



**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

# Messenger

## Asbury NNO Picnic

**W**e look forward to seeing you at this year's National Night Out Neighborhood picnic at Asbury on Tuesday, August 7, from 5:00 to 7:00 pm. This event is sponsored by the Outreach Committee and is a great opportunity for visiting with friends from the church and also meeting neighbors.

On August 5, after worship we would appreciate help distributing the door hanger invitations for the picnic.

On August 7, we would appreciate help with set up and take down and are also looking for cookie donations. If you can help either or both days or bring cookies, please call the church office at 624-0061.

There will be Sloppy Joes, chips, cookies, beverages and more at the picnic. Fun games include face painting by Pastor Cindy, which was a big hit last year!

For more information, please call Judy Pearson, 722-5818.



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## September 9

**Worship at 10:00 am.**

(Sunday School Teacher Dedication)

**Sunday School at 10:15 am.**

(Children come to Worship and leave for Sunday School after Children's Time)

**Community Meal  
in Fellowship Hall**

Sloppy Joes (from head chef Joe Kokotovich and helpers)

Corn-on-the Cob

Great, lively fellowship  
(that's where you come in!)  
(Free will offering)

### Summer Wednesday Worship — August 1

Our next and final Wednesday Worship at 6:00 pm is August 1. 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. Hope you will join us!

# Cindy's Corner

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**H**ere it is the end of July already! Time flies by in the summer, which always reminds me of the importance of enjoying each day. The warmth of the sun in the daylight, the glow of the moon and stars at night and everything in between! Each day I try to remember to give thanks for the beauty and goodness of creation and the many experiences and people who bring us joy and happiness. We are blessed and by remembering that fact, it helps us get through those days and times that are challenging and sometimes downright difficult.

This past Sunday our Scripture reading told us how Jesus' disciples returned to him after a time of traveling and teaching and healing. Jesus said to them, "Come by yourselves to a secluded place and rest for a while." That is such a great invitation for summer in Duluth!

We all live in a rhythm of time. Our days are bound by activities like work, daily chores and all those things necessary for our life and our living. However, our rhythm is thrown out of balance when our activity demands more of our energy than our rest. We are instructed as a part of the Ten Commandments to "Remember the Sabbath and keep it holy."

Often we think of our Sabbath as Sunday, the day we gather for corporate worship, and a day of rest. And this is true. But I think the true meaning of Sabbath goes beyond the "usual" Sunday to a specific time each day and a specific attitude.

It is in our daily "time of Sabbath" that our souls are rejuvenated, our bodies relax, our emotions subside and our thoughts slow down. Most importantly, we put our lives and ourselves on hold to let the Spirit of God enter in to offer a time of true Sabbath.



For me, summer provides my "nature fix" as I visit those favorite places that feed my soul. I get excited when I sit and watch the changing summer waters of Lake Superior, walk through my cathedral of quaking aspen, lie on the grass looking at the moon and stars, and soak up the warmth of the summer sun. The words from one of my favorite hymns comes to mind:

*"God of the sparrow, God of the whale,  
God of the swirling stars  
How does the creature say Awe,  
How does the creature say Praise . . .*

*God of the ages, God near at hand,  
God of the loving heart  
How do your children say Joy  
How do your children say Home."*

Church also has a different rhythm in the summer. Our time together seems more relaxed and there are many opportunities to share a meal and time of fellowship. I hope you will look at the events listed in the Newsletter and join us during these last months of summer.

Blessings,

*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.

# Asbury News



## Thank You!

Dear Asbury United Methodist:  
Thank you for your generous donation. It is truly a blessing and makes a huge difference in our community. God Bless!

— Union Gospel Mission

To our Asbury Family:

A great big thank you to everyone who participated, donated money and/or brought a dish to share in the Asbury UMC Wildfire Picnic on July 17. We had eight churches participate in this Asbury UMC (as a member TPUMM — Twin Ports United Methodist Ministry) hosted event with 85 youth attending along with members of our Asbury family. The youth were here to provide service work in the Duluth/Superior area. It was a great turnout and everyone had a wonderful time. Thank you so much for this awesome Christian experience!

— Gary & Sandy Winklesky

### Outreach/ Communion Offering . . .

July's offering of \$38 went to Damiano Center. August's offering will go to CHUM Food Shelf.

### Attendance . . .

July 1	41
July 8	55
July 15	56
July 22	67

### Scripture Readers . . .

August 5	Barbara Little
August 12	Dave Stromgren
August 19	Ruth Thorpe
August 26	Dale Thorpe



### Back to School "Backpacks"

Asbury UMC is once again collecting backpacks for children in the local area. The backpacks will be brought to area elementary schools where they will be distributed to children who are in need of them.

Many stores have terrific sales right now, so it is the perfect time to pick up a backpack or two.

Please place your backpacks in the designated area at the back of the church. Thank you!

### Asbury UMC-Hosted Painting Party — August 22

Are you looking for a fun evening discovering your creative side? Asbury UMC is hosting a painting party featuring Lady Di of Lady Di Painting. No

problem if you have never painted before as Lady Di gives step-by-step instructions and walks you through the process of painting a picture by painting alongside of you.

