

Asbury First NEWS SHEET

DECEMBER 2022

asburyfirst.org

*You're invited! Join us for upcoming
worship, fellowship, and fun.*

585-271-1050

Asbury First Christmas Pageant

**Register by Sunday, December 4
Pageant is December 24 at 4 pm**

Calling all Shepherds and Angels! We would love to have your children be part of Asbury's Christmas pageant this year on December 24, at 4 pm. Children 4 years old through 5th grade are invited to participate. Rehearsals occur Sundays in December during Enrichment following the Children's Time in the 11 o'clock service. Our first rehearsal is Sunday, December 4.

Registration Forms can be found in the Welcome Hall and the 2nd floor. For questions or more information, contact Paula Dugan at pdugan@asburyfirst.org.

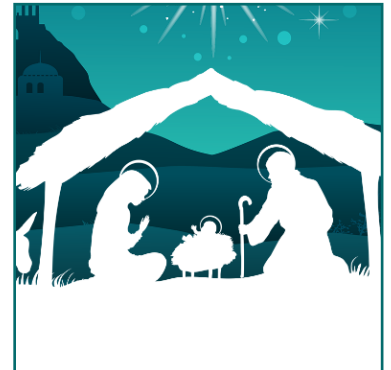


Advent's Winter Wonder Night

Sunday, December 11, 5-7 pm, 1040 Gathering Center

Asbury First's Children's Ministry invites you to bring your kids and come enjoy breakfast for dinner, Christmas music, and a special Christmas story at 5 pm on Sunday, December 11. Please don your pajamas as we share the magic of the season with you and your family.

Please RSVP to Paula Dugan by December 4th at pdugan@asburyfirst.org or (585) 271-1050 x 111.



Asbury Orchestra

Rehearsal: Sunday, December 11, 9:30 am, 1040 Wesley Hall

Performance: Sunday, December 18, following the service, 1040 Gathering Center

Asbury Orchestra invites regular and new members to take part in traditional caroling following the service on Sunday, December 18th in the Gathering Center. There will be one rehearsal for this, on Sunday, December 11th from 9:30-10:30 am in Wesley Hall. All instrumentalists are welcome. Only one rehearsal! Play one tune or all of them! This is the perfect opportunity to get your instrument out from under the bed, or to have your child share their developing skills with their church family. For more information, contact Laurie Kennedy, cellokennedy@frontiernet.net or call the church office at 585-271-1050.



Women of the Well—Waiting for God

Monday, December 5, 7 pm, 1040 Sanctuary

Advent is upon us! Did you ever wonder about the family of Jesus? The lives of so many who preceded him? The stories of women in his genealogy, from whom we seldom hear? If so, please join the "Women of the Well" on Monday evening, December 5, 7-8 pm, in the Church sanctuary. In our program, "Waiting for God," we will be telling a few stories of his ancestors in faith, and we would love to see you there!



Contemplative Service (Taizé)

Wednesdays during Advent, 6:15 pm, 1040 Sanctuary

A contemplative service featuring moments of silent reflection and musical interludes.



Caroling Around the Tree

Wednesdays 12/7 & 12/14, 7 pm, 1040 Front Lawn

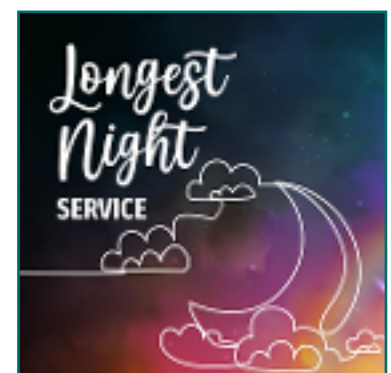
Come join us for singing carols around the tree on the front lawn in front of the church every Wednesday during Advent!



Longest Night Service

Wednesday, December 21, 7 pm, 1040 Sanctuary

This reflective moment of worship is a sacred space for those who may feel a special pain or hardship—whether from the loss of a loved one, loneliness around the holidays, and more. Please join us on Wednesday, December 21 at 7 pm for this unique and meaningful service.



Hanging of the Greens

Saturday, December 3, 10 am

Please join us on Saturday, December 3 from 10 am to 1 pm as we gather together for the return of the Hanging of the Greens. Come when you can! Families are welcome and there will be activities for kids.

Contact Amy Allen with any questions at ajppa@yahoo.com or at (585) 738-9128.



