

# Absecon Presbyterian Church

## PRESBY BITS AND PIECES

*Sunday, January 14, 2024*

### LUKE 3:15-16

As the people were filled with expectation, and all were questioning in their hearts concerning John, whether he might be the Messiah, John answered all of them by saying, 'I baptize you with water; but one who is more powerful than I is coming; I am not worthy to untie the thong of his sandals.



*Thank  
you* 

Fran Weir would like to thank the Deacons for their thoughtfulness and kindness this Holiday season. She really appreciated the delivering of the meals to the shut-ins.

**SERVING  
THIS MORNING:**

**LAY ASSISTANT:**  
Debbie Wong

**USHERS:**  
Barb and Bob Hudak

**ATTENDANCE**

**LAST WEEK:**

Worship – 38

Sunday School - 6

**SUNDAY WORSHIP**

at 10:30 In Person or Online  
on APC Facebook page at  
[www.facebook.com/  
abseconpresby](http://www.facebook.com/abseconpresby)

**REV. JIM SHANLEY**  
is with us again this Sunday  
as our Temporary  
Pulpit Supply Minister

**SERMON TITLE:**  
‘Standing in Line with Jesus’

Luke 3:15-17, 21-22

## SESSION SPOTLIGHT

January 2024

- † A big thank you to our Deacons who distributed twenty-seven Christmas dinners and deserts to our shut-ins and elderly.
- † Sanctuary and Atrium doors – Our new doors were installed and are a welcome addition to our church. A big thank you to Betty Lloyd and her committee for their work in selecting the doors and hardware.
- † Special congregational meeting following the January 21, 2024, worship service at 10:30 a.m. The purpose of this meeting will be approve the call of the ministerial candidate selected by the PNC.
- † It is with deep regret that Session accepted the request from Lee Wolff to transfer her membership to a Presbyterian church located near their new home in Tennessee. We wish Lee and Bob the very best and hope that when they are visiting family in the Absecon area, they will visit and worship with us.
- † At the meeting Session also accepted the request of Linda Townsend Gormley to become an active member. Many of you may remember Linda and we all wish her a very warm welcome.

## UPCOMING EVENTS

### ADULT BIBLE STUDY GROUPS

Wednesday mornings at 11:00 am with Rita Abelson

Wednesday evenings at 6:30 with Tina Harvey

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### BLOOD DRIVE

Wednesday, February 7, 2024

1:00 pm - 6:00pm

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## *Prayers of the People*

Each week the people of God at APC join in prayers of thanksgiving, praise and petition to pray as one community for needs in the church. Praying for others keeps our focus outward and opens us up to know the will of God in our own lives. Consider making these prayer lists part of your daily prayer life. Doing so, may just help your feelings of isolation. Through prayer, the Holy Spirit brings others, even strangers, closer to you.

### *Please Keep These Requests In Prayer*

**The prayer book is on the table in the vestibule by the side entrance to the sanctuary.**

**Please write any requests/praise items you wish to be included in prayer during worship.**

Keep in mind that Facebook comments and requests read by the minister during worship are being recorded for broadcast and can be heard by the general public worldwide. For the privacy of those you are praying for, consider using just a first name or making your prayer requests general in nature.

- † For victims of gun violence and their families
- † Peace in Ukraine, Middle East and other countries experiencing conflicts.
- † For God's guidance as we continue the process of calling a new pastor.
- † Members of our armed services.
- † For confidence to know that in the struggle, God is with us.
- † For renewed commitment to God's purpose in us all.
- † For us to come together in the bond of self-giving love.
- † For renewed energy in finding our place in God's church,  
as people who pray, share and volunteer.
- † For wisdom and discernment when facing the unknown.
- † For God's church to embrace the poor and marginalized,  
to see God's image and be God's image in this broken world.
- † For a revival in our faith to live boldly for God's Kingdom.
- † For these individuals and families in acute need right now who are connected to your church in Absecon.
- † For those on our standing prayer list and for the needs of your church not listed here, including those intentions held in our hearts and those shared in the comments of Facebook.

**For these the individuals and families in acute need right now who are connected to your church in Absecon:**

Skip and Sarah Belino, Kathy Bordanora, Maddie Caracozzo, The Carpenter Family, Chip Channell, Don Croneberger, Robin Deaver, Julie Dougherty, Jerry Falivene, Cathy Follansbee, Wendy Garwood, Christopher Green, Carol and Dave Guenther, Margareta Gustafsson, John Harvey, Jack and Dee Heil, The Hughes Family, Carol Johnson, Susan Lobrano, Bob Kitchell, Walter Koteles, Sr. Carol McDowell, Jim McManus, Sam Mitchell, The Morris Family, Lisa Nagle, Betty Price, Jan Rogiers, Minerva Stadlmeir, Dave Stebbins, Judy Stebbins, Sandy Sylvester, Ann Marie Taggart, Stan Weir, The Family of Doug Winkler, Bill Young.

