



# The Asbury BEACON

February 2020

Volume 20, Number 1

This month's **BEACON** is sponsored by *Jean Luttman*.

Our newsletter is a very important tool in helping us to communicate with and keep our Asbury Family connected! Thank you **Jean** for being our "BEACON ANGEL" for February! ❤️

## The Pastor's Corner

It's hard to think of spring when the winter winds are blowing. Yards, only a few weeks ago lush and green, are now covered with a thick blanket of white. However, spring is only a few weeks away. So, as we all plan our calendars for the much anticipated season of spring, I want to share with you some opportunities that will be available at Asbury you may want to consider joining.

A few years ago, I was standing in line at a church's potluck. I casually mentioned something about John Wesley. One person said to me, "Oh, is he coming?" That got me thinking. How much do we, as people called Methodists, know about the founder of the Methodist movement? Why the term "Methodist?" From where did "United" come? To answer some of those questions, I am offering a one-night seminar that I like to call "Methodism 101" or "Our United Methodist Roots." It will be held **Monday, February 10<sup>th</sup>; 6:30 PM** in the parlor. **ALL** are welcome - those who have been Methodists all your lives; those who are new to our denomination as well as those with "inquiring minds."

The season of Lent will be here before we know it. We will begin our Lenten season with **Ash Wednesday services on Wednesday, February 26<sup>th</sup>** at both 12:15 PM and again at 7:00 PM. These services will be held in the chapel. Included in the service is the imposition of ashes. I hope you will be able to come to one of these services as we start our journey toward Good Friday and Easter.

As we journey through Lent, I will be offering a **Bible study on each Monday night from 6:30 PM – 8:00 PM in the parlor beginning Monday, February 24, and concluding Monday, March 30**. The title of the study is **"The Walk; Five Essential Practices of the Christian Life" by Rev. Adam Hamilton**. Hamilton is the senior pastor of the United Methodist Church of the Resurrection in Leawood, Kansas. Hamilton writes in the introduction to his book, "I wrote this book to be a simple guide for the Christian life written for ordinary people whose faith is sometimes messy. It is written for those who wish to follow Jesus, to experience more of God in their lives, and to grow to become the people God wants them to be. It's based on four decades of reading, study, practice, and striving to live a Christian life, by a person whose faith is sometimes still messy. In it, we'll consider five simple practices that Jesus' followers have always pursued as they sought to walk with him. Jesus himself modeled these practices for us. These five are not an exhaustive list of spiritual disciplines. There are an infinite number of ways we might grow in our walk with God. But, these five are foundational, and I would say, essential for most of us. If you make these practices a part of the daily rhythm of your life, you'll find that they will play a key role in helping you grow in your faith, and in turn, that they will become an expression and fruit of your increasing faith." The five practices we'll study are worship and prayer, study, serve, give and share. **Books need to be ordered by February 10<sup>th</sup>**. Sign up is available on Sunday mornings or by calling the church office Monday thru Thursday from 10 a.m. to 2 p.m. At this time, the book costs \$13.49.

I am pleased to announce that we will have a **Membership Sunday on Sunday, March 8<sup>th</sup>, at the 10:15 AM service**. Have you thought about becoming a member of Asbury UMC? This would be the perfect time to do so! Please see me with any questions or what to do to become a member.

I am so blessed to be your pastor!

Pastor Penni

## ASBURY'S STAFF

### ADMINISTRATIVE ASSISTANT

TAMMY OLIVAS

### ASSISTANT TO THE PASTOR/ DISCIPLE DEVELOPMENT

MAX BOVEE

### BROADCAST MINISTRY

BOB KURTZ

### CHILD CARE WORKERS

ASHLEE WELSON

ANNE STREET

### CLEANING SERVICES

FRANCES GOUTREMOUT

### CONGREGATIONAL CARE

PAMELA QUIMBY

DARLENE WELBOURN

### FAITH COMMUNITY NURSE

DARLENE WELBOURN

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BINA WEST

JENNIFER WHITENACK

### PASTOR

REV. PENNI FARRINGTON



### THE VISION OF ASBURY

*To Make Disciples for  
Jesus Christ for the  
Transformation of the World.*

### THE MISSION OF ASBURY

*To inspire People of All  
Generations to Love, Learn  
and Lead Through Worship,  
Education, and Service.*