Christmas Eve Services

Saturday, December 24, In-Person and Livestream

Our goal is to have as many people safely worship on Christmas Eve as possible. To that end, we plan to hold the services listed below on Christmas Eve 2021. With the exception of the pageant, the services will all be very similar (word, candlelight, carols, etc.). CHRISTMAS EVE SERVICES:

12 pm – Traditional service with carols and candlelight

4 pm – Family Service Christmas Pageant

7 pm – Traditional service with carols and candlelight

11 pm – Traditional service with carols and candlelight

NOTE: The 4 pm and 7 pm services will also be LIVESTREAMED. [Click here](#) to join the live stream.



Christmas Eve Turkey Dinner

Saturday, December 24, 5 pm, 1040 Fellowship Hall

Join us for a special Christmas Eve Turkey Dinner in between the 4 pm and 7 pm services. RSVP by December 21 to Paula Dugan at pdugan@asburyfirst.org or call (585) 271-1050 x 111.



CONTINUING CLASSES, GROUPS, AND EVENTS

Queerfully and Wonderfully Made

Open to all LGBTQ+ Youth and Youth Allies
Sundays, 9:45-10:45 am, Youth Room

Psalm 139:14 says that we are fearfully and wonderfully made. This has been used to highlight how we are each made in the image of God—and that we are created good! This fall, we encourage all youth—those who are out, those who are questioning, and those who are affirming of their peers—to join us on Sunday mornings as we consider the connections of the LGBTQ+ community and our faith. In addition to checking out Bible stories, characters, and traditions that promote inclusion, we will also take time each week to check in and support one another. This group will be facilitated by Evann Hasenauer, our CRCDS supervised ministry student who has a passion for bringing faithful LGBTQ+ inclusion and representation to the forefront in youth and young-adult spaces. Questions? Contact Mike Mullin at mmullin@asburyfirst.org or at 585-271-1050 x105



When Kids Ask Hard Questions

Sundays, 9:45-10:45 am, Room 204

What are some of the hard questions your kids have asked? “Are they a boy or a girl?” “Why am I nervous all the time?” “Are we brothers?” “Why is our peace broken?” This group is intended for parents of kids from birth through age 10, but is open to parents of all ages. We will be part support group, part commiseration and celebration circle, and part constructive collaborators. We will gather each week with a particular topic to focus our conversation. There will be brief readings available for those that are interested in some background, but they are not required for participation. Just as we have the opportunity to learn from the experts, we also have the opportunity to learn from the vast experiences of one another. We look forward to grappling with these questions in community, and living out what it means to be the church while raising a family. Questions? Contact Mike Mullin at mmullin@asburyfirst.org or at 585-271-1050 x105.



As the Spirit Moves Us

Sundays, 9:45-10:45 am, 1050 Teak Room

For years, Asbury First has been blessed with a Sunday morning study led by The Rev. David Lubba. While Rev. Lubba is taking a step back from this leadership role, this historic class will continue to meet on Sunday mornings with the name, “As the Spirit Moves Us.” In that spirit, we welcome new faces and friends as we gather together to share our joys and concerns and decide what to study this coming year. All ideas will be considered, and we look forward to having you join us on Sunday mornings! Questions? Contact Mike Mullin at mmullin@asburyfirst.org or at 585-271-1050 x105.



CONTINUING CLASSES, GROUPS, AND EVENTS

Monday Morning Crew

Mondays, 9 am–12 pm, 1040 Workshop

The Monday Morning Crew is a group that works on odd jobs, fixes, and other needed projects in support of the Sextons around the Asbury First campus. They recently worked over 700 hours changing out the light fixtures in 1040 and 1050 to a more energy-efficient LED lights. If you are interested in joining the group, please contact Dave Kennedy at 585-787-0422.



Lectio Divina

Tuesdays 8:30–9 am, Zoom (zoom.us/j/8347173468 PW 200)

Lectio Divina is a contemplative practice on reading scripture. A passage of scripture is read, then there is silent meditation, then the passage is read again, then more silence, and then discussion. The silence is an opportunity to reflect upon what you experienced in the scripture. This half hour opens and closes with prayer. All are welcome. For more information please contact Rev. Kathy Thiel at kthiel@asburyfirst.org or at 585-271-1050 x106.



Tuesday Women's Fellowship

Tuesdays, 9:30-10:30 am, Zoom (zoom.us/j/8347173468 PW 200)

Looking for a way to stay connected to your Asbury First friends during the week? Want to meet new Asbury First friends? All women, all ages, are welcome to join the Tuesday Women's Fellowship via Zoom, 9:30–10:30 am each week. Bring your coffee or tea, and perhaps a treat, zoom in and enjoy an hour of devotion, sharing, and connection. If you have any questions or would like more information, please contact Elizabeth Church, coordinator, at emchurch418@gmail.com. Hope to see you soon!



