

CHRISTIAN HERALD

WASHINGTON PRESBYTERIAN CHURCH

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Rev. Laddie J. Benton

AUGUST NEWSLETTER



When you were buried with him in baptism, you were also raised with him through faith in the power of God, who raised him from the dead (Colossians 2:12).

From the Pastor's Desk
Rev. Laddie J. Benton

Keeping the Faith!

*"Therefore encourage one another and build each other up, just as in fact you are doing."
(1 Thessalonians 5: 11 - New International Version)*

Too often in our society we hear about the negative things that the young people of today are engaged in (especially teens). The good works that many young people are doing are usually relegated to the back pages of newspapers, seldom mentioned, and are quickly forgotten in favor of the more sensationalized events. The hard gained accomplishments of our young people that benefit society as a whole, are often overshadowed by the "worst" conduct of a relative few.

I am happy to state that the congregation of Washington Presbyterian Church (USA), continues to encourage and build up the young people who are either members or affiliated with this congregation. We celebrate with thanksgiving to God the following students:

CONGRATULATIONS TO THE HIGH SCHOOL CLASS OF 2011:

Toni Bailey	Nehemiah Davis
Tracipha Pierre Paul (Lincoln University)	Demerik Weglinski (Kutztown University)

CONGRATULATIONS TO THE NEWLY BAPTIZED:

Amanda Davis	Darius Matthews
Arianna Sanchez	Tatiana Sanchez

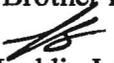
CONGRATULATIONS TO THE CONFIRMATION CLASS OF 2011:

Wanya Cooper	Amanda Davis	Alexander Johnson
Darius Matthews	Arianna Sanchez	Tatiana Sanchez
Amari Scott	Destiny Scott	Jai Whitlock

A special thanks to the teachers of this class: Elders Joan Reppert and Sylvia Finn.

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

Harold and Pauline Jackson, Margie Walker, Joan Marshall, Alex Auston, Jordan Johnson, Donald Lewis, Faith Morrison, Nathan and Marquise Phelps, Jean Rudolph, Sharon, Davis Kim Scott, Alfreda Overton, John Fletcher, Feleicha Davis, LaKeshia Green, and family, Demerik Weglinski-Benton, Teondre' Morrison-Cooper, Aaron Randall, Damien Randall, Stephen Randall, William (Tune) Davis, Janet Arms, Ruth Jenkins (Barbara Davis' mother), Mitchell Lee, Rafaella (April's granddaughter), Latricia Burden, (Winnie's daughter), Sylvia Winfrey, Jean Nelson, Ann Conboy, Joseph Cooper,, Claudette Carter (Alberta's daughter), Lada Key, Gwen and her three children (Gilbert Johnson's daughter), Dale Hollenbach, Steve Greer, Katrina Boykin, (Joan Reppert's niece), Brian Ellison, Lillie Foster, Justin Foster, Doris Appling, Alix Gregro, Bea Beverly, and daughters Nina and Joyce, Anne Lennox, Edward Randall (Blair's dad), John Haynes and Persis Owens (member of Joan Reppert's extended family).

PRAYER FOR THE BEREAVED:

The family of Kyle Pagerly.

SCRIPTURES:

August 7	Psalm 115:1-8	Exodus 19:1-6	Revelation 19:1-11
August 14	Psalm 92:1-4	Deuteronomy 28:1-6	Revelation 5:1-5
August 21	Psalm 116:12-19	Leviticus 26:1-2	Revelation 5:6-10
August 28	Psalm 113:1-9	Isaiah 12:1-6	Revelation 5:11-14

STANDING COMMITTEES

Christian Concerns—Sharon Davis
Christian Education—Alexis Green
Evangelism—Yvonne Lewis
Finance—Toni Brooks
Property—Stephen Greer
Stewardship—Sharon Davis/Yvonne Lewis
Worship Committee—Pauline Johnson/Alexis Green

