



The Asbury BEACON

September 2020

Volume 20, Number 7

Pastoral Letter: "Not Fear"

"For God has not given us a spirit of fear, but of power and of love, and of self-discipline" (2 Timothy 1:7)



I loved going to camps as a child and youth. I loved it all: the bunkbeds in musty smelling cabins, the swimming, the Bible lessons, the crafts, the friendships made, and always the evening camp fires. The leaders would teach us songs, whose words I still remember. "Found a Peanut," "Michael Row Your Boat Ashore," "An Old Austrian," and the ever present, "Going on a Lion Hunt." This last song, was done with the group echoing the words of the song leader.

*Going on a lion hunt
Gonna catch a big one
I'm not scared
Lovely day
Tall trees, green grass
And look at all the flowers
Can't stop to pick them
Gotta keep moving*

Then the song leader introduces an obstacle. It might be tall grass, it might be a deep river, or something else, and the leader begins:

*Can't go over it
Can't go under it
Can't go around it
Guess we have to go through it.*

The leader demonstrates the noise and gestures of going through the obstacle, and song continues *ad nauseum*, until the next obstacle and the next. Finally, they meet up with the lion, only to run away in terror!

This simple children's song reminds me of our present situation with the plague that has gripped our world so tightly. As much as we would like to avoid all of it, we can only go through it, as cautiously and carefully as we can.

I'm praying for all those returning to school in a few weeks: the students, the staff and the teachers. I'm praying for all the churches that have been closed since March and are now trying to figure out how to open again. I'm praying for all the businesses that are struggling and particularly for those that have had to decide to close permanently. I'm praying for all those who have lost their employment and are struggling to care for themselves and their families. I'm praying for our leaders in government, who are trying to figure out how to help the American people in this crisis. I'm praying for all the first responders that are simply exhausted and concerned that their work might bring harm to loved ones at home. I'm praying a lot.

But I'm trying my best to not pray from a position of fear. For fear suggests there are limits on what God can and will do for us and through us. Like the writer of Timothy, we are encouraged to remember God's power and love. We are also to practice self-discipline. We are not powerless in this situation. We can continue to practice the disciplines of social distancing, hand cleaning and mask wearing. We share in this concern with people everywhere. We have the power and love of God to keep us on the right track as we are moving forward with our lives. We are not helpless. Nor do we need to feel like we're stalled. It's a big obstacle in our respective paths, I'm not in denial about that fact. But it is also true that we just have to go through it, until we get to the other side of this tremendous ordeal.

I have a mantra-of-sorts that I always repeat to myself when faced with something difficult and I willingly share it with you:

***"My life is in God's capable hands; always has been, always will be.
Nothing will change that. No matter what comes, I remain in God's capable hands."***

I say this over again and again when troubled, until I feel the peace of God settling my mind and heart. Then equipped with this assurance, I move forward to tackle the obstacle. It truly helps me. I hope it helps you as well.

Grace and peace,
Laura

ASBURY'S STAFF

ADMINISTRATIVE ASSISTANT
FAITH KIRCH

**ASSISTANT TO THE PASTOR/
DISCIPLE DEVELOPMENT**
MAX BOVEE

BROADCAST MINISTRY
BOB KURTZ

CHILD CARE WORKER
ASHLEE WELDON

CLEANING SERVICES
FRANCES GOUTREMOUT

CONGREGATIONAL CARE
PAMELA QIMBY
DARLENE WELBOURN

FAITH COMMUNITY NURSE
DARLENE WELBOURN

FINANCIAL SECRETARY
DAN WEBB

TREASURER
DEBORAH VANHOUTEN

MAINTENANCE
PAT TOWN

**MUSIC PROGRAM
DIRECTOR**
CATHERINE MOWERS

MUSIC PROGRAM STAFF

GHILYANA DORDZHIEVA
LYNN MORGAN
MELANIE RAFFERTY
MICHELLE RUDD
LISA SMITH
HELEN TIMERMAN
BINA WEST
JENNIFER WHITENACK

PASTOR
REV. LAURA CALOS



THE VISION OF ASBURY

*To Make Disciples for
Jesus Christ for the
Transformation of the World.*

THE MISSION OF ASBURY

*To inspire People of All
Generations to Love, Learn
and Lead Through Worship,
Education, and Service.*

THE ASBURY MOTTO

*No Matter Where You Are on Life's
Journey, You are Welcome Here!*

COME BACK TO CHURCH – IT'S SAFE AND INVITING!

