

SUNDAY WORSHIP SCHEDULE:

Traditional Service 8:30 am
Adult Classes 9:30 am
Praise Service 10:30 am
RootsKids 8:30 or 10:30 am
Element 412 6:30 pm
Communion on February 4

ASBURY UNITED METHODIST CHURCH

Good News



Our Mission:

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

Volume 3, Issue 183
JANUARY 10, 2024

how to build



Trust is the one thing that changes everything.

With trust people can flourish in families, partnerships, commerce and nations. Without trust, friendships end, families are broken and nations fall. We cannot function without trust.

Many people would agree that trust in the institutions of our society has been falling. This includes government, education, media and the church. Some people intentionally stoke the fear of others as a way to gain influence for themselves. But that method is unsustainable and eventually leads to separation, isolation and oppression.

Instead, as followers of Jesus, we are all about building trust in relationships where people can be safe with others. When we say that Jesus is the bridge who connects us to God and other people the main element of that connection is trust.

But how can we build trust? Our current sermon series is about how a trusting relationship with God can show us how to develop trusting relationships with other people.

In the children's game, Chutes and Ladders, with each turn a player is either climbing up closer to the goal or sliding down further away from the goal. That's the image for our sermon series on How to Build Trust. Every interaction we have with other people is either building trust or eroding trust.

Join us in worship or watch past sermons online as together we seek to build trust in every relationship of our lives.

- Jan. 7 Time Together - John 1:14-18
- Jan. 14 Listen - James 1:19-21
- Jan. 21 Learn The Culture - 1 Corinthians 9:19-23

- Jan. 28 Speak The Language - Acts 2:1-8
- Feb. 4 Character and Competence - James 5:12-20
- Feb. 11 Sacrifice - John 15:9-17

Cold Weather Wear Drive!

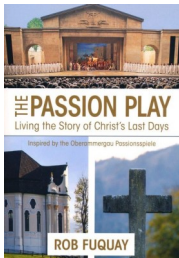


LIFT will meet at 8:30am on **Saturday, January 27th** at 392 Caffee in Davenport (502 W 3rd Street) for coffee and to distribute scarves. All are welcome whether you have knitted a scarf or not. **We will**

be having a Cold Weather Wear Drive over the next two weeks to collect coats, hats, gloves, etc. Everyone in the congregation is encouraged to donate! They will be donated along with the scarves. Please bring your items to the church office by **Friday, January 26th**. Thank you!

Newcomer's Gathering on January 28

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 28. 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!



Beginning in January, the Adult Small Groups will each offer a different study. Most will then join the Lenten Study, **THE PASSION PLAY** by Rob Fuquay which will begin after Ash Wednesday (February 14). Please take time to prayerfully consider which group you would like to join—one that will help you move along the Discipleship Pathway toward a deeper walk daily centered on God. The groups not only offer a study, but fun, fellowship, support, and encouragement. Deciding to join a group would be a great New Year's Resolution! Hope to see all of you involved in an Adult Small group in 2024!!

HUMAN RELATIONS DAY

Support community ministries



GIVE NOW



Human Relations Day is January 14

HOW DO YOUR GIFTS SUPPORT HUMAN RELATIONS? We are called to make an impact in communities where our brothers and sisters in Christ lack the resources or tools to reach their God-given potentials. Our gifts are part of building beloved community through faith-based volunteer programs, community developers and programs that work with at-risk teens. For more than half a century, United Methodists have observed this churchwide special Sunday in recognition of the message Jesus demonstrated during his life: Each of God's children are equally important. An envelope is enclosed for your convenience (make checks to Asbury UMC) or you may give online at JesusIsTheBridge.org and choosing the "Missions" field in the Online Giving tab. For more information on Human Relations Sunday go to iaumc.org.

Asbury Merchandise Online Store

Once store closes merchandise will be created and then delivered to Asbury

Scan the QR Code

SCAN



or go to JesusIsTheBridge.org



The Discipleship Team invites everyone to

Discover your Spiritual Gifts!