BIBLE STUDY Wednesday 6:30 PM

LECTIONARY READINGS

Genesis 37:1-4,12-28
Genesis 45:1-15
Exodus 1:8-2:10
Exodus 3:1-15

SESSION

Pastor—Rev. Laddie J. Benton
Clerk of Session—Oliver Carter
Church Treasurer—Toni Brooks
Benevolence Treasure—Oliver Carter
Club Fund Treasurer—Winnie J Burden

ORGANIZATION

Men's Fellowship Oliver Carter
Pastor's Aid—Toni Brooks/Winnie Burden
Personnel—Stephen Greer
Presbyterian Women—Alexis Green/LaKeshia Green
Sunday School—Sharon Davis

CHOIR REHEARSAL

Senior Choir None during July and August
Children Choir Sunday (after Church Service)—Director—William Kinkaid

REBA TEMPLETON ENRICHMENT CENTER Resumes in September

Activities include Reading Comprehension, Computer Skills, Problem Solving, Journalism, Fun Crafts and Games.

EVENTS

September 18, 2011: Women's Day Program

August 2011

* Denotes Birthdays

ENRICHMENT CENTER RESUMES IN SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	August 1 Amber Carter *	2	3 Bible Study – 6:30 PM	4	5	6 Toni Bailey *
7 Beatrice Beverly * Blair Randall * Candace Coleman * LeTasha Phelps * Communion 10:00 AM Sunday Service	8 LaFese Matthews * Tomishia Peggues * Xavier Johnson * Latricia Burden *	9	10 Bible Study – 6:30 PM	11	12	13 Marquis Phelps, Sr. *
14 10:00 AM Sunday Service	15	16 Aniyah Jackson *	17 Bible Study – 6:30 PM	18	19 Toni A. Brooks *	20 Berks Heim – Family Get Together
21 10:00 AM Sunday Service Joash Chest	22	23	24 Bible Study – 6:30 PM	25	26	27
28 10:00 AM Sunday Service	29 Keiriea Scott *	30 Nathan Phelps *	31			

A THOUGHT TO PONDER

Verse of the Month

You know not what shall be on the morrow. James 4:14.

God's tomorrow is a day of gladness, And its joys shall never fade; No more weeping, no more sense of sadness, No more foes to make afraid. God's tomorrow, God's tomorrow, Ev'ry cloud will pass away At the dawning of that day; God's tomorrow, No more sorrow, For I know that God's tomorrow Will be better than today!

ABRAHAM TESTED Genesis 22:1-14

1 Some time later God tested Abraham. He said to him, "Abraham!" "Here I am." He replied.

God tested Abraham, not to trip him and watch him fall, but to deepen His capacity to obey God and thus to develop his character. Just as fire refines ore to extract precious metals, God refines us through difficult circumstances. When we are tested we can complain, or we can try to see how God is stretching us to develop our character. NIVLASB

2 Then God said, "Take your son, your only son, Isaac, whom you love, and go to the region of Moriah, Sacrifice him there as a burnt offering on one of the mountains I will tell you about.

3 Early the next morning Abraham got up and saddled his donkey. He took with him two of his servants and his son Isaac. When he cut enough wood for the burnt offering, he set out for the place God had told him about.

That morning Abraham began one of the greatest acts of obedience in recorded history. He traveled 50 miles to Mount Moriah near the site of Jerusalem. Over the years he had learned many tough lessons about the importance of obeying God. This time his obedience was prompt and complete. Obeying God is often a struggle because it may mean giving up something we truly want. We should not expect our obedience to God to be easy or to come naturally. NIVLASB

4 On the third day Abraham looked up and saw the place in the distance. **5** He said to his servants, "Stay here with the donkey while I and the boy go over there. We will worship and then we will come back to you."

6 Abraham took the wood for the burnt offering and placed it on his son Isaac, and he himself carried the fire and the knife. As the two of them went on together, **7** Isaac spoke up and said to his father Abraham, "Father?" "Yes, my son?" Abraham replied. "The fire and wood are here," Isaac said, "but where is the lamb for the burnt offering?"

