

The Asbury BEACON



November 2020 Volume 20, Numbe

This month's **BEACON** is sponsored by **Marilyn Brown**.

Our newsletter is a very important tool in helping us to communicate with and keep our Asbury Family connected!

Thank you Marilyn for being our "BEACON ANGEL" for November.

"Though the fig tree does not blossom, and no fruit is on the vines; though the produce of the olive fails, and the fields yield no food; though the flock is cut off from the fold, and there is no herd in the stalls, yet I will rejoice in the Lord; I will exult in the God of my salvation." (Habakkuk 3: 17-18)

Sandwiched between the frivolity of Halloween with all its colorful costumes and glowing lanterns, and the joy of Christmas decorated with its own lights and garlands and brilliance, lies the day of Thanksgiving, this year celebrated on November 26th.

I remember the many years of celebrating with extended family, reliving rituals from ages past; the aroma of turkey and pumpkin, the formal table setting, the turkey and pilgrim candles that never got lit, the annual debate over whether or not giblets belonged in the gravy, the willingness of mothers to make both cranberry sauce and cranberry relish so to please everyone who cared about such things, and the endless quantity of desserts served after we were already full of delicious savory foods. Somehow, we always found room in our tummies for the desserts.

For many people, Thanksgiving Day will be very different this year. Extended families are deciding to not gather as they have in the past, because of concern over the Coronavirus. Children of older parents are not willing to risk their loved ones, by having their children be in close quarters with their grandparents. Few have the luxury of self-quarantining for 2 weeks before the holiday and afterwards. This virus is too real and frightening to be taken lightly. As of this writing, over 1.12 million have died from this disease worldwide, including 221,000+ Americans.

Businesses, large and small are hanging on by their teeth, hoping that the purchases between Thanksgiving and the New Year will somehow keep them afloat. But with the expected upswing in the numbers of those contracting the virus, these same stores and restaurants may be forced to remain closed, and online purchasing will likely be at an all-time high.

So many are out of work and unable to make the ends meet. Growing debt is combined with growing fear that bankruptcy may become a reality.

Folks are anxious and divided and emotionally weary of the strain of these last 8 months. I've witnessed tiny "outbursts" of frustration even at church. One faithful member climbed the stairs to the front door of the Sanctuary, muttering under her breath, "I hate these masks. I hate these masks." She looked up at me, embarrassed that I had heard her. I smiled and said, "I hate them too."

But wear them we must, until this season of the pandemic has passed. We have no clear idea of when that day will be. The realization of this is so discouraging.

We are expected to be thankful at a time when we don't particularly feel thankful. Too much in our world is wrong. Its like someone has taken our emotional clothes and washed them in hot water and dried them on high in the dryer. Nothing fits anymore. Our spirits are constrained by the troubles we must bear.

And yet, for the faithful ones, those who belong to God, our thankfulness is not based on some ledger with which we compare the number of pluses against the number of minuses in our lives, waiting until we have some final tally to determine our appropriate level of gratitude.

Those who belong to God have the assurance of knowing that their lives are blessed beyond measure by that which is given as a gift and will never be taken from us. John Newton called it "Amazing Grace", and it is amazing indeed: For we are welcomed, received and accepted just as we are into a Holy relationship with God, the Author of Life.

When we pause from our troubles and worries for just a moment, and consider the benefit of this Grace that is ours, we realize that our gratitude is genuine and overflowing. And what takes our gratitude "over the top," is the assurance that this same amazing grace is available to everyone who wants it.

May you have a blessed Thanksgiving season, and may you experience a genuinely thankful heart today and always.

ASBURY'S STAFF

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ASSISTANT TO THE PASTOR/ DISCIPLE DEVELOPMENT

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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!

WORSHIP DURING A PANDEMIC

WE ENTER AND ARE GREETED (with masks)





We are checked in and hand sanitizer is squirted into our hands, and we pick up a bulletin.

An usher guides us to a seat, where we remain seated six feet apart,

until an usher guides us out at the end of the service.



