

Asbury First NEWS SHEET

JULY 2022

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

Summer Worship

Warmer days are here again. Join us for worship this summer starting Memorial Day weekend through Labor Day weekend! We will return to outdoor worship at 9 am (excluding Sunday, August 7), and will continue the 11 am service in-person and livestreamed.

Summer Worship Services May 29–September 4:

- 9 am — In-Person Outdoor (excluding August 7)
- 11 am — In-Person and Livestream

**SUMMER
— WORSHIP**

MAY 29 – SEPTEMBER 4

A Year of Biblical Womanhood....In An Eight-Week Summer Study

Wednesdays, June 22–August 10, 10 am, Zoom (zoom.us/j/8347173468 PW 200)

Join Kathryn Woodruff, a summer intern at Asbury First, for a study on *A Year of Biblical Womanhood*. This book follows Rachel Held Evans' "both hilarious and thought-provoking" account of her yearlong response to the question "What if I took 'biblical womanhood' literally?" In the end, you might decide that staying silent in church, cultivating a gentle and quiet spirit, or making your own bread isn't for you. And perhaps it doesn't have to be—even some women in the Bible rejected this path. Regardless, you will find that both the Bible and our lives today are filled with *Eshet Chayil*, that is, Women of Valor.



Invite a friend and join us at our first Zoom gathering at 10 AM on June 22 for an introduction to Kathryn and to the book. For more information, contact Mike Mullin, mmullin@asburyfirst.org.

Financial Report

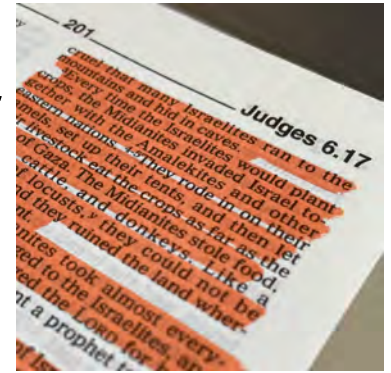
We are pleased to say that Asbury First is ahead of budget thus far in 2022 and we thank you for your generous giving. Click the link below to see Asbury First's Financial Report for January–April 2022. It is only through your support that Asbury First can "Do More Good" in this world. The full summary is in printed format around campus, or online at asburyfirst.org/news.

**ASBURY
FIRST**
*Financial
Summary*

Bible Study on the Book of Judges – Canceled

Due to summer activities, the Judges class will be canceled and rescheduled at a later time. Stay tuned for the return of this amazing Bible study.

We may know the names Deborah, Gideon, or Samson & Delilah, but how well do we know the stories that surround these biblical figures? How well do we know the stories of others like Ehud, Othniel, or Jephthah? When was the last time that you cracked open the Book of Judges and what do these bizarre old stories of deception, battle and scandal have to teach us about faith today? Join Pat Dupont Thursdays at 1 pm from June 23 to July 28 for an in-person Bible study on the Book of Judges. All are always welcome!



Youth Mission Trip – High School

July 3–9, Kentucky

After a two-year hiatus, our high schoolers will once again be immersing themselves in a new environment as they travel to Kentucky to work with Appalachia Service Project (ASP). ASP is an organization that seeks to achieve systemic change for those experiencing extreme poverty in the Appalachia region. Because systemic change is a long and arduous process, ASP also partners with groups throughout the year to help provide hand-on help in local communities where alternative aid was dried up and/or is unavailable. ASP recognizes that this is not a permanent solution, and also uses this opportunity to educate their volunteers about how they can become more involved to help promote and enact positive systemic change. We are excited to have 18 youth and 8 adults engaging in this life-changing ministry the week of July 3-9. For more information, contact Mike Mullin at mmullin@asburyfirst.org or at 585-271-1050 x105.



Barnstormers Men's Chorus to Sing July 9 & 10

Saturday, July 9, 7:30 pm, Sanctuary (Free-will offering)

The Barnstormers Men's Chorus will visit Asbury First, presenting a concert on Saturday, July 9 at 7:30 pm, and serving as our guest choir for the 11 am service on Sunday, July 10. Founded in 1946, the Barnstormers presents concerts three times a year in various locations throughout the northeast, gathering men for a long weekend of rehearsing and performing. This is their first visit to the Rochester area, and we hope to provide them a warm welcome. Friday evening's concert is free of charge (a free-will offering will benefit the ensemble.)



