

# CHRISTIAN HERALD

WASHINGTON PRESBYTERIAN CHURCH

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JUNE NEWSLETTER

Rev. Laddie J. Benton, Pastor



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

**WE ARE A TEMPLE FOR THE SPIRIT**

*All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability.*  
(Acts 2: 4 –New Revised Standard Version)

**THE DAY OF PENTECOST WITHIN THE COMMUNITY OF FAITH**

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

According to Acts 1: 8 while Jesus was speaking to his disciples on his day of *ascension*, he spoke these words to them..."But you will receive power when the Holy Spirit has come upon you; and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth." Acts 2: 1-12, tells the reader that on the day of Pentecost the believers in Christ received the gift of the Holy Spirit which gave birth to Christ's church on earth.

Since this time, the church has celebrated the season of Pentecost beginning with the *Day of Pentecost*. The Pentecost season is the "festival commemorating the gift of the Holy Spirit to the church, and an extended season for reflecting on how God's people live under the guidance of his Spirit. The season extends from the seventh Sunday after Easter to the beginning of Advent.

During this season of Pentecost, as the church reflects on how God's people live under the guidance of God's Spirit; let us remember that Christ's church has been united as one through the gift of the Holy Spirit: "Almighty God, at the feast of Pentecost you sent your Holy Spirit to the disciples, filling them with joy and boldness to preach the gospel; empower us with that same Spirit to witness to your redeeming love and draw all people to you; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. **Amen.**"

**TO GOD BE THE GLORY!**

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

**STAND UP FOR JESUS!**  
**STAND UP FOR WPC!**

## 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 Reppert's granddaughter), Maurice Alexander, LaKeshia Green & Family, Viola Jefferson, Tammy Marshall, Aimy McKnight, Ethel Kinkaid, Will Kinkaid (Tremont Rehab.), Diana Flood, Maria Mootarim (Barbara's co-worker), Cherie Spillane, Agnes Snead, Mrs. Thelma Winfrey, Jeffrey Godboldte, Derric Burden, Rosalie Moore, John and Damarcus (sons of Penny's co-worker), Joseph Harmon, Patricia & Shirley Wilson (mother & daughter), Shania Hunter (Janice's niece), Vickie Bowers (Pennside), Connie Lantz (Vickie's mother), Patricia Stupp and Arlene Speaks (Penny's co-workers), Kiara Delgado (Penny's granddaughter), Katrina Boykin, Eric George, Henry Johnson, Tomishia Johnson, Melba Stamm, Dale Brown, Valerie Phelps, Kenneth Randall, Sabrina (Alex's friend), Sandy (Renwick) Martin, Alex Auston, John and Mary Lou Haynes, Jason Whitlock, Oliver & Freida Carter, Sharon Davis, Nancy Kerper, Jimmy McKee, Rose Fletcher, Sharon Good (April's sister-in-law), Richard Newkirk, Marty & David Banks, Eddie Ramos, Jean Pingatore, Shawn Marshall, Tommy Ridley, Nora Hartford, Jessica Levan, Mrs. Marjorie MacNeil, Paulette Amprey's family, Nicholas (Amber's client), Kim Scott, Evelyn Morrison, Gary Patience (Khadri Saboor), Earl and Marilyn Hoch, Robert Nelson and Keith Stamm.

### PRAY FOR THE BEREAVED

#### SCRIPTURES

June 4	Acts 2:1-21 or Num.11:24-30	Psalms 104:24-34, 35b	I Corinthians 12:3b-13 or Acts 2:1-21
June 11	Genesis 1:1-2:4a	Psalms 8:2	II Corinthians 13:11-13
June 18	Genesis 18:1-15(21:1-7)	Psalms 116:1-2, 12-19	Romans 5:1-8
June 25	Genesis 21:8-21	Psalms 86:1-10, 16-17	Romans 6:1b-11

#### 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

#### BIBLE STUDY – Wednesday 10:00 AM & 6:30 P.M.

#### LECTIONARY READINGS

John 20:19-23 or John 7:37-39  
Matthew 28:16-20  
Matthew 9:35-10:8 (9-23)  
Matthew 10:24-39

#### 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

#### ORGANIZATION

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

#### CHOIR REHEARSAL

Senior Choir – Thursday 1:00 PM – Director - Mrs. Janet Arms

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

**WPC WEB PAGE: WPC1823.COM**

**“Consider it pure joy, my brothers, whenever you face trials of  
many kinds.” (James 1:2)**

## THE FORUM

THE RUSSIANS ARE COMING! Da (yes) Nyet (no)