WE PREPARE OUR HEARTS AND MINDS FOR WORSHIP

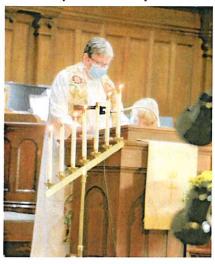






ANNOUNCEMENTS, PRAYERS, MISSION MOMENT









Shout for joy to the Lord, all the earth. Worship the Lord with gladness; come before him with joyful songs. Know that the Lord is God. It is he who made us, and we are his; we are his people, the sheep of his pasture. Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. For the Lord is good and his love endures forever; his faithfulness continues through all generations.

~ Psalm 100

WE DEPART WITH RENEWED SPIRITS AND FELLOWSHIP ON A TRAY







PASTOR LAURA BIDS US HAVE A BLESSED WEEK



This is a challenging time for churches. We have to remain 6-feet apart and wear masks. There is no hand shaking or hugging. We sanitize our hands as we enter and again as we leave. We come in one door, are guided to our seats by an usher. We must remain seated; we cannot sing; and we must be guided out a different door by an usher. We cannot fellowship. The good news is we are making it work, and the important thing is that we can gather as one body in Christ. As I enter Asbury, I always feel God's presence. There is LOVE, JOY, PEACE and HOPE in this place.



Photos taken by Rev. David Simmons



New Day Children's Center

Unless you happen to visit Asbury on a weekday, you probably haven't heard the lively sounds of young children inside the playground or circling inside the "running" room to let off steam. You probably also missed seeing the lines of little ones walking or riding the big red push buggy on their way to the Farmers' Market for an outing or get to see the halls decked with the latest artwork or rows of boots and snowsuits drying outside of classrooms.

On weekdays, Warren Hall (the wing added in the 50's) is home to New Day Children's Center and has been for 36 years since a devastating fire on December 13, 1984 destroyed All Souls Unitarian Universalist Church on Washington Street, where New Day had been operating. Within only several days, due to the efforts of our own Stella Garitz, it quickly moved into a new home at Asbury.

New Day's beginning was as a nursery school in the home of Joan Pflugheber, who today maintains an interest as an emeritus member of the board of trustees. Asbury's older members will remember that in its early years, Rev. Bruce Chapman, when pastor of Asbury, did much to engage the church's support as did Selwyn Perrigo, who helped transform Warren Hall to support New Day needs and for whom the playground is dedicated.

New Day, a not-for-profit organization, is a part of Asbury's mission. A Board of Directors oversees the operation of New Day for the Asbury Board of Trustees, which has the legal responsibility for this community program. The board is made up of parents, church members and others within the community. At present, four Asburians serve on this board: Lynn Morgan, Jean Gianfagna, Pastor Laura Calos and Lorraine Irwin with Stella as board member emeritus. New Day Children's Center serves as a very important resource to this community. With the restrictions imposed by Covid 19, safe childcare is counted as one of the prime needs of parents returning to work. The Center itself copes with many new and ever-changing rules and regulations designed to keep children and staff safe.

Check out the website at newdaychildrenscenter.com to better acquaint yourself with what's going on in the "other side of our church." The pictures alone tell a happy story.

Lorraine Irwin



I want to thank everyone who participated in the "Appreciate Me" celebration, better known as Pastor Appreciation Month. It has been wonderful and humbling and overwhelming. Thank you so very much!!

> Much love and gratitude, Laura



ZOOM ON IN!

The Annual Charge Conference will be conducted via ZOOM on November 16th at 6:30 pm. If you are interested in attending this meeting, please email Jim Rafferty at jim.rafferty@gmail.com for the ZOOM link.







We resumed in-person Sunday School classes for the year on October 11th. We are currently offering an age 3-K class led by Katie Jeurissen with a rotation of helpers and a grade 1-grade 6 class led by Sarah Lehman and Susan Hirst. Both classes are being held in Wesley Hall with social distancing taking place and all the kids, teachers and helpers wearing masks. If traditional school has to stop in-person classes, Sunday School will also stop in-person classes.

On Sunday, October 25th, the Sunday School kids were able to come dressed up in their Halloween costumes and participated in an indoor "table -n-treat parade" following the main church service dismissal. (see pictures on insert page!)

In November, there will be no classes on Sunday November 1^{st} (Communion Sunday-family worship). Also, no classes on Sunday, November 29^{th} as this will be the Hanging of the Greens service.

On Sunday, November 22nd we will be learning about and making Chrismons. The kids will be able to use the Chrismons they make that Sunday to help decorate a tree as part of the Hanging of the Greens service the following Sunday.

