

# CHRISTIAN HERALD

WASHINGTON

PRESBYTERIAN

CHURCH

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Rev. Laddie J. Benton Pastor

## THE LORD'S PRAYER

OUR FATHER WHICH ART IN HEAVEN,  
HALLOWED BE THY NAME.  
THY KINGDOM COME,  
THY WILL BE DONE.  
ON EARTH AS IT IS IN HEAVEN.  
GIVE US THIS DAY  
OUR DAILY BREAD.  
AND FORGIVE US OUR DEBTS,  
AS WE FORGIVE OUR DEBTORS.  
AND LEAD US NOT INTO TEMPTATION,  
BUT DELIVER US FROM EVIL.  
FOR THINE IS THE KINGDOM,  
AND THE POWER,  
AND THE GLORY.  
FOR EVER AND EVER.  
AMEN.

***From the Pastor's Desk***

Teaching Elder Laddie J. Benton

***IT IS GOOD TO GIVE THANKS TO THE LORD***

*...and with gratitude in your heart sing psalms, hymns, and spiritual songs to God.  
(Colossians 3: 16 – New Revised Standard Version)*

***THE SINGING OF HYMNS WITHIN THE COMMUNITY OF FAITH***

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

One of the reasons that people choose to worship with a certain congregation is because of its music. Often times I am told that the music which a particular congregation uses during worship, determines whether or not people of different ages and pursuits will actually attend a church service.

Some people prefer worship services that use traditional and “old favorites” hymns. Then there are those who prefer a more “contemporary” style of music. Either way, the most important reason for singing psalms, hymns, and spiritual songs, is to praise God. The hymns being sung during worship are not about self-gratification but to glorify God and Christ.

The church and the world have changed greatly within the last fifty years. The political, social, cultural, and economic changes have presented a new and different agenda to the church. In its effort to address these differences; the church has become more aware of the different racial and ethnic musical traditions. In its attempts to become more inclusive; the hymnals of various denominations now include music from the African-American, Asian, Native Americans, and Hispanic communities.

Regardless of one's particular preferences; the singing of hymns praising God and Christ will continue to be a gateway for bringing people closer to God. The hymns of the church will continue to burst forth with each new generation, and believers should be ready to embrace them...*O sing to the LORD a new song, for he has done marvelous things.*

Your Brother in Christ,

  
Rev. 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), Andrew Rushton, Joyce Beckett, Sally Kahl (April's friend), Ann Conboy, Henry Langston, Dean Reifsnyder, Ethel Kinkaid, Stephanie Mitchell, James Gravett (Pastor's friend) and Linda Hobbs (Pastor's sister), Ruth Jenkins (Barbara Davis' mother), Lee H. McNeil and Marjorie McNeil, Ann Gilmer, Daisy Patience, Martha Richards(Keith Stamm's mother-in-law Manor Care at Laureldale)), Marie (Flood) Rhodes. M. Vivian Key is in Manor Care – Sinking Spring, Monica (Joan Reppert's granddaughter). Janice Washington (Alicia Lee's mother), Evelyn Key, Hannah Matthews (Will's mother) and Emma Cheek (Linda Benton's Sister-in-law), Leonard Vincent Giunta (week old child with spina bifida), Harold Green (Alexis's husband). Yvonne Lewis.

### PRAY FOR THE BEREAVED

The family of Chery Burton Workman (sister of Richard Burton, sister-in-law of Alfreda Richardson) and the family of Evelyn Key.

### SCRIPTURES

June 1	Psalm 68:1-10	Acts 1:6-14	1 Peter 1:12-14;5:6-11
June 8	Psalm 104:24-34,35b	Acts 2:1-21	1 Corinthians 12:3b-13
June 15	Psalm 8:1-9	Genesis 1:1-5	2 Corinthians 13:11-13
June 22	Psalm 86:1-10;16-17	Genesis 21:8-21	Romans 6:1-11
June 29	Psalm 13:1-6	Genesis 22:1-14	Romans 6:12-23

### 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

John 11:1-45  
Matthew 26:14-27  
Matthew 28:1-10  
John 20:19-31

### 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/LaKeshia Green  
**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](http://WPC1823.ORG)**