8 Abraham answered, "God Himself will provide the lamb for the burnt offering, my son." And the two of them went on together.

Why did God ask Abraham to perform human sacrifice? Pagan nations practiced human sacrifice, but God condemned this as a terrible sin (Leviticus 20:1-5). God did not want Isaac to die, but He wanted Abraham to sacrifice Isaac in his heart so it would be clear that Abraham loved God more than he loved his promised and long-awaited son. God was testing Abraham. The purpose of testing is to strengthen our character and deepen our commitment to God and His perfect timing. Through this difficult experience, Abraham strengthened his commitment to obey God. He also learned about God's ability to provide. NIVLASB

9 When they reached the place God had told him about, Abraham built an altar there and arranged the wood on it. He bound his son Isaac and laid him on the altar, on top of the wood. **10** Then he reached out his hand and took the knife to slay his son. **11** But the angel of the Lord called out to him from heaven, "Abraham! Abraham!" "Here I am," he replied.

12 Do not do anything to him. Now I know that you fear God, because you have not withheld from me your son, your only son." **It is difficult to let go of what we deeply love. What could be more proper than to love your only child? Yet when we do give to God what He asks, He returns to us far more than we could dream. The spiritual benefits of His blessings far outweigh our sacrifices. Have you withheld your love, your children, or your time from Him? Trust Him to provide. (22:8). NIVLASB**

13 Abraham looked up and there in a thicket he saw a ram caught by its horns. He went over and took the ram and sacrificed it as a burnt offering instead of his son.

Notice the parallel between the ram offered on the altar as a substitute for Isaac and Christ offered on the cross as a substitute for us. Whereas God stopped Abraham from sacrificing his son, God did not spare His own Son, Jesus, from dying on the cross. If Jesus had lived, the rest of humankind would have died. God sent His only Son to die for us so that we can be spared from the eternal death we deserve and instead receive eternal life (John 3:16). NIVLASB

14 So Abraham called that place The Lord Will Provide. And to this day it is said, "On the mountain of the Lord it will be provided."

TRIALS AND TEMPTATIONS James 1:2-16

2 Consider it pure joy, my brothers, whenever you face trials of many kinds, **3** because you know that the testing of your faith develops perseverance.

James doesn't say if you face trials, but whenever you face them. He assumes that we will have trials and that it is possible to profit from them. The point is not to pretend to be happy when we face pain, but to have a positive outlook ("consider it pure joy") because of what trials can produce in our lives. James tells us to turn our hardships into times of learning. Tough times can teach us perseverance. For other passages dealing with perseverance (also called patience and steadfastness), see Romans 2:7; 5:3-5; 8:24-25; 2 Corinthians 6:3-7; 2 Peter 2:2-9. NIVLASB

4 Perseverance must finish its work so that you may be mature and complete, not lacking anything.

We can't really know the depth of our character until we see how we react under pressure. It is easy to be kind to others when everything is going well, but can we still be kind when others are treating us unfairly? God wants to make us mature and complete, not to keep us from all pain. Instead of complaining about our struggles, we should see them as opportunities for growth. Thank God for promising to be with you in rough times. Ask Him to help you solve your problems or to give you the strength to endure them. Then be patient. God will not leave you alone with your problems; He will stay close and help you grow. NIVLASB

5 If any of you lack wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him.

By *wisdom*, James is talking not only about knowledge, but about the ability to make wise decisions in difficult circumstances. Whenever we need wisdom, we can pray to God, and He will generously supply what we need. Christians don't have to grope around in the dark, hoping to stumble upon answers. We can ask for God's wisdom to guide our choices.

