



Reminder: Pastor Kathy is practicing what she preached about self-care and is on vacation from August 14 through August 29. She will return to the office on August 30. If you need pastoral assistance during this time, contact [Pastor Brad](#) or the [church office](#).

Worship

Pastor Brad shared in his sermon this past Sunday about embodied mindfulness. At the conclusion of his sermon, he encouraged us to listen to a song from Kendrick Lamar that is a good example of embodied mindfulness. The song is entitled "Mother I Sober" and you can click on the button below to give it a listen.

It is a heavy and tough song, but in it Kendrick shows his breakthrough that comes from his mindful awareness that is expressed through embodiment and rap.

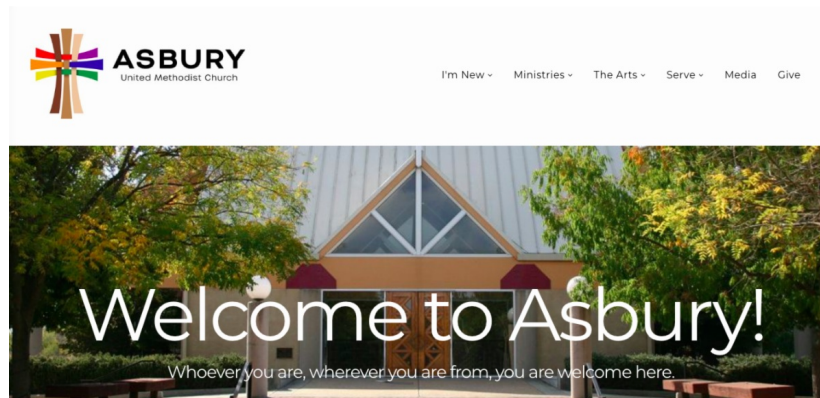
Kendrick Lamar, "Mother I Sober"

Asbury Tech Updates

We gave technology updates via Asbury Articles a few weeks ago and gave you a glimpse of what was to come. For the next three weeks, we'll be focusing on a different specific update each week - the app, the website, and online giving - in preparation for **their official launch on Sunday, September 4th!**

We are excited and we hope you are too!

Update Part 2: New Website!



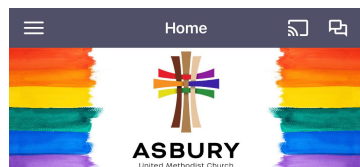
We have an updated website!

We thought it was time for a new look to the website!

Our hope is that the new website will make it simple and easy for those interested in Asbury to find the information they need to feel comfortable taking those first steps into a new church.

The new website will also allow for online registration for various events, as well as a much easier way to donate/pay online than our current system. No worries - the website URL will stay the same so no need to learn a new one!

Update Part 1: An App!



We have our own app! Closer to launch day (Sunday, September 4th), we'll give more detailed instructions on how to download, create a profile, etc. But for today, we want to highlight some key features:

- In-app messaging between individuals and among group members
- Livestream worship from the app
- Online giving platform
- Access church announcements, worship bulletin, and church events
- Register worship attendance
- View past worship services
- Receive notifications (worship reminders, urgent announcements)
- SO MUCH MORE!

Home Worship Events Connect Giving

Children's Ministry

Children's Choirs Resume September 18th!

Sundays from 11:30am - 12:30pm
Starting Sunday, September 18th

Save the date for the return of Children's Choir! The choirs meet after Labor Day in September and end their season the 1st Sunday in June with "Music Celebration Sunday". Each of the children's choirs sing in service every five weeks, plus various performances throughout the year.

Cherub Choir (K-2nd grade) has a fun and relaxed time - sharing, song teaching, pitch training, notation, tempo, and learning a song about every 4-6 weeks. The rehearsals usually end with an interactive game or a book, then close with Joys & Concerns and a short prayer. Contact [Sharon Gach](#) for more information.

Rainbow Choir (3rd-5th grade) singers learn musical notation and singing skills, plus some great songs about love and community. They also play percussion instruments like finger cymbals, xylophones, chimes, drums and more! Contact [Jean Braun](#) for more information.

Youth Ministry

Lunch & Swimming: THIS Sunday!

