



**Asbury**  
UNITED METHODIST CHURCH

6822 Grand Avenue  
Duluth, MN 55807

The Reverend  
Cindy M. Rasmussen

Sunday Worship — 10:00 am

Office Hours  
Mon-Thurs 9:00 am—2:00 pm

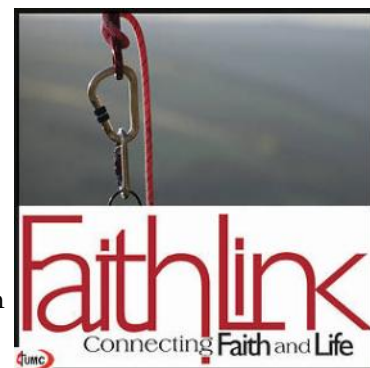
# Messenger

## “FaithLink” Adult Study/Discussion

FaithLink, a weekly resource that connects faith to news events and current issues in our culture and our church will begin on Thursday, October 6 at 1:00 pm and continue for six weeks ending on Thursday, November 10.

The four-page background reading materials will be available on Sunday, October 2 or it can be emailed to you. Please contact the church office if you would like it emailed.

Our first topic is “Grace.” There is a sign-up sheet for those interested on our information table at the back of the church. Any questions, contact Pastor Cindy.



## Oulu Corn Maze — October 16 Youth TPUMM’s Event

Twin Ports United Methodist Ministries (TPUMM) invites you to a trip to the Oulu Corn Maze on Sunday, October 16 from 2:00 to 6:30 pm. The Maze is located in northern Wisconsin – just a short 40 minute ride from Duluth/Superior, tucked away in beautiful Bayfield County. Cost is \$7.00 which includes supper (*This cost will be covered by our Asbury Youth Fund IF you register in advance*)

We will meet other TPUMM youth at Faith UMC Superior (1531 Hughitt Ave. 54880) at 2:00 pm to car pool. When we arrive at the Corn Maze we will buy tickets, hop on the wagon for a hayride up to the cornfield and begin the hunt for the hidden posts. Later we meet back in the barn for some warm apple cider or a cup of hot cocoa and the opportunity to meet some of the farm animals before heading back to Faith UMC for supper.

This event is open to youth (and your friends) in Grades 5-12.

Please let Pastor Cindy know by October 9 if you are interested so we can arrange for transportation. It should be a FUN afternoon!



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**DON'T FORGET TO VOTE!**  
**NOVEMBER 8**  
Asbury UMC is a primary election site.  
7:00 am to 9:00 pm

# Cindy's Corner



## We Always Remain Connected

One week ago today I stepped back onto the beautiful earth found here on the shores of Lake Superior. After a week of travel in England, I returned with a new sense of groundedness, joy, spaciousness and gratitude.

The journey began with a circle of 16 women sharing stories and intentions for our time together. Our backgrounds were diverse, our experiences varied and yet we shared a sense of curiosity and adventure.

As a part of our pilgrimage that week we visited many sacred sites and my favorite was Stonehenge. For years I have dreamed of being in the midst of these ancient stones, silently listening for the stories and the wisdom they have to share. When the time came and I walked into the circle of stones I cried tears of joy and deep gratitude.

We gathered in a circle, within the circle, for a sunset ceremony and just as we were ready to begin a raven flew up and landed on top of one of the stone pillars as a witness to our presence. The raven watched, and occasionally joined in, as we sang songs, said prayers and welcomed that precious moment between sunset and moonrise.

Our leader Mara invited us to find a place to sit or stand or walk in silence, opening our hearts to receive whatever the stones had to offer. I chose to sit by the same stone the raven had chosen. It was a powerful experience and as I look at and hold the pictures from that place, I remember.

The day after I returned to Duluth I went to my beloved Lake Superior, took off my shoes and again stood on the sacred, holy ground of the earth.

I remembered how the poet David Whyte talks about God asking Moses through the burning bush to take off his shoes because he was standing on holy ground. Whyte believes that wherever and whenever we take off our shoes, we can be reminded that we too are standing on holy ground, the holy ground of our existence.

In my newsletter article last month I ended with these words: *I look forward to going and I look forward to returning, knowing we always remain connected.* I am beginning to better understand those words, “we always remain connected.”