**Continued prayers always for:**

Rita Abelson, Kathy Boyte, Edith Budd, Emilia Carboy, Lucy Cronberger, Darryl, Khristen and Quetin, Olga Davies, Carol DeLaurentis, Jean Delesantro, Marie C. and Carmen Devece, Gail Driscoll, Kavonna and Essence, Dorie Keener, Eric Lajeuness, Aiden and Wendy Licolli, Marge Loeb, Robin McBrearty, JoAnn Morgan, Essie Newell, Rob Perry, Joyce Pfeiffer, Marilyn Rosado, Irene Smith, Georgina Umoren, Mary Umoren and Family, Ethel Washington, Frances Weir, Dirk Williamson

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**PRAYER SHAWL GROUP**

The Prayer Shawl Group meets the first Saturday of every month at 9:30am in Madden Hall. All are invited who enjoy knitting or crocheting or who would like to learn.

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**Please join us for**

***Coffee Mingle***

All are welcome to gather in Madden Hall following Sunday worship.

Brought to you by your Church Family and Fellowship Committee.

Help is needed with set up, clean up, and providing baked goods, cookies, etc.

If you are able to assist in any way please sign up on the clipboard in the vestibule.



## Deposit made on December 31, 2023 and December online

### **General**

Envelopes Undesignated (includes Loose Offerings)	896.97
Envelopes Designated	\$730.00
Initial Offering - 2024	\$3.00
Per Capita - 2024	\$114.00
Energy	
Christmas Gifts	
Online - Undesignated	\$3,054.74
Online - Designated	\$19.66
Online - Energy	
<b>General Total</b>	<hr/> <b>\$4,818.37</b>

### **Benevolence**

Envelopes Undesignated (includes Loose Offerings)	\$103.10
Envelopes Designated	
Mission Bouquet	
Sister Jean's	\$20.00
Gift to the Magi	\$20.00
Online - Undesignated	\$351.12
Online - Designated	\$117.60
<b>Benevolence Total</b>	<hr/> <b>\$611.82</b>

### **Capital Expenditures**

Envelopes Undesignated (includes Loose Offerings)	\$30.93
Envelopes Designated	\$225.00
Online - Undesignated	\$105.34
Online - Designated	
<b>Capital Total</b>	<hr/> <b>\$361.27</b>

<b>Combined Total</b>	<hr/> <b>\$5,791.46</b>
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# Word Search Puzzle

From WhenWeWordSearch.com

Words in a straight line left to right or top to bottom

January 14, 2024

**LUKE 5:15-16**



Words in the puzzle are printed in **bold italics**

As the *people* were *filled* with *expectation*, and all were *questioning* in their *hearts* concerning *John*, whether he might be the *Messiah*,<sup>16</sup> John *answered* all of them by *saying*, 'I *baptize* you with *water*; but *one* who is more *powerful* than I is *coming*; I am *not worthy* to *untie* the *thong* of his *sandals*.



**OLGA DAVIES**

Olga's eyesight is failing.

If you would like to call or visit,

her new address is:

Meadowview Nursing Home Room #182A

Northfield, NJ 08225

609-645-5595

**MARGE LOEB**

If anyone would like to send Marge a card, her new address is:

Marge Loeb, Floral Creek Room 25A

600 Township Line Road, Yardley, PA 19067

**DON CRONBERGER**

If anyone would like to send Don a card, his new address is:

Don Cronberger, c/o Spring Home at Galloway Room D9,

Galloway, NJ 08205

**MINERVA STADLEMEIER**

If anyone would like to send Minerva a card, her new address is:

Minerva Stadlemeier, c/o Seashore Gardens Room 257B

Galloway, NJ 08205

## MISSION EVANGELISM:

One of the Mission Evangelism Outreaches is to our church family in Pakistan. Below are a few pictures of their times of fellowship and worship. Please keep them in prayer.







**American Red Cross**

*Give blood.* Help save lives.