More to come in December- proceeding with a mission project idea- since this is the season of baby Jesus- collecting diapers and baby wipes to donate.... putting on a socially distanced Christmas pageant on Sunday, December 13^{th} ... and on Sunday, December 20^{th} , our Christmas party class time.

Jesus said, "Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to each of these."

~Matthew 19:14

Advent Adult Study: "Incarnation"



Advent and Christmas 2020 promise to be substantially different from years past for many U.S. congregations. Worship and other activities, including Christian Education, will likely take place, exclusively or in part, online due to the ongoing COVID-19 pandemic and its associated public health concerns. Even so, now more than ever, we need to experience the hope and joy that comes to us in Jesus Christ, whose birth we await during the Advent season. Engaging deeply in worship and study in the weeks leading up to Christmas can help us remember and recommit to this hope and inspire us to bring that same gift of hope to others.

He was called: Lord, Messiah, Savior, Emmanuel, Light of the World, and Word Made Flesh.

In *Incarnation*, best-selling author Adam Hamilton examines the names of Christ and what they tell us about the child whose birth we celebrate at Christmas. The four-week, churchwide study is perfect for all age groups during the Advent and Christmas seasons.

For 4 weeks, beginning Monday, November 30th, our pastor, Laura Calos, will lead us in a virtual adult study. The sessions will be for 90 minutes, beginning at 6:30 pm. No prior reading is required.

If you are interested in being a part of this class, please let the church office know. You will want to give Faith your name and email address, so that we can send you the weekly access to Zoom.

ASBURY'S ANNUAL WREATH SALE

WREATH ORDER UPDATE

A sample wreath is on display, so you can see the high quality of their evergreen products.

This year we will again be selling the following:

Undecorated Wreath - \$22 Decorated Spray - \$25

Decorated Wreath - \$25 Mailbox Spray - \$25



Call the office (315-782-3240) and Faith Kirch, Administrative Assistant, will take your wreath order, if you feel uneasy about coming to church.

All wreath orders MUST be placed by November 22nd.

This includes ALL order sheets from those who have sold items.

Bring them into the office or SOMEONE will collect them in the rotunda.

TUESDAY, DECEMBER 1st

The Men's Group will gather in the parking lot and leave at 8:30 am to go to Hemlock Haven to pick up the wreath order.

The wreath orders will be sorted in Wesley Hall with pick-up times beginning at 12:00 pm on Tuesday and continuing into Wednesday, December 2nd.

THANK YOU FOR YOUR HELP WITH THIS FUNDRAISER TO HELP COVER HEATING EXPENSES THIS WINTER!

If you have any questions, please call Lynn Morgan at 315-493-2637.



John Cerow	November 1	Linda Bennett	November 12
Lindsay Webb	November 2	Martha Jablonski	November 14
Stacie Johnson	November 4	Betty Babcock	November 15
Urla Raynor	November 8	Allison Rhode Pastor	November 26
Dale Scott	November 8	Charlie Rhode	November 26
Daniell Coles	November 9	Casey Gianfagna	November 27
Tammy Olivas	November 9	Christopher Gianfagna	November 27
Stevie Mider	November 9	Darlene Town	November 28
Erin King	November 11		

ADULT ATTENTION-DEFICIT/HYPERACTIVITY DISORDER (ADHD)

Adult attention-deficit/hyperactivity disorder (ADHD) is a mental health disorder that includes a combination of persistent problems, such as difficulty paying attention, hyperactivity and impulsive behavior.

Though it's called adult ADHD, symptoms start in early childhood and continue into adulthood. In some cases, ADHD is not recognized or diagnosed until the person is an adult. Adult ADHD symptoms may not be as clear as ADHD symptoms in children. In adults, hyperactivity may decrease, but struggles with impulsiveness, restlessness and difficulty paying attention may continue.

Treatment for adult ADHD is similar to treatment for childhood ADHD. Adult ADHD treatment includes medications, psychological counseling (psychotherapy) and treatment for any mental health conditions that occur with ADHD. Some people with ADHD have fewer symptoms as they age, but some adults continue to have major symptoms that interfere with daily functioning.

