

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 October 1

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

Volume 3, Issue 177
SEPTEMBER 13, 2023

Questions
JesusASKED

Fall Sunday Sermon Study Series begins September 17



MAGREY R.
DEVEGA

One of the best ways to learn is to ask questions. When Jesus taught about the Kingdom of Heaven, he didn't just give all the answers; he told stories and parables and invited people to think for themselves in order to apply the meaning to their lives. Our worship theme beginning on September 17 will be based on a book by Pastor Magrey DeVega. The book is called, "Questions Jesus Asked."

The questions for each week will be:

Sept. 17: "Who do you say that I am?" (Luke 9:18-20)

Sept. 24: "Why are you afraid?" (Matthew 8:23-27)

October 1: "Why are you anxious?" (Luke 12:25-31)

October 8: "What do you live for?" (Mark 8:34-38)

October 15: "Whom will you love?" (Luke 6:27-36)

October 22: "What are you looking for?" (John 1:35-38)

Join us each week as we probe these questions and seek God's light of meaning for our lives. Copies of the book are available and everyone is encouraged to join a small group for discussion and even more insights into finding wisdom and guidance for our lives.

Charge Conference 2:00pm, Sunday, September 24 at Asbury UMC. We will join with other area United Methodist Churches to accomplish this annual meeting with our District Superintendent, Brian Oliver. This is especially for all Church Council members but anyone is welcomed to attend!

Asbury Ministries are Thriving!



THANK YOU to Marian Edmund-Paulson and all who helped her make the September 10 Ministry Expo a **GREAT SUCCESS!** Contact Marian or any staff person to learn more about Asbury ministries and how you can become involved!

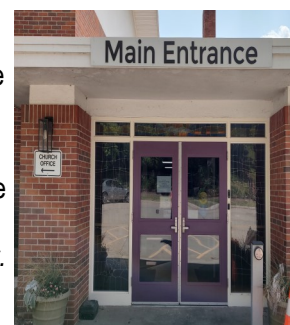


Building Use Reminder

As we start up our full schedule of meetings, please remember that everyone should use the OFFICE ENTRANCE during office hours and the MAIN ENTRANCE at all other times.

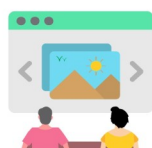
The Main Entrance door can be remotely unlocked for 5 seconds from any church phone by pushing the button labeled: **MAIN ENTRANCE DOOR UNLOCK.**

Caution: the doorbell cameras have microphones that pick up any sounds in the vicinity. Be aware that conversations held at the doorway may be heard by people inside.



Join Pastor Tom to see his photo slideshow of

SouthEast Asia



Sunday, September 17th
@ 6:30pm
in Fellowship Hall



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.

SAVE THE DATE

ELEMENT
4-12
& Allied Youth of the QC

IMPORTANT DATE CHANGE
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



In the next couple of newsletters, I will be sharing information from a study provided to the 2019 Alzheimer's Association International Conference. This first report will be five lifestyle changes that can lower your risk of developing the disease by 60% by adopting 4 of these 5 everyday habits.

Eat right: skip fried foods, red meat, sweets, and baked goods and focus on consuming a diet high in vegetables, seafood, poultry, berries, nuts, beans, whole grains, and olive oil.

Get moving: Aim for 150 minutes a week of moderate to vigorous exercises, such as walking, swimming or bike riding (always wear a helmet!) Gardening and yardwork count too!!

Avoid excessive alcohol: Drink no more than 1 glass of wine, beer, or other alcoholic beverages per day.

Don't smoke: Avoid smoking cigarettes.

Engage in cognitive stimulation: Play chess, solve crossword puzzles, read books or do other brain-boosting activities.

Next time, I will focus on some specific brain healthy habits. Stay tuned...

Pastor Tom, Carol and Cheryl want to remind you to please let us know if you or a family member is in the hospital.

The hospitals do not notify us of your presence there due to their development of new procedures. **So, if you don't tell us, we will not be aware of a hospitalization.** We want to be available to provide support to you by visiting you there. Please help us to serve you in this way by calling the church office or one of the three of us. We want to hear from you always and particularly in this instance. Thank you for your assistance!



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



Missions

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, checks may be sent to the church (written to Asbury with CROP on the memo line). Envelopes are 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 Sue Eby, Pamela Rathe, Kay Parch, Lisa Delzell, Louis Cervantes and Julie Wilkinson for preparing and serving the meal for the September Zion Lutheran Church Mealsite.

- **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**....Rich & Linda Noble on the death of their grandson, Reese, infant son of Katie and Colton Ransdell on September 5.
- **Newsletter Deadline**....Items for the next Good News should be in the church office no later than **8:00 am on Monday, September 25.**
- **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! You may contact Donna Stradt at donna@jrs-realtor.com with any questions.
- **Rachel Circle**We will meet at **6:30 pm on October 10th in Upper Fellowship Hall at Asbury.** Look for more details in the next newsletter. You should consider joining us - it will be fun and well worth your time!
- **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 October 11th.** 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 Vicki Smith and Jeff Vogt 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. **This is a thoughtful way to honor your birthday or other special occasion!**