



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



“Would it Still Be Christmas?”

On Sunday, December 16, the children and youth of Asbury UMC presented the Christmas Story “Would it Still Be Christmas?” There were angels, shepherds, kings, animals, siblings in pajamas and, of course, Mary, Joseph and baby Jesus. The story told us once again that on Christmas God came to earth and was born among us, as a little baby called Jesus.

Jesus was born to parents poor in wealth but rich in love – to show us what we can become as human beings. On that night a channel was opened between God’s world and our world and it will never be closed again.

As a part of the program, Emily Rager sang a song “After the Song of the Angels is Stilled” based on a poem by Howard Thurman. The song reminded us that after the celebration of Christmas is past, the work of Christmas begins – to find the lost, heal the broken, feed the hungry, release the prisoner, rebuild the nations, bring peace among people and to make music in the heart.

We know it takes a village to prepare and present a Children’s Christmas Program! Thank you to everyone who helped to make this program possible, especially the Sunday School teachers and helpers who faithfully spend time with our children and youth all year long. And a huge thank you to our children and youth for their work and for continually teaching us about God’s love and grace.

And yes ... “Santa” made an appearance and was able to visit with the children and the adults during Fellowship Time!



Cindy's Corner

At our Service of Healing and Hope in mid-December, I shared a story from Mark Nepo's book, "The Book of Awakening."

He tells the story of his friend Robert who decided to paint the family room in his home over a long weekend break. Robert went to the hardware store to get the paint, drop cloths, mixing sticks and one-time paintbrushes that always harden no matter what you soak them in. He prepared everything in the garage and made his way to the back door of his house with a gallon of paint in each hand, a drop cloth under each arm and a paintbrush in his mouth.

Robert said he tried to open the back door of the house with all his supplies in hand, not wanting to put anything down. He had the door almost open but then lost his grip, stumbled backwards and fell onto the ground with paint everywhere! At that point in his telling the story, Robert laughed at himself, as he often did!

As Mark Nepo reflects on Robert's story he writes: "Amazingly, we all do this, whether with groceries or paint or with the stories we feel determined to share. We do this with our love, with our sense of truth, even with our pain. It's such a simple thing, but in a moment of ego we refuse to put down what we carry in order to open the door. Time and time again, we are offered the chance to truly learn this: We cannot hold on to things and enter. We must put down what we carry, open the door, and then take up only what we need to bring inside."

Here we are at the beginning of another calendar year. I invite you to take some time to think about and reflect on what you need to set down, to leave behind and more importantly what you

really need to pick up and carry with you into the new year – another new beginning.

The Celtic Prayer below has become a favorite of mine and I share it with you in the hope that it might resonate in your heart as well.

*Blessings and peace to you
in the New Year!* Cindy

Celtic Daily Prayer

*Lord, help me now to
unclutter my life,
to organize myself in the
direction of simplicity.
Lord, teach me to listen
to my heart;
teach me to welcome change,
instead of fearing it.
Lord, I give you these
stirrings inside me,
I give you my discontent,
I give you my restlessness,
I give you my doubt,
I give you my despair,
I give you all the longings
I hold inside.
Help me to listen to these signs of change,
of growth;
to listen seriously
and follow where they lead
through the breathtaking
empty space
of an open door.*



(“A Prayer in 'The Middle Years' of Opportunity”
from the Celtic Daily Prayer book, p 220)

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.

Asbury News



Thank You!

Dear Asbury Outreach Volunteers:

A HUGE thank you to all the volunteers who have participated in Asbury's Outreach activities during 2018. We have had great response from congregation members for: Second Harvest NAP food distribution, the Damiano Center and several others. — Outreach Team

Dear Asbury Members and Friends:

Thank you to everyone who donated toys to the Salvation Army Toy Drive. Your generosity will make Christmas a bit happier for many children. — Dennie and Sharon Parendo

Dear Asbury United Methodist Church:

On behalf of the Duluth Public Schools, we wish to thank you for the donation of hats, mittens and gloves for Stowe Elementary School children. Thank you for your generosity. It is truly appreciated. — William Gronseth, Superintendent, Duluth Public Schools

Asbury Lydia Project Commitment Update

We currently have about 65 scarves made of the 200 scarves Asbury UMC committed to the Lydia Project. Now, we just have 135 more to go!



