



**Asbury**

UNITED METHODIST CHURCH  
A Place For All. No Exceptions.

6822 Grand Avenue, PO Box 7135  
Duluth, MN 55807  
218-624-0061

The Reverend Katherine Cornell

**In-Church & Online  
Sunday Worship 10:00 am**  
asburyduluth.org/about-us/worship/

**Office Hours**  
Monday-Thursday: 10:00 am to 3:30 pm  
Closed Friday



# Messenger



## Schedule for LENT

- March 5** "We Need Another Way"  
2<sup>nd</sup> Sunday in Lent/Communion
- March 12** "Fresh Conversation, Part 1"  
3<sup>rd</sup> Sunday in Lent/Birthday/Asbury Singers
- March 19** "Fresh Conversation, Part 2"  
4<sup>th</sup> Sunday in Lent/Praise
- March 26** "A Daily Practice, Part 1"  
5<sup>th</sup> Sunday in Lent
- April 2** "A Daily Practice, Part 2"  
Palm/Passion Sunday/Communion
- April 6** Maundy Thursday, 6:30 pm
- April 7** Good Friday Ecumenial Service,  
United Protestant Church, 6:00 pm (5:30 pm for choir)
- April 9** "The Greatest Conversation"  
EASTER SUNDAY/Birthday

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### March Foodshare Campaign 2023

**D**uring the entire month of March, all donations to CHUM's Emergency Food Shelf are proportionally matched by the Greater Minnesota Council of Churches. Asbury UMC can help by contributing cash and/or food donations. Cash donations are favored as the Food Shelf is able to stretch cash donations to purchase much more food.

Please mark your monetary donation as CHUM Foodshare on the memo line or envelope and drop into the collection plate on Sundays or mail to 6822 Grand Ave., Duluth, MN 55807.

A table will be set up in the Narthex for food donations. Asbury has elected to focus on donations of foods most needed by CHUM: **peanut butter; canned soups, stews and chili; canned fruit; canned beans; Pasta Sides; Rice-A-Roni.**

If you would like to make a food donation, please drop items off on Sunday mornings or during the week (always best to call first to confirm someone is in the office, 218-624-0061).

**We will collect from March 1 through March 30.** The Food Shelf continues to be busier than average and are in need of a lot of donations to help get them through the coming months. Thank you for your support.



— Asbury's Outreach Team



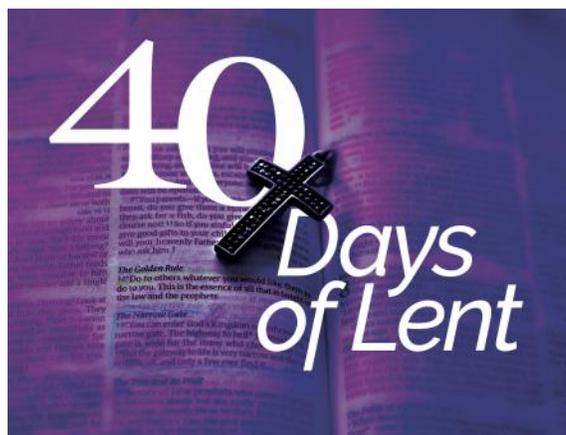
# A Penny For Your Thoughts

## Easter Preparations

**A**s we continue our time of Lent, the question becomes, how are we preparing ourselves for the Easter time that is coming? Lent is a period of 40 days between Ash Wednesday and Easter Sunday (not counting the six Sundays). We take time to get quiet, to listen, to think about ways we are growing and ways we still need to grow. Sometimes we decide to change something about ourselves that helps us grow the direction we need to grow. We might give up something, like eating rich or unhealthy foods, or doing things that seem to waste time or are detrimental to our lives. Sometimes we practice new things, like exercise, or reading books that are good for us, or practicing meditation or prayer, or keeping a journal. It is never too late to join in the preparation or commit to a new practice.

This year, as a way of growing during the season of Lent, we as a church are looking at our conversations. How do we converse with one another and people in the community around us? Are we building connections and supporting one another, or are we being divisive and tearing each other down? Perhaps, it is somewhere in between? In our Lenten study book "The Six Conversations," Dr. Heather Holleman helps us look at the attitudes we bring into conversations, the goals of our conversations, and how we can practice being better conversation partners.