CONTINUING CLASSES, GROUPS, AND EVENTS

Embodied Spirituality

Tuesdays, 7 pm, Zoom (zoom.us/j/8347173468 PW 200)

Come explore the topic of embodied spirituality starting Tuesday, September 27 at 7 pm via Zoom. As a platform and launching pad for our discussions we'll be reading the bestselling book by Bessel Van Der Kolk M.D. *The Body Keeps the Score – Brain, Mind, and Body in the Healing of Trauma*. In addition to this book, each week we'll bring in additional resources (articles, videos, etc.) and learn about embodied spiritual practices to help us integrate the spiritual with the physical and progress on the journey from our heads to our hearts.

Have you ever noticed in the famous text from the Gospel of John – "In the beginning was the Word, and the Word was God ... And the Word became Flesh." – it does not allude to the Spirit/Word 'entering' the body? Rather, the Word 'became' flesh. How might this mysterious 'becoming,' this transmutation of Spirit, impact how we think about our bodies, experience our bodies, 'know' in our bodies? What can the body teach us about healing and becoming a complete human being made in the image of God?

Come and make new friends, open up to new insights, and experience the love and support of people on a common path of healing and growth. For more information, contact the Rev. Kathy Thiel at kthiel@asburyfirst.org or at 585-271-1050 x106.



Disciple II Bible Studies Returns for the Fall

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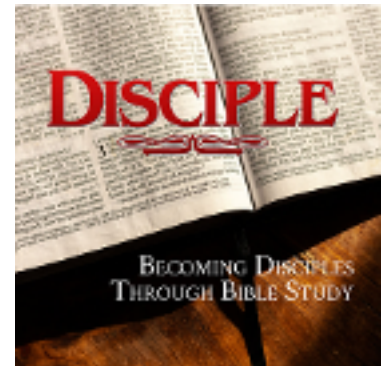
Tuesdays, 2:30–3:30 pm, Zoom (zoom.us/j/6174865464 PW Disciple)

Fridays, 10–11 am, Zoom (zoom.us/j/6174865464 PW Disciple)

Have you ever wondered what the Bible really says—and if it truly has any meaning for us in modern times? If so, then you're not alone. Most Christians have never really read the Bible, and many wonder if its antiquated teachings truly transcend time. If you would like to grapple with these questions, then you are encouraged to sign up for a Disciple Bible Study.

On Tuesdays, the Disciple II class will continue its journey through Exodus this fall as it prepares to transition to the New Testament books of Luke and Acts. On Friday mornings, the Disciple II class will be focusing in on the books of Luke and Acts.

Please contact Mike Mullin, mmullin@asburyfirst.org, with any questions, and use this link to sign-up for a Disciple Bible Study!



Asbury Art Class – Polymer Clay Creations

Tuesdays, 12-3 pm, Room 205 (Bell Room), \$20 per person

The Asbury Art Class will begin working on projects with polymer clay! (Think Sculpey – although there are other brands). We will explore the properties of polymer clay to develop milleflora techniques as well as for practical uses for in-the-home items. Class will begin on Tuesday, September 13 at noon. Bring a lunch. At 12:30 pm each class I will present a PowerPoint program on the "Elements and Principles" of art. At 1 pm we will begin working with the polymer clay. Class runs from noon until 3 pm every Tuesday. There will be general materials supplied as part of the \$20 per-person cost for the class. Please call or email Linda Clemow to register at soulsourcstudio1@gmail.com or 607-434-0500.



CONTINUING CLASSES, GROUPS, AND EVENTS

Men's Devotional Group

Wednesdays, 7 am, Zoom (zoom.us/j/8347173468 PW 200)

Men of all ages are welcome to join us on Wednesday mornings via Zoom as we discuss topics of faith, life, and more. Each week, a different member of the group leads us in a devotion for our time together. These can be instructional, reflective, conversational, etc. This is a wonderful group to make and build connections, and we hope that you will drop in to join us!



Women On Wednesday (WOW) embraces Hope in November

Wednesdays, 12:15 pm, Zoom (zoom.us/j/8347173468 PW 200)

The Book of Hope: A Survival Guide for Trying Times by Jane Goodall and Douglas Abrams is WOW's next reading journey. Published in October 2021, it is timely and reassuring. In a world that seems so troubled, how do we hold on to Hope? Jane focuses on her "Four Reasons for Hope" including the Resilience of Nature and the Power of Young People.