Thanks so much to all our generous knitters and crocheters who have helped so far! You are very much appreciated!

As a reminder, all scarves should measure 60 inches in length and 6-7 inches in width and should be stitched in bright purple, washable yarn (think Vikings' purple).

Please go to <https://www.minnesotauma.org/lydiaproject> if you need more specific information.

Men's Retreat — February 22-23

Enjoy time in the great outdoors at Camp Amnicon in South Range, WI (just a 45-minute drive out of the Duluth/Superior area). All men associated with, or friends of, the United Methodist Churches of the Twin Ports are invited.

The topic is "Dare to Be Uncommon" presented by NFL Coach Tony Dungy. Times are 7:00 pm on Friday, February 22, and 3:30 pm on Saturday, February 23. Cost is \$35.

Great food, comfortable accommodations, fellowship, faith learning and fun await your participation so mark the dates on your calendar.

This event is sponsored by Twin Ports United Methodist Ministries (TPUMMs). Please contact Pastor Cindy, if you are interested in attending.

2019 Offering Envelopes Now Available For Pick-Up

Offering envelopes for 2019 are in alphabetical order on the credenza by the church office. If you don't see your name, or if you don't have an envelope number assignment but would like one, please let Shirley know.

PLEASE NOTE: If you would like your contributions to be reflected on your quarterly/annual giving statements, checks should be made out to Asbury UMC, instead of the individual charity, etc.

For tax purposes, all 2018 year-end giving must be in the church office no later than January 6, 2019.

Thank you!

Outreach/ Communion Offering . . .

December's offering of \$88.00 went to West Duluth Community Breakfast. January's offering will go to AEOA Heating/Energy Asst.

Attendance . . .

December 2	88
December 9	106
December 16	153
December 24 (4:00 pm)	125
December 24 (10:00 pm)	24
December 31	66

Scripture Readers . . .

Jan. 6	Leo Lambert
Jan. 13	Jan Akervik
Jan. 20	Ruth Thorpe
Jan. 27	Sharon Parendo



- 9 Debbie Merrick
Dave Stromgren
- 10 Eli Kokotovich
- 17 Jim Gimpel
- 18 Ron Brosdal
Sue Soder
- 20 Mike Akervik
Phyllis Mullen
- 23 Audrey Johnson
Lindsey Miller
Angie Thibault
- 25 Queneth Youngren
- 26 Kaylee Randa
Cathy Strunk
- 27 Aidan Thibault
- 28 Kathy Downs
- 31 Alice Brenny

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

Calendar

January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 	2 8:30 am Men's Coffee, FH 9:30 am UMW Board, WR	3 9:30 am Bone Builders, WR 10:00 to 11:00 am, 2nd Harvest Food Dist	4	5
6 EPIPHANY SUNDAY 9:00 am, AS Rehearsal 10:00 am, Worship/ Communion/Sunday school 11:00 am Coffee & Fellowship, FH	7	8 9:00 am, SVFC, FH 9:30 am Bone Builders, WR 11:00 am Nominating, WR 2:00 pm Knitting Klub, WR	9 8:30 am Men's Coffee, FH 6:00 pm, Education, WR	10 9:30 am Bone Builders, WR	11 Dumpster Pick Up	12
13 BAPTISM OF THE LORD UMW SUNDAY 9:00 am, AS Rehearsal 10:00 am, Worship/B'day/CC 11:00 am, Faith Circle, FH 11:00 am Coffee & Fellowship, FH 6:00 pm, BS Troop 16, FH	14 6:00 pm, CS Pack 16, FH 6:30 pm Asbury Singers & Praise Team	15 9:00 am, SVFC, FH 9:30 am Bone Builders, WR 1:00 pm Love/Hope Circle, WR 7:00 pm Charge Conference, Ad Council, WR	16 8:30 am Men's Coffee, FH 8:30 am, Pastor Cindy @ CHUM Clergy PASTY WEEK	17 9:30 am Bone Builders, WR	18 PASTY SALE	19
20 10:00 am, Worship/Praise/ Sunday school with Vince & Billy 11:00 am Coffee & Fellowship, FH	21 Martin Luther King, Jr., Day 6:00 pm, CS Pack 16, FH 6:30 pm Asbury Singers & Praise Team	22 9:00 am, SVFC, FH 9:30 am, BB, WR 10:00 am, Pastor Cindy & Phyllis K. @ North Shore Estates 2:00 pm, Knitting Klub, WR MESSENGER DEADLINE	23 8:30 am Men's Coffee, FH	24 9:30 am Bone Builders, WR 5:15 pm, Outreach, WR	25 Dumpster Pick Up	26 9:00-10:30 am Free Community Breakfast, Our Savior's Lutheran
27 9:00 am, AS Rehearsal 10:00 am, Worship/SS with "Just Friends" Choir 11:00 am Coffee & Fellowship, FH 6:00 pm, BS Troop 16, FH	28 6:00 pm, CS Pack 16, FH 6:30 pm Asbury Singers & Praise Team	29 9:00 am, SVFC, FH 9:30 am Bone Builders, WR	30 8:30 am Men's Coffee, FH 12:30 pm Duluth Area UMW Prayer & Self Denial, Hillside UMC	31 9:30 am Bone Builders, WR MESSENGER EMAILS/MAILS		

