



ASBURY
United Methodist Church



Asbury Articles: January 14, 2026

UPCOMING ASBURY EVENTS

Unafraind

Living with courage and faith

Unafraind - Living with Courage and Faith

Fear touches every part of our lives, from our relationships to our sense of control. But over and over, Scripture reminds us: “Do not be afraid.” Based on Rev. Adam Hamilton’s book, Unafraind, in this six-week series, we’ll explore how faith can help us face our deepest anxieties and fears and live with courage and hope. We will discover that, with God’s help, we can live unafraind and learn practical ways to live with peace in uncertain times.

Upcoming Sermons:

January 18 | Fear of Failure and Rejection

January 25 | Fear of Aging and Death

February 1 | Fear of Being Alone

February 8 | Fear of Intimacy

February 15 | Fear of Losing Control



🥔 Baked Potato Dinner & 🎲 Game Night

Join us on **Friday, January 23** for a **Baked Potato Dinner and Game Night** hosted by the Fellowship Team! 🥔 🧀

We'll have baked potatoes with *all the fixings*, plus chili, and plenty of games to play 🎲 🎲 .

This night is **free and open to everyone of all ages** — bring friends, bring family, bring your favorite game if you'd like! 🙌 ✨

RSVP to Scott Smith or the church office so we know how many potatoes to bake



Come hang out, eat good food 🍔, and enjoy a fun night together! 🎉



Dear Asbury UMC,

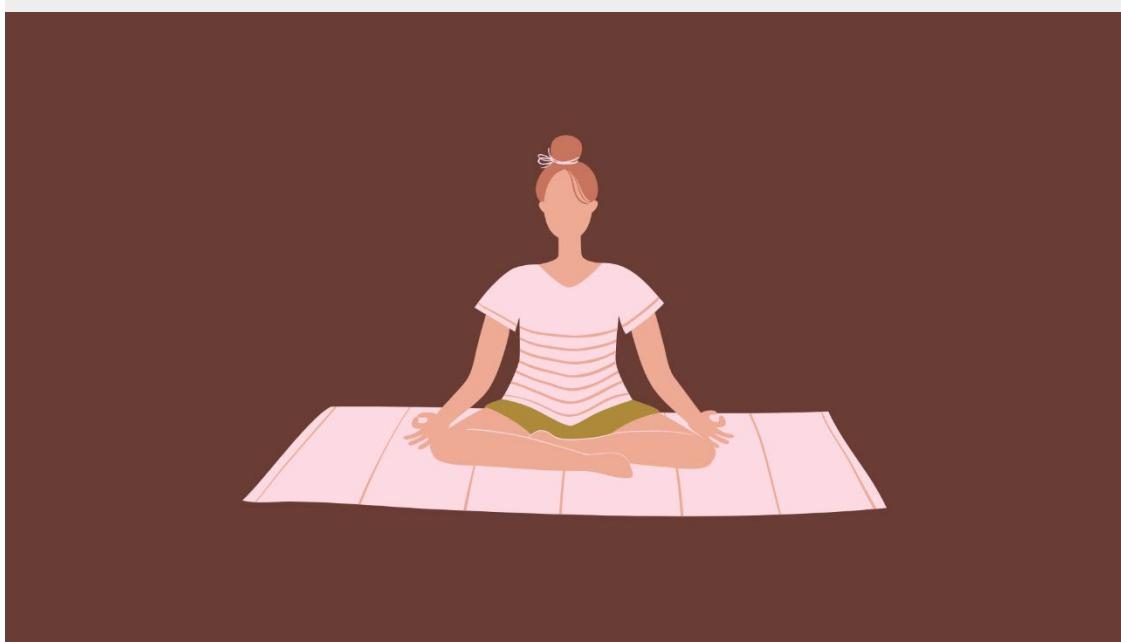
I am doing a science project once again for the **Greene scholars program**, and the program is to teach people with African descent science, technology, engineering, and math. The project idea is whether human information is more believable than information delivered by AI.

I need volunteers for my project and am hoping to have at least 30 participants. The project will take place in the sanctuary after service this weekend (1/18), and your help would mean a lot!

Participants will watch a short 3-minute video and audio clip and answer a few questions. The activity will take about 5–10 minutes total.