The reason these skills are so important is that our conversations help build our



connections with one another. Connections build relationships, and relationships are our opportunities to express God's love for each person, inviting them into more connection and life-giving relationships.

Easter is coming. Easter is all about celebrating the renewal of life in the resurrection of Jesus. If we work on our connections with one another and with the larger community, strengthening them and expanding them now through conversations, we will have that many more opportunities to celebrate and rejoice together come Easter time.

So join me in these 40 days of Lent, or whatever is left of them as you read this. Join me in taking a look at our daily conversations. Let's build connections in these conversations that will ultimately give us a chance to invite everyone we know to celebrate God's love together!

Blessings and Peace,  
Katherine

**Pastoral Care:** 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 case of emergency and there is no answer at the church, please contact Pastor Katherine at 828-263-2035 or email at [kcornell@wnccumc.net](mailto:kcornell@wnccumc.net).

# Asbury News



## Thank You!

Dear Asbury Friends

Thank you for your support, prayers, phone calls and cards during my recovery. I am coming along and hope to be back at church soon. I miss you all. Asbury is surely a caring and loving congregation. Thank you all for keeping me in your prayers.  
— Audrey Johnson

Asbury UMC received a Certificate of Appreciation from Second Harvest Northern Lake Food Bank in deep gratitude for our partnership which provides food for families, children and seniors facing hunger.

### Membership Information Class — Save the Date

A membership information class will be held after worship on **Sunday, April 23** in the Wesley Room



## Asbury's Easter Flower Garden

### Order Deadline is March 12

Time to order Easter flowers! Please bring your form with payment (made out to Asbury UMC) to the church office or drop into the offering plate. **All orders need to be in by Sunday, March 12.** Flowers may be taken home after Easter Sunday worship, April 9.

Name: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 In Memory of: \_\_\_\_\_  
 In Honor of: \_\_\_\_\_  
 In Celebration of: \_\_\_\_\_

Easter Lily \$18.00 x \_\_\_\_\_

Chrysanthemum \$20.00 x \_\_\_\_\_ Please circle color preference

Lavender    Purple    White    Yellow

Begonia \$18.00 x \_\_\_\_\_ Please circle color preference

Peach    Hot Pink    Orange    Pink    Red    Yellow

TOTAL = \_\_\_\_\_

Office Use Only

Date paid: \_\_\_\_\_ Check #: \_\_\_\_\_

Our March Outreach/  
 Communion Offering  
 collection is for the  
 Second Harvest Food Bank

### Attendance . . .

Feb. 5      55 In-church/45 views  
 Feb. 12    47 In-church/23 views  
 Feb. 19    64 In-church/67 views  
 Feb. 26    59 In-church/30 views

### Scripture Readers . . .

March 5            Dave Stromgren  
 March 12           Ruth Thorpe  
 March 19           Dale Thorpe  
 March 26           Jan Akervik



### MARCH BIRTHDAYS

- 1      Zak Tollefson
- 7      Jan Akervik  
       Katherine Cornell  
       Lynn McGraw
- 9      Julie Arnt
- 11     Karina Kokotovich
- 15     Janessa Brackett  
       Allison Finnely
- 19     Teri Akervik  
       Ruby Nelson
- 22     Joe Mickelson  
       Steve Mickelson  
       Taylor Robinson
- 23     Mick Levinski
- 25     Lynn Tollefson
- 28     Stephanie Peterson  
       Nolan Randa  
       Renee Randa
- 30     Marc A. Kujawa, Jr.

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

# Asbury News

## Camp Minnesota

Pastor Katherine and the Christian Education team encourage all children and youth to attend camp this summer. Many opportunities will be available, and it would be fun if Asbury UMC children attend the same camp (not necessary but fun).

Scholarships are available to help with camp costs. More information will be in upcoming announcements and Messengers.

## Scholarship Information

Scholarship Sunday has been set for April 30 this year. **Applications will be due by April 23.** More information on the VanKleek and

Maida scholarships will be in the April Messenger.