### THE ASBURY MOTTO

*No Matter Where You Are on Life's  
Journey, You are Welcome Here!*

## ASBURY WEEKLY MINISTRIES

### Sundays:

8:15 a.m. – Chapel Service, Chapman Chapel

9:00 a.m. – *The Wired Word* with Aaron Johnson, Parlor

10:15 a.m. – Morning Service, Sanctuary

11:15 a.m. – Fellowship Time, back of Sanctuary

11:45 a.m. – Chime Choir

### Mondays:

10:00 a.m. – Staff Meeting, Parlor

5:30 p.m. – Asbury Ringers Rehearsal

### Wednesdays:

11:00 a.m. – Prayer Circle, Parlor

### Thursdays:

4:00 p.m. – Junior Ringers

5:30 p.m. – Praise Band Rehearsal

6:15 p.m. – Agape Ringers Rehearsal

7:15 p.m. – Chancel Choir Rehearsal



## ASBURY MONTHLY MEETINGS

### Membership/Evangelism Team:

1st Tuesday of the month, 6:30 p.m., Sunday School Room

### Missions:

2nd Sunday of the month, 11:30 a.m., Parlor

### Worship Team:

2nd Sunday of the odd month, 12 noon, Parlor

### Trustees Meeting:

2nd Tuesday of the month, 6:30 p.m., Parlor

### PSPRC Meeting:

2nd Wednesday of the month, 5:15 p.m., Parlor

### Finance Team Meeting:

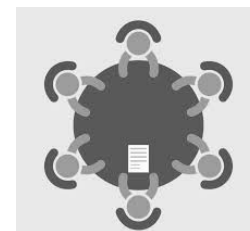
3rd Tuesday of the month, 3:00 p.m., Parlor

### New Day Board Meeting:

3rd Wednesday of the month, Noon, Parlor

### Quilters:

1st, 3rd, 5th Wednesday of the month, 9:00 a.m., Sunday School room



## THINGS TO LOOK FOR IN February

**ASBURY MEN'S FELLOWSHIP** - Saturday, February 1st, 8:00 a.m., Bob Evans

**CAMPERSHIP PANCAKE BREAKFAST** - Sunday, February 9th, 8:30-10:00 a.m.  
in Wesley Hall

**DOLLAR DINNER** - Sunday, February 9th, 4:30-6:00 p.m., in Wesley Hall

**METHODISM 101 SEMINAR** - Monday, February 10th, 6:30 p.m., Parlor

**ASBURY BOOK CLUB** - Friday, February 14th, 9:30 a.m., Parlor

**LENTEN BIBLE STUDY BEGINS** - Monday, February 24th, 6:30 p.m., Parlor



Lent Begins  
Ash Wednesday

**ASH WEDNESDAY SERVICES** - February 26th, 12:15 and  
7:00 p.m., Chapel



# SUNDAY SCHOOL NEWS

On Sunday, February 2<sup>nd</sup>, we will be doing "Souper" Bowl Sunday again. We will be collecting a noisy can offering that day to benefit the Salvation Army Soup Kitchen. The kids will have combined classes that day so they can help prepare a tomato soup and grilled cheese sandwich luncheon for Fellowship that day. There will also be decorated football cookies to enjoy.

On Sunday, March 1st, there will be no Sunday School classes that day, Communion Sunday, so we will have family worship that day. However, on that day, right after the main church service there will be a Sunday School planning meeting.

Starting Sunday, March 1st, and running thru March 29th, we will be collecting soap, body wash, and shampoo to benefit the Urban Mission. This is to tie in with a Maundy Thursday -washing of feet- lesson. On Sunday, March 29th, Anne Marie Gianfagna will help Sunday School with a soap making activity. The soaps should be ready to take home the following Sunday, April 5<sup>th</sup>, which will be the Easter Party/ Easter Egg Hunt. The party will be during Sunday School time. The congregation can help hide the eggs right after the main church service, then the kids can go up to find them. Sunday School will sponsor Fellowship that day.

With four classes: an age 3 years to K class, a Grades 1 to 4 class, a Grades 5 to 8 class and a Grades 9 to 12 class, we are always in need of class helpers to meet Safe Sanctuary requirements. If interested in helping, please contact Sarah Lehman 315-767-2641 or email: sarah121275@hotmail.com

Also, before you know it, summer will be here. That means time for **VACATION BIBLE SCHOOL**. If interested in helping out with VBS this year, please contact Sarah Lehman. On Saturday, March 14th, at 10 AM at Asbury there will be a VBS planning meeting.



