



Asbury

UNITED METHODIST CHURCH

6822 Grand Avenue
Duluth, MN 55807

**The Reverend
Cindy M. Rasmussen**

Sunday Worship — 10:00 am

Office Hours
Mon-Weds-Friday 9:00 am—1:00 pm
Tues-Thurs 9:00 am to 2:00 pm

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Messenger

Attention All Facebook Users (and Even Those That Aren’t)

Did you know Asbury UMC has a Facebook page? We have been part of the social media mainstream since 2013!

I recently took over managing our Facebook account and want to formally invite everyone to visit our Facebook page and “like” us. Just go to <https://www.facebook.com/asburyduluth> and you will be right there. Once you are there, just click on the “Like” button with the “Thumbs Up” icon on it located below the photo of Asbury’s beautiful church.

Maybe you’re wondering why “liking” Asbury is so important? Well, I’ll tell you! Social media is very important these days as an excellent method of marketing and communication.

Facebook is a perfect way to let people know about our church.

It’s useful when someone is looking for a church to go to. It lets people know what groups we have, how active we are and what we have to offer. It also offers information about Asbury’s various events. All these things are important for Asbury UMC to grow.

However, all this information does not just magically appear on the Facebook page. I am going to need some help to keep my posting fingers busy.

For example, I need help in regard to our many groups at Asbury. I’m talking about Bone Builders, Kiwanis, Boy Scouts, Cub Scouts, Yoga, the Garden Team, Praise Team, Men’s Coffee, Knitting Klub, Love/Hope Circle, Faith Circle, Green Door Book Club and any other group we have. If the head(s) of these groups could take a photo that best represents their group along with telling what the group does, when it’s done and where it’s done, I’d very much appreciate it.

As mentioned, getting the information out through social media channels on Facebook will be good for Asbury and it just might bring a new member or two to your group! Please email a photo and information to: suzyq21452@gmail.com

— Karen Gokey



Summer Wednesday Worship — July 11 and August 1

Our next Wednesday Worship at 6:00 pm is July 11. Worship will be followed by a light supper of hot dogs, chips, salad and dessert at 6:30 pm. At 7:00 pm there will be games and crafts for kids (and adults). Hot dogs, buns, condiments and beverages will be provided. Please bring chips, salad or dessert to share. If you plan to attend, please sign up on the sheet in the narthex so we know how many hot dogs to purchase! We hope you will join us!

Cindy's Corner



Cheryl and Vivi making a S'mores craft!

What a great time we had at our first Wednesday Worship! Chairs were set up outside around the campfire for worship as we centered ourselves with a Litany affirming the four directions – East, the direction of the rising sun; South with beginnings and endings; West which brings purifying waters; and North with strong winds and gentle breezes. We listened to the Creation story from *The Family Bible* and sang “He’s Got the Whole World” with new words honoring all of creation. As we shared communion, some people took off their shoes and put their feet on the earth while others reached down to touch it with their hands. We are connected to God, one another, the earth and ourselves!

And then there was food! Ruth and Dale prepared the hotdogs for roasting and others brought salads and desserts. We feasted until we were all filled. After we roasted marshmallows for S'mores, the children and some adults created a S'mores craft to remind them of God's great love for them and all. It was a beautiful night as we gathered together as God's beautiful people! **Our next Wednesday worship is July 11 at 6:00 pm.** Hope to see you there!

It is important to gather as people of God. To worship, give thanks and be aware of the many gifts and blessings in our lives. As we do, we also remember the many places and people who are in need and suffering in our world.

As I watch our children, and all the parents and adults that support and love them, I can't help but think about the many families that are being separated at our border. Policies that separate mothers and fathers from their children are just plain wrong and cruel. When I see the children standing alone, their faces full of terror and fear, my heart breaks. I recently came across the words of a new song written by Carolyn Winfrey Gillette “When Jesus Went to Egypt”. The words remind us of Matthew 2.

When Jesus went to Egypt safe on his mother's arm, his parents stayed beside him to keep him from harm. And when they crossed the border, they were allowed to be together seeking refuge, a Holy Family.

O God, we pray for children and families coming here, now facing separation and filled with grief and fear. For children, loved and treasured, are ripped from loving kin. This deed, by any measure, is torture. It's a sin.