The application will be available by March 15. It may be obtained in the church office or please submit a request at [asburyumcduluth@hotmail.com](mailto:asburyumcduluth@hotmail.com) or download from the website at

[www.asburyduluth.org](http://www.asburyduluth.org),



**On March 12!**

## LEGACY

**INVESTING IN THE FUTURE**

Share your love for your church  
with future generations.  
Leave a legacy gift to Asbury UMC.

**SAVE THE DATE**  
Saturday, April 29<sup>th</sup>  
to learn more!



## Communications Team News

In the summer of 2022, Pastor Katherine and Asbury Church Leadership issued a call for persons interested in helping the church “get the word out about the amazing events and activities that go on” at Asbury United Methodist Church.

The presenting challenge was for a team of people to brainstorm together about how to communicate the wonderful opportunities available to church members, the community around the church, and outside organizations which consider Asbury UMC home for their meetings, support groups, and more. In August 2022, a small group came together – Alice Brenny, Dawn Jones, Sue Baker, Cathy Sampson and Pastor Katherine – to begin that brainstorming process.

Generally, the group meets monthly to review upcoming activities and events and to decide how best to get the word out. The first communication effort was focused on persons using the Asbury parking lot for “Boo at the Zoo”. The team had “welcome and information” slips created – thank you, Shirley, for your wonderful creativity and help. We attached a package of fruit snacks to the slip and on each of the three Saturdays of Boo at the Zoo, we attached the snack slips to the windshields of the vehicles in the parking lot.

Recently, we asked that a bulletin board be installed in the Fellowship Hall near the back door as a place to post current events to catch the eye of those groups that use the Fellowship Hall for their activities – Yoga, the MS Support Group, Bone Builders – and other visitors that we welcome to Asbury to pick up pasties, donuts, apple pies, Fall Pantry items, participate in the rummage sale and/or Advent Tea, and more. This bulletin board is meant to be “dynamic” meaning that the information will be current and changed frequently.

An ongoing communication tool is the “Upcoming Events” slips that are inserted in all the outgoing bags of goodies that are purchased during the pasty sale, drive-through meatball dinner, the Fall Pantry and the rummage sale. We have received feedback that people save those listings and look forward to the next event.

The work of communication is an ongoing, intentional effort. The Communications Team welcomes your input, ideas, and good communication intention in your own committee work. Watch for future updates and communication from this Team. Consider joining this Team, too. It’s been fun work to brainstorm ideas about spreading the word about all of Asbury’s various activities.