I say Da. After only 135 plus days in office as our President, the Russians are still rejoicing in the election of Donald J. Trump. Our President has promised to “fix” the so-called ravaged relationship with Moscow. One has to remember this country is an adversary of the United States. Since the end of World War II the Russian regime has been an antagonist of the world of countries including many within the USSR (United Soviet Socialist Republic), known today as Russia. Even their own former members of the Republic, slowly began to break away from the Federation. Today their leader, Vladimir Putin, is trying to recapture these countries to bring them back to the Russian fold. Mr. Putin sees the USA as a free democracy he wishes to change and have Americans think of Russia as a conservative/liberal enslave. He is trying to improve relationships with the USA and walk right in and “take over” the minds of the American people. It seems lately, according to the news media, some of this rigamarole was going on prior to the election of Mr. Trump. Although it has not been proven in any sense, potential cabinet and lower echelon personnel were working on “deals” of all sorts to ease the tension between the two countries. There is talk already by the President to restore two Embassy site buildings: one in New York and one in Maryland, to the Russians. Former President Barack Obama declared these sites espionage centers and expelled Russian personnel and closed the centers. So look out - - Da (yes) the Russians are coming ----- back.

In speaking of our former President Barack Obama, some people wish he was still in office, including foreign leaders. It is time President Donald J. Trump gets over his fixation on Barack. I wonder when Mr. Trump is going to find out that Mr. Obama is just not into him, and he should take on responsibility himself and move on with his life. Mr. Trump claims he inherited “a mess” in which this country was in. He blames Mr. Obama for many protests in this country and around the world. Also, for tapping his phones in, of all places, his home, Trump Towers. Give me a break! This obsession with Obama did not start during the campaign or after the inauguration, it goes back years where Trump questioned Obama’s birthright, whether Hawaii or Kenya, his credentials as a scholar, on how this “person” successfully matriculated Ivy League Columbia University and a Law degree from Harvard and the first African-American Editor of the Harvard Law Review Journal. Well Mr. Trump – get over it as it is all true and no doubt hurts you, as you only secured an Undergraduate Degree at the University of Pennsylvania’s Wharton School of Business. We, as African-Americans, must not allow this individual or others to continue to diminish a legacy established as a standard for other Presidents to follow. This tearing down of Obama’s accomplishments is a planned plot against his legacy.

### BITS – PIECES – STATISTICS – SOMETHING NEW!

Exercise keeps your cells younger! A large multiyear study in Preventive Medicine found that peoples’ telomeres - the parts of DNA get shorter as we age – but were significantly longer in those who exercise often, compared with those who are sedentary. So get moving folks to live a happy long life.

The death rate of black Americans was 16% higher than the rate of white Americans in 2015 according to the CDC (Center for Disease Control). However the mortality gap shrunk from 33% in 1999. In 14 years the rate has shrunk over 52%. So look out white America “we” are moving on up to the “good side!”

Really concerned about the dismal voter turnout in the recent primary election. Consider only 18% of approximately 248,000 registered voters saw fit to exercise their rights as citizens. If you do not vote, to the writer, you have “no say in the political process.”

That’s all folks!

If you see something suspicious – say something. Call 911.

Credits: Reading Eagle, Time, AARP



## Broiled Brown-Sugar Bananas

PREP: 5 MINUTES • BROIL: 5 MINUTES

A sweet, satisfying dessert with just 4 basic ingredients and only 2 grams of fat!

- 4 ripe medium bananas (about 1½ pounds), unpeeled
- 2 tablespoons brown sugar
- 1 tablespoon lower-fat margarine (40% fat)
- ¼ teaspoon ground cinnamon

1 Preheat broiler. Make a lengthwise slit in each unpeeled banana, being careful not to cut all the way through and leaving 1 inch uncut at banana ends.

2 In cup, with fork, blend together brown sugar, margarine, and cinnamon. Place bananas, cut side up, on rack in broiling pan. Spoon brown-sugar mixture into split bananas.

3 Place pan in broiler at closest position to source of heat; broil bananas 5 minutes or until browned. Serve bananas in skins, and use spoons to scoop out fruit. Makes 4 servings.

Each serving: About 150 calories, 1 g protein, 34 g carbohydrate, 2 g total fat (1 g saturated), 0 mg cholesterol, 20 mg sodium.

## Cantaloupe Boats

PREP: 10 MINUTES

Drizzle honey and toasted almonds over raspberries, frozen yogurt, and sweet melon for a simple summer treat.

