

CHRISTIAN

WASHINGTON

February 2014 Number 167

PRESBYTERIAN

HERALD

CHURCH

Rev. Laddie J. Benton Pastor

The fruit of the Spirit is

Love Joy

PEACE

PATIENCE

Kindness

Goodness

F A I T H F U L N E S S

gentleness self-control

Against such there is no law

GALATIANS 5:22,23

From the Pastor's Desk
Teaching Elder Laddie J. Benton

GOD IS OUR REFUGE AND STRENGTH

*You who live in the shelter of the Most High, who abide
In the shadow of the Almighty, will say to the LORD,
'My refuge and my fortress; my God, in whom I trust.'*
(Psalm 91: 1-2 – New Revised Standard Version)

AFRICAN AMERICAN HISTORY WITHIN THE COMMUNITY OF FAITH

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

There was a time when the African American Church was proud of its heritage and gave God the glory for sustaining it through difficult and better times. The church would sing praises to God and teach the children how and why these songs came about. Now the history, literature, culture, and songs are mostly celebrated during the month of February (African American History Month). The church is not only a spiritual base; but it must continue to tell of God's mighty works within the life of the people of African descent here in America.

Since its inception; the African American Church sang *Negro Spirituals* remembering the gloomy past and praying for a brighter future. Today, *Negro Spirituals* are almost obsolete in many of these churches. There are some who are embarrassed by the "Negro dialect" that many *Negro Spirituals* use (what a shame!)..."My God is a rock in a weary lan,' weary lan,' weary lan,' My God is a rock in a weary lan,' Shelter in de time of storm."

I pray that the African American Church (as well as others will revive this sacred music with "Ride On King Jesus," "Hush,Hush, Somebody's Calling My Name," "Were You There," "Precious Lord," "I'll Fly Away," "Jesus Keep Me Near the Cross," "Swing Low, Sweet Chariot," "Joshua Fit De Battle of Jericho," and "De Blind Man Stood on De Road," to name a few.

To God Be The Glory!

Your Brother in Christ,


Teaching Elder Laddie J. Benton, pastor

STAND UP FOR JESUS!
STAND UP FOR WPC

SICK, SHUT-INS AND BEREAVED FAMILIES

Marjorie Walker, Joan Marshall, Nathan and Marquis Phelps, Alfreda Richardson, Faith Morrison, Teondre` Morrison-Cooper, Aaron Randall, Stephen Randall, Joseph Cooper, Claudette Carter (Alberta's daughter), John Haynes, Viola Jefferson, Freida Carter, Loretta and Ronald Settle (NC), Amber Carter, Lilliam Rivera, Jordan Johnson, Justin Johnson, Kevin Herring, Melba Stamm (Keith's mother), Bobby Scott (Oliver's brother), Oliver Carter, Demerik Weglinski-Benton, Julius Weglinski-Benton, Shelley Burdine, Denise Wilson, Nathan Donaldson, Mrs. Bennie Blue (Sharon's friend), LaKeshia Green and family), Carole Harner, Andrew Rushton, Joyce Beckett, Sally Kahl (April's friend), Ann Conboy, Henry Langston, Dean Reifsnnyder, Ethel Kinkaid, Stephanie Mitchell, James Gravett (Pastor's friend) and Linda Hobbs (Pastor's sister), Ruth Jenkins (Barbara Davis' mother), Leo H. McNeil and Marjorie McNeil, Ann Gilmer, Daisy Patience, Martha Richards(Keith Stamm's mother-in-law-at Spring ridge), Marie (Flood) Rhodes. M. Vivian Key is in Manor Care – Sinking Spring. Also Weston Martinez (the infant grandson of Penny and Janice's co-worker, who is fighting to live).

PRAY FOR THE BEREAVED

The families of Pauline Jackson and Hazel Black. Also the Bailey and Wright families and the Key and Davis families.

