



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

Sunday Worship Service | 13 November 2022 | 23rd Sunday of Pentecost

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



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

GLORIA PATRI | ALL

SCRIPTURE READING | ISAIAH 65:17-25

HYMN OF PREPARATION | SHFPC MUSIC MINISTRY

MESSAGE | PASTOR LUNDY

Invitation to Spiritual Transformation

PASTORAL AND LORD'S PRAYER | PASTOR LUNDY

Offering Of Gifts To God and Doxology \mid All

Musical Selection | SHFPC Music Ministry

CHARGE AND BENEDICTION | PASTOR LUNDY

MEDITATION BEFORE SERVICE

Silent mediation 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* or joys, there will be an opportunity to share your concern during service.

*Please share prayer requests with the Deacons.

CALL TO WORSHIP

Where can we go from your Spirit, or where can we flee from your presence?

It was you who formed my inmost parts; you knit me together in my mother's womb.

We are fearfully and wonderfully made; wonderful are your works.

In your book were written all the days formed for me when none of them yet existed. We came into the sacred space with joy. Amen.

PRAYER OF CONFESSION

Gracious God, our sins are too heavy to carry, too real to hide, and too deep to undo

Forgive what our lips tremble to name

What our hearts can no longer bear

And what has become for us a consuming fire of judgement

Set us free from a past that we cannot change

Open to us a future in which we can be changed

And grant us grace to grow more and more in your likeness and image

Through Jesus Christ, the light of the world. Amen. Silent Confession

ASSURANCE OF PARDON

Through Christ, the wellspring of our salvation, we are washed in the waters of forgiveness and grace.

Through your endurance, you will gain your souls. **Amen.**

GLORIA PATRI

Glory be to the Father, and to the Son, and to the Holy Ghost; As it was in the beginning, is now, and ever shall be, world without end. Amen.

DOXOLOGY

Praise God, from whom all blessings flow; Praise God, all creatures here below; Praise God above, ye heavenly host; Praise Father, Son, and Holy Ghost. Amen.

ANNOUNCEMENTS

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

- Due to the number of members with underlying health issues that attend in-person worship, the Session reviewed **COVID-19 protocol** and voted to:
 - o Request everyone **signs contact list** upon church entry
 - Check vaccination cards
 - o Require non-vaccinated people to properly **wear facemasks**
 - o **Revisit COVID-19 protocol** in April 2023

These requests are being made for the safety of all who are in attendance.

- We're seeking **FAN supporters**, to donate cases of water and/or lead our fitness breaks. See Elder Pam.
- **11am Worship Service** is in person and on Zoom @ Meeting ID: 871 3893 6353 | (929) 205-6099 | https://uso2web.zoom.us/j/87138936353
- **Operation Warm Heart** 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.
- 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.
- Anyone requesting a **pastoral visit or at-home communion** should contact one of the Ruling Elders, Deacons, or Pastor.



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WELCOME, LOVE, SERVICE, COMMUNITY, WELCOME, LOVE, SERVICE, COMMUNITY, WELCOME, LOVE, SERVICE, COMMUNITY,

NATIONAL DIABETES AWARENESS MONTH

DIABETES IN THE U.S

A SNAPSHOT



37
Million

37 million people have diabetes

DIABETES



That's about **1 in every 10** people



1 in 5 people don't know they have it

JUST FACTS

Do You Know?

Diabetes

- Total: 37.3 million people have diabetes (11.3% of the U.S. population)
- Diagnosed: 28.7 million people, including 28.5 million adults
- Undiagnosed: 8.5 million people (23.0% of adults are undiagnosed)

Prediabetes

- Total: 96 million people aged 18 years or older have pre-diabetes (38.0% of the adult US population)
- 65 years or older: 26.4 million people aged 65 years or older (48.8%) have prediabetes (https://www.cdc.gov/diabetes/data/statistics-report/index.html).

