

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 September 3

ASBURY UNITED METHODIST CHURCH

Good News

Our Mission:

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



Volume 3, Issue 176
AUGUST 30, 2023

Asbury Ministry Expo Sunday September 10th

9:20-10:30 and 11:20-12:00

Fellowship Hall

Learn more about Asbury Ministries
Meet Ministry Leaders

Get **PLUGGED** in
AT ASBURY!



Mark Your Calendar for Asbury Ministry Expo!

Want to learn more about the many wonderful ministries at Asbury?

Join us **Sunday, September 10th** in the Upper Fellowship Hall where our ministry leaders will be available to discuss all things Asbury! This will be an opportunity to showcase our ministries and help you to get plugged into the energy that is Asbury as we Seek God's Light, Share God's Love and Do God's Will! The Asbury Ministry Expo will be held between early and late service, 9:20-10:30am, and after second service, 11:20-12:00.

We hope to see you there! For more information contact:

Marian Edmund-Paulson at 309-507-1714

or marianp@asbury-bett.org.



Discipleship Pathway Moment....LEARN

In this month's Discipleship Pathway Moment we are going to explore the area of **LEARN**.

It's Back to School Time! Many of us think back to our younger days and remember the excitement and maybe apprehension of starting a new school year. For most of us, our school days are in the past, but we should continue to be lifelong learners. There are many ways to LEARN. Being a lifelong learner isn't just reading books. We also learn through experiences, like traveling, and being open to new opportunities such as volunteering. Reading, experiences, and volunteering help us to embrace change and be open to new perspectives.

One very important way to LEARN is to ask questions. Our Fall Sunday Sermon Study Series is "Questions Jesus Asked" by Magrey R. DeVega. DeVega says in the introduction to the study, "asking and answering questions is how we grow, and these questions Jesus asks of you will be some of the most important ones in your life." To find out what questions Jesus is asking us, we encourage you to join an Asbury Small Group this Fall. Asbury offers many Small Group opportunities that will allow you to be a lifelong learner and help you grow in your faith.

We encourage you to explore multiple groups to find the best fit for you. If you are interested in starting a new Small Group please contact Linda Manning, Director of Adult Ministries, or Jean Black or Kurt Streicher, Discipleship Team Leaders.

Proverbs 19:8 NIV says "The one who gets wisdom loves life; the one who cherishes understanding will soon prosper." And Proverbs 4:13 NIV says "Hold on to instruction, do not let it go; guard it well, for it is your life."

Jean Black and Kurt Streicher Discipleship Team Leaders



Coming Soon!

Come check out the samples of Asbury merchandise that will soon be available! We are excited for everyone to see and share the updated Asbury logo!



Help Support Maui

Donate @ UMCOR!

SCAN HERE



THANK YOU

UMCOR Advance Special for Hawaii Wildfire Relief

Give online at our Asbury website by choosing Online Giving, and typing Hawaii in the Missions and Special Projects field or give by check to Asbury UMC with Hawaii on the memo line. To learn more about this special offering or to give directly use the QR code shown here to go to <https://umcmmission.org/umcor-us-latest-responses>



All Children Pre-K - 5th Grade!

**Join us downstairs in the Treehouse
Every Sunday at 8:30 or 10:30**

Volunteers are needed for RootsKids on Sundays at 10:30. Help once a month or more! Contact Linda Carver at lcarver07@gmail.com for more information.



November 3rd, Friday @ 6pm to

November 4th, Saturday @ 3pm

Youth Retreat @ Camp Milan



Stay Tuned...More Details to Come





Bits and Pieces from Your Parish Nurse Team

TOMATOES: Why You Should Take Advantage of a Tomato



The classification of tomatoes is something that's been debated for centuries. Whether you believe it is a 'fruit' or a 'vegetable', tomatoes are a superfood bursting with flavor and nutrients. They contain minerals and vitamins that are good for your body!

Here are the facts:

Vitamin C: this vitamin strengthens your immune system and helps protect your body from infection.

