



THE REDEEMER NEWSLETTER CHRISTMAS EDITION

FROM THE PASTOR'S DESK

"Joy to the World, the Lord has come, let earth receive her King!"



Holy Christmas Greetings in the name of our Lord Jesus Christ who is the light of the world. It is indeed our joy to chat with you through our Beloved St. John newsletter.

2020 has certainly been a challenging year. We have had the great misfortune of facing the Corona virus most of this year. Many of us fought through infection from this virus along with its

side effects. Still others have fought this virus and sadly have succumbed to its deadly infections. Others are trying to recover from this virus as they lay hooked up to a ventilator or are in a protracted hospital stay. This is not the only challenge we witnessed in 2020. We endured a hotly contested Presidential race with the incumbent still refusing to concede. 2020 is the year, for the first time in my fifty plus years of salvation, we were not able to safely attend church.

With so many challenges we experienced in 2020, it is good we are about to turn the page and embark on a new year. Before I go too far about the promise of a new year, let us pause and give God glory, honor, and praise for 2020. Because in it all, through it all, and in spite of it all, God has kept us! To God be the Glory!

As we embark upon a new year, let us be grateful and thankful for all God has done for us throughout this year. Praise Him, knowing that next year will be better! Claim it for your life and speak that word of life over yourself!

With all of the challenges of 2020, First Lady Brenda and I would like to remind you "the worst is over, the best is yet to come!" Get ready for your Breakthrough in 2021!

From our Family to yours, we wish you a very Merry Christmas and an awesome, prosperous Happy New Year!

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

Prayerfully,

Pastor Clement & 1st Lady Brenda Lupton

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CHIEF EDITOR Rev. Clement M. Lupton, III Senior Pastor	
EDITORS Rev. Shree Hughes Sis Denise Breakfield Sis Pamela Morman	
GRAPHICS/DESIGN Rev. Michele Hudson	

A VERY MERRY CHRISTMAS and Happy New Year!

Artense Lupton In-Home Care Ministry would like to extend a warm heartfelt greeting and sending love to our sick and shut in. We are thinking & praying for you during this Holiday Season.

Always remembering Jesus is the reason for the seasons! Encouraging scripture from the word of God: The Lords Prayer: Matt 6:8-13

"Therefore do not be like them. For your Father knows the things you have need of before you ask Him. In this manner, therefore, pray: Our Father in heaven, Hallowed be Your name. Your kingdom come. Your will be done On earth as it is in heaven. Give us this day our daily bread. And forgive us our debts, As we forgive our debtors. And do not lead us into temptation, But deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen.

The Artense Lupton In Home Care Ministry is praying continually for your health & strength. We are bridging the gap by bringing you the Redeemer Newsletter on a quarterly basis. Take notice of all the helpful resources that are featured in our wonderful newsletter. Look out for quarterly Newsletters! Let us all Praise Jesus together! Amen.

**ARTENSE LUPTON
IN-HOME CARE MINISTRY**





**Season's Greetings
from
MUSIC & FINE ARTS MINISTRY**



Make a joyful noise unto the LORD, all the earth: make a loud noise, and rejoice, and sing praise. Psalm 98:4

Since its inception, the Beloved St. John Evangelistic Church Music and Fine Arts Ministry has blossomed to well over 100 members and sub-ministries including choirs, praise teams, dance, flag and mime teams and a drama troupe.

The choir has had the pleasure of working with many well known gospel recording artists over the years. The ministry has also played an active part in the community and participated in various events.

The Lord continues to bless the Beloved St. John Evangelistic Church Music and Fine Arts Ministry. 2018 marked the release of the choir's debut album, *The Praise Worship Experience*. This has created new opportunities to further spread the gospel of Christ and build better believers for the kingdom of God. Merry Christmas to All, we'll see you at our Christmas Concert!!

To God be the glory!