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

**So do not fear, for I am with you;  
do not be dismayed, for I am your God.  
I will strengthen you and help you;  
I will uphold you with my righteous right hand.  
For I am the Lord, your God,  
who takes hold of your right hand  
and says to you, Do not fear I will help you. Isaiah 41 :10;13.**

# June 2014

\* Denotes Birthdays

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>June 1</b> <b>Julius Benton *</b> <b>Rural Life</b>  <b>Communion</b> <b>10:00 Sunday Service</b>	2	3	<b>4</b> <b>Bible Study – 9:30 AM</b> <b>Bible Study – 6:30 PM</b>	<b>5</b> <b>Senior Choir Rehearsal</b> <b>1:00 PM</b>	<b>6</b>  <b>1001 Worshipping</b> <b>Communities</b>	7
<b>8</b> <b>Lyric Phelps *</b> <b>Day of Pentecost</b> <b>Pentecost Offering</b> <b>Communion</b> <b>10:00 AM Sunday</b> <b>Service</b>	<b>9</b> <b>Jaylin Key *</b>	<b>10</b> <b>Marjorie Walker *</b>	<b>11</b> <b>Bible Study – 9:30 AM</b> <b>Bible Study – 6:30 PM</b>	<b>12</b> <b>Senior Choir Rehearsal</b> <b>1:00 PM</b>	<b>13</b>	<b>14</b>  <b>Flag Day</b> <b>General Assembly</b> <b>Convenes - Detroit</b>
<b>15</b>  <b>Trinity Sunday</b> <b>Father's Day</b> <b>Joash Chest</b> <b>10:00 AM Sunday</b> <b>Service</b>	<b>16</b> <b>Winnie Burden *</b>	<b>17</b>	<b>18</b> <b>Bible Study – 9:30 AM</b> <b>Bible Study – 6:30 PM</b>  <b>Paulette Amprey *</b>	<b>19</b> <b>Senior Choir Rehearsal</b> <b>1:00 PM</b>  <b>Jaylci Porcher *</b>	<b>20</b>	<b>21</b>  <b>Linda Benton *</b>  <b>First Day of Summer</b> <b>General Assembly</b> <b>Ends</b>
<b>22</b>  <b>Disability Inclusion</b>  <b>10:00 AM Sunday</b> <b>Service</b>	<b>23</b>	<b>24</b>  <b>Pauline Johnson *</b>	<b>25</b>  <b>Start of Korean War</b> <b>(1950)</b>	<b>26</b> <b>Senior Choir Rehearsal</b> <b>1:00 PM</b>	<b>27</b>	<b>28</b>
<b>29</b> <b>Sherry L. Brooks *</b> <b>First Day of</b> <b>Ramadan</b>  <b>10:00 AM Sunday</b> <b>Service</b>	<b>30</b>					

**There was a silence all around the throne,  
Where the saints had often trod.  
As the Soldier waited quietly,  
For the judgment of his God.  
“Step forward now, you Soldier,  
You’ve borne your burdens well.  
Walk peacefully on Heaven’s streets,  
You’ve done your time in Hell.”**

**It’s the Soldier, not the reporter  
Who has given us the freedom of the press.  
It’s the soldier, not the poet,  
Who has given us the freedom of speech.  
It’s the Soldier, not the politicians that ensures  
Our right to Life, Liberty and the Pursuit of Happiness.  
It’s the soldier who salutes the flag,  
Who serves beneath the flag,  
And whose coffin is draped by the flag.**



## **REGRETS**

**No Mr. President, none that I can think of.**

## THE FINAL INSPECTION

The Soldier stood and faced God,  
Which must always come to pass.  
He hoped his shoes were shining,  
Just as brightly as his brass.

“Step forward now, Soldier,  
How shall I deal with you?  
Have you always turned the other cheek?  
To My Church have you been true?”

The Soldier squared his shoulders and said,  
“No, Lord, I guess I ain’t  
Because those of us who carry guns  
Can’t always be a saint.

I’ve had to work most Sundays,  
And at times my talk was tough.  
And sometimes I’ve been violent,  
Because the world is awfully rough.  
But I never took a penny  
That wasn’t mine to keep.  
Though I worked a lot of overtime  
When the bills just got too steep.