- ¼ cup sliced almonds
- ¼ cup honey
- 1 ripe medium cantaloupe, cut into quarters, with seeds removed
- 1 pint vanilla frozen yogurt
- ½ pint raspberries

1 In small nonstick skillet, toast almonds over medium heat just until golden, stirring frequently. Remove skillet from heat and stir in honey; set aside.

2 To serve, place cantaloupe quarters on 4 dessert plates. Top with frozen yogurt, raspberries, and warm almond mixture. Makes 4 servings.

Each serving: About 330 calories, 8 g protein, 64 g carbohydrate, 8 g total fat (3 g saturated), 2 mg cholesterol, 125 mg sodium.

## Fast Baked Apples with Oatmeal Streusel

PREP: 8 MINUTES • MICROWAVE: 12 TO 14 MINUTES

Cooking apples in the microwave, rather than the regular oven, yields plumper, juicier, less shriveled fruit—and saves a big chunk of time!

- 4 large Rome or Cortland apples (about 10 ounces each)
- ¼ cup packed brown sugar
- ¼ cup quick-cooking oats, uncooked
- 2 tablespoons chopped dates
- ½ teaspoon ground cinnamon
- 2 teaspoons margarine or butter

1 Core apples, cutting out a 1¼-inch-diameter cylinder from center of each, almost but not all the way through to bottom. Remove peel about one-third of the way down from top. Place apples in shallow 1½-quart ceramic casserole or 8" by 8" glass baking dish.

2 In small bowl, combine brown sugar, oats, dates, and cinnamon. Fill each cored apple with equal amounts of oat mixture. (Mixture will spill over top of apples.) Place ½ teaspoon margarine or butter on top of filling in each apple.

3 Microwave apples, covered, on Medium-High (70% power) until tender, 12 to 14 minutes, turning each apple halfway through cooking time. Spoon cooking liquid from baking dish over apples to serve. Makes 4 servings.

Each serving: About 240 calories, 2 g protein, 54 g carbohydrate, 3 g total fat (1 g saturated), 0 mg cholesterol, 30 mg sodium.

Fast Baked Apples with Oatmeal Streusel ➤

## THOUGHT TO PONDER

Verse of the Month

Instead, you ought to say, "If it is the Lord's will, we will live and do this or that." James 4:15

If place I choose or place I shun,  
My soul is satisfied with none;  
But when thy will directs my way  
'Tis equal joy to go or stay.

### **GENUINE FAITH James 2:1-12**

Scriptures are in red lettering, Footnotes are in black lettering

**2:1-7 My brothers, as believers in our glorious Lord Jesus Christ, don't show favoritism. 2 Suppose a man comes into your meeting wearing a gold ring and fine clothes, and a poor man in shabby clothes also comes in. 3 If you show special attention to the man wearing fine clothes and say, "Here's a good seat for you," but say to the poor man, "You stand there" or "Sit on the floor by my feet," 4 have you not discriminated among yourselves and become judges with evil thoughts?**

**5 Listen, my brothers: Has not God chosen those who are poor in the eyes of the world to be rich in faith and to inherit the kingdom he promised those who love him? 6 But you have insulted the poor. Is it not the rich who are exploiting you? Are they not the ones who are dragging you into court? 7 Are they not the ones who are slandering the noble names of him to whom you belong?**

**2:1** In this chapter James argued against favoritism and for the necessity of good deeds. James's teachings are consistent with Paul's teaching that we receive salvation by faith alone. Paul emphasizes the purpose of faith—to bring salvation. James emphasizes the results of faith—a changed life. NIVLASB

**2:1-7** James condemns acts of favoritism. Often we treat a well-dressed impressive-looking person better than someone who looks shabby. We do this because we would rather identify with successful people than with apparent failures. The irony, as James reminds us, is that the supposed winners may have gained their life-style at our expense. In addition, the rich find it difficult to identify with the Lord Jesus, who came as a humble servant. Are you easily impressed by status, while ignoring the "have nots? This attitude is sinful. God views all people as equals, and if he favors anyone, it is the poor and the powerless. We should follow his example.