Asbury News



Thank You For Your Pledge Cards!

We have a total of \$118,132 pledged for our 2019 Operating Budget from 64 pledge units! Thank you for your commitment to the ministry, people and programs of Asbury UMC!

Taking Down the Greens — TBD

Taking down the greens at Asbury is slated for sometime in January. We are hoping a multitude of volunteers will help us with this endeavor. Lots of hands make short work. We can use help in all areas. Please check upcoming announcements for the date.

Scouting Sunday – February 3



The Boy Scouts of America is one of the nation's largest and most prominent values-based youth development organizations. The BSA provides a program for young people that builds character, trains them in the responsibilities of participating citizenship and develops personal fitness.

Boy Scout Troop 16 meets here at Asbury UMC. The youth of Troop 16, along with their leaders, will be helping with various parts of the worship on February 3 as part of Scouting Sunday. Please come and meet some of the boys.

Volunteers Needed at West Food Shelf

The CHUM West Food Shelf is currently looking for a few more volunteers on **Thursdays from 11 am to 2 pm** to pack food orders. The Food Shelf operates out of Our Savior's Lutheran Church at 4831 Grand Ave. This is an on-going opportunity, so if you can spare a few hours every week, please call Terri at 218-727-2391.

Make your donation go further with reusable bags. Please consider bringing your food donations in reusable shopping bags. The Food Shelf is excited to partner with the Great Lakes Aquarium to keep our lakes and land free of plastic. The Food Shelf will be giving away an extra free item to clients who remember to bring back their bags each time they visit.

In order to go plastic free at the Food Shelf, 120,000 bags are needed. Thanks to the Aquarium and some CHUM congregations, there are more than 400 bags to start with! Thank you!

2018 Christmas Poinsettias

In Celebration of
My Children, Grandchildren &
Great Grandchildren
Jan Akervik

In Celebration of
Family & Friends
Clark & Patty Bennett

In Memory of
Our son Mike
Bob & Carol Cherne

In Memory of
Steven Samberg
M. George & Barbara Downs

In Memory of
Charlie Gokey & Roy Stromgren
Karen Gokey

In Memory of
Georgia Kokotovich
Elmer & Lorraine Anderson

In Celebration of
Our Children & Grandchildren
Joe & Candy Kokotovich

In Celebration of
Our new Granddaughter
Eliza Kay Kokotovich
Steve & Barb Kokotovich

In Memory of
Our fathers
Don Lutz & Leo L. Lambert, Sr

In Honor of
The Birthday of Jesus
Cheryl Lambert
Pastor Cindy
Asbury Community & Friends
Asbury Ushers and Acolytes
Our mothers
Donette Bushman & Marilyn Lutz
Extended & blended families
Leo L. Lambert, Jr & Family

In Memory of
Beverly J. Larson
Carl A. Larson

In Memory of
My husband Charles Park
In Celebration of
Family
Joyce Park

In Memory of
Our Loved Ones
*Duane Palmi &
Bonnie Schroeder-Palmi*

In Memory of
Loved Ones
In Celebration of
Our Grandchildren
Tom & Kendra Sharkey

In Memory of
Rod Fedo & Dick Simmons
Our families
Susan Soder

In Memory of
Roy Stromgren
In Honor of
Bless Our Family
Lois Stromgren

In Memory of
Loved Ones
In Honor of
Pastor Cindy
In Celebration of
Jesus' Birth
Dale & Ruth Thorpe