O God, you're like a mother who won't forsake her own. You're like a loving father who welcomes his son home. Now give us, by your Spirit, the strength to challenge wrong, to seek the best for children and keep all families strong.

May we be the voices for the children.

Peace, Pastor Cindy

Asbury News

Thank You!

Dear Pastor Cindy, Phyllis, Kim, Choirs and Asbury Congregation:
Thank you from the bottom of my heart for a most beautiful day on May 20. The music was wonderful and uplifting. So many kind words were spoken and your cards were filled with so much love.

Many thanks to the Choir, Praise Team, Sunday School and all others for the beautiful lamp (which I love, love, love!) and the gift cards for Walgreens.

The time after church was joyful and very much appreciated. Kudos to everyone for making the day so happy and bright. If I forgot to thank anyone, I do it now. I offer my gratitude and love to all at Asbury. In thanks, in faith and love.
— Ruby Slennes

Dear Asbury Family:

I am home from the hospital and doing well. Thanks for the prayers, positive thoughts, cards and phone calls I have received — they definitely make a difference! I have always said Asbury is such a caring church! It's true — my second family.
— Phyllis Wolden

Dear Pastor Cindy and all UMW,

Thank you for all you did at our Mother's service. She loved Asbury (and Central Ave) UMC. Our family has wonderful memories there. We all appreciate what you did for her. Thank you and bless you all.
— The Barbara Ann Schwartz Family

Yoga For Every Body at Asbury

We have yoga classes at Asbury for all ages and levels of experience. The class is taught by Cheryl Zupec who has studied yoga for 25 years and taught adult's and children's yoga for almost 14 years. Classes are held on Wednesday evenings (unless there is a scheduling conflict) from 5:30 to 6:30 pm in Asbury's Fellowship Hall. Cost is \$7 per class or \$6 per class when you buy a punch card of at least 6 classes at one time. Please bring your own mat and wear comfy clothes. You can also sit in a chair (chairs are available). Asbury is handicapped accessible. Call Cheryl at 218-343-4478 or email czupec@hotmail.com for more info.

Adventure Day Camp 2018 — July 23-26

Our TPUMM: Asbury, Faith, First, Forbes, Hillside, Hope and Norton Park UMC present Adventure Day Camp 2018. Camp dates are July 23-26 from 10:00 am to 3:15 pm each day at Horace Johnson Boy Scout Camp, Island Lake. Many activities are planned. Camp scholarships are available from the UMW. Camp registration forms are in the narthex.

We also are looking for counselors and youth volunteers. Training will be on Sunday, July 22, from 5:00 to 7:00 pm at First UMC, 230 E. Skyline Pkwy., Duluth. Root beer floats will be served — yummy! Please contact Pastor Cindy with questions.

Hunger Doesn't Take a Vacation

Now that school is out, CHUM has a greater need for the following "kid-friendly" foods: **cereal, macaroni and cheese, peanut butter, jelly, Spaghettios, chicken noodle soup, juice boxes, kool-aid and granola bars.**

When children are home from school for the summer, the family budget is stretched thinner, and for some that means more trips to the Food Shelf. You can help with a donation during the month of July that will be matched by the Open Your Heart to the Hungry and Homeless Foundation.



Outreach/ Communion Offering . . .

June's offering of \$84 went to the Union Gospel Mission. July's offering will go to the Damiano Center.

Attendance . . .

| | |
|---------|----|
| June 3 | 69 |
| June 10 | 82 |
| June 17 | 48 |
| June 24 | 60 |

Scripture Readers . . .

| | |
|---------|-----------------|
| July 1 | Jan Akervik |
| July 8 | Leo Lambert |
| July 15 | Sue Soder |
| July 22 | Shelly Vanneste |
| July 29 | Ruth Thorpe |



- Rodger Parendo
- John Bennett
- Mervyn Schwartz
- Karen Gokey
- Bonnie Schroeder-Palmi
Gary Winklesky
- Don DeMars
- Florence Brosdal
- Dawn Parendo
Fred Little
- Julie Hanson
Danyel Winklesky
- Roger Reinert
Tara Robinson
- Ron Stevens
- Lisa Greene
- Bryan Green
Eric Robinson
- Stephanie Kujawa

