

Absecon Presbyterian Church

PRESBY BITS AND PIECES

Sunday, March 24, 2024

MARK 11:1-10

When they were approaching Jerusalem, at Bethphage and Bethany, near the Mount of Olives, he sent two of his disciples and said to them, ‘Go into the village ahead of you, and immediately as you enter it, you will find tied there a colt that has never been ridden; untie it and bring it. If anyone says to you, “Why are you doing this?” just say this, “The Lord needs it and will send it back here immediately.”’ They went away and found a colt tied near a door, outside in the street. As they were untying it, some of the bystanders said to them, ‘What are you doing, untying the colt?’ They told them what Jesus had said; and they allowed them to take it. Then they brought the colt to Jesus and threw their cloaks on it; and he sat on it. Many people spread their cloaks on the road, and others spread leafy branches that they had cut in the fields. Then those who went ahead and those who followed were shouting, ‘Hosanna! Blessed is the one who comes in the name of the Lord! Blessed is the coming kingdom of our ancestor David! Hosanna in the highest heaven!’



**SERVING
THIS MORNING:**

LAY ASSISTANT:
Scott Sabo

USHERS:
Tina Brown and Helen Older

ATTENDANCE

LAST WEEK:

Worship – 56

Sunday School - 7

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:

“The Colt”

Mark 11:1-10

and 15:1-41

UPCOMING EVENTS

ADULT BIBLE STUDY GROUPS

Wednesday mornings at 11:00 am with Rita Abelson
Wednesday evening Bible Study will resume in mid April. Details to follow.

EASTER POTLUCK LUNCHEON (Sunday School Event)

Sunday, March 24, 2024 immediately following the service

Attendees should bring a dish to share.

There is a sign up sheet in the atrium.

An Easter Egg Hunt will be held for the kids.

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.

PRAYER LIST

Please see the Bulletin for the Prayer list.

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.

COFFEE MINGLE

Please join us!

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, March 10, 2024

General

Envelopes Undesignated (includes Loose Offerings)	\$923.94
Envelopes Designated	\$795.00
Initial Offering - 2024	
Per Capita - 2024	
Energy	
Easter Offerings	\$137.50
Online - Undesignated	
Online - Designated	
Online - Energy	
General Total	<hr/> \$1,856.44

Benevolence

Envelopes Undesignated (includes Loose Offerings)	\$106.20
Envelopes Designated	
Envelopes Designated One Great Hour of Sharing	\$20.00
One Great Hour of Sharing Online - Undesignated	\$20.00
Online - Undesignated	
Online - Designated	
Online - Designated	
Online - One Great Hour of Sharing	
Online - One Great Hour	
Mission Bouquet - Easter	\$140.00
Online - Undesignated	
Online - Designated	
Benevolence Total	<hr/> \$266.20

Capital Expenditures

Envelopes Undesignated (includes Loose Offerings)	\$31.86
Envelopes Designated	\$221.00
Online - Undesignated	
Online - Designated	
Online - Undesignated	
Online - Designated	
On-line Fund Raiser	
Capital Total	<hr/> \$252.86

Combined Total	<hr/> \$2,375.50
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Word Search Puzzle

From WhenWeWordSearch.com

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

March 24, 2024

MARK 11:1-10



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

When they were **approaching Jerusalem**, at Bethphage and **Bethany**, near the **Mount of Olives**, he sent two of his **disciples** and said to them, ‘Go into the **village** ahead of you, and immediately as you **enter** it, you will **find tied** there a **colt** that has **never** been **ridden**; untie it and **bring** it. If **anyone** says to you, ‘‘Why are you doing this?’’ just say this, ‘‘The **Lord needs** it and will send it **back** here **immediately**.’’ ’ They went away and **found** a colt tied near a **door**, outside in the **street**. As they were untying it, **some** of the **bystanders** said to them, ‘What are you doing, **untying** the colt?’ They **told** them what **Jesus** had said; and they **allowed** them to **take** it. Then they brought the colt to Jesus and **threw** their **cloaks** on it; and he sat on it. Many **people** spread their cloaks on the **road**, and others **spread leafy** branches that they had **cut** in the **fields**. Then those who went **ahead** and those who **followed** were shouting, ‘**Hosanna!** Blessed is the one who comes in the name of the Lord! **Blessed** is the **coming kingdom** of our ancestor **David!** Hosanna in the **highest** heaven!’



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

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. |
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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.





My Beloved Parishioners,

*Here is my cell phone # so that you can reach me in an **urgent situation or crisis: 510-548-8125**. Here are some examples of times when it would be appropriate to call:*

-You are in the E.R. or ICU either alone or with a loved one or your loved one is in ICU OR critical condition or has died.

-You are feeling like you can't go on. You need to know someone is there who has your back and can pray with you.

In any of the above type situations, if it is not one of my weeks to be away, you can call me any time, day or night. CALL, don't text in such a situation! I often don't hear my text during the day and never at night.

I'd love to talk or get together with you at other times as well but in those cases, please call the church office, e-mail, text or give me a note at church to reach out in those situations. Although forms requesting a visit aren't in this Bits and Pieces, I still want to meet with you, so do reach out!

As always, I thank my God for you whenever I remember you! You are always in my heart and prayers.

Your Pastor,

Judy