

CHRISTIAN HERALD

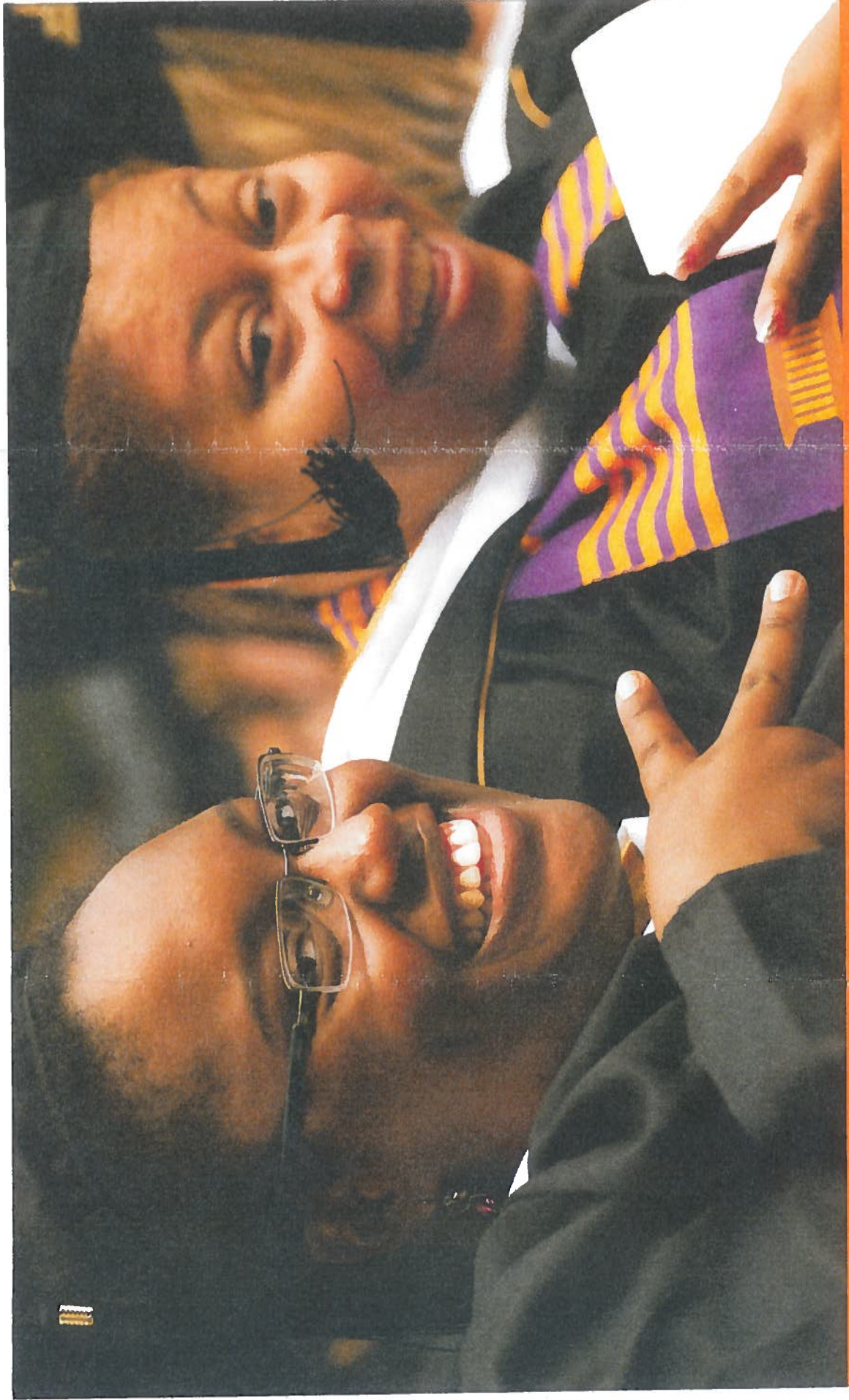
WASHINGTON

PRESBYTERIAN

CHURCH

November 2013 Number 918

Rev. Laddie J. Benton



Commencement ceremony at Mary Baldwin College

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

LET EVERYTHING THAT BREATHES PRAISE THE LORD!

*All the ends of the earth shall remember and turn to the LORD;
and all the families of the nations shall worship before him.*
(Psalm 22: 27 – New Revised Standard Version)

INTERFAITH WORSHIP WITHIN THE COMMUNITY OF FAITH

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

On October 3, 1863, President Abraham Lincoln signed the "Thanksgiving Proclamation which in part states..."I do, therefore invite my fellow-citizens in every part of the United States, and also those who are at sea and those who are sojourning in foreign lands, to set apart and observe the last Thursday of November next as a day of thanksgiving and praise to our beneficent Father who dwelleth in the heavens." Since then, Thanksgiving Day has become a national holiday celebrated on the third Thursday of each year.

