

# 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, 8:00 am – 3:00 pm

### February 9, 2020

Mission Breakfast – 9:00am  
 Sunday School – 9:45 am  
 Worship – 11:00 am

**Usher in Charge**  
 Jane Welch

**Acolyte**  
 Andrew Ketchie



### From the desk of Pastor Collin...

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

For the last ten years I have had a routine. On Tuesday I come in to the office, open up the lectionary website, pick sermon passages and try to come up with a sermon title. After that is done, I check to see if I am scheduled to write an article for this Newsheet. This year, I changed my routine. I have planned out scripture a month in advance. I have also tried to come up with a basic sermon 'seed' to think of as I move forward each week.

I did this intending to make it easier to plan out themes for the month and to try and make things a bit easier for those who are part of worship planning. What I have actually done though is this: I have a chunk of time in my morning that I have to fill. I have no idea what to do with it. Because this outcome was unforeseen, I have mostly filled this slot with inane scrolling of the news, which is neither productive or very healthy.

We all find ourselves with unexpected or unplanned time on our hands. It is so easy to fill this with watching TV or scrolling through our phones. While it is fine to do those things, we have become a people who move to those options on automatic. Try to be intentional with that time instead. Work on memorizing a bit of scripture, pray, sing a hymn. Fill those free and unexpected moments with God so that God can then fill you in the times that will come later.

May God continue to bless,

*Rev. Collin*



### Scriptures for February 9, 2020

Matthew 5:1-20

### Food Pantry Schedule

#### February 7

**Procurement:** None  
**Pick-up:** S. Bingham, D. Porter  
**Baggers:** B. Elderbrock, D. Carson  
**Distributors:** D. Eldredge, S. Foster, S. Porter

#### February 14

**Procurement:** S. Kirby  
**Pick-up:** None  
**Baggers:** Cora Cox Academy, S. Lodal  
**Distributors:** S. Lodal, G. Bus, P. Phillips, S. Bingham, S. Martin, C. Barttels

#### February 21

**Procurement:** None  
**Pick-up:** C. Foster, D. Morris  
**Baggers:** K. Marsh, Preston Hills  
**Distributors:** S. Lodal, G. Bus, M. Lawson, R. Lawson, B. Preston

#### February 28

**Procurement:** G. Bus  
**Pick-up:** None  
**Baggers:** Martha Triplett, WRCCC Kids  
**Distributors:** S. Bus, B. Lane, TBD

### People in our Prayers

- |  |   |
|--|---|
| Karl & Laura Hake                                | Helen Austin                            |
| Ellee Rose Large (@ St. Jude)                    | Jackie Britton                          |
| Rev. David Hale                                  | Brent Warner                            |
| Bob Avery family                                 | Kelley Arrowood                         |
| Mary Margaret Bowles                             | Laci, Nicholas & Robin Lodal            |
| Cassi Yost                                       | George Jeter (Amy's Uncle)              |
| Mike Lewis                                       | Those who have recently lost loved ones |
| Bellamy Pangelinan (Amy Easley Pangelinan's son) |   |
| Melba Johnson (Rick Johnson's Mom)               |   |

### 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

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

	IHN WEEK 2/9 – 2/15
<b>Sunday 2/9</b>	9:00am Choir Practice 9:45am Sunday School 11:00am Worship Service 5:30pm Handbells 7:00pm Personnel, Library
<b>Monday 2/10</b>	11:30am Circle of the Word, Library
<b>Tuesday 2/11</b>	11:00am Shepherds, MR 6:00pm Has Beens, FH 6:00pm Stephen Ministry, PH
<b>Wednesday 2/12</b>	3:30pm After School Program, YS 7:30pm Chancel Choir Practice
<b>Thursday 2/13</b>	11:30am Worship Committee, MR
<b>Friday 2/14</b>	10:00am Food Pantry, FH <b>HAPPY VALENTINE'S DAY!</b>
<b>Saturday 2/15</b>	4:00pm Parents' Night Out



### Mark your calendar!

The next Parents' Night Out is Saturday, February 15, 4-8 pm. Contact Rachel Lawson at rachelzbth@gmail.com or (423) 963-4310.