And I never passed a cry for help,  
Though at times I shook with fear.  
And sometimes, God, forgive me  
I’ve wept unmanly tears.

I know I don’t deserve a place,  
Among the people here.  
They never wanted me around,  
Except to calm their fears.  
If you’ve a place for me here, Lord,  
I needn’t be so grand.  
I never expected or had too much,  
But if you don’t, I’ll understand.

# allergies

For millions of people, the simple act of petting a cat, dusting the end tables, or opening a window invites sniffles and sneezes. But it's not the cat, dust, or pollen that's actually responsible for your symptoms—it's the overreaction of your own immune system.

## SYMPTOMS

- *Red, itchy, or puffy eyes, sometimes with "allergic shiners"—dark circles around the eyes.*
- *Sneezing.*
- *Swollen nasal passages.*
- *Runny nose with a clear discharge.*
- *Irritated throat.*
- *Fatigue.*

## When to Call Your Doctor

- *If you experience wheezing or difficulty breathing—it may be a sign of an asthma attack, requiring immediate treatment.*
- *If you develop a headache or fever that gets worse when you bend forward, or your nasal discharge turns yellow or green—it may be a sinus infection.*
- *If allergy symptoms interfere with daily activities and natural supplements don't help.*
- *Reminder: If you have a medical condition, talk to your doctor before taking supplements.*

*Nettle supplements help reduce nasal inflammation and may ease allergy symptoms.*

## What it is

"Allergic rhinitis" is the medical term for the nasal symptoms caused by allergies to a variety of airborne particles. The condition can be an occasional inconvenience or a problem so severe that it interferes with almost every aspect of daily life. If you notice symptoms in warm weather, you may have seasonal allergies, commonly called hay fever, triggered by tree or grass pollen in spring and by ragweed in the fall. If you have symptoms year-round—called perennial allergies—the most likely culprits are mites in household dust, mold, or animal dander. You may be allergic to one or more of these irritants. For either type of allergy, the symptoms are the same. People with allergic rhinitis may have a decreased resistance to colds, flu, sinus infections, and other respiratory illnesses.

## What causes it

When bacteria, viruses, or other substances enter the body, the immune system sets out to destroy those that can cause illness, but ignores such harmless particles as pollen. In some individuals, however, the immune system can't tell the difference between threatening and benign material. As a result, innocuous particles can trigger the release of a naturally occurring substance called histamine and other inflammatory compounds in the area where the irritant entered the body—the nose, throat, or eyes.

No one knows why the immune system overreacts this way, but some experts think that poor nutrition and pollutants in the air may weaken the system. Allergic rhinitis also runs in some families.



## Supplement Recommendations

<b>Quercetin</b>	<b>Dosage:</b> 500 mg twice a day. <b>Comments:</b> Use 20 minutes before meals; often sold with vitamin C.
<b>Nettle</b>	<b>Dosage:</b> 250 mg 3 times a day on an empty stomach. <b>Comments:</b> Standardized to contain at least 1% plant silica.
<b>Vitamin A</b>	<b>Dosage:</b> 10,000 IU a day. <b>Comments:</b> Women who are pregnant or considering pregnancy should not exceed 5,000 IU a day.
<b>Vitamin C</b>	<b>Dosage:</b> 1,000 mg 3 times a day. <b>Comments:</b> Reduce dose if diarrhea develops.
<b>Pantothenic acid</b>	<b>Dosage:</b> 500 mg 3 times a day. <b>Comments:</b> Take with meals.
<b>Ephedra</b>	<b>Dosage:</b> 130 mg standardized extract 3 times a day. <b>Comments:</b> May cause insomnia. Don't use if you have high blood pressure, heart disease, or anxiety or take an MAO inhibitor.

Note: Consider using supplements in blue first; those in black may also be beneficial. Some dosages may be supplied by supplements you are already taking—see page 39.

## How supplements can help

For seasonal allergies, take all supplements in the chart from early spring through the first frost. In place of prescription or over-the-counter drugs, try **quercetin**. Whereas drugs simply block the effect of histamine, this flavonoid inhibits its release—without any side effects. Combining it with the herb **nettle** can combat sneezing, itching, and swollen nasal passages.