SCRIPTURES

February 2	Psalms 15:1-5	Micah 6:1-8	1 Corinthians 1:18-31
February 9	Psalms 112:1-9	Isaiah 58:1-9a	1 Corinthians 2:1-12
February 16	Psalms 119:1-8	Deut.30:15-20	1 Corinthians 3: 1-9
February 23	Psalms 119:33-40	Lev.19:1-2;9-18	1 Corinthians 3:10-11,16-23

STANDING COMMITTEES

Christian Concerns –April Coleman
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 9:30 A.M. and 6:30 P.M.

LECTIONARY READINGS

Matthew 5:1-12
1 Corinthians 2:13-16
Matthew 5:21-37
1 Corinthians 3:16-23

SESSION

Pastor–Rev. Laddie J. Benton
Clerk of Session–Oliver Carter
Church Treasurer–Toni Brooks
Benevolence Treasurer –Oliver Carter
Club Fund Treasurer–Winnie J. Burden
Sunday School–Sharon Davis

ORGANIZATION

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

CHOIR REHEARSAL

Senior Choir Thursday 1:00 P. M.—Director—Mrs. Janet Arms
Youth Choir (after Sunday Church Service)—Director—William Kinkaid

WPC WEB PAGE: WPC1823.ORG

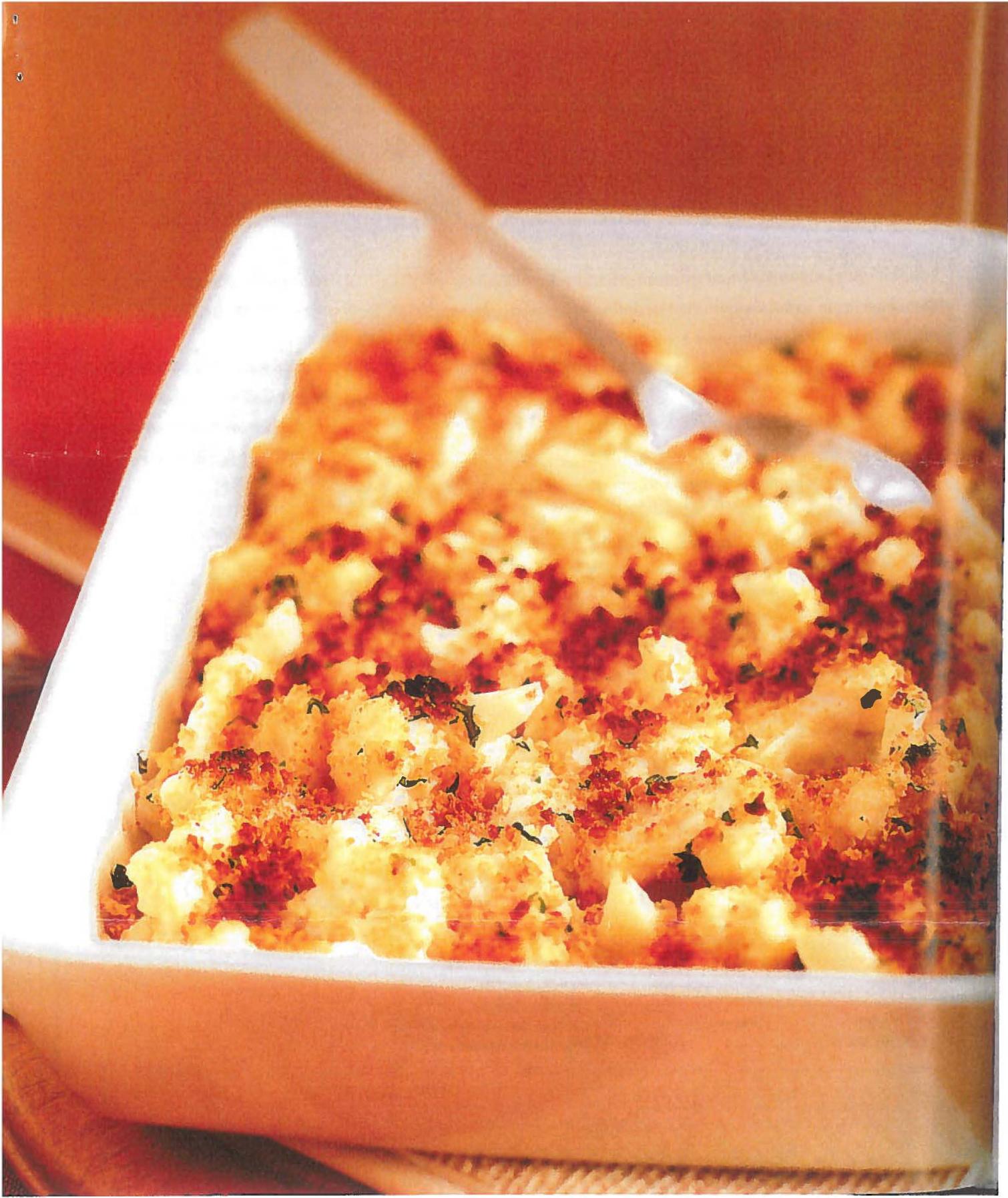
**Washington Presbyterian Church Will Accept Donations
From Anyone Who Would Like To Help With Our Missions.**

