

SUNDAY WORSHIP SCHEDULE:

Traditional Service 8:30 am
Adult Classes 9:30 am
Praise Service 10:30 am
RootsKids 8:30 or 10:30
Communion on Feb. 5

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

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January Sermon Series *Thank you for being a friend*



Start the new year right by developing these two habits that move you toward a life that is daily centered on God.

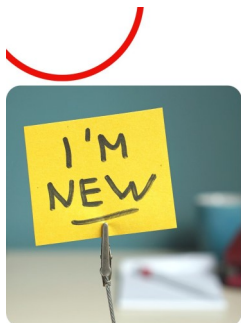
1. Join us in worship each week either in person or online. In January we'll continue to look at how to develop the most valuable aspect of our lives: Friends.
2. Join me and several other people from the church in reading through the Bible in one year! We started on January 8, but it's definitely NOT too late!! Find the YouVersion Bible app from your app store, then search for the reading plan called, "One Story that Leads to Jesus" created by The Bible Project. I will be happy to help anyone who would like to find it and give it a try.

Pastor Tom

January 15: New Friends, John 1:43-51

January 23: Good Friends, Hebrews 10:19-25

January 30: Best Friends, John 15:12-17



Newcomers Gathering

Sunday, Jan. 22

9:30-10:25

ROOM 110

One of Asbury's goals is to make everyone feel welcome and to help people become acquainted with our church. Four times a year, we offer a time for everyone to attend a **NEWCOMER'S GATHERING**. Our goal is to get to know you better and for you to get to know Asbury better. It's a time to learn about our church, get to know people, receive information about Asbury, and to get connected with us and the many opportunities offered.

The next NEWCOMER'S GATHERING is Sunday, January 22. We meet between the services (9:30-10:25) in Room 110. Current Asbury members are encouraged to attend. It's a great way to get to know new people and help them connect!

HUMAN RELATIONS DAY



REV MARTIN LUTHER KING, JR. (PARAPHRASE)

Human Relations Day is January 15. We are called to make an impact in communities where our brothers and sisters in Christ lack the resources or tools needed in order to reach their God-given potential. Our gifts to this special offering are important to building a beloved community through faith-based volunteer programs, community developers and programs that work with at-risk teens. We observe this churchwide special Sunday in recognition of the message Jesus demonstrated during his life: **that each of God's children are equally important.**

The United Methodist church's special giving structure ensures your generosity blesses as many people as possible in sustainable, strategic ways. An envelope is enclosed for your convenience (make checks payable to Asbury) or give online at JesusIsTheBridge.org, using the Missions tab under "Giving". For more information on Human Relations Day go to www.iaumc.org **Thank you!**



All Children
Pre-K - 5th Grade!

Join us downstairs in the Treehouse
Every Sunday at 8:30 or 10:30
Adult Helpers Welcome!



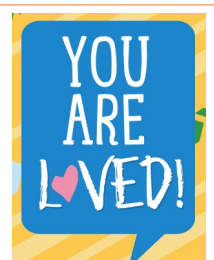
JR & SR HIGH
YOUTH GROUP

GRADES 6-12 EVERY SUNDAY 6-7:30 PM
SPECIAL EVENT: JAN 15 - MEET AT FROZEN LANDING AT 5:00!



RootsKids Prayer Warriors

New Year's is a great time to connect with the child that you are praying for!
Cards of encouragement are available in the narthex if needed.





A Message from Your Parish Nurse Team Six Healthy Resolutions



1. **Keep a Positive Mindset** This doesn't mean that you ignore difficult feelings. Rather, it means stressing less about the things you cannot change, focusing on those you can, and, all the while, remembering what is good in life.
2. **Commit to 10 Minutes of Exercise Daily** Walking, jogging, or cycling can drastically improve such things as blood pressure, resting heart rate, maximum pumping capacity and muscle mass. You don't have to run a marathon! Just 10 minutes of swimming, walking or yoga can make a huge difference in your health, happiness and lifespan.
3. **Make Better Dietary Choices** You should strive to eat at least five servings of fruits and vegetables per day. Choose whole grains over refined ones and lean meats over fatty options. Use healthier fats, such as olive oil or avocado oil.
4. **Stimulate Your Mind** This is one of the best ways to stay mentally sharp. It's also one of the best ways to reduce your risk of memory loss or developing dementia. Things to do: read daily; do crosswords; join a book club.
5. **Reach Out to Old Friends, and Make New Ones** Studies show that socially active individuals have better cognition, lower risks of disability and depression, and overall better health. Social media makes it easy to find and reach out to old friends and elderly living communities provide ample opportunity to make new friends.
6. **Play With Your Grandkids** Perhaps the easiest one to follow! Who doesn't want to play with the grandkids?!?

