



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

Live
Gratefully
Give **G**enerously

“If the only prayer you said in your whole life was, ‘thank you,’ that would suffice.” – Meister Eckhart

Living a life of gratitude includes reminding ourselves, and others, of the positive things in life. It means constantly recognizing what is important in life, and also what is not important that we can let go of. It means saying thank you to God, others and our self for the many blessings that are a part of our lives. It means responding with gratitude as we commit to sharing generously a portion of what we have to give.

There are many things to be thankful for here at Asbury UMC. We are a community of faith that cares for one another. We are hard working, open to change, committed to outreach in our community and world, and welcoming to new people in our midst. We strive to make a positive influence and difference in people’s lives by sharing God’s love and living as Jesus taught. We do this as individuals and also as a congregation.

We invite you to Commitment Sunday on November 13. It will be a time to celebrate, give thanks and commit to how we will be in ministry together in 2017. A letter, information packet and pledge card will be mailed the week of November 4.

— With deep gratitude and joy . . . The Finance Committee

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The Season of Advent and Christmas at Asbury

(Hanging of the Greens — Sunday, Nov. 20 after Worship)

First Sunday of Advent — Nov. 27 — “Welcoming Advent”
Worship followed by a potluck meal. Everyone is invited! The children will put up and decorate the Fellowship Hall Christmas tree and make Christmas crafts and decorations.

Second Sunday of Advent – Dec. 4
Worship with Communion

Third Sunday of Advent – Dec. 11
“It Happened on a Star-filled Night”
The Children and Youth will explore the gifts of Christmas found among the stars.

Fourth Sunday of Advent – Dec. 18
Worship with the Praise Team



Christmas Eve Worship at 4:00 and 10:00 pm

Cindy's Corner



A few years ago I was part of a spiritual growth program that explored what it looks and feels like to live a life of gratitude. One of our tasks was to buy a Gratitude Journal and each night write a full page of things we are thankful for, without repeating any. The first week went well, writing about all of the obvious things and then it became more challenging coming up with new ideas. The process pushed us to look deeper and wider.

My Gratitude Journal helped me think about all that needs to happen to make the food arrive in my refrigerator. It made me more aware of the miracle of my body and encouraged me to take better care of it. My daily journaling reminded me of the many, many people that are involved in my life, sometimes in ways that are not even part of my awareness. And, that is only the beginning of what I learned!

An amazing thing about the process was the realization that life and living is not so much about me as it is about “us”. Through the daily writing, I realized how dependent I am on others and the systems that are in place to support me, and us.

As the group reflected on our journaling, we all felt we had become more generous in our living, not only with our money and “things”, but also with our attitudes and outlook on life. By living in an awareness of gratitude we were more understanding and kind and yes, even more loving to our families, friends and strangers.

This is the time of year for our Financial Stewardship Drive. Our theme is Live Gratefully, Give Generously, which reflects the importance and meaning of giving.

A question that is often asked is “Why should I give?” As I think about what that question means for me, and others, this is what I come up with.

First there is simple reality. If we want the church to be strong and vital, one that can reach out effectively to people both within our church walls and beyond, then it must have money to support it.

We have a beautiful church building that provides space for worship, Sunday school, choirs to practice and sing, and a safe place for children to learn and grow. We cook and eat, study and deepen our faith. Our church is accessible where all are welcome and able to come, and where we can reach out to those less fortunate – sharing what we have.

We also have a staff, and program budgets that provide leadership and opportunities for learning, sharing our gifts and talents, growing in our faith, and providing resources for our ministries and programs.

Second, we give that our life will be full. That may sound a bit selfish, but it really does work that way. Giving is, in a sense, for our own personal and spiritual good. There is a dimension to human life that allows us to respond in gratitude. It is a reality — a life that includes faithful giving has deep meaning, fullness and beauty.

And third, we give so we can influence the present, and in a significant way help to structure the future. As we give thanks and celebrate all that Asbury is and has been, we commit to support all that Asbury will become.

I am excited to see what new adventures are before us!

Peace & Joy!

Cindy

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 is the time of the year the Committee is busy with collecting budget requests from our work areas and committees, organizing information and providing leadership for our Financial Stewardship Drive. This is an important nuts and bolts part of our responsibility but also a time to hear about the dreams and goals for next year that is reflected in the budget requests. Asbury UMC is a strong community that realizes how we can make a difference when we all work together!

