



Asbury
UNITED METHODIST CHURCH

6822 Grand Avenue
Duluth, MN 55807

The Reverend
Cindy M. Rasmussen

10:00 am
Sunday Worship

Office Hours
Monday — Thursday
9:00 am — 1:30 pm
Friday
9:00 am — 1:00 pm

Messenger



Schedule For LENT

March 6 — 6:30 pm
Ash Wednesday w/Communion

March 10 — 10:00 am
1st Sunday in Lent, Birthday, Children's Church,
Daylight Savings Time begins

March 17 — 10:00 am
2nd Sunday in Lent Praise Service

March 24 — 10:00 am
3rd Sunday in Lent

March 31 — 10:00 am
4th Sunday in Lent, UMCOR Sunday

April 7 — 10:00 am
5th Sunday in Lent, Praise Service

April 14 — 10:00 am — Palm/Passion Sunday

April 21 — 10:00 am — EASTER!

Table of Contents

Cindy's Corner	2
Pastoral Care	2
Asbury News	3-7
Worship Notes	
March Birthdays	
Thank You!	
MN Food Share Campaign	
Treasurer's Report	
Harbor House Shelter	
Calendar	
UMCOR Sunday	
Beginner Yoga Classes	
Daylight Savings Times	
Easter Flower Order Form	
The Warming Center	
UM Women	7
"Soup"er Bowl Thank You!	
Meatball Supper Help	
UMW Meetings	
Spring Rummage Sale	
Meet the Staff	8

Funeral/Memorial Service Planning Meeting

A Funeral/Memorial Service Planning meeting will be held Thursday, March 7 at 10:30 am in the Wesley Room. Pre-planning your service is simply taking time to think about and write down your thoughts and desires to assist family members at your time of death. Very often when a death occurs, family members can be overwhelmed with all of the arrangements that need to be made, while also experiencing deep grief. If families haven't had previous conversations, it can be stressful trying to create a service to honor loved ones without knowing their specific wishes.

Pastor Cindy will be available in the Wesley Room for conversation and provide a "planning packet" to facilitate the planning process. Please call the church office, 624-0061, to let us know if you plan to attend.

Easter Flower Orders for 2019

Engwall's has informed us that there will be a change in ordering Easter flowers for 2019. **Specific colors will not be available** so orders need to be placed **by plant type**. Also, azaleas will not be available this year. An Easter Flower order form is on page 6 of this newsletter. Please select which plant type you would like and place form and payment into offering plate or bring to church office. Forms will also be available on the back table. **Deadline to order is March 15.** Thank you.

Cindy's Corner



An Ironic Twist!

Pastor Cindy is on vacation and sends greetings from “snowy” Arizona! . . .

Life is certainly full of wonderful adventures! See you soon!

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. In the case of an emergency and there is no answer at the church, call Pastor Cindy.



Asbury News

Thank You!

Dear Pastor Cindy and Asbury family:

Thank you to all the Asbury family that supported our Mother by visits, love and prayers and for thinking of our family during our difficult time. It was very much appreciated. You all meant the world to her. Thank you also for your words and gifts of sympathy and memorial service attendance: Lois Stromgren, Pat Nelsonm, Joe & Candy Kokotovich, Rodger & Cheryl Parendo, Ruth & Dale Thorpe, Gloria Schultz, Judy Pearson, Jan Akervick, Clark & Patty Bennett, Pat Anscorb, Sharon Picconatto, Nancy Olson and Gary & Sandy Winklesky.
— Family of Carol Lonetto

Dear Asbury Friends:

It is so good to be back at church! I would like to thank all of you for your prayers, cards and calls. But most of all I thank you for being a part of my life!
Love and blessings to all of you. — Carol Cherne

Dear Asbury UMW, Pastor Cindy and Asbury Friends:

Thank you so much for all of your cards and prayers. You are all very much appreciated. — Ron Stevens

Dear Pastor Cindy and Asbury UMC:

Thank you for your congregational contribution to CHUM. We are hope-filled this new year as we look forward to advocating for those we serve in the current political and social environment.
We persevere in our mission of providing basic necessities, fostering stable lives and organizing for a just and compassionate community. Our collective social consciousness must lead our hearts, prayers and actions to the work that will protect our neighbors at risk.
— Lee Stuart, CHUM Executive Director

Dear Pastor Cindy and Asbury UMC:

Your recent contribution went toward a record 4.9 million meals for families, children and seniors throughout NE Minnesota and NW Wisconsin. It ensured children in our BackPack Program received nutritious weekend meals, families at our food shelf and Mobile Food Pantry Programs had enough food for every meal and seniors receiving our monthly food boxes didn't have to choose between medicine or food.
Thank you on behalf of the food bank and those you've helped us feed.
— Shaye Moris, Second Harvest Northern Lakes Food Bank Executive Director.

