

SUNDAY WORSHIP SCHEDULE:

Traditional Service 8:30am
Adult Class 9:30am
Praise Service 10:30am
Communion on October 6

ASBURY UNITED METHODIST CHURCH

Good News

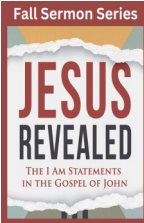


JesusIsTheBridge.org

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Our Mission:

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



"I AM WHO I AM"

This week we will begin a series of messages about the "I am" sayings of Jesus. In the Old Testament (Hebrew scriptures) God revealed himself to Moses. Moses asked God for his name, believing he needed a name to give to the children of Israel. For those who had been following God, God was identified as "The God of Abraham, Isaac and Jacob." When God was asked for a name he said, "I am who I am." Tell them my name is "I am." From this phrase, the people of Israel came up with the name of God which is found in the Bible as YHWH (or YHVH) which Christians sometimes translate as Yahweh or Jehovah. The Israelite people never pronounced the name, as it was considered too holy; so they would instead just call God "Lord" (Adonai) rather than say the name as written in scripture.

Believers in Christ have been given additional names for God in the form of our Holy Trinity. We are blessed to call God "The Father" Jesus "Our Savior the Son" and the spirit that God places in our hearts "The Holy Spirit."

In the next weeks we will learn more about who Jesus is by learning about what Jesus means when he says, "I am..."

In Christ's service together!, Pastor Tim



Discipleship Pathway Moment SERVICE

Asbury's Discipleship Pathway has 7 areas that follow our membership vows and this month we will explore SERVICE. One definition of service is "the action of helping or doing work for someone". John Wesley said:

*"Do all the good you can, by all the means you can,
in all the ways you can, in all the places you can, at all the times you can,
to all the people you can, as long as ever you can."*

Asbury offers many opportunities to serve. Have you considered helping to prepare or serve Communion? How about joining the Welcome Team? If you enjoy working with children, Roots Kids and Element 412 would love to have you join them! The Friendly Thrift Center is always looking for new volunteers and donations. If you enjoy the outdoors, volunteer for The Stewards of Creation or the Garden Ministry, or join the upcoming CROP Walk. These are just a few of the many opportunities we have. Where are you serving? How can we help you connect? Do you have a favorite cause that you support that Asbury can support also? Let us know!!

1 Samuel 12:24: But be sure to fear the Lord and serve him faithfully with all your heart; consider what great things he has done for you.

Jean Black and Vern Harvey, Discipleship Team Leaders

JESUS REVEALED...The I AM Statements in the Gospel of John by Matt Rawle

This six-week Sunday Sermon Study Series is centered around the I AM Statements found in the Gospel of John. John uses the symbols of light, bread, shepherd, life, and others to paint a picture of who Jesus is. Through the I Am Statements, Jesus describes himself with rich images, showing us that He is both fully human and fully divine while calling us to be His followers.

The author, Matt Rawle, is a pastor at another Asbury UM Church in Louisiana. His material is always easy to read as he connects Christ and our culture. The Adult Ministry Team encourages all of you to join in this study by picking up the book JESUS REVEALED and by joining a group to participate in seeing the video, joining in the discussion and enjoying the fun and fellowship. Pastor Tim will be preaching on the I AM Statements each week. What a wonderful opportunity and a fantastic way to begin the fall by joining this enlightening study!

FALL-O-WEEN
A Community event in the Asbury Parking Lot

Games Crafts Snacks
Bounce House
Trunk or Treat!
come dressed in your costume!
OCTOBER 6th 3:30-5:30
REFUEL SERVICE 6-7:00

Sort of Scary Haunted House
FREE EVENT
All are Welcome!

Pizza Dinner Provided 5:30-6
For those attending our all-welcoming music service "ReFuel" after the event

Get Information about Asbury's Children & Youth Programs/Events

Candy Donations Needed for FALL-O-WEEN!

Drop off in the monster boxes located at either entrance of the church.

Adult Volunteers Needed!
Contact Rebecca Erickson

Join Us at Church Council
September 16th at 6:30pm in Connections Cafe
Everyone is invited and welcome!

One Starry Night
a journey to bethlehem

Mark Your Calendar!
Sunday, Dec. 8, 2024 • 3pm-5pm
Contact: Marian Edmund-Paulson



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



Easy Ways to Eat More Fruits and Veggies

1. **Start smart.** Make it a habit to order a salad or vegetable-based soup when you're out at restaurants. These fiber-rich starters may keep you from overeating when your meal comes, in addition to helping you add more vegetables into your day.
2. **Bag it up.** It may be more expensive to buy pre-chopped lettuce mixes, but they are quickly ready for lunch or dinner salads.
3. **Use the freezer.** Don't let those extra fruits and veggies rot in the fridge! Stock the freezer with fruits/veggies that you can't consume on time and use them in smoothies or for dinner sides.
4. **Pack portable produce.** Baby carrots chopped broccoli and celery sticks are great for munching anywhere. Dried fruits, like raisins and prunes, are easy to have on hand for a quick snack, too.
5. **Chop them up.** Shred carrots and zucchini or finely dice onions, peppers and spinach to hide in pasta sauces, hamburger patties, omelets and casseroles.
6. **Find the ones you love.** While you should aim for a wide variety of fruits and vegetables in your diet, don't hesitate to stick to the handful you love. You are much more likely to choose to eat those you enjoy!

Be Well Everyone! Carol and Cheryl

Blood Drive

November 11 from 2:00 to 5:30
Contact Cheryl to Make an Appointment

Grief Share Surviving the Holidays - November 18

There will be two separate sessions that evening.
More details will follow in upcoming issues of the Good News.

Missions

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 the church offering box 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!**

THANK YOU to Julie & Jim Spelhaug, Julie & John Moran, Cindy Behrer & Gene Holst
and Chris & Vern Harvey for serving the Zion Meal.

THANK YOU to everyone who helped with the Annual Ministry Expo and our Fall Kick-Off. Both were a GREAT SUCCESS!

•**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.

•**RootsKids**....RootsKids Children's Ministry for 3-Year-Olds through 5th Grade meets on Sundays at both 8:30 and 10:30am. Contact Rebecca Erickson at rebecca@asbury-bett.org for more information. **Adult volunteers are needed.**

•**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.

•**Thoughts of Sympathy**....Our prayers are with Pamela Rathe & family on the death of her grandson, Warren John Hatcher, on August 23. Wynell Bragg on the death of her sister, Majoria Bragg, on August 30.

•**Newsletter Deadline**....Items for the next Good News should be in the church office no later than **8:00am on Monday, September 30.**

•**Needed at Friendly Thrift Center**....The Friendly Thrift Center accepts donations at Asbury! There is a bin on the lower level near the elevator. 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! Everyone is welcome!

•**Rachel Circle**.... Next meeting is October 8th at 6:30pm in Connections Café. Please come and join this group of service-oriented individuals. The program information will be in the next Good News. 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 October 9th. 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**....**September Meetings are at 7:45am on the second and fourth Saturdays at the church.** In October and November meetings will be on the first and third Saturdays at 7:45am. Meetings in December will be on the 7th and 14th. 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 Angie & Talbot Berry and Vicki Smith 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.**