For many years, Washington Presbyterian Church (USA) has celebrated Thanksgiving Day by participating in an Interfaith Worship Service that includes different denominations and faiths. This has helped all who attend to understand and appreciate how those of another culture and belief system give thanksgiving and praise to God.

This year, instead of a Thanksgiving Day service; there will be a Thanksgiving Eve Interfaith Service on Wednesday, November 27 at 7 PM. This service will be held at The Islamic Center of Reading, 18 South Noble Street, Reading, PA.

This Interfaith Service is jointly sponsored by: First Universalist Church of Berks County, Islamic Center of Reading, Reading Buddhist Community, Reform Congregation Oheb Sholom, Washington Presbyterian Church (USA), and Wyomissing Church of the Brethren.

All are welcome to attend this service.

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

Harold and Pauline Jackson, Marjorie Walker, Joan Marshall, Nathan and Marquis Phelps, Jean Rudolph, Alfreda Richardson, Faith Morrison, Teondre` Morrison-Cooper, Aaron Randall, Stephen Randall, Joseph Cooper, Claudette Carter (Alberta's daughter), John Haynes, Viola Jefferson, Freida Carter, Vivian M. Key, 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, Hazel Black, 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.

PRAY FOR THE BEREAVED

The family of Nelson Stubbs.

SCRIPTURES

| | | | |
|-------------|-------------------|----------------------|-----------------------|
| November 3 | Psalm 119:137-144 | 1 Chronicles 16:7-12 | 1 Thessalonians 4:1-4 |
| November 10 | Psalm 67:1-7 | Isaiah 41:8-10 | 2 Thessalonians 2:1-5 |
| November 17 | Psalm 138:1-6 | Isaiah 12:1-6 | Philippians 4:4-9 |
| November 24 | Psalm 24:1-2,7-10 | Jeremiah 23:1-6 | Colossians 1:11-20 |

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

Habakkuk 1:1-4
Habakkuk 2:1-4
Haggai 1:15-29
Isaiah 65:17-25

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

CHRISTMAS COOKIE SALE

December 14, 2013

Time: Saturday 10:00 AM—12:00 PM

Sunday 12:00 PM—1:00 PM

Small Cans \$8.00
Medium Cans \$12.00
Large Cans \$15.00

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

November 2013

* Denotes Birthdays

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|-------------------------|--|---|--|---------------------|
| 3 Daylight Saving Time Ends Stewardship Commitment | 4 | 5 | 6 | 7 | 8 | 9 |
| 10:00 AM Sunday Service Communion | 11 Lillie Foster * Thomas Fruit * Alfreda Overton * Rachel Randall * | 12 Nathaniel Mitchell * | 13 Bible Study - 9:30 AM Bible Study - 6:30 PM Will Matthews * | 14 Darius Johnson * Senior Choir Rehearsal 1:00 PM | November 1 All Saint's Day World Community Day | 2 All Soul's Day |
| 10:00 AM Sunday Service Caregiver | 18 Remembrance Day (Canada) Veteran's Day | 19 | 20 Bible Study - 9:30 AM Bible Study - 6:30 PM | 21 Senior Choir Rehearsal 1:00 PM | 22 | 23 |
| 10:00 AM Sunday Service Joash Chest | 25 | 26 | 27 Bible Study - 9:30 AM Bible Study - 6:30 PM | 28 Senior Choir Rehearsal 1:00 PM Jasiah Johnson * | 29 | 30 Alex Auston * |
| 10:00 AM Sunday Service | | | Hanukkah | Thanksgiving Day | | |

gallstones

Some 20 million Americans have gallstones, crystallized pellets in the gallbladder that can suddenly cause painful spasms a few hours after eating a rich meal. A high-fiber diet, along with certain supplements, can help prevent, relieve, or even dissolve these troublesome stones.