Dear Friends in Mission:

Thank you for your recent gift through The Advance, the designated giving channel of The United Methodist Church. We are pleased to share that 100% of your contribution will support UMCOR's U.S. disaster training and response for Hurricane Relief.
Giving through The Advance enables United Methodists to partner with one another in mission and ministry around the world. Thank you for joining with us in God's mission.
— Roland Fernandes, General Board of Global Ministries General Treasurer

Dear Asbury UMC:

Thank you so much for your financial and volunteer support of the Free Community Breakfast at Our Savior's Lutheran Church on the 4th Sunday of each month. We appreciate you. — Our Savior's Lutheran Church



Outreach/ Communion Offering . . .

February's offering of \$76.10 went to the West Duluth Free Community Breakfast. March's offering will go to CHUM for the Minnesota FoodShare Campaign.

Attendance . . .

February 3	76
February 10	77
February 17	52
February 24	61

Scripture Readers . . .

March 3	Dale & Ruth Thorpe
March 10	Jan Akervik
March 17	Ruth Thorpe
March 24	Dave Stromgren
March 31	Leo Lambert



1 Zak Tollefson
7 Jan Akervik
 Lynn McGraw
9 Julie Arnt
11 Karina Kokotovich
13 Lloyd Simich
15 Janessa Brackett
 Allison Fannelly
19 Teri Akervik
 Sue Majewski
 Ruby Nelson
20 Joe Mickelson
22 Steve Mickelson
 Taylor Robinson
23 Mick Levinski
25 Lynn Tollefson
28 Stephanie Peterson
 Nolan Randa
 Renee Randa
30 Marc Kujawa, Jr.
31 Don Lilyquist

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

Asbury News

Minnesota Food Share March Campaign

The Minnesota Food Share March Campaign brings together various Minnesota organizations, schools, businesses and places of worship to help keep 284 food shelves statewide stocked throughout the year. The



March Campaign is the largest grass-roots food and fund drive in the state, increasing awareness, advocating for long-term solutions to hunger and overall resulted in \$8,150,938 and 5,527,882 pounds of food donated in 2018.

CHUM envisions a Minnesota where all residents have access to healthy food and no one suffers from hunger. The March Campaign addresses those issues directly and CHUM needs



you to join us. Our local goal for March 2019 is to raise \$115,000 and 35,000 pounds of food to stock the Food Shelf. Every dollar and pound of food donated stays in our local area to feed our neighbors experiencing food insecurity. During 2018, the CHUM Food Shelf distributed 298,919 pounds of food to 15,740 people in Duluth.

So what does CHUM need? More money or more food? CHUM needs both! However, the CHUM Food Shelf can do much more with money. For every \$1 donated, \$7 worth of food can be bought.

Asbury UMC can help by contributing cash (place in offering plate and mark CHUM Food shelf in memo line) and/or donating food. A handy shopping list of Foods Most Needed by CHUM is available at the back of the church along with collection boxes for food items. Food items needed include: pears, fruit cocktail, pineapple, Mandarin oranges, Chicken Noodle, Cream of Mushroom & Chunky soups, peanut butter, tuna, Spam, Spaghettios, chili, stew, pasta sides, Rice-a-Roni, ramen, cold cereal and pork & beans.

Donations are accepted through March 31.

For more info, resources are at <http://www.mnfoodshare.org/resources/> or call Scott Van Daele, 727-2391/svandaele@chumduluth.org or Mary Schmitz at 720-6521/mmschmitz@chumduluth.org.

TREASURER'S REPORT: 1/31/19

GENERAL FUND:

Beginning Cash Balance, 12/31/18	\$ 14,433.09
Deposits	\$ 10,491.73
Total to Account for	\$ 24,924.82
Checks Written	<\$ 12,675.05>
Balance on Hand, 1/31/19	\$ 12,249.77

Unpaid Bills through 1/31/19 (includes apportionments)	\$ 2,662.22
Net Ending Balance at 1/31/19	\$ 9,587.55



Harbor House Crisis Shelters

Harbor House Crisis Shelters' mission is to provide hospitable shelter, transitional living and services for homeless women and families. Harbor House Crisis Shelters is committed to ending homelessness by providing direct services for homeless single women and families, by conduction public education, analysis of model programs and practices that create permanent housing opportunities, and by shaping policies to prevent future homelessness.

Making a Difference

By doing some of the simple things listed here, you can make the difference in the life of a Harbor House guest:

- Send a note of encouragement to the staff and/or residents — Harbor House Crisis Shelters, 1531 Hughitt Ave, Superior WI 54880.
- Pray for the guests, staff and community.
- Learn more about homeless issues in the United States.
- Study issues around homelessness, i.e. mental health, poverty, domestic violence, education, living wage, disabilities and health care.
- Donate to the Shelter's silent and live auctions for the annual "Making A Difference" event.
- Contact the Shelter about your ideas at 715-394-9608 or info@harborhouse.org.

