

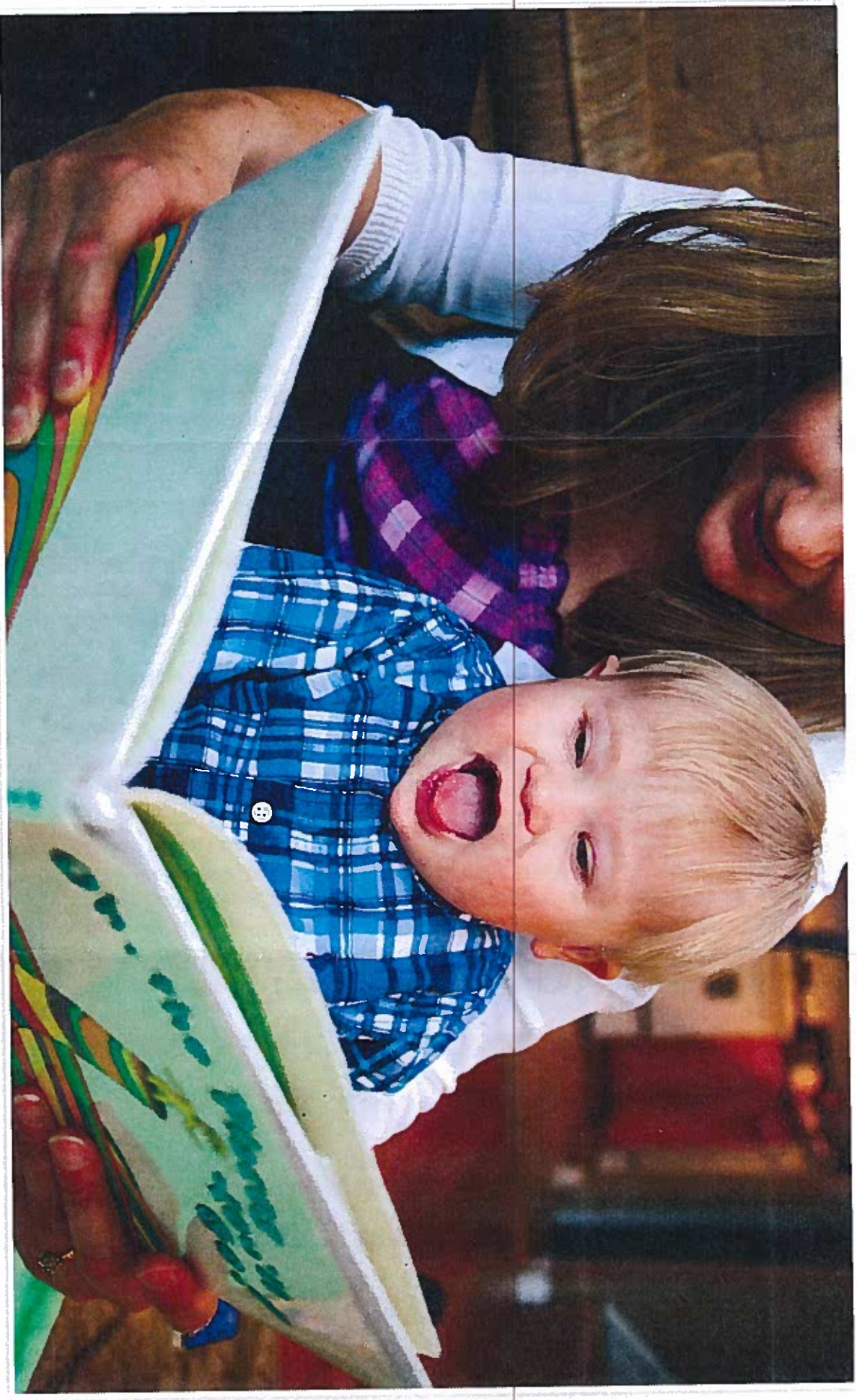
CHRISTIAN HERALD

WASHINGTON PRESBYTERIAN CHURCH

October 2017 Number 883

OCTOBER NEWSLETTER

Rev. Laddie J. Benton, Pastor



*From the Pastor's Desk
The Rev. Laddie J. Benton, Pastor*

GIVE, AND IT WILL BE GIVEN TO YOU

*Happy are those who consider the poor; the Lord delivers them in the day of trouble.
(Psalm 41 – New Revised Standard Version)*