## FEBRUARY Sunday School Scriptures

### Sunday, February 9

Isa. 58:1-9a (9b-12)  
Ps. 112:1-9 (10)  
1 Cor. 2:1-12 (13-16)  
Matt. 5:13-20

### Sunday, February 23

Exod. 24:12-18  
Ps. 2:2  
Pet. 1:16-21  
Matt. 17:1-9

### Sunday, February 16

Deut. 30:15-20  
Ps. 119:1-8  
1 Cor. 3:1-9  
Matt. 5:21-37

**Please note that these scriptures and lessons are guidelines for our Sunday School classes and may change sometimes.**

## Encouraging Words

"Every great dream begins with a dreamer." -Harriet Tubman



**No WOW scheduled for February 12, 2020 due to Family Promise (IHN) Week.**



## Church Financial Update

Our Bookkeeper and Treasurers have completed our 2019 year-end financial report. Copies of this report are available in the workroom if you are interested in seeing the detailed report. For those of you who are only interested in the highlights, here they are.

First, our revenues exceeded expenses for the year by approximately \$85,000. Giving by those who pledged exceeded budget requirements by approximately \$25,000, a wonderful blessing for our church and our work for the Lord. Total expenses were approximately \$60,000 under budget for a number of reasons. First, we had budgeted an \$18,000 addition to undesignated reserves in an effort to replenish our reserves after we used funds from these reserves to pay for our recent renovation expenses. We also had budgeted for a full year of our Youth Ministry staff person, but since this position was not filled until July, the funds to pay for this position were not used during the first half of the year. A number of other personnel-related items were under budget as well, resulting in overall personnel expenses being \$21,000 under budget. We spent approximately \$4600 less than we budgeted for utilities and \$4260 less than we budgeted for Building and Grounds work. Finally, the Christian Education budget was underspent by approximately \$6200, again due in part to not having a full staff for the year.

The increase in pledged giving, coupled with good expense control and our short staffing for part of the year resulted in an overall increase in our undesignated reserves of \$85,000. This has resulted in a replenishment of our undesignated reserves to the levels we had before our renovation expenses, so the church reserves are on very solid ground as we begin 2020.

We have adjusted a number of these budget items, such as utilities, for 2020, and we now have a full staff, so we do not anticipate similar underspending this year. But the good news is that our overall finances are in a very good position as we start the new year. And, as we reported several weeks ago, we received pledges totaling just over 99% of our pledge goal for the 2020 budget during our stewardship campaign last fall.

Thank you to each of you who has given so generously to support the work of our church.

*Rick Johnson on behalf of the Stewardship Committee*



Views from the

# FOOD PANTRY

by Susan Lodal



Week of February 9–15, 2020

Items of the Week

Soup: (Can or Package)

## Did you know...

- Food City was our Food Pantry's primary source for groceries during 2019, accounting for most of the cost of the food distributed? The remainder of the food was donated by individuals, other churches and groups, and obtained from the Second Harvest Food Bank. During most of 2019, Susan & Bob Avery picked up and delivered food from Second Harvest to our food pantry. We were thankful for their regular trips to keep our shelves stocked with extras. This year, a new team of people is picking up from Second Harvest Food Bank: Craig Sass, Peter Lodal, Diana and Eddie Eldredge. Steve Bingham is the back-up volunteer.

We had **66 + the children of the childcare center** volunteer in the operation of our Food Pantry last year? We are blessed to have a large group of dedicated people of many ages who work together to assure that our Food Pantry doors are open each Friday morning and food is ready to distribute. Most of our volunteers are members of Waverly Road Presbyterian Church, but we also had volunteers from Waverly Road Childcare Center, Colonial Heights Presbyterian Church, First Presbyterian Church, Preston Hills Presbyterian Church, and students and teachers from Cora Cox Academy (Kingsport City Schools). We have also had Northeast State students earning service hours on occasion by helping on Friday mornings.