I feel especially grateful that my beloved Asbury Church is open for worship every Sunday. I love seeing my church family. I love being in the sanctuary, hearing a wide variety of music, and I have been emotionally moved each week to laughter or tears by Pastor Laura's sermons! She has an amazing presence and delightful spirit.

With everyone entering through the Sterling Street entrance, friendly greeters ensure you are checked in, have a mask (or else one is provided to you), get a shot of hand disinfectant, and stay six feet apart as you wait for a welcoming usher who shows you to your seat. Oh, and one more thing. Pastor Laura is standing at the front door to meet you and give you a friendly welcome. And then someone will ask you if you have Joys or Concerns for our church family to pray about.

As you can see from the picture below, Asbury Church is observing safe social distancing by doing 5 things:

1. *We all enter through 1 door (keeping 6 feet apart from one another) – the elevator is an exception.*
2. *Every other pew is neatly blocked off for social distancing.*
3. *Everyone wears a mask.*
4. *Arrows help us observe one-way traffic.*
5. *We all exit through one door – the Parker Street door where Pastor Laura bids you farewell.*



Pastor Laura is awesome! Her sermons are heartfelt, inspiring, and she talks about personal experiences in a way that makes them very relatable.

We look forward to seeing you back in church soon. The rest of us have been coming almost every week because church feels like a safe and secure place to be, especially during this unusual and challenging time. Many thanks to the Reopening Committee that continues to meet to make decisions about our safety, health, and security.

From Membership & Evangelism Committee,

Melanie Rafferty, Lisa Smith, Susan Snell, Carol Stoodley, Lorraine Irwin,
Amanda Weldon, Orié Phillips, Grace Burke, Darlene Town, Lenora Forbes,
Jean Marshall, Marie Jewson, Max Bovee

**COME BACK TO CHURCH AND SEE WHAT GOD HAS PLANNED
FOR YOU AND ASBURY GOING FORWARD**

God made us to love and be loved!

SUNDAY SCHOOL NEWS



At the time of writing this newsletter article, Sunday School is planning on tentatively resuming in-house classes on Sunday, October 11th. Classes will include an age 3-K class, a grade 1 to grade 3 class, a grade 4 to grade 8 class and a grade 9 to grade 12 class. We will be following social distancing guidelines. Masks will be required to be worn by the Sunday School teachers, helpers and children attending classes.

Like with everything else during this time of COVID, the above plan is subject to change. The Sunday School team will be meeting again on Sunday, September 27th to reassess the ability to proceed with the October 11th start of classes. We will also be taking into account the responses from the parent/guardian survey that was conducted in August. The survey asked to see who was planning on participating in Sunday School this year; if they were planning to attend in-person Sunday School classes; if they were interested in attending live, in real time classes using a virtual meeting app (i.e. Zoom).

STAY TUNED FOR THE OCTOBER NEWSLETTER.

If you do have an interest in being a "helper" with Sunday School classes, please contact me, Sarah Lehman, at 315-767-2641, or email me at sundayschool@westelcom.com. Even if you can just help out one Sunday a month or a couple of Sundays within the Sunday School year, it is greatly appreciated.

Sarah Lehman

*Start children off on the way they should go,
and even when they are old they will not turn from it*
~ Proverbs 22:6



William Lennon	September 2	Suzanne Wiley	September 19
Sylvia George	September 3	Lisa Sullivan	September 21
Sharon Satterlee	September 3	Christopher Rush	September 22
Craig Gamet	September 4	Judith Cota	September 26
Corby Cleveland	September 5	Jean Marshall	September 27
Pete McCain	September 9	Perry Kelts	September 28
Brynne Sturge	September 11	Susan Smith	September 28
Connie Kicherer	September 12	Kate Jeurissen	September 28
Amanda Weldon	September 12	Steve Schanely	September 30
Patricia Littell	September 13		

PROJECT REPORT FROM ASBURY TRUSTEES

Wonder of wonders, the work of art that sits atop our tall steeple has been painted! A daring member of the K&L painting crew was able to achieve this by climbing ladders from the scaffolding up the steeple to the top ornament. It now shines as a bright, white beacon reaching out to the community.

