

SUNDAY WORSHIP SCHEDULE:

Traditional Service 8:30am

RootsKids 8:30 & 10:30am

Adult Classes 9:30am

Praise Service 10:30am

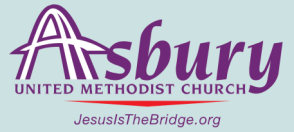
Communion on February 2

ASBURY UNITED METHODIST CHURCH

Good News

Our Mission:

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



Volume 3, Issue 207
JANUARY 29, 2025

Thanking God for the Blessings!

We are already at the end of January 2025. Where does the time go? I still find myself reflecting on the wonderful Advent and Christmas seasons we experienced together and the blessings of those seasons.

As part of that season you all surprised Michelle and I on Christmas Eve with a generous Christmas gift. I want to take a moment to say a big thank you! Michelle and I have so appreciated our first six months at Asbury. We have been blessed by your generosity as well as your friendly and welcoming spirit. We have loved being a part of the Asbury family these six months.

And now we have an opportunity to look forward to more blessings! This is Asbury UMC's 75th year as a congregation of believers in Christ serving God in the Bettendorf and wider Quad Cities communities! Our anniversary task force is formulating exciting plans for our celebration coming May 4th. In the coming weeks we'll begin the Lenten Season and we have an opportunity for exciting celebrations in March, April and May.

I'm looking forward to my first Lenten and Easter Seasons with you. In the coming weeks keep your eyes on the Good News and on our church website for information about Ash Wednesday, Holy Week, Easter, Confirmation Sunday and our 75th Anniversary Celebration!

One of the contemporary pieces of music we sing in worship occasionally says, *"There is joy in the house of the Lord! There is joy in the house of the Lord today, and I won't keep silent."*

There is indeed a spirit of joy at Asbury UMC as we witness of the love of Jesus Christ and God's love for all of us.

In Christ's Love, Pastor Tim



If you would like to help those devastated by the wildfires raging in California, you may donate to UMCOR (United Methodist Committee on Relief) **Advance #901670** by writing a check to Asbury (note fire-relief on memo line) or by giving online at JesusIsTheBridge.org and choosing the "Missions" tab under "Online Giving." As always, 100% of your UMCOR giving will go directly to those in need.



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

Thank you to all who helped make the Rotary Blanket Drive at Asbury a success. Including the 30 handmade afghans that were distributed earlier in the winter, Asburians donated 90 blankets that have been and will be distributed to various social service organizations in the Quad Cities to help keep those in need stay warmer through the brutally cold winter nights!



LIFT

LADIES IN FELLOWSHIP TOGETHER

Everyone is Invited!
Saturday, February 8th @ 8:30am
Meet at:
392 Caffe
502 W 3rd St Davenport
Enjoy coffee as we deliver our handmade scarves and donated coats, hats & gloves!



Can't attend worship in person?
Worship online Sunday mornings
LIVE STREAM @ 8:30 or 10:30am
Broadcasting only on YouTube

go to JesusIsTheBridge.org
and tap on the LiveStream
button **or scan the code**



to our YouTube channel @
Asbury United Methodist



PreK-5th Grade 8:30 & 10:30AM
JOIN THE FUN!
DOWNSTAIRS IN THE TREEHOUSE

all are invited to



REFUEL

your soul

FIRST SUNDAY OF EACH MONTH
February 2nd • 6:00-7:30pm
Bring a dish to share for our meal together!

Food, Fellowship & LIVE Worship Music

Asbury Church Connections Cafe 1809 Mississippi Blvd Bettendorf



You Are Invited to a Drop-In Craft & Chat Monthly Gathering!
Join Us for a Fun and Creative Morning in Asbury's Connection's Cafe
Saturday, February 15 from 9:00am-Noon



Whether you're starting something new or finishing up an ongoing project, join us for a creative and relaxed Saturday morning! Bring your own supplies and work on any craft project you'd like....whether it's knitting, quilting, scrapbooking, card making, or something else! It's a great chance to focus, get inspired and connect with fellow crafters!

