

# THE REDEEMER

## A QUARTERLY PUBLICATION

### FROM THE PASTOR'S DESK



Warmest Greetings to all of our Brothers, Sisters, and Friends, and to our Beloved St. John Church Family!

*"Bless the Lord, O my soul and all that is within me, bless His holy name," (Psalm 103:1)*

I pray this missive finds you in the very best of health and strength. Certainly we are living in a day one must rely on God for His constant care. We have spent the last several months battling Covid-19, I hope you remain vigilant. We must wear our face masks and maintain a healthy social distance. We must wash our hands constantly and keep them clear of our faces. I am sure you will agree with me, I'll be glad when this is over!

God has blessed us at Beloved St. John. We are worshipping once again in our main sanctuary. This is of course on a limited capacity, we maintain social distances. We are also worshipping in our Cyber church on Facebook Live and on YouTube. Souls are coming to Jesus Christ and lives are being changed. Our social media presence has been enhanced by our new 4-D cameras installed in our sanctuary. We now have the capacity to "go live" with all services emanating from our sanctuary.

Have you visited our new website? I hope you will if you have not done so.. Visit [www.belovedstjohn.org](http://www.belovedstjohn.org) and check out our new interactive website. I know you will be pleased and blessed.

Finally, November 3, 2020 is Election Day. We are facing the most important election of our lifetime. Please, please, please, register and vote!! Do not allow people....or the enemy to tell you your vote does not matter. Your vote matters a great deal, perhaps more than you know. The deadline to register to vote in PA is October 19, 2020.. To vote by mail the deadline to request a mail-in ballot is October 27, 2020.

Let's register and vote and make a change in the United States of America! Remember, your vote counts and your vote is needed. Your vote can be the one that sends a new President into the Oval Office. So let's exercise our civic duty and our moral obligation and vote!

Hope to see you soon! In fact, I'll see you..... In Church!

Be Blessed,

### Inside this issue:

From the Pastor's Desk	1
Greetings from 1st Lady	2
Stay Connected	3
How to help with Covid19	4
Election—Vote 2020	5
Church News	6
Senior Resources	7
Youth & The Coronavirus Pandemic	8

### CHIEF EDITOR

*Rev. Clement M. Lupton, III  
Senior Pastor*

### EDITORS

*Rev. Shree Hughes  
Sis Denise Breakfield  
Sis Pamela Morman*

### GRAPHICS/DESIGN

*Rev. Michele Hudson*

## ENCOURAGING WORDS FROM OUR FIRST LADY REV. BRENDA LUPTON



**Hello Beloved Saint John Family!**

**My prayer is that everyone is doing well during these unprecedented times.**

**In light of all that is happening around the world, my thought is that Jesus' return is imminent.**

**Let us gird up our loins and continue to "Look unto Jesus who is the Author and Finisher of our Faith." This is not the time to give up. Let's continuously "Press toward the mark for the prize of the high calling of God in Christ Jesus."**

**Please know that I love you and am praying for you.**

**God bless,  
First Lady**

October is

**PASTOR**

APPRECIATION MONTH

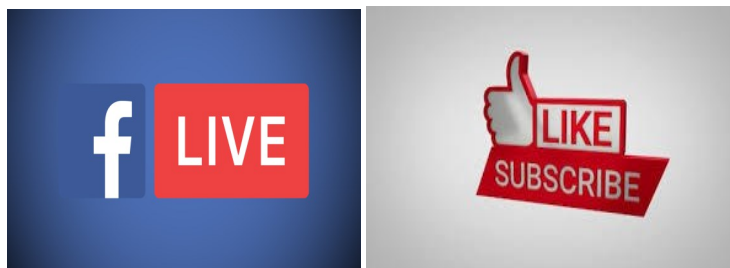
*Thank You!*

**We Honor Our Pastor & First Lady !!**

If you have news of importance, resources, or helpful suggestions for this newsletter that you would like to share, please see Rev. Hughes or any member of the Congregational Care Ministry.



# STAY CONNECTED WITH US!!



Visit our website @

[www.belovedstjohn.org](http://www.belovedstjohn.org)

follow our social media outlets &  
check your text messages regularly

***DON'T FORGET***

***Subscribe to our YouTube Channel***

 A graphic for Sunday Morning Worship Services. It features a large gold circle with the text 'SUNDAY MORNING Worship SERVICES'. To the right is the church logo 'BELOVED St. JOHN EVANGELISTIC CHURCH' and the text 'YOU ARE INVITED TO JOIN US AT OUR'. Below this is a banner 'STREAMING LIVE ON' with YouTube and Facebook icons. A photo of Pastor Clement M. Lupton, III speaking into a microphone is on the right. At the bottom left, it says 'EVERY SUNDAY AT 7:45AM & 11AM' and 'LIMITED SEATING IN SANCTUARY'. Social media links for Facebook and YouTube are provided. The church's website and address are at the bottom.
 