**Blood Drive**  
**Lolla Chiropractic Center**  
**Absecon Presbyterian Church**

Hall  
208 New Jersey Ave.  
Absecon, NJ 08201

**Wednesday, February 7, 2024**  
**1:00 p.m. to 6:00 p.m.**

Please call 1-800-RED CROSS (1-800-733-2767) or visit [RedCrossBlood.org](https://RedCrossBlood.org) and enter: Lolla Chiro to schedule an appointment.

**Share your heart! Come give in Feb. for a \$20  
Amazon.com Gift Card by email. See [rcblood.org/heart](https://rcblood.org/heart)**

1-800-RED CROSS | 1-800-733-2767 | [redcrossblood.org](https://redcrossblood.org) | Download the Blood Donor App

©2017 The American National Red Cross

[855] - Order ID: 1513077 - Item ID: 745565 - Qty: 1 of 1 - US77 4 - 2023-APL 1137 - APR22 - 256648

# Sister Jean's Food & Clothing Pantry

**Believe it or not, the otherwise helpful government program SNAP, does not cover these essentials!?!**

**There is a big demand for dish soap and toilet paper and other cleaning products. They need the sizes for home use, not bulk containers as these are for individuals. Even just grabbing a few items at a dollar store will help. Don't forget dish cloths and sponges... you know, the essentials.**





Please help  
replenish our  
homemade soups  
and breads for  
our shut-in  
members.

— — — — —  
| LABEL your soups and breads and |  
| please, DO NOT use nuts in your |  
| receipes as many people have an |  
| allergy to them. |  
| Please put DATE on label. |  
— — — — —



## Tips for Healthy Eating on a Budget

*Get the biggest nutrition bang for your buck*

- **Plan out a few meals** for the week and make your shopping list based on these ingredients.
- **Choose meatless meals.** Plant proteins such as beans and tofu are generally more affordable than meats and fish.
- **Don't shop on an empty stomach.** Munch on a piece of fruit or some nuts before entering the store.
- **Allow for flexibility in your shopping list** if fresh produce or poultry and fish are on sale, purchase extra quantities and freeze them for later use. Meats, fish, bananas, berries, avocados, broccoli, cauliflower, and corn freeze well.
- **Purchase nonperishable foods in bulk.** It may cost more up-front to buy "family-sized" products like whole grains, lentils, and dried beans, but the cost per unit is usually cheaper.
- **Buy store-brand items.** They're generally cheaper because less money is spent on advertising and fancy food labels.
- **Use what you have before buying more.** Take inventory of all the food in your kitchen twice a month. Bring forward the buried items and plan meals based on these ingredients.

### Low cost, nutritious foods:

#### Proteins

Beans, Peas, Lentils (dried, frozen, canned)  
Canned fish (tuna, salmon, sardines)  
Lean ground turkey, Chicken thighs (remove the skin)  
Peanut butter, Low-fat cottage cheese  
Tofu, Eggs

#### Produce

Leafy greens (kale, collards)  
Whole heads of lettuce or cabbage  
Broccoli, Radishes, Carrots  
Apples, Bananas  
Frozen unsweetened fruit  
Frozen or canned vegetables (no salt added)

#### Whole grains and pastas

Store-brand high-fiber cereals (plain shredded wheat, bran)  
Whole rolled oats  
Whole grains (brown rice, millet, barley, bulgur)  
Whole grain pasta

#### Snacks

Peanuts, Popcorn cooked in an air-popper, String cheese

It's not too late  
to get your  
Flu Shot  
Protect Yourself  
and Others

### Free Flu Vaccination

*for adults 18 years and older*

**No appointment  
needed**

Walk-In Tuesdays  
9am - 12noon  
201 S. Shore Rd, Northfield

Walk-In 3rd Tuesday  
10am - 12noon  
310 Bellevue Ave, Hammonton

**Pediatric Flu Vaccination**  
*for children 6 months – 18 years old*  
**Available by appointment.**  
Call 609-645-5933

## Beat the Winter Blues

Feeling sad when the weather and seasons change is common. To beat the winter blues, get moving. 20 minutes of activity four times a week has been shown to lift your mood. Get out in the sunlight or brightly lit spaces, especially early in the day. Set your alarm clock and stick to a sleep routine. Try to spend time with family and friends. Eat healthy foods and avoid overloading on sugar and carbohydrates like cookies and candies.

See a mental health professional if sadness doesn't go away or interferes with your daily life. For mental health resources visit [www.mhaac.info](http://www.mhaac.info). If you or someone you know is struggling or having thoughts of suicide, call or text the Suicide and Crisis Lifeline at 988 or chat at [988lifeline.org](http://988lifeline.org). In life-threatening situations, call 911.