Jesus said: "I am the light of the world" (John 8:12). The presence of the light reminds us of Jesus' coming into our world and into our lives.

The **light** is carried into the worship service as a symbol of Jesus coming into the presence of our worship community.

At the end of the service, the **light** is carried out into the world to show that Jesus Christ is for all people everywhere.

The Acolyte lights and puts out the candles at the Pastor's discretion.

In general, the boy or girl must be able to carry the candle lighter themselves and be able to put the candles out at the end of the service. This is related to maturity level and willingness to participate in Acolyte duties. There is no age limit, as teens are occasionally Acolytes.

**Shepherds are:** Pamela Quimby, Marie Jewsom, Bonnie Peck and William Littell.

Any questions, please contact the Shepherds.

Thank you,  
Pamela Quimby

## "Preserve the Past and Secure the Future"

Our efforts to find a contractor to remove and replace our church roof have finally met with success. *RSI Corp.* of Gouverneur will start about May 1, 2020. This group comes highly recommended and also is certified to handle asbestos shingle removal.

The church roof will be removed and replaced with ice & water barrier, covering the entire roof, and a heavy duty architectural shingle installed. Any damaged roof boards will be replaced at an additional cost. Our roof is 16-18,000 square feet and very little is level. The contract for the roof work is \$369,000.



The asbestos shingles on the steeple and over the main entrance are over 100 years old. The Trustees will have these removed and replaced with a different shingle prior to working on the roof, itself. This contract is for \$149,000. Both the steeple and roof shingles are available in red. The Trustees have worked hard trying to secure a contractor for this project. We feel good it has now been achieved.

Donations continue to be received weekly for the Capital Campaign Fund. Support remains strong for this project. We have about \$275,000 available in our Campaign Fund. We anticipate another \$70,000 from Church Mutual Ins. Co. We also have funds that have been generated by investments from our Endowment funds. We will not be using any of the principle that is the core of our Endowment funds. The greater our donations to the Capital Campaign, the less we will have to draw on our invested funds.

This fall we replaced part of the flat roof over the Franklin St. entrance. We have also nearly completed the installation of three new beams in our tower which will maintain and preserve the beams which now support the tower and the steeple.

Thank you for the generosity you have always shown to Christ's ministry at Asbury UMC.

Glen Snell, Trustee Chairperson

**MEN'S  
BREAKFAST**

**FAITH, FOOD &  
FELLOWSHIP**

**SATURDAY, FEBRUARY 1, 2020**  
Meet at Bob Evans at 8:00 a.m. for breakfast and devotions by Herb Van Houten. If anyone needs assistance with a project, please contact Glen Snell or Gerald Holder.



# Membership/Evangelism Committee

This committee of 12 is one of the largest and most active in our church. They arrange for weekly greeters, meet new people at the Welcome Center, buy supplies for Coffee Hour and host a Coffee Hour monthly, plan events that encourage fellowship and fun each month, send "get well," "thinking of you" and "birthday" cards; and have combined with the promotions committee this year as well.

Melanie Rafferty and Lisa Smith are the new co-chairs, with Susan Snell substituting when they are in Florida. Many thanks to Debbie Simmons for her excellent leadership for the last several years.

## EVENTS PLANNED FOR THE NEXT 6 MONTHS ARE:

**February 2** - *Souper Bowl Soup & Sandwich lunch after church.*

**February 9** - *Baptism celebration cake and coffee hour.*

**March 8** - *Celebration Coffee Hour and cake for new members joining the church.*

**March 15** - *Chili luncheon after church.*

**April 5** - *Sunday School Easter party with congregational hiding of Easter eggs!*

**May 15** - *Women's catered dinner in Wesley Hall with guest, Erika Flint, speaking on a new community-supported program, "Safe Schools Endeavor," serving all K-12 schools in Jefferson and Lewis Counties.*

**June 7** - *Covered dish luncheon for Pastor Penni.*

**June 11, 5:30 p.m.** - church night out with dinner at Ryan's Lookout, Rt. 3, near Henderson.

If anyone has suggestions for other ways to reach out to the community or the congregation, please don't hesitate to contact members of this committee:

*Chuck Ames, Max Bovee, Grace Burke, Nancy Dolloway, Lorraine Irwin, Marie Jewson, Sarah Lehman, Melanie Rafferty, Lisa Smith, Susan Snell, Carol Stoodley, Darlene Town, Amanda Weldon, and Pastor Penni Farrington*



The updates for the **DIRECTORY** have stopped coming in, so we are prepared to print what we have. We will make the directories available at the 10:15 Worship Service on Feb. 2. If you have any updates that you have not yet submitted, please get them to the office by **Monday, January 27**, so that we can include them in the updated directory. Thank you all for your patience during this process. - Tammy

## Be a Sponsor

*We are always looking for sponsors for the weekly church bulletins and the monthly Asbury newsletters.*

*The sponsorship money helps cover the costs of the paper, ink, copier use and postage.*

*The cost to sponsor a weekly church bulletin is \$30 and the cost to cover a monthly newsletter is \$50.*

ASBURY **t-shirts**, still available for purchase in the church office - all sizes (even children's sizes) - \$10.  
**Long-sleeve t-shirts** can be ordered for \$12,  
**crewneck sweatshirts** for \$25, and **hooded sweatshirts** for \$35



front



back

THE MISSION OF ASBURY: *To inspire People of All Generations to Love, Learn and Lead Through Worship, Education, and Service.*



**Sunday, February 9, 2020**  
**8:30 am-10:00am; after 10:15 service**  
**Downstairs in WESLEY HALL**  
**\$6.00 per person**



***Pancakes with real maple syrup, bacon, fruit,  
orange juice, coffee, tea & chocolate milk.***

**Come to the 8:15 a.m. Chapel Service and stay for breakfast  
and/or go to breakfast and stay for 10:15 Worship Service.**

***Feed your body, feed your soul, and help send our kids to camp!***

**NEWS FROM MAX BOVEE,  
OUR ASSISTANT TO THE PASTOR**

**LANCASTER BUS TRIP - October 1 and October 2**

For the information of any of the 13 on our waiting list, the following details are provided: A second bus to Sight and Sound to see Queen Esther, will depart from the Watertown Nazarene Church - Thompson Blvd., on July 2, returning July 3 (Thursday and Friday).

Their itinerary is different in that they plan a stop in Hershey and the cost is only \$250. Should anyone desire more information, you may call Nancy Mack at (315)489-0676. Should anyone change their plans, you are requested to let Max know at (315)232-4158.



# Heart Disease: It Can Happen at ANY AGE

*Heart disease* doesn't happen just to older adults. It is happening to younger adults more and more often. This is partly because the conditions that lead to heart disease are happening at younger ages. February is Heart Month, the perfect time to learn about your risk for heart disease and the steps you need to take now to help your heart.

*Heart disease* - and the conditions that lead to it - can happen at any age. High rates of obesity and high blood pressure among younger people (ages 35-64) are putting them at risk for heart disease earlier in life. Half of all Americans have at least one of the top three risk factors for heart disease (high blood pressure, high cholesterol, and smoking).

## You Could Be at Risk

Many of the conditions and behaviors that put people at risk for heart disease are appearing at younger ages:

**High blood pressure** - Millions of Americans of all ages have high blood pressure, including millions of people in their 40s and 50s. About half of people with high blood pressure don't have it under control. Having uncontrolled high blood pressure is one of the biggest risks for heart disease and other harmful conditions, such as stroke.

**High blood cholesterol.** High cholesterol can increase the risk for heart disease. Having diabetes and obesity, smoking, eating unhealthy foods, and not getting enough physical activity can all contribute to unhealthy cholesterol levels.

**Smoking.** More than 37 million U.S. adults are current smokers, and thousands of young people start smoking each day. Smoking damages the blood vessels and can cause heart disease.

Other conditions and behaviors that affect your risk for heart disease include:

**Obesity** - Carrying extra weight puts stress on the heart. More than 1 in 3 Americans, and nearly 1 in 6 children ages 2 to 19, has obesity.

**Diabetes** - Diabetes causes sugar to build up in the blood. This can damage blood vessels and nerves that help control the heart muscle. Nearly 1 in 10 people in the United States has diabetes.

