



January Worship Sermon Series



A NEW YEAR & A FRESH START!



The heart of the word *emotion* is motion. Emotions are energy that give us the power to move. But too often people can either try to suppress their emotions or they let their emotions get out of hand and control their actions. The goal as followers of Jesus is to embrace our emotions and use the energy they produce in a positive way. The ability to do this has been called "Emotional Intelligence."

Join us in worship as we begin the new year looking in the Bible for guidance on how to use our emotions to power our actions in good ways!

January 9: The Foundation of Love - 1 Corinthians 16:14; ...*"Let all you do be done in love."*

January 16: What about Anger, Fear and Sadness? - Ephesians 4:26; ...*"Be angry but do not sin; do not let the sun go down on your anger."*

January 23: How Am I Doing? - Mark 8:27; ...Jesus asked his disciples, *"Who do people say that I am?"*

January 30: The Goal of Self Control - Galatians 5:22; ...*"The fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control."*

COVID Response

Our COVID Response Team members (the Parish Nurses, Church Council Co-Chairs & Pastor Tom) continue to monitor the situation and have updated the policy to "**Masks are Optional and Welcome**" while in the church. We hope you will join us in worship!

Sunday Worship Schedule

Traditional Service at 8:30am • Praise Service at 10:30am

Adult Classes 9:30-10:30 • Coffee & Refreshments 9:30-10:30 • Nursery for Infants through 2 Years 8:00am-Noon

Worship Online Live at 10:30am by going to our website: JesusIsTheBridge.org

Recorded Online Service Also Available on the Website for Viewing Later in the Day or Week

RootsKids (aka Sunday School) Two Times to Choose From! Sunday 9:30-10:25am or 10:30-11:25am
3 Year Olds—5th Grade • Older children welcome to help with the fun!



Coffee Time Between Services - 9:30-10:30

Linger after 8:30 worship for fellowship with friends or come early for the 10:30 Praise Service to visit in the Café or grab a "to-go" cup to enjoy while worshipping!

New Organizational Plan Begins Now!

We are ready to begin a new way to operate as a church with a plan to increase engagement, to be more action-oriented and to make efficient use of people's time. All ministries and committees have been grouped into five main ministry areas: Worship, Discipleship, Welcome & Care, Missions and Administrative Support.

A key new element is the identification of co-leaders for each of these five areas. This group of leaders will operate as a Strategy Team to ask strategic questions such as: "What we should be doing next?" and "How should we be changing to become more effective?"

These are the persons who will guide the five ministry areas and make up the Strategy Team:

<u>Worship</u>	<u>Discipleship</u>	<u>Welcome & Care</u>	<u>Missions</u>	<u>Administrative Support</u>
Peggy Hamilton	Marian Paulson	Cindy Bruhn	Jenny Bloomquist	Cliff Pim
Stephanie Pim	Kurt Streicher	Cheryl Ewert	Steve Sorensen	Pat Thornton

Beginning now, the individual committees will meet quarterly, the Strategy Team will meet quarterly, and the Church Council will meet quarterly. We'll learn and adjust as we go, but our hope is that this organizational structure will help us to be more effective in accomplishing our mission of making disciples of Jesus Christ for the transformation of the world.

SPECIAL SUNDAY

January 16 is Human Relations Sunday

One of the wonderful aspects of The United Methodist Church is that we can do so much more together than we ever could do on our own. On Human Relations Day, we join other UMC congregations in a special offering to support neighborhood ministries through Community Developers, community advocacy through United Methodist Voluntary Services, and work with at-risk youth through the Youth Offender Rehabilitation Programs. An envelope is enclosed for your convenience.

For more information go to: <https://www.umc.org/en/content/human-relations-day-sunday-ministry-article>

Message from Your Parish Nurse Team

We are all pretty good at taking care of others, however, we sometimes neglect our own self-care. Remember that self-care isn't just taking a bubble bath or going to the spa. It is any form of activity that will improve the health of your body and/or your mind. **Physical self-care** can include such things as: snacking on veggies; going to bed 15 to 30 minutes earlier; taking the stairs or a brisk walk; stretching. **Mental self-care** can include such things as: calling a friend; decluttering a drawer; spending time outside; watching something that makes you laugh; finishing a task you've been putting off. Over the next month, keep a list of the things you do for yourself to improve your own physical and/or mental health.



Practice being kind to yourself just as you are kind to others!

Brenda, Carol and Cheryl



At the **Friendly Thrift Center** we are always in need of winter weather clothing, especially men's coats and jeans. Leave them downstairs at the church or bring them directly to the Center. Also, as you are putting Christmas decorations away and perhaps considering a donation of those you no longer need, it would be most helpful to us if you would put them in a box labeled "for the FTC" and store them at your home. Bring them to the Center next November when we can put them out and sell them immediately. We do not have enough storage to keep a lot of items until next Christmas. Thank you for your consideration and for all of the wonderful donations you make to us.