Wisdom means practical discernment. It begins with respect for God, leads to right living, and results in increased ability to tell right from wrong. God is willing to give us this wisdom, but we will be unable to receive it if our goals are self-centered instead of God-centered. To learn God's will, we need to read His Word and ask Him to show us how to obey it. Then we **must do what He tells us.** NIVLASB

6 But when he asks, he must believe and not doubt, because he who doubts is like a wave of the sea, blown and tossed by the wind. To "believe and not doubt" means not only believing in the existence of God, but also believing in His loving care. It includes relying on God and expecting that He will hear and answer when we pray. We must put away our critical attitude when we come to Him. God does not grant every thoughtless or selfish request. We must have confidence that God will align our desires with His purposes.

A mind that wavers is not completely convinced that God's way is best. It treats God's Word like any human advice, and it retains the option to disobey. It vacillates between allegiance to subjective feelings, the world's ideas, and God's commands. If your faith is new, weak, or struggling, remember that you can trust God. Then be loyal to Him. To stabilize **your wavering or doubtful mind, commit yourself wholeheartedly to God.** NIVLASB

7 That man should not think he will receive anything from the Lord; 8 he is a double-minded man, unstable in all he does.

If you have ever seen the constant rolling of huge waves at sea, you know how restless they are—subject to the forces of wind, gravity, and tide. Doubt leaves a person as unsettled as the restless waves. If you want to stop being tossed about, rely on God to show you what is best for you. Ask Him for wisdom, and trust that He will give it to you. Then your decisions will be sure and solid. NIVLASB

9 The brother in humble circumstances ought to take pride in his high position.

Christians who aren't in high positions in this world should be glad, because they are great in the Lord's eyes. This "brother in humble circumstances" is a person without status or wealth. Such people are often overlooked, even in our churches today, **but they are not overlooked by God.** NIVLASB

10 But the one who is rich such should take pride in his low position, because he will pass away like a wild flower. 11 For the sun rises with scorching heat and withers the plant; its blossom falls and its beauty is destroyed. In the same way, the rich man will fade away even while he goes about his business.

We find true wealth by developing our spiritual life, not by developing our financial assets. God is interested in what is lasting (our souls), not in what is temporal (our money and possessions). See Mark 4:18,19 for Jesus's words on this subject. Strive to treat each person as Christ would treat him or her. What you have in your heart, not your bank account, matters to God **and endures for eternity.** NIVLASB

12 Blessed is the man who perseveres under trial, because when he has stood the test, he will receive the crown of life that God has promised to those who love Him.

God's crown of life is not glory and honor here on earth, but the reward of eternal life—living with God forever. The way **to be in God's winners' circle is by loving Him and staying faithful even under pressure.** NIVLASB

13 When tempted, no one should say, "God is tempting me." For God cannot be tempted by evil, nor does He tempt anyone; 14 but each one is tempted when, by his own evil desire, he is dragged away and enticed. 15 Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death.

People who live for God often wonder why they still have temptations. Does God tempt them? God tests people, but He does not tempt them by trying to seduce them into sin. God allows Satan to tempt people, However, in order to refine their faith and to help them grow in their faith and to help them grow in their dependence on Christ. We can resist the temptation to sin by turning to God for strength and choosing to obey His Word.

It is easy to blame others and make excuses for evil thoughts and wrong actions. Excuses include (1) it's the other person's fault; (2) I couldn't help it; (3) everybody's doing it; (4) it was just a mistake; (5) nobody's perfect; (6) the devil made me do it; (7) I was pressured into it; (8) I didn't know it was wrong; (9) God is tempting me. A person who makes excuses is trying to shift the blame from himself or herself to something or someone else. A Christian, on the other hand, accepts **responsibility for his or her wrongs, confesses them, and asks God for forgiveness.** NIVLASB

16 Don't be deceived, my brothers. 17 Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.

The Bible often compares goodness with light and evil with darkness. For other passages where God is pictured as light, see **Psalm 27:1, Isaiah 60:19-22, John 1:1-14.** NIVLASB

18 He chose to give us birth through the word of truth, that we might be a kind of firstfruits of all He created.

First century Christians were the first generation to believe in Jesus Christ as Messiah. James called them "a kind of firstfruits of all He created." The Jewish leaders would be well aware of the practice of offering the first crops to ripen just prior to harvest as an act of worship, and also as a blessing on the rest of the harvest (see Deuteronomy 26:9-11). In 1 Corinthians 15:20, Paul refers to Christ as the firstfruits of those who have died.

