

The Asbury BEACON

April 2020

Volume 20, Number 3

It is our hope that the events listed in this newsletter will go on as scheduled, however things are changing rapidly. Please stay tuned through email, our website (www.AsburyUMC.net), Facebook (www.Facebook.com/Asbury13601)

The Pastor's Corner

The church of Christ in Corinth was a talented group of people. They loved God, and were generous with their time and talents. They supported the Apostle Paul in his ministry and worked hard to fulfill that which Christ calls all of us to do: *Make disciples of Jesus Christ for the transformation of the world.*

However, there were divisions in the Corinthian Church. Wisely, the leaders of the church wrote to Paul for advice. His answers are found in what has become known as First and Second Corinthians. Among many topics, they had questions concerning marriage, food sacrificed to idols and issues regarding when they came together for the Lord's Supper. It makes for great reading; check it out!

Early in his letter, Paul said, "God can be trusted, and chose you to be partners with the Son, our Lord Jesus Christ. I appeal to you, dear brothers and sisters, by the authority of our Lord Jesus Christ, to **live in harmony with each other**. Let there be no divisions in the church. Rather, be of one mind, united in thought and purpose." (1 Corinthians 1:9-10). The words that stuck out in my mind were "**...live in harmony with each other.**"

"...live in harmony with each other." Easier said than done. Two people decide to spend their lives together. They love each other deeply. However, they've been brought up in different households with different rules and different ideologies. How do they live together without a battle brewing every day? Who's going to do the laundry? Who's going to cook? Who folds the socks?

I read a devotional written by Pastor Derrick Fallon that struck a chord with me. He said, "A group of quilters gathers around a piece of cloth. It is the genesis of an act of love that, when completed and given away, will change a life for the better. Among the craftspeople are differing political opinions, theological viewpoints, and ways of looking at the world. But they are united by baptism into Christ, and in that communion they are unified by Jesus' love. And it is a love that makes all the difference in the world."

Paul addresses the dark clouds of division that threaten the church in Corinth. He reminds his audience to look at the bigger picture. What matters most is their unity in Christ and their common, shared identity as baptized and beloved children of God. Paul's words can also shine some light for us today, reminding us of to whom we belong, in whom we are unified, and through whom we are blessed to bless others."

"Look at the bigger picture." Sound advice at any time. There are so many things that can divide us: political affiliation, theological bent (conservative, moderate, progressive or something in-between), blue collar vs. white collar, gender, sexuality, finances, worship styles (traditional, contemporary, blended or something in-between). There seems to be a chasm widening within the United Methodist Church itself, with both sides clamoring others to "come to our side". The list can be exhaustive.

However, the One who unites all of us is Jesus Christ. The One who died for all, the One who gives us an opportunity for new life and a renewed relationship with God; Jesus is the One who can bridge any divide. Many people will try to coax us to one side of the divide or the other. Why not join Jesus as a bridge between the chasm? After all, our identity begins, continues and ends with Jesus. Our calling doesn't change: **make disciples of Jesus Christ.**

In this season of uncertainty, let's plant our roots deep in the soil of Jesus.

Pastor Penni

"Though we can't all think alike, may we not love alike? May we not be of one heart, though we are not of one opinion?"

- John Wesley

ASBURY'S STAFF

ADMINISTRATIVE ASSISTANT
TAMMY OLIVAS

ASSISTANT TO THE PASTOR/
DISCIPLE DEVELOPMENT
MAX BOVEE

BROADCAST MINISTRY
BOB KURTZ

CHILD CARE WORKERS
ASHLEE WELDON
ANNE STREET

CLEANING SERVICES
FRANCES GOUTREMOUT

CONGREGATIONAL CARE
PAMELA QUIMBY
DARLENE WELBOURN

FAITH COMMUNITY NURSE
DARLENE WELBOURN

FINANCIAL SECRETARY
DAN WEBB

TREASURER
DEBORAH VANHOUTEN

MAINTENANCE
PAT TOWN

MUSIC PROGRAM
DIRECTOR

CATHERINE MOWERS

MUSIC PROGRAM STAFF

GHILYANA DORDZHIEVA
LYNN MORGAN
MELANIE RAFFERTY
MICHELLE RUDD
LISA SMITH
HELEN TIMERMAN
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!*

