

Asbury First NEWS SHEET

OCTOBER 2022

asburyfirst.org

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

585-271-1050

New Members Class!

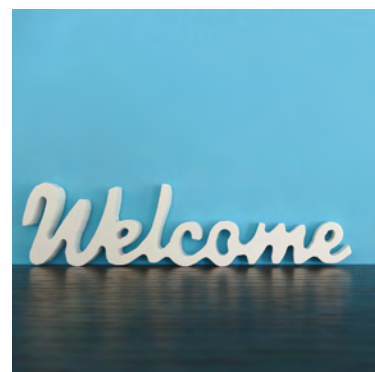
Two Options:

In-Person: Sunday, October 2, 12:30–2 pm, 1050 Dining Room, Lunch Served

Virtual: Wednesdays, September 28 and October 5, 5–6 pm, Zoom

Joining on Sunday, October 9

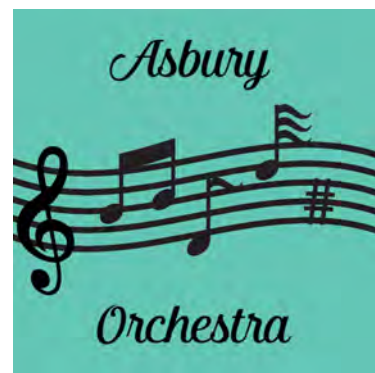
Are you interested in joining Asbury First? We are pleased to be offering the next round of New Members Classes for any and all interested in joining Asbury First. We will hold classes in person Sunday, October 2 following the service from 12:30–2 pm. For those near and far interested in meeting (and potentially joining) virtually, we will hold Zoom classes on Wednesdays, September 28 and October 5 from 5–6 pm. Our hope is to have everyone join on Sunday, October 9. You need not register to attend, but if you know that you will be there, we'd love to know! Simply email Deb Bullock-Smith at dbullocksmith@asburyfirst.org or at 585-271-1050.



Asbury Orchestra Returns!

Rehearsals begin Sunday, October 16, 9:30 am, Wesley Hall

The Asbury orchestra is a welcoming, encouraging group of musicians that want to make music together and share what we love in worship. After a COVID hiatus, the Asbury Orchestra will begin rehearsals on Sunday, October 16 at 9:30 am in Wesley Hall. We will work to prepare to play for the Sunday, December 4 service. This ensemble is for all ages, and for everyone who plays or has played a band or orchestra instrument for at least two to three years. If you are interested, please call the church office at 585-271-1050 or fill out the form on our website at asburyfirst.org/asbury-orchestra.



Town Hall Meeting 10/23 Following Worship Service

Sunday, October 23, Following 11 am Worship Service

The Governing Board and our Senior Minister will host a special town hall following the 11 am service on Sunday October 23, 2022. This meeting will be in person and livestreamed and has no formal agenda except to answer your questions that you'd like to be prepared to answer, please email governance@asburyfirst.org or call the church office. For those questions we receive in advance, we will provide answers in a FAQ area of the church website as well as bring them to the meeting. We look forward to seeing you there!



Older Adult Council (OAC) Luncheon Returns

Monday, October 17, 11 am, Sanctuary, RSVP by Monday, October 10

We are excited to announce that the Older Adult Council Luncheon will return after three years! We will begin with worship in the Sanctuary at 11 am, followed by lunch and lots of fellowship in the Gathering Space at about 11:45 am.

Please come and join your friends in fellowship! We would like to know if you will or will not be attending and if you need transportation. For more information or to RSVP, please contact the Rev. Kathy Thiel at kthiel@asburyfirst.org or at 585-271-1050 x106.



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

Disciple II Bible Studies Returns for the Fall

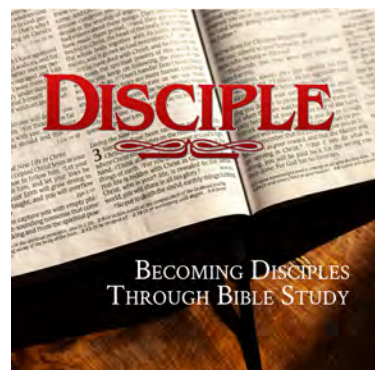
Tuesdays, 2:30–3:30 pm, Zoom (zoom.us/j/6174865464 PW Disciple)

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!



What We Need is Here: The Discipleship Project

We are thrilled to announce year two of The Discipleship Project at Asbury will officially begin with Space for Grace this October, with small groups beginning in November! If you are looking for a small group focused on mutual support in faith, this might be the place for you!