Many adults with ADHD aren't aware they have it - they just know that everyday tasks can be a challenge. Adults with ADHD may find it difficult to focus and prioritize, leading to missed deadlines and forgotten meetings or social plans. The inability to control impulses can range from impatience waiting in line or driving in traffic to mood swings and outbursts of anger.

Almost everyone has some symptoms similar to ADHD at some point in their lives. If your difficulties are recent or occurred only occasionally in the past, you probably don't have ADHD. ADHD is diagnosed only when symptoms are severe enough to cause ongoing problems in more than one area of your life. These persistent and disruptive symptoms can be traced back to early childhood.

Diagnosis of ADHD in adults can be difficult because certain ADHD symptoms are similar to those caused by other conditions, such as anxiety or mood disorders. And many adults with ADHD also have at least one other mental health condition, such as depression or anxiety.

If any of the symptoms listed above continually disrupt your life, talk to your doctor about whether you might have ADHD. Seek a provider who has training and experience in caring for adults with ADHD.

While the exact cause of ADHD is not clear, research efforts continue. Factors that may be involved in the development of ADHD include:

- Genetics. ADHD can run in families, and studies indicate that genes may play a role.
- Environment. Certain environmental factors also may increase risk, such as lead exposure as a child.
- **Problems during development.** Problems with the central nervous system at key moments in development may play a role.

Risk of ADHD may increase if:

- You have blood relatives, such as a parent or sibling, with ADHD or another mental health disorder.
- Your mother smoked, drank alcohol or used drugs during pregnancy.
- As a child, you were exposed to environmental toxins such as lead, found mainly in paint and pipes in older buildings.
- You were born prematurely.

ADHD has been linked to: poor school or work performance, unemployment, financial problems, trouble with the law, alcohol or other substance misuse, frequent car accidents or other accidents, unstable relationships, poor physical and mental health, poor self-image, suicide attempts.

Although ADHD doesn't cause other psychological or developmental problems, other disorders often occur along with ADHD and make treatment more challenging. These include:

- Mood disorders. Many adults with ADHD also have depression, bipolar disorder or another mood disorder.
 While mood problems aren't necessarily due directly to ADHD, a repeated pattern of failures and frustrations due to ADHD can worsen depression.
- Anxiety disorders. Anxiety disorders occur fairly often in adults with ADHD. Anxiety disorders may cause overwhelming worry, nervousness and other symptoms.
- Other psychiatric disorders. Adults with ADHD are at increased risk of other psychiatric disorders, such as personality disorders, intermittent explosive disorder and substance use disorders.
- Learning disabilities. Adults with ADHD may score lower on academic testing than would be expected for their age, intelligence and education. Learning disabilities can include problems with understanding and communicating.

MEMBERSHIP & EVANGELISM We're starting to do EVANGELISM (Outreach)

Soon after pastor Laura arrived, Lisa and I briefed her on the myriad of things that Membership & Evangelism Committee does for and with the congregation on the **Membership** side of our committee's responsibility. You know, things like:

Connections and cards, Greeters, Promotions and Marketing, Special events, All-Church Dinners, Fellowship after service (now Coffee Hour on a Tray), etc.

Then we asked Laura what we should be doing on the **Evangelism** side. Laura said that Evangelism = Sharing the Good News with others and reaching out beyond the walls of Asbury. Under evangelism, our primary responsibilities are to communicate to others that:

- · God is Good.
- Through Christ, they are enough.
- They are never alone.
- To choose life over death & to have fullness of life.

So, we are beginning to reach out to the community. We decided to begin by making a connection with the first-responders of our community. We plan to show up as a group and express our thanks, support, and appreciation to those who put their life on the line every day. We are especially grateful for their efforts and the danger they endure both personally and to their families during the COVID-19 Pandemic.

On October 28^{th,} a group from Asbury - adults, youth, and children visited the Jefferson County Sheriff's Department and Watertown Police Department at 4:45 pm to make a cake presentation between shifts in order to catch the most front-line law enforcement officers.

Thank you to all of you who participated. If you would like to be a part of the next one, please stay tuned. We are hoping to visit Samaritan Medical and the Watertown Fire Department before the end of the year. We are also looking into the Fort Drum Adopt-a-Platoon Program where we can show support to an Army unit which is currently at Fort Drum or else deployed. We promise to keep you in the loop.