Painting has started on the upper portions of the tower at the top of the scaffold structure. Some of this area had only a single coat of paint. We have no idea when this was applied; it could even be the original paint.

We have been notified that our replacements for the tower windows will be the last things installed. It will take 8-10 weeks for them to be built. These windows will feature vinyl louvers which will emphasize the original tower arches.

After the scaffolding is removed, the roofers can complete the addition of the rest of the shingles. When all of this is done, and we are sure there are no leaks, we will be able to start with repairs inside the sanctuary and rotunda. At that time a loud "AMEN" will be heard from everyone!

I hope you are enjoying the beautiful pictures taken by David Simmons which appear in the [Asbury Beacon](#) and on the website. We certainly appreciate his efforts and skill with his camera.

This project has been a challenge to achieve. We have been blessed by working with excellent contractors who could think "outside the box." Working with a 100+ year old building, trying to solve new problems every day, has tested the patience and skills of everyone, but our goal was never in question. If knighthood could be awarded within the United Methodist Church, Trustee Mark Robinson would be a worthy recipient. Without his knowledge as a structural engineer and his amazing dedication, we would not have been able to proceed.

Funding has been another challenge. We thank our loyal congregation and those who have had a relationship with Asbury over the years for their special donations to this project. Because of the foresight and vision of many Asburians, an endowment fund was created years ago and has been expanded over time. The earnings from this fund have enabled this whole project to be tackled. Asbury's policy is never to use the principle, but only to use the earnings from the fund. This allows the donors to continue to be a vital support for the ongoing community of faith known as Asbury. Please consider this as you plan your will.

As your Trustees, we will try to make good decisions as we work through these challenges!

Blessings,
Glen Snell, Trustee

***I lift up my eyes to the mountains - where does my help come from?
My help comes from the Lord, Maker of heaven and earth.***

~ Psalm 121:1



I can do all things through him who strengthens me.

~ Philippians 4:13



Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, "This is the way; walk in it."

~ Isaiah 58:11

STAFF CHANGES

We bid a fond farewell to **Tammy Olivas**, who has been our Administrative Assistant for the past year. She has accepted a full time job with benefits at Car Freshener here in Watertown. She began her new job on August 10th. We love her and wish her the very best. She will be missed.

We are also blessed and happy to welcome Faith Kirch as our new Administrative Assistant::

*Hello! My name is **Faith Angel Kirch**. I am the new Administrative Assistant at Asbury. I have lived here in Watertown my entire life and graduated from General Brown High School in 2019. I am currently in my second year of attending Jefferson Community College to pursue a degree in Accounting. I am very happy to be working with all of you. Every person I have met here so far has been very friendly and welcoming! I am very thankful for being given the opportunity to work at Asbury with such wonderful people. Thank you!*

SCRIPTURE OF THE WEEK

September 6, 2020: Romans 7:14

"The trouble is with me, I'm all too human."

September 13, 2020: 2 Corinthians 5:7

"We live by faith, not by sight."

September 20, 2020: 2 Corinthians 9:8

"God is able to bless you abundantly so that you will abound in every good work."

September 27, 2020: Ephesians 5:8

You were once darkness, but now you are the light of the Lord. Walk as children of light."

Submitted by Max Bovee



FALL RUMMAGE SALE

Asbury UMC

To be held at 322 Ten Eyck St.

SEPTEMBER 25 and 26
9:00-1:00

Needed: Good rummage--small appliances, furniture, antiques, glassware, dishes, kitchen supplies, books, children's toys, lamps, pictures, jewelry, tools, Christmas decorations

NO clothes or technology items, please

Please take your donations to 322 Ten Eyck St. on Thursdays & Saturdays, from 9:00 to 11:00 a.m. Call Sue Snell, 315-782-8235 for pick-ups or For further information.