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



Outreach/Communion Offering . . .

October's offering of \$257.00 went to World Communion. November's offering will go to Bethany Crisis Nursery.

Attendance . . .

October 2	106
October 9	99
October 16	91
October 23	100

Scripture Readers . . .

Nov. 6	Carrie Sutherland
Nov. 13	Jan Akervik
Nov. 20	Dale Thorpe
Nov. 27	Alan Johnson

DONUTS FOR SALE! \$4.00/dozen. First come, first serve!
Call Bev LeClair, 218.628.2680 or the church office, 218.624-0061

Thank You!

Dear Asbury United Methodist Church:

Thank you for your generous donation of backpacks. It is helpful to have them on hand for the children that come to school without. Your donation is very much appreciated.

— Stowe Staff and Students

Dear Asbury UMC Members:

Because of your support, homeless and street youth in the region have somewhere to turn when they are left to fend for themselves. We received your donation and can't thank you enough. Your support makes a huge difference to each of the 650+ youth we work with every year. *"I would be on the street or under a bridge. I would be hungry and helpless if it weren't for Life House to turn to. They're there for me. They care."* — Life House Youth.

— Margie Nelson, Development Associate, Life House

Dear Asbury UMC and Asbury Gardening Committee:

A special thank you to our dedicated gardening team for all their hard work this past summer maintaining Asbury's landscaping. The Committee has been meeting every Monday morning from May through September planting, weeding, feeding, trimming and doing many other tasks as the need arose. Our team includes Dale Thorpe, Dick Wolden, Jeanne Rychlak, Mick Levinski, Jerry Smith and Ron Brosdal. Thanks also to our congregation for supporting us and to those members who have donated funds to keep this important committee functioning.

— Judy Pearson, Facilitator

A huge thank you to our Boy Scout Troop 16 for completing a church grounds and roadside clean up. There was a lot of trash collected and it looks great now!

NOVEMBER BIRTHDAYS

- 3 Bill Swanstrom
- 4 Steve Kokotovich
- 5 Kale Hanson
- 7 Nancy Olson
Avon Power
- 8 Joel Hinnenkamp
Jenean Nelson
- 10 Cheryl Lambert
- 12 Cathy Sampson
- 13 Barbara Little
- 15 Jim Anderson
Pat Johnson
Taelor Rolland
- 19 Jeffrey VanDell
- 20 Pat Nelson
- 21 Bill LeClair
Paulette Ozzello
- 24 Jim Faue
Jane Herrick
Fletcher Wrazidlo
- 28 Scotty Lund
- 29 Bobbi Gimpel