At left is the picture you will be painting. You will be able to take it home and proudly display it on your wall!

Join us for this fun event on Wednesday, August 22, 5:30-8:30 pm at VIP Pizza, 1201 Tower Ave, Superior, WI. *Please enter through the back door.* The cost is \$35.00 (includes painting supplies) per person.

At 5:30 pm, you can order a pizza if you wish and at 6:00 pm instructions begin. To sign up, please contact Phyllis Kruell or the church office, 624-0061. We hope to see you there!



- Ruth Bloomquist  
Madeline Karwath  
Wes Ridgewell
- Phyllis Faue
- Jim Anderson  
Eric Stromgren
- Dick Warner
- Ashley Kirkman
- Vivian Simmons
- Chris Rager  
Sarah Herrick-Smisek
- Kris Ridgewell
- Barbara Kokotovich  
Vi Peterson
- Jan Evans  
Ian Lewandowski  
Mallorie Schwartz
- Daniel Herrick
- Kathy Behn
- Leanne Stauduhar
- Amy Kokotovich  
Joe Kokotovich
- Stephen Bennett  
Dennie Parendo
- Georgia Rager  
Lily Ann Vanneste  
Emma Jo Vanneste
- Christina Karwath

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

# Calendar

## August 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Praise Team practice is Monday at 6:30 pm the Monday prior to Praise Sunday.</p> <p>YOGA classes are held Wednesdays at 5:30 pm in Asbury's Fellowship hall. Contact Cheryl Zupec, 218.343.4478 or <a href="mailto:czupec@hotmail.com">czupec@hotmail.com</a> for more information.</p>			<p><b>1</b> 8:30 am Men's Coffee, FH</p> <p>9:30 am UMW Board Meeting, WR</p> <p>6:00 pm Summer Worship</p>	<p><b>2</b> 9:30 am Bone Builders, WR</p> <p>10:00 to 11:00 am, 2nd Harvest Food Dis</p>	<b>3</b>	<b>4</b>
<p><b>5</b> 10:00 am, Worship/ Communion 11:00 am Coffee &amp; Fellowship, FH</p>	<p><b>6</b> 8:30 am Garden Team</p>	<p><b>7</b> 9:00 am Kiwanis, FH 9:30 am Bone Builders, WR 10:00 am, Pastor Cindy @ North Shore Estates 5:00 to 7:00 pm National Night Out Picnic, FH</p>	<p><b>8</b> 8:30 am Men's Coffee, FH</p> <p>6:00 pm Christian Ed, WR</p>	<p><b>9</b> 9:30 am Bone Builders, WR</p>	<p><b>10</b></p> <p>Dumpster Pick Up</p>	<b>11</b>
<p><b>12</b> 10:00 am, Worship/Birthday 11:00 am Coffee &amp; Fellowship, FH</p>	<p><b>13</b> 8:30 am Garden Team</p> <p>6:30 pm Praise Team</p>	<p><b>14</b> 7:00 am— 8:00 pm, Primary Election, FH 9:00 am Kiwanis, FH 9:30 am, BB, WR 2:00 pm Knitting Klub, WR 5:30 pm, Finance, WR</p>	<p><b>15</b> 8:30 am Men's Coffee, FH</p> <p>8:30 am Pastor Cindy @ CHUM</p> <p>6:30 pm Worship, WR</p>	<p><b>16</b> 9:30 am Bone Builders, WR</p> <p>11:00 am, 80+ Lunch, FH</p>	<b>17</b>	<b>18</b>
<p><b>19</b> 10:00 am, Worship/Praise 11:00 am Coffee &amp; Fellowship, FH</p> <p>3:00 pm TPUMMs @ Winklesky's</p>	<p><b>20</b> 8:30 am Garden Team</p>	<p><b>21</b> 9:00 am Kiwanis, FH 9:30 am Bone Builders, WR</p> <p>5:15 pm, Outreach, WR 7:00 pm Ad Council, WR</p>	<p><b>22</b> 8:30 am Men's Coffee, FH</p> <p>6:00—8:30 pm Painting Party VIP Pizza, Superior, WI</p>	<p><b>23</b> 9:30 am Bone Builders, WR</p> <p>MESSANGER DEADLINE</p>	<p><b>24</b></p> <p>Dumpster Pick Up</p>	<p><b>25</b> 9:00 -10:30 am Community Breakfast Our Saviors Lutheran Church 4831 Grand Ave</p>
<p><b>26</b> 10:00 am, Worship/ 11:00 am Coffee &amp; Fellowship, FH</p>	<p><b>27</b> 8:30 am Garden Team</p>	<p><b>28</b> 9:00 am Kiwanis, FH 9:30 am Bone Builders, WR</p> <p>2:00 pm Knitting Klub, WR</p>	<p><b>29</b> 8:30 am Men's Coffee, FH</p>	<p><b>30</b> 9:30 am Bone Builders, WR</p> <p>Bethany Baptist Car Show overflow parking</p> <p>MESSANGER EMAILS/MAILS</p>	<b>31</b>	

