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

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



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CAT RESULTS

THANK YOU to everyone who filled out the CAT (Congregational Assessment Tool) Survey last month. The results are in and on January 22 the Rev Ryan Christenson, Associate Director for Congregational Excellence of the Iowa Conference shared them with members of our Leadership Team, Staff Parish Relations Committee and staff.

A summary will be made available to the whole congregation in the coming weeks. The good news is that in the time since the congregation completed the CAT in 2018, there has been significant movement toward becoming a more flexible congregation with higher levels of energy and satisfaction.

Our District Superintendent, Rev. Brian Oliver was present and said that the information will be very helpful in the process to find the next pastor for Asbury. He said that he, Bishop Kennetha Bigham-Tsai and the other District Superintendents have placed a high priority on finding the best fit to continue the good upward movement of the Asbury Church.

One of the major factors that determines the health and vitality of any congregation is the quality of the relationships among the people. And trusting relationships are the strongest and best of all. Every moment has the potential to either build trust or the danger of letting trust slide away.

how to build



Join us in Worship as we Continue our **Sermon Series on How To Build Trust**

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



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 way to begin Lent! Hope to see all of you involved in an Adult Small group in 2024!!

February 14 Ash Wednesday Worship



Join us in Ash Wednesday worship on Wednesday. February 14 at 6:30 pm. Drive-up imposition of Ashes will also be available throughout the day. Come early for fellowship and potluck supper at 5:30 pm prior to the service. Call Cheryl Ewert to sign-up for food or to help serve!

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** Want to be part of the



We are looking for adults who can:

- Help execute plans for our Monthy Social Events
- Have fun with us at Monthly Social Events
- Hang out with us during Youth Group

Each role has various time commitments. There is something for YOU! Interested? Contact Becca or call the church 563-355-5218.

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!





Bits and Pieces from Your Parish Nurse Team



Tips to Prevent Injuries on Icy, Snowy Sidewalks

Dr. Drew Moss of Mayo Clinic Health System says, "If you need to go outside, bend slightly and walk flat-footed with your center of gravity directly over your feet as much as possible and also stay on designated walkways as much as possible." Other helpful suggestions include:

- 1. Keep your hands out of your pockets. This lowers your center of gravity and increases balance.
- 2. Extend your arms out to your sides to maintain balance.
- 3. Presume all wet, dark areas on pavements are slippery and icy. Approach with caution!
- 4. If you must carry something, try not to carry too much. Keep your hands and arms free to balance yourself.
- 5. Use the hand railings on steps and plant your feet firmly on each step.
- 6. Use special care when entering and exiting vehicles. Use the vehicle for support.
- 7. Take short steps or shuffle for stability. Stopping occasionally helps to break momentum.
- 8. Watch where you are stepping and go slowly. This will help your reaction time if you encounter changes in traction.

Be Steady & Safe and Stay Well! **Cheryl and Carol**

lext Blood Drive: March 25 Contact Cheryl Ewert for more information.

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





Mission of the Month in February:

Mission of the Month for February † Love Our Neighbors World Relief of the Quad Cities and One-Eighty



World Relief has welcomed, advocated for, and helped integrate over 400,000 immigrants in vulnerable situations to communities all across our nation. For more information go to worldrelief.org/quad-cities. One-Eighty, located in Davenport, exists to bring hope, love and opportunity to people and communities impacted by crisis, poverty, or addiction. They do this by helping people build a relationship with Jesus Christ and assisting local churches and organizations in connecting with their communities. For more information go to oneeighty.org.

We as church people, and as individuals, want to be of help to others. Often we may not know the person by name, where they live, or anything about them, but we can still be of service to provide a safer and healthier life. New clean socks can make a true quality-of-life difference!

You will find a table in the West Narthex throughout the month of February. Items may be donated weekly or anytime in February!

New Socks and Underwear for kids and adults. Week of February 4:

Week of February 11: Hygiene Items: toothpaste & brushes, toilet paper, soap, tissues, personal products, etc.

Week of February 18: Non-perishable food items: boxed food, canned food, coffee, ketchup, salad dressing, etc.

Week of February 25: Cleaning Supplies: sponges, paper towels, toilet cleaner, etc.

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

THANK YOU to everyone who so generously supported the Mark Twain Elementary School Backpack Ministry, our Mission of the Month for January. Offerings to date are \$1,269 for the purchase of food for this ongoing ministry.

THANK YOU to Robin James for collecting, counting & delivering over 6,000 chip and cereal bags recycled by the Terracycle program.

- •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, February 5.
- •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 iewelry 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 Ilcarver07@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@irs-realtor.com with any questions.
- •Rachel Circle We will meet at 6:30 pm on Tuesday, February 13th in Upper Fellowship Hall at Asbury to hear from Karen Neder who is the director of the Regional Terracycle Program. Please join us!
- •Card Ministry....meets at 6:30 pm on the second Wednesday of the month in Room 118 at the church. Because the second Wednesday falls on Valentine's Day, February Card Ministry has been moved to February 21. 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 Kristi Berst, Susan Eby, Jerry Finley and Tim Tulon 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.