



**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 | 20 November 2022 | Christ the King Sunday

“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** | ERADICATING SYSTEMIC POVERTY SUNDAY

**PRAYER OF CONFESSION** | PASTOR LUNDY

**SILENT PRAYER OF CONFESSION** | ALL

**ASSURANCE OF PARDON** | PASTOR LUNDY

**GLORIA PATRI** | ALL

**SCRIPTURE READING** | JOHN 18:33-38

**HYMN OF PREPARATION** | SHFPC MUSIC MINISTRY

**MESSAGE** | REV. DR. BETTY TOM, GUEST SPEAKER

**INVITATION TO SPIRITUAL TRANSFORMATION**

**PASTORAL AND LORD'S PRAYER** | PASTOR LUNDY

**OFFERING OF GIFTS TO GOD AND DOXOLOGY** | ALL

**MUSICAL SELECTION** | SHFPC MUSIC MINISTRY

**CHARGE AND BENEDICTION** | PASTOR LUNDY

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### 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

We are gathered for worship.

**There is much to do in this world, for the hungry cry to be fed, the homeless to be housed.  
We live in the midst of a world in need of peace and a people in need of hope.**

We are gathered for worship.

**There is much to do in our lives. There are commitments to fulfill, jobs to do.  
We must care for our children, our parents, our homes.**

We are gathered for worship.

**The problems of this world call for energy and vision.**

In worship we seek God's vision of hope and wholeness and meet the Spirit who gives strength to the weary.

**The demands of our lives call for patience and compassion.**

In worship our spirits are renewed by God's grace and our hearts are made wide by God's love.

**We have gathered for worship.**

Come, let us worship God in this hour that we may live as God's people in days to come. **Amen.**

## PRAYER OF CONFESSION

For our lack of faith that fills each day with tension and worry

**For our lack of hope that clouds our future with despair and anxiety**

For our lack of love that fails to place

**You at the center of our lives, O Lord, forgive us. Amen.** *Silent Confession*

## ASSURANCE OF PARDON

“Truly I tell you, today you will be with me in Paradise,” says the Lord.

In the name of Jesus Christ, you are forgiven. **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:
  - Request everyone **signs contact list** upon church entry
  - **Check vaccination cards**
  - Require non-vaccinated people to properly **wear facemasks**
  - **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: 825 8830 1038 | (929) 205-6099 | <https://us02web.zoom.us/j/82588301038>
- **Wednesday Morning Prayer Call** takes place @ 6am. Call (929) 205-6099 & use Meeting ID 441 882 9891.
- **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](mailto:shfpchurch64@gmail.com).
- **What's the 313? The Ancestors Speak Video Blog** – Co-hosted by Pastor Lundy & James Amemasor on Sundays @ 3pm. It's a conversation about the Ancestors Speak Research Project on Zoom.
- *On Mondays, Prayer Service is 6:30pm and Bible Study is 7pm* on Zoom.
- *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.