# Asbury News

## 80+ Luncheon — August 16

The 80+ Luncheon will be held on August 16 in Asbury's Fellowship Hall. Gathering time will start at 11:00 am. The delicious chicken salad lunch followed by strawberry shortcake (yummy!) is at 11:30 am. There will be communion in the Sanctuary after the lunch. **Invitations will be mailed soon!** Please call the church office, 624-0061, to RSVP once you receive your invitation. If you have not attended the luncheon in the past and would like to, please let us know if you are, or will be, 80 by August 16 so we can send you an invitation. **Deadline to RSVP is Friday, August 10.**



**YUMMY!**

We look forward to hearing from you.

## Pancakes For Supper! — September 13

Please mark your calendars to be sure to attend the Kiwanis Pancake Supper on September 13 from 4:00 to 6:00 pm in the Fellowship Hall.

### PANCAKE SUPPER



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.

Enjoy delicious pancakes, sausage patties and a beverage. All proceeds are used for Youth Programs.

### TREASURER'S REPORT 6/30/18

#### GENERAL FUND:

Beginning Cash Balance, 5/31/18	\$ 33,203.53
Deposits	\$ 15,032.17
Total to account for	\$ 48,235.70*
Checks Written	<\$ 14,414.79>
Balance on Hand, 6/30/18	\$ 33,820.91
Unpaid Bills through 6/30/18 (includes apportionments)	\$ 44,758.07*
Net Ending Balance at 6/30/18	<\$ 10,937.16>

\*Includes roof bill and funds.



## 90th BIRTHDAY OPEN HOUSE

**Vivian Simmons'**

2:00 to 4:00 pm — Sunday, August 5

Viewcrest Health Center  
3111 Church Place Duluth

Come help us celebrate!



## The CHUM West Food Shelf Needs You!

The CHUM West Food Shelf is in great need of volunteers to handle the increased demand of clients seeking food and basic needs to help their families. Positions include Client Interviewers and Client Packers. The West Food Shelf is open every Tuesday and Thursday from 11:00 am to 2:00 pm at Our Savior's Lutheran Church at 4831 Grand Ave. To sign up, or for more details, please contact Terri at 218-727-2391.

## Sunday School Starts September 9

Sunday School will resume September 9 which is also Rally Sunday and September birthday Sunday. All children are welcome!

An information packet will soon be mailed out to parents and children which includes a schedule

for the year and a registration form. Please bring the filled out registration form to church on Rally Sunday. Registration forms also will be available on the back table in the narthex or online at Asbury's website: [www.asburyduluth.org](http://www.asburyduluth.org).





## Save the Date — October 13

Please mark your calendars for UMW's Fall Pantry from 9:00 to 11:00 am on October 13. We are planning ahead and are asking for help now 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 most welcome!

Our Asbury Fall Pantry is UMW's major fundraiser for the 2019 budget. Thank you all for participating 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!

More information on the Pantry and apple pie and donut making will be in upcoming announcements and the September Messenger!

## UMW Meetings

- UMW board members will meet on Wednesday, August 1 at 9:30 am in the Wesley Room.
- Love/Hope Circle will not meet in August. The next meeting is at 1:00 pm on September 18.
- Faith Circle will not meet in 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 August.** The next meeting is September 17 at 9:30 am.

## Asbury Kitchen Professionally Cleaned

The church kitchen has been professionally cleaned. Please help keep it that way by cleaning up after your event, wiping down tables in the Fellowship Hall and taking home any towels used to wash and return to the kitchen. We are fortunate to have such a wonderful facility and appreciate your cooperation.

# Asbury News



## THINK PASTIES!

**The Fall Pasty Sale  
will be September 22.**

**Watch future announcements  
and Messengers for more info.**

**"Sign-up" board for helping  
and sign-up sheets for ordering  
will be at the back  
of the church in August.**

## West Duluth Outreach Ministry Community Breakfast

**Saturday, August 25 from 9:00-10:30 am**

Our Savior's Lutheran Church, at 4831 Grand Ave. will be hosting and providing the space for a Community Breakfast. Volunteers will be preparing and serving an egg bake, pancakes and sausages. A toast station will be available along with cereal, fruit, milk, O.J., apple juice and coffee. Wrapped silverware and real dishes will be provided!

The main focus is to build community, provide companionship, create friendships and enjoy a delicious breakfast with our neighbors.

They are estimating to serve approximately 50 to 70 people and are looking for about 13 volunteers. If you can help, please contact Jan Evans or Pastor Cindy.



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 .....varies  
Custodian: .....Dan Mokros  
Ad Council Chair: ..Bonnie Schroeder-Palmi  
Treasurer: .....Pat Anscomb  
Lay Leader: ..... Steve Kokotovich  
Trustees: ..... Terry Olson  
UMW President.....Jan Akervik  
SPRC Chair .....Cathy 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: August 23 for September 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.*