

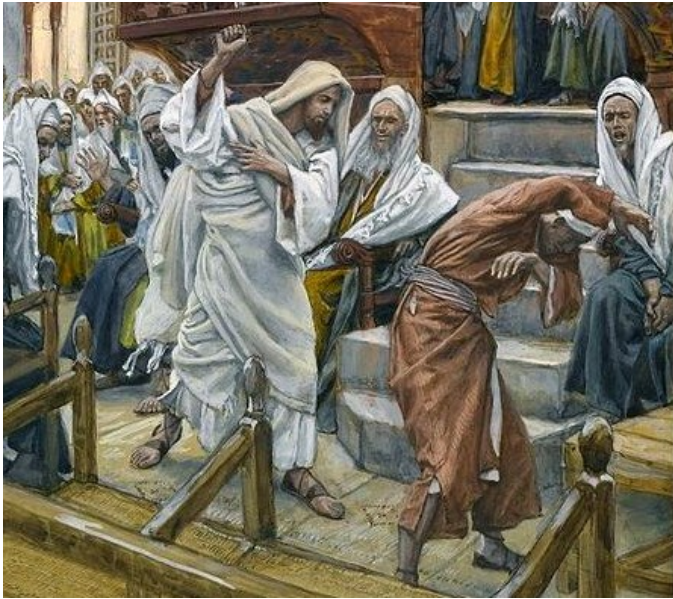
# Absecon Presbyterian Church

## PRESBY BITS AND PIECES

*Sunday, January 28 2024*

### MARK 1:23-27

Just then there was in their synagogue a man with an unclean spirit, and he cried out, 'What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are, the Holy One of God.' But Jesus rebuked him, saying, 'Be silent, and come out of him!' And the unclean spirit, throwing him into convulsions and crying with a loud voice, came out of him. They were all amazed, and they kept on asking one another, 'What is this? A new teaching—with authority! He commands even the unclean spirits, and they obey him.'



### MINERVA STADLEMEIR

Minerva passed away on January 18, 2024.

We'd like to offer our sincere condolences to Gay Channell.

**SERVING  
THIS MORNING:**

**LAY ASSISTANT:**  
Karen Little

**USHERS:**  
Tina Brown and John Carsone

**ATTENDANCE**

**LAST WEEK:**  
Worship – 64

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

**PASTOR DWAYNE DOYLE**  
is with us again this Sunday  
as our Temporary  
Pulpit Supply Minister

**SERMON TITLE:**  
“Speaking with Authority”

Deuteronomy 18:15-20  
Mark 1:21-28

# 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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## ANNUAL CONGREGATIONAL MEETING

Sunday, February 11, 2024

Luncheon immediately following the meeting

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## WELCOME, PASTOR JUDY

Sunday, March 3

Following our morning service, please come to Madden Hall to greet our new pastor and enjoy some cake and coffee / juice

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As you all know, we now have beautiful new front doors, Those of you that have keys to the front door, please call the office at 609-641-3759 between 10:30 and 1:30 for important instructions regarding opening and locking the doors. Basically, if you unlock the door, it must be locked again when you leave and checked from the outside. Thank you.



## *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, Jerry Falivene, Cathy Follansbee, Billy Fornwalt, 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, Jan Rogiers, The Family of 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.



Sunday, January 14, 2024

**General**

Envelopes Undesignated (includes Loose Offerings)	\$738.63
Envelopes Designated	\$715.00
Initial Offering - 2024	\$23.00
Per Capita - 2024	\$234.00
Energy	
Christmas Gifts	
Online - Undesignated	
Online - Designated	
Online - Energy	
<b>General Total</b>	<hr/> <b>\$1,710.63</b>

**Benevolence**

Envelopes Undesignated (includes Loose Offerings)	\$84.90
Envelopes Designated	
Online - Undesignated	
Online - Designated	
Online - One Great Hour of Sharing	
Mission Bouquet	
Sister Jean's Gift to the Magi	
Online - Undesignated	
Online - Designated	
<b>Benevolence Total</b>	<hr/> <b>\$84.90</b>

**Capital Expenditures**

Envelopes Undesignated (includes Loose Offerings)	\$25.47
Envelopes Designated	\$200.00
Online - Undesignated	
Online - Designated	
Online - Undesignated	
Online - Designated	
On-line Fund Raiser	
<b>Capital Total</b>	<hr/> <b>\$225.47</b>

<b>Combined Total</b>	<hr/> <b>\$2,021.00</b> <hr/>
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# Word Search Puzzle

From WhenWeWordSearch.com

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

January 28, 2024

**MARK 1:23-27**



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

Just then there was in their *synagogue* a *man* with an *unclean* spirit, and he *cried* out, ‘What have you to do with us, *Jesus* of *Nazareth*? Have you come to *destroy* us? I *know* who you are, the *Holy* One of *God*.’ But Jesus *rebuked* him, saying, ‘Be *silent*, and *come* out of him!’ And the unclean spirit, *throwing* him into *convulsions* and *crying* with a *loud voice*, *came* out of him. *They* were all *amazed*, and *they* kept on *asking* one *another*, ‘What is this? A new *teaching*—with *authority*! He *commands* even the unclean spirits, and they *obey* him.’



**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

**FROM LISA WHITAKER:**

Dear Friends,

It has been great to be with you over the holidays and I wanted to send you my schedule. I so appreciate your prayers as I go and am so grateful for your prayers and support.

Looking forward to seeing you when I return.

Blessings, Lisa

**WINTER/SPRING 2024 SCHEDULE**

January 21—Fly to Tbilisi, Georgia

January 21-26—Teach in Tbilisi DTS—Life of Jesus

January 27—Fly to Switzerland

January 29—February 2—International DTS Centre Meetings, Lausanne, Switzerland

February 3—Fly to the Middle East

February 4-8—Teach in DTS in the Middle East

February 9—Fly to Central Asia

February 10-23—Staff training in Central Asia

February 24—Fly to Berlin, Germany

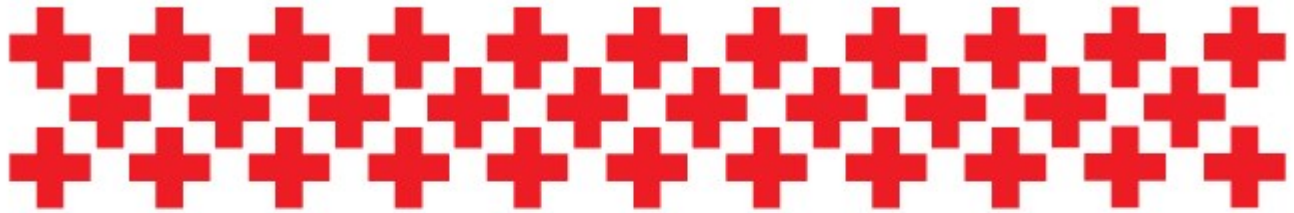
February 25—March 1—European DTS Centre Leadership Gathering

March 2—Fly home



**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

[ECS] - Order ID: 1613077 - Item ID: 7469605 - Qty: 1 of 1 - 02/07/24 - 2023-APL 1137 - ARC2 - 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 |  
| recipes 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.