SYMPTOMS

- *Intermittent pain on the right side of the upper abdomen. The pain typically develops after a meal, lasts from 30 minutes to 4 hours, and may move to the back, chest, or right shoulder.*
- *Nausea and vomiting may accompany pain. Heartburn, gas, or bloating may also be present.*

When to Call Your Doctor

- *If you develop severe abdominal pain, or pain with nausea, vomiting, or fever. Either symptom may signal gallbladder inflammation or a blockage of the bile duct. Both are medical emergencies.*
- *If you have upper right abdominal pain and nausea with shortness of breath and sweating—this may be a heart attack. Call an ambulance right away.*
- *Reminder: If you have a medical condition, talk to your doctor before taking supplements.*

What it is

Gallstones are rocklike clumps of cholesterol or other digestive substances that form in the gallbladder, the pear-shaped organ that sits in the upper right section of the abdomen, just under the liver. The gallbladder stores and concentrates bile—a thick greenish yellow fluid that's produced by the liver—and eventually releases it through the bile duct into the small intestine to aid in the digestion of fats. Gallstones can develop if the bile contains very high levels of cholesterol, bile acids, pigments, or other substances. Whether they're really tiny or as big as a golf ball, gallstones often produce no symptoms and need no special care. Sometimes, though, they can block the bile duct or inflame the gallbladder, causing intense abdominal pain and requiring prompt treatment.

What causes it

Though the exact cause of gallstones is not known, several factors may contribute to their formation, including a low-fiber, high-fat diet; intestinal surgery; inflammatory bowel disease; or other disorders of the digestive tract. Gallstones tend to occur in people over age 40 and are three times more common in women than in men. Obesity is also strongly linked to gallstones, as is rapid weight loss. There may be a genetic component as well: Among Arizona's Pima Indians, nearly 70% of women over age 30 have gallstones.

How supplements can help

The supplements recommended in the chart may all aid in preventing or dissolving gallstones. Three months of treatment may be effective in dissolving small existing stones, though those supplements in blue (except taurine) can also be used long term to help prevent gallstone attacks.

Extra **vitamin C** is important because it lowers bile cholesterol levels, decreasing the chance that cholesterol-laden bile will clump to form stones. Vitamin C should be combined with various other supplements.



Gallstone-fighting flaxseed oil comes in capsule form for those who dislike the taste of the oil.

Supplement Recommendations

| | |
|-------------------------------|--|
| Vitamin C | Dosage: 1,000 mg 3 times a day. Comments: Reduce dose if diarrhea develops. |
| Lipotropic combination | Dosage: 1 or 2 pills twice a day. Comments: Need 250 mg milk thistle (take extra if needed); may also include choline, inositol, methionine, and dandelion. |
| Taurine | Dosage: 1,000 mg L-taurine twice a day for up to 3 months. Comments: After 6 weeks, add a mixed amino acid complex. |
| Lecithin | Dosage: 2 capsules of 19 grains (1,200 mg) each twice a day. Comments: Or 2 tsp. granular form twice a day before meals. |
| Flaxseed oil | Dosage: 1 tbsp. (14 grams) a day in liquid or pill form. Comments: Can be mixed with food; take in the morning. |
| Peppermint oil | Dosage: 2 capsules (containing 0.2 ml of oil each) twice a day. Comments: Buy enteric-coated capsules. Take between meals. |
| Psyllium | Dosage: 1 tbsp. powder dissolved in water or juice twice a day. Comments: Be sure to drink extra water throughout the day. |

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.

A good general choice is a **lipotropic** (“fat-metabolizing”) combination, containing milk thistle, choline, inositol, and methionine, which bolsters liver function and promotes a healthy flow of fats and bile from the liver and gallbladder. The herb milk thistle, for example, alters bile composition, helping to dissolve gallstones and eliminate stones that may have formed. Choline and inositol (related to the B vitamins) and the amino acid methionine aid in fat and cholesterol metabolism as well. They also strengthen liver and gallbladder function. Methionine may increase levels of another amino acid, **taurine**, which improves bile flow and helps dissolve existing stones. Choline and inositol are also vital to the fatty bile component **lecithin** (inadequate levels may precipitate gallstones).

Other supplements may be worth adding to the mix, either singly or together. **Flaxseed oil** contains essential fatty acids that may be useful in preventing or even dissolving gallstones. **Peppermint oil**, taken in enteric-coated capsules, also has gallstone-dissolving effects. And daily doses of **psyllium** can promote bowel movements, which may be of value in blocking the formation of gallstones.

What else you can do

- ☑ Eat a diet high in fiber and low in refined carbohydrates, sugar, and fat. Fruits and vegetables, oat bran, and pectin (found in apples, bananas, cabbage, carrots, oranges, peas, and okra) may be especially important in preventing and dissolving gallstones.
- ☑ Keep your weight down and drink plenty of water daily.

