



**Siloam Hope First  
Presbyterian Church**



Founded as the First NJ Christian Congregation in 1664



**WELCOME. LOVE. SERVICE. COMMUNITY.**

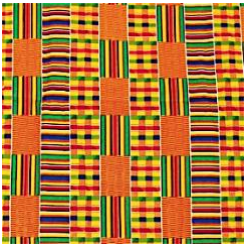
**Reverend Dr. Wanda M. Lundy, *Pastor***  
*Jacob Paduano, Music Director*

14-42 Broad Street, Elizabeth, NJ 07201  
(908) 354-0016 | [www.shfpchurch.org](http://www.shfpchurch.org)

## Sunday Worship Service | 04 September 2022 | 13<sup>th</sup> Sunday of Pentecost

“THE WORD BECAME FLESH AND BLOOD AND MOVED INTO THE NEIGHBORHOOD (John 1:14).”

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**MEDITATION** | ALL

**PRELUDE** | JACOB PADUANO

**CALL TO WORSHIP** | PASTOR LUNDY

**INVOCATION** | PASTOR LUNDY

**WELCOME, ANNOUNCEMENTS & CELEBRATIONS** | ELDER WANDA SIZEMORE- MCRAE

**OPENING HYMN** | SHFPC MUSIC MINISTRY

**VIRTUAL PASSING OF PEACE** | LEAD BY FAN COMMITTEE

**LIVING OUR MISSION** |

**PRAYER OF CONFESSION** | PASTOR LUNDY

**SILENT PRAYER OF CONFESSION** | ALL

**ASSURANCE OF PARDON** | PASTOR LUNDY

**SCRIPTURE READING** | LUKE 14:25-33

**HYMN OF PREPARATION** | SHFPC MUSIC MINISTRY

**SERMON** | PASTOR LUNDY: “*Counting the Cost*”

**AFFIRMATION OF FAITH** | ELDER BESSIE ALLEN

**COMMUNION/PASTORAL PRAYER** | PASTOR LUNDY

**OFFERING OF GIFTS TO GOD** | ALL

AND **MUSICAL SELECTION** | SHFPC MUSIC MINISTRY

**CHARGE AND BENEDICTION** | PASTOR LUNDY

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### MEDITATION BEFORE SERVICE

Silent meditation is the first order of worship. Take this opportunity to reflect upon God, the events of your week, and the persons who are touching your life. If you wish, share your prayer concerns there will be an opportunity to share your concern during our Joys and Concerns/Pastoral Prayer.

### CALL TO WORSHIP

The God said, “Let us make humankind in our image, according to our likeness

**And let them have dominion over the fish of the sea, and  
over the birds of the air, and over the cattle**

And over all the wild animals of the earth, and over every creeping thing that creeps upon the earth’

**So, God created humankind in his image, in the image of God  
he created them; male and female he created them**

God blessed them, and God said to them, ‘Be fruitful and multiply, and fill the earth and subdue it  
**And have dominion over the fish of the sea and over the birds of the air and over every  
living thing that moves upon the earth’.**”

As those who bear the likeness and blessing of God, as mortals charged with holy purpose

**Let us worship the One who summons us to life. Amen.**

**[www.shfpchurch.org](http://www.shfpchurch.org) | On Facebook: @SHFPCChurch**

## PRAYER OF CONFESSION

Trusting in the power of God

**Not only to fashion the world**

But to mend and refashion our hearts

**Let us say how it is with us. Amen. *Silent Confession***

## ASSURANCE OF PARDON

God has forgiven us, freed us, and called us to serve with joy.

**The grace of the Lord Jesus Christ be with you. Glory to God.**

## ANNOUNCEMENTS

Any dates for the Church Calendar should be given to Wanda Sizemore-McRae ASAP.