**2:2-4** Why is it wrong to judge people by his or her economic status? Wealth may indicate intelligence, wise decisions, and hard work. On the other hand, it may mean only that a person had the good fortune of being born into a wealthy family. Or it can even be the sign of greed, dishonesty, and selfishness. By honoring someone just because he or she dresses well, we are making appearance more important than character. If we say that Christ is our Lord, then we must live as he requires, showing no favoritism and loving all people regardless of whether they are rich or poor. NIVLASB

**2:5** When James speaks about the poor, he is talking about those who have no money and also about those whose simple values are despised by much of our affluent society. Perhaps the "poor" people prefer serving to managing, human relationships to financial security, peace to power. This does not mean that the poor will automatically go to heaven and the rich to hell. Poor people, however, are usually more aware of their powerlessness. Thus it is often easier for them to acknowledge their need for salvation. One of the greatest barriers to salvation for the rich is pride. For the poor bitterness can often bar the way to acceptance of salvation. NIVLASB

**2:8-9** If you really keep the royal law found in Scripture, "Love your neighbor as yourself," you are doing right. 9 But if you show favoritism, you sin and are convicted by the law as law breakers.

**2:8** The royal law is the law of our great King Jesus Christ, who said, "Love each other as I have loved you" (John 15:12). This law, originally summarized in Leviticus 19:18, is the basis for all the laws of how people should relate to one another. Christ reinforced this truth in Matthew 22:37-40. And Paul taught it in Romans 13:8 and Galatians 5:14.

**2:8-9** We must treat all people as we would want to be treated. We should not ignore the rich, because then we would be withholding our love. But we must not favor them for what they can do for us, while ignoring the poor who can offer us seemingly so little in return. NIVLASB

**2:10** For whoever keeps the whole law and yet stumbles at just one point is guilty of breaking all of it.

**2:10** Christians must not use this verse to justify sinning. We dare not say: "Because I can't keep every demand of God, why even try?" James reminds us that if we've broken just one law, we are sinners. We can't decide to keep part of God's law and ignore the rest. You can't break the law a little bit; if you have broken it at all, you need Christ to pay for your sin. Measure yourself, not someone else, against God's standards. Ask for forgiveness where you need it, and then renew your effort to put your faith into practice. NIVLASB

**2:11** For he who said, "Do not commit adultery," also said, "Do not murder," if you do not commit adultery but do commit murder, you have become a lawbreaker.

**2:12** Speak and act as those who are going to be judged by the law that gives freedom, 2:13 because judgment without mercy will be shown to anyone who has not been merciful. Mercy triumphs over judgment!

**2:12** As Christians we are saved by God's free gift (grace) through faith, not by keeping the law. But as Christians, we are also required to obey Christ. The apostle Paul taught "for we must all appear before the judgment seat of Christ:

(2 Corinthians 5:10) to be judged for our conduct. God's grace does not cancel our duty to obey him; it gives our obedience new basis. The law is no longer an external set of rules, but it is a "law that gives freedom"—one we joyfully and willingly carry out because we love God and because we have the power of his Holy Spirit to carry it out (see 1:25).

**2:13** Only God in his mercy can forgive our sins. We can't earn forgiveness by forgiving others. But when we withhold forgiveness from other after having received it ourselves, we show that we don't understand or appreciate God's mercy toward us (see Matthew 6:14,15; Ephesians 4:31,32). NIVLASB

## YET I SIN

Eternal Father,  
Thou art good beyond all thought,  
But I am vile, wretched, miserable, blind;  
My lips are ready to confess, but my heart is slow to feel,  
and my ways reluctant to amend.  
I bring my soul to thee;  
break it, wound it, bend it, mould it.  
Unmask to me sin's deformity,  
that I may hate it, abhor it, flee from it.  
My faculties have been a weapon of revolt against thee;  
as a rebel I have misused my strength,  
and served the foul adversary of thy kingdom.  
Give me grace to bewail my insensate folly.  
Grant me to know that the way of transgressors is hard,  
that evil paths are wretched paths,  
that to depart from thee is to lose all good.  
I have seen the purity and beauty of thy perfect law,  
the happiness of those in whose heart it reigns,  
the calm dignity of the walk to which it calls,  
yet I daily violate and condemn its precepts.  
Thy loving Spirit strives within me,  
brings me Scripture warnings,  
speaks in startling providences,  
allured by secret whispers,  
yet I choose devices and desires to my own hurt,  
impiously resent, grieve,  
and provoke him to abandon me.  
All these sins I mourn, lament, and for them cry pardon.  
Work in my more profound and abiding repentance;  
Give me the fullness of a godly grief that trembles and fears,  
yet ever trusts and loves,  
which is ever powerful, and ever confident;  
Grant that through the tears of repentance I may see more clearly  
the brightness and glories of the saving cross.  
Amen.