

Absecon Presbyterian Church

PRESBY BITS AND PIECES

Sunday, March 10, 2024

JOHN 3:1-8

Now there was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, 'Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God.' Jesus answered him, 'Very truly, I tell you, no one can see the kingdom of God without being born from above.' Nicodemus said to him, 'How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?' Jesus answered, 'Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, "You must be born from above." The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.'



UPPER ROOM

FYI: Upper Room only sent the small booklets this month for March and April. They have been contacted many times in the last three weeks and they are unreachable. If and when the larger books become available they will be added to the table in the atrium.

**SERVING
THIS MORNING:**

LAY ASSISTANT:
Janet Gee

USHERS:
Bob and Barbara Hudak

**ATTENDANCE
LAST WEEK:**
Worship – 58
Sunday School - 10

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

REV. JUDY FIOCCO

SERMON TITLE:
“Born of the Spirit”

John 3:1-21
Ephesians 2:1-10



“I thank my God whenever I remember you!” *Philippians 1:3*

My Siblings in Christ, how happy I am to be here among you as your pastor!

My goal is to visit with ALL of you who would like to meet with me: either in your home, at the Church, or somewhere else of your choosing.

To that end, please give me your contact information and the best time/way to reach you. You can either fill out and return the form below to the church or send the same information to my church email address:

pastorapc@comcast.net

I've been praying for you daily with such joy in my heart since I met you on October 1st, 2023, and I so appreciate your prayers for Larry and me! Truly this is a match made in heaven!

With Love, Judy

Please put this completed form in the designated spot or email the following information to: pastorapc@comcast.net

Yes, I/we would like to meet with our new pastor!

Name(s): _____

Cell #(s): _____

Home #: _____

Email(s): _____

UPCOMING EVENTS

ADULT BIBLE STUDY GROUPS

Wednesday mornings at 11:00 am with Rita Abelson

Wednesday evenings at 6:30 with Tina Harvey

EASTER POTLUCK LUNCHEON (Sunday School Event)

Sunday, March 24, 2024 immediately following the service

Attendees should bring a dish to share.

An Easter Egg Hunt will be held for the kids.

BLOOD DRIVE

Monday, March 18, 2024

1:00 pm - 6:00pm

HOLY THURSDAY

March 28, 2024 at 7:00pm

Combined service with the Ocean Heights Presbyterian Church congregation at Absecon Presbyterian Church. The music will be by the OHPC choir, the sermon will be by Rev. Judy and communion will be served.

GOOD FRIDAY

March 29, 2024 at 2:00pm

Combined service at Ocean Heights Presbyterian Church with Rev. John Nurnberger leading the service.

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.
- † 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:

Kathy Bordanora, Maddie Caracozzo, The Carpenter Family, Aspen Channell, Don Croneberger, The Family of Jean Delesantro, Robin Deaver, Baby Dom, Jerry Falivene, Cathy Follansbee, Billy Fornwalt, Wendy Garwood, Christopher Green, Carol and Dave Guenther, Margareta Gustafasson, John Harvey, Jack and Dee Heil, Nelson Haws, The Hughes Family, Carol Crisafulli Johnson, Susan Lobrano, Bob Kitchell, Walter Koteles, Sr. Carol McDowell, Jim McManus, The Morris Family, Lisa Nagle, Jan Rogiers, Dave Stebbins, Judy Stebbins, Sandy Sylvester, Stan Weir, The Family of Bruce Winter, The Family of Richard Wood.

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, February 25, 2024

General

Envelopes Undesignated (includes Loose Offerings)	\$256.65
Envelopes Designated	\$875.00
Initial Offering - 2024	\$2.00
Per Capita - 2024	\$76.00
Energy	
Christmas Gifts	
Online - Undesignated	
Online - Designated	
Online - Energy	
General Total	<hr/> \$1,209.65

Benevolence

Envelopes Undesignated (includes Loose Offerings)	\$29.50
Envelopes Designated	\$25.00
Online - Undesignated	\$25.00
Online - Designated	
Online - One Great Hour Mission Bouquet	
Online - Undesignated	
Online - Designated	
Benevolence Total	<hr/> \$79.50

Capital Expenditures

Envelopes Undesignated (includes Loose Offerings)	\$8.85
Envelopes Designated	\$220.00
Online - Undesignated	
Online - Designated	
Online - Undesignated	
Online - Designated	
On-line Fund Raiser	
Capital Total	<hr/> \$228.85

Combined Total	<hr/> \$1,518.00
-----------------------	-------------------------