Lycopene: this is a pigment principally responsible for their color. This compound fights the free radicals that are damaging our cells. This could potentially lead to heart disease, premature aging and some types of cancers.

Vitamin A: promotes vision and a healthy immune system.

Vitamin K: helps wounds heal and blood clot properly.

Vitamin E: helps protect against free radicals.

Vitamins B1, B2, and B6: helps the enzymes in our bodies do their jobs and are important for things like breaking down carbohydrates and transporting nutrients throughout the body.

BONUS!: they are also very low in calories and full of fiber which can support digestion and can help regulate blood sugar.



Next Foot Clinic is September 25th. Call Cheryl for an appointment.



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



September Mission of the Month:
QC CROP Walk

The Asbury Mission of the Month for September is the **52nd Annual Quad City Area CROP Hunger Walk**. This year it is taking place on **Sunday October 1st**. Check-in is from 1:00 to 2:00 p.m. Walkers can start as soon as they are registered. The walk begins on the Moline side of the I-74 Bridge. 25% of the money raised in the Quad Cities goes to local hunger fighting agencies. Asbury has participated in this mission for many years.

If you are interested in walking with other Asbury members, please contact Robin James or Steve Sorensen. If you are interested in donating, an envelope is enclosed for your convenience. Checks may be written to Asbury with CROP on the memo line. (Envelopes will also be available in the narthex in September which can be deposited in one of the churches in the back of the Sanctuary.) You may also go to the Asbury website, click on "Online Giving", and then choose "Missions and Special Giving". Specify by typing in CROP Walk. For more information or to give directly go to: www.crophungerwalk.org/quadcities. Information flyers will also be available in the narthex during September.

Please consider walking and/or donating to this long time mission to feed the hungry in the QC and around the world!

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

Thank you to Ellen Mulder and Asbury Men's Group members Kent Mattoon, Scott James, Jon Mulder, Phil Paulson, and Gary Hendershot for creating the **AMAZING** Prayer Wall for Element 412's Youth Center! Please feel welcome to stop in the Youth Center to check it out.

Terracycle - We are accepting multi-pack candy bags (not wrappers), pens, highlighters, markers, glue sticks, toothpaste tubes (caps on), dental floss containers, cereal and 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.
- Thoughts of Sympathy**....Pat Ryken and family on the death of her husband, Bob, on August 24.
- Newsletter Deadline**....Items for the next Good News should be in the church office no later than **8:00 am on Monday, September 11**.
- Needed at Friendly Thrift Center**....**The Thrift Center is in need of more volunteers, men's clothing, and travel-size soaps, shampoos/conditioners and toothpaste. For more information or to volunteer, please contact Julie Moran at 563-210-3472.**
- Fun Opportunity!**....Your help is needed 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! **Join us at 11:30 am on September 12 for lunch at Palmer Grill** (2999 Middle Road, Bettendorf). You may contact Donna Stradt at donna@jrs-realtor.com with any questions.
- Rachel Circle**We will meet at **6:30 pm on September 12th in Upper Fellowship Hall at Asbury**. Our presentation will be made by Carol Jackson who will teach us about "Hands Only CPR". Please join us to learn this valuable information. Everyone is welcome!
- Card Ministry**....**meets at 6:30 pm on the second Wednesday of the month in Room 118 at the church. The next meeting is on September 13.** They will make bookmarks and Garden Ministry Dinner invitations. For more information go to their Facebook page, the Asbury website or contact Alinda Littrel or Linda Dudgeon.
- LIFT - Ladies In Fellowship Together**...Join LIFT on **Thursday evening, September 7th** for a potluck dinner and connection in the UFH followed by set up for the Asbury Ministry Expo. We will meet at 5:30 for dinner and be setting up until approximately 8:00 pm. Hope to see you there as many hands make light work! More information is available on our LIFT Facebook page or contact Marian Edmund-Paulson or Jenny Bloomquist for more details. 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**....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. **This is a thoughtful way to honor your birthday or other special occasion!**