BELOVED St. JOHN EVANGELISTIC CHURCH

YOU ARE INVITED TO JOIN US AT OUR

STREAMING LIVE ON

EVERY SUNDAY AT 7:45AM & 11AM

LIMITED SEATING IN SANCTUARY

Facebook: PastorClement M Lupton  
YouTube: Beloved St. John Evangelistic Church Channel

PASTOR CLEMENT LUPTON, III

[www.belovedstjohn.org](http://www.belovedstjohn.org) | 4541 N. Broad Street | Philadelphia, PA 19140

## WEDNESDAY NIGHT BIBLE STUDY

*With Pastor Clement M. Lupton III*

ONLINE STARTING AT 8PM

STREAMING LIVE ON FACEBOOK  
CLEMENT LUPTON III



ENCOURAGING WORDS  
FROM  
OUR PASTOR & FIRST LADY

FRIDAYS @ 7 PM  
**ON FACEBOOK LIVE**  
@ CLEMENTLUPTON III

## MEDIA OUTREACH

We welcome you to worship with us via  
television and radio broadcast weekly.

“TIME OF DECISION” Television Program

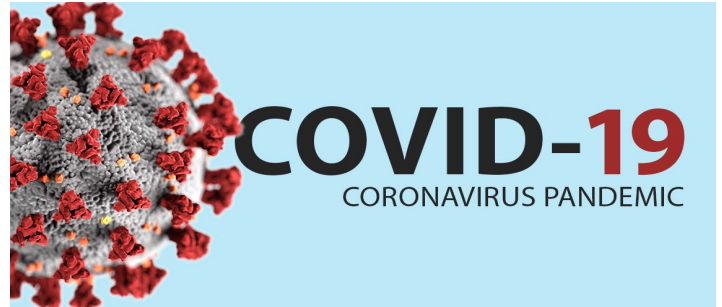
THE WORD NETWORK Saturdays 9:30 pm

WMCN TV: Monday-Friday 6:00 am

WTMR-AM/Radio 800, Monday-Friday, 9:45 am



**SPREAD THE  
GOSPEL  
NOT THE GERMS**



As Beloved St. John Evangelistic Church's church building reopens, we encourage you to follow these guidelines. Please note that these guidelines are not all encompassing and can be adjusted at any time. In addition, if you have any hesitancy on returning to the building, it is better to wait. Although we are looking forward to the day we can all worship together again, there is no rush to get back to the building. Live-streaming will continue on Facebook and YouTube.

#### BE INFORMED

Know the risk factors for the virus. Those with pre-existing conditions and those over 65 years old are at a higher risk of experiencing worse symptoms than others if they contract the virus. If you fall into one of these categories we invite you to continue worshipping with us by live-streaming. In addition, remember that some people without symptoms may be able to spread the virus.

#### PREPARING THE CHURCH

Prior to reopening, the church was deep cleaned. This included sanitizing pews, bathrooms, doorknobs, light switches, and microphones.

Only approved EPA chemicals and disinfectants will be used. Cleaning agents will be used as directed and staff will allow for the proper dry times.

#### TO SLOW THE SPREAD OF THE NOVEL CORONAVIRUS, PLEASE FOLLOW THESE PRECAUTIONS:



**Greater Philadelphia Coronavirus Helpline: 1-800-722-7112**



**Tuesday, November 3**  
**United States**  
**Presidential Election, 2020**

## **When is the deadline to register to vote?**

**PENNSYLVANIA – [www.votespa.com](http://www.votespa.com)**

### **ONLINE**

Monday, October 19, 2020

### **BY MAIL**

Monday, October 19, 2020

### **IN PERSON**

Monday, October 19, 2020

### **NEW JERSEY-**

<https://voter.svrs.nj.gov/register>

### **ONLINE**

Tuesday, October 13, 2020 (check the website)

### **BY MAIL**

Tuesday, October 13, 2020

### **IN PERSON**

Tuesday, October 13, 2020

**DELAWARE - <https://ivote.de.gov/VoterView>**

### **ONLINE**

Saturday, October 10, 2020

### **BY MAIL**

Saturday, October 10, 2020

### **IN PERSON**

Saturday, October 10, 2020



## **ROAD TO 270**

### **DID YOU KNOW!**

**It takes 270  
electoral votes to Win  
the 2020 presidential election.**

## **MAKE YOUR MAIL-IN BALLOT COUNT**

### **How to vote by mail:**

6 steps to take to ensure your vote counts

- Determine if you are registered to vote
- Request a ballot
- Research any changes your state might have made
- Don't miss any deadlines
- Follow the rules of your state
- Fill out your ballot properly

**SIGN YOUR NAME CORRECTLY**

**Apply for your mail-in or absentee ballot today.**





# Church News



[www.belovedstjohn.org](http://www.belovedstjohn.org)

## FREE MEALS FOR CHILDREN 18 AND UNDER

Every Tuesday through December 2020, Beloved St. John Evangelistic Church in conjunction with the Archdiocese of Philadelphia Nutritional Development Services Emergency Meals Program will be providing free meals for any child under 18 years old. Food distribution is every Tuesday at the church from 10-Noon (while supplies last). Meals will include five breakfasts, five lunches and milk.