# Calendar

## March 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Boy Scout Troop 16 meets on Sundays, 6:00 to 7:30 pm in the Fellowship Hall.</p> <p>Gentle Yoga meets on Wednesdays, 5:30 pm in the Fellowship Hall (unless otherwise specified). Call Cheryl Zupec at 218-343-4478 for more information.</p> <p>Asbury Singers practice each Sunday except Praise Sunday from 9:00 to 9:30 am</p> <p>The Praise Team practices each Wednesday at 6:30 pm and on Praise Sunday at 9:15 am</p>			<p><b>1</b></p> <p>8:30 am Men's Coffee, FH</p> <p>9:30 am UWF Board Meeting, WR</p> <p>5:30 pm, YOGA, FH 6:30 pm Praise Team Practice</p>	<p><b>2</b></p> <p>9:30 am Bone Builders, FH</p> <p>10:00 to 10:45 am, 2nd Harvest Food Dist</p> <p>11:00 am Lenten Study, WR</p>	<p><b>3</b></p> <p>Dumpster Pick Up</p>	<p><b>4</b></p>
<p><b>5</b></p> <p>2nd SUNDAY IN LENT 9:00 am Asbury Singers 10:00 am, Worship/Communion 10:15 am, Sunday School 11:00 am, Fellowship, FH</p>	<p><b>6</b></p>	<p><b>7</b></p> <p>9:30 am Bone Builders, FH</p> <p>10:00 am, SVFC, WR</p> <p>11:30 am MS Support Group, FH</p>	<p><b>8</b></p> <p>8:30 am Men's Coffee, FH</p> <p>1:00 pm Finance, WR</p> <p>5:30 pm, YOGA, FH</p> <p>6:30 pm Praise Team Practice</p>	<p><b>9</b></p> <p>9:30 am Bone Builders, FH</p> <p>11:00 am Lenten Study, WR</p> <p>3:00 pm Communication Team</p> <p>6:30 pm SPRC, WR</p>	<p><b>10</b></p>	<p><b>11</b></p>
<p><b>12</b></p> <p>3rd SUNDAY IN LENT DAYLIGHT SAVINGS TIME 9:00 am, Asbury Singers 10:00 am, Worship/Birthday/ Asbury Singers 10:15 am, Children's Church 11:00 am, Fellowship, FH</p>	<p><b>13</b></p> <p>2:00 pm Knitting Klub, WR</p>	<p><b>14</b></p> <p>9:30 am Bone Builders, FH</p> <p>10:00 am, SVFC, WR</p> <p>4:00 pm Trustees, WR</p>	<p><b>15</b></p> <p>8:30 am Men's Coffee, FH</p> <p>5:30 pm, YOGA, FH</p> <p>6:30 pm Praise Team Practice</p>	<p><b>16</b></p> <p>9:30 am Bone Builders, FH</p> <p>11:00 am Lenten Study, WR</p> <p>1:00 pm Faith Circle, WR</p>	<p><b>17</b></p>  <p>Dumpster Pick Up</p>	<p><b>18</b></p>
<p><b>19</b></p> <p>4th SUNDAY IN LENT UMCOR SUNDAY 9:15 am, Praise Team 10:00 am, Worship/Praise 10:15 am, Sunday School 11:00 am, Fellowship, FH</p>	<p><b>20</b></p> <p>9:30 am Green Door Book Group, FH</p> <p>MESSENGER DEADLINE</p>	<p><b>21</b></p> <p>9:30 am Bone Builders, FH</p> <p>10:00 am, SVFC, WR 1:00 pm Love/Hope Circle, WR</p> <p>6:30 pm Ad Council, FH &amp; Zoom</p>	<p><b>22</b></p> <p>8:30 am Men's Coffee, FH</p> <p>5:30 pm, YOGA, FH</p> <p>6:30 pm Praise Team Practice</p>	<p><b>23</b></p> <p>9:30 am Bone Builders, FH</p> <p>11:00 am Lenten Study, WR</p>	<p><b>24</b></p>	<p><b>25</b></p> <p>9:00-10:30 am Free Community Breakfast, Our Savior's Lutheran</p>
<p><b>26</b></p> <p>5th SUNDAY IN LENT 9:00 am, Asbury Singers 10:00 am, Worship 10:15 am, Bible Bingo 11:00 am, Fellowship, FH</p>	<p><b>27</b></p>	<p><b>28</b></p> <p>9:30 am Bone Builders, FH</p> <p>10:00 am, SVFC, WR</p>	<p><b>29</b></p> <p>8:30 am Men's Coffee, FH</p> <p>5:30 pm, YOGA, FH</p> <p>6:30 pm Praise Team Practice</p>	<p><b>30</b></p> <p>9:30 am Bone Builders, FH</p> <p>11:00 am Lenten Study, WR</p>		

# Asbury News

## Ad Council Meeting Minutes — 2-21-23

### Opening

Sandy Winklesky, Ad. Council Chairperson, called the meeting to order at 6:30 p.m. The council met in the Wesley Room and also on Zoom. Pastor Katherine led us in prayer.

### Secretary's Report:

Minutes of the January 17, 2023, Administrative Council were reviewed. Steve Kokotovich made a motion to accept the minutes as read. The motion was seconded and unanimously approved.  
M – Steve Kokotovich, S – Nancy Wagner

### Lay Leader's Report – Steve Kokotovich

Steve commented that it was nice to see the West Duluth churches working together.  
Steve said that he is looking forward to the church activities of Lenten season.

### Treasurer's Report – Pastor Katherine for Pat Anscomb

The January monthly summary was given. Balance on Hand, 1/31/2023 is <\$431.11>.

As of 1/31/2023 we have paid 0% of our 2023 Conference Apportionments with a balance due of \$19,813.00.  
Steve Kokotovich made a motion to accept the Treasurer's Report. The motion was seconded and unanimously approved.  
M– Steve Kokotovich, S – Nancy Wagner

### Staff Parish Relations Committee – Steve K for Barb Kokotovich

The next meeting will be on March 9, at 6:30 p.m.