Minister Scot Stevens,

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



**HAVE A VERY MERRY CHRISTMAS &
A HAPPY NEW YEAR
FROM THE BSJE BIBLE INSTITUTE**

And she shall bring forth a son, and thou shalt call his name JESUS: for he shall save his people from their sins. Now all this was done, that it might be fulfilled which was spoken of the Lord by the prophet, saying, "Behold, a virgin shall be with child, and shall bring forth a son, and they shall call his name Emmanuel, which being interpreted is, God with us." (Matthew 1:21-23 KJV)

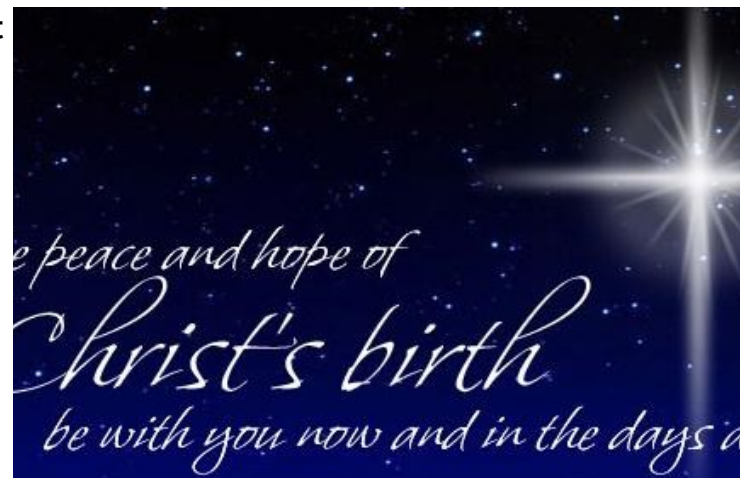
Check back in 2021 for our Spring Semester

Greetings My Beloved Family,

I'm praying that you all are making it through these challenging times. 2020 has been one of the most painful for all of us. We all have been through many trials this year that has tested our faith in God. But the one thing that I found great comfort in despite all that is happening is God's word. No matter what we face this year, God's word will always be there to carry us through. One scripture that I still on this year was 2 Corinthians 4:17-Which says *For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.* So let me encourage you despite what you have been through this year, there is a greater glory that's coming into your life. The one thing that we can all say is that God has kept us all year long and has provided everything we needed this year. So as we come to the close of the year, I want to remind you to do what the word tells us to do in 1 Thessalonians 5:18 *In everything give thanks for this is the will of God in Christ Jesus concerning you.* So for the next few days that we have left in this year thank God for what he's done and thank him for what he's about to do next in your life because the best is yet to come.

Have a very Merry Christmas and
A Blessed New Year!

Youth Pastor Adam Shelby





Thank You, LORD!



Thank you to the US Air Force ANG 111 FSS?CSS 11th Mission Support Group at Horsham Air Guard Station for their donations from their 2020 Food Drive.



Pictured: Pastor Lupton & SSgt. Markeith L. Morman



Pictured Above: Sabrina Holloway, Deacon Wayne Thomas, SSgt. Markeith Morman & Carolyn Williams

2020 FOOD DRIVE

The Beloved St. John Community Development Corporation (CDC) would like to Thank the Foundation for Improvement, Shop Rite, the volunteers and all of you for your donations and support this year. We were able to bless several half way homes in the community and provided Christmas Food Bags and turkeys to over 100 families.



'Tis the Season to Be Safe

Holiday Safety Tips During COVID-19

Toys

- Follow safety information on packages, and choose toys that match your child's abilities.



- Get safety gear and ensure it's worn properly at all times and sized to fit.
- Keep small balls and toys with small parts away from children younger than age 3.

Cooking



- Never leave cooking food unattended on the stove.
- Keep flammable items away from the stove and oven.
- Fry a thawed turkey outside only, and away from your home and do not overfill or overheat the oil in the turkey fryer.

Decorating

- Keep your live Christmas tree well-watered and look for the "Fire Resistant" label when buying an artificial tree.
- Place burning candles away from flammable items, and blow them out before leaving the room.
- Only use lights tested for safety and throw out sets with broken sockets, or frayed wires.



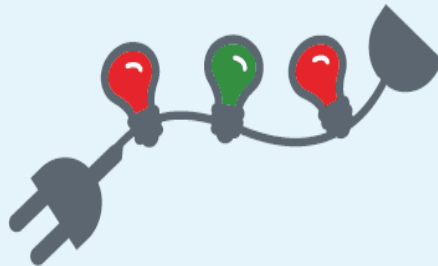
Put a FREEZE on Winter Holiday Fires

Did you know?

As you deck the halls this season, be fire smart.



A heat source too close to the Christmas tree causes **1 in every 4** winter fires.



Read manufacturer's instructions for the number of light strands to connect.