When I was away, the new church program year began. Thank you to all who helped to make it a meaningful time for our church. I am looking forward to the ministries and programs we have and will plan, which include:

- Sunday school for our children, adult studies for our grown ups AND this year confirmation for our youth.
- New members to our Praise Team and returning members to our adult and children’s choirs.
- Many, many opportunities for outreach and community service.
- Fall pasties are behind us and donuts, pies, pantry and meatball dinner are right around the corner.
- And, a new church directory is being created that is filled with people who are beautiful from the inside out!

Cindy

Peace & Joy!

**PASTORAL CARE:** Because of the privacy act, hospitals no longer telephone churches to let us know that one of our members have been admitted. Please notify the church office (218-624-0061) if you or someone you know is in need of pastoral care for illness, hospitalization or surgeries. In the case of an emergency and there is no answer at the church, call Pastor Cindy at 218-464-0304.

# Asbury News



The Asbury UMC Finance Committee's responsibility is to manage and direct the financial affairs of the church and provide leadership for the Fall Financial Stewardship Drive. The committee meets quarterly to review the budget, both income and expenses, and more often in the fall during our stewardship drive. Often people wonder "where our money goes" so the Finance Committee has created this FYI (For Your Information about Money) to help keep you informed. If you have any questions, feel free to contact our Finance Chair Judi VanDell, or any other committee member.

## This month's FYI \$

- With Fall just around the corner, the Finance Committee will begin shortly working on the Fall Finance stewardship Drive.
- September and October are great months to think about "catching up" your pledge if it fell behind over the summer months.
- Winter brings a few additional expenses with heating costs and snow plowing. Last year we spent \$1,413 in snow removal (\$3,000 budget for 2016) and our heating costs (budgeted under Water and Gas) were \$6,648 (\$6,000 budgeted for 2016). These expenses, of course, change based on the amount of that white stuff we get and the winter temperatures!

*Finance Team: Judi VanDell, Julie Arnt, Larry Sampson, Jan Akervik, Pat Anscomb, Larry Scanlon, Rob Karwath, Terry Olson, Donna Mickelson, Phyllis Faue, Steve Kokotovich, Pastor Cindy*

## Thank You!

Dear Friends at Asbury UMC:

Thank you so much for your clothing donation to MN Adult & Teen Challenge. Some of our guys come into the program without much clothing, so these donations really help them out. Blessings to you.

— Abby Shirley, MN Adult & Teen Challenge

Dear Reverend Cindy and Volunteers:

Thanks to you, thousands of Northland families, children and seniors have been fed. We appreciate your generous contributions to our work.

— Second Harvest Northern Lakes Food Bank

Dear Asbury United Methodist Church:

Thank you for choosing the Valley Youth Center for your charitable donation giving. Your efforts have given us the equivalent of 61 meals for kids after school, 70 hours of outdoor recreational activities for our youth and two scholarships for kids going to Valleyfair. Donations late in the summer assist us in getting ready for the upcoming busy school year. The school year will bring more tutoring hours and programming hours and your generosity will help.

— Russ Salgy, Agency Director, Valley Youth Center

Dear Asbury UMC:

Thank you so much for donating backpacks and school supplies to Piedmont School. We have so many kids that will love having new backpacks.

— Piedmont School Staff

Dear Asbury UMC:

Thank you for the donation of backpacks and school supplies. It was very generous of you! We will make sure that the students in need get them.

— Raleigh Academy



## Outreach/Communion

### Offering . . .

September's offering of \$78.00 went to the LifeHouse.

October's offering will go to World Communion.