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

Calendar

July 2018

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|--|--|---|--|-----------|
| 1 10:00 am, Worship/ Communion Rev. Gary Gottfried preaching 11:00 am Coffee & Fellowship, FH | 2 8:30 am Garden Team | 3 9:00 am Kiwanis, FH 9:30 am Bone Builders, WR | 4  INDEPENDENCE DAY | 5 9:30 am Bone Builders, WR 10:00 to 11:00 am, 2nd Harvest Food Dist | 6 | 7 |
| 8 10:00 am, Worship/Birthday 11:00 am Coffee & Fellowship, FH | 9 8:30 am Garden Team 6:30 pm Praise Team | 10 9:00 am Kiwanis, FH 9:30 am Bone Builders, WR 2:00 pm Knitting Klub, WR | 11 8:30 am Men's Coffee, FH 6:00 pm Summer Worship | 12 9:30 am Bone Builders, WR | 13 Dumpster Pick Up | 14 |
| 15 10:00 am, Worship/Praise 11:00 am Coffee & Fellowship, FH | 16 8:30 am Garden Team | 17 9:00 am Kiwanis, FH 9:30 am Bone Builders, WR 1:00 pm Visitation, WR 5:00-8:00 pm Wildfire Picnic @ Winkleskys | 18 8:30 am Men's Coffee, FH 8:30 am Pastor Cindy @ CHUM | 19 9:30 am Bone Builders, WR Zoo event overflow parking | 20 | 21 |
| 22 10:00 am, Worship 11:00 am Coffee & Fellowship, FH 5:00 to 7:00 pm ADC Volunteer Training @ First UMC | 23 8:30 am Garden Team 10:00 am—3:15 pm Adventure Day Camp Horace Johnson BS Camp, Island Lake MESSANGER DEADLINE | 24 9:00 am Kiwanis, FH 9:30 am, BB, WR 10:00 am—3:15 pm Adventure Day Camp 2:00 pm, KK, WR | 25 8:30 am Men's Coffee, FH 10:00 am—3:15 pm Adventure Day Camp | 26 9:30 am Bone Builders, WR 10:00 am—3:15 pm Adventure Day Camp | 27 Dumpster Pick Up | 28 |
| 29 10:00 am, Worship 11:00 am Coffee & Fellowship, FH | 30 8:30 am Garden Team | 31 9:00 am Kiwanis, FH 9:30 am Bone Builders, WR MESSANGER EMAILS/MAILS | Adult & Youth Choirs will reconvene in September. Praise Team practice is Monday at 6:30 pm the Monday prior to Praise Sunday. 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



MN Annual Conference Lydia Project

The United Methodist General Conference will be coming to Minneapolis in 2020! The Dakotas-Minnesota Area has a wonderful opportunity to come together to provide hospitality for this conference by greeting every delegate, dignitary, bishop, and spouse with a handmade scarf. Each scarf will serve not only as a memento of the General Conference but also as a practical solution to drafty, air-conditioned rooms.

This initiative is called the Lydia Project, after Lydia in Acts 16. United Methodists in Minnesota, North Dakota and South Dakota are invited to help us knit or crochet **10,000 purple scarves**.

Asbury UMC has committed to making 200 of the 10,000 scarves so we are appealing to all crocheters/knitters to help us out!

Project Details:

- Scarves should be hand-knitted or hand-crocheted.
- Since this is a Minnesota event, please use solid **purple yarn**, like the colors of the Minnesota Vikings or Prince. Royal purple and bright purple are great! Please avoid lavender color and do not use variegated yarn.
- Please also use **acrylic yarn** that could be washed if needed.
- The pattern can be the creator's choice using the finished project specifications listed in the next paragraph. **Suggested patterns** can be found at: <https://www.minnesotaumc.org/lydiaproject>
- Finished scarves should be **6-7 inches wide and at least 60 inches long**. If you add fringe, which is optional, please be sure that the scarf itself is at least 60 inches long before adding the fringe.
- As you make your scarf, please be in prayer for General Conference 2020 and for the recipient(s) of the scarf/scarves you are working on.
- When the scarf is done, package it individually in a **gallon-size Ziploc bag**. Write your name on the bag and **bring it to the church office**.
- Feel free to make more than one!