Rochester Pride Parade – March with Asbury First

Saturday, July 16, 1 pm, Park Avenue (Meet up at Asbury First at 11:30 am to march)

We invite LGBTQ+ persons and allies alike to join Asbury First, Fairport, UMC, Macedon Center UMC, and Covenant UMC in marching with us in the Pride Parade or cheering from anywhere on the parade route! The Pride Parade is on Saturday, July 16 at 1 pm and goes down Park Avenue from Alexander Street to Culver Road. If you'd like to march with us, please meet at Asbury at 11:30 am (we can walk or carpool to the line-up area on Alexander together), or find the Reconciling UMCs along Alexander. We're also participating in the Pride Picnic on July 10 at Genesee Valley Park. If you'd like to help staff our table, please contact Deb Bullock-Smith at dbullocksmith@asburyfirst.org. Learn more about ROC Pride Fest at www.rocpridefest.com.



Faithful Politicking: One Book to Encourage; One Book to Challenge; One Book to Throw Across the Room

Two evenings of conversation on Zoom (zoom.us/j/8347173468 PW 200)

Wednesday, August 3 from 7-8 pm; Thursday, August 4 from 7-8 pm

This summer, you are invited to come along on a journey of those too-often taboo topics of faith and politics. How should we address these topics as people of faith? Three books have recently been published to address this growing divide in our country. Each book represents a very different viewpoint. *We Will Not Be Silenced: Responding Courageously to Our Culture's Assault on Christianity*, by Erwin W. Lutzer, has been widely revered and celebrated in conservative and evangelical circles. *Not In It To Win It: Why Choosing Sides Sidelines the Church*, by Andy Stanley, offers a moderate approach. *Jesus Takes a Side: Embracing the Political Demands of the Gospel*, by Jonny Rashid, highlights the importance of unabashedly standing with the oppressed. As our subtitle above implies, you will assuredly not agree with each of these books. Instead, the hope and goal is to help us to step out of our echo chambers and work to have authentic conversations with those who think differently than we do—starting from a foundation of faith. On August 3, we will focus our conversations on the readings, and how the various books impact our faith and actions. On August 4, we will shift our conversation to where we go from here. How can we take these new insights and ideas and move forward to profess and live out a more inclusive kingdom of God? Contact Mike Mullin with comments or questions at mmullin@asburyfirst.org.



Calling All Children — Come Check Out the Church Library

Come see our new location for children's books in the Church Library—just off the gathering space. A reachable bookcase filled with picture books and children's books are located just inside the Church Library. This new location features books that are within reach of even the shortest readers. Come look through the new additions and old favorites. Check them out to take home absolutely free and so convenient. Simply sign the blue card in the front of the book and leave it on the library desk and enjoy your book. Learn more about the current selection at asburyfirst.org/library.



Tent Sunday

Sunday, August 7, 11 am, Front Lawn Tent (No 9 am service this Sunday)

Tent Sunday at Asbury First aims to give people a great experience of the church, as well as welcome those living nearby who may be curious about our community. We'd love to see you at 11 am, August 7, outside under the tent!

We will have a special Summer Choir for this service and following will be our church-wide carnival and talent show at 12 pm. We will have one service only this day (no 9:00 am service) which will be live-streamed as always. We hope to see you there!



Dick Moncrief Retirement

Dick Moncrief, our Financial Administrator for the past 16 years, has announced his intention to retire from that position on September 1.

Thankfully, he has no intention of leaving us. He will assume a volunteer role in the Outreach Center, assisting with foundation, corporate, and individual fundraising activities.

We will celebrate Dick's contributions and celebrate his "retirement" as we all re-gather in the Fall.



Church-wide Carnival and Talent Show Rescheduled

Tent Sunday, August 7, following the 11 am service

We are so sorry we had to cancel the Carnival due to forecast of thunderstorms, but we have rescheduled it already. Our church-wide carnival and talent show will take place Tent Sunday, August 7, immediately following the 11 am service. What better way to kick off Tent Week than with hot dogs, bouncy house, and a talent show! The church-wide carnival is free to all and it's not too late to be a part of our talent show so if you'd like to participate, contact Paula Dugan at pdugan@asburyfirst.org.



VBS — Under Construction

August 8–11, 9 am–12 pm, Register online at asburyfirst.org/vbs-2022

All children age 4 through 5th grade are invited this Summer to our Vacation Bible School themed "Under Construction" where we will highlight the work being done on 1010 to better serve our community. We will have a week full of music, crafts, games and science. We hope to see you there!