SOME THOUGHTS FROM PASTOR PENNI ON THINGS WE CAN DO DURING THIS PANDEMIC

Spend some time outside. The calendar tells us it's spring. You can smell it in the air, feel it in the breeze. The sun is stronger; there is more daylight each day. Take advantage of it.

Spend time with God. This last point was not in his article. For those who put their faith and trust in God and in Jesus, this is priority number one. Make sure you connect with God on a daily basis. ***Read Scripture. Pray. Sing! Listen*** for God to speak to you. Check out the many online worship resources available, including Facebook and YouTube.

Joys to share:

- Our quilt group is making face masks to ease shortages.
- The many who are volunteering time, resources and energy to deliver meals, medicine and other vital ministries.
- The creative ways ministry is happening in spite of "social distancing".

Giving

Although the building is closed, we still have bills to pay. Your continued giving of tithes, gifts and offerings is appreciated. Send your gifts via snail mail. Someone is collecting mail:

Asbury UMC
327 Franklin Street
Watertown, NY 13601

Joshua was the heir-apparent to lead the Israelites into the Promised Land after the death of Moses. Can you imagine such a daunting task? However, Joshua listened to God, who said to him, "Be strong and courageous. Do not be afraid; do not be discouraged, for ***the Lord your God will be with you wherever you go.***" (Joshua 1:9) Great words for Joshua - wonderful words for us today. God is with us! Do not be afraid!!



Martha Lava	April 1	Lorraine Irwin	April 12
James Baker	April 2	Jeffrey Sero	April 16
Maggie Webb	April 3	Alfred Gianfagna	April 18
Gertrude Ives	April 3	Grace Burke	April 20
Glen Snell	April 3	Leon VanWie	April 20
Warren Cadwell	April 4	Irene Stackel	April 21
Heather Granger	April 4	Jane Alteri	April 24
Mark Smith	April 4	Candie Newton	April 25
Marilyn Brown	April 9	Darlene Chartrand	April 27
Lisa Smith	April 10		

9 NEW MEMBERS OF ASBURY UMC!

One of the joys of being a pastor is the opportunity to celebrate with others!

On March 8th, we, as the community of faith at Asbury UMC, welcomed 9 people into membership. It was their desire to both make a commitment to this congregation and strengthen their walk with Jesus within the context of Asbury. Congratulations to

***Linda Adams, Karen Boomhower, Debra Holt, William Littell, Tasha MacAdam,
Erica Pettit, Adrianna Weldon, Amanda Weldon, and David Witte.***

*What Does It Mean to Be a Member of Asbury United Methodist Church?
What Does God Hope For Us?*

Vows of Membership – Prayer & The Connection to Asbury's Stewardship Program

Mark 9:14-29 and Matthew 6:5-13

This month we begin a five-month review in The Beacon on the vows we take as members of the United Methodist Church. We will examine how those vows are important to us and they are also an integral part of our Stewardship Program. To be a member of the church means to commit yourself to participate faithfully in its ministries by your **prayers, presence, service, witness (sharing), and gifts.**

The first of these vows is **Prayer**. We pray because we believe God hears our prayers and is responsive to them. Prayer is an expression of faith. When we pray, we declare that we depend on God. As we pray, we confess to God that we depend on Him for everything we require as creatures. We are not independent.

We live by His grace, and we declare it with our prayers.

Prayer is powerful. We believe that when we pray, we bring the power of Heaven to bear on the problems of Earth. We believe God can change things. Pray for the right reasons: to seek the will of God, to request His help, and to grow our relationship with Him and be renewed.