THIS Sunday, August 28
After Sunday worship

The Youth Group & their families will have lunch after church and then go swimming at Brad's pool. RSVP to Brad so that he can plan accordingly.

Youth Choir Resumes September 18th!

Youth Choir is for students in grades 6th -12th and meets every Sunday from 11:30am - 12:30pm. Choir sings in service once a month.

Youth Choir gives students the opportunity to practice singing together in a group, working more on 2-4 part harmony with the potential for more and solos. Some basic music theory is taught along with proper breathing technique. The Youth Choir also gets to put on a musical once a year in the early spring, giving youth the opportunity to sing, act, and possibly do set design. Youth Choir at Asbury is designed to be fun and give students the chance to sing together when it may not be possible to do so through regular school or during the week.

All are welcome - the Youth Choir is a safe space for those that are looking. We hope to see you soon!

Backyard BBQ: THIS Sunday!

THIS Sunday, August 28th
4:00pm - 8:00pm

The Caytons are graciously hosting us for a Backyard BBQ and gathering to celebrate end of summer. Dinner will be provided, and we will just hangout, play games, and enjoy fellowship. Lastly, there will be people carpooling from the church if you need a ride! Text [Brad](#) to let him know you'll be there!

Opportunities to Serve

Habitat for Humanity Unity Build Day

Saturday, September 17
8:30am - 4:00pm
Esperanza Place – 1250 Las Juntas Way, Walnut Creek

Habitat for Humanity is having another build day at Esperanza Place and we'd like to get a group from Asbury to join in!

Every volunteer must [register](#) individually, but there will be a carpool from Asbury to the worksite. Contact [Bob Hoffman](#) if you register and want to carpool (or if you have trouble registering)!

****Note:** For safety reasons, all volunteers at our sites or ReStores must be at least 16 years old. All volunteers under the age of 18 must bring a signed minor waiver form with them to the site. Minor waiver forms are available [here](#).

Join the Asbury VIM Team!

We are now taking signups for the next Volunteers in Mission (VIM) trip to Paradise, CA on September 19-23.

If you are interested in participating in some rewarding work, Christian camaraderie, and making a difference contact Steve Elliott by [email](#) or phone (925 640-9797). Sign up by the first week in September - spots fill up quickly!

Upcoming Asbury Events

Celebration of Life

Juanita Benson
Saturday, October 8th at 2pm

Asbury Follies is Back!

Asbury Follies is scheduled for Saturday, October 15 at 7 pm!

The Follies is a fun-filled evening full of songs, skits, jokes, dances, juggling, magic --- you name it!

Start thinking about what you'd like to do for this year's follies, and contact [Martie Muldoon](#) with your ideas, comments or questions. If you'd like to participate, but don't know what to do, you can still sign up! All ages are welcome!

And we need audience members, too, so save the date for a wonderful evening of fun!

Adult Choirs Resume in September!

Save the date for the return of adult choirs at Asbury!

The musical season for adult groups begins on the Thursday after Labor Day in September and goes through the first Sunday in June. There are no auditions, and anyone interested in singing or playing an instrument is welcome to come to a rehearsal or contact one of the adult directors.

Note: masks are highly recommended during rehearsal (but not required).

Faith Choir

Thursdays from 7:30pm-8:30pm

Starting Thursday, September 8th

Contact [Jean Braun](#) for more information.

Asbury Ringers (Handbell Choir)

Sundays from 7:00pm-8:30pm

Starting Sunday, September 18th

Contact [Fernanda Van Atta](#) for more information.

Asbury Community

Thank You from Jackie Bennett

Dear Asbury UMC Family,

Thank you all so very much for the very generous gift card to Da Boccery, the delicious and beautiful cakes, the awesome walk down memory lane video with beautiful music, all the kind words. Your love and support gives me the courage to go out and spread that kindness to others. I am endlessly grateful to be a part of the Asbury Church Family.

Gratefully with love,
Jackie

Antiracism Ministry Announcement

I, Wendy M. Ellison, in concert with Pastor Kathy, have accepted my new job* as Manager of the Anti-Racism Email List in perpetuity. I will seek a raise and promotion in three months, November 20, 2022.

Hence, [email](#) me if you have an addition, deletion, substitution for our email list.