God's tomorrow is a day of greeting; We shall see the Savior's face; And our longing hearts await the meeting In the holy, happy place. God's tomorrow is a day of glory: We shall wear the crown of life; Sing thro' countless years love's old, old story, Free forever from all strife. God's tomorrow, God's tomorrow, Eve'ry cloud will pass away At the dawning of that day; God's tomorrow, No more sorrow, For I know that God's tomorrow Will be better than today!

HEALING

God's Word on Healing

Exodus 15:26 Isaiah 53:4-6; Hosea 6:1-2; Malachi 4:2; Matthew 4:23-24; Matthew 10:1,8; Luke 4:18-10:20; 1 Corinthians 12:4-11; James 5:16; Revelations 22:1-2.

Our Father, who art in heaven, Your holy name be blessed. Precious Jesus, You who gave Your life to save us from sin and reconcile us to our Father, we come to You, worshiping and praising You for loving us so very much. We thank You and adore You for all You are and do.

Blessed Lord, as we examine Your Holy Word, we find that You are quite concerned about our physical health and have promised to heal us. Father, the members of Washington Presbyterian Church Congregation are in desperate need of Your healing virtue, Your power to flow through us from the top of our heads to the very soles of our feet. There is much in Your children that man cannot give us relief or healing from

Lord, we look at our brothers and sisters and feel or discern that something just isn't as it should be. We love our brothers and sisters, Father, and we pray for Your best for them, but, God, we wish them to be in good health and to enjoy the blessed wholeness You've promised us.

Father, we believe that sickness, afflictions, diseases are not put on us by You but through the evil intent of Satan. Therefore we come to You asking You to please hear our prayer and our petition which we bring to You. Father, Your children are quietly suffering from many maladies. But You are the God who heals us. We bring to You all who suffer with arthritis, and all its many types of muscle and joint distresses. The difficult moving, standing, sitting for long periods or on hard surfaces torments many. Bring them Your strength and healing, please Father.

Some of Your children are tormented with diabetes, Father, and are forced to do without many foods they prefer or would like to have once in a while. Others have other problems with the gastro intestinal tract. Many of our man made medications do more harm than good as they introduce foreign substances into our bodies and then, Lord, the complication is worse than the ailment. Jesus, You are our only hope. You, Father God, are the only healer in our universe! We look to You for help. We need You.

There are those whose nervous systems are not as they should be. Father, Your kids have problems of so many types, we cannot name them all. Our bodies are being systematically poisoned by the foods we eat, the liquids we drink and the air we breathe. Only You, Lord, can help us and save our bodies, which You created for us to line in, to overcome the effects of our environment and for wrong habits. Teach us Father, where we go astray, and help us to hear Your voice as You lead us into Your wholeness in body.

Because we are three part beings, Father, we also need Your healing in our spirits. We realize that we've asked You before to fill us with Your Holy Spirit and to equip us to be all You ask, but, Lord, we still need Your touch to bring us spiritually to the wholeness that will so change everything about us from the inner most being into lights in our homes, families, neighborhood, churches, and communities.

You tell us in Your Word that all our iniquities, sins, and wrongs were nailed to the cross of Jesus, that by His stripes we were healed. We pray that means what ever illness we may have, You can and will heal them all. The things that plague our minds are also healed by You.

We do know, Lord, that the things that bother us mentally do not mean that we are actually mentally ill but that we can over concentrate our thoughts on worries, fears, needs, wants or desires and make them more important than they need to be. Help us to have the mind of Christ and to concentrate on thoughts of good, worthy, clean things that are pleasing to God.