Need an electrical outlet? Contact Michelle Bonney mbonney@gmail.com to reserve one. We can't wait to see what you create!



Bits and Pieces from Your Parish Nurse Team

LOVE YOUR HEART



February is National Heart Health Month! ♥ You and Your Heart are Partnered for Life!

Nurture that relationship by doing more of what your heart loves and less of what it doesn't. Follow these suggestions:

DO THESE MORE

- Enjoy more fruits and vegetables in a rainbow of colors.
- Choose more whole-grain bread, pastas, and tortillas rather than the white versions.
- Select more lean proteins, especially fish and beans. Enjoy poultry without skin.
- Get more sleep each night. Most adults need 7 to 9 hours.
- Aim for more movement and stretching-30 minutes of moderate intensity daily.
- Practice more relaxation techniques (meditation/mindfulness) a few minutes daily.

DO THESE LESS

- Eat less fried foods. Baked, broiled or steamed are better choices.
- Consume less salty, processed foods.
- Stress less. Set boundaries on your time and energy.
- Sit less. Go for short walks or just move about in your home frequently.
- Use less nicotine and alcohol.



Be Well Everyone! From Carol and Cheryl



Next Foot Clinic is February 24 — A Few Openings Available

Next Blood Drive is March 10 — Contact Cheryl for Scheduling



Missions

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



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!

<u>Week of February 2:</u>	New Socks and Underwear for kids and adults.
<u>Week of February 9:</u>	Hygiene Items: toothpaste & brushes, toilet paper, soap, tissues, personal products, etc.
<u>Week of February 16:</u>	Non-perishable food items: boxed food, canned food, coffee, ketchup, salad dressing, etc.
<u>Week of February 23:</u>	Cleaning Supplies: sponges, paper towels, toilet cleaner, etc.
<u>Any Week:</u>	Activities: Puzzles, coloring books, crayons, word searches, etc. for all ages.

- **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 Tim or the Parish Nurse Team.
- **Thoughts of Sympathy**....Our prayers are with Ruth Baylor on the death of her sister, Vivian George, on January 7th.
- **Newsletter Deadline**....Items for the next Good News should be in the church office no later than **8:00am on Monday, February 10.**
- **Thank You from YouthHope and the families they serve**....Thank you so much for the beautiful afghan blankets you made! You have given a very precious, personal and cherished possession of comfort & warmth our kids will grow up with!
- **Thank You**A special thank you to Dave & Dana Nichols for helping to coordinate Asbury’s Salvation Army Bell-Ringing efforts at K & K. This is an important mission project for our church and one that gives our Asbury members great pride in helping making a difference in our QC community. The processes that they have put in place make it easy to “fill the Bell Ringing slots” between Thanksgiving and Christmas. Blessings to Dave and Dana as well as to all those who helped to make this effort a success once again this year!
- **Friendly Thrift Center**.... Is in need of men’s clothing (especially hats & gloves), children’s coats, clothing & coats for infants and towels & wash cloths. **Thank you!**
- **Hannah Circle**....All women are invited for fun and fellowship on the second Tuesday of each month! **Next meeting is February 11th.** Please join us at **11:30am for lunch at Applebee’s - 3838 Elmore Ave., Davenport.** Contact Donna Stradt with any questions.
- **Rachel Circle** Next meeting is **February 11th at 6:30pm** in the Asbury Connections Café. It’s close to Valentine’s Day so who knows what may be in store for all of us? Please join us for fun and fellowship!
- **Card Ministry**....Next meeting is **February 12th.** To learn more go to their Facebook page, the Asbury website or contact Alinda Littrel or Linda Dudgeon. You can help support Card Ministry expenses by purchasing their beautiful cards in the church office!
- **LIFT - Ladies In Fellowship Together**...Details of dates and events can be found on their 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**....Join us on the second and fourth Saturday mornings of the month at **7:45am.** 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 & Tim Tulon for their recent gifts to the Asbury 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.**