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

Calendar

November 2016

Sunday	Mon	Tue	Wed	Thu	Fri	Sat
		1 ALL SAINTS DAY 9:00 am Kiwanis, FH 9:30 am Bone Builders, WR 6:30 pm Outreach, WR	2 8:30 am Men's Coffee, FH 9:30 am UMW Board Meeting, WR 6:00 pm, Youth Choir 6:00 pm, Christian Ed, GR 6:40 pm, Adult Choir	3 9:30 am Bone Builders, WR 10:00 to 11:00 am, 2nd Harvest Food Dist 1:00 pm, FaithLink Adult Study, WR 4:30 Kiwanis Pancake Supper, FH 7:00 pm Worship, WR	4 Office Closed	5 8:30 am to 1:30 pm Damiano Center Volunteers
6 ALL SAINTS SUNDAY DAYLIGHT SAVINGS ENDS 9:15 am, Adult Choir 10:00 am Worship/ Communion/SS 11:00 am Coffee & Fellowship, FH 6:00 pm, BS Troop 16, FH	7 6:00 pm, CS Pack 3116, FH 6:30 pm Praise Team	8 7:00 am to 9:00 pm PRIMARY ELECTION, FH 9:00 am, Pastor Cindy @ Faith Haven 9:00 am Kiwanis, WR 9:30 am, BB, GR 10:00 am, Pastor Cindy @ North Shore Estates 2:00 pm, KK, WR	9 8:30 am Men's Coffee, FH 9:00 am Pastor Cindy @ West Duluth 6:00 pm, Youth Choir	10 9:30 am Bone Builders, WR 1:00 pm, FaithLink Adult Study, WR	11  Office Closed Dumpster Pick Up	12
13 COMMITMENT SUNDAY 10:00 am, Worship/Birthday/ Children's Church/ 11:00 am Coffee & Fellowship, FH 11:30 am Confirmation, WR 6:00 pm, BS Troop 16, FH	14 6:00 pm, CS Pack 3116, FH 6:30 pm Praise Team	15 9:00 am Kiwanis, FH 9:30 am Bone Builders, WR 1:00 pm Love/Hope Circle, WR 6:00 pm Trustees, WR 7:00 pm Ad Council, WR	16 8:30 am Men's Coffee, FH 8:30 am Pastor Cindy @ CHUM 6:00 pm, Youth Choir	17 9:30 am Bone Builders, WR 7:00 pm, Faith Circle, WR	18 Office Closed	19
20 HANGING OF THE GREENS 10:00 am, Worship/Praise/SS 11:00 am Coffee & Fellowship, FH 6:00 pm, BS Troop 16, FH	21 9:30 am Green Door Book Club, WR 6:00 pm, CS Pack 3116, FH 6:30 pm Praise Team MESSANGER DEADLINE	22 9:00 am Kiwanis, FH 9:30 am Bone Builders, WR 2:00 pm Knitting Klub, WR 7:00 pm Thanksgiving at Bethany Baptist	23 8:30 am Men's Coffee, FH 6:00 pm, Youth Choir	24  Office Closed	25 Office Closed Dumpster Pick Up	26
27 FIRST SUNDAY OF ADVENT Welcoming Advent Potluck 9:15 am, Adult Choir 10:00 am, Worship 11:00 am, POTLUCK, FH 6:00 pm, BS Troop 16, FH	28 6:00 pm, CS Pack 3116, FH 6:30 pm Praise Team	29 9:00 am Kiwanis, FH 9:30 am Bone Builders, WR 7:00 pm Advent Tea, FH	30 8:30 am Men's Coffee, FH 6:00 pm, Youth Choir 6:00 pm Confirmation, WR MESSANGER EMAILS	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 YOGA classes are held Wednesdays at 5:30 pm in As- bury's Fellowship hall. Contact Cheryl Zupec, 218.343.4478 or czupec@hotmail.com for more info.		

Asbury News



This year Christmas Eve falls on Saturday, December 24. We are planning our Christmas Eve Services for 4:00 and 10:00 pm. as usual. At our last Worship Committee meeting the question came up about whether people would attend a Worship Service the next day, Sunday, December 25 which is Christmas Day. We decided to ask the congregation, all of you. In the next few weeks there will be an insert in the bulletin that lists the times. Please check the ones you would plan to attend.

FaithLink Adult Study/Discussion

We meet on Thursdays at 1:00 pm in the Wesley Room through November 10. The four-page background reading material is available on the table in the Narthex. You do not need to attend all the sessions, just come when you can or when the topic interests you. Any questions, contact Pastor Cindy.



As part of Pastor Appreciation Month, the Sunday school children painted rocks to give to Pastor Cindy.

THANK YOU for all the ways you celebrated Pastor Appreciation Month with me! I am blessed to be here in ministry with you. — Pastor Cindy

TREASURER'S REPORT: 9/30/16

GENERAL FUND:

Beginning Cash Balance, 8/31/16	\$ 8,165.72
Deposits	\$ 18,684.08
Total to account for	\$ 26,851.80
Checks Written	<\$ 19,973.29>
Balance on Hand, 9/30/16	\$ 6,876.51
Unpaid Bills through 9/30/16 (includes apportionments)	<\$ 3,887.84>
Net Ending Balance at 9/30/16	\$ 2,988.67



A great time was had at the October 16 Youth TPUMM's Event—the Oulu Corn Maze. Pictured from R to L: Emma Jo and Lily Ann Vanneste and their friends.

The Hanging of the Greens will take place on **Sunday, November 20** following church services. Stay for an hour or whatever time you can give to help prepare the sanctuary for Advent. It is most appreciated.



Damiano Soup Kitchen Volunteers

If you are interested in volunteering at the Damiano Soup Kitchen on Saturday, November 5, please sign-up in the Narthex. Hours are from 8:30 am to 1:30 pm. Maximum requested volunteers are six. We still need three volunteers.