### Attendance . . .

September 4	69
September 11	94
September 18	94
September 25	115

### Scripture Readers . . .

October 2	Barbara Little
October 9	Dave Stromgren
October 16	Leo Lambert
October 23	Alan Johnson
October 30	Barbara Little



3	Debra Schwartz
4	Carl Larson Sue Newberry Ray Peters
5	Melissa Abbett Gloria Schultz
6	Lorraine Erickson Jakob White
7	Larry Sampson
10	Stan Johnson
12	Carol Johnson Logan Peterson
15	Sheri Scanlon
17	Gene Kubis
21	Jordan Nickila
22	Pat Anscomb
23	Julien Melgarejo
24	Linda Warner
25	Judi VanDell

*Not listed?  
Please contact the church  
office at 624-0061.*

# Calendar

## October 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>2</b> WORLD COMMUNION 9:15 am, Adult Choir 10:00 am, Worship/SS Communion 11:00 am Coffee & Fellowship, FH 11:30 am, Confirmation, WR 11:30 am, Directory Photos 6:00 pm, BS Troop 16, FH	<b>3</b> 6:30 pm Praise Team	<b>4</b> 9:00 am, Kiwanis, WR 9:30 am Bone Builders, WR	<b>5</b> 8:30 am, Men's Coffee 9:30 am UMW Board Meeting 6:00 pm, Youth Choir 6:40 pm, Adult Choir	<b>6</b> 9:30 am Bone Builders, WR 10:00 to 11:00 am, 2nd Harvest Food Dist. 1:00 pm FaithLink Adult Study ← <b>APPLE PIE MAKING</b> →	<b>7</b>	<b>1/8</b> October 8 NOON to 3:00 pm Private Party, FH
<b>9</b> CHILDREN'S SABBATH 10:00 am, Worship/B'day District Superintendent Susan Nienaber preaching 11:00 am Coffee & Fellowship, FH 11:30 am, SPRC meeting, WR 6:00 pm, BS Troop 16, FH	<b>10</b> 6:30 pm Praise Team	<b>11</b> 9:00 am, Kiwanis, WR 9:30 am Bone Builders, WR 2:00 pm Knitting Klub, WR 6:30 pm Trustees, WR	<b>12</b> 8:30 am, Men's Coffee 9:00 am, Pastor Cindy @ West Duluth 6:00 pm, Youth Choir	<b>13</b> 9:30 am Bone Builders, WR 1:00 pm FaithLink Adult Study 5:30 pm Finance	<b>14</b> Office Closed Dumpster Pick Up → <b>DONUT MAKING</b> ←	<b>15</b> 9:00 to 11:00 am <b>FALL            PANTRY</b>
<b>16</b> LAITY SUNDAY 10:00 am, Worship/Praise/SS 11:00 am Coffee & Fellowship, FH 2:00 pm, Youth Corn Maze 6:00 pm, BS Troop 16, FH	<b>17</b> 9:30 am Green Door Book Club, WR 6:30 pm Praise Team	<b>18</b> 9:00 am Kiwanis, FH 9:00 am, Pastor Cindy @Faith Haven 9:30 am, BB, WR 10:00 am, Pastor Cindy @ North Shore Estates 10:30 pm, Duluth Area UMW, Hillside UMC	<b>19</b> 8:30 am, Men's Coffee 8:30 am Pastor Cindy @ CHUM 6:00 pm, Youth Choir 6:00 pm, Confirmation	<b>20</b> 9:30 am Bone Builders, WR 1:00 pm FaithLink Adult Study 7:00 pm Faith Circle, WR	<b>21</b> Office Closed	<b>22</b> 5:00 to 7:00 pm <b>Fall Festival</b>
<b>23</b> 9:15 am, Adult Choir 10:00 am, Worship/SS 11:00 am Coffee & Fellowship, FH 3:00 pm TPUMMS @ Lester Park 6:00 pm, BS Troop 16, FH	<b>24</b> 6:30 pm Praise Team <b>MESSANGER            DEADLINE</b>	<b>25</b> 9:00 am Kiwanis, FH 9:30 am Bone Builders, WR <b>4:30 to 6:30 pm            Meatball Supper</b>	<b>26</b> 8:30 am, Men's Coffee 6:00 pm, Youth Choir	<b>27</b> 9:30 am Bone Builders, WR 1:00 pm FaithLink Adult Study	<b>28</b> Office Closed Dumpster Pick Up	<b>29</b>
<b>30</b> 10:00 am, Worship/SS 11:00 am Coffee & Fellowship, FH 6:00 pm, BS Troop 16, FH	<b>31</b> 6:30 pm Praise Team <b>MESSANGER            EMAILS</b> 	Youth choir meets each Wednesday at 6:00 pm Adult choir meets the first Wednesday of the month at 6:40 pm and again on the 1st and 4th Sundays of the month at 9:15 am Praise Team practice is every Monday at 6:30 pm. YOGA classes are held Wednesdays at 5:30 pm in Asbury's Fellowship hall. Contact Cheryl Zupec, 218.343.4478 or czupec@hotmail.com for more information.				