We pray for those who are near to us, our friends, our family, and our family in Christ. We pray for help, healing, guidance, strength, wisdom and encouragement. We pray for the Church, for those in positions of authority, for those who do not know Jesus Christ, and for those who are lost and alone.

Prayer is a spiritual discipline and a gift. It helps connect individuals to God and God's will, and it helps strengthen the bonds of Christian community as people pray with and for each other. Commit yourself as part of Asbury's Stewardship Program to make a personal pledge to increase the frequency of your prayer. This adds to the power we have as a faith community when we pray in a united fashion to bring about transforming people's lives as they come to know the greatness of God.

Jim Rafferty



As we practice social distancing, to protect others, and ourselves, here are some options for those of you who may need groceries, hygiene items and/or medications.

The following is a list of stores that offer online ordering with in store pick up and /or delivery options:

- Aldi's - offers delivery through Instacart.com
- Hannaford – order online and pick up in store
- Price Chopper – offers online ordering with store pick up and online ordering with delivery through Instacart.com
- Target - order online and pick up in store
- Tops - offers online ordering with store pick up and online ordering with delivery through Instacart.com
- Walmart - order online and pick up in store

Local Pharmacy's that offer prescription delivery options:

- Bolton's Pharmacy – 315-782-5961
- Kinney Drug's – offers both prescription delivery and delivery of retail items:
 - Adams – 315-232-4562
 - Alex Bay – 315-482-6270
 - Carthage – 315-493-0150
 - Washington St. Watertown – 315-782-5700
 - State St. Watertown – 315-788-3570
 - US Route 11 Watertown – 315-782-6530
 - Coffeen St. Watertown – 315-788-9366

Asbury Church Council Information AND Summary Notes: March 4th, 2020 Church Council Meeting

The Asbury Church Council is a vibrant and relevant part of Asbury.
Shown below is information for each member of Asbury concerning our Church Council.

What are some of the Major Duties of the Church Council?

- Group of leaders that guides and furthers the ministry of the congregation
- Helps shape the future of our church and congregation
- Implements plans to manage and administer the ongoing life of the congregation

Who are the Members of the Church Council? The Chairperson of each committee, board, and team is a member of the Church Council. For 2020, the Council members are: Rev. Penni Farrington, Jim Rafferty, Paul Simmons, Rev. Toby Schilling, Sarah Lehman, Dr. Glen Snell, Joanne Rhode, Lisa Smith, Melanie Rafferty, Orié Phillips, Deb Van Houten, Lorraine Irwin, Sue Snell, Max Bovee, Lindsay Webb.

What is the Schedule of Meetings? The Church Council meets quarterly. An announcement is posted in the Weekly Bulletin two weeks before the meeting and an "all-church" email is sent out approximately 3 weeks before the meeting. The meeting is held in the Parlor; it normally begins at 6:30 pm.

What is the normal Meeting Agenda? Call to Order; Opening Prayer; Approval of previous Church Council Meeting Minutes; Old Business; Committee Reports; New Business; Date of Next Meeting; Adjournment

Who can attend? Anyone is welcome to attend the Church Council Meeting. Only members of the Church Council can vote on motions. Any attendee can ask a question or propose an idea for consideration.

Summary of highlights from the March 4th Asbury Church Council Meeting:

- Preliminary transition planning is underway for our new pastor, Rev. Laura Calos, who begins with us on July 1st.
- Upcoming dates of importance: Sunday School Easter Party - Apr 5; Blanket Sunday - May 10; Women's Dinner - May 15; Covered dish luncheon for Pastor Penni - June 7; Church-wide Dinner - June 11; Last day of Sunday School - Jun 14
- Each committee chairperson discussed their Initiatives from the Asbury Strategic Plan that they are working within their committee. There is a great deal of activity and enthusiasm around these actions. A copy of the Strategic Plan is posted for your review on the mobile bulletin board in the sanctuary.
- Asbury has signed a contract with RSI for the replacement of the roof shingles as well as the removal and replacement of shingles on the tower. Trustees may have also located a local business to do the painting on the tower. Hopefully, it will begin in late May and possibly all be completed this year- great news.
- The next Church Council Meeting is scheduled for May 19, 2020 at 6:30 pm.