Love to all of you, from Membership & Evangelism Committee, Melanie Rafferty and Lisa Smith, chairpersons

Marilyn Brown, who is our Beacon sponsor this month, would like to hear from her church family. If you know Marilyn, drop her a note or card to let her know you are thinking of her. Her address is: 3 St. Anthony St. Commons

Auburn, NY 13021-4525

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

AMF (Asbury Men's Fellowship) - November 7 at Cracker Barrel at 8:00 a.m.

Thanks to those who assisted with the project in October for Dick Persons. Our project for December is scheduled for Tuesday, December 1, when we will pick up wreaths at Hemlock Haven in Sandy Creek and transport them back to Asbury at 9:00 A.M., followed by lunch at Cracker Barrel. Thanks to Glen for arranging for the rental truck.

The December 11 Advent gathering for supper and Christmas music has been cancelled and rescheduled for 2021.

Asbury Fellowship restaurant outings for 2021 are being planned. I am checking out the following suggestions: Blue Heron in Chaumont, Tully's in Watertown, and Clipper Inn in Clayton.

My employment for 2020 at Asbury will end at the end of October, due to event cancellations.

During 2021 I will complete my 20th year as Assistant Pastor at Asbury and plan to retire in December. Many activities, some new, are being planned for my final year. A new brochure, listing plans for 2021, should be available by the end of this year.

Max



is one of the programs of the Watertown Urban Mission. It has been active in the Watertown area for many years, serving folks who are homebound, disabled or ill. Only within the last 5 or 6 years did it come under the umbrella of the Mission.

Right now, they are distributing 70 meals daily, with 3 meals being delivered to each client on Fridays to cover their weekend. The daily meals include a hot meal for noon, plus 2 milks, 2 juice, 2 desserts, bread & butter, tea or coffee, soup on Monday and Wednesday, and salad on Tuesday and Thursday. Special diets are also included. These meals are all prepared by the kitchen of Samaritan-Keep home.

Meals are delivered within 5 miles of the Watertown city limits by volunteers. Some work as individuals while others deliver in teams of two -- one driving and the other taking the meal to the home. This daily contact with the clients help provide a safety net. Often cards and favors from the Boy Scouts and Girls Scouts, as well as other schools and organizations are often added.

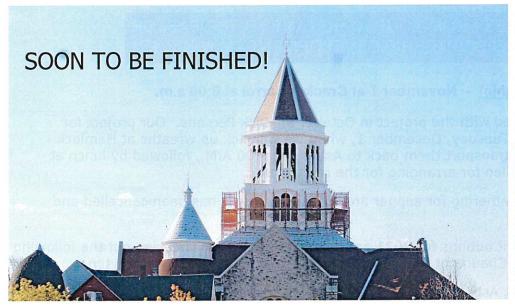


Payments can be worked out and food stamps are honored. Meals are also being delivered by Meals on Wheels in Carthage under the sponsorship of the Carthage Hospital and the Carthage Rehabilitation Center.

If you, or anyone you know, needs Meals on Wheels, or are interested in volunteering, call 315-782-5555. Donna White has been in charge of this charitable effort for many years, but she is not always at her desk at Samaritan-Keep. Between about 9:45 to 10:30 she is putting the individual meals into the containers to be taken in the volunteers' cars, so she is not next to her phone and you can leave a message. She can also be contacted at the Watertown Urban Mission at 315-782-8440.

Asbury Church supports Meals on Wheels through its support of the Mission but anyone can give to Meals on Wheels itself.

Rev. David Simmons





The roof and tower aspect of our Capital Improvement Project continues to move forward. Now, we can see more of the tower with much of the scaffolding removed. It looks grand and will light up the skyline of Watertown. All shingles have been replaced, the tower has been painted, and major stabilization inside the attic has been accomplished. Our church home can look forward to a future with renewed strength and beauty. The roofers estimate about 2-3 weeks more work on the main roof.

The Trustees have also looked at the roof on the educational wing that houses the New Day Children's Center. This was part of the original construction in 1965. This 55-year- old flat roof has been coated numerous times. Leaks have been frequent due to age. With a competent roofing company on hand, we decided now is the time to re-roof this area, too. A new roof over the office and pastor's office is also needed. If we can do this now, we will receive a discount from RSI roofing. Replacing the educational wing roof will be \$95,000. Re-roofing over the office and pastor's area will be \$12,000.