Information shared from Milestones Area Agency on Aging



Happy New Year! From Carol and Cheryl, Your Parish Nurse Team

Upcoming Events! Mark Your Calendar

February 27 - Foot Clinic - 1:00-4:00—Contact Cheryl Ewert

March 27 - Blood Drive (Last date to donate & be eligible is January 30)



Missions

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

Thank You....to the Asbury Hospitality Team for serving the Zion Meal Site in January.

Thank You....for the GREAT TEAM WORK at Striking of the Greens: Men's Group, Kevin Jones, Noble's and EVERYONE else who helped!

Stewards of Creation January Congregational Challenge.....Make a New Year's Resolution that supports creation. Be sure to see the latest updates on Asbury Stewards of Creation on their Facebook page!

Terracycle....New! During January, we will be accepting Christmas lights! Please wrap strands in a small bundle. We are also accepting multi-pack candy bags (not wrappers), pens, highlighters, markers, glue sticks, toothpaste tubes (caps on), dental floss containers, and cereal & chip bags. All may be placed in the Asbury Terracycle bin near the elevator.

Card Ministry....Join them at 6:30 pm on the second Wednesday of each month in Room 118 at the church. For more information go to their Facebook page, the Asbury website or contact Alinda Littrel or Linda Dudgeon.

Friendly Thrift Center....is in need of blankets, warm men's coats & sleep pants, and warm clothing for infants & children. Items may be brought to Asbury for delivery to the Thrift Center. They are also in need of help. Please contact Gail Jackson or the church office if you are available to volunteer for a few hours. Thank you!



Concert on the Pleyel

Sunday, January 22 at 3:00 at Asbury

Piano duo Stephanie Trick & Paolo Alderighi will play music from the Classical Hollywood Cinema Period & the Golden Age of Broadway. This FMTA Pleyel Fundraiser helps with the maintenance and tuning of the beautiful, one-of-a-kind Pleyel piano, which benefits all of us at Asbury!

Coming in February! February 5 is Scouting Sunday. The importance of youth organizations (such as Cub Scouts, BSA, Girl Scouts and Camp Fire Girls) will be recognized. Participants in those organizations are invited to wear their uniforms to worship.

•**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.

•**Thoughts of Sympathy....**Our heartfelt thoughts and prayers are with Rick Reed & Cindy Bruhn and Mike & Bev Reed on the death of their father, Robert Reed, on January 1.

•**In Appreciation....**Thank you to my Asbury family for your thoughtful expressions of sympathy on the death of my husband, Robert, on November 17. Special thanks to Pastor Tom, the Parish Nurse Staff and Steve & Cindy Gipple for your kindness. Beverly Trask

•**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.

•**Newsletter Deadline....**Articles for the next Good News should be in the church office no later than **8:00 am on Monday, January 23.**

•**Adult Helpers Needed for RootsKids....**Sundays at 10:30 am. 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 6:00-7:30 pm. Please contact Becca Johnson at beccaj@asbury-bett.org or the church office if you can help!

•**Rachel Circle**Rachel Circle meets on the second Tuesday of each month. Join them in Upper Fellowship Hall on **February 14 at 6:30 pm. 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 meets on the 2nd & 4th Saturday mornings at 8:00 am at the church. Contact Cliff Pim (563-340-2722), Phil Paulson (309-502-9236) or the church office (355-5218) for more information or the **ZOOM** link. All men are welcome!

•**Foundation Gift Recognitions....**Thank you to Joyce Bateman, Susan Eby and Fritz Homann 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.