Youth Mission Trip — Middle School

August 8–13, Rochester Area

August 8–13, our middle school youth will once again be helping out as counselors for Vacation Bible School in the morning, and volunteering with different local agencies in the afternoon. Some of our connections may include Food Link, The Gandhi Institute, and the Iroquois White Corn Project. Then, on Friday and Saturday, our youth will have the opportunity to enjoy an overnight in the Adirondacks where they will get to experience the beauty and grandeur of nature through activities such as climbing and caving.



Amazing Grace: A Worship Celebration

Wednesday, August 10, 6 pm (refreshments), 7 pm (celebration), Front Lawn Tent

The Discipleship Project invites you to join us for a special musical and worship celebration on Wednesday, August 10 under the tent in the front lawn. There will be light refreshments served at 6 pm, with the main worship celebration beginning at 7 pm. We are blessed to be joined by musician Nairobi Smith, who is a United Methodist Worship Leader. Nairobi will lead us in worship, music, and fellowship. The celebration is open to all, and we hope you can join us! For more information, contact Rev. Rachel Dupont at rdupont@asburyfirst.org or at 585-271-150 x113.



Columbarium Brochure

Did you miss the information sessions about the Columbarium? Not to fret. Learn how Asbury First can be your final resting place, by reading our new Columbarium brochure (available in printed format around campus or online at asburyfirst.org/news).

Asbury First is a place of worship, community and celebration of life from baptism to confirmation, marriage and memorial services. Members of the congregation have expressed an interest in having a columbarium at Asbury First for many years. For more information, please call 585-271-1050 or email columbarium@asburyfirst.org.



CONTINUING CLASSES, GROUPS, AND EVENTS

NOTA Farmers Market

Mondays, 4-7 pm, Granger Lawn

The NOTA Farmers Market is on Monday evenings from 4-7 pm in the lawn at Asbury First Methodist Church at the corner of East Ave and Granger Place. The 2022 season will open on Monday, June 13 and operate every week (except July 4) until Monday, August 29.

The market now accepts SNAP tokens. For the list of vendors and more information, visit facebook.com/NOTAfarmmarket.



Yoga on the Lawn with Brett Richardson

Mondays, 7:15-8:15 pm, Granger Lawn

Saturdays, 9-10 am, Granger Lawn

\$15 per class or \$130 for 10-class pass

Looking to get outside and do some yoga in nature? Yoga on the Lawn with Brett Richardson at Asbury First will ground your senses, along with an all levels yoga flow to get the body moving and connected...mind, body, spirit!

This is a class to help you start or build your yoga journey. We will work on improving strength and flexibility as well as techniques to help calm the mind, body, and soul.

Each class will help you move steadily through yoga asanas, allowing you time to learn not only about alignment and postures, but also giving you opportunity to learn to establish breath, awareness, and flexibility within your body.

Brett currently teaches in Rochester and the greater Rochester area. You can take class with him at Midtown Athletic Club, M/Body Rochester, Roc and Soul Fitness (Webster, NY), Vault Rochester, STAR Physical Therapy (Fairport, NY), NYS Yoga Festival (Letchworth State Park 6/4) and at Dick's House of Sports in Victor for a Pride Yoga class on June 11th.

Brett is a Experienced E-RYT 500 hour trained yoga instructor with over 2000 teaching hours. Brett has education and certification in power yoga, restorative and yin yoga, Hikyoga, yoga for athletes, yoga for 12 step recovery, trauma yoga, meditation, energy healing and a love for myofascial and trigger point therapy. Brett has taught at the NYS Yoga Festivals in 2021 and will also teach at the 2022 Festivals. Brett served as an ambassador with Lululemon 2018-2020, he is currently a Lululemon Legacy Ambassador.

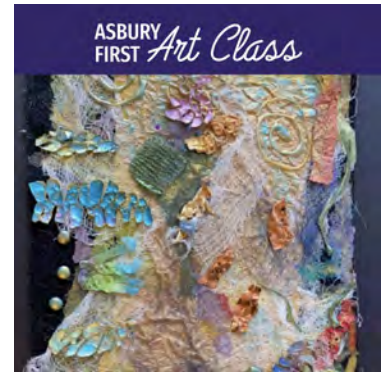


CONTINUING CLASSES, GROUPS, AND EVENTS

Asbury Art Class – Hot Textiles

Tuesdays, 12:30 pm, Room 205 – Bell Room, \$30 per person

Asbury's Art Class will be learning to make textile collages with heat tools and unusual textiles. We will be heating up textiles like Tyvek and Wonder Under as well as organzas, craft felt, and other fabrics that melt or shrink when heat is applied. There is no sewing required in this class! However, sewing for art's sake will be an option. And no experience is necessary. The class meets Tuesday afternoons from 12:30–3 pm. This class began in April, but you may join any time after that.