Community Thanksgiving Service

The Community Thanksgiving Service will be held at Bethany Baptist Church located at 6700 Grand Ave., Duluth.



Asbury News



Best costume winners were Kale Hanson and Allison Finnelly!

Fall Festival Was Great!

Thanks to everyone who helped make this year's Fall Festival a success! Thank you to the people who donated food, to the youth and adults that helped with the games, to those who helped decorate, to the helpers in the kitchen and to those who helped clean up. We all had a GREAT time!

—Cheryl Parendo and Sandy Winklesky



Order Deadline is Thursday, December 1

We will again be decorating our sanctuary for the Advent/Christmas season with beautiful poinsettias. Flowers may be taken home following the 10:00 pm Christmas Eve worship. Please complete the order form below and place it along with your check for **\$10.00** in the offering plate or return it to the church office. Additional forms will be available on the back table in the Narthex.

Your Name: _____ Phone: _____

Color choice (please circle) **Red** **Jingle Bells (speckled red and white)**

In Memory of: _____

In Honor of: _____

In Celebration of: _____

Office Use Only

Date paid: _____ Check #: _____

Poinsettia - \$10.00 x _____

TOTAL = _____



Duluth Area UMW Fall Meeting Held

On October 18 the Duluth Area UMW met at Hillside UMC. Lester Park UMC served as co-host of the event. The Rev. Dr. Karen Schuder presented an excellent program on her mission work in Honduras and her work with the children. Her slide presentation with her dialogue and her information about Honduras and her work there were most



impressive. A special offering was taken to support the Honduran Children Rescue Fund. \$729.00 will be sent to support this program. During her presentation, Rev. Dr. Schuder recommended the reading of the book "Enrique's Journey"

which happens to have been a 2009 UMW Reading Program book and is an excellent read.

There were 48 women present for this event. Following the program a luncheon was served. The next meeting will be held at Norton Park UMC on February 15, 2017 for the annual Duluth Area UMW Prayer and Self-Denial program.

"Nature of Christmas" Advent Tea

The 20th Annual Advent Tea will be held on November 29 at 7:00 p.m. The theme will be "Nature of Christmas." **Hostesses may sign up**



on the sheet in the Narthex.

Each hostess will invite seven guests, decorate her table and provide a dessert for her guests to enjoy following the program.

Please consider being a hostess this year. This is a time for fellowship and preparing for the Advent season. More information is available by contacting Judy Pearson, 218.722.5818, Linda Warner, 218.624.5176, or Jan

Another Successful Meatball Dinner

Many THANKS to everyone who gave of their time to help, support and enjoy Asbury's meatball dinner. Your efforts and participation will once again help greatly with paying our Minnesota Annual Conference apportionments.

UMW Meetings

- UMW board members will meet in the Wesley Room on Wednesday, November 2 at 9:30 am.
- Love/Hope Circle will meet Tuesday, November 15 at 1:00 pm in the Wesley Room.
- Faith Circle will support the Advent Tea on November 29. No regular meeting in November.
- 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 the 3rd Monday of each month in the Wesley Room. Next meeting is November 21.

Looking For Ice Cream Buckets

Our supply of ice cream buckets is depleted. If you have gallon ice cream buckets with lids or Cool Whip containers with lids, please bring them to the church kitchen.

And, we are always looking for pint jars and small jam jars. Those also can be left in the church kitchen.

Report On September 26, 2015 Pasty Sale

2652 pasties	10,608.00
307 (UMW Fall Pantry)	<1,228.00>
80 gravy	48.00
.....	\$9,428.00
Expenses	<1,812.08>
.....	\$7,616.92

Distribution

10% Missions	\$762.00
(Heat Share)	
Kitchen Cleaning	\$175.00
Church Utilities	\$500.00
Project Fund —	\$6,179.92
.....	\$7,616.92

Thank you to all who worked to help make this pasty sale another huge success. Thanks to all the fellows who work in the kitchen doing all the heavy work and everyone who helped peel veggies, mix and roll dough and all of the other tasks related to making this sale a smooth operation. We hope to see many of you again in January 2017 and invite others to come and join in the fun. It's a great way to get to know other people!

— Thanks again, Bernice Seehus

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
OrganistPhyllis 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 ChairPhyllis 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: November 21 for December 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.*