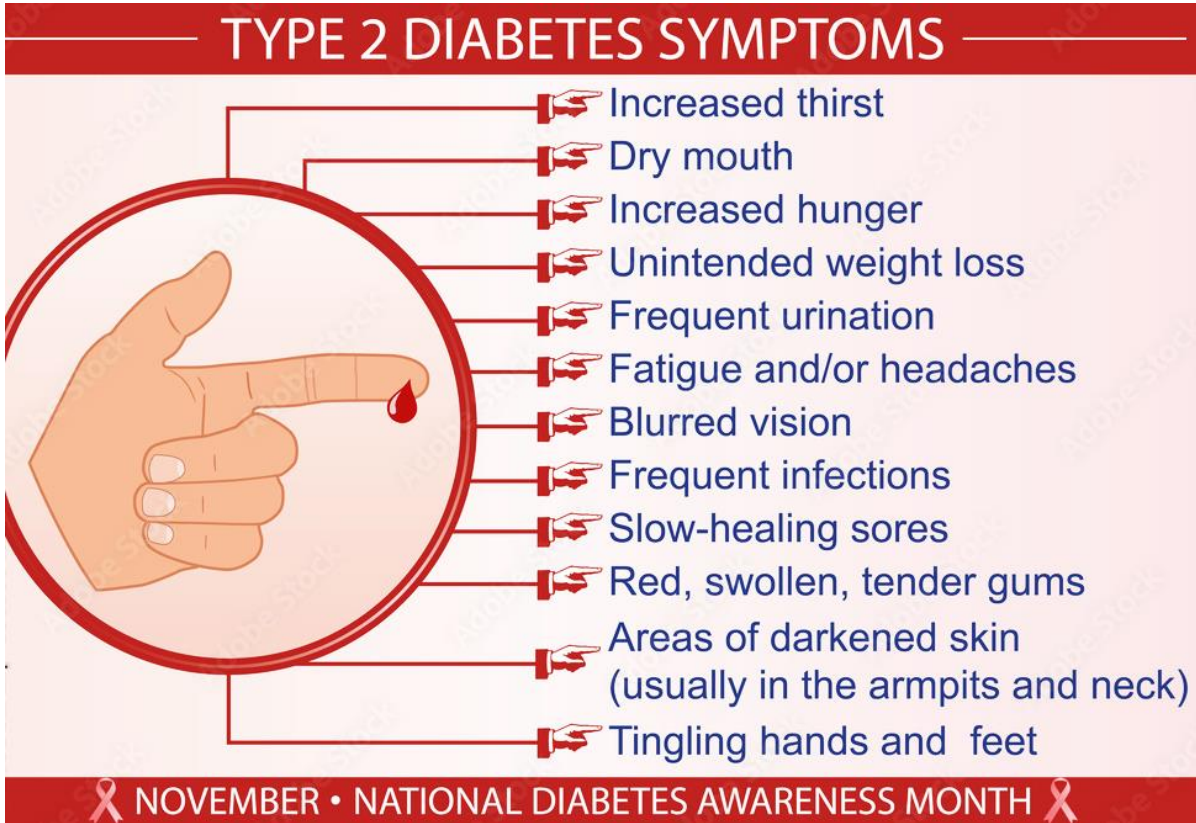
# SANKOFA SAYS

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

## NATIONAL DIABETES AWARENESS MONTH

### TYPE 2 DIABETES SYMPTOMS



The infographic features a central illustration of a hand with the index finger pointing to a single drop of blood. Red lines radiate from this central image to a list of symptoms on the right. The symptoms are: Increased thirst, Dry mouth, Increased hunger, Unintended weight loss, Frequent urination, Fatigue and/or headaches, Blurred vision, Frequent infections, Slow-healing sores, Red, swollen, tender gums, Areas of darkened skin (usually in the armpits and neck), and Tingling hands and feet.

NOVEMBER • NATIONAL DIABETES AWARENESS MONTH

### JUST FACTS

### MARK YOUR CALENDAR

#### 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>).

(November Birthdays)

- 2<sup>nd</sup>** Thomas McClay
- 6<sup>th</sup>** Elaine Sizemore & Ralph Jones
- 8<sup>th</sup>** Tony Bethea
- 9<sup>th</sup>** Carolyn Smith
- 11<sup>th</sup>** Love Lundy
- 23<sup>rd</sup>** Yojany D. Mejia
- 25<sup>th</sup>** Darnell M. Allen-Payne

(November Anniversaries)

- 15<sup>th</sup>** Mr. Leroy and Mrs. Elaine Sizemore
- 30<sup>th</sup>** Mr. Robert and Mrs. Geraldine Curtis



33 Pilate then went back inside the palace, summoned Jesus and asked him, "Are you the king of the Jews?"

34 "Is that your own idea," Jesus asked, "or did others talk to you about me?"

35 "Am I a Jew?" Pilate replied. "Your own people and chief priests handed you over to me. What is it you have done?"

36 Jesus said, "My kingdom is not of this world. If it were, my servants would fight to prevent my arrest by the Jewish leaders. But now my kingdom is from another place."

37 "You are a king, then!" said Pilate.

Jesus answered, "You say that I am a king. In fact, the reason I was born and came into the world is to testify to the truth. Everyone on the side of truth listens to me."

38 "What is truth?" retorted Pilate. With this he went out again to the Jews gathered there and said, "I find no basis for a charge against him (John 18:33-38).



### 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 1/2 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/fan-resources](http://www.shfpchurch.org/fan-resources).**



- Bereaved Family of Rev. Joseph Garlic
- Elizabeth’s Homeless Citizens
- Sheila Robinson and Family
- Ugandan Children and Guardians
- Teachers and Students

*\*Please share prayer requests for program listing with the Deacons.*

**OCTOBER SESSION REPORT:**

Income: **\$7,108**

Expenditures: **\$10,973**

*Session Voted to:*

- Host Youth Christmas Party on Friday, 12/23

*Session Working on:*

- The 2023 Church Budget
- Re-establishment of Ministry Teams for Member Check-in’s
- Increased In-Person Participation
- Activity Calendar for 2023

**TODAY’S HYMN**

**PHOTOS OF THE WEEK**

***Bless the Lord***

*Refrain:*

Bless the Lord, O my soul,  
and all that is within me,  
bless his holy name!

Bless the Lord, O my soul,  
and all that is within me,  
bless his holy name!

He has done great things,  
he has done great things,  
he has done great things,  
bless his holy name!  
[*Refrain*]

***SHFPC Music Ministry***



23 Oct '22: Stewardship Sunday



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.

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

ACTS  
CHRIST  
EPHESIANS  
GALATIANS  
HEBREWS  
JAMES

JESUS  
JOHN  
JUDE  
KING  
LORD  
LUKE

MARK  
MASTER  
MATTHEW  
PETER  
RABBI  
ROMANS

SAYOR  
TIMOTHY  
TITUS