GIVING TO AND SERVING OTHERS WITHIN THE COMMUNITY OF FAITH

Dear members and friends of Washington Presbyterian Church (USA),

Throughout the ages Christ's church has extended its hand to help the poor and the needy. The church of our Lord and Savior Christ Jesus has shown compassion for and served people who were in dire need for spiritual and life sustaining essentials. The church has provided food, clothing, and shelter for those who could not afford them. Even people who are not Christians have called upon and received help from the church when they were in desperate situations ("When he saw the crowds, he had compassion for them" – Matthew 9: 36).

Within the past couple of months, we have witnessed natural disasters that modern day people have never seen before. Here in the USA and its territories, we have seen "devastation and deluge" from the powerful winds of hurricanes Harvey, Irma, and Maria. Millions of people have been left homeless without food, water, power, and other basic necessities for sustain their livelihood. Most important, the lost of life of loved ones.

Following the example of Christ, the church has shown compassion for, and reached out to help people who suffered losses from these devastating storms. Please continue to pray for those in these situations, especially our sisters and brothers in Puerto Rico, and the Virgin Islands.

I am personally thanking Ruling Elder Toni Brooks for her dedication and commitment of helping to raise funds for the "victims" of Hurricane Harvey through the Presbyterian Disaster Assistance (PDA). Thank you, Washington Presbyterian Church for donating more than \$500,000 for this worthy cause ("Each of you must give as you have made up your mind, not reluctantly or under compulsion, for God loves a cheerful giver. And God is able to provide you with every blessing in abundance." (2 Corinthians 9: 7-8)

TO GOD BE THE GLORY!

Your Brother in Christ,
Laddie J. Benton
Rev. Laddie J. Benton, Pastor

**STAND UP FOR JESUS!
STAND UP FOR WPCI**

SICK, SHUT-INS AND BEREAVED FAMILIES

Joan Marshall, Teondré Morrison-Cooper, Claudette Carter, Justin Johnson, Kevin Herring, Joyce Beckett, Linda Hobbs (Pastor's sister), Daisy Patience, Marie (Flood) Rhodes, Monica Fruit (Joan Repper's granddaughter), Maurice Alexander, Lakeshia Green & Family, Amy McKnight, Ethel Kinkaid, Will Kinkaid (Tremont Rehab.), Diana Flood, Maria Mootarium (Barbara's co-worker), Cherie Spillane, Agnes Sneed, Mrs. Thelma Wintrey, Derric Burden, John and Damarcus (sons of Penny's co-worker), Patricia & Shirley Wilson (mother & daughter), Shania Hunter (Janice's niece), Vickie Bowers (Penniside), Connie Lantz (Vickie's mother), Kiara Delgado (Penny's granddaughter), Katrina Boykin, Eric George, Henry Johnson, Tomisshia Johnson, Melba Stamm, Dale Brown, Valerie Phelps, Kenneth Randall, Sabrina (Alex's friend), Sandy (Renwick) Martin, John and Mary Lou Haynes, Oliver & Freida Carter, Nancy Kerper, Jimmy McKeel, Rose Fletcher, Sharon Good (April's sister-in-law), Richard Newkirk, Marty & David Banks, Eddie Ramos, Jean Pingatore, Tommy Ridley, Nora Hartford, Mrs. Margorie McNeill, Paulette Amprey's family, Nicholas (Amber's client), Kim Scott, Evelyn Morrison, Gary Patience (Khadi Saboor), Earl and Marilyn Hoch, Robert Nelson, Keith Stamm, Paul Lucia, William "Tune" Davis, Margaret Joyce Randall, Thelma Jeanette Randall, Frederick Benton and Ava Marie Johnson (2 years old)