Jim Rafferty
Chairperson, Asbury Church Council

SCRIPTURE OF THE WEEK

April 5, 2020: Psalm 145:18

"The Lord is near to all who call on Him"

April 12, 2020: Proverbs 27:6

"Wounds from a friend can be trusted."

April 19, 2020: Ecclesiastes 3:14

"Everything God does will endure forever."

April 26, 2020: Isaiah 43:2

"When you pass through the waters, I will be with you."

Submitted by Max Bovee



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.

Even though the Book Club will not be meeting in April, you can still read the books they have chosen and hope for a discussion in May!

May 1, 2020

The Giver of Stars
by Jojo Moyes



June 5, 2020

Mrs. Lincoln's Dressmaker
By Jennifer Chiaverini



VACATION BIBLE SCHOOL

Mark your calendars! VBS program this year will be "Anchored: Deepening Faith in God" by Group Publishing. Program dates: Tuesday, July 14th thru Thursday, July 16th. 6 p.m. to 8 p.m. each evening. Ages: entering Kindergarten thru 6th grade. Registration will be coming soon. If you are interested in helping out with VBS this year please contact Sarah Lehman sundayschool@westelcom.com.

Next planning meeting is on Saturday, April 25th at 10 AM at Asbury.

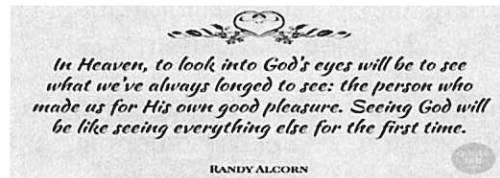
SMALL GROUP STUDIES

Plan ahead for the following two studies beginning in mid-May:

Daniel – Study this Old Testament Prophet at Asbury on Monday evenings from 6:30 – 7:30 P.M. beginning May 11, facilitated by Max Bovee.

Heaven – If you have wondered what Heaven would be like, this study is for you. Meeting at Samaritan Summit on Wednesday mornings from 10:00 to 11:00 A.M., beginning May 13, facilitated by Max Bovee.

For both studies, you need to let Max know ASAP that you wish to participate.



CELEBRATING ASBURY

Banquet for females only. Friday, May 15.
Save the date and be watching for more details.



CAPITAL CAMPAIGN REPORT - March 16, 2020

One of the items we hoped to improve in our strategic planning was the lighting in the sanctuary. A recent discussion with E. D. Young, LLC, Electrical Contractors, has led to an agreement to have this company re-lamp the chandeliers. Currently, we have 10 LED bulbs in each chandelier and a stronger LED in the base. These are equivalent to a 60 watt bulb. We are replacing these with 10 LED lights each equivalent to 100 watt bulbs. The LED bulb in the base of each light will also be increased in strength.

We hope this will be accomplished soon. The outbreak of the new virus may affect when this can be completed.

Estimated cost is \$1400 which includes renting some movable scaffolding which will allow the work to be completed without lowering the chandeliers.

We thank everyone for supporting our Capital Campaign Fund Drive.

Glen Snell, Chairperson
Trustees

THE DEADLINE FOR THE May BEACON is April 15TH.

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

THE VISION OF ASBURY To Make Disciples for Jesus Christ for the Transformation of the World.

GETTING HEALTHY AND STAYING HEALTHY WITH DARLENE

Why Gluten Free?

Definition

Gluten is a protein found in most grains. The gluten found in wheat, barley, rye and triticale (a cross between wheat and rye) can trigger serious health problems.

