

Asbury Update

APRIL 2025



VOL 37 | NO 4

April Birthdays

1 Bill Anderson April Kammerud Dan Nelson	6 Sherry Giddens Charlie Ribbens	13 August Alderman Ellie Gonye Chris Steiner	23 Tim Barnes Todd Foster Beverly Thompson
2 Marsha Hargreaves Les Sears	7 Micky Dodge Betty Hall	15 Shirley Horovitz Fran Zeigler	24 Deborah Ray
3 Linda Burton Kathy Waters Willa Wright	8 Beth Tyson	18 Randy Canady	26 Krissi Alexander Jason Carden Barbara Plank
4 Michelle DiBiase Chelsea Godwin Kim Malphrus	9 Hai Dang Pam Parker- Kress	20 Dee Christy Paul Fagan Mark Pohl	27 Nancy Austin Kimberly Smith
	11 Richard Allen Chris Beaver Jim Green Preston Hodges	21 Judith Kessler	28 Evans Wright
	12 Sam Durham	22 Jenifer Hall Kathleen Leopard	29 Chelsea Hester Bradt Kim Limehouse

April Anniversaries

4th
Beth & Nate
Tyson

8th
Lyn & Jason
Carden

10th
Lynne & Richard
Allen

10th
Randy Canady
& Ray Ellis

13th
Karen & Tim
Conrow

15th
Wendy & Pat
Ciccodicola

17th
Kristin & Adel
Karam

18th
Ruthie & Nick
Deffley

19th
Kim Malphrus &
Kimberly Smith

20th
Joni & David
Shackley

20th
Allie Barnes
& Bo Culjan

21st
Sandy Carroll
& Bob Sproul

22nd
Kim & Steve
Johnson

22nd
Kathy & Bill
Oakley

26th
Mary Jane & Wayne
McGowan

27th
Peggy & Joe
Zeigler

APRIL 2025

SUN	MON	TUE	WED	THU	FRI	SAT
30 9:30a Wesley Oak 11:15a Asbury Memorial	31 5:30p SING Rehearsal 7:00p SMART Recovery @ WO	1	2 5:30p Wed Night Supper 6:30p Taize Service @AMC	3 6:30p Lenten Study @ AMC	4	5
6 9:30a Wesley Oak 11:15a Asbury Memorial 6:00p 2nd Sunday Seekers	7 12:30p Wisdom Seekers 5:30p SING Rehearsal 7:00p SMART Recovery @ WO 7:00p JUST Rally	8 6:30p Ministry Round Table Meeting	9 5:30p Wed Night Supper 6:30p Taize Service @AMC	10 6:30p Lenten Study @ AMC	11	12
13 9:30a Wesley Oak 11:15a Asbury Memorial	14 7:00p SMART Recovery @ WO	15 3:00p Improv Class 6:30p Finance Committee Meeting	16	17 6:30p Maundy Thursday Service	18 Good Friday Services: 12:00p @WO 7:00p @AMC	19 10:00a Easter Egg Hunt @WO
20 9:30a Wesley Oak 11:15a Asbury Memorial	21 12:30p Wisdom Seekers 5:30p SING Rehearsal 7:00p SMART Recovery @ WO	22 6:30p Church Council Meeting	23	24 7:00p Men's Group	25	26 10:00a SING Dress Rehearsal
27 9:30a Wesley Oak 11:15a Asbury Memorial 3:00p SING Spring Concert @AMC	28 7:00p SMART Recovery @ WO	29	30	1 7:00p Men's Group	2	3

ASBURY MEMORIAL & WESLEY OAK'S ANNUAL
EASTER EGG HUNT

April 19, 2025 | 10am | Wesley Oak Church Campus

Please bring your own basket to collect eggs.

Egg Hunt, Games, and Music



March 12th

Chicken Fricassee
Wild Rice Blend
Fresh-cut Green Beans
Assorted Rolls

March 19th

Pot Roast w/Carrots &
Onions
Mashed Potatoes
Italian Green Beans
Whole Wheat Roll

March 26th

Baked Ziti
w/Bolognese Sauce
Squash Medley
Garlic Bread

April 2nd

Roasted Turkey Breast
w/ Gravy
Roasted Garlic Mashed Potatoes
Green Beans
Sweet Rolls