**Physical inactivity.** Staying physically active helps keep the heart and blood vessels healthy. Only 1 in 5 adults meets the physical activity guidelines of getting 150 minutes a week of moderate-intensity activity.

**Unhealthy eating patterns.** Most Americans, including children, eat too much sodium (salt), which increases blood pressure. Replacing foods high in sodium with fresh fruits and vegetables can help lower blood pressure. But only 1 in 10 adults is getting enough fruits and vegetables each day. Diet high in trans-fat, saturated fat, and added sugar increases the risk factor for heart disease.

## FOUR WAYS TO TAKE CONTROL OF YOUR HEART HEALTH

You're in the driver's seat when it comes to your heart. Learn how to be heart healthy at any age.

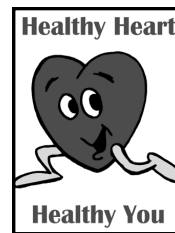
**Don't smoke** - Smoking is the leading cause of preventable death in the United States. If you don't smoke, don't start. If you do smoke, learn how to quit.

**Manage conditions.** Work with your health care team to manage conditions such as high blood pressure and high cholesterol. This includes taking any medicines you have been prescribed. Learn more about preventing and managing **high blood pressure** and **high cholesterol**.

**Make heart-healthy eating changes.** Eat food low in trans-fat, saturated fat, added sugar and sodium. Try to fill at least half your plate with vegetables and fruits, and aim for low sodium options.

**Stay active.** Get moving for at least 150 minutes per week. You can even break up the 30 minutes into 10-minute blocks.

On average, U.S. adults have hearts that are 7 years older than they should be.



Information obtained from **The National Center for Chronic Disease Prevention and Health Promotion, Division for Heart Disease and Stroke Prevention**

submitted by Darlene Welbourn

# UNITED METHODIST WOMEN

UMW has an annual Reading Program and has had as long as I can remember. Our Asbury Unit has been pretty quiet for the past few years. We are working at becoming more active. There have been years that we planned to purchase one book from each category. Currently we are encouraging people to borrow as many books that are on the Reading Program as possible from public libraries. This year we have only one so far at NCLS, so our unit decided to buy five new books. If you go to [UnitedMethodistWomen.org](http://UnitedMethodistWomen.org), you can click on Reading Program and the recommended books for 2020 are listed there with brief descriptions. We encourage our women to keep track of what they read and send in a list of what they read to our district "Book Lady" for recognition. There are different reading plans depending on how many books you plan to and do read. It is fun! I find I learn a lot by choosing from the Reading Program. There will be books there that I would not have thought about reading. We learn and expand our base. At this time our UMW books also have others that have been donated mixed in with them. They are all good reads. We just want to have some that are current and timely.

The five new books we have added to our Reading Program Library at Asbury:

**Storming the Wall:** Climate Change, Migration, and Homeland Security

**Which Way Lord?** Exploring Your Life's Purpose in the Journeys of Paul


**Teaching Outside the Box:** Five Approaches to Opening the Bible with Youth

**Heartbeat of a Mother:** Encouragement for the Lifelong Journey, and **P is for Palestine** (a children's book).

These are on the shelf in the Parlor. Everyone is invited to borrow and read them. Use the sign-out card in the book and put it in the little box on the shelf. When you bring the book back, put the card back in the book for the next person to use.

Each book has something special to offer you. I just finished *Storming the Wall*. It will wake you up to how our world is currently preparing for the enormous migration anticipated due to climate change. It will also give you hope that there is more than one way to prepare for this. It led me to view: "Hope in a Changing Climate" that is available on YouTube. Use our Reading Program books. They will increase your understanding of our world. You might even get an idea that you can use.

Leah Mae Carlisle



A Loss  
in the Church  
Family

**SYMPATHIES TO:**

- The family of David Bennett. David died October 10, 2019
- The family of Richard Murphy. Dick died November 19, 2019
- The family of Barbara Heasley. Barbara died December 29, 2019



James Wright	February 3
James Rafferty	February 5
Debbie Simmons	February 5
Carol Plemons	February 8
Paul Tyo	February 11
Jean Sayers	February 12
Richard Persons	February 20
Max Bovee	February 24
Melanie Rafferty	February 24
Barbara Simmons	February 26

## BAPTISM

We will celebrate the baptism of **Wesley Nti Adjaben**, son of Ernestina Owusuaa and Victor Adjaben, at the 10:15 AM service on **SUNDAY, FEBRUARY 9<sup>TH</sup>**. Membership and Evangelism will sponsor a reception after the morning worship service with coffee, tea, milk and a celebratory cake!