No verification is required.

## BIBLE INSTITUTE

### 2020 Fall Semester

#### Registration:

August 31, 2020 to October 5, 2020

#### Classes Start:

Monday, September 28, 2020 thru

Saturday, December 19, 2020

**\*Schedule Subject to Change\***



**NEW ONLINE CLASSES ARE AVAILIABLE**

Visit our website or call the Bible Institute for more information

# Senior Resources

Empowering seniors to remain healthy & independent

## Well-being & Happiness

Staying at home and avoiding crowds is necessary to prevent the spread of coronavirus, but it can lead to feelings of isolation and loneliness. Additionally, being of an older age or having underlying medical conditions can make you feel more vulnerable to the virus and can increase your stress and anxiety even further. If you or a loved one is starting to feel the effects of being isolated, you are not alone.

### Take steps to improve your mental well-being during COVID-19 by:

- Taking a break from watching or reading the news
- Making sure you get your information from trusted sources and avoid rumors
- Making sure you continue to take your medicines and practice regular daily grooming
- Daily Prayer and Meditation (ex. Psalms 103: 2 & 5 )
- Finding activities you enjoy like crafting, puzzles, cooking, games, reading or dancing

If you suspect elder abuse, please call the statewide abuse reporting hotline at 1-800-490-8505, which is open 24/7, 365 days per year.



## Philadelphia Corporation for Aging

Philadelphia Corporation for Aging  
642 N Broad St  
Philadelphia, PA

**Phone: 215-765-9040**

[www.pcaCares.org](http://www.pcaCares.org)

### Overview

Philadelphia Corporation for Aging (PCA) is a private, non-profit organization serving as Philadelphia county's Area Agency on Aging since 1973.

Call the PCA Helpline @ (215) 765-9040



### Food Pantries:

To find a food pantry near you:

Call 311.

Make sure to contact the pantry in advance to confirm their hours.

Call the WhyHunger hotline at  
1-800-5HUNGRY

or

visit the WhyHunger website.

Text your ZIP code to 1-800-548-6479 to receive a list of food pantries near you.

**SLC**  
**SeniorLAW Center**  
Protecting the Rights of Older Pennsylvanians

**1-877-PA SR LAW**

**1-877-727-7529**

## RESOURCES

City Helpline	311
Heater Hotline	215-568-7190
Seniors Hotline	215-686-2590
Weatherization	215-448-2161/2137 or 3154

# YOUTH AND THE CORONAVIRUS PANDEMIC



Here are some tips from the American Academy of Pediatrics (AAP) to help your family through the outbreak.

**Address children's fears.** Children rely on their parents for safety, both physical and emotional. Reassure your children that you are there for them and that your family will get through this together.

**Answer questions about the pandemic simply & honestly.** Talk with young children about any frightening news they hear. It is OK to say people are getting sick, but say following rules like hand washing and staying home will help your family stay healthy.

**Recognize your child's feelings.** Calmly say, for example, "I can see that you are upset because you can't have your friends over." Guiding questions can help older children and teens work through issues. ("I know it is disappointing not to be able to hang with your friends right now. How do you think you can stay in touch with them?")

**Keep in touch with loved ones.** Children may also worry about a grandparent who is living alone or a relative or friend with an increased risk of getting COVID-19. Video chats can help ease their anxiety.

**Tell your child before you leave** the house for work or essential errands. In a calm and reassuring voice, tell them where you are going, how long you will be gone, when you will return, and that you are taking steps to stay safe.

**Look forward.** Tell them that scientists are working hard to figure out how to help people who get ill, and that things will get better.

**Offer extra hugs** and say "I love you" more often.

**Pray** with them always.

## Ways Older Generations Can Support Youth During The Coronavirus Pandemic

### Make a video of yourself from the future.

What will you say to yourself in October? How will you praise your efforts? If you can get your teen to do this, you are way ahead of the curve.

### Structure the day as much as possible.

Involve your teens in the planning. Schedule three things to do each day, and build in joy and gratitude with those events, when possible.

### Create a solid base.

The basics are basic: Eat well, sleep well and find unstructured, nonelectronic time independently and as a family.

### Gather your support system.

They may be virtual right now, but they are out there. Remind your teen that he or she is not alone.

### Be present.

What are you modeling? How is your own stress level? What can you do to modify your own stress response?

### Describe how your teen will remember this time.

How will your teen describe you? Create a vision of what this should look like, and take steps to move toward that vision.

### Remind teens of their strengths and capabilities.

Highlight what they need to get through this time, and make sure to describe the things you are doing to cope.

### Connect with your teens.

You are all they have right now, and time with them is a gift to be savored.

*[Lisa Hardesty, Ph.D.](#), is a clinical psychologist Behavioral Health in [Mankato, Minnesota](#).*