Thanks for your support and help,

Elijah Verive



Yoga at Asbury

We are exploring Yoga ministry at Asbury. Classes will be limited to Asbury members and regular attendees, and are free for the Asbury community. Please help us plan our classes by indicating your interest in participating in the following classes. You can select as many options as you wish.

Fill out this form:

<https://forms.gle/L7YtCBkMgq5re1cY6>

Gentle Vinyasa Flow Yoga - focus is on breath work , mindfulness, stretching and balance. The movements are dynamic and fluid to build and to maintain modest strength.

possible days/time:

Monday Morning

Tuesday Evening

Thursday Afternoon

Friday Morning

Friday Evening

Level 1-2 Vinyasa Flow Yoga - Level 1-2 Vinyasa Flow Yoga classes incorporate more complex poses at a moderate pace. The pose sequence flows dynamically, and each pose holds longer to build strength.

possible days/time:

Monday Morning

Tuesday Evening

Thursday Afternoon

Friday Morning

Friday Evening

Thank You-

Yoga ministry committee



Livermore Community Blood Drives

Located in the Asbury United Methodist Church Fellowship Hall
4743 East Avenue, Livermore CA 94550

**Fridays, January 16, February 20
& March 20, 2026
11:00 AM to 5:00 PM**

To schedule your appointment or for more information visit RedCrossBlood.org and enter Sponsor Code: ASBURY925 or call 1-800 RED CROSS (1-800-733-2767).

If you have questions regarding your eligibility to donate blood,
please call 1-866-236-3276.

Identification is required.



1-800-RED CROSS | RedCrossBlood.org | Download the Blood Donor App

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This Friday at Asbury

This Friday, Asbury is hosting a blood drive, and there are plenty of open appointment slots available. Donating blood is a simple way to save lives and support our community—please consider signing up and spreading the word!

ANNOUNCEMENTS



ASBURY
United Methodist Church

Office Update

Starting Monday, 1/12/2026 through Thursday, 1/29/2026, the Asbury office will be open from 10 AM to 2 PM, Monday through Thursday.

On Monday, 2/2/2026, Asbury's office will continue with regular Monday through Thursday hours of 10 AM to 4 PM.



Thank You!

Many thanks to the 19 singers who came on Sunday, December 21 to carol around Livermore. The three groups pictured sang to a total of 7 single family homes and 7 senior residences around town. They came singing, and left behind fond memories AND a plate of home baked cookies!

A special thank you to the directors of each of the three groups, who gave pitches and kept the singers on schedule: Pastor Ouk-Yean, Jean Braun and Jim & Heather Hammer. A big shout out to Dave Braun who made the Togo's run and set up dinner.

Well done! Your beautiful voices, harmonies, gracious spirits and festive garb brought the "merry" to Christmas!

With gratitude,

Jean Braun



Thank you!

Thank you to everyone who helped take down the holiday decorations! Your time, energy, and teamwork made the process quick and smooth, and we are so grateful for your willingness to serve our church community.

📖 ❤️ The Anti-Racism Group 📖 ❤️

❤️ The Anti-Racism Group will discuss *My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies* by Resmaa Menakem at our **January 26** meeting at **7:00 p.m.** on Zoom. Everyone is welcome to join the conversation and work together to end racism. ❤️

LGBTQ+ Christian Book Club

The LGBTQ+ Christian Book Club, sponsored by Asbury Methodist and First Pres, will be reading a new book starting **5:30 pm on Sunday, January 18, 2026**. It has a completely different perspective for including LGBTQ+ Christians in today's church that is refreshingly inclusive and affirming. We will be reading ***The Gospel of Inclusion: A Christian Case for LGBTQ+ Inclusion in the Church*** by Brandan

J. Robertson, a bisexual pastor. All those who identify as LGBTQ+ are invited. Please contact the your church office (AUMC, FPCL, or UUCiL) for more information. Please note that our meeting location has changed.



If you are interested in some of the actions that Asbury has taken and continues to take to protect the environment, you can [read about it here](#).

Ladies Night Out

TUESDAY, JANUARY 20TH | 5:30 PM

CALAFIA KITCHEN

(PLEASE NOTICE THE TIME CHANGE)
1502 NORTH VASCO ROAD, LIVERMORE, CA 94551

PLEASE RSVP TO KELLI WALTER (KELLIWALT@GMAIL.COM) BY FRIDAY, 1/16

THANK YOU FOR BRINGING CASH! WE HOPE YOU ARE ABLE TO JOIN US!



