

Asbury Articles: October 25, 2023



If one googles, “Why taking time off, days off or vacation is important” an array of articles pop up from Forbes, health care institutions, doctors, philosophers, theologians, and business management gurus. Our scriptures also affirm the importance of Sabbath. The amazing thing about these writings is that they are in basic agreement with each other with some minor differences. Time off improves a person’s mental and physical health, it increases mindfulness, reduces stress, improves heart health, boosts brain function, improves sleep, improves connection to the Holy, and gives energy to follow in the Way of Jesus. Personally, I also think days off improves one’s outlook at life and being able to find humor in sometimes challenging situations.

For United Methodist Pastors, days off are mandated by both our conference standing rules and our Book of Discipline. If you are not taking your days off (even if you are retired and doing crucial volunteer work), I encourage you to do so. A well-rested congregation is one that is joyful and has the energy and enthusiasm to take on some of the challenges we face to be in mission and ministry.

Jordan and I wanted to let you know our basic schedule about days off. Jordan will be taking Monday and Tuesdays off. I will continue with Friday and Saturdays (when possible and when I can’t take Saturday off, I will try to take an alternate time off.) I will be on call for hospital visits Monday, Tuesday, and Wednesday and Jordan will be on call Thursday, Friday and Saturday and we will handle Sundays according to our schedules. Jordan’s cell: 423-790-6183. Kathy’s cell: 916-690-2321. Obviously, life

events will change this now and then. We plan not to return calls, texts, or emails on our days off (we may not even see them if we are in locations where there is no service) unless it's an emergency. An emergency would be things like the church buildings are on fire (truly, that happened to me in my last church), your family was in a car accident, you've received a shocking health diagnosis--that kind of thing.

We appreciate your support and understanding in this matter.

Blessings,
Pastor Kathy

Intergenerational Service Project Information and Survey

In case you missed Sunday's meeting about summer service project possibilities, you can find information about [Sierra Service Project](#), as well as [additional summer options](#).

After looking through the options, please express your preferences through this [google survey](#).



**Office will be closed
on Thursday,
November 2**

We would like to let you know ahead of time that the church office will be closed next Thursday, November 2nd, for a staff retreat.

For any inquiries, please send us an email or leave a message and we will get back to you on the following Monday.



The Anti-Racism Group invites you to join book study

Join us for a book study to learn about The United Methodist Church and racism through our history. We will read *Our Hearts were Strangely Lukewarm* by John Elford and discuss it in two sessions, November 28 (chapters 1-4) and January 23 (chapters 5-8) at 7:00 pm. The meetings will be both in-person in the Conference Room and by Zoom. The Anti-Racism Group invites anyone in the church and community to participate in one or both sessions.

Michele Rudd and Heather Hammer will facilitate.

Our Hearts were Strangely Lukewarm is available on amazon.com for \$23.30 (Prime and Kindle also) and at progressivechristianity.org for \$9.99 and christianbook.com for \$14.85. Get the book now and begin reading. Then bring comments to our discussions. The title comes from John Wesley's famous quote, "My heart was strangely warmed."



Meals for the Guidry family

After Herb Guidry's passing last week, October 18, we will continue meal service until November 11. There are still some days that haven't been claimed. Thank you for considering helping the Guidry family in this difficult time of grief. If you have any questions, please contact [Michele Rudd](#) at 925-337-4204.

[Sign up to bring a meal to the Guidry family here](#)



Siblings in Christ, Do you like to bake?

Would you like to help out with communion preparation at Asbury? Do you like the idea of all being able to eat the same communion bread without restrictions?

If this sounds intriguing, please consider assisting us by periodically making a loaf of gluten free bread for communion. If you're interested in assisting or interested in hearing more about it, please contact [Linda Evans](mailto:Linda.Evans@asbury.org) (925-413-7241) or see her at church on Sundays. Linda will have a schedule and will provide you with the gluten free flour. Thank you so much for considering it. Blessings!

Youth Group Volunteer Sign-Ups

If you are interested in signing up as a second adult for youth group or to make a youth group meal (for 8-10 people), please use [this google doc](#). If google docs aren't your thing, feel free to contact [Jordan](#) or call the church office!

Volunteers needed. Do any of these dates may work for you?

Tri-Valley Haven is asking for volunteers to prepare for Thanksgiving Food Bags for distribution at Asbury.

October 28th 10 am - 12:30 pm (*Looking for high Schoolers for this task*)

Meet at 3663 Pacific Ave Livermore. 5 volunteers needed and are requested to come to the given address at 10 am. They will then be given door hangers, which are then distributed in Livermore neighborhoods. Mony Nop will be leading the distribution. All volunteers are requested to return to 3663 Pacific Ave, Livermore at 12:30 pm and will be served pizza for lunch.