PRAY FOR THE BEREAVED

SCRIPTURES

October 1 Exodus 17:1-7
 October 8 Exodus 20:1-4, 7-9, 12-20
 October 15 Exodus 32:1-14
 October 22 Exodus 33:12-23
 October 29 Deuteronomy 34:1-12

STANDING COMMITTEES

Christian Concerns – April Coleman
 Christian Education – Alexis Green
 Evangelism – Yvonne Lewis
 Finance – Toni A. Brooks
 Property – Stephen Greer
 Stewardship – Sharon Davis/Yvonne Lewis
 Worship Committee-Pauline Johnson/Alexis Green

SESSION

Pastor – Rev. Laddie J. Benton
 Clerk of Session – Barbara Davis
 Church Treasurer – Toni A. Brooks
 Benevolence Treasurer – Sharon Davis
 Club Fund Treasurer – Winnie J. Burden
 Sunday School – Sharon Davis
 Senior Choir – Thursday, 1:00 PM

WASHINGTON PRESBYTERIAN CHURCH WILL ACCEPT DONATIONS FROM ANYONE WHO WOULD LIKE TO HELP WITH OUR MISSIONS.

WPC WEB PAGE: WPC1823.COM

“Come to me, all you who are weary and burdened, and I will give you rest.” (Matthew 11:28)

LECTONARY READINGS

Matthew 21:23-32
 Matthew 21:33-46
 Matthew 22:1-14
 Matthew 22:15-22
 Matthew 22:34-46

ORGANIZATION

Men's Fellowship – Oliver Carter
 Pastor's Aid – Toni A. Brooks/Winnie Burden
 Personnel – Stephen Greer
 Presbyterian Women – Alexis Green/Lakeshia Green

BIBLE STUDY – Wednesday 6:30 P.M.

Psalm 78:1-4, 12-16
 Psalm 19
 Psalm 106:1-6, 19-23
 Psalm 99
 Psalm 90:1-6, 13-17
 Philippians 2:1-13
 Philippians 3:4b-14
 Philippians 4:1-9
 I Thessalonians 1:1-10
 I Thessalonians 2:1-8

October 2017

* Denotes Birthdays

Saturday

Friday

Thursday

Wednesday

Tuesday

Monday

Sunday

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|--|---|-----------------------|-----------------------|
| October 1 World Communion Sunday | 2 Talia Jefferson * | 3 | 4 Bible Study - 10:00 AM Bible Study - 6:30 PM | 5 Senior Choir Rehearsal 1:00 PM | 6 | 7 Tammy Marshall * |
| 8 Communion 10:00 Sunday Service | 9 Marquis Phelps, Jr. * Presbyterian Women Meet - Noon Columbus Day | 10 Worship Committee Meets - 9:00 AM | 11 Bible Study - 10:00 AM Bible Study - 6:30 PM Lyra Talarico * | 12 Senior Choir Rehearsal 1:00 PM | 13 | 14 |
| 15 Mussa Benton * | 16 Joan Marshall * National Boss's Day World Food Day Session Meets 6:30 PM | 17 | 18 Bible Study - 10:00 AM Bible Study - 6:30 PM | 19 Senior Choir Rehearsal 1:00 PM | 20 Oliver Carter * | 21 T. J. Scott * |
| 22 Joash Chest 10:00 AM Sunday Service | 23 | 24 Taleshia Dunkan * Stephen Greer * | 25 Bible Study - 10:00 AM Bible Study - 6:30 PM | 26 Senior Choir Rehearsal 1:00 PM Peter Reppert * Newsletter Committee Meets | 27 | 28 |
| Children's Sabbath 10:00 AM Sunday Service | 30 | 31 Amber Auston * | United Nations Day | | | |
| 29 WPC Homecoming Reformation Sunday 10:00 AM Sunday Service | | Halloween | | | | |



WHEN & WHERE

Saturday, November 4
8AM-12PM
715 N 10 St, Reading PA

HOW MUCH

\$5 For Seniors & Kids
\$7 For Adults (15 & Up)

WHAT ELSE

Ticket price includes all-you-can-eat pancakes with all of the fixings (1 serving eggs, meat, beverage). Grits & a la carte items available.