**For surely I know the plans I have for you,
says the Lord,
plans for your welfare and not for harm,
to give you a future with hope.
Jeremiah 29:11 (NRSV).**

February 2014

* Denotes Birthdays

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						February 1
2 Souper Bowl of Caring Communion Sunday Service	3	4	5 Bible Study – 9:30 AM Bible Study - 6:30 PM	6 Senior Choir Rehearsal 1:00 PM	7 Elijah Marshall *	8 Alex (AJ) Auston *
9 Camp & Conference Ministries Sunday Service	10	11 Worship Committee Meets – 9:00 AM	12 Bible Study – 9:30 AM Bible Study – 6:30 PM Alinci & Damien Porcher *	13 Senior Choir Rehearsal 1:00 PM	14 Lindsay Matthews *	15
16 Health Awareness & Prayer for Healing Joash Chest Sunday Service	17 Presidents' Day Session Meets 7:30 PM	18	19 Bible Study – 9:30 AM Bible Study - 6:30 PM	20 Senior Choir Rehearsal 1:00 PM	21	22
23 Three Critical Global Issues of World Missions: Poverty, Evangelism, Reconciliation Sunday Service	24 LaKeshia Green	25	26 Bible Study – 9:30 AM Bible Study - 6:30 PM	27 Senior Choir Rehearsal 1:00 PM	28 Yusuf Benton * (29 th)	



CAULIFLOWER GRATIN

SERVES 4

CARB COUNT

13g

DIABETIC EXCHANGES

½ starch 0 fruit 0 milk
1 vegetable ½ protein ½ fat

Topped with seasoned bread crumbs, this gratin, or French-style casserole, is an elegant dish suitable for company, yet it is easy to make. The cauliflower is coated with a low-fat cheese sauce, then the dish is baked until browned and bubbly.

Preheat the oven to 400°F.

In a large pot fitted with a steamer basket, bring 1 inch of water to a boil. Add the cauliflower, cover, and steam until tender, 7–8 minutes. Drain and keep warm.

In a saucepan over medium heat, combine the flour, milk, and nutmeg and whisk to blend. Cook until thickened, stirring frequently at first and then constantly as the sauce begins to thicken, 8–10 minutes. Remove from the heat and stir in the cheese, chives, and pepper.

Lightly coat the bottom and sides of a 1½-qt gratin dish or shallow baking dish with ½ teaspoon of the olive oil. Spoon the cauliflower into the dish, then pour the cheese sauce over.

