

SUNDAY WORSHIP SCHEDULE:

Traditional Service 8:30am
Adult Class 9:30am
Praise Service 10:30am
Communion on September 1

ASBURY UNITED METHODIST CHURCH

Good News

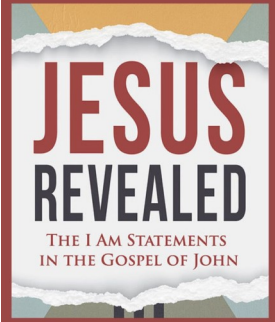


Our Mission:

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

Volume 3, Issue 198
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Fall Sermon Series



FROM GRACE TO THE GRACE GIVER

I've been enjoying sharing with all of you a series of sermons about the means of grace. These are the different ways that we experience God's grace, love and spiritual growth. This Sunday I will conclude that series with a message about Holy Communion, what John Wesley called the "grand channel" of God's grace.

Beginning the second Sunday in September I'll begin a sermon series called "Jesus Revealed." This is a series that matches our fall book study in which we learn about who our Lord and savior Jesus is by the "I Am" statements in John's gospel.

The "I Am" statements are some of the most powerful messages from Christ about who he is and how we relate to God. These scriptures help us to get to the very nature of who Jesus is as both the son of God and a human being.

I have been so enjoying worshipping and connecting with each of you! I hope that you will take time in person or online to be a part of having Jesus revealed to each of us through study and worship.

In Christ's Love, Pastor Tim



Join the Choir!

Anyone interested in singing is welcome to join!
Rehearsals are Wednesdays 7:00 PM in the Sanctuary

Looking forward to seeing you all!
Questions? Contact Paul DCamp, Choir Director




Do You Have an Asbury Name Tag?

We encourage everyone to please wear your name tag in worship each Sunday. This is especially helpful for Pastor Tim and our new members as we get to know one another. If you do not have a name tag, please call the church or email pattys@asbury-bett.org.

Thank you!

Get **PLUGGED** in  **AT ASBURY!**

Ministry Expo
Sunday, September 8th

9:20-10:30 AM & 11:20-12:00 PM
Please join us in Connections Café to learn more about Asbury Ministries!
Refreshments • Fun • Fellowship

Questions? Contact Marian Edmund-Paulson
Director of Engagement

Fall Kickoff



will take place on a special date with **REFUEL**

SUNDAY, SEPTEMBER 8TH / 6-8PM

Featuring a Country Gospel Band!

Join us in the Connections Cafe for dinner & then in the sanctuary for some incredible music!





Discipleship Pathway Moment...LEARN

Asbury's Discipleship Pathway has 7 areas that follow our membership vows and this month, we will explore LEARN. Learning doesn't stop when our school days are over. We learn in many different ways throughout our lifetime. In the church setting, we can learn by listening to the sermon or by reading and studying scripture. Some community events such as Iron Sharpens Iron or the Walk to Emmaus also provide wonderful learning opportunities.

One of the very best ways to learn in the church setting is by joining an Adult Small Group. Asbury offers many Small Group opportunities that allow you to be a lifelong learner. Small Groups help you grow in your faith, make connections with others in our congregation, and develop lasting friendships.

September is a great time to join a group. We will be starting our Adult Sunday Sermon Study Series on September 15. Groups are starting back up after a summer break and new members are always welcome! We offer groups at a variety of days and times. See the enclosed flyer for group information. We encourage you to explore multiple groups to find the best fit for you. Or, if you are ready to facilitate a new Small Group, please contact Linda Manning, Director of Adult ministries, or Jean Black or Vern Harvey, Discipleship Team Leaders.

Proverbs 10:8 NIV says "The one who gets wisdom loves life; the one who cherishes understanding will soon prosper." And Proverbs 4:13 NIV says "Hold on to instruction, do not let it go; guard it well, for it is your life."

Jean Black and Vern Harvey-- Discipleship Team Leaders



Do You Have a Green Thumb for Kids' Discipleship? Would You Like to Plant Seeds on Sunday Mornings at RootsKids?

RootsKids is looking for dedicated individuals willing to help one Sunday morning a month to help teach the kids to Rely On One True Savior!

If interested, please contact Rebecca Erickson at rebecca@asbury-bett.org or text at 563-508-9578.