*What Does It Mean to Be a Member of Asbury United Methodist Church?
What Does God Hope For Us?*

The Vows of Membership – Gifts & The Connection to Asbury's Stewardship Program

1 Corinthians 12:1-11, 2 Corinthians 8:1-12; 9:6-10

This is the fifth and final article in relating our Membership Vows to a sense of a continuous Stewardship. The first article discussed the vow of **Prayer**. Prayer is a spiritual discipline and a gift. It helps connect us to God and strengthen the bonds of Christian community. The second vow is **Presence**. Our Presence enables us to represent the love and faithfulness of God to a world in real need. The third vow is **Service**. Service is the example of Jesus. Service is the way of leadership in the Body of Christ and enables us to spread the good news of Christ. The fourth vow is **Witness**. When we witness, we experience a blessing and the hope that another person may experience new life in Christ. It's so important to speak the truth of Christ to our world today.

The fifth vow is **Gifts**. The word "gifts" can be a little ambiguous. It could refer to our spiritual gifts, the talents and abilities that God has given to us, or it could refer to our financial gifts, our treasures, which is another way that we support the Church and offer our gifts to God. The financial resources we have are ours because of the talents and abilities that God has given us. Both are gifts from God, and both should be used to give glory to God and support UMC ministries.

1 Corinthians 12 tells us there is a diversity of gifts and they are given for our unity of purpose. Scripture makes it clear that everyone has gifts of the Spirit given by God. If you are not using your gifts, it's not because you lack them.

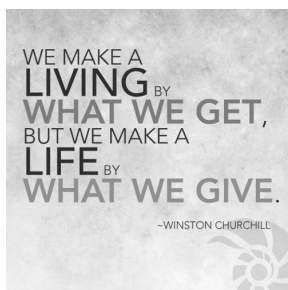
Those talents we possess are given to us by God, and all can be used for the glory of God. What church can't benefit from the skills of a tech-savvy person, a carpenter, a painter, a teacher, a parent? Not only can gifts like those be used within Asbury but can be used as an outreach to people in our community. Every gift is significant and can be used for the glory of God.

Our financial resources are another way that we can give glory to God and build up the Church. We give because we serve a generous Savior who is the supreme example of generosity. We give to express our love for God. If we have received love from God, it should prompt us to express love in return, and giving freely is a way to do that. Giving is also an act of faith.

We should give proportionately and sacrificially, i.e. tithing. God measures our giving by our ability to give, not in terms of amount of money. It's the reason Jesus praised the poor widow who gave two small coins and not the wealthy who put in large amounts that would not affect their own wealth.

We should give our time, talents and resources cheerfully. Giving should be a joy and a joyful way to express our gratitude to God for all of His gifts. We have received more from God than we could ever give back. Peace.

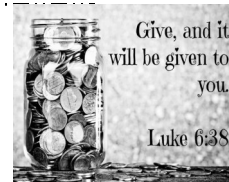
Jim Rafferty, Asbury UM Church Council Chairperson



What Does God Hope For Us?

As a part of the Body of Christ, God hopes that we each honor the vows we made when we became members of Asbury United Methodist Church through *Prayer, Presence, Service, Witness, and Gifts, to the Glory of God always!*

The **FINANCE COMMITTEE** would like to thank everyone who has continued to give to Asbury during these uncertain times. It is through the generosity of you, our church family, that we are able to maintain our beloved church home and reach out and help others in need. As you budget for the coming month, please remember to include Asbury.



UPDATES FROM YOUR ASSISTANT TO THE PASTOR FOR DISCIPLESHIP DEVELOPMENT - Max Bovee

**Several things have changed since I last communicated with you
in the July/August Beacon**

AMF (Asbury Men's Fellowship)

On August 1st we met in Wesley Hall and decided to hold future monthly breakfasts at Cracker Barrel in lieu of Bob Evans' closure. **Our next gathering will be at 8:00 a.m. on Saturday, September 12** (2nd Saturday, due to Labor Day weekend). From the hostess station, we will be straight back in the farthest dining room past the fireplace. Following devotions by Max we'll adjourn to a work project to be selected. Bill Plemons will send out an e-mail reminder. **Future dates at Cracker Barrel** will be **October 3** and **November 7**.