# Asbury News

## Ad Council Meeting Highlights — 09-20-16

### Opening:

Rob Karwath called the meeting to order at 7:05 p.m. For the opening prayer, Rob read today's *Upper Room* devotion entitled *Clouds of Blessing*.

### Secretary's Report:

Minutes of the August 16, 2016, Administrative Council was reviewed. Jan Akervik made a motion to accept the minutes as written. The motion was seconded and unanimously approved. **M – Jan Akervik , S – Sandy Winklesky**

### Lay Leader – Steve Kokotovich

A group has been organized to work on the Charlie Bell memorial through the Minnesota United Methodist Foundation. It was suggested that the committee have at least one female besides Pastor Cindy.

### Treasurer's Report – Rob Karwath for Pat Anscorb

The revised report for March, Balance on Hand as of 7/31/16, is \$8,524.66. Balance on Hand, 8/31/16, is \$8,165.72.

As of 8/31/16, we have paid \$11,663.52 of our 2016 Apportionments. This is 50% of the total owed.

### Staff Parish Relations Committee Report

Ruth Thorpe mentioned that this committee and the Worship committee will be meeting on September 26<sup>th</sup> to plan a pastor appreciation event.

### Trustees' Report – Terry Olson

The Boy Scouts have requested permission to build an 8' by 10' storage shed on the church property. It will cost \$1200 and will be funded and built by the Boy Scouts. The Trustees approved this project at their last meeting.

There is some damage to the driveway near the garbage cans. The Trustees have asked Northland Construction to help repair it.

The UMW has asked to have a small hot water heater installed in the Wesley Room. They will pay the cost of the heater.

An air conditioner will be installed in the Wesley Room in the Spring.

A new \$350 security system has been installed at the church.

### UMW Report – Jan Akervik

Important dates to remember:

Pasties – September 23 – 24<sup>th</sup>

Pies – Oct. 6 and 7<sup>th</sup>

Donuts – Oct. 13 – 15<sup>th</sup>

Pantry – October 15<sup>th</sup>

Meatball Dinner – Oct. 25<sup>th</sup>

Area UMW will meet on October 18<sup>th</sup>, at Hillside UMC. They are co-hosting with Lester Park UMC. Dr. Karen Schuder will be speaking on mission work in Honduras.

The Advent Tea will be on Tuesday, November 29<sup>th</sup>.

### Outreach and Mission – Steve Kokotovich

The committee met on August 30<sup>th</sup>.

Asbury will be serving at the Damiano Center on November 5<sup>th</sup>.

The committee is exploring new projects for this year.

### Education Team Report – Cheryl Parendo and Sandy Winklesky

The committee met on August 31<sup>st</sup>. They sent out a letter to parents of Sunday School children, along with a registration form and a calendar of events for the year.

## TREASURER'S REPORT

8/31/16

### GENERAL FUND:

Beginning Cash Balance, 7/31/16	\$ 8,524.61
Deposits	\$ 15,965.59
Total to account for	\$ 24,490.25
Checks Written	< \$ 16,324.53 >
Balance on Hand, 7/31/16	\$ 8,165.72

Unpaid Bills through 8/31/16 (includes apportionments)	<\$ 5,296.74 >
Net Ending Balance at 8/31/16	\$ 2,868.98

Sunday School started September 11<sup>th</sup> with 12 children attending. The Sunday School teachers were installed on that day.

They are studying "in the beginning".

The new curriculum has not yet arrived.

The Sunday School children sponsor a young girl from El Salvador named Katerina Paola Lopez. Kat has sent a letter thanking the children for the birthday money they sent her. The Sunday School will be sending her a check for Christmas that will be paid by the Outreach Committee.

The next meeting is on September 28<sup>th</sup>. They will be planning the Children's Sabbath and Third Graders receiving their Bibles on October 9<sup>th</sup>, and the Fall Fest which will be held on October 22<sup>nd</sup>.