There is another area where Your children need healing, Father, and that is in our relationships. Teach us to love one another as You love us. Open our eyes to see the good and the beautiful in each other, Lord, cause us to speak to one another with the same kind of gentleness, concern and patience that You use. Father, You say You discipline those You love so they can become all You know they can be. Teach us how to discipline our children in love that they may become the very best they can be.

Finances, Jesus, our finances give us many headaches and woes, and need You to not only heal our finances but please teach us how to properly use what we have to the best of our ability.

Father, our congregation is in trouble because some of us are on fixed incomes and try to stretch until there is no more stretch to what we have. We need to know how we can support Your church and our households. You said You would "Supply all our need according to Your riches in glory by Christ Jesus." Please, Lord, we pray, You will supply all the need of Washington Presbyterian Church Congregation that we will owe no one anything but love.

Lord Jesus, You are our hope and we ask for completeness for all of us in Your holy name. Amen.

NEWS YOU CAN USE

Diabetes Plus Depression Can Be Deadly Combination in Women

Diabetes and depression are serious illnesses on their own. Yet in combination, they can be quite deadly, according to a study in the January 2011 *Archives of General Psychiatry*.

Researchers collected data on more than 78,000 women, ages 54 to 79, participating in the Nurses' Health Study. After six years of follow-up, they found that women who had diabetes had about a 35 percent increased risk of dying of cardiovascular disease and other causes, and those with depression had about a 44 percent increased risk, when compared with women without either condition. However, women with both conditions had about twice the risk of death than did women without either disease.

Having diabetes can increase the risk of depression, and depression can make it more difficult to properly manage diabetes. Fortunately, both diseases can be effectively treated. If you have diabetes and develop symptoms of depression — such as a loss of interest in daily activities, feelings of hopelessness and trouble sleeping — see your doctor as soon as possible. ■

Antibiotic Treatment May Ease Symptoms of Irritable Bowel Syndrome

A recent set of studies indicates that an antibiotic known for treating traveler's diarrhea could offer a new treatment option for irritable bowel syndrome (IBS) — a common gastrointestinal disorder characterized by abdominal pain, bloating, gas, and constipation or diarrhea.

The studies, reported in the Jan. 6, 2011, *New England Journal of Medicine*, involved 1,260 adults with a form of IBS that doesn't involve constipation. Each of the participants was given either the antibiotic rifaximin (Xifaxan) or a placebo three times a day for two weeks.

During the first month after treatment, nearly 41 percent of those who took rifaximin reported adequate symptom relief for at least two weeks. Only 32 percent of those who took the placebo reported relief.

Other medications can help ease some signs and symptoms of IBS, but they work only while they're being used. Rifaximin may provide longer relief by altering an overgrowth of bacteria in the small intestine or affecting the type or quantity of bacteria living in the colon.

It's still not clear who might benefit most from taking rifaximin or whether this antibiotic can be used long term without causing antibiotic resistance. Widespread use of the drug for IBS may not be recommended until more research can be done. ■

Age-Related Macular Degeneration May Be on Decline in U.S.

Age-related macular degeneration (AMD) is a leading cause of vision loss in older Americans. Yet even though the population is aging, a study in the January 2011 *Archives of Ophthalmology* suggests that AMD has become less prevalent in the last two decades.

Researchers collected data from the 2005 to 2008 National Health and Nutrition Examination Survey (NHANES) and compared it with another version of NHANES conducted between 1988 and 1994. Based on their analysis, the researchers found that the percentage of U.S. adults age 40 and older with signs of AMD declined from 9.4 to 6.5 percent.

