



Asbury

UNITED METHODIST CHURCH
A Place For All. No Exceptions.

6822 Grand Avenue, PO Box 7135
Duluth, MN 55807
218-624-0061
asburyumcduluth@hotmail.com

The Reverend Katherine Cornell

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

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



Table of Contents

A Penny For Your Thoughts	2
Pastoral Care Info	
Asbury News	3-6
Worship Notes	
August Birthdays	
Thank You!	
Letter From Genesis	
Wednesday Night Yoga	
School Supplies	
Biking Adventure	
Worship in August	
Treasurer's Report	
80+ Luncheon	
Upcoming Events	
Calendar	
Kid's Corner	
United Women in Faith	7
October Fall Pantry	
UWF Meetings	
Think Pasties	
Meet the Staff	8

Messenger

National Night Out Picnic August 6 — 5:00 to 6:30 pm

National Night Out is just a few days away and we hope you will join us for a great night of visiting, eating, games and our Special Outreach Project of filling shower kits for CHUM!

We will deliver Door Hanger Invitations after church on Sunday, August 4 and are looking for volunteers to help distribute. We could also use help with set up, take down and serving food. Please call Steve Kokotovich if you would like to help, 218-722-4340.

Thanks to all of the people who have already signed up to contribute food products. Hope to see you there! — The Outreach Committee



Summer Worship/Potluck/Blessing of the Pets

On Wednesday, July 17 at 6:00 pm we celebrated Summer Worship and the Blessing Of the Pets. Attendees brought photos of their pets.

Everyone joined together and shared a bit about their pets during a time of worship outside, and then went inside the Fellowship Hall for a potluck meal of delicious foods.



Attendees at the July 17 Summer Worship.

TOP PHOTO L to R: Steve Kokotovich, Barb Rigstad, Ray and Donna Seger-Olsen, Paul Rigstad and Brian Cornell.

MIDDLE PHOTO L to R: Sharon Picconatto, Shirley Brandt, Donna Mickelson, Alice Brenny, Emma Larson, Peggy Larson and Martin Larson.

BOTTOM PHOTO L to R: Steve Mickelson, Glenn Paulick, Kari Kokotovich, Ale Kokotovich, Amy Kokotovich, Charles Crumb and Renee Randa.



Mark the date!
RALLY SUNDAY
September 8
More information to come
in the September Messenger.





A Penny For Your Thoughts

Summer of the Monarchs

When I look back on this Summer, I might remember it as the summer of the monarchs. We as a church have been invited to learn and grow in our relationship to these amazing butterflies. Brian and I found an egg during the first learning time and we placed it in a jar and waited hopefully. To be honest, I wasn't even sure that we really had an egg. Every day we checked the tiny egg and finally I saw a very small caterpillar. I almost missed it. I put a new leaf of milkweed in the jar every other day to make sure it had food, but I wasn't sure if I was doing it right. When we went on vacation, we gave the dog sitter instructions to keep watch on our little friend.

Amazingly enough, while we were gone we received a picture of an actual, recognizable monarch caterpillar. After we returned, it wasn't long before the caterpillar hooked onto the top of the mesh lid and formed a cocoon. Then came another time of waiting and watching.

Finally, one morning I gave a glance at the jar and a full grown butterfly was gracefully perched on the remains of his cocoon. I was startled and called for Brian to come quickly! We took him outside, and moments after we opened the lid he flew away and perched on a nearby tree. We knew the Monarch was male because of the nodes towards the bottom of his wings.

Perhaps this amazing journey with its doubts, waiting, uncertainty, transformation, and beauty is an apt representation of ministry in the church. As the summer ends and the new school year begins, plans for continued ministry and new beginnings of relationships and ministry are in different stages of growth. The



fall ministries are waiting just around the corner with Sunday School and Praise Team and Asbury Singers beginning again. We are looking forward to continuing our Church-School Partnerships and work projects. New relationships are being built through Biking With Asbury and fellowship at our 80+ Luncheon on August 22. And, we are expanding our mission with more shower kits during our time with neighbors at our National Night Out picnic on August 6.

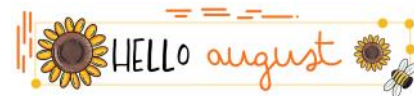
It is wonderful to be part of these different activities and ministries with you. I look forward to seeing the beauty and transformation continue as we enter again these new times.

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.
Pastor's day off is on Friday and she works from home on Mondays.

Asbury News



Thank You!