- **11am Worship Service** starts again on Sunday, September 11 in person and on Zoom @ <https://us02web.zoom.us/j/87138936353> | Meeting ID: 871 3893 6353 | (929) 205-6099
- **Operation Warm Heart** is seeking donations of personal care items, socks, and/or bus cards. We're also seeking volunteers for in-house program from December 2022 to March 2023. Please contact Elder Bessie for more information.
- **2022 Per Capita** is \$45 per member. This and all donations can be submitted **during worship**; to **SHFP Church, P. O. Box 442, Roselle, NJ 07203**; or with *Zelle* using [shfpchurch64@gmail.com](mailto:shfpchurch64@gmail.com).
- **What's the 313? The Ancestors Speak Video Blog** – Co-hosted by Pastor Lundy and James Amemasor on Sundays at 3p.m. It is a conversation about the Ancestors Speak Research Project on Zoom: Meeting ID 814 0595 3491 and Dial-in Number (929) 205-6099.
- *On Mondays, Prayer Service is 6:30pm and Bible Study is 7pm* on Zoom. The study will resume on 9/12 on New Testament *Matthew*.
- *Do you want to **serve on a committee** or ministry?* Please see a session member today.
- If you wish to be a **Liturgist**, please see Elder Wanda after service.
- UPCOMING ACTIVITY: **Lecture by Maman Monique Misenga Mukuna** | "The event is a mini-seminar in African Studies and a book signing, to celebrate African women as witnesses to and agents of Christ's gift of abundant life and ministry of social justice. More Info at: [www.ptsem.edu/events/maman-monique-lecture](http://www.ptsem.edu/events/maman-monique-lecture)

## REMINDERS

- Pastor's office hours are by appointment in the *Snyder Academy*. Contact her at **201-970-3337** or [wandamlundy@gmail.com](mailto:wandamlundy@gmail.com).
- During worship service, **kindly turn off or put phones on vibration**.
- Our church is a COVID-19 conscious setting, so **please wear a facemask** properly.
- Anyone requesting a **pastoral visit or at-home communion** should contact one of the Ruling Elders, Deacons, or Pastor.

### SESSION REPORT: *June Financial Report*

Income: **\$11,272** | Expenditure: **\$16,398**

1. Church Men's' **Bathroom** is almost refurbished completely.
2. **Caldwell Place Sidewalk** is in the process of repair.
3. **Operation Warmheart** has permission to use Snyder Academy from 12/2022 to 03/2023 for housing the homeless. *Volunteers are necessary*.
4. **Lunches** continually provided to those in need on Fridays at noon.

# SANKOFA SAYS

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## NATIONAL SUICIDE PREVENTION MONTH



### IT'S NATIONAL SUICIDE PREVENTION MONTH



#### FACTS

**Do You Know?** “Suicide is death caused by injuring oneself with the intent to die. A suicide attempt is when someone harms themselves with any intent to end their life, but they do not die because of their actions. Many factors can increase the risk for suicide or protect against it.

- Suicide is a leading cause of death in the United States. It was responsible for nearly 46,000 deaths in 2020.
- In 2020, an estimated 12.2 million adults seriously thought about suicide, 3.2 million made a plan, and 1.2 million attempted suicide.
- Suicide rates in 2020 were 30% higher than in 2000.

Suicide is connected to other forms of injury and violence. For example, people who have experienced violence, including child abuse, bullying, or sexual violence have a higher suicide risk. Being connected to family and community support and having easy access to health care can decrease suicidal thoughts and behaviors  
(<https://www.cdc.gov/suicide/facts/index.html>).”

#### MARK YOUR CALENDAR

(September Birthdays)

- 2<sup>nd</sup>** Tamar VanDeVeery
- 9<sup>th</sup>** Shirmaya Sizemore-Reddick
- 11<sup>th</sup>** Rev. Joseph Garlic
- 14<sup>th</sup>** Ja’Da Swaggerty
- 24<sup>th</sup>** Kittrell McCullers
- 28<sup>th</sup>** Heidi Garlic

(September Anniversaries)

- 13<sup>rd</sup>** Mr. Will & Mrs. Pam Robinson
- 14<sup>th</sup>** Mr. Robert & Mrs. Erma Linton
- 14<sup>th</sup>** Mr. Winston & Mrs. Lorraine Tidd

<sup>25</sup> Large crowds were traveling with Jesus and turning to them he said: <sup>26</sup> “If anyone comes to me and does not hate father and mother, wife and children, brothers, and sisters—yes, even their own life—such a person cannot be my disciple. <sup>27</sup> And whoever does not carry their cross and follow me cannot be my disciple.

<sup>28</sup> “Suppose one of you wants to build a tower. Won't you first sit down and estimate the cost to see if you have enough money to complete it? <sup>29</sup> For if you lay the foundation and are not able to finish it, everyone who sees it will ridicule you, <sup>30</sup> saying, ‘This person began to build and wasn't able to finish.’

<sup>31</sup> “Or suppose a king is about to go to war against another king. Won't he first sit down and consider whether he is able with ten thousand men to oppose the one coming against him with twenty thousand <sup>32</sup> If he is not able, he will send a delegation while the other is still a long way off and will ask for terms of peace. <sup>33</sup> In the same way, those of you who do not give up everything you have cannot be my disciples (Luke 14:25-33).”



