

#### SUNDAY WORSHIP SCHEDULE:

Traditional Service 8:30am  
Adult Classes 9:30am  
Praise Service 10:30am  
RootsKids 8:30 or 10:30  
Communion on Sept. 11

ASBURY UNITED METHODIST CHURCH

# Good News

Our Mission:

To Make Disciples of Jesus Christ for the Transformation of the World

**Asbury**  
United Methodist Church®  
*JesusIsTheBridge.org*

Volume 3, Issue 154  
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## ADULT SUNDAY SCHOOL MEET & GREET!

Sunday, September 11  
9:30-10:25am

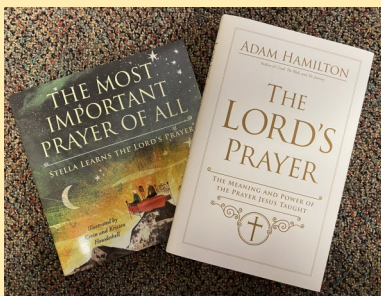
**Faith & Fellowship**

Fall is coming and it's been way too long since some of us have seen some of you!

Relationships are everything, so grab your coffee, water, and/or snack and join the Adult Sunday School Classes who are meeting in Rooms 202 and 302-303 from 9:30-10:25 on Sunday mornings. September 11 is a "Meet and Greet" time, so bring a friend with you and enjoy the fellowship or join us via ZOOM. Either way, get caught up and leave feeling great!



It would be **AWESOME** to see **EVERYONE** in a classroom!



Books are Available  
in each Narthex or  
by calling the church office.

### Living The Lord's Prayer

Fall Sunday Sermon Study Series † September 18 - October 23

*The Lord's Prayer is the most important prayer that Jesus ever taught.*

For the next six weeks in worship we will look at how the meaning of the Lord's Prayer can become power for living our daily lives.

The sermon series will coincide with the resource book by Adam Hamilton that our small groups will be using in their weekly meetings. Pastor Tom will also bring stories of his recent trip to Iceland as a way to illustrate how the meaning of the Lord's Prayer can guide our daily lives.

This is a great time to join a small group and come to worship to seek God's light on how to live the most influential prayer of all time!

Please see the enclosed flier for a complete listing of small group opportunities.

## Want to be part of our Liturgical Team?

We are looking for Adults & Teens to assist  
with our 8:30am worship service  
assisting with reading:

- Scripture
- The Unison Prayer

Contact Pastor Tom or Carrie Meumann



LET'S MAKE A JOYFUL NOISE!  
ALL ARE WELCOME!

Chancel Choir Practice

Wednesdays @ 7:15pm

Beginning Sept. 7th

Morning Bells Practice

Saturdays @ 8:30am

Beginning Sept. 10th

Contact Gail Baldwin for More Information

**The Quarterly Meeting of the Church Council on September 19 at 6:30pm** will include a presentation from Pastor Tom and Dave Stedwell on the current situation of the United Methodist Church. For a long time people within the church have had different perspectives on human sexuality and gender. Some congregations are currently taking steps to leave the denomination over this issue. Information will be shared about how the denomination got here, the current situation in the Iowa Annual Conference and the implications for Asbury both now and in the future. This will not be a time for making any decisions. It will be a time for information sharing, discussion and seeking understanding. As with every Church Council meeting, the whole congregation is invited and welcome to attend.

Volunteer on a  
Rotation Schedule



Starting  
September 11th

**BE A KIDS SMALL GROUP LEADER!**

Adult & High School Volunteers Needed @ 10:30am

Teach Kids to Rely On One True Savior!

Sign up @ [JesusIsTheBridge.org](https://JesusIsTheBridge.org)

Questions? Contact Linda Carver

## Prayer Tree

for ages 3 yrs-12th grade



Pull a name off the tree and become  
a prayer warrior for a child or teen.  
Names and details in the west narthex!

## YOUTH GROUP KICK OFF!

JR & SR HIGH  
9-11-2022  
6:00-7:30PM



INVITE A FRIEND!

Parents Open House from 6:00-6:30pm  
Asbury Youth Center on September 11

View the room, talk with Becca and enjoy finger food & drinks!  
Contact Becca at [beccai@asbury-bett.org](mailto:beccai@asbury-bett.org) for more information!