### Worship Report – Ruth Thorpe

The committee's next meeting is on November 3<sup>rd</sup>.

They are working on the sound system.

### Nurture/Congregational Care Team Report – Sandy Winklesky

The Scholarship Committee has asked for permission to have a fund raiser early next Spring. They would like to increase the scholarship giving from \$500 to \$1,000. Sandy Winklesky made a motion for the committee to proceed with the fund raiser. The motion was seconded and unanimously approved.

### M – Sandy Winklesky, S – Steve Kokotovich

The Visitation Committee reported that the 80 Plus Luncheon was a huge success.

The Membership Committee has met several times this summer. The members are putting together a new directory this fall. Stephanie Reinsch-Peterson will be helping with this project. She will be taking pictures for the directory on September 25<sup>th</sup> and October 2<sup>nd</sup>.

### Pastor's Report – Pastor Cindy is out of town – no report

### Old Business

The new website is up and running and people are pleased.

We will be getting rid of the old website, [asburymcduluthmn.org](http://asburymcduluthmn.org) and just use our current address [asburyduluth.org](http://asburyduluth.org), or [asburyduluth.com](http://asburyduluth.com) or [asburyduluth.net](http://asburyduluth.net).

Rob will call to add our new website to our newspaper ad.

Rally Day Sunday went very well and a big thank you goes out to all who helped.

### New Business - none

### Closing


The next meeting will be held on Tues., November 15<sup>th</sup>, at 7:00 p.m.

Steve Kokotovich made a motion to adjourn the meeting. The motion was seconded and unanimously approved. **M – Steve Kokotovich,**

**S – Ruth Thorpe.** The meeting was adjourned at 7:51 p.m.

Respectfully Submitted, Patricia Bennett, Recording Secretary



**It's Meatball Dinner Time!** 

**Do You Have Your Tickets?**

**Tuesday, October 25**  
4:30 — 6:30 pm

**TICKETS**  
Adults — \$10.00  
Youth (5-12) — \$5.00  
4 & Under — FREE

**MENU**  
Meatballs  
Homemade Mashed Potatoes  
Gravy  
Green Beans Almondine  
Coleslaw  
Homemade Bread  
Dessert  
Beverage

Proceeds will go to MN Annual Conference Apportionments



## CHUM Church — October 9

CHUM Church gathers Sunday, October 9 at Peace UCC, 1111 11th Ave East, Duluth. CHUM Church is an inclusive community, welcoming all to worship God. We celebrate and acknowledge the goodness of God and all of Creation and intentionally include people of all abilities.

Join us for worship at 4:30 pm with a light supper following. Host congregations for October are Kenwood Lutheran and Concordia Lutheran.

For more information contact: CHUM Church Coordinator Sue Anderson at 740-2498 or sanderson@chumduluth.org.

## Help Needed For Meatball Dinner

Our popular meatball dinner requires a lot of workers and Asbury UMC has the best workers and supporters. Please say you will help. Sign-up sheets will be at the back of the church soon.

And, don't forget to buy your tickets and get a few extra tickets for friends. Only \$10.00 for a great meal!

## Outreach Volunteer Opportunity

The date for Asbury members to volunteer at the Damiano Center is Saturday, November 5 from 8:30 am to 1:30 pm. We need 6 people.



A sign-up sheet will be available at the back of the Narthex. — Barbara Little, Outreach Team

## Pancakes For Supper?

Come have pancakes for supper on November 3 from 4:30 to 6:30 pm in Asbury's Fellowship Hall. Sponsored by the Spirit Valley Kiwanis, tickets are only \$6.00 for adults; \$3.50 for children 4-12; and FREE for 3 and under. All proceeds will be used for Youth Programs.





## Asbury Fall Pantry Three Weeks Away!

The Asbury UMW Fall Pantry will soon be here with delicious donuts, homemade apple pies (frozen to take and bake), pickles, jams, jellies, scrumptious cookies, breads, baked goods and craft/knit items. Saturday, October 15 from 9:00 to 11:00 am.

Are you signed up to help? We need help with pie making, donut making or share your special talent in baking, knitting or crafting.