**Vitamin A** and **vitamin C** support the immune system; vitamin C, the main antioxidant in the cells of the respiratory passages, may also have anti-inflammatory and antihistamine effects. The B vitamin **pantothenic acid** may reduce nasal congestion. You may want to take these three nutrients during allergy season, even if you opt for traditional drugs for specific symptom relief.

And, for severe cases of hay fever, **ephedra** (*Ma huang*) may be useful because it opens the respiratory passages. You can use ephedra with quercetin and nettle, but not with prescription or over-the-counter antihistamines or decongestants.

## What else you can do

- ☑ Stay indoors with the windows closed when pollen counts are high. Use an air-conditioner even in the car and clean the filter regularly.
- ☑ Eliminate carpets and use furniture slipcovers that can be washed. Encase mattresses and pillows in allergy-proof covers and wash bedding weekly in very hot water. Dust mites collect in these areas.
- ☑ Clean damp areas to prevent the growth of mold.

## FACTS & Tips

- Certain herbs are natural antihistamines. Try sipping teas made from anise, ginger, or peppermint singly or in combination. Ginger and peppermint also have a decongestant effect. Drink up to four cups a day as needed to reduce symptoms.
- Ragweed allergies are responsible for about 75% of all cases of hay fever in the United States.

## LATEST FINDINGS

- Washing bedding in very hot water (130°F) kills the dust mites that accumulate and trigger allergic reactions, but the heat may ruin fabrics. According to an Australian study, adding eucalyptus oil to a warm-water wash does the same job. Mix 2 ounces oil with 1 ounce liquid dishwashing detergent (otherwise the oil will separate from the water). In the washer pre-soak the bedding in this mixture for half an hour; then put in your usual laundry detergent and run the laundry cycle as you normally do.

## Did You Know?

Garden flowers rarely cause allergies because their pollen is too heavy to be carried by the air alone; it must be transported by bees and other insects.

## THOUGHT TO PONDER

### Verse of the Month

Their strength is to sit still. Isaiah 30:7  
And if plans are thwarted, Quietly stand thou still;  
Listen for God's direction, Patiently wait his will.

Scriptures are in red letters; Footnotes are in black letters

### **GIDEON Judges 6:11-24**

**6:11-12** The angel of the Lord came and sat down under the oak in Ophrah that belong to Joash the Abiezrite, where his son Gideon was threshing wheat in a winepress to keep it from the Midianites. <sup>12</sup> When the angel of the Lord appeared to Gideon, he said, "The Lord is with you, mighty warrior."

**6:13** Gideon replied, "If the Lord is with us, why has all this happened to us? Where are all his wonders that our fathers told us about when they said, 'Did not the Lord bring us up out of Egypt?' But now the Lord has abandoned us and put us into the hand of Midian."

**6:13** Gideon questioned God about the problems he and his nation faced and about God's apparent lack of help. What he didn't acknowledge was the fact that the people had brought calamity upon themselves when they decided to disobey and neglect God. How easy it is to overlook personal accountability and blame our problems on God and others. Unfortunately this does not solve our problems. It brings us no closer to God, and it escorts us to the very edge of rebellion and backsliding.

When problems come, the first place to look is within. Our first action should be confess to God our sins that may have created our problems **NIVLASB**

**6:14** The Lord turned to him and said, "Go in the strength you have and save Israel out of Midian's hand. Am I not sending you?"

**6:15** "But, Lord," Gideon asked, "how can I save Israel? My clan is the weakest in Manasseh, and I am the least in my family."

**6:16** The Lord answered, "I will be with you, and you will strike down all the Midianites together."

**6:14-16** "I will be with you," God told Gideon, and God promised to give him the strength he needed to overcome the opposition. In spite of this clear promise, Gideon made excuses. Seeing only his limitations and weaknesses, he failed to see how God could work through him.