Word Search Puzzle

From WhenWeWordSearch.com

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

March 10, 2024

JOHN 3:1-8



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

Now there was a *Pharisee named Nicodemus, a leader of the Jews*. He came to *Jesus* by *night* and said to him, '*Rabbi*, we know that you are a *teacher* who has come from *God*; for no one can do these *signs* that you do *apart* from the *presence* of God.' Jesus *answered* him, 'Very *truly*, I tell you, no one can see the *kingdom* of God *without* being *born* from *above*.' *Nicodemus* said to him, 'How can *anyone* be born after having *grown old*? Can one enter a *second time* into the *mother's womb* and be born?' Jesus answered, 'Very truly, I *tell* you, no one can *enter* the kingdom of God without being born of *water* and *Spirit*. What is born of the *flesh* is flesh, and what is born of the *Spirit* is spirit. Do not be *astonished* that I said to you, "You *must* be born from above." The *wind blows* where it *chooses*, and you *hear* the *sound* of it, but you do not know where it comes from or where it *goes*. So it is with everyone who is born of the Spirit.'



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:

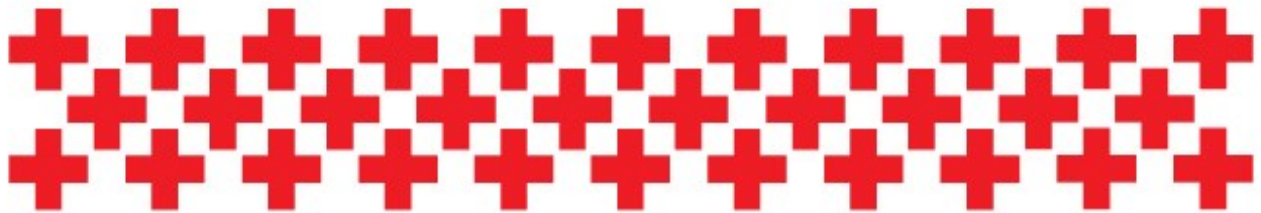
Marge Loeb, Floral Creek Room 25A
600 Township Line Road, Yardley, PA 19067

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
Absecon Presbyterian Church

Hall
208 New Jersey Ave.
Absecon, NJ 08201

Monday, March 18, 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: APC to schedule an appointment.

Maximize your blood donation. Help more patients.
If you are an eligible type O, B - or A - donor, consider making a Power Red donation.
Red blood cells are the most commonly transfused blood component.

Come to give March 1-24 for a \$10 e-gift card to a pet supply merchant of choice! Give blood, treat your pet & make a paw-sitive impact this spring. PLUS automatically be entered for a chance to win a \$3K gift card (5 winners)! Terms: rcblood.org/Pets.

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

©2017 The American National Red Cross

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. |
— — — — —

Peanut Butter and Jam Sandwiches Ministry



Urgent need for jam!

We need volunteers to make sandwiches!

We need donations of peanut butter and/or jam!

Just leave the jars in the kitchen with a note saying it's for PB&J Ministry.

We need donations to purchase fresh bread!

Questions?

Please see or call Betty Price at 609 457-5155.

Your gifts and/or time will be very much appreciated!

How fortunate the Church is to have Betty Price and Jo-ann Weller who meet every other Thursday at 8 a.m., in the Church kitchen and make peanut butter and jam sandwiches for the Rescue Mission in Atlantic City. Maybe you could give them a helping hand.

Be assured, the Rescue Mission patrons appreciate everything that they receive.



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.





EASTER FLOWER ORDER FORM

Honor a loved one by purchasing a memorial Easter plant for our sanctuary for Easter Sunday. (A variety of spring flowering plants have been pre-ordered.) Orders **MUST BE IN THE OFFICE BY SUNDAY, MARCH 10, 2024**, and may be submitted with payment by mail or in the offering plate. Plants can be taken home following the Easter Sunday Service on March 31, 2024. The remaining plants will be shared with our shut-ins.

In Memory of: _____

In Honor of: _____

Please mark your flower choice: Tulip(s) _____ Lily (s) _____ Hyacinth(s) _____

Given by: _____ Phone: _____

Number of Plants at \$7.50 each _____ **Amount Enclosed** \$ _____



MISSION BOUQUET FORM

All funds donated as a "Mission Bouquet" will go to our Mission work of our church. If you would like to give a donation in any amount, please fill in the following and **RETURN TO THE CHURCH OFFICE NO LATER THAN SUNDAY, MARCH 10, 2024**. Checks are to be made payable to the Absecon Presbyterian Church with "Mission Bouquet" on the memo line.

I would like to give \$ _____ in a Mission Bouquet to be dedicated as follows:

In Memory of: _____

In Honor of: _____

Given by: _____ Phone: _____