April 9th

Pepper Steak
Broccoli
Steamed Rice
Corn Bread Muffin

**WEDNESDAY NIGHT
SUPPERS**

SPRING 2025 @ 5:30PM

Register online or through the church office

Holy Week

<i>Palm Sunday</i>	April 13th	Wesley Oak 9:30AM	Asbury Memorial 11:15AM
<i>Maundy Thursday</i>	April 17th	Asbury Memorial 6:30PM	
<i>Good Friday</i>	April 18th	Wesley Oak NOON	Asbury Memorial 7:00PM
<i>Easter Sunday</i>	April 20th	Wesley Oak 9:30AM	Asbury Memorial 11:15AM

**THE
LAST
WEEK**

A Day-by-Day
Account of Jesus's
Final Week in Jerusalem

**MARCUS BORG &
JOHN DOMINIC CROSSAN**

Authors of *The Heart of Christianity* & *The Historical Jesus*

THURSDAYS STARTING MARCH 13TH

A LENTEN STUDY

Rev. Hester will be leading a 5-week Online Study during the season of Lent. The study will be using Marcus Borg & John Dominic Crossan's book, *The Last Week*, which recounts the last week of Jesus' life before he was crucified. It has been said by many people that this book transformed their perspective and experience of Holy Week (Passion Week).

We are excited about this opportunity for those who live in our area and those who live far away to be able to have this experience together. The study will be held on Thursday evenings at 6:30 pm starting March 13th. The five Thursdays will be March 13, 20, 27, April 3, and 10. The study will be 90 minutes - ending at 8:00 pm. We will email the link for the Study in early March.

In order to get the most out of the experience, participants should have a copy of *The Last Week*. Copies can be purchased on Amazon through this link: <https://www.amazon.com/Last-Week-Gospels-Really-Jerusalem/dp/0060872608>

If you have any questions or if you are unable to get a copy of the book, please contact Rev. Hester at bghester3@comcast.net. We'll help you get a copy.



RADICAL DHARMA

A Book in Review by August Alderman

Radical Dharma: Talking Race, Love, And Liberation

Rev. angel Kyodo williams, Lama Rod Owens, with Jasmine Syedullah, PhD.

"One of my courses this spring is Buddhist Studies. We recently read a book for this course called "Radical Dharma: Talking Race, Love, And Liberation." Here is my critical review of this book for Buddhist Studies. I do recommend it for reading!"

~ August

This book is a collection of chapters, conversations, and testimonies from three authors. Rev. angel Kyodo williams is an ordained Zen priest ("second of only three black women Zen 'Senseis' or teachers.' 1). Rev. angel Kyodo is an activist, author, and founder of the Center for Transformative Change in Berkely, California. Kyodo, meaning "Way of Teaching," is her given Buddhist name.

Lamarod.com states that author Lama Rod Owens "is a Black Buddhist Southern Queen." Lama Rod is a teacher, activist, and poet. From my research about Lama Rod, I see Lama Rod being very authentically himself and thus inspiring many others to pursue similar paths of their own truths. Lama Rod has been present on

television programs and has written several other books and chapters.

Dr. Jasmine Syedullah is Assistant Professor of Africana Studies at Vassar College, holding a PhD in Politics with a concentration in Feminist Studies. Dr. Syedullah has extensively studied the writings and life of Harriet Jacobs, formerly enslaved African-American abolitionist. Dr. Syedullah is also author of "Radical Dharma" with a "sixteen-year-long meditation practice." 3 Dr. Syedullah "is a black feminist political theorist of abolition."

The central theme of this book as I understand it is utilizing Buddhist practices and thought, as well as confronting within Buddhist communities: racism, heteronormativity, and white supremacy. Some practices referred to throughout the book include the practice of sitting and of self-love. Practices are utilized in overcoming hate, oppression, and inauthenticity. The conversational pieces of this book help the reader to realize the very real work of Buddhism causing practitioners to act in the world.

Lama Rod brings concepts of the Black church to the reading as the “only place” he “felt protected, affirmed, and seen” and described how the Black church operates as “a strategy to negotiate the brutality of systemic racism...” The concept of “homeleaving” (beginning on page 3) was very interesting and resonating with me is Lama Rod’s mention about “spiritual community” of the church.

Lama Rod states that Dharma helped his understanding of “who Jesus was” as he seeking to liberate people with “spiritual awakening.” Lama Rod explains his journey to Buddhism growing up with intersections of his sexuality, his body (page 59) and queer identity in his chapter on remembering.