Because wheat, rye, barley and foods made from them are so common, removing them from your diet likely changes your overall intake of fiber, vitamins and other nutrients. Therefore, it's important to know how to choose your foods in order to meet your overall nutritional needs.

Your doctor or a dietitian can help you make appropriate dietary choices to maintain a well-balanced diet.

Purpose

A gluten-free diet is essential for managing signs and symptoms of celiac disease and other medical conditions associated with gluten.

A gluten-free diet is also popular among people who haven't been diagnosed with a gluten-related medical condition. The claimed benefits of the diet are improved health, weight loss and increased energy, but more research is needed.

- **Celiac disease** is a condition in which gluten triggers immune system activity that damages the lining of the small intestine. Over time this damage prevents the absorption of nutrients from food. Celiac disease is an autoimmune disorder.
- **Non-celiac gluten sensitivity** causes some signs and symptoms associated with celiac disease - including abdominal pain, bloating, diarrhea, constipation, "foggy brain," rash or headache - even though there is no damage to the tissues of the small intestine. Studies show that the immune system plays a role, but the process isn't well understood.
- **Gluten ataxia**, an autoimmune disorder, affects certain nerve tissues and causes problems with muscle control and voluntary muscle movement.
- **Wheat allergy**, like other food allergies, is the result of the immune system mistaking gluten or some other protein found in wheat as a disease-causing agent, such as a virus or bacterium. The immune system creates an antibody to the protein, prompting an immune system response that may result in congestion, breathing difficulties and other symptoms.

Medications and supplements

Prescription and over-the-counter medications may use wheat gluten as a binding agent. Talk to your doctor or pharmacists about the drugs you're taking. Dietary supplements that contain wheat gluten must have "wheat" stated on the label.

Darlene Welbourne

For Everyone's protection, PLEASE REMEMBER TO WASH YOUR HANDS OFTEN AND FOR 20 SECONDS while singing, "THE DOXOLOGY" (slowly):

*Praise God from whom all blessings flow; Praise Him all creatures here below;
Praise Him above ye heavenly host; Praise Father, Son and Holy Ghost. Amen.*

A NEW ROUTINE FOR A NEW DAY AND A NEW SET OF RULES

As we journey deeper into the unknown with COVID-19, I wanted to share some things I am doing to fight back and stay healthy. First, of course, is handwashing. My hands like everyone else's are becoming raw - small price to pay to keep this virus at bay. More important is coughing and sneezing into my elbow, not someone's face (a habit I can carry with me long after the COVID-19 has been defeated.) When I return home each day, I immediately wash my hands, brush my teeth and rinse and gargle with salt water. Then I jump into the shower and rinse off and put clothes I was wearing in the laundry basket to go into the washer. I watch the news at 6:00 a.m. and at 6:00 p.m. only! I check the weather on weather channel (just to make sure we don't have any snowstorms coming - I don't know if I could handle 2 major crises at one time). The rest of the time I am watching the Hallmark Channel. (Cheesy, I know, but at least they are upbeat and there is always a happy ending.) I have a jigsaw puzzle going to keep my mind off from what is going on outside my walls. I also heard this morning that solitaire is good for your heart. Group texts are going often between me and my kids - our way of being reassured that we are all doing fine. We receive a video from my daughter each day highlighting the antics of my 14 month old grandson. He doesn't know about COVID-19. He is keeping us smiling and laughing.

Part of my Lenten discipline this year was to give up potato chips and for every day I did not eat them I was to put a dollar in a jar. So far I have stuck to that plan. The money in the jar will go to Asbury to help with the fallout that will be created from this horrible virus. People are losing their jobs and their main source of income. Mothers are having to stay home from work with children who can no longer go to school or day cares. My hope is that if I can go 40 days without potato chips, I can continue to do it indefinitely. I will continue to put that dollar in a jar and pass it to Asbury to use to help those in need. The most important thing I am doing is to pray as often as I can that this will pass quickly and with the least amount of impact possible within God's will.