JOIN US FOR A MORNING
OF FOOD & FELLOWSHIP.
DINE-IN AND TAKE-OUT
BREAKFASTS ARE
AVAILABLE.
PROCEEDS BENEFIT
WASHINGTON
PRESBYTERIAN
CHURCH AND THE
GREATER READING
COMMUNITY.

SATURDAY | NOV 4 | 8AM - 12PM

PANCAKES!



I KNOW WHAT YOU THINK OF ME

Thank You for loving me in every instance of my life, Lord. I know what You think of me. Without a shadow of doubt, I'm confident You love me for my insecurities as well as my talents.

I used to feel I had to constantly go about doing good for others in order to win Your love and approval. In the same way, I felt the need to over achieve so I could gain appreciation and praise from my friends and loved ones. I was convinced no one would like me if I slipped up in the least. I had to be absolutely perfect all the time or I would lose Your love for me and the love of others, as well.

I don't know if I was putting myself on a teetering pedestal, or if I simply felt unworthy of Your love or everyone else's. Either way You took my insecurities and replaced them with assurance of Your unwavering care and devotion. Thank You dear Lord, for Your merciful kindness.

How I praise You for showing me over and over again that You love me in all situations. I feel tremendous relief for Your teaching me from Your word that Your strength shows up all the more in my weaknesses.

Thank you Lord, for loving me at all times. Thank You for Your constant compassion and forgiveness when I'm not perfect.

When my children learned to walk, they took a few steps and fell. I never scolded them for falling, but praised them for the steps they took. You know my heart and my love for You. I know what You think of me, when You remind me to rest in You. Thank you for helping me to stop trying to constantly gain approval from others and You. I can't be perfect in everything. Only You are perfect.

Your grace and understanding are so wonderful, Lord. Thank You for how You reach out with Your hand and help me when I'm stumbling and weary. You are my One, true God. Although I'll keep trying to do my best in everything, I will not make perfectionism my god. You have not saved me by any good I have done, but by Your grace.

I praise You, Lord, that I don't have to try to impress You. Although I'm not perfect, I love You with all my heart. Thank You for loving me just the way I am.

Healthy You

HEALTH REPORT

Check You Out!

These 5 fast and easy self-exams can tell you if it's time to see a doc

By KATE LAWLER
Additional reporting
by STEPHEN PERRINE

THERE'S nothing like the relief that comes when you have a trouble-free checkup. So why not give yourself one now? In between regular doctor visits, perform these quick diagnostics just to see how clean your machine is running.

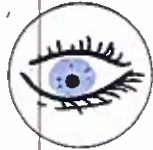
TEST 1

EYE CHECK

If you want to know a man's soul, look him in the eye. If you want to know your own body, go ahead and look yourself in the eye.



What you want to see
Firm eyelids, even lashes and no swelling or redness



The inner lid: Ectropion is an age-related drooping of the lower lid. It can lead to corneal damage and should be treated.



A bump on your eyelid and missing eyelashes: A persistent bump could be cancerous; missing eyelashes are a telltale sign.



If you see ...



SKIN CHECK

TEST 2

Run your eyes and your fingertips over your skin. Remember to use your sense of touch as well as sight.



What you want to see and feel

An even texture across individual body parts and no changes in your skin's appearance. Pay particular attention to your face, ears, scalp, neck and back.



If you see or feel ...

A small, sandpaper patch of skin: You may have actinic keratosis. Have it checked out; 10 percent develop into skin cancer.



A shiny pink or brown bump: If it has a raised, rolled border, and it wasn't there the last time you looked, have it checked for basal cell carcinoma, the most common skin cancer.