Asbury Fellowship Night Out

On July 16, twenty of our folks enjoyed dinner at Ryan's Restaurant near Henderson. Thank you for supporting these endeavors. I'm considering a "Progressive Supper" for 2021. Your thoughts?

Celebrating Asbury Banquet

I am very sorry to report that The Asbury Church Reopening Committee and the Trustees felt it was best to cancel our annual banquet, scheduled for September 18.

Small Group Studies

During July and August, approximately 20 Asburians have taken advantage of Bible Studies on Paul's Letters to the Galatians, Ephesians and Philipians. There is yet one remaining opportunity in 2020 as follows:

On Monday, September 14 and 21 there will be a two-week study on Paul's letter to the Colossians. The study will last one hour, beginning at 6:30 p.m. in Wesley Hall. Bring your favorite Bible and use the Parker Street door.

Due to Covid restrictions, we have been unable to hold a small group study at Summit, which is now postponed until 2021

Lancaster Bus Trip

Has been postponed until Thursday, Sept. 30 and Friday, Oct. 1, 2021. We will still see "Queen Esther" so our five-week study on Esther will occur in 2021, beginning August 23 and ending September 27, just prior to departure. Most travelers are leaving their deposit on file to reserve seats for 2021. There are a couple of necessary adjustments to our itinerary as follows:

On Thursday we will attend a 3:00 p.m. Matinee of "Esther" immediately upon arrival, then check in to The Hershey Farm Inn and enjoy a Pennsylvania Dutch Family Style Dinner at 6:30 p.m., followed by a free evening.

On Friday, we will enjoy a Breakfast Smorgasbord at 8 a.m. as planned. Because the scheduled Comedy Show will be unavailable in 2021, we will visit the nearby Amish Village where we'll take advantage of the Amish House Tour and explore their 12-acre grounds including a one-room school house, blacksmith shop, Smoke-House Market, barns, etc.

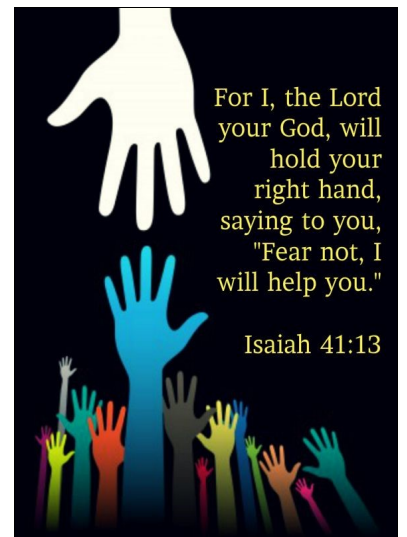
We will then travel to Shady Maple in East Earl as planned.

Any questions call me, Max, at 315-232-4158.

Becoming Better Acquainted with My Heavenly Father, As I Journey With Him Through the Bible

A couple of years ago, as I was struggling with where my life was going and where my church was going, I heard God's call for me to read the Bible. Be patient and trust me, I heard Him say. Over the years I have heard the stories and scriptures of the Bible over and over, but not in any chronological order - there was no real connection for me. So, I purchased a New International Version of the Bible (a version that was more understandable for me). I opened the Bible, determined to read from beginning to end. I started reading a chapter or two a day. Two years later, with help and guidance from my daily devotional, the wonderful pastors at Asbury, and God, I am still reading and learning about who God is through the Old Testament; but what I have learned cannot be measured by time spent. I am now seeing the whole picture instead of bits and pieces. I am anxious and excited to begin the New Testament. I will be there in a couple of weeks. I am one of those people who can't stand the suspense and often jumps to the last few pages of a book to see how it ends. It is taking all my strength to stop myself from jumping to Revelation.

I have always wanted to take part in a Bible Study, but I never felt like I was ready to participate in one. The interesting thing about this Pandemic, Covid-19, is that it has closed some doors, but it has opened others. When Max decided to cancel the study on the **Book of Daniel** and instead do a study on **Paul's letters to the Galatians and the Ephesians** I felt God encouraging me to go, and I felt ready. I am enjoying it immensely as I relate to Paul and see the relevance in what he writes and how it pertains to what we are experiencing today. The interesting thing is that I just finished reading the **Book of Daniel** in the Bible. Though I probably would not have joined the Bible Study if Max had led it this past spring, I am excited to take part next spring. Max is a wonderful guide and teacher, so if you feel God giving you a little nudge, come join in. I don't think you will regret it.