Stay healthy, stay safe and stay positive. Most important remember the song we sang in worship a few weeks ago and...

"Put your hand in the hand of the man who calmed the sea!"

HOW CAN YOU KEEP FROM GOING STIR CRAZY ?

(ideas from the Membership/Evangelism Committee)

1. Start Spring cleaning!
2. Send cards and letters.
3. Pick 1 church member to telephone or contact each day. Contact these folks each week to keep in touch.
4. Call your neighbors or talk with them when you see them outside.
5. Use social media, especially Face Time with family. People need to see faces to assure that people are all right.
6. Cook a casserole or bake for someone home-bound. Wear gloves to deliver.
7. Start thinking creatively - what hobby or craft haven't you had time for? Now is the time to get it out and renew your interest.
8. Get outside! We are lucky the warmer, sunny days are coming. Go for a daily walk, rake the yard. Go for a drive in the country. Watch the birds.
9. Breathe in the fresh air.
10. If you can, hang your clothes outside to dry. Air out your small rugs.
11. Start planning your garden or plant seeds.
12. Take time to read!
13. Organize a cupboard.
14. Get out a puzzle.
15. Play games with your family. Have the kids help with baking and cooking to keep them busy. Let them wash dishes. Make a game out of house work.

These are only a few ideas to get you started during this period of uncertainty and isolation. Your church family is a great source of support and comfort. We need to stay in touch and keep talking with each other. We are a strong church and will survive with God's help and a positive attitude.

Blessings to you all,
Lisa, Melanie, and Susan

ASBURY UNITED METHODIST CHURCH

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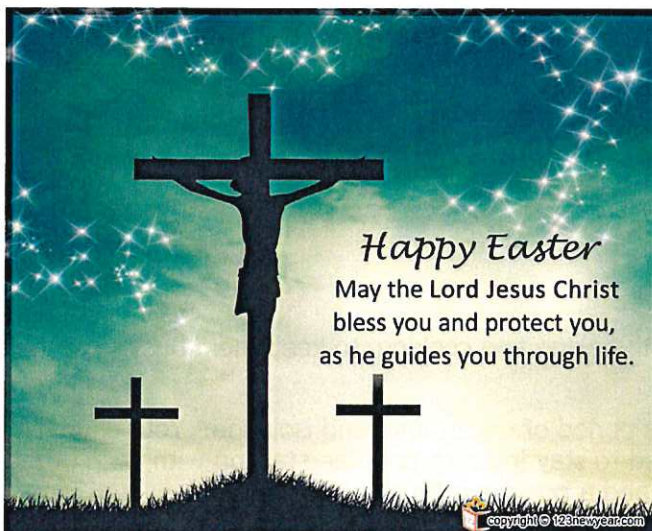
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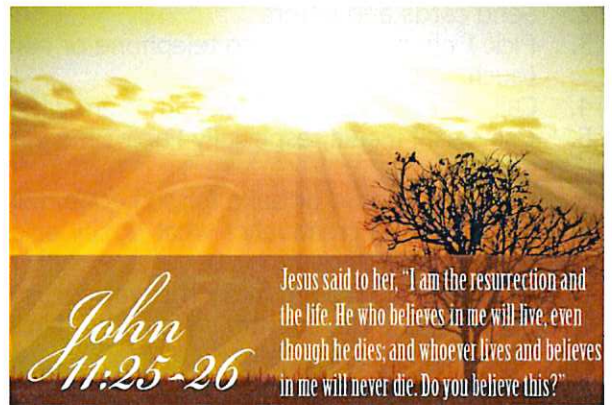
Join us for
SUNDAY WORSHIP
at
8:15 or 10:15 A.M.

Who Is Asbury United Methodist Church?

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



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



*Life runs in cycles.
The wheel never stops turning
No matter how dark the night,
Morning comes,
no matter how cold the winter,
Spring comes.
When you feel despair,
Know that the wheel is turning.
Joy will come.*

Author Unknown