

Absecon Presbyterian Church

PRESBY BITS AND PIECES

Sunday, February 4, 2024

ISAIAH 40:28-31

Have you not known? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. He gives power to the faint and strengthens the powerless. Even youths will faint and be weary, and the young will fall exhausted; but those who wait for the LORD shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.



CHOIR SINGERS

If you would like to be part of our new Choir, please see Rick DeKarski after the church service.

USHERS AND LAY ASSISTANTS

If you are interested in being an usher, please see Mary Bew.

If you are interested in being a Lay Assistant, please see Janet Gee.

SERVING THIS MORNING:

LAY ASSISTANT:
Debbie Wong

USHERS:
Rita and Vic Abelson

ATTENDANCE

LAST WEEK:

Worship – 34

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)

PASTOR DWAYNE DOYLE

is with us again this Sunday
as our Temporary
Pulpit Supply Minister

SERMON TITLE:

“Following in the Footsteps
of Jesus”

Isaiah 40:21-31

Mark 1:29-39

UPCOMING EVENTS

ADULT BIBLE STUDY GROUPS

Wednesday mornings at 11:00 am with Rita Abelson

Wednesday evenings at 6:30 with Tina Harvey

BLOOD DRIVE

Wednesday, February 7, 2024

1:00 pm - 6:00pm

JEAN DELESANTRO

Graveside service will be held on Saturday,

February 17, 2024 at 12:00 noon.

ANNUAL CONGREGATIONAL MEETING

Sunday, February 11, 2024

Luncheon immediately following the meeting

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. 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, The Family of Jean Delesantro, Robin Deaver, Jerry Falivene, Cathy Follansbee, Billy Fornwalt, Wendy Garwood, Christopher Green, Carol and Dave Guenther, Margareta Gustafasson, John Harvey, Jack and Dee Heil, The Hughes Family, Carol Crisafulli 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.

Continued prayers always for:

Rita Abelson, Kathy Boyte, Edith Budd, Emilia Carboy, Lucy Cronberger, Darryl, Khristen and Quetin, Olga Davies, Carol DeLaurentis, 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

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.

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 21, 2024

General

Envelopes Undesignated (includes Loose Offerings)	\$1,040.52
Envelopes Designated	\$825.00
Initial Offering - 2024	\$3.00
Per Capita - 2024	\$38.00
Energy	\$20.00
Christmas Gifts	
Online - Undesignated	
Online - Designated	
Online - Energy	
General Total	<hr/> \$1,926.52

Benevolence

Envelopes Undesignated (includes Loose Offerings)	\$119.60
Envelopes Designated	
Online - Undesignated	\$35.00
Online - Designated	
Online - One Great Hour of Sharing	
Mission Bouquet	
Sister Jean's Gift to the Magi	
Online - Undesignated	
Online - Designated	
Benevolence Total	<hr/> \$154.60

Capital Expenditures

Envelopes Undesignated (includes Loose Offerings)	\$35.88
Envelopes Designated	\$200.00
Online - Undesignated	
Online - Designated	
Online - Undesignated	
Online - Designated	
On-line Fund Raiser	
Capital Total	<hr/> \$235.88
Combined Total	<hr/> \$2,317.00 <hr/>

Word Search Puzzle

From WhenWeWordSearch.com

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

February 4, 2024

ISAIAH 40:28-31



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

Have you not ***known***? Have you not ***heard***? The ***LORD*** is the ***everlasting God***, the ***Creator*** of the ***ends*** of the ***earth***. He does not ***faint*** or ***grow*** weary; his ***understanding*** is ***unsearchable***. He ***gives*** power to the faint and ***strengthens*** the ***powerless***. Even ***youths*** will faint and be weary, and the ***young*** will ***fall exhausted***; but those who ***wait*** for the LORD shall ***renew*** their ***strength***, they shall ***mount*** up with ***wings*** like ***eagles***, they shall ***run*** and not be ***weary***, they shall ***walk*** and not faint.



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

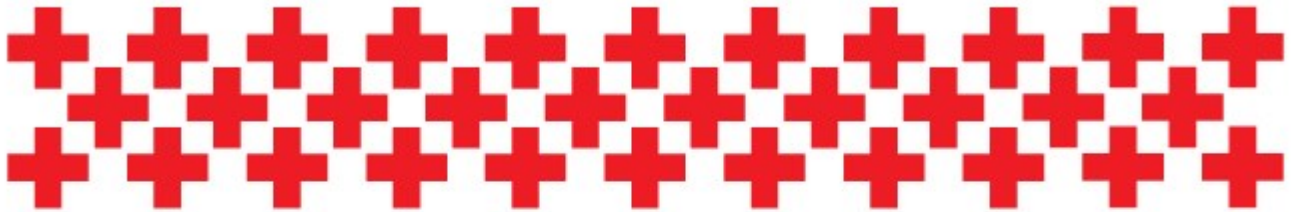
If anyone would like to send Don a card, his new address is:

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

Galloway, NJ 08205

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 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**

1-800-RED CROSS | 1-800-733-2767 | redcrossblood.org | Download the Blood Donor App

©2017 The American National Red Cross

[805] - Order ID: 1613377 - Item ID: 7426905 - Qty: 1 of 1 - US774 - 2023-APL 11ST - APR23 - 236648

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. 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. In life-threatening situations, call 911.