Scan the Code to begin the survey

or use the link @ JesusIsTheBridge.org



Pre-K - 5th Grade!

Every Sunday
8:30 or 10:30am

JR & SR HIGH YOUTH GROUP

GRADES 6-12
EVERY SUNDAY 6:00-7:30pm



Happy New Year! The beginning of the new year is the perfect time to take stock of our health and how what we eat truly affects us. We know the right things to eat to be in the best health, but we all need reminders periodically. Here are ten things to consider:

- Make half your plate veggies and fruits. We know they are so good for us.
- Add lean protein: lean beef or pork; chicken, turkey, beans or tofu. Twice a week, make seafood the protein of choice.
- Include whole grains. Look for the words “100% whole grain” or “100% whole wheat”.
- Don’t forget the dairy. Fat-free or low-fat milk provide as much calcium as whole milk. Fat-free or low-fat yogurt are also good options.
- Avoid extra fat. Heavy gravies or sauces are delicious but add fat and calories to otherwise healthy choices. Try a sprinkling of low-fat parmesan cheese or a squeeze of lemon.
- Take your time. Savor your food. Eat slowly to enjoy the taste and textures.
- Use a smaller plate. This helps with portion control. You can finish your entire plate and feel satisfied without overeating.
- Take control of your food. Eat at home more often so you know exactly what you are eating. When eating out, choose healthier options such as baked instead of fried.
- Try new foods. Choose foods you’ve never tried before like mango, lentils or kale.
- Satisfy your sweet tooth in a healthy way. Indulge in a naturally sweet dessert—FRUIT. Make a parfait with yogurt; bake an apple and top it with cinnamon.

Be well everyone!
Carol and Cheryl



Next Foot Clinic: January 22 **Next Blood Drive: March 25**

Contact Cheryl Ewert for more information.



AIM (ASBURY IN MISSION) “DOING GOD’S WILL”

Mission of the Month in January: Mark Twain Elementary School Backpack Ministry

Prior to the pandemic, Asbury provided snack backpacks to students of families in need at Jefferson and Mark Twain schools. The pandemic put an abrupt end to this mission activity. An Asbury goal for the last 2 years was to reestablish our relationship with neighborhood schools. We are excited that Asbury is once again partnering with Mark Twain to provide backpacks filled with nutritious snacks for designated elementary students. With the help of Jo Winegar, who is purchasing the snack items, and a few volunteers who are filling and delivering the backpacks, we will be continuing to provide backpacks filled with snacks to 36 students monthly through the end of the school year in May. As we rekindle this outreach ministry, we are continuing to explore how to fund this on a monthly basis while also hoping to expand our Mark Twain partnership in other meaningful ways such as reading to students or listening to students read.

- **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**....Items for the next Good News should be in the church office no later than **8:00 am on Monday, January 22.**
- **Needed at Friendly Thrift Center**....The Friendly Thrift Center needs volunteers. No training needed and one-time volunteers are welcome! Please contact the Thrift Center at 563-324-2235 or Julie Moran at 563-210-3472. We are still in need of men’s coats, jeans & warm clothing. Blankets, travel-size items and jewelry are also welcome.
- **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 on February 13th.** Everyone is welcome! Contact Donna Stradt at donna@jrs-realtor.com with any questions.
- **Rachel Circle**We will meet at **6:30 pm on Tuesday, February 13th** in Upper Fellowship Hall at Asbury. Details will be provided in the next Good News.
- **Card Ministry**....meets at 6:30 pm on the second Wednesday of the month in Room 118 at the church. **The February meeting was rescheduled for February 17th due to weather.** To learn more about Card Ministry, go to their Facebook page, the Asbury website or contact Alinda Littrel or Linda Dudgeon. You can help support Card Ministry expenses by purchasing our beautiful cards in the church office!
- **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 Edmund-Paulson or Stephanie Pim. All women are invited!
- **Asbury Men’s Group**....**Meets at 7:45 am on the second and fourth Saturdays** 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 Pat Tank, Fritz Homann and Bob Gallagher 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 occasions.**