Over the course of The Discipleship Project 2.0, which runs through May 2023, we will move “from dreaming to doing” in thoughtful discussions that are framed by the liturgical seasons in the life of the Church. Together we will support each other in our faith journeys as we remind ourselves and each other: what we need is here.

Registration for new or transferring small group participants begins October 2nd! For any questions, contact Rev. Rachel Ann Dupont, Director of The Discipleship Project at 585-271-1050 x113, or rdupont@asburyfirst.org.

To learn more about the Discipleship Project visit asburyfirst.org/the-discipleship-project/.



Space for Grace

Wednesdays in October, 6:15-7 pm, Gathering Center

Help us kick off year two of The Discipleship Project with a series of special events: Space for Grace. Join us after the community meal on Wednesdays in October from 6:15-7 pm in the Gathering Center for a come-as-you-are time of singing, sharing, learning, and community-building. If you're interested in The Discipleship Project, this is a great place to connect with others and learn more! Space for Grace is open to all. To learn more visit asburyfirst.org/the-discipleship-project/. For any other questions, contact the Rev. Rachel Ann Dupont, Director of The Discipleship Project at rdupont@asburyfirst.org or at 585-271-1050 x113.



Dining In for Outreach Returns!

Join the fun on Saturday, November 5

What is Dining In for Outreach? A fun, tasty event that supports the many on-campus and off-campus ministries of Asbury First. Prior to the pandemic, Dining In for Outreach raised funds that provided much needed food, clothing, education and medical care to our neighbors near and far. With the pandemic easing, we look forward to sharing a meal and God's blessings with each other and those in need.

How does it work? Asbury First members host delicious dinners in their home with guests donating a suggested amount to participate. Traditionally, the evening began with appetizers and fellowship in the Gathering Space, followed by at home dinners.

Where do the funds go? All donations are designated for outreach and are deposited in Asbury First's bank account by the church treasurers. Funds are then distributed to various ministries after approval by the Funding Team.

How do I sign up? Stop by the sign-up table in the Welcome Hall any Sunday morning through Sunday, October 23 to sign up to host or attend a dinner. Or contact Tim Mahan at tim.mahan@wegmans.com. Help us Do More Good by participating!



Help Me Connect

Are you interested in taking the next step in your faith journey, finding your place in the life of Asbury First, or are just in need of a deeper connection? There is a place for you!

Scan the QR code, visit asburyfirst.org/help-me-connect, or call the office at 585-271-1050 to connect.



Methodism 101

Wednesdays November 9, 16, 30 and December 7, 14, 6-7 pm, In-Person Location TBD

What's up with the name "Methodist?" Why do our ministers move around so much? Why do we use grape juice during communion? Whether you've been a United Methodist all of your life, or have just heard of us, this class is for you! The Rev. Dr. Stephen Cady will lead this four-week discussion about the history, structure, beliefs, and challenges of The United Methodist Church. For more information, contact the church office at 585-271-1050.



Order Your Name Tag ... Now with Pronouns!

While some of us find it easy to remember names, many of us could use the reminder of a name tag. Wearing name tags will help us learn one another's names, keep us from worrying when we've forgotten someone's name, and help make our community stronger. To better create a welcoming environment, you can now add your preferred pronouns! Call the church office at 585-271-1050 or scan the QR code to order yours!



CONTINUING CLASSES, GROUPS, AND EVENTS

Queerfully and Wonderfully Made

Open to all LGBTQ+ Youth and Youth Allies

Sundays, Starting September 11, 9:45-10:45 am, Youth Room

Psalms 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, Beginning September 11, 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

Called to Community

Sundays, September 11-October 16, 9:45-10:45 am, Fellowship Hall

Join Rev. Rachel Ann Dupont for a conversation over six weeks about the role of the church in community. Guided by theological and pastoral minds like Walter Brueggemann, Richard Rohr, and Rachel Held Evans, we'll engage in a reflective discussion about the past, present, and future of our community. No additional preparation is necessary — we'll watch a brief video and be led in discussion as we reflect on our own experiences and context. Bring yourself as you are, with an open mind, an open heart, (and maybe a friend or two). For more information, contact Rev. Rachel Ann Dupont at rdupont@asburyfirst.org or at 585-271-1050 x113.



The Youth Musical: Snoopy!!!

Rehearsals: Wednesdays at 6 pm and Sundays at 2 pm, September 14-November 9, Fellowship Hall
Shows: November 11-13

Rehearsals will be on Wednesdays at 6 pm and Sundays at 2 pm from Based on the beloved Peanuts comic strip by Charles Schulz, Snoopy!!!, sparkles with wit and warmth as it depicts life as seen through the eyes of Schulz's unforgettable characters. Snoopy is the follow up show to You're a Good man Charlie Brown. For more information, please contact our Director of Youth Theater Larry Dugan at ldugan@asburyfirst.org or at 585-271-1050.