Scarves will be brought to the MN Annual Conference in 2019 to be stored and distributed at the MN Annual Conference in 2020.

West Duluth Community Breakfast

Asbury's Outreach Committee is in conversation with Our Savior's Lutheran Church to explore the possibility of partnering together to provide a Free Community Breakfast on the fourth Saturday of each month.

Our Savior's will be hosting and provide the space for preparing and serving the breakfast. Our main focus is to build community, provide companionship, create friendships and enjoy a delicious breakfast with our neighbors.

Jan Evans and I are on the "Steering Committee" and will provide more information as it becomes available, and let you know how you can participate! We are excited about this new West Duluth outreach ministry! — Pastor Cindy



Asbury UMC Wildfire Picnic — July 17

Join us for the Wildfire Youth and Asbury's annual picnic potluck at Gary and Sandy Winklesky's home at 3216 Wellington St., from 5:00 to 8:00 pm.

Everybody is welcome, especially our Asbury family — please bring a dish to share. Monetary donations are also appreciated. A sign-up sheet will be in the narthex. Burgers, brats, hot dogs, beverages and utensils provided by Gary and Sandy.

This is an Asbury UMC (as a member TPUMM — Twin Ports United Methodist Ministry), hosted event.

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.



Thank You For Donut Help/Sales

Thanks so much to all who measured, mixed, rolled, fried, bagged and bought our delicious homemade donuts on June 8. We had a great group with lots of help. We collected \$579.19 which will go to UMW's 2019 budget. Thanks again! — Bev LeClair

Angels Among Us in July!

Our annual Advent Tea will be held on Tuesday, December 4 (**note change of date**) at 7:00 pm. The theme this year is "Angels Among Us." **Our program starts in the Sanctuary so please enter through the doors upstairs.** Guests will join their hostesses downstairs following the program.

Please consider being a table hostess and inviting seven guests to join you for this special event. Each hostess decorates her table and provides a dessert for her guests to enjoy. A sign-up sheet for hostesses will be on the table in the narthex sometime in the fall.

This is an enjoyable evening with entertainment (information on entertainments and Messengers) and scrumptious desserts and a wonderful way to start the Advent season.

Please contact Cheryl Parendo, Pat Anscomb or Donna Mickelson,



UMW Meetings

- UMW board members **will not meet in July.** Our next meeting is August 1 at 9:30 am in the Wesley Room.
- Love/Hope Circle will not meet in July or August. The next meeting is at 1:00 pm on September 18.
- Faith Circle will not meet in July or August. The next meeting is at 7:00 pm on September 20.
- 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. **There is no meeting in July or August.** The next meeting is September 17 at 9:30 am in the Wesley Room.

80+ Luncheon — August 16

The 80+ Luncheon will be held from 11:30 am to 1:30 pm on August 16 in Asbury's Fellowship Hall. If you are, or will be 80 by August 16, please give Pat Nelson or the church office, 624-0061 a call to make sure you are on the invite list!

Invitations will be going out in early August. This is a fun event with a delicious lunch followed by communion in the Sanctuary. Please join us for this delightful event!!

Asbury News



Asbury NNO Picnic — August 7

Asbury's Outreach Committee is planning to celebrate the Annual Community Building campaign that promotes police-community-partnerships and neighborhood camaraderie to make our neighborhoods safer, better places to live. Yes,

we do have police stop by to visit!

It's a great opportunity to meet with and get to know our neighbors and visit with our own congregation. A picnic supper will be provided along with games, face painting and more. There will be sign-up sheets for volunteers to help with set-up and take down, as well as to sign up for donations for food. We look forward to seeing you at this fun event.

Annual Plant Sale Report

Thanks to all who contributed plants and money for our annual perennial plant sale. It was a great success! We collected \$226 which will be used to purchase a variety of items as needs arise. Thanks also for your continued support of this important area of our church. — Garden Committee

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 Leadervaries
Custodian:Dan Mokros
Ad Council Chair: ..Bonnie Schroeder-Palmi
Treasurer:Pat Anscomb
Lay Leader: Steve Kokotovich
Trustees: Terry Olson
UMW President.....Jan Akervik
SPRC ChairCathy Sampson
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: July 23 for August 2018 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.*