**We especially need jams and jellies and items for the bake sale table plus cookies for the cookie table.** Cash donations are also welcome!

All contributions should be brought to the Fellowship Hall

on Friday, October 14 from 8:00 to 11:00 am as this is set-up day! Saturday workers will be needed by 8:00 am and should park in the upper lot to allow easy parking in the lower lot for Fall Pantry guests. If you are bringing baked goods in on Saturday, please bring them in by 8:00 am. It would be helpful to have bars, cupcakes, in packages of 6 or 12.

We will make our scrumptious apple pies on October 6 and 7 starting at 7:45 am. There is a sign-up sheet to help and an order form on the table at the back of the church. Pies are \$9.00 each. Donut making for our delicious donuts is October 14-15. We start at 8:30 am on October 14 to make the dough, roll and cut out donuts. On October 15 we start at 6:00 am (come when you can) to fry and wrap. Please call Bev LeClair, 628-2680, if you can help with donuts. Donuts are \$4:00/dozen. Order forms are on the back table.

Our Asbury Fall Pantry is UMW's major fundraiser for the 2017 budget. Thank you all for your participation in this event as it helps us do many good ministries throughout the year. We appreciate everyone's special talent and gift. Please spread the word, bring your friends and get a jump start on the upcoming holiday season!

**PLEASE NOTE:** Ice cream buckets are needed by the time of our Meatball Dinner, October 25. Please bring to the kitchen. Also, save your pickle and jam jars and bring them to the kitchen to use next year!



## UMW Meetings

- UMW board members will meet in the Wesley Room on Wednesday, October 5 at 9:30 am.
- Love/Hope Circle will not meet in October.
- Faith Circle will not meet in October.
- Knitting Klub members meet at 2:00 pm on the 2nd and 4th Tuesdays of the month in the Wesley Room. Come join us!
- Green Door Book Club members meet at 9:30 am on October 17 in the Wesley Room.

## Advent Tea Approaches

Please consider hosting a table of seven guest on Tuesday, November 29 for our 20th Annual Advent Tea. The tea will begin promptly at 7:00 pm. Hostesses and guests are asked to come any time after 6:30 pm and wander the Fellowship Hall to see the beautifully set tables that have been prepared by the hostesses for their guests.

Our theme this year is "Nature of Christmas" It will be a wonderful evening of fellowship and preparation for the Advent Season Questions? Contact Jan Akervik, Judy Pearson or Linda Warner.



## Faith Circle Members In Action Making Table Decorations for the Advent Tea



L to R: Candy Kokotovich & Cheryl Parendo

TOP L to R:  
Sandy Winklesky,  
Kathy Sampson, Patty Bennett

BOTTOM L to R:  
Judy Pearson, Linda Warner,  
Bev LeClair, Jan Akervik





# UMW Fall Pantry

## Saturday, October 15

### Cookies Needed for the “Cookie Table”

Our “Cookie Table” has become extremely popular! We are asking for donations of homemade cookies and hope that you will be able to help out for Fall Pantry this year.