The Bible is said to be the number one best selling book of all time by far, and my son can attest to that. When he first started working at a Book Distribution Center in Indiana, he called me one day, and he said, "I am astonished at the number of Bibles that we take in and ship out of here each day. I said, "Although it is not published as number one, the Bible remains the number one bestseller of all time. They stopped listing it because the best any other book can hope for is second place. The list of "best sellers" is only pertinent if the top spot is something that can be attained.

I invite you to read the most popular book in the world. I will finish sometime in the next year, and then I will begin again. Even though I have learned so much, I do believe there is more to learn. If you have not read the Bible from beginning to end, I invite you to take that journey with God. If you have read it, consider reading it again, The insight you gain the second or third time around may just be what you need right now.

Blessings on *your journey*,
Sue Beaman

WHO IS THAT LADY BEHIND THE PULPIT?

I had the opportunity to visit with our new pastor, Rev. Laura Calos today, in order to introduce her to those of you who haven't had the chance to meet her yet. This Covid-19 business is making such introductions - as well as coming to church to worship God - difficult.

Laura (that is how she wishes us to address her) has been in ministry within the United Methodist Church since her beginning - her father was a United Methodist pastor. As a teenager, she was critical of the Church's relevance and hypocrisy. At age 14, while at a church summer camp, she experienced God speaking to her saying, "It is better to be an inside critic where you can make a difference, rather than an outside critic where you can't." As a result, she became very active in the Youth Fellowship in her local church, and in the Western New York Conference, where she became the President of Conference Youth Ministries.

After college at West Virginia Wesleyan, Laura worked as a journalist in the Buffalo area and as a home health aid which was a great experience in appreciating others' hardships and helping them through it.

Three years after college, Laura responded to God's call to go to Seminary to study for pastoral ministry. After three years at Colgate-Rochester Divinity School in Rochester, she graduated and began her ministerial experience. In 1989 she married Steve Calos, also a United Methodist pastor, and although they served different churches, they lived in the same parsonage and worked as a team together. Steve died in 2013. Laura has three daughters, seven grandchildren, and two great grandchildren!

Probably her most exciting experience in ministry was her time spent with a woman whose cancer had returned for the third time, and she had decided to discontinue chemotherapy treatment. Her family was angry about this decision, and they blamed God and Laura as God's representative. After the patient had ceased talking for two weeks, Laura suggested to the family that they do an anointing with oil. They approved and all the family members were present when this was done. In the middle of sharing the 23rd Psalm together the patient chimed in loud and clear with everybody, reciting not only the rest of the Psalm but also the Lord's Prayer! The family was still unhappy, but Laura was ecstatic that she had brought healing and comfort to the patient before she died.

Laura has served in over a half dozen churches in the Rochester-Buffalo area. She was pastor of the United Methodist Church in Waterloo at the head of Seneca Lake for six years and was very happy there. But she believes strongly in Methodism's itinerant ministry. So, when the bishop called and offered her the opportunity to come to serve at Asbury, a church ready to move and confront its challenges, she said, "Yes!" She noted this is the first church to which she has served where she is not the first female pastor.

Her goals for Asbury - once she becomes acquainted with more Asburians - is to help us achieve our vision. When this Covid-19 threat is lowered, she hopes to meet us in small groups, some in the parsonage and others in homes. Let's hope that this health threat evaporates soon, and we can all get together, worship God together and get better acquainted with Laura Calos, our pastor and the *lady behind the pulpit*.

Rev. David Simmons

PANDEMICS CAN BE STRESSFUL!!



The coronavirus disease 2019 (COVID-19) pandemic may be stressful for people. Fear and anxiety about a new disease and what could happen can be overwhelming and cause strong emotions in adults and children. Public health actions, such as social distancing, can make people feel isolated and lonely and can increase stress and anxiety. However, these actions are necessary to reduce the spread of COVID-19. **Coping with stress in a healthy way will make you, the people you care about, and your community stronger.**

Stress during an infectious disease outbreak can sometimes cause the following:

Fear and worry about your own health and the health of your loved ones, your financial situation or job, or loss of support services you rely on, changes in sleep or eating patterns, difficulty sleeping or concentrating, worsening of chronic health problems, worsening of mental health conditions, and increased use of tobacco and/or alcohol and other substances.