Harbor House Crisis Shelters Needs List:

Garbage bags (13 gallon), quart and gallon baggies, dish soap/dish washer soap, all-purpose cleaner, toilet bowl cleaners, disinfecting wipes, baby wipes, , paper towels, dryer sheets, laundry soap, bleach, kitchen wash cloths, bath towels/wash cloths, twin sheets, pillows/pillow cases, blankets, brushes/combs, shampoo/conditioner, toothpaste/toothbrushes, razors, women's hygiene products, antiperspirant for men & women, diapers—all sizes, socks, AA/AAA/9-volt batteries, non-perishable food and spices.

Calendar

March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3 9:00 am Asbury Singers Rehearsal 10:00 am, Worship/ Communion/SS 11:00 am Coffee & Fellowship, FH 6:00 pm, BS Troop 16, FH	4 6:00 pm, CS Pack 16, FH 6:30 pm Asbury Singers & Praise Team	5 9:00 am SVFC, FH 9:30 am Bone Builders, WR	6 8:30 am Men's Coffee, FH 9:30 am UMW Board Meeting, WR 10:30 am Lenten Study, WR 6:30 pm Ash Wednesday service w/Communion	7 9:30 am Bone Builders, WR 10:00 to 10:45 am, 2nd Harvest Food Dist	1/8 Dumpster Pick Up	2/9
10 1ST SUNDAY IN LENT DAYLIGHT SAVINGS TIME 9:00 am, AS Rehearsal 10:00 am, Worship/B'day/ Children's Church 11:00 am Coffee & Fellowship, FH 11:20 pm, Trustees, WR 6:00 pm, BS Troop 16, FH	11 6:00 pm, CS Pack 16, FH 6:30 pm Asbury Singers & Praise Team	12 9:00 am SVFC, FH 9:30 am Bone Builders, WR 10:00 am, Pastor Cindy & Phyllis @ North Shore Estates 2:00 pm, KK, WR	13 8:30 am Men's Coffee, FH 10:30 am Lenten Study, WR 6:00 pm, Christian Ed, WR	14 9:00 am, Pastor Cindy @ West Duluth 9:30 am Bone Builders, WR	15	16
17 2ND SUNDAY IN LENT 10:00 am, Worship/Praise/SS 11:00 am Coffee & Fellowship, FH 6:00 pm, BS Troop 16, FH	18 9:30 am, Green Door Book Club, WR 6:00 pm, CS Pack 16, FH 6:30 pm	19 9:00 am SVFC, FH 9:30 am, BB, WR 1:00 pm Love/Hope Circle, WR 3:00 pm Membership, WR 7:00 pm Ad Council, WR	20 8:30 am Men's Coffee, FH 8:30 am, Pastor Cindy @ CHUM Clergy 10:30 am Lenten Study, WR	21 9:30 am Bone Builders, WR 7:00 pm Faith Circle, WR MESSENGER DEADLINE	22 Dumpster Pick Up	23 9:00-10:30 am Free Community Breakfast Our Savior's Lutheran
24 3RD SUNDAY IN LENT 9:00 am Asbury Singers Rehearsal 10:00 am, Worship/SS 11:00 am Coffee & Fellowship, FH 6:00 pm, BS Troop 16, FH	25 6:00 pm, CS Pack 16, FH 6:30 pm Asbury Singers & Praise Team	26 9:00 am SVFC, FH 9:30 am Bone Builders, WR 2:00 pm, Knitting Klub, WR	27 8:30 am Men's Coffee, FH 10:30 am Lenten Study, WR	28 9:30 am Bone Builders, WR MESSENGER EMAILS/MAILS	29	30 8:30 am to 1:30 pm Damiano Center Volunteers
31 4TH SUNDAY IN LENT UMCOR SUNDAY 9:00 am Asbury Singers Rehearsal 10:00 am, Worship/SS 11:00 am Coffee & Fellowship, FH 1:00-5:00 pm, BS Troop 16 Eagle Scout Party, FH				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 info.		

Asbury News



Why We Celebrate UMCOR Sunday

On UMCOR Sunday we share the goodness of life with those who hurt. UMCOR stands for the United Methodist Committee on Relief. UMCOR shares God's love with communities everywhere after disaster, war or whatever relief is needed. They were there after Hurricane Katrina. They were there after the Japanese hurricane and tsunami. They built a pre-school for Afghan refugees. They helped a church in Virginia recover after a flood. No disaster is "too small" for UMCOR. They exist to help all God's children recover from disaster. UMCOR's relief efforts have impacted people in more than 80 countries. On UMCOR Sunday, March 31, please give generously to make a worldwide impact. Please put your UMCOR Sunday envelope/donation in the offering plate (checks should be made out to Asbury UMC with UMCOR Sunday in the memo line). Thank you.

