

Good News

Our Mission:

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



JesusIsTheBridge.org

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SUNDAY WORSHIP SCHEDULE:

- Traditional Service 8:30am
- RootsKids 8:30 & 10:30
- Adult Classes 9:30am
- Praise Service 10:30am
- Communion on March 1



I confess that by this time of year I'm tired of winter. I'm tired of the unpredictable weather. I'm tired of the long dark nights and the frigid temps. But, like everyone, I do not have any choice about waiting for spring. It will get here when it gets here. And I know that it is not in February! I just have to wait.

Lent is a time of waiting. In Lent we journey through the days, knowing that we will remember Christ's sacrifice for us and his final victory through the cross and the empty tomb, but why do we need to wait?

In the New Testament Greek (Koine Greek) there are two types of ways of talking about time. Chronos is the passage of hours, minutes and days - chronological time. And there is Kairos. Kairos is the right time, the appointed time, the appropriate time.

Jesus came into this world at the time that God planned to set into motion God's ultimate plan to redeem the world. God waited for a time when all the world largely shared the Greek language for business and trade. Many, many people spoke both their native language and Greek. This time in history gave the early Church the opportunity to spread the gospel worldwide with fewer barriers - because it was the right time (Kairos.)

Easter and the resurrection of Christ also come at the right time. They come after we've had time to remember that we are mortal and our life and eternity rests in God's hands. Easter comes after we've had time to refocus on the work of Christ in our lives, and the all of God in our lives, to become more like Christ through the love of Christ.

While our impatience may want God to do it all right now, God does his work at the right time, God's timing.

May God continue to bless you in this Lenten Season as we learn to follow God's timing!

In Christ's love, Pastor Tim

✠ ✠ ✠ **Discipleship Pathway Moment - SERVICE** ✠ ✠ ✠

As we proceed through the year, we will explore the 7 areas of the Discipleship Pathway. We begin this month with SERVICE.

Jesus calls us to be His hands and feet here on earth because He did not come to be served, but to serve (Mark10:45).

Galatians 5:13 also tells us to "serve one another humbly in love", so how are you called to use your gifts?

Asbury offers many opportunities to serve both within Asbury and outside our walls.

Just a few examples of the many ways to serve include:

- The New Blessing Box-Help keep it stocked
- Welcome Team or Scripture Reading on Sunday mornings
- Volunteer for the Nursery, Roots Kids and/or Element 412
- The Friendly Thrift Center
- Hospitality Team
- Loom Crafters-Making mats for the homeless
- Preparing and/or serving Communion
- Stewards of Creation
- Garden Ministry
- Committees within the church
- Zion Meal Site
- Card Ministry

Let us know how we can help you connect to the many opportunities we have at Asbury!

Jean Black and Maggie Fioramonti, Discipleship Team Leaders

Building Beloved Community
A 6-week Lenten Study
with Bishop Kennetha at 7:00pm
Tuesday, February 24th
Through March 31st

Pastor Tim will host a meeting
in Room 302-303 for those
wanting to participate in this
online opportunity together.
A Zoom link will also be offered.
Books are available for participants.

ASBURY BLOOD DRIVE
MARCH 9 - 2:00-5:30PM

Contact Cheryl Ewert
to schedule a time or
register at the Impact Life website.

Walk-Ins
are accepted!

**Everyone is Invited
and Welcome to Attend
Church Council Meeting
Monday, March 16
at 6:30pm
in Connections Cafe**

VOLUNTEERS NEEDED!

Would you like to be included on our rotating list of volunteers on our Welcome Team? We typically have 3-4 volunteers at our 8:30 service and 2 volunteers at our 10:30 service. On the Welcome Team, we do the following:

- Greet our church friends as they arrive.
- Assist with any special needs for wheelchairs, walkers, hearing devices or lumbar support.
- Give Pastor Tim any attendance cards with prayer requests.
- Light candles at the beginning of the service and extinguish at the end.
- Take a count of those in attendance.

This is a great way to meet others and extend our friendships. With our rotating list, you would be asked to assist every 5-6 weeks.

If you can help, please contact Steve Gipple at steve.gipple@mchsi.com or Cindy Gipple at clgklipp@mchsi.com

Thank you!





Bits and Pieces from Your Parish Nurse Team Carol Jackson and Cheryl Ewert



TAKE ACTION FOR YOUR HEART!