A new mole or one that's changed shape or color: Any growth that has uneven borders or color, or is larger than a pencil eraser, should be checked.



A simple walking test can give you a pretty solid idea of your mobility level—and your overall health. Measure out 4 meters (4.37 yards) in your house. Stand behind the starting line, and start a stopwatch as you take your first step. Walk at your usual pace through the finish line, stopping the timer as you pass the line.

3 TEST MOBILITY CHECK



What you want to see
 "You want a time of four seconds [1 meter per second] to cover that distance," says Stephanie Studenski, M.D., chief of the Longitudinal Studies Section at the National Institute on Aging.

A time greater than four seconds: Consider discussing the results with your doctor. In one study, the oldest were far more likely to celebrate their 85th birthday. In fact, every speed increase of 0.1 meter per second meant a 12 percent drop in the likelihood of dying over the next decade. Walking more—especially with the goal of increasing your speed—is a great way to boost overall well-being.



Sure, it would be great to feel those long tresses blowin' in the wind once again, but if your hair has become as sparse as, say, hit songs by Bob Dylan, don't get too concerned. Most people's hair gets thinner after 50, and it's usually a result of genetics and hormonal changes rather than poor nutrition or some other factor. But sometimes our hair can indicate that something larger is at play.



4 TEST HAIR CHECK

Extra hair on your brush or in the sink: If your locks lose density quickly, say over three to six months, you may have an underlying condition such as anemia, iron loss or thyroid disease. "You'll notice more hair in your brush, in the shower drain and on your pillow," says dermatologist Chris G. Adigun, of the Dermatology & Laser Center of Chapel Hill, in North Carolina.

If you see ...



What you want to see
 Little if any sudden change. If you are under stress, had major surgery, experienced sudden weight loss or started a new medication (for high blood pressure or arthritis and more), these may increase hair thinning.

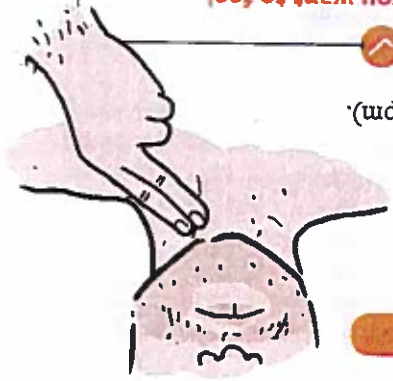


What you want to feel
 A resting heart rate of 60 to 100 bpm. (Very fit people may have rates below 60 bpm.)



Place two fingers on the side of your windpipe. Count the beats for 15 seconds, then multiply by four to get your beats per minute (bpm).

5 TEST HEART CHECK



A rate of more than 100 bpm: Consult your physician. A rapid heart rate, or tachycardia, may be caused by a number of factors, including alcohol, anxiety or cardiac issues.

If you feel ...



Your heart rate rising at work or when you think about work: You might want to consider whether your stress levels are too high. Studies have linked work stress to diabetes, obesity and heart disease.

Verse of the Month
"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." Jeremiah 29:11

Scriptures are in red letters; Footnotes are in black letters

ROMANS 8:1-11 Life Through the Spirit

8:1 Therefore, there is now no condemnation for those who are in Christ Jesus, **8:2** This Spirit of life is the Holy Spirit. He was present at the creation of the world (Gen. 1:2), and he is the power behind the rebirth of every Christian. He gives us the power we need to live the Christian life. NIVLASB

8:3 For what the law was powerless to do in that it was weakened by the sinful nature, God did by sending his own Son in the likeness of sinful man to be a sin offering. And so he condemned sin in sinful man, **8:4** Jesus gave himself as a sacrifice ("sin offering") for our sins. In Old Testament times, animal sacrifices were continually offered at the temple. The sacrifice showed the Israelites the seriousness of sin: blood had to be shed before sins could be pardoned (Lev. 17:10). But animal blood sacrifices could not really remove sins (Heb. 10:4). The sacrifices could only point to Jesus' sacrifice, which paid the penalty for our sins. NIVLASB