*Words cannot begin to accurately express my profound thanks and gratitude for ALL the blessings my Asbury family continues to shower on me. Your thoughts, prayers, cards and gifts throughout the holiday season continue to fill my heart with a sense of humility and gratitude. It is such a privilege to be your pastor. May 2020 be kind to all of us. Blessings!*

Pastor Penni



## THE ASBURY BOOK CLUB

These are the readings selected by the Asbury Book Club. We usually meet in the Asbury Church Parlor on the first Friday morning of the month at 9:30 a.m. for a discussion of the month's book.

For more information please contact Joanne Rhode.



### **February 14, 2020**

(Note change in date for this month only)

***Before We Were Yours***  
by Lisa Wingate

### **March 5, 2020**

***The Confessions of Catherine de Medici***  
by C. W. Gortner



### **April 3, 2020**



***The Other Einstein***  
by Marie Benedict

## Asbury's

## DOLLAR DINNERS

**Sunday, February 9th, 5-6**  
**Sunday, March 1st, 5-6**



For the first time, **Asbury's Mission Committee** will help defray the cost of the dinners along with the Watertown Urban Mission. Thank you to our Mission Committee for their support. This is a much needed project in our community.



It's Sunday morning and the weather outside is frightful. Here's where to look for information about closings.

Tune into Channel 7, or Channel 50 on your TV, or search on Newzjunky or Asbury's website:  
**www.AsburyUMC.net** or the church Facebook page at  
**www.Facebook.com/Asbury13601.**

## HEART PRAYER

*If ever you need something  
Just ask for it in prayer.  
If God feels that you need it  
It soon will be there.*

*He just wants to hear from you  
Tell Him what's on your mind.  
Even if it's something lost  
And hard for you to find.*

*You can ask Him anything  
He knows our hearts well.  
God is our one Redeemer  
And answers without fail.*

*He is never too busy  
For heart prayers coming through  
Just be honest with Jesus  
And He'll be the same with you.*

Written by Mae Stein

## THE DEADLINE FOR THE *March* BEACON is February 15TH.

Please email articles and pictures to Sue Beaman at **wfpcsec@twcnny.rr.com** with a **cc:** to Asbury Church Office at **Asbury@gisco.net**

## SCRIPTURE OF THE WEEK

### **February 2, 2020: 2 Chronicles 20:9**

*"When your people pray to you, you will hear their prayers and save them."*

### **February 9, 2020: Psalm 23:6**

*"Surely your goodness and love will follow me all the days of my life."*

### **February 16, 2020: Psalm 29:7**

*"The voice of the Lord makes lightning flash."*

### **February 23, 2020: Psalm 41:1**

*"Blessed is he who considers the poor."*

Submitted by Max Bovee



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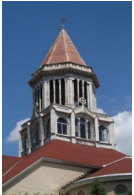
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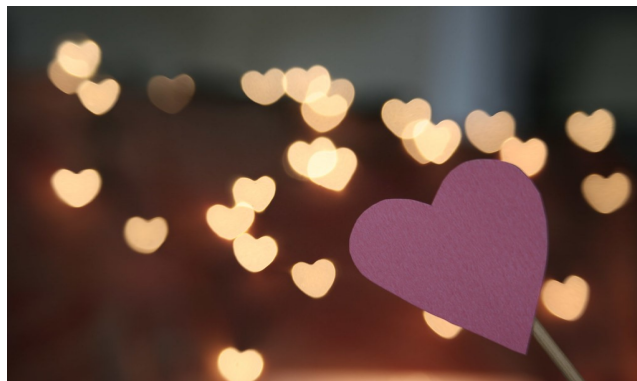
Join us for  
SUNDAY WORSHIP  
at  
8:15 or 10:15 A.M.

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*Who Is Asbury United Methodist Church?  
Who is John Wesley?*

*We invite you to open this newsletter and meet  
the People of Asbury United Methodist Church.*

*Join us on our journey through Lent as  
we ask the questions and seek the answers*



***No Matter Where You Are on Life's Journey,  
You are Welcome Here!***