Bits and Pieces from Your Parish Nurse Team 13 Shortcuts to Meet Your 5-a-Day Quota



We all know we should be eating our fruits and vegetables. This provides several important health benefits like reducing the risk of chronic and heart diseases, protecting against certain cancers and reducing the risk of type 2 diabetes. Here are some tips:

1. **Eat a fruit or vegetable with every meal.** Eat them as a side dish or add them to foods you already eat.
2. **Snack smart.** Just say no to the vending machine!
3. **Drink up.** Fruits and veggies can be added to a smoothie or to flavor your water. If you want juice, look for the 100% juices.
4. **Slurp some soup.** Stews and soups can be a nutritious, filling way to get lots of veggies into a meal.
5. **Be ready at all times.** Have cut fruit and veggies in the fridge ready for munching.
6. **Keep them in sight & in mind.** This will help you think of them as an option for eating even though that bag of chips is there!
7. **Bar hop.** Head to the salad bar at the grocery store.

To be continued...

Be Well Everyone! Carol and Cheryl

Free Cholesterol Screening Opportunities:

Monday, Sept. 9 from Noon to 4pm

Tuesday, Sept. 10 from 4pm to 7pm

Wednesday, Sept. 11 from 9am to Noon

Please call Carol Jackson to schedule your appointment (no walk-ins) or you may sign up at the Ministry Expo on Sunday, September 8.



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 **53rd Annual Quad City Area CROP Hunger Walk on Sunday, October 6th**. The walk begins on the Moline side of the I-74 Bridge at Bethany for Children & Families, 1701 River Drive. Check-in is from 1:00 to 2:00 p.m. The walk begins at 2:15. 25% of the money raised in the Quad Cities goes to local hunger fighting agencies. Last year, close to \$10,000 remained in the QC...Let's see if we can increase that amount!

If you are interested in walking with other Asbury members, please contact Steve Sorensen or Jenny Bloomquist. If you would like to donate, 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, JesusIsTheBridge.org and click on "Online Giving". Choose "Missions and Special Giving" and specify by typing in CROP in the Missions field. For CROP Walk Registration, more information, or to give directly, go to: www.crophungerwalk.org/quadcities or use the QR Code above. Information flyers are also 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!

HARVESTING HAS BEGUN! Thank you to all who are helping with Asbury Garden Ministry.

Many hands are needed! Please contact Dave at phillips363@mchsi.com or 563-340-6594 if you are able to help!

- **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.
- **Welcome Back to RootsKids!**....RootsKids Children's Ministry for 3-Year-Olds through 5th Grade resumes on Sundays beginning September 1st at both 8:30 and 10:30am. Contact Rebecca Erickson at rebecca@asbury-bett.org for more information.
- **Element 412 Youth Ministry**....for youth ages 6th-12th Grade resumes at 6:00pm on September 8th at Refuel & Kickoff. Contact Becca Johnson at beccaannejohnson94@gmail.com to receive a schedule, emails and updates! Adult volunteers are needed.
- **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.
- **Newsletter Deadline**....Items for the next Good News should be in the church office no later than **8:00am on Monday, September 9.**
- **Needed at Friendly Thrift Center**....The Friendly Thrift Center is in need of twin, queen & king size blankets, pillows, boy's bottoms, men's shorts, men's jeans and men's shoes. We are also in need of bath towels, sheets, blankets, and pots & pans. We would love donations of jewelry such as rings, bracelets and earrings. New volunteers (regular or one-time) are welcome. Please contact the Thrift Center at 563-324-2235 or Julie Moran at 563-210-3472 if you are interested. **We are so thankful for the support we get from Asbury members!**
- **Hannah Circle**....All women are invited for fun & fellowship on the second Tuesday of each month! Next gathering will be 11:30am on September 10th for lunch at Palmer Hills Grill. Please plan to join us for lunch and conversation! Everyone is welcome!
- **Rachel Circle** Join us in Connections Café at 6:00pm on Tuesday, September 10th for a special presentation and ice cream. Everyone is welcome—we love newcomers!!
- **Card Ministry**....Meets on the second Wednesday of each month at 6:30pm in Room 118 on the lower level. Next meeting is September 11th. 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 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**....Meets at 7:45am 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 Connie Drexel, Bob Reiter and Dennis Winegar 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.**