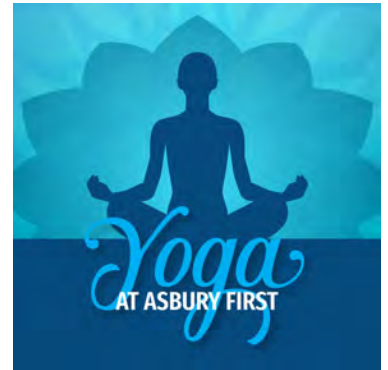


Yoga at Asbury First

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

Gentle Yoga has returned to Asbury First each Tuesday at 3 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.



Prayer Shawl Ministry

Wednesday, July 27, 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 – On Break for Summer

Returns Wednesday, September 28, 5 pm, Zoom

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!



NEEDED ITEMS, SERVICES, AND FUNDRAISERS

Prayer Partners

This summer, we will have more than 40 youth and adults participating in Youth Mission Trips. Our 8th–12th graders will be traveling to Breathitt County, Kentucky the week of July 3; and our 5th–8th graders will be volunteering locally in Rochester the week of August 8. As we prepare to embark on these trips, we would love to partner every participant with a congregant from Asbury First who will commit to hold them in prayer throughout their mission week.

In addition to prayers, we would also like each prayer partner to write a letter to their missionary. These will be collected by Mike Mullin in June, and will be dispersed to your missionary as a bit of encouragement during their week of service. This is a wonderful way to highlight the connectionism of our United Methodist community, and to invite people of all ages to vicariously participate in our youth mission trips. Any one is welcome to be a prayer partner—just fill out the interest form by clicking [here](#), or contact Mike Mullin (mmullin@asburyfirst.org or at 585-271-1050 x105) and we will send you information about one of our missionaries!



Help Tend the Asbury Community Garden!

It's planting season! The Asbury Community Garden is taking shape for 2022, with seeds starting to germinate (lettuce, radishes, collard greens, carrots and Swiss chard) and seedlings (broccoli and tomatoes) taking up their new residences.

Lots is happening and lots more needs to happen. Several groups have already lent a hand. The Youth Ministry topped off our raised beds with soil and mulched the paths around the beds. The Children's ministry has started flowers and basil plants. And the Asbury Day Care Center is going to paint some large planters to hold our nasturtium flowers that will help attract pollinators.

Could you join us? Our biggest need is for people to join the rotating teams of gardeners watering and, eventually, harvesting the vegetables. Watering is particularly crucial as seeds and seedlings are planted, but continues through the growing season until October. Team work is shared among many people. You might need to water and pick vegetables one or two times over a week in coordination with your team, and then return a few weeks later to do the same. If you want to do more, we have more jobs to share. Experience is not necessary.

To join the community garden team, call Diana at (585) 732-7224 or send an email to DianaLouiseCarter@gmail.com.



Seeking Volunteers for Lawn Care/Mowing

We're seeking volunteers who can join our team to mow and trim our lawns. The schedule can be flexible. If interested, please contact James Flack at jflack@asburyfirst.org or David Strong at dstrong@asburyfirst.org.



NEEDED ITEMS, SERVICES, AND FUNDRAISERS

Continued Need: Portable Sewing Machines

Keeping Our Promise (KOP) is in need of some donated portable sewing machines that are in good working order. These will benefit the Afghan families that have come to Rochester. Please call **Rand Warner at 585-455-4840** and he will come to pickup sewing machines from your house and will deliver them to Henrietta Foster and the KOP. Your generosity is always appreciated!



Meals On Wheels Needs Volunteers

Meals On Wheels needs your help delivering meals to homebound residents in the City of Rochester!

- Partner with your friend, spouse, family member or neighbor & volunteer to deliver meals together!
- Delivery takes about 60- 90 minutes
- Meals are picked up in the city
- Easy to follow route directions

For more information or to begin the application process please call 585-274-4385 or visit the website at www.homecare.urmc.edu.



Stay up-to-date with events, links, and information with our online calendar.

asburyfirst.org/events

DEADLINE FOR AUGUST ANNOUNCEMENTS: Monday, July 18

To submit an announcement, email communication@asburyfirst.org
or fill out the online form at asburyfirst.org/bulletin-announcement.