Take care of your mental health

You may experience increased stress during this pandemic. Fear and anxiety can be overwhelming and cause strong emotions. Get immediate help in a crisis. Find a health care provider or treatment for substance use disorder and mental health.

Everyone reacts differently to stressful situations

How you respond to stress during the COVID-19 pandemic can depend on your background, your social support from family or friends, your financial situation, your health and emotional background, the community you live in, and many other factors. The changes that can happen because of the COVID-19 pandemic and the ways we try to contain the spread of the virus can affect anyone.

People who may respond more strongly to the stress of a crisis include

People who are at higher risk for severe illness from COVID-19 (for example, older people, and people of any age with certain underlying medical conditions), children and teens, people caring for family members or loved ones, frontline workers such as health care providers and first responders, essential workers who work in the food industry, people who have existing mental health conditions, people who use substances or have a substance use disorder, people who have lost their jobs, had their work hours reduced, or had other major changes to their employment, people who have disabilities or developmental delay, people who are socially isolated from others, including people who live alone, and people in rural or frontier areas, people in some racial and ethnic minority groups, people who do not have access to information in their primary language, people experiencing homelessness, and people who live in congregate (group) settings.

Take care of yourself and your community

Taking care of your friends and your family can be a stress reliever, but it should be balanced with care for yourself. Helping others cope with their stress, such as by providing social support, can also make your community stronger. During times of increased social distancing, people can still maintain social connections and care for their mental health. Phone calls or video chats can help you and your loved ones feel socially connected, less lonely, or isolated.

Healthy ways to cope with stress

Know what to do if you are sick and are concerned about COVID-19. Contact a health professional before you start any self-treatment for COVID-19. Know where and how to get treatment and other support services and resources, including counseling or therapy (in person or through telehealth services). Take care of your emotional health. Taking care of your emotional health will help you think clearly and react to the urgent needs to protect yourself and your family. Take breaks from watching, reading, or listening to news stories, including those on social media. Hearing about the pandemic repeatedly can be upsetting. Take care of your body. Make time to unwind. Try to do some other activities you enjoy. Connect with others. Talk with people you trust about your concerns and how you are feeling. Connect with your community- or faith-based organizations. While social distancing measures are in place, consider connecting online, through social media, or by phone or mail.

Know the facts to help reduce stress

Knowing the facts about COVID-19 and stopping the spread of rumors can help reduce stress and stigma. Understanding the risk to yourself and people you care about can help you connect with others and make an outbreak less stressful.

Take care of your mental health. Mental health is an important part of overall health and well-being. It affects how we think, feel, and act. It may also affect how we handle stress, relate to others, and make choices during an emergency.

People with pre-existing mental health conditions or substance use disorders may be particularly vulnerable in an emergency. Mental health conditions (such as depression, anxiety, bipolar disorder, or schizophrenia) affect a person's thinking, feeling, mood or behavior in a way that influences their ability to relate to others and function each day. These conditions may be situational (short-term) or long-lasting (chronic). People with preexisting mental health conditions should continue with their treatment and be aware of new or worsening symptoms. If you think you have new or worse symptoms, call your healthcare provider.

Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.

Free and confidential resources can also help you or a loved one connect with a skilled, trained counselor in your area.

Submitted by Darlene Welbourn

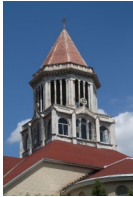
ASBURY UNITED METHODIST CHURCH

327 FRANKLIN STREET
WATERTOWN, NY 13601
315-782-3240

E-Mail: asbury@gisco.net
Website: www.AsburyUMC.net
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Join us for
SUNDAY WORSHIP
at
10:15 A.M.

Who Is Asbury United Methodist Church?

*We invite you to open this
newsletter and meet the People of
Asbury United Methodist Church.*



Be
THE REASON
someone
Smiles
today

**No Matter Where You Are on Life's Journey,
You are Welcome Here!**