8:5 In order that the righteous requirements of the law might be fully met in us, who do not live according to the sinful nature but according to the spirit, **8:6** Those who live according to the sinful nature have their minds set on what that nature desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. **8:7** The mind of sinful man is death, but the mind controlled by the Spirit is life and peace. **8:8** Paul divides people into two categories—those who let themselves be controlled by their sinful nature, and those who consciously choose to center our lives on God. Use the Bible to discover God's guidelines, and then follow them. In every perplexing situation ask yourself, "What would Jesus want me to do?" When the Holy Spirit points out what is right, do it eagerly. For more on our sinful nature's verses our new life in Christ see Rom. 6:6-8 Eph. 4:22-24 Col. 3:3-15. NIVLASB

8:9 You, however, are controlled not by the sinful nature but by the Spirit, if the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, he does not belong to Christ, **8:10** Have you ever worried about whether or not you really are a Christian? A Christian is anyone who has the Spirit of God living in him or her. If you have sincerely trusted Christ for your salvation and acknowledged him as Lord, then the Holy Spirit has come into your life, and you are a Christian. You won't know the Holy Spirit is working within a certain feeling; you will know he has come because Jesus promised he would. When the Holy Spirit is working within you, you will believe that Jesus Christ is God's Son and that eternal life comes through him (1 John 8:5); you will begin to act as Christ directs (Rom. 8:5); Gal. 5:22-23); you will find help in your daily problems and in your praying (Rom. 8:26-27) you will be empowered to serve God and do his will (Acts 1:8); and you will become part of God's plan to build his church (Eph. 4:12-13). NIVLASB

8:11 But if Christ is in you, your body is dead because of sin, yet your spirit is alive because of righteousness. **8:12** And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies through his Spirit, who lives. **8:13** The Holy Spirit is God's promise or guarantee of eternal life for those who believe in him. The Spirit is in us now by faith and by faith we are certain to live with Christ forever. See Rom. 8:23; 1 Cor. 6:14; 2 Cor. 4:14; 1 Thess. 4:14. NIVLASB

ALL LIVE FOR HIM

My life, my love I give to Thee, Thou Lamb of God who died for me; O may I ever faithful be, My Savior and my God.

I now believe Thou dost receive, For Thou hast died that I might live; And now hence forth I trust in Thee, My Savior and my God.

O Thou who died on Calvary To save my soul and set me free, I'll consecrate my life to Thee, My Savior and my God.

I'll live for Him, who died for me, How happy then my life will be; I'll live for Him who died for me, My Savior and my God.

MAN A NOTHING

O LORD,

I am a shell full of dust,

but animated with an invisible rational soul

and made anew by an unseen power of grace;

Yet I am no rare object of valuable price,

but one that has nothing and is nothing,

although chosen of thee from eternity,

given to Christ, and born again;

I am deeply convinced of the evil and misery of a sinful state,

of the vanity of creatures,

but also of the sufficiency of Christ.

When thou wouldst guide me I control myself,

When thou wouldst be sovereign I rule myself,

When thou wouldst take care of me I suffice myself.

When I should depend on thy providings I supply myself,

When I should submit to thy providence I follow my will,

When I should study, love, honour, trust thee, I serve myself;

I fault and correct thy laws to suit myself,

Instead of thee I look to man's approbation,

and am by nature an idolater.

Lord, it is my chief design to bring my heart back to thee.

Convince me that I cannot be my own god, or make myself happy,

nor my own Christ to restore my joy,

nor my own Spirit to teach, guide, rule me.

Help me to see that grace does this by providential affliction,

for when my credit is good thou dost cast me lower,

when riches are my idol thou dost wing them away,

when pleasure is my all thou dost turn it into bitterness.

Take away my roving eye, curious ear, greedy appetite, lustful heart;

Show me that none of these things

can heal a wounded conscience,

or support a tottering frame,

or uphold a departing spirit.

Then take me to the cross and leave me there.

Amen.