November 15th 9 am - 2 pm

Volunteers needed to help bag food items for distribution. You do not need to volunteer the entire time. (Meeting place TBD)

November 19th

5-6 volunteers needed to help with the Turkey Drive, the collecting of Turkeys, at Asbury Church (Time TBD)

November 20th

Distribution of Food Bags and Turkeys at the Asbury Church from 9 am to 6 pm, we have shifts 8:45am - 12 noon / 11:45 am - 3pm / 2:45 pm - 6 pm. For each shift we will need 8-10 volunteers.

Feel free to reach out to [Nabanita Borua](#), Volunteer Coordinator at Tri-Valley Haven, with any questions!



Trick or Treat: Fun & Games!

Sunday, October 29 | 3 - 5 PM

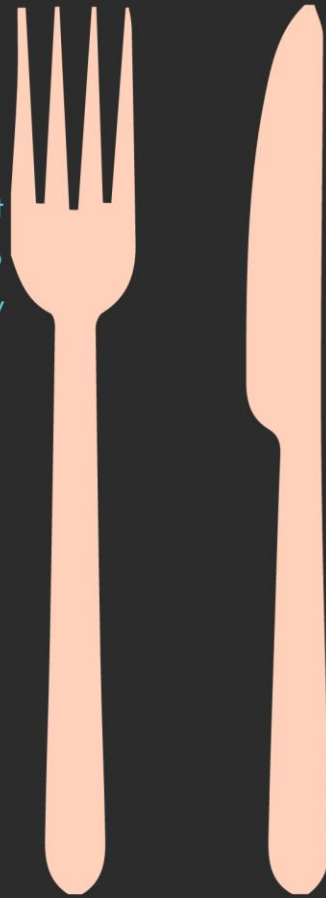
Spooky fun coming this Sunday! There will be a trunk or treat area, balloon twisting, face painting, arts and crafts, games, lots of candy, hot dogs and tons of fun!

Ladies Night Out

It was decided at the last LNO that we will skip December and start up Ladies Night Out dinners in January again.

Please save the upcoming Tuesday dates for 2024 at 6pm!

January 16th
March 19th
May 21st
July 16th
September 17th
November 19th



UPCOMING COMMUNITY EVENTS

Holiday Crafts Boutique

Saturday, November 4 | Bothwell Arts Center

The Holiday Crafts Boutique is an annual fundraiser for the Livermore Lions Club. This event takes place on Saturday, November 4 at the Bothwell Arts Center (2466 Eighth St).

Artisans sell unique gifts for Christmas and other occasions that include jewelry and clothing to ceramics and woodcraft. Lion members will offer fruit crepes, soup, hamburgers, hotdogs and raffle prizes. Proceeds from the fundraiser will support Canine Companions and other Lion charities.

For artisans wishing to display their crafts, contact Ben Barrientos during Asbury fellowship time on October 29 or call (805) 405-8743.

Asbury Masking Policy

Alameda County is following the CDC guidelines for masking. When community transmission is low, masking indoors may be optional. When community transmission is medium or high, masking indoors is strongly recommended.

Asbury will follow the CDC guidelines, and we support and encourage mask wearing indoors, especially for those with underlying health conditions or who are not fully vaccinated and boosted.



Celebration of Life

The memorial service for John Emerson, who was Asbury's pastor from July 1, 1970 – June 30, 1975, will be in Reno at the First United Methodist Church, Friday, November 17 at 1pm. There may be a Zoom opportunity for those who are unable to travel. If we get a livestream link, we will share in a subsequent article.

Three lit white candles on a dark background.

Prayer Chain

If you would like to be added to the Prayer Chain email list, contact the office.

office@asburylive.org
925-447-1950

EVENTS AT A GLANCE

RECURRING EVENTS

- **Sundays; 10am:** Asbury worship service

CHOIRS

- **Faith Choir** - Thursdays at 7:30pm: Sanctuary
- **Cherub Choir** - Sundays at 11:30am: Room 5
- **Rainbow Choir** - Sundays at 11:30am: Sanctuary
- **Youth Choir** - Sundays at 11:30am: Chapel
- **Asbury Ringers** - Sundays at 7pm: Sanctuary

OPEN SMALL GROUPS

- **1st and 3rd Monday; 6pm:** Monday Night Small Group (Contact [Ruth](#))
- **Thursdays; 7:45am:** Men's Bible Study on Zoom (Contact [Art](#))
- **Thursdays; 5-7pm:** Family Small Group
- **Last Thursdays; 1pm:** Sew-In (contact the Office)
- **Saturdays; 8:30am:** B-MEN (Contact [Dick Ernst](#))
- **Saturdays; 10am:** Craft and Chat [Zoom](#) gathering

OCTOBER

- **Pride Fest:** October 21, 12-3pm
- **Trick or Treat: Fun & Games:** October 29, 3-5pm



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**.

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

Check out the [newsletter archive](#)!

Asbury United Methodist Church

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