MARK YOUR CALENDAR

(November Birthdays)
2nd Thomas McClay
6th Elaine Sizemore & Ralph Jones
8th Tony Bethea
9th Carolyn Smith
11th Love Lundy
23rd Yojany D. Mejia
25th Darnell M. Allen-Payne

(November Anniversaries)

15th Mr. Leroy and Mrs.
Elaine Sizemore

30th Mr. Robert and Mrs.
Geraldine Curtis

- ¹⁷ "See, I will create new heavens and a new earth. The former things will not be remembered, nor will they come to mind. ¹⁸ But be glad and rejoice forever in what I will create, for I will create Jerusalem to be a delight and its people a joy. ¹⁹ I will rejoice over Jerusalem and take delight in my people; the sound of weeping and of crying will be heard in it no more.
- ²⁰ "Never again will there be in it an infant who lives but a few days, or an old man who does not live out his years; the one who dies at a hundred will be thought a mere child; the one who fails to reach a hundred will be considered accursed. ²¹ They will build houses and dwell in them; they will plant vineyards and eat their fruit. ²² No longer will they build houses and others live in them, or plant and others eat. For as the days of a tree, so will be the days of my people; my chosen ones will long enjoy the work of their hands.
- ²³ They will not labor in vain, nor will they bear children doomed to misfortune; for they will be a people blessed by the Lord, they and their descendants with them.

 ²⁴ Before they call I will answer; while they are still speaking I will hear. ²⁵ The wolf and the lamb will feed together, and the lion will eat straw like the ox, and dust will be the serpent's food. They will neither harm nor destroy on all my holy mountain," says the Lord (Isaiah 65:17-25)."



New Orleans Red Beans and Rice

{Yield: 8 servings}

Ingredients:

1 lb. dry red beans
2 quarts water
1 1/2 cups chopped onion
1 cup chopped celery
4 bay leaves
1 cup chopped sweet green pepper
3 Tbsp. chopped parsley
2 tsp dried thyme crushed
1 tsp salt
1 tsp black pepper
1 package, brown rice
3 tbsp. chopped garlic

Instructions:

- 1. Put beans in a pot of water to rinse them. Remove beans that float to the top (bad beans). In a 5-quart pot, combine beans, water, celery, and bay leaves. Bring to a boil then reduce the heat.
- 2. Cover and cook over low heat for about 1 ½ hours or until beans are tender.
- 3. Stir and mash some of the beans along the side of the pan to thicken the mixture. Add green pepper, garlic, parsley, thyme, salt, and black pepper. Cook, uncovered on low heat until creamy, about 30 minutes. Remove bay leaves.
- 4. Serve over hot cooked brown rice (see package for cooking instructions)!

This recipe is courtesy of our *Fitness Activities and Nutrition* Committee. **Learn more about FAN and be healthier at www.shfpchurch.org/fanresources**.



- Bereaved Family of Xavier McClain
- Rev. and Mrs. J. Garlic
- Elizabeth's Homeless Citizens
- Sheila Robinson and Family
- Ugandan Children and Guardians
- Teachers and Students

OCTOBER SESSION REPORT: September Income: \$4,971 Expenditures: \$11,232

Session Voted to:

- Cut down a dead tree in the cemetery
- Remove lantern flies from the willow tree in the cemetery
- Host *Cookie Walk* fundraiser on 12/11 after worship service
- Allow 313 Ancestors activities to be held in church in October
- Continue with COVID19 protocols until April 2023

TODAY'S HYMN

PHOTOS OF THE WEEK

I'm Gonna' Live So God Can Use Me

I'm gonna' live so God can use me Anywhere, Lord, anytime.

I'm gonna' live so God can use me Anywhere, Lord, anytime.

I'm gonna' pray so God can use me... Anywhere, Lord, anytime.

I'm gonna' pray so God can use me... Anywhere, Lord, anytime.

I'm gonna' work so God can use me... Anywhere, Lord, anytime.

I'm gonna' work so God can use me... Anywhere, Lord, anytime.

I'm gonna' sing so God can use me... Anywhere, Lord, anytime.

I'm gonna' sing so God can use me... Anywhere, Lord, anytime.

SHFPC Music Ministry



23 Oct '22: Stewardship Sunday

^{*}Please share prayer requests for program listing with the Deacons.

MIND MUSCLE WORKOUT



Pray for the peace of the places you are sent, the people with whom you dwell, and the world in which you reside. In this spirit of shalom, let us share signs of peace and love.

Amen.

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HEBREWS	LORD	RABBI
IAMES	LUKE	ROMANS

SAYIOR TIMOTHY TITUS