FACTS & Tips

■ The first operation to remove a gallbladder—and thus rid the body of gallstones—was performed in 1882. Surgery is still the mainstream medical treatment of choice for symptom-producing gallstones. Both conventional abdominal surgery and laparoscopy (in which the gallbladder is removed through very small incisions) are performed. However, natural supplements may be an excellent alternative to such an invasive procedure; check with your doctor about trying supplements.

LATEST FINDINGS

- Researchers in San Francisco found that a combination of vitamin C supplements and an occasional alcoholic drink cut the incidence of gallstones in half in postmenopausal women. Scientists speculate that moderate alcohol intake may boost the ability of vitamin C to lower bile cholesterol levels. These lower levels, in turn, reduce the incidence of gallstones.
- In a study of the effect of milk thistle on gallstones, researchers discovered that patients treated with this herb had significantly reduced levels of cholesterol in their bile—which may decrease the likelihood of gallstones.

Did You Know?

Though the typical high-fat, low-fiber modern diet appears to contribute to gallstones, they are not a new disorder. When X-rayed, the mummified corpse of a well-preserved Egyptian priestess from about 1500 B.C. was found to have 30 gallstones.

THANKSGIVING

Most of us think of “Thanksgiving” as the time we get together with family and extended family and celebrate by having a delicious feast complete with an unending variety of food.

As Christians we need to reverse the word and call it “Giving Thanks”. We are so blessed and sometimes, more than not, we forget to be truly thankful for all that we have been given by our Father.

Day by day we go to Him in prayer requesting something, complaining about something, and unfortunately confessing something. Our prayers are the open line of communication with the one who loves us with no strings attached.

We need to start and end each day giving Him thanks for all that he has done. When you wake up in the morning thank Him for giving you another day. Don’t waste the day. It is His gift to you, be thankful and make it mean something. Show Him how much you appreciate the day by sharing it with someone you know or someone new that you meet. At the end of the day give Him thanks when you go to him with your evening prayers.

We have no problem complaining about what we don’t have but all too often we neglect to give thanks for what we have been given. I am reminded of a line from an old song – “Count your blessings, name them one by one, count your many blessings see what God has done.”

Give thanks for a new day, blue skies and billowy white clouds, a soft rain, a warm wind, a newborn baby, a good friend, your mate, your children, all family members, and your health.

Remember to always give thanks for “God’s unfailing Love for us.”

RECALL NOTICE

The Maker of all human beings (GOD) is recalling all units manufactured, regardless of make or year, due to a serious defect in the primary and central component of the heart.

This is due to a malfunction in the original prototype units code named Adam and Eve, resulting in the reproduction of the same defect in all subsequent units. This defect has been technically termed "Sub-sequential Internal Non-Morality," or more commonly known as S.I.N. as it is primarily expressed.

Some of the symptoms include:

1. Loss of direction
2. Foul vocal emissions
3. Amnesia of origin
4. Lack of peace and joy
5. Selfish or violent behavior
6. Depression or confusion in the mental component
7. Fearfulness
8. Idolatry
9. Rebellion

The Manufacturer, who is neither liable nor at fault for this defect, is providing factory-authorized repair and service free of charge to correct this defect.

The Repair Technician, JESUS, has most generously offered to bear the entire burden of the staggering cost of these repairs. There is no additional fee required. The number to call for repair in all areas is: P-R-A-Y-E-R.

Once connected, please upload your burden of SIN through the REPENTANCE procedure. Next, download ATONEMENT from the Repair Technician, Jesus, into the heart component. No matter how big or small the SIN defect is, Jesus will replace it with: Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness and Self Control.

Please see the operating manual, the B.I.B.L.E (Basic Instructions Before Leaving Earth) for further details on the use of these fixes.

WARNING: Continuing to operate the human being unit without correction voids any manufacturer warranties, exposing the unit to dangers and problems too numerous to list and will result in the human unit being permanently impounded. For free emergency service, call on Jesus.

DANGER: The human being units not responding to this recall action will have to be scrapped in the furnace. The SIN defect will not be permitted to enter Heaven so as to prevent contamination of that facility. Thank you for your attention!

GOD

P.S. Please assist where possible by notifying others of this important recall notice, and you may contact the Father any time by 'Knee mail'!