## A Bible verse for St. Valentine's Day

### 1 Corinthians 13:4-8a

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not

rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails ...



# HEALTH Matters

## Just in Time for Valentine's Day: 7 Heart-Healthy Tips

atkins.com

The month of February is not just about flowers and chocolate (preferably a chocolate Atkins bar or shake). February is also American Heart Month. Take some time to be good to your heart, and share these heart-healthy tips with your friends and family.



**1. Measure your middle:** Waist size forecasts heart health better than weight or BMI. A large waist (over 35 inches or more) may lead to heart disease risk factors such as high cholesterol, high blood pressure and diabetes. Fortunately, studies show that a low-carb diet like Atkins can help decrease your waist circumference.

**2. Watch your carbs:** Processed or rapidly digested carbs (like white flour, white rice, sugar and packaged foods like crackers, cookies and chips) increase the risk of coronary heart disease, according to the Harvard Nurses Study, which followed almost 120,000 female nurses for eight years. When you follow Atkins, you control carb intake. By eliminating added sugar and focusing on whole foods, including foundation vegetables, as your core carbohydrates, you are eliminating those processed carbs that put you at risk for heart disease. As you transition to Ongoing Weight Loss, and later Pre-Maintenance and Lifetime Maintenance, you gradually reintroduce more carbohydrates. This process allows you to customize the program to your own personal tolerance for carbs.

**3. Eat breakfast:** Studies also show that people who eat breakfast are more successful at losing weight (and keeping it off) than those who don't eat breakfast. Start off the day with a couple eggs scrambled with diced tomatoes, sliced avocado, shredded cheddar cheese and a little salsa. Check out our Recipes section for even more delicious low-carb breakfast ideas. In a rush? Try an Atkins Day Break bar or shake.

**4. Shoot for 30: 30 minutes of exercise.** Consistent exercise helps strengthen your heart and burn the fat. If you can't fit in 30 continuous minutes of exercise, you can split it up into three 10-minute walks throughout the day. (Continued on back page)

## Just in Time for Valentine's Day: 7 Heart-Healthy Tips, *cont'd.*

**5. Snack away:** Keep your hunger and cravings at bay by having a few healthy, low-carb snacks on hand throughout the day. Stash a bag of almonds or a couple of Atkins bars in your purse or briefcase and keep cut-up fresh veggies, string cheese and olives ready to go in your fridge.

**6. Eat your fats:** Certain fats are good for your heart, and they are also an important part of Atkins. These fats include olive oil, avocado, nuts, seeds and nut butter. In addition, try having at least two servings a week (3.5 ounces) of fatty coldwater fish like salmon, halibut and tuna, which are rich in omega 3 fatty acids. Omega 3s may decrease triglyceride levels, slow the rate of atherosclerotic plaque and lower blood pressure.

**7. Take charge of stress:** Stress may affect your heart health. Taking a little time out for yourself will do wonders for your heart (and your well-being). Schedule some social time with a friend (make it a heart-pumping walk, and you've squeezed in some exercise as well). Carve out 30 minutes to sit down with a good book or just take a moment to enjoy a cup of coffee and relax and recharge.

## Stuffed Strawberries

### Ingredients

- 1 pint fresh strawberries
- 1 (8 ounce) package cream cheese, softened
- 1/2 cup confectioners' sugar, or to taste
- 2 tablespoons orange flavored liqueur, or to taste



### Directions

Cut the tops off of the strawberries and stand upright on the cut side. Make a cut 3/4 of the way down from the tip of the strawberry towards the bottom.

Beat together the cream cheese, sugar, and liqueur until smooth in a mixer or a food processor. Place into a piping bag with a star tip. Pipe into each strawberry and arrange on a serving platter.