### Meatloaf Surprise

{Yield: 6 servings, serving size  $\frac{3}{4}$  cup}

#### Ingredients:

- 1 lb. ground beef, 95% lean
- 1 medium bell pepper, rinsed, chopped (~2 cups)
- 1 medium onion, finely chopped (~1 cup)
- $\frac{3}{4}$  cup oats (quick or old-fashioned)
- 8 oz. fresh mushrooms, chopped (~2 cups)
- 12 oz. fresh spinach, rinsed, chopped (~2 cups)
- 1 egg
- $\frac{1}{4}$  tsp black pepper
- $\frac{1}{4}$  tsp dry thyme
- $\frac{1}{4}$  tsp dry rosemary
- 1 tsp olive oil

#### Instructions:

1. Heat oven to 350F. Spray bread/loaf pan with PAM or nonstick spray.
2. In a skillet, heat the oil over medium heat. Add the onion and stir frequently for about 2 minutes.
3. Add the bell pepper and mushrooms, cook another 2 minutes. Add spinach and cover for 1 minute until wilted.
4. Remove from heat and set aside. In a bowl, combine remaining ingredients.
5. Add cooked vegetables to the beef mixture; if it appears too dry, add more oats.
6. Transfer to bread pan and form into a loaf. Bake for an hour or until juices run clear and meat is no longer pink inside (may need to spoon off juices halfway through cooking).

This recipe is courtesy of our *Fitness Activities and Nutrition* Committee. [Learn more about FAN and be healthier at www.shfpchurch.org/fan-resources.](http://www.shfpchurch.org/fan-resources)



**Our Food Ministry** preparing food donation bags as a family. We invite you to participate in GOD's work at the Snyder Academy.

**TODAY'S HYMN**

**WORD OF THE WEEK**

***Ain't - A That Good News***

**1** I got a crown up in-a that kingdom, Ain't-a that good news!  
 I got a crown up in-a that kingdom, Ain't-a that good news!  
     I'm-a gonna' lay down this world,  
     Gonna' shoulder up-a my cross.  
 Gonna' take it home-a to my Jesus, Ain't-a that good news!

**2** I got a robe up in-a that kingdom, Ain't-a that good news!  
 I got a robe up in-a that kingdom, Ain't-a that good news!  
     I'm-a gonna lay down this world,  
     Gonna' shoulder up-a my cross.  
 Gonna' take it home-a to my Jesus, Ain't-a that good news!

**3** I got a Savior in-a that kingdom, Ain't-a that good news!  
 I got a Savior in-a that kingdom, Ain't-a that good news!  
     I'm-a gonna' lay down this world,  
     Gonna' shoulder up-a my cross.  
 Gonna' take it home-a to my Jesus, Ain't-a that good news!

**SERVICE**



***“Organization that is responsible for a particular type of activity, or for providing a particular thing that people need***  
 (<https://dictionary.cambridge.org/us>)”

“Armed with courage,  
I pray for everything  
in faith, I ask God  
without wavering.

I’ll not get tossed,  
on the waves of fear  
for prayers can make  
muddy waters clear.

Equipped with strength,  
God’s Word is my shield  
as I go out each day  
on prayer’s battlefield.

I’ll put on my armor,  
in all of its entirety  
I’ll not be doubt driven  
for I trust God entirely.

Armed with prayer,  
brave and courageous  
my faith in God . . .  
makes me dangerous  
(©Deborah Ann Belka)!”

W C W X T F E A R L E S S N E S S  
K X B R A V E N E S S F W P G R Y  
H I Z M S L Q Z B O L D N E S S G  
G M S S P U N K X C R N F K V J W  
U C U P O S I T I V E N E S S W T  
T H R C W S S M L U N Z H C G S O  
S J E Z F Q P F Y N P J A Z H Q U  
H D L T P G I O Y Y G J J P O G G  
Y Q Y S Q E R T R U S T F B N Q H  
T V C M T F I K Z O H E S V W D N  
X F J Y W Q T P O R C O U R A G E  
B R A V E R Y O S L G A S G D H S  
P W I L L P O W E R M C I E D D S  
Z H W P E B N E R Y H M L C X X L  
K Z O T L M V R D F H Q D J K R S  
T Q I D E T E R M I N A T I O N F  
F A I T H L X J X O D S C H D A Q

**boldness**

**courage**

**fearlessness**

**power**

**surely**

**willpower**

**braveness**

**determination**

**guts**

**spirit**

**toughness**

**bravery**

**faith**

**positiveness**

**spunk**

**trust**