Dear Asbury Family:

I would like to thank everyone for the prayers, calls, emails, texts, visits and cards that I received after my fall. I feel truly blessed to have such a caring church family. — Pat Anscomb

Dear Asbury United Methodist Church:

Thank you for your recent donation to the Union Gospel Mission. Here at UGM we are driven by a belief that everyone deserves food, shelter and hope. Because of the generosity of our donors, the Mission has been on that mission for over 100 years. Your gift ensures we can continue serving our guests in a way that preserves pride and inspires belief in a better tomorrow. Because shelter fills a need, food fills stomachs, but hope fills the soul. — Katie Hagglund, Exec. Dir.

Our August Free Will Outreach Offering is for the Valley Youth Center.



Attendance . . .

June 30	63 In-church/45 views
July 7	44 In-church/25 views
July 14	42 In-church/48 views
July 21	53 In-church/30 views
July 28	47 In-church/25 views

Scripture Readers . . .

August 4	Kari Kokotovich
August 11	Candy Kokotovich
August 18	Sue Soder
August 25	Dale Thorpe

Letter From Our Sponsored Child Genesis

Dear Sponsors/Friends, Genesis hopes you are doing well along with your family. Genesis says thank you for sponsoring her. It is a blessing for her and her family. Genesis would like to ask what do you do in church? Genesis asks you to pray for her and her family, so God may protect and bless them. Genesis says bye with love.

Translated verbatim by Angel M.



Photo at right: Genesis doing her schoolwork.



Wednesday Night Yoga

If you want to stay flexible and keep your joints moving, join us for yoga on Wednesday nights at 5:30 pm in Asbury's Fellowship Hall. Cost is \$10 per class or six classes for \$36. Call Cheryl Zupec at 218-343-4478 for more information or with any questions.

Back To School Supplies Collection

This Fall we will once again be supporting area schools with our back-to-school monetary donations. Since backpacks have become widely available for school children through other means, we will again be uniting with Duluth's Companies to Classrooms, a free supply store for teachers. Through August 18, we are accepting monetary donations which we will then pass on to Companies to Classrooms. We will have a collection box in the Narthex for you to put your monetary donation, or you may mail your donation to the church and designate it for our back-to-school collection. **If writing a check, please make it out to Asbury United Women of Faith.** Thank you in advance for your support. If you have questions, please contact Patty at 218-349-5547.

Biking With Asbury UMC

Join us to enjoy the outdoors, have some fellowship, fun and movement all with some low impact exercise. We will meet at 1:00 pm at Asbury. Participants can go at their own pace according to ability and comfort level. **Our next ride is August 3.** All are welcome!

For more details, please contact Robin Williams, 218-341-9158.



- 1 Ruth Bloomquist
- 4 Cory Plys
Eric Stromgren
- 11 Sarah Herrick-Smisek
Chris Rager
- 16 Barb Kokotovich
- 17 Ian Lewandowski
Mallorie Schwartz
- 18 Dan Herrick
- 20 Kathy Behn
- 22 Leanne Stauduhar
- 25 Amy Kokotovich
Joe Kokotovich
- 27 Steve Bennett
Dennie Parendo
- 30 Georgia Rager
Lily Ann Vanneste
Emma Jo Vanneste

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

Asbury News

Worship In August

There are three ways to participate in worship:

- 10:00 am at Asbury UMC on Sundays. Join us live at 10:00 am and join us for fellowship, coffee and treats in the Fellowship Hall after worship.
- 10:00 am livestream service on Sundays via YouTube as the live service is taking place. An email with the YouTube link and an online worship bulletin is sent out prior to each Sunday.
- Or, you can watch the YouTube service at anytime by logging in using the link provided for each Sunday or on our website at:
<https://asburyduluth.org/about-us/worship/>

August Worship Theme: During our worship time in August, we begin with a message on how we are to develop and grow in our discipleship (August 4), then we explore God's love that is available for us no matter whether we are growing or not (August 11). We continue with looking at what it means to fear God as the beginning of all wisdom (August 18) and conclude by delving into how we are equipped for God's actions (August 25). Come and join us as we learn and grow together!

August 4

Scripture Passages:

John 6:24-35; Ephesians 4:1-16

Message: "Growing Into Christ"

August 11

Scripture Passages:

Ephesians 4:25-5:2; Psalm 130

Message: "God's Faithful Love"

August 18

Scripture Passages:

1 Kings 2:10-12, 3:3-14; Psalm 111

Message: "Wisdom"

August 25

Scripture Passages:

Psalm 84; Ephesians 6:10-20

Message: "God's Fight"

TREASURER'S REPORT:

6/30/24

GENERAL FUND:

Balance on Hand 5/31/24	\$ 3,917.85
Deposits	\$ <u>22,409.17</u>
Total to Account for	\$ 26,327.02
Checks Written	<u><15,251.87></u>
Balance on Hand, 6/30/24	\$ 11,705.15
Unpaid Bills through 6/30/24 (includes apportionments)	<\$10,062.48>
Net Ending Balance at 6/30/24	\$ <u>1,642.67</u>

80+ Luncheon — August 22

The 80+ Luncheon will be held on August 22 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.

