

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 July 2

ASBURY UNITED METHODIST CHURCH

Good News

Our Mission:

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



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JUNE 28, 2023

Join Us in Worship in July!

Awe is an emotion that can transform us from the inside out. It comes from being exposed to something so vast, it is indescribable and causes us to rethink our view of reality. Psychologist Dacher Keltner describes it this way: "Awe is the feeling of being in the presence of something vast that transcends your understanding of the world." That is the very essence of what happens when we encounter God. While the scientific study of awe is a relatively new field, the experience of Awe has been a part of human life since the beginning of religion.

In worship during July we will look at how we can experience the awe of God in these ways:

July 2

In the Universe
Psalm 148:1-6

July 9

On the Earth
Psalm 148:7-14

July 16

In Science
Colossians 1:15-20

July 23

In People
Acts 6:8-10, 7:54-8:1

July 30

In Transformed Lives
Acts 3:1-10

Worship with us in July and expect to have your life transformed. It will be awesome!



MISSION TO MARS

VBS 2023!

Thank you to all our volunteers!



Garden Ministry Update....The planting phase of the 22nd year of our Garden Ministry is now complete, thanks to the dedicated efforts of many volunteers. Use of the new equipment purchased last fall facilitated getting the one acre plot planted. Having access to a subcompact tractor and a mulch layer enabled the making of raised beds in which drip lines for irrigation were laid. Raised beds are in all sections of the garden except for the tomato patch; the tomato plants are watered via cans buried by each plant. Without having the drip lines and watering cans during this extremely dry gardening season, a bountiful harvest would not have been possible. The garden looks Awesome! It appears to be "an oasis in the desert". Church members are encouraged to visit the garden plot which is located just north of 53rd Street on Eastern Avenue (behind the parking lot of our landlord-the Grace Evangelical Free Church). Harvesting will soon begin! **If interested in helping with the harvest, please call Dave Phillips, 563-340-6594.**

Tech Volunteers Needed!

If you are looking for a way to serve God and have a love for video and music, but do not want to be up front, our Worship Tech Team may be just the place for you!

AV experience is a plus, but not required. Contact Carrie Meumann or the church office to find out if this is a fit for you!



Confirmation 2023



Congratulations to our newest members who were confirmed in worship on June 25th. From Left to Right: Pastor Tom, Nolan Reese, Izzy Bailey, Cole Wolever, Miles Erickson and Daniel Berry.



BLOODCENTER.ORG

The next
Blood Drive
is August 7

If you donate elsewhere between June 13 & August 6, you will not be eligible for this date. You can sign up now for the August date online, or contact Cheryl for an appointment.



Coffee & Connection

The Sunday morning Coffee & Connection time requires volunteers to make it happen. Our current volunteers are taking a break for the summer. If you would be willing to serve on this team when they resume, please contact the church office.



All Children Pre-K - 5th Grade!
Join us downstairs in the Treehouse
Every Sunday at 8:30 or 10:30



Jr & Sr High Youth Group
Grades 6-12
Summer Events to be Announced



Bits and Pieces from Your Parish Nurse Team July is National Watermelon Month!



At just 80 calories for a 2-cup serving and 25% of your recommended Daily Value for vitamin C, watermelon is one of the best fruits to enjoy while keeping you hydrated this summer! How to choose a good watermelon? Choose one that is firm, free of cuts, dents, or bruises, and feels heavy for its size. There should be a light yellow-colored spot on the bottom, which means it sat in the field for some time ripening in the sun! It should last roughly 3 to 4 weeks after being harvested.

Top 10 Ways to Enjoy Ripe Watermelon:

1. Just the way it is! It's full of important nutrients like water, vitamins A and C, lycopene and potassium.
2. Sip it. Make a pitcher and enjoy it blended with sparkling water.
3. Slice it as you would pizza and top it with strawberry cream cheese, almonds & berries.
4. Make a smoothie with watermelon cubes, yogurt, bananas and strawberries.
5. Freeze it into 'ice' cubes and add it to your daily water allotment.
6. Chop it up into a salsa. Use watermelon, feta cheese, and red onion with olive oil and balsamic vinegar. Put it on grilled chicken or white fish.
7. Make watermelon popsicles. Blend it with fresh lime juice or limeade and freeze.
8. Grill it. Drizzle it with honey, lime juice and olive oil whisked together.
9. Dehydrate it to make watermelon jerky!
10. Top your salad with diced watermelon along with an oil and vinegar dressing.



Be Well Everyone! Carol and Cheryl



Next Foot Clinic is July 24 - Appointment Times Available! Contact Cheryl



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

Mission of the Month: Thanksgiving in July

Thanksgiving in July is an annual event held throughout the month of July across the state of Iowa by several food collection agencies. In 2019, Churches United of the Quad City Area finished first in the state by collecting the most during its campaign. The Thanksgiving in July Quad Cities Food Drive provides food to the hungry, homeless, and working poor in the Quad City Area. All food and dollar donations collected fill the shelves and support 23 local food pantries and 2 hot meal sites in the QC Region. Please participate in this important mission to help feed the hungry by using the enclosed envelope (make your check payable to Asbury UMC & mark AIM on the memo line) or by giving online at JesusIsTheBridge.org and choosing the "Missions" tab under "Online Giving". For more information go to cuqca.org

Thank You for Your Service! † Asbury Doing God's Will!

Asbury supports the Bettendorf Food Pantry throughout the year. Special thanks to volunteers Diana Mahoski & Patti Sorensen. Food items can be dropped off near the church office at any time to support our food pantry and help those in need.

STEWARDS OF CREATION July Congregational Challenge.....Buy local food at your grocery store, farmer's market and farm stands. Why? In addition to health and economic advantages, there is often less plastic packaging and energy used to transport the food locally. Buying local food eliminates the need for planes, trains, long distance trucks, and ships which contribute to global warming and unhealthy air quality.

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.

- 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.
- Happy Birthday Gus!**....Gus Potter will be celebrating his 100th birthday on July 14. Please join us in sending him a card at: 3695 W. 102nd Ave., Westminster, CO 80031
- Thank You**....to our many friends for your kind expressions of care & support following Mel's death on April 11. Lorraine Vander Hoek
- Newsletter Deadline**....Items for the next Good News should be in the church office no later than **8:00 am on Monday, July 10.**
- Help is Needed at Friendly Thrift Center**....For more information or to volunteer, contact Julie Moran at 563-210-3472.
- Fun Opportunity!**....Your help is needed this summer with **RootsKids** on Sundays at 10:30 am in the TreeHouse. Come once a month or more! Contact Linda Carver at lcarver07@gmail.com for more information.
- Hannah Circle**...All women are invited for fun & fellowship on the 2nd Tuesday of each month! For details on time and location on **July 11** contact Donna Stradt at donna@jrs-realtor.com.
- Rachel Circle**....will meet at The Machine Shed at **5:30 on July 11** for dinner. Please call or text Jean Dean at 563-570-1695 to let her know you will attend. Reservations are needed by Friday, July 7. Everyone is welcome--please join our group for fellowship and fun!!
- Card Ministry**....**There will be NO Card Ministry in July** They meet at 6:30 pm on the second Wednesday of the month in Room 118 at the church. The next meeting is on **Wednesday, August 9.** For more information go to their Facebook page, the Asbury website or contact Alinda Littrel or Linda Dudgeon.
- 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**....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 (563-355-5218) for more information or the **Zoom** link. All men are welcome!
- Foundation Gift Recognitions**....Thank you to Talbot & Angie Berry and Diana Mahoski for their recent gifts to the Foundation. 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.