

# Good News



Volume 3, Issue 163  
JANUARY 25, 2023

**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

**Our Mission:**

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

**Join Us in Worship in February as We Look to What Makes a Healthy Heart Both Inside and Out!**



In the month of February there are always lots of images of hearts due to Valentine's Day. When we refer to the heart, it can have two equally valid meanings. One is the physical organ that beats within our chest and sends life sustaining blood to all parts of our bodies. The other is the inner part of who we are that includes our thoughts, feelings and emotions. The health of both kinds of hearts are important aspects that determine our quality of life. That will be our theme in worship for the first half of February.

**February 5**

We will look at Romans 12:1-5 and the importance of caring for our physical heart and health as an act of worship to God.  
Communion Sunday

**February 12**

We will look at Philippians 4:4-9 and the importance of maintaining our inner heart for mental, emotional and spiritual health. As a part of this worship service, our Health Ministry Team will offer anointing as a way to enhance spiritual healing through the presence of God.

**The health of both kinds of hearts are needed to follow the first and most important commandment that Jesus taught us: to love the Lord our God with all of our heart, soul, mind and strength.**

Pastor Tom

**February 19 Fishers of Men Ministries**

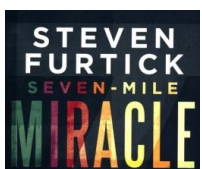


Fishers of Men Ministries, Inc. provides children and their communities with education, nourishment, discipleship, and growth through the power of Jesus Christ. FOM Ministries uses a Christ centered approach to transform one life at a time by feeding their body with food, their mind with education and their soul with the gospel of Jesus. By partnering with others, their shared passion guides them to work with children and their entire community to nurture them holistically by building schools and caring for orphans.

Our Asbury in Mission (AIM) Team is looking to partner with Fishers of Men. Please join us in worship on February 19 to hear Pastor Joshua's message about what they do, their background and how Asbury might be able to help with this important ministry!



Rev. Joshua Ngao,  
Founder & President of FOM Ministries



**Beginning February 26** our Lenten Sunday Sermon Study Series will be the book SEVEN-MILE MIRACLE by Steve Furtick. The study is based on the seven short statements of forgiveness, salvation, relationship abandonment, distress, triumph, and reunion made by Jesus as he hung on the cross. Books and small group opportunities will be available soon!



Saluting Our Scouts

**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.



**Mark Youth Calendar**

**February 22 is Ash Wednesday**

Join us in worship on Wednesday, February 22 at 6:30 pm. Drive-up imposition of Ashes will also be available throughout the day. More information coming soon.



**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**



## A Message from Your Parish Nurse Team

### 9 Ways to Recover From COVID-19 or Flu at Home



- **Hydrate Your Body**—It's important to drink plenty of water to help fight off the illness. The amount recommended is generally eight, 8 oz, glasses of water each day.
- **Eat Chicken Noodle Soup**—Grandma was right! The soup relieves congestion since it's hot and steamy. It also provides energy in an easy to digest protein and the broth helps with rehydration.
- **Try Adding Some Honey**—It's an antioxidant which can soothe a sore throat and relieve a cough. Try a teaspoon or two plain or in your tea.
- **Get Plenty of Shut Eye**—Rest is essential. Aim to get more than what is recommended which is 7 to 9 hours each night.
- **Stop Exercising**—When you're feeling rough, it's best to skip workouts. Your energy is needed to fight the illness; exercise can wait!
- **Gargle with Salt Water**—This is a popular remedy for sore throats; it draws the virus and bacteria to the surface and helps it to be discarded. Add ½ teaspoon to a glass of warm or cool water and gargle once or twice a day.
- **Take Over-The-Counter Medications**—Acetaminophen and ibuprofen will help with fever and body aches. For sore throat or coughs, Delsym, Robitussin and cough drops may be helpful.
- **Sit in a Steamy Bathroom**—Anyone can benefit from sitting in a bathroom with a hot shower running. This loosens nasal secretions. A cool mist humidifier can serve the same purpose.
- **Take a Lukewarm Bath**—This means finding a temperature that is not too hot nor too cool. This helps the body regulate temperature back to normal if you have a fever.

From Unity Point Health Newsletter

Carol Jackson and Cheryl Ewert



### 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"

**Garden Ministry Update....**The start of the 22nd year of our Garden Ministry is just around the corner. After a record harvest last year (over 60,000 lbs.), the Garden Ministry is looking forward to another great year. The purchase of a subcompact John Deere tractor, a mower, a tiller, a cultipacker, and a mulch layer will facilitate our gardening efforts this year and allow us to be better stewards of the garden space graciously donated for our use by the Grace Evangelical Free Church. The total cost of this equipment was funded by individual donations and grants awarded by a number of organizations. Our Garden Ministry has truly been blessed with such financial support as well as the commitment of a dedicated group of volunteers. Also, appreciation is extended to our Asbury Men's Group who built another storage shed for the Garden Ministry. May God continue to bless our ministry as we answer God's call to "Feed my Hungry".

**Stewards of Creation February Congregational Challenge....**Car pool or offer a ride to church, work, a meeting or the store.

**Terracycle....**We are now 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. **On February 8th** they will be making sympathy and men's birthday cards. 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!

- **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.
- **Newsletter Deadline....**Articles for the next Good News should be in the church office no later than **8:00 am on Monday, February 13.**
- **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](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. 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 2<sup>nd</sup> & 4<sup>th</sup> 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 Kristi Berst, Judy Gackle, and Jerry Finley or 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.