingsport woman raising money to buy books for school in Tanzania

By Holly Viers / hviers@timesnews.net  
Photo contributed by Amy Collette

KINGSPORT — In the U.S., it's hard to imagine an English classroom with no books.

Children at this school in Engaruka, Tanzania, currently have little to no access to books, which makes learning English exceedingly difficult.

At a primary school in the small village of Engaruka, Tanzania, though, that's a daily reality. The 1,200 students who attend the school have little to no exposure to books, which makes learning English exceedingly difficult.

That's where Kingsport resident Amy Collette is stepping in. Collette, who attends Waverly Road Presbyterian Church, Kingsport, hopes to raise \$10,000 in the next few weeks to stock a library at the school.

"Just for exposure to worlds that they aren't familiar with and empowering them and giving them so many more opportunities provided through a book, I just think it's incredibly important," Collette said. "We provide that opportunity to our children, so why are these kids any different?"

### Uncovering the Need

Collette first learned about the need in Tanzania after seven members of her church took a mission trip to the village. Collette's mother was part of that group, and while she was there, she noticed the schoolchildren were fascinated by a children's book she had read in one of the classrooms.

"There's like 100 kids to a class, and they were standing on their desks to just get a glimpse of pictures in the book that she was reading," Collette said. "It just kind of hit me that we have to do something."

Collette, who works as a consultant at Usborne Books and More, reached out to Karah Germroth, a Kingsport native and founder of Moyo wa Afrika. A 501(c)(3) nonprofit, the organization assists with the development of villages in Tanzania.

Germroth said a book drive fundraiser was much needed for the school. So Collette and others got to work on making it happen.

### The Fundraiser Begins

Collette said she planned to kick off the fundraiser officially on Friday. Her goal is to raise \$10,000 by August 25.



## Kingsport woman raising money to buy books for school in Tanzania cont'd.

She will then use the funds to purchase specific books on the school's wish list. At that point, she plans to ship the books directly to the school.

"It's very locally based, with Waverly Road going, and Karah, she lives there but she's from Kingsport," Collette said. "There's just a lot of Kingsport roots to it, so I think it's important."

### How you can help

Collette is focused on raising money for the books, but she added that she'll also need donations to cover shipping costs. Her employer will match 50 percent of the donations that are received.



## BBQ Chicken with Peach and Feta Slaw

Recipe by Emily Nabors Hall /  
*Cooking Light* July 2016

### Ingredients

- 5 tablespoons olive oil, divided
- 2 tablespoons sherry vinegar
- 1/2 teaspoon freshly ground black pepper, divided
- 3/8 teaspoon kosher salt, divided
- 1 1/2 cups sliced fresh peaches (about 2 medium)
- 1 (12-oz.) pkg. broccoli slaw
- 3 (6-oz.) skinless, boneless chicken breasts, cut crosswise into 1-in. strips
- 1/4 cup barbecue sauce
- 1 tablespoon chopped fresh chives
- 1 ounce feta cheese, crumbled (about 1/4 cup)
- 2 center-cut bacon slices, cooked and crumbled

### Directions

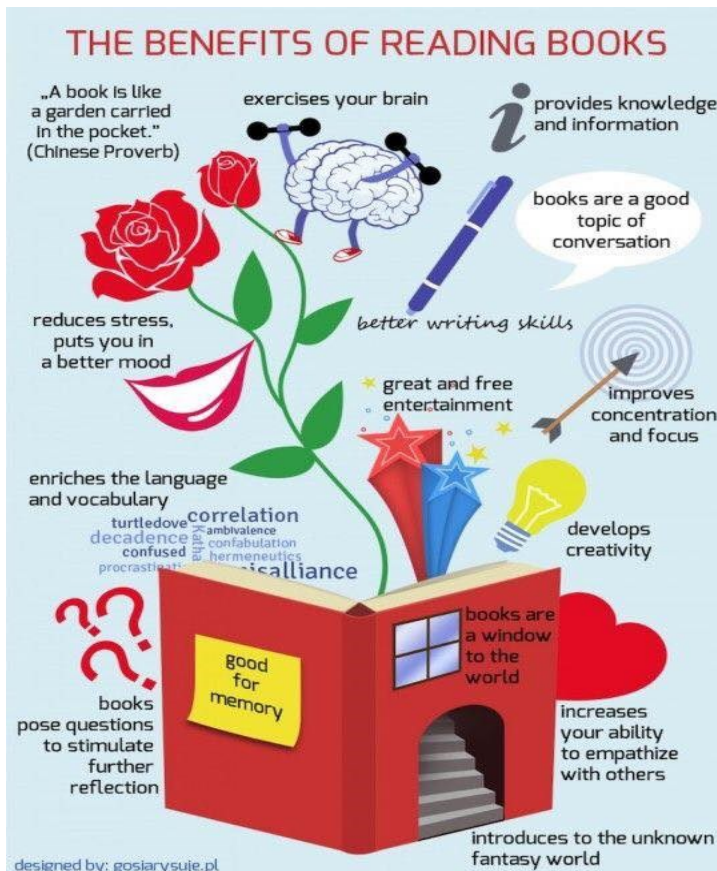
Combine 4 tablespoons oil, vinegar, 1/4 teaspoon pepper, and 1/4 teaspoon salt in a large bowl, stirring with a whisk. Add peaches and slaw to vinegar mixture; toss gently to coat.

Sprinkle chicken evenly with remaining 1/4 teaspoon pepper and remaining 1/8 teaspoon salt. Heat remaining 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add chicken to pan; cook 6 minutes or until done. Place chicken in a large bowl. Add barbecue sauce to bowl; toss.

Divide slaw mixture evenly among 4 plates; top evenly with chicken strips. Sprinkle with chives, feta, and bacon.

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## Encouraging Words

Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world.—Desmond Tutu

**WE WILL BE  
CLOSED  
LABOR DAY**

**Monday, September 3, 2018**