*Let no one despise your youth, but set the believers an  
example in speech & conduct, in love, in faith, in purity.*

1 Timothy 4:12 NRSV



## Message from Your Parish Nurse Team

Brenda, Carol, and Cheryl

**Most of us know that connecting with nature has positive effects on our mental health and overall well-being! These benefits include:**

1. Reducing stress. Nature helps you relax and recharge by being fully present and noticing your surroundings. This promotes positive emotions like peace, happiness and optimism.
2. Getting outside improves our mental health. Enjoying nature improves mood, promotes relaxation, and reduces anxiety and depression.
3. Nature can improve your cognition. Spending 20 minutes in nature can improve concentration, cognitive function and memory.
4. Spending time in natural green spaces can help lower your risk of respiratory disease. Your immune system needs practice to maintain optimal functionality, which is aided by being outside. There is also a correlation between a weekly walk in the woods and lower levels of inflammation.

How much time outside is necessary to start seeing benefits? Studies have shown that spending as little as 2 hours a week in nature will benefit your health. So...let's make the most of these beautiful Fall days! You'll feel better and you won't miss the beauty of the changing season.



In an effort to include new individuals for this health service, I've added this date to our calendar. The appointments are every half hour from **1:00 to 4:00 on September 26<sup>th</sup>**. The cost is \$30 (checks made payable to Unity Point Home Health).

**If you haven't had this experience, now is your chance to give it a try!**



**Call Cheryl to Make an Appointment  
Your feet will feel awesome!!!**



**I would like to thank Pastor Tom, our SPRC members and the congregation for my recent bereavement leave. I have returned to the office and am also available by phone to assist you if needed.**  
Carol Jackson

### **Missions**

### **AIM (ASBURY IN MISSION) .... "DOING GOD'S WILL"**



#### **Mission of the Month for September Bettendorf Schools Outreach**

It's the start of another school year and we at Asbury are excited to reconnect with Bettendorf Schools to explore how our church can help support young students in our community!

We have visited with the Bettendorf Schools Outreach Liaison about volunteer opportunities. When they have determined their specific needs they will contact us about ways we can get involved. **Stay tuned!**



#### **Sunday, October 2**

This year's Annual CROP Walk will take place on October 2. The route will be 2.5 miles over the new I-74 bridge from Moline to Bettendorf and back. You can support this important event by walking or with financial gifts made to Asbury and marked CROP. You may also give online at our website [JesusIsTheBridge.org](http://JesusIsTheBridge.org) "Give Online" tab and choose the Missions tab. Thank you!

#### **Stewards of Creation September Congregational Challenge: Conserve Water**

**Terracycle** - Accepting pens, highlighters, markers, glue sticks, toothpaste tubes (caps on), dental floss containers, cereal & chip bags.

**Card Ministry**.... On **September 14** Card Ministry will be making Garden Ministry invitations. This group has a lot of fun making cards and everyone is welcome! Join them on **the second Wednesday of each month at 6:30pm in Room 118**. For more information go to their Facebook page, the Asbury website or contact Alinda Littrel or Linda Dudgeon.

**Hope at the BRICK House** is praying for volunteers who could give 1 to 1½ hours per week to help in their after school program reading and playing games with children K-3<sup>rd</sup> grades or assisting with programming in 4<sup>th</sup>-6<sup>th</sup> grades. If interested, contact Joyce Klopp at 563-322-0382.

•**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.

•**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.

•**Our Heartfelt Prayers are with**....Aaron and Courtney Kaffenberger & family on the death of their son, Ian, on August 26.

•**Newsletter Deadline**....Articles for the next Good News should be in the church office no later than **8:00am on Monday, September 26**.

•**Coming Soon - Family Photo Opportunity!**....Carrie Meumann will be making appointments for free family photos in the Asbury Studio. Stay tuned for more information!!

•**Adult Helpers Needed for RootsKids**....Sundays at 10:30am Come once a month or more! Sign-Up in either Narthex—See Linda Carver for more information.

•**Rachel Circle** ....Rachel Circle will meet on **Tuesday, September 13 at 5:30** in Cheryl Ewert's front yard. Bring a lawn chair. We'll have hotdogs for roasting and the fixings for 'smores. If you want to bring your meal, that's okay too. Dave Stedwell will tell us about Rock Creek Marina and Campground.

•**Ladies In Fellowship Together**...Details of dates and events can be found on our LIFT Facebook page. You may also contact Jenny Bloomquist, Julia Hensch, Marian Paulson or Stephanie Pim. All women are invited!

•**Asbury Men's Group**....This group meets on the 2<sup>nd</sup> & 4<sup>th</sup> Saturday mornings at 8:00am at the church. Contact Cliff Pim (563-340-2722), Phil Paulson (309-502-9236) or the church office (355-5218) for the next meeting date, time or **ZOOM** link. All men are welcome!.