Next Tuesday!

DIRECTIONS TO CALAFIA-IT IS OFTEN HARD TO DRIVE ON VASCO AT THAT TIME DAY!

ALTERNATE DIRECTIONS TO GET THERE FROM 1ST STREET ARE:

FIRST STREET GO OVER THE OVERPASS

RIGHT ON BLUEBELL

RIGHT ON SCENIC

PASS THE FIRE STATION ON YOUR LEFT

SOON AFTER THAT, TURN LEFT INTO THE PARKING LOT, IT IS BEFORE YOU REACH VASCO



2026 LADIES NIGHTS OUT

**THIS YEAR WE WILL MEET EVERY OTHER MONTH IN:
JANUARY, MARCH, MAY, JULY, SEPTEMBER, NOVEMBER**

I WILL SEND OUT THE EXACT DATES LATER!

Ladies Night Out

Please save the dates for the year!
Looking forward to our time together!

2026 at 5:30pm:

January 20th

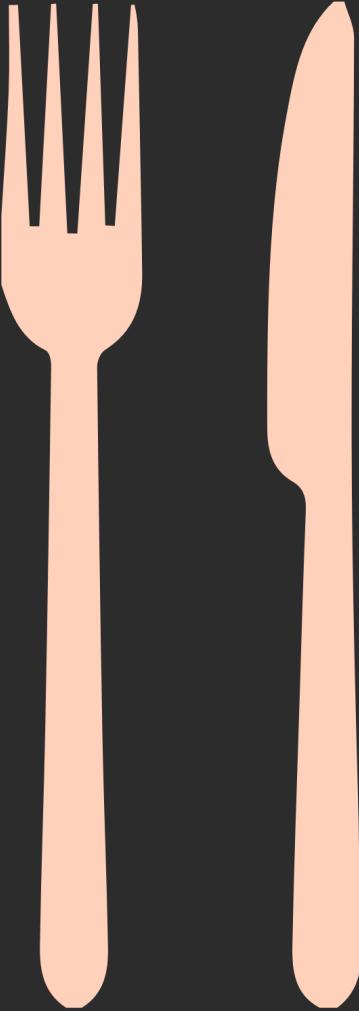
March 17th

May 19th

July 21st

September 15th

November 17th



FRIENDS OF WADI FOQUIN CIRCLE AT
ASBURY UNITED METHODIST CHURCH PRESENTS:

A screening of the two short films

Maryam, A Woman of Bethlehem
and
Mary Under Occupation



Followed by Q&A discussion with Dr Victoria Rue,
creator of *Maryam, a Woman of Bethlehem*

The film "Maryam, A Woman of Bethlehem" presents the play which asks the question: Who is Mary/Maryam in 21st century Bethlehem, Palestine? What role does she play in this occupied, politicized land? Mary is the Christian mother of Jesus. Maryam is the Islamic mother of Isa/Jesus. Two Palestinian actresses play 22 characters, both Christians and Muslims.

Through their stories, the everyday lives of Palestinian men and women, particularly women, are revealed.

(Run time 60 minutes.) **Some language and topics discussed not appropriate for children.**

The film "Mary Under Occupation" tells the story of the creation of the play,

"Maryam, A Woman of Bethlehem." (Run time 22 minutes.)

Sunday, February 1st, at 2:00 pm
Asbury United Methodist Church
4743 East Avenue, Livermore CA

Admission is free. RSVP required.

Donations in support of MECA welcome.

RSVP at
tinyurl.com/MaryamFOWF
or scan the QR code



The Friends of Wadi Foquin Circle

The Friends of Wadi Foquin Circle at Asbury is hosting a very special showing of two films on **Sunday, February 1, at 2 pm**. We will be showing "Maryam, A Woman of Bethlehem" that presents the play which asks the question: Who is

Mary/Maryam in 21st century Bethlehem? Mary is the Christian mother of Jesus. Maryam is the Islamic mother of Isa/Jesus. Two Palestinian actresses play 22 characters, both Christians and Muslims. Through their stories the everyday lives of Palestinian men and women, particularly women, are revealed. The play is based on interviews with Christians and Muslims asking what Mary/Maryam, a woman revered by both faiths, means to them.