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 22. Please call Karen Gokey at 218-464-2005 or the church office at 218-624-0061. We look forward to hearing from you.

AUMC Upcoming Events

August 6, 2024

NATIONAL NIGHT OUT PICNIC

5:00 to 6:30 pm, Lower Parking Lot

September 13-14, 2024

PASTY SALE

Call 218-624-0061 to order.

Deadline to order: **September 8**

October 12, 2024

FALL PANTRY

9:00 to 11:00 am, Fellowship Hall
freshly fried donuts; homemade apple pies (frozen to take-and-bake); 350 pasties (come early!); pickles, jams, jellies and more; Cookie Table; breads, baked goods; craft/knit items

October 22, 2024, 4:30 to 6:00 pm

DRIVE THROUGH MEATBALL DINNER

Preorder tickets to reserve dinner — limited tickets at door

NEW! Preorder container of 5 meatballs.

Preorders call 218-624-0061.

Deadline to preorder and pay:

October 13

Checks made out to Asbury UMC or exact cash please!

Calendar

August 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Gentle Yoga meets on Wednesdays, 5:30 pm to 6:30 pm in the Fellowship Hall (unless otherwise specified). Call Cheryl Zupec at 218-343-4478 for more info.</p> <p>Asbury Singers practice each Sunday except Praise Sunday from 9:00 to 9:30 am in the FH. They practice at 9:30 am on Sundays they sing. The Singers will be on break in August.</p> <p>The Praise Team practices each Wednesday at 6:30 pm and on Praise Sunday at 9:00 am. The Praise Team will be on break in August.</p> <p>Shirley will be out of the office August 2—12.</p>				1	2	3
				NO Bone Builders until September	Dumpster Pick Up	1:00 pm Biking with Asbury. Meet at the church.
4	5	6	7	8	9	10
10:00 am, Worship/ Communion 11:00 am, Fellowship, FH	8:30 am Landscape/ Garden Team, FH	NO Bone Builders until September 5:00-6:30 pm NNO Picnic Lower Parking Lot	8:30 am Men's Coffee, FH 9:30 am UWF Board Meeting, WR 5:30 pm, Worship, WR 5:30 pm, YOGA, FH			
11	12	13	14	15	16	17
10:00 am, Worship/Birthday 11:00 am, Fellowship, FH	8:30 am Landscape/ Garden Team, FH 2:00 pm Knitting Klub, WR	7:00 am—8:00 pm POLLING SITE, FH 2:00 pm Comm. Team, WR 6:30 pm Ad Council, FH & Zoom	8:30 am Men's Coffee, FH 9:30 am, Trustees, WR 5:30 pm, YOGA, FH	12:00 pm Faith Circle, meet at Sandy W's home 2:00 pm Finance, WR	Dumpster Pick Up	
18	19	20	21	22	23	24
10:00 am, Worship/Praise 11:00 am, Fellowship, FH 4:00 pm, TPUMM's meeting at Winklesky's home	8:30 am Landscape/ Garden Team, FH No Green Door Book Group until September		8:30 am Men's Coffee, FH 5:30 pm, YOGA, FH	11:00 am 80+ Luncheon, FH MESSENGER DEADLINE	11:00 am Phyllis Mullen Memorial Service Visitation at 10:00 am	9:00-10:30 am Free Community Breakfast, Our Savior's Lutheran
25	26	27	28	29	30	31
10:00 am, Worship 11:00 am, Fellowship, FH	8:30 am Landscape/ Garden Team, FH		11:00 am Membership Team, WR	MESSENGER EMAILS/MAILS	Dumpster Pick Up	8:30—10:30 am 11:00 am-1:00 pm Damiano Center Volunteers

Kid's Corner

PUZZLE

BY THE SEASHORE

The sea and its creatures are evidence of God's intention and purpose in creation.

Directions: Unscramble the words. Then copy the circled letters in order below to complete Psalm 104:24-25, NIV.