Make sure your tree is **at least 3 feet away** from heat sources like fireplaces, radiators and space heaters.



U.S. Fire Administration



HOLIDAY HEALTHY RECIPES

It's the Christmas Holiday season and time for comfort food. Though we love these foods so much, they aren't so great for your waistline. Fortunately, there are some healthier options. We've pulled together a few recipes to help you get through the holiday season.

Healthier Baked Mac and Cheese

Course: Main Course

Cuisine: American

Prep Time: 5 minutes

Cook Time: 25 minutes

Total Time: 30 minutes

Servings: 6 servings

Calories: 429cal

Author: Ashley Fehr

Ingredients

- 375 grams whole wheat macaroni (about 3 cups dry)
- 1/4 cup butter or margarine
- 1/4 cup all purpose flour
- 1 1/2 cups 1% milk
- 1 1/2 cups chicken broth
- 1/2 teaspoon salt
- 2 cups + 1 cup shredded cheddar cheese low fat if desired
- 1/3 cup Panko bread crumbs

Instructions

Cook macaroni according to package directions. Drain and rinse under cold water. Pour into a greased 9x13" pan and set aside. Preheat oven to 350 degrees F.

In a large skillet, melt butter. Stir in flour and cook 1 minute.

Whisk in milk and chicken broth and cook over medium heat, whisking often, until thickened (about 5-6 minutes).

Stir in salt and 2 cups cheese until melted. Pour over macaroni in pan and stir until combined.

Sprinkle with Panko bread crumbs and remaining 1 cup cheese. Bake at 350 degrees for 10 minutes or until bubbly. Broil for 1-2 minutes to brown the top if desired.

Recipe Notes

*TO MAKE AHEAD: Prepare up until baking. Cover and place in the refrigerator for up to 2 days. Bake at 350 degrees for 15-20 minutes until hot.**Please note: Nutrition information is calculated with My Fitness Pal and is an estimate only -- this will vary greatly depending on the brand of products you use. Nutrition information for this recipe is calculated using margarine and low fat cheddar cheese.

Nutrition

Calories: 429cal | Carbohydrates: 55g | Protein: 23g | Fat: 15g | Fiber: 6g

Healthier Baked Mac and Cheese <https://www.thereciperebel.com/healthier-baked-mac-and-cheese/>



HOLIDAY HEALTHY RECIPES

Healthy Sweet Potato Casserole with Pecan Oat Streusel

Course Gluten Free, Side Dish, Thanksgiving, Vegan Friendly, Vegetarian
Cuisine American
Keyword healthy sweet potato casserole, sweet potato casserole
Prep Time 1 hour
Cook Time 30 minutes
Total Time 1 hour 30 minutes
Servings 8 servings
Calories 212 kcal
Author Monique Volz of AmbitiousKitchen.com



Ingredients

For the potatoes:

3 pounds sweet potatoes (about 3 large or 5 medium sweet potatoes)
 2 1/2 tablespoons pure maple syrup
 1/2 cup unsweetened almond milk (or milk of choice)
 1 tablespoon vanilla extract
 1 egg (or can leave out if vegan)
 1 teaspoon cinnamon
 1/4 teaspoon nutmeg
 pinch of allspice
 1/4 teaspoon salt

Topping:

1/4 cup whole wheat pastry flour or regular flour (if GF, use gluten free oat flour)
 1/3 cup rolled oats (gluten free if desired)
 1/3 cup packed brown sugar (or coconut sugar)
 1/2 cup coarsely chopped pecans
 3 tablespoons melted butter (or sub vegan butter or coconut oil)

Instructions

Preheat oven to 400 degrees F.

Wash sweet potatoes and use a fork to poke holes in sweet potatoes; about 4-5 pokes per potato used. Place sweet potatoes on a baking sheet lined with foil and roast for 45 minutes-1 hour or until very fork tender. Allow potatoes to cool for 5-10 minutes. Lower oven heat to 350 degrees F.

Spray a 8x8 inch pan, 9 inch pie pan, or a 1 1/2 quart or 2 quart safe baking dish with nonstick cooking spray; set aside.

Cut open sweet potatoes and discard the skin, place sweet potato flesh in a large bowl and add in maple syrup, almond milk, vanilla, egg, cinnamon, nutmeg, allspice and salt. Use an electric mixer to beat until smooth, adding a splash more almond milk if you want them to be creamier. Pour into prepared baking pan and smooth top.