Women on Wednesday (WOW) is an ever-changing group of readers that meets weekly from September to June to explore books of current and thoughtful interest. All women readers are welcome. There are no Asbury First or any other membership requirements – just bring your curiosity and interest in the world of reading and sharing ideas.

For questions or more information contact Mary Lynn Vickers at mvicker1@rochester.rr.com.



Prayer Shawl Ministry

Wednesday, December 14, 3–4:30 pm, Library

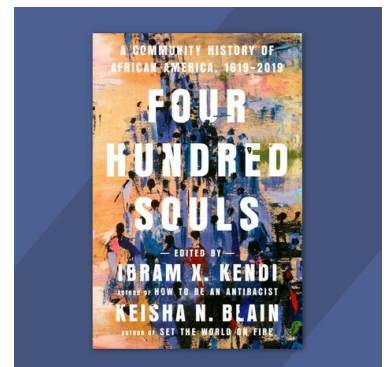
A prayer shawl is a simple shawl or a lap blanket knitted by members of our group. It is symbolic of an inclusive, unconditionally loving God. The knitting itself is very simple and we have "experts" on hand to help you if you are a beginner. The group meets monthly on the fourth Wednesday. Clergy and lay members of our church identify those who may benefit from our ministry and a shawl, and they're delivered by ministers or congregation members. Questions? Contact Meredith Pixley at meredithpixley@gmail.com.



Four Hundred Souls Discussion

Wednesday, December 21, 5 pm, Room 203 and Zoom (zoom.us/j/85385379148)

Join us for an ongoing discussion of this year's church-wide read, *Four Hundred Souls: A Community History of African America, 1619-2019* on the 4th Wednesday each month from 5-6 pm. We will be meeting over Zoom to make sure as many people as would like have access to the conversation. You don't have to have read the entire book to come, and can join at any time. All are welcome!



CONTINUING CLASSES, GROUPS, AND EVENTS

The Soul of America

Wednesdays, 10–11:30 am, Butler's Pantry (lower level, next door to Fellowship Hall Kitchen) and Zoom (zoom.us/j/8347173468 PW 200)

Asbury First's Wednesday morning study group has chosen a number of good reads for the coming year. We will begin in September with *The Soul of America*. As we prepare for mid-term elections, we will learn from the divisions of our past to find paths of hope and healing in our present. Questions? Contact Mike Mullin at mmullin@asburyfirst.org or at 585-271-1050 x105.



Carvers of Hope

4th Wednesday of the Month, 6:30–8 pm, 1050 Porch

Carvers of Hope is a wood carving ministry that helps people who find themselves in the very difficult places of life. Its members carve handmade crosses as a reminder of the hope Jesus brought to us through the cross. If you have any questions or would like more information, please contact John Smalt at jhsmalt@gmail.com.



Children's Music Going Forward

Children's Music going forward is on Wednesdays, at the following times:

- 5-5:30 pm Hallelujah Kids, Music Fundamentals for ages 4 through 1st grade
- 6-7 pm Wesley Singers & Ringers, Vocal & Handbell Choir for 2nd-5th grades

Both groups meet on the second floor in Room 201. There is a community dinner offered at 5:30 pm in the Gathering Center to make the night a little easier for all who attend any Wednesday night events at Asbury. For more information, contact Holly Temming at htemming@asburyfirst.org or at 585-271-1050 x114.



Wednesday Night Community Dinner

Wednesdays, 5:30 pm, Gathering Center, \$5 good-will donation

Remember the family-style meals we had on Wednesday nights? Well, they're back! We are excited to announce that we will begin the Community Meal again this Fall. What a great way to join in communion with others before enriching your spirit with classes, groups, or events, on a Wednesday night. We hope you will join us as we return to this wonderful tradition of family, faith, and community. There will be a \$5 good-will donation per person each week. For more information, contact Paula Dugan at pdugan@asburyfirst.org or at 585-271-1050 x111.



CONTINUING CLASSES, GROUPS, AND EVENTS

Sanctuary Choir and Asbury Ringers

Sanctuary Choir – Wednesdays, 7:30 pm, Wesley Hall

Asbury Ringers – Wednesdays, 6:35 pm, Bell Room (Room 205)

Sanctuary Choir's fall season is well underway, but new members are always welcome! Sanctuary Choir rehearses on Wednesdays from 7:30-9:00 pm in Wesley Hall on the lower level of the Education Wing. Contact our Director of Music Ministries Dr. Carl Johengen, cjohengen@asburyfirst.org, for more information.