THOUGHTS TO PONDER

Verse of the Month

Be sober, be vigilant, because your adversary the devil, as a roaring lion, walks about, seeking whom he may devour. 1 Peter 5:8

GOD'S GREAT LOVE FOR US. Psalm 103:1-22

- 1 **Praise the Lord, O my soul, all my inmost being. Praise his holy name.**
- 2 **Praise the Lord, O my soul, and forget not all his benefits—**
- 3 **who forgives all your sins and heals all your diseases,**
- 4 **who redeems your life from the pit and crowns you with love and compassion,**
- 5 **who satisfies your desires with good things so that your youth is renewed like the eagles.**
- 6 **The Lord works righteousness and justice for all the oppressed,**
- 7 **He made known his ways to Moses, his deeds to the people of Israel.**
- 8 **The Lord is compassionate and gracious, slow to anger, and abounding in love.**
- 9 **He will not always accuse, nor will he harbor his anger forever.**
- 10 **he does not treat us as our sins deserve or repay us according to our iniquities.**
- 11 **For as high as the heavens are above the earth, so great is his love for those who fear him;**
- 12 **as far as the east is from the west, so far has he removed our transgressions from us,**
- 13 **As a father has compassion on his children, so the Lord has compassion on those who fear him;**
- 14 **for he knows how we are formed, he remembers that we are dust.**
- 15 **As for man, his days are like grass, he flourishes like a flower of the field;**
- 16 **the wind blows over it and it is gone, and its place remembers it not more.**
- 17 **But from everlasting to everlasting the Lord's love is with those who fear him, and his righteousness with their children's children—**
- 18 **with those who keep his covenant and remember to obey his precepts.**
- 19 **The Lord has established his throne in heaven, and his kingdom rules over all.**
- 20 **Praise the Lord, you his angels, you mighty ones who do his bidding, who obey his word.**
- 21 **Praise the Lord, you his heavenly hosts, you his servants you who do his will.**
- 22 **Praise the Lord, all his works everywhere in his dominion. Praise the Lord, O my soul.**

Foot-notes

^{103:1} David's praise focused on God's glorious deed. It is easy to complain about life, but David's list gives us plenty for which to praise God—he forgives our sins, heals our diseases, redeems us from death, crowns us with love and compassion, satisfies our desires, and gives righteousness and justice. We receive all of these without deserving any of them. No matter how difficult your life's journey, you can always count your blessing—past, present, and future. When you have nothing for which to praise God, read David's list. NIVLASB

^{103:7} God's law was given first to Moses and the people of Israel. God's law presents a clear picture of God's nature and will. It was God's training manual to prepare his people to serve him and to follow his ways. Review the Ten Commandments (Exodus 20) and the history of how they were given, asking God to show you his will and his ways through them NIVLASB

^{103:12} East and west can never meet. This is a symbolic portrait of God's forgiveness—when he forgives our sin, he separates it from us and doesn't even remember it. We need never wallow in the past, for God forgives and forgets. We tend to dredge up the ugly past, but God has wiped our record clean. If we are to follow God, we must model his forgiveness. When we forgive another, we must also forget the sin. Otherwise, we have not truly forgiven. NIVLASB

^{103:13,14} We are fragile, but God's care is eternal. Too often we focus on God as Judge and Lawgiver, ignoring his compassion and concern for us. When God examines our lives, he remembers our human condition. Our weakness should never be used as a justification for sin. His mercy takes everything into account. God will deal with you compassionately. Trust him. NIVLASB

^{103:20-22} Everything everywhere is to praise the Lord: all angels—mighty ones and heavenly hosts—and all his works! Praising God means remembering all he has done for us (103:2), fearing him and obeying his commands (103:17,18), and doing his will (103:21). Does your life praise the Lord? NIVLASB

BLESSINGS

Thou Great Three-One,
Author of all blessings I enjoy, of all I hope for,
Thou hast taught me
 that neither the experience of present evils,
 nor the remembrances of former sins,
 nor the remonstrances of friends,
 will or can affect a sinner's heart,
 except thou vouchsafe to reveal thy grace
 and quicken the dead in sin
 by the effectual working of thy Spirit's power.

Thou hast shown me
 that the sensible effusions of divine love in the soul
 are superior to and distinct from bodily health,
 and that oft-times spiritual comforts are at their highest
 when physical well-being is at its lowest.

Thou hast given me the ordinance of song as a means of grace;
Fit me to hear my part in that music ever new,
 which elect angels and saints made perfect
 now sing before thy throne and before the Lamb.

I bless thee for tempering every distress with joy;
 too much of the latter might puff me up;

Thou art wise to give me a taste of both.

I love thee
 for giving me clusters of grapes in the wilderness,
 and drops of heavenly wine
 that set me longing to have my fill.

Apart from thee I quickly die,
 bereft of thee I starve,
 far from thee I thirst and droop;

But thou art all I need.

Let me continually grasp the promise,
 'I will never leave thee nor forsake thee.' Amen.