In Memory of
Grandparents
Roy Stromgren
Barbara Anderson
In Celebration of
Lois Stromgren
Zak & Max Tollefson
Scott & Lynn Tollefson

In Memory of
Our Parents & Grandparents
In Celebration of
Our Daughter
Lisa Greene's Life

*Our Advent and Christmas bulletins were provided by
Jan Akervik in memory of her husband, Mike.*

TREASURER'S REPORT: 11/30/18

GENERAL FUND:	
Beginning Cash Balance, 10/31/18	\$ 16,432.08
Deposits	\$ 16,726.61
Total to Account for	\$ 33,158.69
Checks Written	<\$ 19,437.57>
Balance on Hand, 11/30/18	\$ 13,721.12
Unpaid Bills through 11/30/18 (includes apportionments)	<\$ 2,980.49>
Net Ending Balance at 11/30/18	\$ 10,740.63

United Methodist Women



UMW Sunday Set For January 13

On January 13, UMW will celebrate the following awards during UMW Sunday: The Special Recognition Award to Lisa Greene, the Thank You Award to our men of Asbury, and Memorials to Bernice Seehus and Barbara Schwartz.



UMW is preparing to celebrate 150 years in 2019. The official date is March 23, 2019. It is a time to honor the history of UMW and the future as we continue to put faith, hope and love into action.

The UMW women will provide support during the service on January 13.

Prayer and Self Denial at Hillside UMC

The annual Duluth Area Prayer and Self Denial meeting will be held on January 30 at Hillside UMC, 1801 Piedmont Ave., Duluth.

We will gather at 12:30 pm for coffee and dessert. The program will begin a 1:30 pm with Mimi Stender of Dementia Friendly Duluth speaking. The cost is \$8.00.

A special offering will be taken to support both Dementia Friendly Duluth and the Big Waters District Mission Fund. **Reservations by January 24** to Pat Nelson at 391-0957 or Hillside UMC at 727-4257.

UMW Meetings

- UMW board members will meet in the Wesley Room on Wednesday, January 2.
- Love/Hope Circle will meet at 1:00 pm on January 15 in the Wesley Room. Nancy Wagner is hostess.
- Faith Circle will meet during fellowship time on Sunday, January 13. **Get your coffee and a treat and come up to the Wesley Room.** We will collect pledges for 2019 and discuss "Soup"er Bowl Sunday which is February 3. Members should also plan to work a few hours or more on pasties the week of January 14-19.
- 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 January 21.

"Soup"er Bowl Sunday — February 3

Save the date! The UMW Faith Circle will be serving its "Soup"er Bowl luncheon following services on Sunday, February 3. Mary DeMars' famous soups will be served along with freshly baked rolls. Ice cream and cookies for dessert and a beverage will be available.

A free-will offering will be collected and held until matching fund month for the Food Shelf.



Pasty Sale Saturday, January 18-19

Cost: \$4.50 each Gravy: 65¢ each

YOUR HELP IS NEEDED!

Many volunteer opportunities available!
A sign-up board will be in the Narthex soon.

Pre-order/sign-up sheets in the Narthex.
Please be sure to place your order for pasties before our quota is filled.

Pasty Pick Up Dates/Times:
Friday, January 18 from 11:00 am to 1:00 pm
Saturday, January 19 from 10:00 to Noon

NOTE: Pasty orders not picked up by NOON on January 19 will be sold.

Work Schedule For Pasties

Thursday, January 17

8:00 am Mix crust.
9:00 am Men and women peel veggies.

Friday, January 18

6:00 am Preparation and baking of pasties.
10:00 am **2-3 people** needed for clean up.

Saturday, January 19

6:00 am Pasty baking
10:00 am **4-5 people** needed for clean up.

COME AND WORK WHEN YOU CAN AND STAY FOR AS LONG AS YOU CAN!

Asbury United Methodist
PO Box 7135
Duluth MN 55807

Return service requested

Meet Our Staff



Pastor:.....Cindy M. Rasmussen
Administrative Asst.:Shirley Brandt
SS 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:
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: January 22 for February 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.*