The Asbury Ringers hold rehearsals on Wednesdays, starting at 6:35 pm in the Bell Room, #205 in the Education Wing. Likewise, new members are warmly encouraged to join; contact Elizabeth Church at echurch@asburyfirst.org.



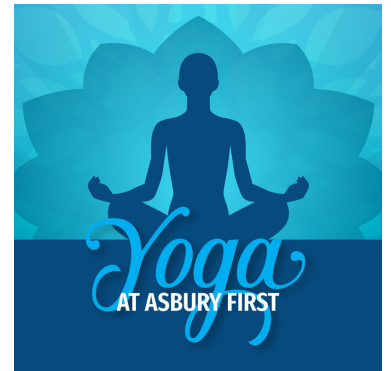
Yoga at Asbury First—New Class on Thursdays!

Tuesdays, 3 pm, Gathering Center, \$10 pay at the door

Thursdays, 4 pm, Starting November 10, Gathering Center, \$10 pay at the door

Gentle Yoga has returned to Asbury First each Tuesday at 3 pm and now Thursday at 4 pm. Each session will be gentle in nature, beginner-friendly, and inclusive to those in need of different supports. Join us for an hour of breathing, movement, and awareness, with meditation. Please wear loose-fitting clothing that is comfortable for a wide range of movement. A limited number of yoga mats and props (blocks, straps, etc.) will be available, but you are encouraged to bring your own.

The sessions will be run by Kelly Noyes, who is certified from the Kripalu School of Yoga and Health and is registered with Yoga Alliance (RYT 200). For more information, please contact Kelly at knoyes710@aol.com.



Outreach Ministries Announcement

Construction on our renovation is wrapping up and our on-campus outreach programs are preparing to move into their new space! In order to accommodate the relocation, some of our ministries will be suspending operations in various ways throughout November and December:

- The Dining & Caring Center and Storehouse are temporarily closed.
- The UR Well Clinic will be closed for the month of December.
- The Grocery Bag Ministry will continue to meet on the third Saturday of the month.
- The Community Garden has been put to bed for the winter.

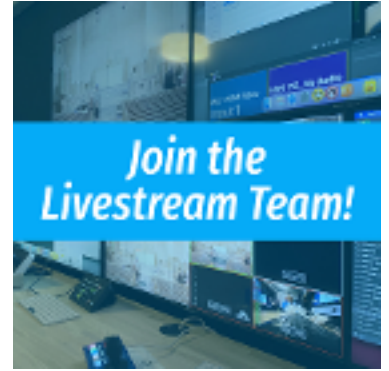
We look forward to restarting our programs over the coming months!



CONTINUING CLASSES, GROUPS, AND EVENTS

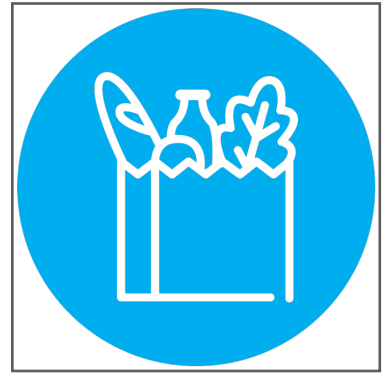
Join the Livestream Team!

Are you interested in joining Asbury First's live streaming team? You will learn how to use our professional broadcast equipment and video production techniques. More importantly, you will support the digital ministry that helps us Do More Good in Rochester and around the world. Youth and adults are welcome. Please contact David Berg at bergdm@gmail.com to learn more.



Grocery Bag Ministry

The Grocery Bag Ministry distributes bags of groceries equivalent to about 1,000 meals per month. To make food donations please email grocery@asburyfirst.org. Cash donations can be made by sending a check, designated for the Grocery Bag Ministry (GBM), to the Church Office or online by clicking [here](#) and choosing "Other Gifts" as the fund and typing GBM under the description.



Stay up-to-date with events, links, and information with our online calendar, or call 585-271-1050.

asburyfirst.org/events

DEADLINE FOR JANUARY ANNOUNCEMENTS: Monday, December 26

To submit an announcement, email communication@asburyfirst.org, call the church office at 585-271-1050, or fill out the online form at asburyfirst.org/bulletin-announcement.
If you'd like to receive regular paper communications, please call the church office at 585-271-1050.