To make the topping: Whisk together flour, oats, brown sugar, and pecans. Use a fork to stir in melted butter until a nice crumb forms. Sprinkle all over the top of the sweet potato mixture.

Bake for 25-30 minutes or until the top is slightly golden brown. Remove from oven and let cool for 5-10 minutes. Serves 8.

Recipe Notes

To make ahead of time: Make everything ahead of time, cover and place in fridge. Once ready, bake as directed.

To make vegan: Use vegan butter or coconut oil instead of butter in the topping. Skip the egg in the potato mixture.

To make gluten free: Use oat flour or an all-purpose gluten free flour instead of whole wheat.

To store: store any leftover healthy sweet potato casserole covered in the baking pan or in separate, airtight containers in the fridge for up to four days. Simply reheat a portion of the casserole in the microwave, or feel free to re-warm the entire baking dish to enjoy a few more servings.

Nutrition Facts

Healthy Sweet Potato Casserole with Pecan Oat Streusel

Amount Per Serving (1 serving)

Calories 212Calories from Fat 76

% Daily Value*

Fat 8.4g**13%**

Saturated Fat 2.6g**16%**

Carbohydrates 34g**11%**

Fiber 3.3g**14%**

Sugar 13.3g**15%**

Protein 3g**6%**

* Percent Daily Values are based on a 2000 calorie diet.

HOLIDAY HEALTHY RECIPES

Healthy Collard Greens

Course: Side Dish
 Cuisine: Universal
 Keyword: Diabetic-Friendly, Gluten-Free, Keto
 Servings: 6 people
 Calories: 197kcal
 Author: [SkinnyMs.](#)

Ingredients

- 1 tablespoon olive oil
 - 1 large white onion chopped
 - 2 garlic cloves minced
 - 2 smoked turkey wings or legs or 1 tablespoon liquid smoke (vegetarian/vegan option) or 2 whole dried chipotle chiles or ancho chiles (and omit the chili flakes or cayenne later)
 - 1 teaspoon salt
 - 1 teaspoon black pepper freshly ground
 - 3 cups chicken stock or vegetable stock, low sodium preferred
 - 1 tablespoon cider vinegar optional
- 2 pounds bunches fresh collard greens about 2 bunches



Instructions

Prepare the collard greens by first removing the stems. Pull them off by hand or cut them out with a knife. Wash the leaves in a very large bowl of water or clean sink filled with water, allowing the silt from the greens to sink to the bottom of the container. Repeat by cleaning the container, and re-submerging in clean water. To test a leaf for no grit, simply bite into one. Never dump the leaves into a strainer with the water, or the leaves will get dirty.

Stack the leaves and cut across into about 1- inch sized ribbons.

In a large pot over medium-high heat, add oil and onions. Saute onions for 5 minutes over medium-high heat until softened and translucent. Add the garlic and saute quickly for an additional 30 seconds or so, just until golden and fragrant. Add the turkey wings, the stock, the greens, and the salt and pepper and bring just to a boil.

Optional cooking method: Steam just until wilted to maintain the amazing nutrients of collard greens. Reduce the heat to low. Cover, and simmer for 45 minutes, until the greens are tender.

Remove the smoked turkey wings (if used) from the liquid. Remove the skin and bones from the turkey wing and tear the meat into bite-sized pieces. Remove the chiles and discard. Add the turkey meat back to the liquid. Stir the vinegar into the greens, if using, just prior to serving or serve on the side, to be sprinkled in as a condiment.

Use a slotted spoon to serve on a plate, or serve in individual side dish bowls with the broth and dip cornbread, corn muffins, or other biscuits into the broth when eating, as is traditional.

Recipe Notes

*Cooking liquid from greens, often called Pot Likker, can be served and cornbread can be dipped into it (as is traditional), or if not served, cooled to room temperature and then frozen to use for stocks or to make beans in.

Nutrition

Serving: 0.5cup collard greens and 1/2 cup
 broth | Calories: 197kcal | Carbohydrates: 10g | Protein: 17g | Fat: 11g | Saturated
 Fat: 3g | Cholesterol: 44mg | Sodium: 379mg | Fiber: 4g | Sugar: 1g |

SmartPoints (Freestyle): 5