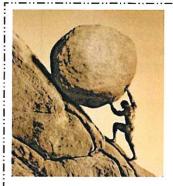
When these are completed this fall, we will have replaced or recovered our entire roof surface! Paying for all of this will challenge our resources. However, support for our Capital Campaign continues to remain strong thanks to your generous, ongoing commitment to this project. We will draw out most of the earnings on our investment returns from our Endowment Funds. We have received \$74,000 additional income from our insurance company. Our final resource may need to be a line of credit loan from a bank where our interest rate will likely be 3.25%. All our roofing bills currently are paid in full.

Much has been accomplished and we look forward with hope and enthusiasm. We all yearn for the day when the children and choir can again sing, the hand bells ring; when we can join the organ and sing ourselves; when social distancing disappears, and we can enjoy the coffee hour freely chatting with our fellow worshippers. Until then, Asbury proudly marches forward enjoying an abbreviated service while being challenged by Rev. Laura's heart-felt messages.

Glen Snell

United Methodist Women Northern Flow District Zoom - Friday, November 20 at 12 noon Take your lunch time and Zoom with us. We will vote on our 2021 budget, have devotions and share what we are doing in our local areas. To register: send your name and email address to Sandy Comstock scomstock6@twcny.rr.com Sandy will send you the Zoom link. The vision of United Methodist Women is to "turn faith, hope and love into action on behalf of women, children and youth around the world."

Leah Mae



SERMON SERIES FOR NOVEMBER: Struggles

Just about everyone struggles from time to time. A butterfly escaping from a chrysalis does so amid a struggle to be free. A chick must struggle to be free of its egg. Even for humans, birth itself is most often a struggle. Then there are the struggles we have throughout our lives.

We struggle to crawl and then to walk. We struggle to learn and grow. Living through the season known as puberty is a struggle in itself. Most of us would never return to those teenage years, even if we could. We struggle to claim our identity as adults, and often will experience some sort of crisis at mid-life. Our entire life is fraught with the occasional struggle. It is part and parcel of what it means to be human.

Aristotle, the famous Greek philosopher from the 5th century B.C., wrote that there are only 3 types of conflict: Man against Man; Man against God or the Cosmos; and finally, Man against Himself.

When we consider the sources of conflict today, we soon come to the conclusion that we have not changed very much in 2500 years!

The Bible gives us many such stories of conflict or, as I would like to call it, human struggles. During the month of November, we will take a closer look at 4 famous struggles found in our Sacred Text, the Bible. We'll look at Jonah and Jacob, Legion, and Paul and how their struggles with pride, fear, demons and pain impacted their lives and ultimately their growth as people of faith. I hope you'll join me as we explore this series.

Grace and peace, Laura

SCRIPTURE OF THE WEEK

November 1, 2020: James 1:27

"Look after orphans and widows in their distress."

November 8, 2020: James 5:16

"The earnest prayer of a righteous person has a great power and produces wonderful results."

November 15, 2020: 1 John 2:8

"The darkness is passing, and the true light is already shining."

November 22, 2020: 1 John 4:21

"Anyone who loves God, must also love their brother and sister."

November 29, 2020: Revelation 15:4

"All nations shall come and worship before you, for your judgments have been manifested."

Submitted by Max Bovee

ASBURY UNITED METHODIST CHURCH

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Address Service Requested



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.



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

JOY TO THE WORLD

NONPROFIT ORG.

U.S. POSTAGE PAID WATERTOWN, NY

PERMIT NO 81

(As sung by the *Voices of Praise Band* at Asbury UMC On Sunday, October 18, 2020)

Jeremiah was a prophet. Moses was a prophet too. Jesus was the son of God and man, His love shines down on you. Yes, his love shines down on you.

CHORUS:

Joy to the World.
All the boys and girls now
Joy to the fishes in the deep blue sea.
Joy to you and me.

The reason to be a Christian
Is just as plain as day
The sermon on the mountain
was made to show the way
It was made to show the way.

CHORUS

When you're lost out on life's highway, And you have no place to hide. The keys are in the kingdom. And we're all welcome inside. Yes, we are all welcome inside.