Place the bread in a small food processor or blender and pulse to form coarse crumbs. Add the parsley and the remaining 1½ teaspoons olive oil and pulse to blend. Sprinkle the bread crumb mixture evenly over the cauliflower–cheese sauce mixture. Bake until the mixture is bubbly and the bread crumbs are lightly browned, about 15 minutes. Serve immediately.

5 cups cauliflower florets
3 tablespoons all-purpose flour
1½ cups nonfat milk
⅛ teaspoon freshly grated nutmeg
⅓ cup shredded fontina cheese
1 tablespoon chopped fresh chives
⅛ teaspoon freshly ground pepper
2 teaspoons olive oil
2 slices whole-wheat or multigrain bread, 1 oz each, torn into large pieces
1 tablespoon chopped fresh parsley

NUTRIENT ANALYSIS FOR ONE SERVING

Calories 109	Carbohydrates 13 g	Total Fat 4 g
Protein 6 g	Fiber 3 g	Saturated Fat 1 g
Sodium 144 mg	Sugars 5 g	Monounsaturated Fat 1 g
Cholesterol 7 mg		Polyunsaturated Fat 0 g

JOHN 3:16 - I DON'T UNDERSTAND IT

A little boy was selling newspapers on the corner, the people were in and out of the cold. The little boy was so cold that he wasn't trying to sell many papers. He walked up to a policeman and said, "Mister, you wouldn't happen to know where a poor boy could find a warm place to sleep tonight would you?" You see I sleep in a box up around the corner there and down the alley and it's awful cold in there for tonight. "Sure would be nice to have a warm place to stay."

The policeman looked down at the little boy and said, "You go down the street to that big white house and you knock on the door. When they come to the door you just say John 3:16 and they will let you in."

So he did. He walked up the steps and knocked on the door, and a lady answered. He looked up and said, "John 3:16." The lady said, "Come on in, son." She took him in and she sat him down in a split bottom rocker in front of a great big old fireplace, and she went off. The boy sat there for a while and thought to himself, John 3:16... I don't understand it, but it sure makes a cold boy warm.

Later she came back and asked him "Are you hungry?" He said, "Well, just a little. I haven't eaten in a couple of days, and I guess I could stand a little bit of food." The lady took him in the kitchen and sat him down to a table full of wonderful food. He ate and ate until he couldn't eat any more. Then he thought to himself, John 3:16...boy, I sure don't understand it but it sure makes a hungry boy full.

She took him upstairs to a bathroom to a huge bathtub filled with warm water, and he sat there and soaked for a while. As he soaked, he thought to himself; John 3:16...I sure don't understand it, but it sure makes a dirty boy clean. You know, I've not had a bath, a real bath, in my whole life. The only bath I ever had was when I stood in front of that big old fire hydrant as they flushed it out.

The lady came in and got him. She took him to a room, tucked him into a big old feather bed, pulled the covers up around his neck, kissed him goodnight and turned out the lights. As he lay in the darkness and looked out the window at the snow coming down on that cold night, he thought to himself; John 3:16...I don't understand it but it sure makes a tired boy rest. The next morning the lady came back up and took him down again to that same big table full of food. After he ate, she took him back to that same big old split bottom rocker in front of the fireplace and picked up a big old Bible.

She sat down in front of him and looked into his young face. "Do you understand John 3:16?" she asked gently. He replied, "No, Ma'am, I don't. The first time I ever heard it was last night when the policeman told me to use it." She opened the Bible to John 3:16 and began to explain to him about Jesus. Right there in front of that big old fireplace, he gave his heart and life to Jesus. He sat there and thought: John 3:16, I don't understand it, but it sure makes a lost boy feel safe.

You know, I have to confess I don't understand it either, how God was willing to send His Son to die for me, and how Jesus would agree to do such a thing. I don't understand the agony of the Father and every angel in heaven as they watched Jesus suffer and die. I don't understand the intense love for Me that kept Jesus on the cross until the end. I don't understand it, but it sure does make like worth living.

John 3:16 - For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.

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. **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