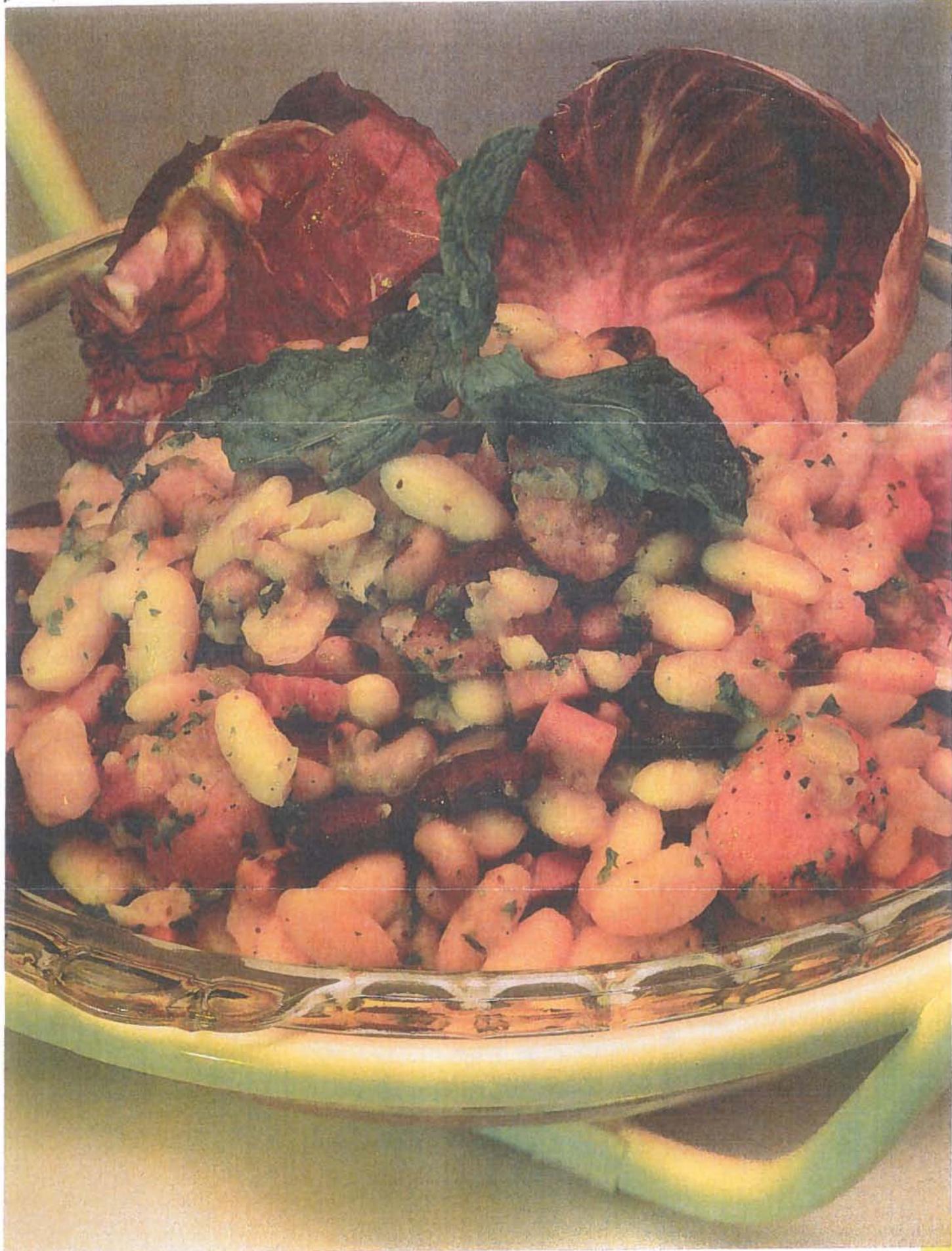
AMD gradually destroys central vision — which is needed for reading, driving and other everyday tasks. Increasing age is the greatest risk factor. Yet other factors — including family history, smoking, obesity and high blood pressure — can increase the likelihood of developing the disorder.