DASN
LHSELS
USN
ESEDAIS
BHECA
LALUBMER
WRTEA
FRUS
VWSEA



□ _ _ _
_ _ _ □ □ _
□ _ _ _
_ _ □ □ _ _ _
_ _ _ □ _
_ _ _ □ □ □ _ □
_ _ _ □ _ _
_ □ □ _ _
_ _ _ □ □



How many are your works, LORD!
In wisdom you made them _____;
the earth is full of your creatures.
There is the _____, vast and spacious,
teeming with _____ beyond number —
living things both large and small.
Psalm 104:24-25, NIV

Answers: sand, shells, sun, seaside, beach, umbrella, water, surf, waves, all, sea, creatures



You don't have to visit the beach to make a sandcastle. Make fluffy "moon sand" to build fun structures.

What you need:

- Large bowl
- Wooden spoon
- 8 cups flour
- 1 cup baby oil



What you do:

1. Measure flour into the large bowl. Add baby oil.
2. Mix thoroughly until all the oil is combined and the texture is consistent. If needed, use your hands to knead the mixture.
3. The sand is ready when it sticks together to form a ball when pressed in your hands.
4. Use sand toys and molds to create a sandcastle. Store sand in an airtight container for up to two weeks.



i am...
LOVED [ROMANS 5:8]
worthy [1 THESSALONIANS 2:12]
cherished [EPHESIANS 5:29]
forgiven [1 JOHN 2:12]
chosen [COLOSSIANS 3:12]



UWF Fall Pantry — October 12

Please mark your calendars for UWF's Fall Pantry from 9:00 to 11:00 am on October 12. We are planning ahead and are asking for help with pie making, donut making or share your special talent in baking, knitting or crafting.

Think about making a batch of jam or perhaps some pickles or other canned delicacy, or a batch of zucchini muffins or bread. 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! Please make checks out to **Asbury UWF** and give checks or cash donations to our UWF treasurer, Lynn Tollefson.

If you have jam, jelly or pickle canning jars, please leave them in the kitchen.

UWF's budget is established for the next year as a result of the Fall Pantry. Through your participation in this event with all the delicious homemade items including canned goods, baked goods and craft items, we are able to help so many local ministries! We appreciate everyone's talent.

Thank you all for participating in the UWF Fall Pantry with your contributions and your purchases.

UWF Meetings

- UWF board members meet at 9:30 am in the Wesley Room on the 1st Wednesday of each month. **The Board will meet August 7.** Phyllis Wolden will share devotions and be our hostess. Fall event planning will begin.
- Love/Hope Circle meets at 1:00 pm in the Wesley Room on the 3rd Tuesday of each month. **NEW MEMBERS ARE WELCOME! The Circle will not meet in August.**
- Faith Circle meets at 1:00 pm on the 3rd Thursday of each month. **NEW MEMBERS ARE WELCOME! Members will resume meeting August 15 at noon with a salad luncheon and planning session for fall events at Sandy Winklesky's home.** Please bring a dish to share! Circle members will receive an email in the next few weeks to let Sandy know how many members are planning to attend.
- Knitting Klub meets at 2:00 pm in the Wesley Room on the 2nd Monday of the month. **NEW MEMBERS ARE WELCOME! Knitting Klub will meet August 12.**
- Green Door Book Club meets at 9:30 am in the Wesley Room on the 3rd Monday of each month. **The Green Door Book Club will not meet in August. They will resume meeting on September 16.**
- **Bone Builders Plus meet on Tuesdays and Thursdays in the Fellowship Hall from 9:30 to 10:30 am.** They do not meet on holidays or if there is a special event in the Fellowship Hall at Asbury. **No meetings in July or August. They will resume meeting starting September 3.** 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.



THINK PASTIES!

The Fall Pasty Sale will be September 13-14. More info to come in the September Messenger.

"Sign-up" board for helping and sign-up sheets for ordering will be in the Narthex.

Asbury United Methodist
PO Box 7135
Duluth MN 55807

Return service requested

Meet Our Staff



Pastor..... Katherine Cornell
Administrative Asst.Shirley Brandt
Music Coordinator/OrganistPhyllis Kruell
Praise Team Leaders.....varies
Custodian Martin Larson
Ad Council ChairSandy Winklesky
TreasurerPat Anscomb
Finance Judi VanDell
Lay Leader/Outreach Steve Kokotovich
Trustees.....Nancy Wagner/Terry Olson
UWF President.....Bev LeClair/Dawn Jones
SPRC ChairBarb Kokotovich
Worship ChairRenee Randa
Christian Ed. .Alice Brenny/Sandy Winklesky
Scholarship Shelly Vanneste
Membership Candy Kokotovich
VisitationKaren 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: August 22 for September 2024 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.