Mitten Tree....Asbury is once again collecting mittens, hats & gloves to take to the Friendly Thrift Center, where the customers may purchase the items at a very minimal cost. Please help us with this worthwhile project. **Thank you!**

ASBURY IN MISSION - MISSION OF THE MONTH

Our **Mission of the Month for January** continues to be our area Food Pantries and our Reverse Advent Calendar. Items may be brought to the church on Sunday or during office hours throughout the week. The AIM **Mission of the Month for February** is United Way's African American Leadership Society (AALS). AALS seeks to foster the next generation of Black leaders and give every African American child in every Quad Cities neighborhood an equal opportunity to succeed. Asbury members can donate money or time to one of their three programs at Madison Elementary School in Davenport. If you would like to donate or volunteer, please contact Robin James (309-781-2540 or siu79@mchsi.com).

Welcome! **Welcome Team**....We are taking names of volunteers willing to serve on our Welcome Team to greet people as they arrive and to assist them in finding a seat at each worship service. Please contact the church office if you will help. **THANK YOU!**

- **Office Hours**....Asbury Office Hours are Monday-Friday, 8:00-Noon and afternoons by request. Please feel free to contact a staff member if you need assistance after hours.
- **The Worship Commission** would like to remind you to please wear your Asbury nametag. If you would like to order a nametag you may call the church office. (No cost for Asbury members 8th grade and older.)
They are also seeking Communion Coordinators for 2022. Please call the church office if you are able to help! 355-5218
- **Newsletter Deadline**....Articles for the next Good News should be in the church office no later than **8:00 AM on Monday, January 17.**
- **Kids Club**....Fun Activities for 4th & 5th Graders on the **First Wednesday of each month from 4:30-7:00 PM.** Light meal provided. RSVP Linda at 319-573-9687 if you plan to come!
- **Jr. & Sr. High Youth Group**....**Every Wednesday Night from 6:00-7:00 PM.** For more information contact Connor Morrison, Director of Youth Ministries at connorm@asbury-bett.org or text 309-373-5316. Adult chaperones needed!
- **Card Ministry**....This group has a lot of fun making cards and everyone is welcome! Join them on **Wednesday, January 12 at 6:30 PM in Room 118.** For more information go to their Facebook page, the Asbury website or contact Alinda Littrel or Linda Dudgeon.
- **Ladies in Fellowship Together**...Details of dates and events can be found on our LIFT Facebook page. You may also contact Marian Paulson at marianedmund@yahoo.com. We invite all women to join us!
- **Asbury Men's Group**....This group meets on the 2nd & 4th Saturday mornings at 8:00 AM. Contact Cliff Pim (563-340-2722), Phil Paulson (309-502-9236) or the church office (355-5218) for the next **ZOOM** meeting date, time and link. All men are welcome!
- **Stewards of Creation January Congregational Challenge**....Make a New Year's Resolution that supports Creation and share to inspire others. **Terracycle** - We are accepting pens, highlighters, markers, glue sticks (all brands), toothpaste tubes (caps on), dental floss containers, cereal and chip bags. Please remove all crumbs from bags before lying flat in the wood chest near the elevator.
- **Thoughts of Sympathy**....**Our thoughts & prayers are with:**
Former Asbury Pastor Stephanie Raphael-Nakos on the death of her husband, Pastor Tom, on December 15.
Jane & Gary Mohr on the death of Jane's mother, Gladys Shay Scheffler, on December 23.
- **Praises and Requests for Prayer**....may be submitted on our website by clicking on the "**Prayers & Praise**" button. If you would like to be part of Asbury's Prayer Team please contact Pam & Pat Thornton, Pastor Tom or the Parish Nurse Team.
- **Foundation Gift Recognitions**....Thank you to Howard & Denise Tyler, John Cerny and Marian Paulson for their gifts to the Asbury Foundation in honor of their recent birthdays. For information on how you can guarantee a strong future for the life and ministry of Asbury through a gift to the Foundation, please contact John Rabine or the church office.

Thank You!
THANK YOU!

A Big Thank You "SHOUT OUT" to the WINGS, AGAPE and MEN'S Group at Asbury for hosting the Holiday Community Dinner. It was a wonderful surprise for many to find turkey dinner,

complete with dessert, at their door!

Your caring concern and thoughtfulness for others in our community will long be remembered throughout the season.

God Bless Your Efforts!



2022 Offering Envelopes are available for pick up in the West Narthex.

The Future is Now!....The Asbury Stewardship Team thanks everyone who has turned in their Estimate of Giving for 2022. You can help us make good financial plans for supporting next year's ministries by mailing your card, going online to JesusIsTheBridge.org or calling the church office. **Thank you!**



THANK YOU....to everyone who has continued to faithfully give your tithes and offerings during the pandemic.

Gifts may be mailed to the church or go to our website JesusIsTheBridge.org to give electronically.