### Trustee's Report – Nancy Wagner

The committee is looking for a good time for its members to meet. The communication bulletin board is up. Work will be done on the window trim. The stove hood is still in the works.

### United Women of Faith – Pastor Katherine for Jan Akervik

The next UWF Board meeting is on Wednesday, March 1.

### Outreach and Missions Team – Steve Kokotovich

The committee met on February 7.  
The CPR and AED Training went well.  
Toys were collected for the Salvation Army Toy Drive.  
The next meal to serve for the Damiano Center is on April 29.  
The CHUM Food Shelf Drive will start in March.

### Education Team – Sandy Winklesky

Sunday School classes are still ongoing with a variety of activities and lessons.  
Asbury continues to build a church/school partnership with Laura MacArthur. Asbury provided a meal for the staff during conferences.

### Worship Team – Pastor Katherine for Donna Mickelson

The Ash Wednesday Service is tomorrow at 6:30 p.m., weather permitting.  
The team is preparing for the Lenten season.

## TREASURER'S REPORT:

1/31/23

### GENERAL FUND:

Balance on Hand 12/31/22	<\$ 757.59>
Deposits	\$ 13,291.86
Total to Account for	\$ 14,049.45
Checks Written	<\$14,489.56>
Balance on Hand, 1/31/23	<\$ 431.11>
Unpaid Bills through 1/31/23 (includes apportionments)	<\$1,651.08>
Net Ending Balance at 12/31/22	<\$ 2,082.19>

### Nurture/Congregational Care Team – Sandy Winklesky

Visitation Committee – There will be an 80 Plus luncheon on August 8.  
Scholarship Committee – Information about scholarships will be in the Messenger and a Scholarship Sunday date will be decided.  
Membership Committee - The pictorial directory is still available.

### Pastor's Report – Katherine Cornell

The Lenten Bible Study will begin this coming Thursday, weather permitting.  
The Communications Team is thankful to the Trustees for putting up the bulletin board. There will be an article in the next Messenger outlining the work of the Communications Team and inviting more people to join.  
Fundraising Idea - Grandma's Marathon has asked Asbury if we could provide people to work at the Friday night spaghetti dinner on June 16. A donation will be sent to Asbury, and each person who works will receive a swag bag.  
First United Methodist Church has asked if they could put a sign about Ruby's Pantry on our church property. The council agreed to accept this request.  
There will be no fellowship coffee time after the church service on Easter Sunday. Meatball dinner tickets will be available for purchase on that day.

### Old Business - none

### New Business – none

### Closing

The next Ad. Council meeting will be on Tuesday, March 21, 2023 at 6:30 p.m.  
Nancy Wagner made a motion to adjourn the meeting. The motion was seconded and unanimously approved.  
M – Nancy Wagner, S – Steve Kokotovich  
The meeting was adjourned at 7:25 p.m.

Respectfully Submitted,  
Patricia Bennett, Recording Secretary

# Kid's Corner



## A seasonal reminder

Signs of spring remind us of God's promises.

*Directions: Use the picture code and clues to complete Isaiah 61:11, NIV.*

 plants grow here

 to coil and jump  
(also a season of the year)

 to expand and get bigger

 seeds are planted in this

 when watered, these make plants

 another word for seedling

For as the \_\_\_\_\_ makes the \_\_\_\_\_

\_\_\_\_\_  \_\_\_\_\_   
come up and a \_\_\_\_\_ causes

\_\_\_\_\_  to \_\_\_\_\_ , so the  
\_\_\_\_\_ 

Sovereign LORD will make righteousness

and praise \_\_\_\_\_  \_\_\_\_\_ up before all nations.

ISAIAH 61:11, NIV

Answer: soil, sprout, garden, seeds, grow, spring

## SPRINGTIME SNACKS



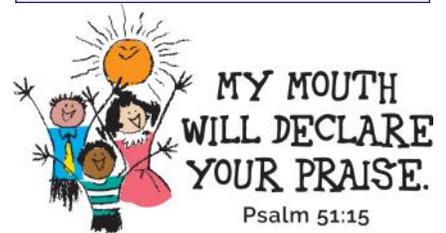
Whip up a plate of these cute, healthy treats!