Like Gideon, we are called to serve God in specific ways. Although God promises us the tools and strength, we need, we often make excuses. But reminding God of our limitations only implies that he does not know all about us or that he has made a mistake in evaluating our character. Don't spend time making excuses. Instead spend time doing what God wants. **NIVLASB**

**6:17-18** Gideon replied, "If now I have found favor in your eyes, give me a sign that it is really you talking to me. <sup>18</sup> Please do not go away until I come back and bring my offering and set it before you." And the Lord said, "I will wait until you return."

**6:19-23** Gideon went in, prepared a young goat, and from an ephah of flour he made bread without yeast. Putting the meat in a basket and its broth in a pot, he brought them out and offered them to him under the oak.

**6:20-21** The angel of God said to him, "Take the meat and the unleavened bread, place them on this rock, and pour out the broth." And Gideon did so. <sup>21</sup> With the tip of the staff that was in his hand, the angel of the Lord touched the meat and the unleavened bread. Fire flared from the rock, consuming the meat and the bread. And the angel of the Lord disappeared. <sup>22</sup> When Gideon realized that it was the angel of the Lord, he exclaimed, "Ah, Sovereign Lord! I have seen the angel of the Lord face to face!"

**6:23** But the Lord said to him, "Peace! Do not be afraid. You are not going to die."

**6:22-23** Why was Gideon afraid of seeing an angel? The Israelites believed that no one could see God and live (see God's words to Moses in Exodus 33:20. Evidently Gideon thought this also applied to angels. **NIVLASB**

## THE MONSTER IN THE CELLAR

When I was young, I was often afraid. I dreaded supertime, when my mother sent me to the cellar to retrieve canned goods. I was certain that a monster lurked there in the dark. Down the wobbly staircase I went, eyes wide, to find a can of peas or corn. Then I turned my back on the darkness, sure the monster would emerge to chase me up the 13 steps.

On the third step, I swallowed hard. Halfway up, my heart began to thump; at the tenth step, I couldn't breathe. Finally, I dashed into the lighted kitchen, slammed the door behind me, and collapsed with relief, having escaped the monster once again. "For goodness sake, Lori Ann!" Mother rolled her eyes, exasperated with my drama; and then she heartlessly sent me back for more.

Fear is a powerful emotion that affects heart rates, thoughts, and actions. Even as adults, we struggle against fears as big as death, as small as spiders or snakes, and as common as looking foolish. God reminds us that we have the responsibility and power not to be paralyzed by fear. If we focus our thoughts on God, not on the monsters we imagine are stalking us, then like Gideon, we will find peace even in the midst of the battle.

*Prayer:* Dear Father, help us focus our thoughts on Jesus so that we remain in control of our fears. Amen.

You will keep him in perfect peace, whose mind is stayed on You: because he trusts in You.

Isaiah 26:3 (KJRV) (from the Upper Room)

## RESTING ON GOD

O God Most High, Most Glorious,  
The thought of thine infinite serenity cheers me,  
For I am toiling and moiling, troubled and distressed,  
    but thou art for ever at perfect peace.  
Thy designs cause thee no fear or care of unfulfilment,  
    they stand fast as the eternal hills.  
Thy power knows no bond,  
    thy goodness no stint.  
Thou bringest order out of confusion,  
    and my defeats are thy victories:  
The Lord God omnipotent reigneth.  
I come to thee as a sinner with cares and sorrows,  
    to leave every concern entirely to thee,  
        every sin calling for Christ's precious blood;  
Revive deep spirituality in my heart;  
Let me live near to the great shepherd,  
    hear his voice, know its tones, follow its calls.  
Keep me from deception by causing me to abide in the truth,  
    from harm by helping me to walk in the power of the Spirit.  
Give me intenser faith in the eternal verities,  
    burning into me by experience the things I know;  
Let me never be ashamed of the truth of the gospel,  
    that I may bear its reproach,  
        vindicate it,  
        see Jesus as its essence,  
        know in it the power of the Spirit.  
Lord, help me, for I am often lukewarm and chill;  
    unbelief mars my confidence,  
    sin makes me forget thee.  
Let the weeds that grow in my soul be cut at their roots;  
Grant me to know that I truly live only when I live to thee,  
    that all else is trifling.  
They presence alone can make me holy, devout, strong and happy.  
Abide in me, gracious God.