

**SUNDAY WORSHIP SCHEDULE:**

Traditional Service 8:30am  
Adult Classes 9:30am  
Praise Service 10:30am  
RootsKids 8:30 or 10:30  
Communion on Jan. 1

# Good News

**Our Mission:**

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



From your Asbury Staff!  
The church will be closed on  
December 26 and January 2

**We're Looking Forward to Sharing these  
Christmas Worship Experiences with You!**

**Christmas Eve—Family Oriented Candlelight Worship at 4:00pm**  
**Christmas Eve—Traditional Candlelight Service at 7:00pm**  
**Christmas Day—ONE Sunday Worship at 10:00am with Communion**  
**New Year's Day—ONE Sunday Worship at 10:00am with Communion**

**Regular Sunday Worship Schedule Resumes on January 8**



## Christmas Offering

No celebration of Jesus's birth would be complete without honoring God through caring for others. As part of our Christmas celebration, we'll receive an offering to support the following ministries: one-half of the 2022 Christmas offering will go to **Churches United of the Quad City Area**. Churches United Ministries include: Food Pantries throughout Rock Island and Scott Counties, the Churches United Meal Site at Zion Lutheran Church and a variety of other ecumenical activities.

The remaining one-half of the offering will go to help support **The Center**. The Center, located at 1411 Brady Street, has been in ministry for over 13 years. They offer a place where neighbors can put aside concerns and simply enjoy the company around them. They focus on showing Christ's love in three major areas: Youth, Homeless Outreach, & Community. The Center is on the front lines daily ministering to the homeless and underprivileged communities. They provide basic survival needs, information on community services and respectful human interaction. Asbury is blessed to offer hope to the community through The Center.

The enclosed envelope may be placed in the offering when you join us at worship. Checks should be written to Asbury United Methodist Church and should be designated to the Christmas offering. You may also mail your envelope, bring it into the church office during the week or give online by going to [JesusIsTheBridge.org](https://JesusIsTheBridge.org) and choosing Missions under the Giving tab. The Christmas Eve Worship offerings will go to these causes as well.



### Congratulations to Brenda Sherrick on her Retirement as Parish Nurse!

Thank you to Asbury's Hospitality Team for the wonderful reception held on December 11 in Brenda's honor upon her retirement from Asbury following 30 years of dedicated and compassionate service. Best wishes may be sent to Brenda at 3359 East Ridge Dr., Bettendorf.



2022 One Starry Night Cast

Thank You to all the "Stars" who helped  
with One Starry Night!



**Thank You to our Awesome RootsKids  
and Element 412 Youth for  
a wonderful Mixed-Up Christmas Pageant!**



**JR & SR HIGH YOUTH GROUP GRADES 6-12 EVERY SUNDAY 6-7:30PM**  
**(NO ELEMENT ON DEC. 25 & JAN. 1)**



## A Message from Your Parish Nurse Team

### 3 Tips to Curb Holiday Eating Habits



The holidays are packed with fun and festivities that can sabotage healthy eating. While we're not suggesting that you shouldn't enjoy the holiday treats, here are some suggestions to use when choosing from ALL that is on display!

**Stick to Year-Round Habits of Health** Holidays last only a few days; don't make them go all month. Stick with your regular routines for health the best you can. If you do overeat, get right back to your regular habits of health. Have self-compassion.

**Budget Wisely** Don't eat everything at feasts and parties. Be choosy and eat just a few favorites. Also, take a moment to savor the food. The first few bites are the best when your taste buds are the most sensitive.

**Hold Plate in Dominant Hand** Try holding your plate while at the event in your dominant hand and use your non-dominant hand to pick up food (or use your fork). This slows your eating down and you end up eating less.

**BONUS TIP: Don't Go on an Empty Stomach** Before going out the door to a dinner or party, eat something like an apple and a tablespoon or two of nuts. This way you don't arrive hungry and overeat.

**FOOT CLINIC** is scheduled for **December 29 (Thursday) from 1:00 to 4:00**. There are still appointment times available. This would be a great post-Christmas gift to yourself!! Call Cheryl to schedule a time.



Merry Christmas from  
Carol & Cheryl, Your Parish Nurse Team



## **Missions**

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

### Missions of the Month for December

#### Salvation Army Bell Ringing at K & K

Bell Ringing is in full swing at K & K Hardware! Sign-up for a time to ring on our Asbury website [JesusIsTheBridge.org](https://www.facebook.com/JesusIsTheBridge.org) by clicking on the red K & K Sign-Up Button or you may call the church office. Thank you!

#### Santa for Seniors

We will be delivering 75 gift bags to seniors at the Masonic Home on December 19. Please call Patti Sorensen at 563-343-7351 if you would like to help deliver! Thank you!

#### The Center Holiday Dinner & Meal Delivery

Several Asbury small groups combined forces to provide a Holiday Meal and Arts & Crafts Experience for invited guests at The Center on December 17th. We will continue to accept monetary donations if you would like to participate by helping with the expense for this wonderful outreach project. Checks may be written to Asbury with a note on the memo line or you may give online through the website by choosing "Missions" under the Giving tab. Thank you!

**Stewards of Creation November Congregational Challenge:** Find alternatives to wrapping paper and consider each purchase carefully. Visit <https://www.facebook.com/AsburyStewardsOfCreation> for details.

**Card Ministry....** Card Ministry will not meet in December. Join them on January 11th. For more information go to their Facebook page, the Asbury website or contact Alinda Littrel or Linda Dudgeon.

**Friendly Thrift Center....** has been very busy and has filled many vouchers for those in need! They still need boys and girls winter clothing and hygiene items including deodorant, soap, shampoo, toothpaste & toothbrushes. They also will gladly accept hotel size shampoo, lotion, conditioner and soaps. Backpacks are also in high demand, as many of our community's homeless carry everything they own in a backpack. 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.

•**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....**Johnna Moore and family on the death of her husband, Alan, on November 27.  
Fran Leamer on the death of her brother, Chuck Ehlers Jr, on December 6.

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

•**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.

•**Adult Helpers Needed for Element 412....**Grades 6-12 Youth Group on Sunday evenings 6:00-7:30pm. Please contact Becca Johnson at [beccaj@asbury-bett.org](mailto:beccaj@asbury-bett.org) or the church office if you can help!

•**Rachel Circle ....**Rachel Circle meets on the second Tuesday of each month. Details on January 10 coming soon. All are welcome!

•**LIFT - 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 usually meets on the 2<sup>nd</sup> & 4<sup>th</sup> Saturday mornings at 8:00am at the church, **however in December they will meet on the first and third Saturday mornings**. 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!

•**Foundation Gift Recognitions....**Thank you to Darlene Roseleaf, Carol Jackson and Don Culp 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 to everyone who has made a financial Estimate of Giving for 2023. If you would like an Estimate of Giving card mailed to you contact the church office. You may also submit your estimate online at [JesusIsTheBridge.org](https://www.facebook.com/JesusIsTheBridge.org).

**Please remember that to receive tax credit in 2022 your contributions must be postmarked by December 31, 2022.**