The second film “Mary Under Occupation” tells the story of the creation of the play, which was first performed in Bethlehem.

After the films, Dr. Victory Rue, the creator of “Maryam, A Woman of Bethlehem” will participate in a Q&A discussion.

Please RSVP to attend.

UPCOMING COMMUNITY EVENTS



UNITY BUILD DAYS SEQUOIA GROVE



TURNING VALUES INTO ACTION

Unity Build Days bring together communities of all faiths and non-religious worldviews to volunteer and make a tangible impact for Bay Area Families. We invite you to these special volunteer days and experience first-hand the difference your support is making.

WHERE YOU'LL BUILD

Join us in the heart of Hayward and transform an empty lot into a thriving community. You'll help build 10 affordable townhomes that will soon be the foundation for brighter futures. No experience required! Our staff will teach you everything you need to make the biggest difference and enjoy your time on site!

JOIN US!



DECEMBER 13
JANUARY 17
FEBRUARY 21



SEQUOIA GROVE
123 A STREET
HAYWARD, CA

Volunteer spots are limited, so reach out to reserve your spot today!



CONTACT

Stacy Spence, Corporate & Community Engagement Specialist
408.620.3401 - SSpence@HabitatEBSV.org

LEARN MORE

www.HabitatEBSV.org/Unity-Builds

EAST BAY 2619 Broadway, Oakland, CA 94612 | SILICON VALLEY 513 Valley Way, Milpitas, CA 95035 | HabitatEBSV.org | 866.450.4432 | [@HabitatEBSV](https://www.instagram.com/HabitatEBSV)

Start the year with purpose. Imagine learning new skills, working side by side with incredible people, and leaving a tangible mark on a family's future. Every nail volunteers drive and every wall raised brings us closer to a home filled with love and stability.

This winter, Asbury UMC members can help keep construction on track for our **Home Dedication Ceremony this summer at our Sequoia Grove development in Hayward.**

Join us:

Saturdays: Unity Build days are held monthly. Reserve a spot for you, your family, or fellow Asbury members: January 17, February 21, and March 21

Weekdays: Wednesdays–Saturdays

Sign up on your own: [Habitat for Humanity East Bay/Silicon Valley](#)

Together, we're not just building homes, we're building community and hope. **Thank you for being part of this mission!**

Have questions?

Contact the church office via [email](#) or phone, 925-447-1950.

Have an article, announcement, or event to submit?

Send them to the [Martina](#), our Office and Communications Manager, **by 3pm on Tuesdays.**

Want to donate online?

[Click here](#) or use Zelle (our ID is finance@asburylive.org)

Miss a newsletter or need to go back and re-read?

Check out the [newsletter archive](#)!

Would like to get in touch with a fellow Asburyite?

Contact the office.

Asbury United Methodist Church

4743 East Avenue | Livermore, CA 94550



EVENTS AT A GLANCE

RECURRING EVENTS

- **Sundays | 10am:** Asbury Worship Service

CHOIRS:

- **Tuesday | 7:00pm:** Asbury Ringers (Contact [Michèle](#))
- **Thursday | 7:30pm:** Faith Choir (Contact [Jean](#))
- **Sunday | 11:30am:** Cherub Choir (Contact [Makayla](#))
- **Sunday | 11:30am:** Rainbow Choir (Contact [Jean](#))
- **Sunday | 11:30am:** Youth Choir (Contact [Bailey](#))

OPEN SMALL GROUPS

- **1st and 3rd Tuesdays | 1:30pm:** Women of the Vine (Contact [Burlyne](#))
- **2nd and 4th Wednesdays | 6-7pm:** Wednesday Zoom Group (Contact [Rita-Ann](#))
- **Thursdays | 7:45am:** Men's Bible Study on Zoom (Contact [Art](#))
- **Last Thursdays | 1pm:** Sew-In (Contact the [Office](#))
- **Saturdays | 8:30am:** B-MEN (Contact [Bob Berger](#))
- **Saturdays | 10am:** Craft and Chat (Online - Join [here](#))
- **4th Sundays | 11:30am:** Friends of Wadi Foquin Circle (Contact [Bob Johnson](#))

Asbury Office

Asbury United Methodist Church Of Livermore