### What you need:

- Celery sticks
- Cherry tomatoes
- Cucumber circles
- Olives
- Cream cheese spread
- Fresh basil leaves (optional)
- Adult help

### What you do:

1. Have an adult help you wash and cut the veggies.
2. Spread cream cheese inside the celery rods.
3. Place a cucumber circle upright in the cream cheese to make a bug body.
4. Add the tomato as a head.
5. Arrange basil leaves on a plate and place the veggie bugs on them.
6. Making different-shaped bugs with your favorite veggies. Enjoy!



MY MOUTH  
WILL DECLARE  
YOUR PRAISE.

Psalms 51:15



**April 18**

Drive-Through Meatball Dinner

**April 30—May 14**

UWF Diaper Drive

**June 2**

Donuts (National Donut Day)

**June 22**

Rummage Sale

**August 8**

80+ Luncheon

**September 15-16**

Pasty Sale

**October 5-7**

Apple Pies

**October 14**

Fall Pantry

Donut Sale (Donut prep Oct. 11-14)

**October 24**

Drive Through Meatball Dinner

More information on all of these events to come in upcoming announcements and Messengers.

## UWF Meetings

- UWF board members meet at 9:30 am in the Wesley Room on the 1st Wednesday of each month. **The UWF Board will meet in the Wesley Room on March 1.** Karen Gokey is hostess and will present devotions.
- Love/Hope Circle meets at 1:00 pm in the Wesley Room on the 3rd Tuesday of each month. **Love/Hope Circle will meet on March 21 at 1:00 pm in the Wesley Room.** Sharon Picconatto will share devotions and Jean Dunkin will serve as hostess.
- Faith Circle meets at 1:00 pm on the 3rd Thursday of each month. **Faith Circle will meet March 16 in the Wesley Room.** A hostess and devotions leader is needed. Please contact Judy Pearson if you are willing to provide these two parts of the meeting.
- Knitting Klub meets at 2:00 pm in the Wesley Room on the 2nd Monday of the month. **The Knitting Klub will meet on March 13.**
- Green Door Book Group meets at 9:30 am in the Wesley Room on the 3rd Monday of each month. **The Green Door Book Group will meet on March 20 at 9:30 am in the Wesley Room.**
- **Bone Builders Plus meet on Tuesdays and Thursdays in the Fellowship Hall from 9:30 to 10:30 am. New members are welcome!** They do not meet on holidays or if there is a special event at Asbury. Bone Builders Plus is a program to improve balance, muscle strength, bone density and increase energy. It helps to prevent falls and improve dexterity. Participants enjoy increased socialization. Call Mary Kay at 651-206-9874 or Jan at 218-626-1539 for more information.



Asbury United Methodist  
PO Box 7135  
Duluth MN 55807

Return service requested

## Meet Our Staff



Pastor:..... Katherine Cornell  
Administrative Asst.: .....Shirley Brandt  
Music Coordinator/Organist: .....Phyllis Kruell  
Praise Team Leaders.....varies  
Custodian: .....Dan Mokros  
Ad Council Chair: .....Sandy Winklesky  
Treasurer: .....Pat Anscorb  
Finance ..... Judi VanDell  
Lay Leader/Outreach: ..... Steve Kokotovich  
Trustees: .....Nancy Wagner, Terry Olson  
UWF President.....Jan Akervik  
SPRC Chair ..... Barb Kokotovich  
Worship Chair .....Donna Mickelson  
Christian Ed.: Alice Brenny/Sandy Winklesky  
Scholarship ..... Shelly Vanneste  
Membership ..... Candy Kokotovich  
Visitation ..... Karen Gokey

This newsletter is e-mailed/mailed monthly by Asbury UMC, Duluth MN.

**EDITORS:** The Rev. Katherine Cornell; Shirley Brandt, Admin. Asst.

**CHURCH OFFICE:**

218-624-0061 ~ asburyumcduluth@hotmail.com ~ www.asburyduluth.org

**NEXT MESSENGER DEADLINE: March 20 for April 2023 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 Vision & Mission Statement**

**Vision:** At Asbury UMC, we believe God's words and ways are key to abundant life for ourselves and our community.

**Mission:** Asbury UMC is a welcoming, active church that exists to serve, grow, build, and bless our congregation, community, and the world.