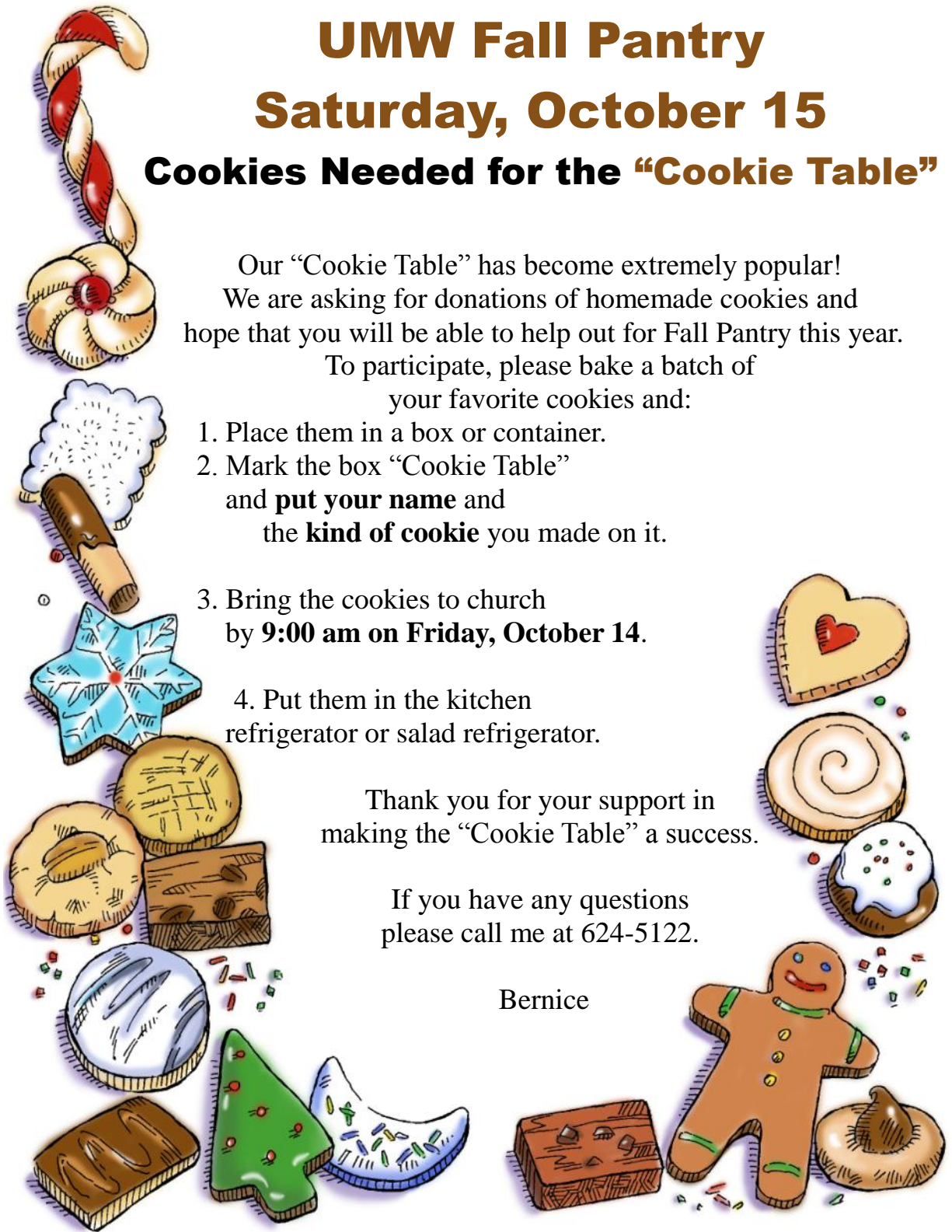
To participate, please bake a batch of your favorite cookies and:

1. Place them in a box or container.
2. Mark the box “Cookie Table” and **put your name** and the **kind of cookie** you made on it.
3. Bring the cookies to church by **9:00 am on Friday, October 14.**
4. Put them in the kitchen refrigerator or salad refrigerator.

Thank you for your support in making the “Cookie Table” a success.

If you have any questions please call me at 624-5122.

Bernice



#### Baked Goods

We would also welcome more baked goods for the bake sale table such as breads, dessert breads, bars, muffins, cupcakes. Please put bars, cupcakes, muffins in packs of 6 or 12.







## Duluth Area UMW Fall Meeting/Luncheon

All women are invited to the Duluth Area United Methodist Women's Fall Meeting and Luncheon on Tuesday, October 18 at Hillside UMC, 1801 Piedmont Ave., Duluth. Lester Park UMC is co-hosting.

Registration starts at 10:30 am, the program is at 11:00 am and lunch is at 12:00 pm. Cost is \$8.00.

A special offering will be taken to support Reverend Dr. Karen Schuder's work with children and youth in the Honduras. Her presentation will address her mission work.

**Reservations are due by Thursday, October 13. Please call Pat Nelson at 391-0957.** We will ride share from Asbury UMC for those who need rides.

## We Made 2652 Pasties!

Wow! I would like to thank EVERYONE who worked on the sale. We had a great crew. My heartfelt thank you to each and every one of you. Our next pasty sale will be at the end of January. I really hope you can all help again.



Please see a full report on the pasty sale in the November Messenger.