Researchers say lower rates of smoking and improvements in blood pressure control may help explain the apparent decrease in AMD prevalence. However, that doesn't mean AMD is no longer a threat. In addition to not smoking and managing conditions such as high blood pressure, experts recommend maintaining a healthy weight, eating a diet that includes vitamin-rich fruits and vegetables, and getting routine eye exams. ■

Having diabetes can increase the risk of depression, and depression can make it more difficult to properly manage diabetes. Fortunately, both diseases can be effectively treated.



For medical information you can trust, visit our website at www.MayoClinic.com.



The Best Bean Salad

(serves 4-6)

1 SERVING 420 CALORIES 35g CARBOHYDRATE
19g PROTEIN 26g FAT 2.0g FIBER

1½ cups	(375 ml) white beans, soaked in cold water overnight
1	carrot, sliced
1	onion, chopped
1 tsp	(5 ml) celery seed
2	bay leaves
1 tsp	(5 ml) basil
1 tsp	(5 ml) chopped parsley
1 cup	(250 ml) cooked red kidney beans
1 cup	(250 ml) black-eyed peas (ready to serve)

1 tsp	(5 ml) vegetable oil
4	slices back bacon, ¼ in (0.65 cm) thick, diced
1	medium onion, chopped
1	garlic clove, smashed and chopped
1 tbsp	(15 ml) strong mustard
¼ cup	(50 ml) raspberry wine vinegar
½ cup	(125 ml) olive oil
	salt and pepper

Drain beans and place in large saucepan. Add carrot, 1 chopped onion, celery seed, bay leaves, basil and parsley.

Pour in enough water to cover by 2 in (5 cm). Partially cover and cook 1½ hours, skimming as necessary during cooking.

Drain beans and vegetables; transfer to salad bowl.

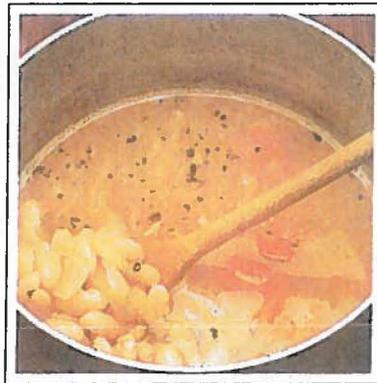
Add kidney beans and peas; toss and set aside.

Heat vegetable oil in small frying pan. Cook bacon, remaining onion and garlic 3 to 4 minutes over medium-high heat or until browned.

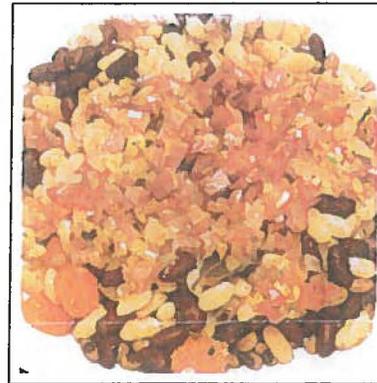
Stir this into salad mixture.

Mix mustard, vinegar and oil together in small bowl; season well and whisk. Pour over beans, toss and serve warm or slightly chilled.

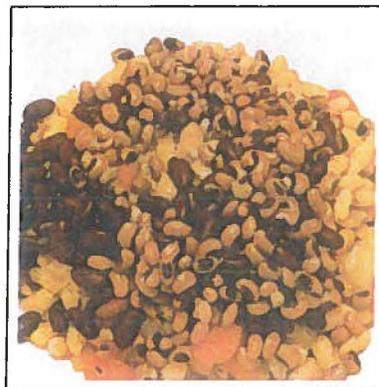
1 Drain beans and place in large saucepan with carrot, 1 chopped onion and seasonings. Cover with water and cook 1½ hours partially covered; skim as necessary.



3 Cook bacon with remaining onion and garlic in hot oil, then add to salad bowl.



2 Add kidney beans and peas to drained white beans and vegetables; toss and set aside.



4 Pour dressing over beans, toss and serve warm or cold.