Beginner Yoga For Every Body At Asbury

Try out a very gentle yoga class that is perfect if you are new to yoga. All ages and levels of experience are welcome. The class is taught by Cheryl Zupec who has studied yoga for 25 years and taught adult and children's yoga for almost 10 years.

Classes are held on Wednesday evenings from 5:30 to 6:30 pm in Asbury's Fellowship Hall. Cost is \$7 per class or \$36 for six classes. Please bring your own mat or you can sit in a chair. Call Cheryl at 218-343-4478 or email czupec@hotmail.com for more information or to register.



On March 10!



Asbury's Easter Flower Garden

Order Deadline is Friday, March 15

Time to order Easter flowers! Please bring your form(s) with payment (made out to Asbury UMC) to the church office or drop into the offering plate. **All orders need to be in by Friday, March 15. (Costs go up after March 15.)**

Flowers may be taken home after Easter Sunday worship, April 21.

Name: _____

Phone: _____

In Memory of: _____

In Honor of: _____

In Celebration of: _____

Easter Lily	\$13.00 x _____
Chrysanthemum	\$19.00 x _____
Reiger Begonia	\$19.00 x _____
TOTAL =	_____

Office Use Only	
Date paid: _____	Check #: _____



“Soup”er Bowl Thank You!

Thanks to all who supported the “Soup”er Bowl luncheon following services on Sunday, February 3. The soup was delicious, the hot rolls yummy, and the dessert great. Better yet was all the fellowship shared! Thanks again to Mary DeMars and her niece, Sue Jordan, for making the soups. Thanks, too, to all of the Faith Circle members who donated the rest of the lunch and for serving it and cleaning up with the help of all the men. Your free-will donations totaled \$297 which will be sent to the Food Shelf in March when funds are matched.

Volunteers Needed for Meatball Dinner

Have you considered helping out at Asbury’s Spring Meatball Dinner on Tuesday, April 16? Many workers are needed to make this successful

church fundraiser work, so please say YES when asked to help. A sign-up board will be in the Narthex.

The dinner is from 4:30 to 6:30 pm in the Fellowship Hall. Just \$10 for one of the best meals ever! Bring the family and friends. We have homemade every-

thing from meatballs, mashed potatoes with gravy, green beans almondine, coleslaw, breads and dessert. Beverages included. Take out is available and Asbury is handicapped-accessible.

Unsold tickets NEED to be turned in to Gary Winklesky by **Sunday, April 14.**

All proceeds go towards paying our 2019 MN Annual Conference apportionments.



Asbury News

The Warming Center

The Warming Center, located at 5830 Grand Avenue, is a partnership between CHUM, the City of Duluth and St. Louis County. The Center opened on January 17 and offered shelter on 13 nights in January when night-time temperatures fell below zero. Hours of operation are 10:00 pm to 6:30 am on sub-zero evenings. The DTA offers free bus rides to and from the Warming Center.

On open nights at the Warming Center donations of coffee, cocoa, tea, hot cider mix, fruit, snacks and food that is easily shared among 25 to 30 people is welcomed. There is no kitchen or food storage capacity.

UMW Meetings

- UMW board members will meet in the Wesley Room on Wednesday, March 6.
- Love/Hope Circle will meet at 1:00 pm on March 19 in the Wesley Room. Mable Ridgewell is hostess.
- Faith Circle will meet Thursday, March 23 at 7:00 pm in the Wesley Room. Judy Pearson is the hostess and will present devotions.
- 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. The next meeting is March 18.

SALE

Annual Spring Rummage Sale

Donations are being sought for Asbury’s Annual Spring Rummage sale on Saturday, April 27 from 8:00 am to 1:00 pm in the Fellowship Hall. All good and barely used items can be brought in the week after Easter. (NO CLOTHING, SMALL APPLIANCES/ELECTRONICS PLEASE!) A drop-off schedule will be in upcoming announcements and the April Messenger.

All proceeds go towards paying our 2019 MN Annual Conference apportionments.

If you bring something that needs a plate, cups, napkins, or utensils, please bring those along, too. Cough drops, lip balm and bus passes also are appreciated.

Please bring all donations of WARM hats, gloves, mittens, scarves, socks and hand warmers to CHUM at 102 W. 2nd Street. ALL clothing and blanket donations should be brought to the Damiano Center Free Store at 206 W. 4th Street. **Thank you for your support!**



Asbury United Methodist
PO Box 7135
Duluth MN 55807

Return service requested

Meet Our Staff



Pastor:.....Cindy M. Rasmussen
Administrative Asst.:Shirley Brandt
OrganistPhyllis Kruell
SS Choir DirectorRuby Slennes
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: March 21 for April 2019 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.*