## Asbury News



Asbury's new website is up and running! Please check it out at [www.asburyduluth.org](http://www.asburyduluth.org).

## Fall Festival on October 22!

Our Fall Festival will be held on Saturday, October 22 from 5:00 to 7:00 pm in the Fellowship Hall. We will be serving a potluck supper. We are asking our older youth to please help us that evening.

Children and adults please come wearing costumes if you would like—but NO scary ones!

A sign-up sheet for the potluck supper and for helping will be available soon.

## What Food Banks Need Most (And What They Get Too Much Of)

1. Canned meats: Food banks get lots of tuna and soup. Instead, donate canned beef, ham, chicken or salmon. Or hearty ready-to-go meals like beef stew and chili with meat.
2. Canned vegetables: Everyone donates green beans. Instead, give potatoes, carrots, spinach, peas or any other veggies your family likes.
3. Canned fruit: Not pineapple. This is the most commonly donated fruit. Any other fruit, particularly those in fruit juice without extra

- sugar, would be great. Dried fruit works too (raisins, etc.).
4. Boxes of rice (bags can tear).
5. Low-sugar cereal like plain Cheerios or Raisin Bran.
6. Peanut butter.
7. Instant oatmeal, instant grits.
8. Cans of beans.
9. Pasta, pasta sauce.
10. Biscuit mix, or any mix you only add water to.
11. Cans, cartons or boxes of powered and evaporated milk.
12. Snack items for kids to take to school: juice boxes, applesauce containers, granola bars.
13. Diapers in sizes above newborn, plus wipes.
14. Toiletries: toothbrushes, soap, toothpaste, lotion, shampoo and conditioner, Chapstick (especially for people living outside). Feminine hygiene products: unscented pads are most universally used, not tampons.
15. Spices like cinnamon, oregano, basil, salt, pepper.
16. Sliced bread. It's got a long shelf life but always goes immediately.
17. Bags of apples or potatoes.
18. Chocolate. It's not a necessity but a pick-me-up that most everyone would appreciate, especially when it comes time to fill stockings.
19. Consider donating reusable shopping bags. It takes a lot of humility for people to come to a food bank and since they'll likely be walking home or taking public transportation, it's nice to at least blend in.

Asbury United Methodist  
PO Box 7135  
Duluth MN 55807

Return service requested

## Meet Our Staff



Pastor:.....Cindy M. Rasmussen  
Administrative Asst.: .....Shirley Brandt  
Choir Director: .....Ruby Slennes  
Organist .....Phyllis Kruell  
Praise Team Leader .....  
Nursery Attendant ..... Sue Opferkew  
Custodian: .....Dan Mokros  
Admin. Council Chair: ..... Rob Karwath  
Treasurer: .....Pat Anscomb  
Lay Leader: ..... Steve Kokotovich  
Trustees: .....Terry Olson/Donna Mickelson  
UMW President.....Jan Akervik  
SPRC Chair .....Phyllis Faue  
Worship Chair ..... Ruth Thorpe  
Christian Education: ..... Cheryl Parendo  
Christian Education: .....Sandy Winklesky

This newsletter is e-mailed/mailed monthly by Asbury UMC, Duluth MN.

**EDITORS:** The Rev. Cindy M. Rasmussen; Shirley Brandt, Admin. Asst.

### CHURCH OFFICE:

218-624-0061 ~ asburyumcduluth@hotmail.com ~ www.asburyduluth.org

**NEXT MESSENGER DEADLINE: October 24 for November 2016 Messenger.**

Please submit all articles of interest to Shirley in the church office by the deadline listed above.  
Items may be dropped off, e-mailed or mailed. Thank you.

## Worship With Us

Every Sunday at 10:00 am.

### NOTE:

1st Sunday of each month we share Holy Communion,  
2nd Sunday we recognize those celebrating birthdays.  
3rd Sunday our music is led by our Praise Team.  
***Every Sunday we give thanks and celebrate  
God's great gifts and presence in our lives.***



### Asbury's Mission Statement

*Asbury United Methodist is a caring, Christian community which welcomes all persons as God's children.  
We will strive to grow in spirit and seek God's vision of hope, love and peace in the community and world.*