Get enough quality sleep. Lack of sleep or getting poor-quality sleep increases the risk of having high blood pressure, heart disease, and other medical conditions. Try to aim for 7 to 9 hours of sleep a night and go to bed and wake up at the same time each day.

Eat Better. A flexible and balanced eating plan can help lower your high blood pressure and improve your cholesterol. Try a mix of lean cuts of meat, eat fish once or twice a week, and eat two meatless meals each week. Add plenty of whole fruits and vegetables.

Maintain a Healthy Weight. This is important for overall health and can help you prevent and control many diseases and conditions. Choose healthy snacks like fruits, vegetables, yogurt or nuts. Stay hydrated with water as your main beverage. Consider keeping a log of what you eat throughout each day.

Be More Active. Getting enough physical activity helps to lower your risk of heart disease and stroke. Adults should spend at least 150 minutes each week doing physical activity. Sit less! Take the stairs! Park farther away. March in place during commercials.

Stop Smoking. Any amount of smoking, even light or occasional smoking, damages your heart and blood vessels. Select a quit date and write yourself a contract. Talk with your healthcare provider about programs and products that can help you quit.

See the Parish Nurse information board near the church office for more information!

BLOOD DRIVE is Monday, March 9th from 2:00-5:30pm. Make your appointment online at Impact Life or contact Cheryl Ewert.

Missions

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

AIM MISSION OF THE MONTH FOR MARCH IS GLOBAL MINISTRIES

Asbury provides support to Global Ministries primarily through monetary donations. These include:

Fishers of Men (Locally based ministry for education of children in Kenya) – We provide monthly support for Vincent Mutati Kimanzi. Our AIM monthly donation contributes to Vincent's education, both directly and to his teachers.

Every year, the world experiences devastating hurricanes, storms, wars, and other crises. As these events unfold and the number of those in need of help increases, the **United Methodist Committee on Relief (UMCOR)** is there to help. UMCOR is one of six Special offerings designated by the General Conference and calls for United Methodists to share the goodness of life with those who hurt.

Donations cover UMCOR's administrative/operation costs so that 100% of donations received in response to emergency appeals go directly to communities in need around the world. UMCOR receives no apportionment dollars. An envelope is enclosed for your convenience (make checks to Asbury UMC) or you may use our Online Giving button on the Asbury website JesusIsTheBridge.org and choosing the "Missions" option. Thank you!

Thank You for Your Service!

Thank you for all the items donated to One-Eighty and World Relief during our February Mission of the Month!



- **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.
- **Newsletter Deadline** Items for the next Good News should be in the office no later than **8:00am on Monday, March 9.**
- **Communion Volunteers Needed!** Please contact Meg Larson at escribe1400@comcast.net or the church at 563-355-5218 if you can help!
- **Hannah Circle** Next meeting is on **Tuesday, March 10 at 11:30am.** Please join us for lunch, fun and fellowship at Exotic Thai, 2303 E. 53rd St. Davenport. All women are invited!
- **Rachel Circle** Our next meeting will be on **Tuesday, March 10 at 6:30pm in Connections Café.** We will be putting together the Easter favors that we distribute to several senior facilities in the area. Please come and join us for this fun activity!
- **Card Ministry** Next meeting will be on **Wednesday, March 11 at 6:30pm.** To learn more, go to their Facebook page, the Asbury website or contact Alinda Littrel or Linda Dudgeon.
- **Loom Crafters** There are several ways you can help in this new monthly service and fellowship opportunity of making sleeping mats for the homeless! Please join us on the second Monday of each month. Next Loom Crafters is **Monday, March 9 at 6:30pm** in Connections Café. Contact Jean Black or Pam Thornton for more information!
- **Craft & Chat** Next meeting of this drop-in gathering is **Saturday, March 21, from 9:00-Noon** in the Connections Café at Asbury. Bring your own supplies and work on any craft project you like, or come and help make a sleeping mat for those in need! Contact Michelle Bonney.
- **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 in person at the church on the **second and fourth Saturday mornings of the month at 7:45am.** Contact Cliff Pim, Phil Paulson or the church office (563-355-5218) for more information or the **ZOOM** link.
- **Asbury Foundation** Thank you to Alex & Steph Brimeyer, Cheryl Ewert, Mitch Hill, and David Scheib 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 special occasions.**