Please accept this bouquet in gratitude for your participation. The Quakers believe that if ten people sit down together they can even end a war! Okay, some chocolate, too: (My Ellison ancestors were Quakers and include Bradley Whitford raised Quaker. My fourth grandfather was George Whitford Ellison. Quakers name their boys George in memory of the founder of the Society of Friends, George Fox's best friend was named Christopher and that name is a popular Friends' name as well.)

Why do you get this from me? I'm doing genealogy. I don't charge and please feel free to ask me if you have a wish to know your ancestors whether abolitionist or not. (My fourth grandmother's sister married John Brown and both of my grandmothers are buried within three miles of his tannery in Pennsylvania.)

*A job that will look good in my obituary.

Create a Memorial Brick!

If you would like to have a memorial brick installed in the memorial garden at Asbury, please provide the [office](#) with the following information:

- Name as you want it to appear on the brick
- Year of birth
- Year of death

If you are able, please provide the \$30 cost of laser engraving the brick.

--> Who's Still Reading??

Anyone who can name the five different choirs at Asbury to Jean Braun on Sunday will receive a Hershey Kiss!

Opportunities to Serve in Worship

Be a Greeter!

- [Sign up here](#) to be a Sunday morning greeter and help make Asbury the warm, inviting, welcoming place that it is!

- [Sign up here](#) to help specifically greet the adults from Heritage Estates that worship with us. If you have any questions or concerns about this, contact [Donald Faul](#).

Become a Children's Moment Leader!

- Talk to the children in our congregation during worship. In just a few minutes, discuss a given theme/Bible verse by relating it to a personal experience and/or by illustrating it with pictures, poems, props, or puppets -- you are only limited by your creativity!
- Email [Pastor Kathy](#) if you're interested!

Help Serve Communion!

- Individuals or couples periodically help serve the bread or the juice to fellow congregants during worship services.
- Email [Pastor Kathy](#) if you're interested!

Asbury Masking Policy

Asbury follows the guidance of the Alameda County Public Health Department (ACPHD) regarding indoor masking. **Currently masks are highly recommended but not required.** Sunday School teachers and nursery staff will continue to wear masks when children less than 5 years old are present indoors. We encourage everyone who is able to get vaccinated and boosted.

Sunday Prayer Requests

Please pray for the [requests](#) that were made during prayer time on Sunday.

If you would like to be on the email prayer chain, please contact the [church office](#).



Events at a Glance

RECURRING EVENTS

- Every Sunday; 8:15am: Meditation Circle on Zoom (Contact [the office](#))
- Every Sunday; 10am: Asbury worship service
- 1st and 3rd Monday; 6:30pm: Monday Night Small Group (Contact [Ruth](#))
- 4th Wednesdays; 4:30pm: Grief Support Group (in-person or Zoom)
- Every Thursday; 7:45am: Men's Bible Study on Zoom (Contact [Art](#))
- Every Saturday; 10am: Craft and Chat [Zoom](#) gathering
- 3rd Saturdays; 10:30am; Caregivers' Support Group on [Zoom](#)

AUGUST

- Sun, Aug 28; after worship: Youth lunch and swimming
- Sun, Aug 28; 4-8pm: Young Adult gathering at Caytons'

SEPTEMBER

- Fri, Sept 2: Antiracism Potluck ("High on the Hog" themed)
- Thurs, Sept 8; 7:30pm: Faith Choir rehearsal resumes
- Sun, Sept 11; 11am: Tiny House informational event
- Sun, Sept 18; 11:30am: Cherub Choir & Rainbow Choir rehearsal

resumes

- Sun, Sept 18; 11:30am: Youth Choir rehearsal resumes
- Sun, Sept 18; 7pm: Asbury Ringers rehearsal resumes

OCTOBER

- Sat, Oct 8; 2pm: Juanita Benson Celebration of Life
- Sat, Oct 15; 7pm: Asbury Follies
- Sun, Oct 30; 3-5pm: Trick or Treat Fun & Games

Have questions?

Reply to this email or call the office at 925-447-1950.

Have an article, announcement, or event to submit?

Send them to the [Alaina Harrison](#), our Communications Specialist,
by 3pm on Tuesdays.

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

Check out the [newsletter archive](#)!

Asbury United Methodist Church | 4743 East Avenue, Livermore, CA 94550

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