Monday Morning Crew

Mondays, 9 am-12 pm, 1040 Workshop

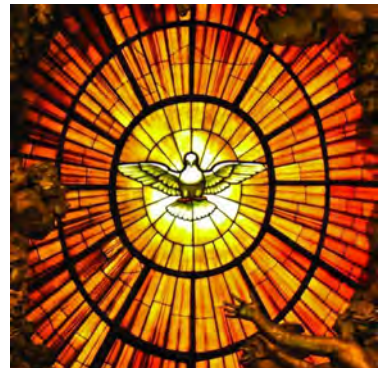
The Monday Morning Crew is a group that works on odd jobs, fixes, and other needed projects in support of the Sextons around the Asbury First campus. They recently worked over 700 hours changing out the light fixtures in 1040 and 1050 to a more energy-efficient LED lights. If you are interested in joining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



CONTINUING CLASSES, GROUPS, AND EVENTS

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!



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.



Yoga at Asbury First

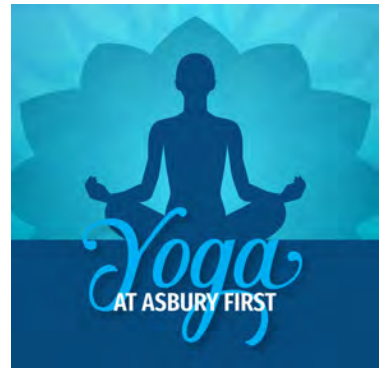
Tuesdays, 3 pm, Gathering Center, \$10 pay at the door

Updated Dates: 09/27, 10/4, 11/8, 11/15, 11/22, 11/29, 12/6, 12, 13, 12/20, 12/27

Classes are cancelled on October 11, 18, and 25

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.

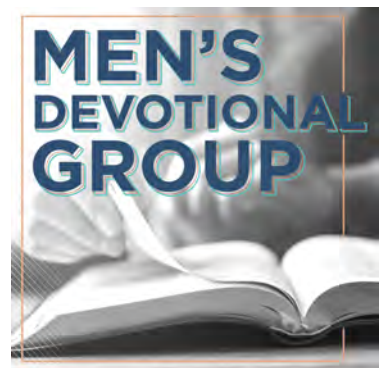
The sessions will be run by Kelly Noyes, who is certified from the Kripalu School of Yoga and Health and is registered with Yoga Alliance (RYT 200). For more information, please contact Kelly at knoyes710@aol.com.



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!



CONTINUING CLASSES, GROUPS, AND EVENTS

Women On Wednesday (WOW) embraces Hope on September 28

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, October 26, 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, October 26, 5 pm, 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!



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.



CONTINUING CLASSES, GROUPS, AND EVENTS

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.



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.



NEEDED ITEMS, SERVICES, AND FUNDRAISERS

Window Painting Project—Needs Helpers

The Monday Morning Crew has begun a special six-week window painting project for the new Gathering Space. We need helpers to assist in this and other property maintenance projects on campus. The painting project meets Mondays from 9 am to 12 pm in 1040. There are no signups. Just join us whenever you are available. For more information, contact Dave Kennedy at DAKennedy@frontiernet.net.



Storehouse Announcement

We are not able to accept most donations at this time while we are transitioning from our current location to our new Outreach Center. The only exceptions are size 1X and larger men's and women's winter coats, large pots and frying pans, spatulas, large spoons and washable bed size blankets (especially queen size). We hope to be able to receive donations later in the Fall. Thank you for your continued support.



Hurricane Relief

If you would like to help support those in the path of the tropical storm Ian, we encourage you to give to the United Methodist Committee of Relief (UMCOR) by using the following link: advance.umcmmission.org/p-620-umcor-us-disaster-response-and-recovery.aspx. You can give online at asburyfirst.org/give, and note "Hurricane". Or, you can mail a check to the church office at 1050 East Ave. We will collect these special donations and send them on to UMCOR.

UMCOR responds to natural or civil disasters of such magnitude that they overwhelm a community's ability to recover on its own. Through UMCOR, United Methodists extend loving care to people within the United States. When disaster strikes, it is local churches that provide the first response to their communities.



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

asburyfirst.org/events

DEADLINE FOR NOVEMBER ANNOUNCEMENTS: Monday, October 24

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.