A specifically inspiring chapter for me comes from Rev. angel Kyodo, “It’s Not About Love After All.” (beginning at page 89) I sensed Rev. angel Kyodo writing as a teacher.

A particular context for Rev. angel Kyodo is queerness. “Queerness paved the way for me entering the dharma” writes Rev. angel Kyodo.

About context, Rev. angel Kyodo also writes about her identity “as colored, female, and queer” and with Zen context, she decides “to enter it completely.” In the testimonies, Dr. Syedullah discusses her queerness as well (page 40). Dharma practices inform Dr. Syedullah’s understandings and movement. Dr. Syedullah is a teacher as well and teaches well as she writes in this book. Dr. Syedullah writes wonderfully when she tells the story of her childhood identification with “a restless unicorn” in a movie.

The writers refer to the “sitting practice” “on a cushion” through the book as on such pages 81, 79, and 43. This practice of “sitting” refers to meditation but there is something creatively and defiantly descriptive about calling it “sitting.” After this reading, “sitting” brings to my mind developing resilience, rest, introspection, intentional self-care, and planning. It feels like an intensely spiritual or comforting relaxation method, the practitioner’s choice.

These authors are deeply impacting my emerging commitments around my ministerial context and social and spiritual work. Especially, I am influenced by Lama Rod in my reflection on the relevance of Jesus in my ministry and the role of the church for community.

As I have grown through my seminary experience with CTS, I have become more and more aware of the sins of white supremacy and these systemic evils. This book puts it in very real writing ensuring that many readers will understand.

In a course with Dr. Ringer, I read “Black & Buddhist,” and this book also includes a chapter by Lama Rod, “The Dharma Of Trauma.” There Lama Rod writes about resiliency. He shares about his Grandfather who was a minister named Moses: “Remembering him, I remember myself.” In this time, we may remember who we are and realize who and what we have come from. In doing this, live realistically and authentically – caring for and working on ourselves in order to care for and work in this world.

August Alderman



AOA



ACTIVE
OLDER ADULTS
HABERSHAM YMCA

PRESENTS
**HEALTH &
WELLNESS
DAY 2025**



AT THE HABERSHAM Y
6400 HABERSHAM ST. SAVANNAH
4/12/25 10AM - 2PM



Join us for the AOA 2025 Health & Wellness Day at the Habersham Branch of the YMCA of Coastal Georgia! It's a day filled with fun, fitness, and health-focused activities designed just for adults. Whether you're looking to try something new, improve your well-being, or simply enjoy the company of others, this event has something for everyone. Don't miss out on this opportunity to get moving, learn, and connect with your community. We can't wait to see you there!



**SATURDAY
APRIL 12 2025**

**ACTIVITIES FOR
FUN-LOVING ADULTS**

- Pickleball
- Table Games
- Collaborative Games
- and MORE!

**HEALTH & WELLNESS
HIGHLIGHTS**

- Health Screenings
- EGYM Demonstrations
- Corrective Bodywork Sessions
- Dance Fitness Sample Classes

EXTRA FUN & PERKS!

- Food Trucks
- Live Demonstrations
- Prizes & Giveaways
- 1-Month YMCA
- FREE Memberships
- Awarded every hour!

For a better us.



For sponsorship info email Carmen Young at carmen.a.young@gmail.com

Crucifixion and Resurrection

- Jesus was crucified outside the city of Golgotha (or Calvary)
- Golgotha means 'Place of Skulls'
- He was arrested, tried and whipped in the days leading up to his crucifixion
- He was stripped of his clothing, in attempt to humiliate him further
- Jesus was forced to carry his cross, a distance of one mile
 - Typical crosses weighed 300 lbs
- The route Jesus took, carrying his cross, is called Via Dolorosa which means 'Way of Suffering'
- After being nailed to the cross, he was offered vinegar mixed with myrrh, to drink
- After 6 hours, Jesus died on the cross
- Jesus's body was wrapped in clean linen and spices (mix of myrrh and aloes), before placed in a new tomb
- He was in the tomb for 3 days and 3 nights
- Jesus spent 40 days on earth after his resurrection
- During this time, Jesus appeared to more than 500 people

He is Risen!

THE JOY & REFLECTION OF

Easter Season

As the world awakens to the warmth of spring, the Easter season arrives with a profound sense of renewal, joy, and spiritual significance. Easter, celebrated by millions of Christians worldwide, commemorates the resurrection of Jesus Christ and symbolizes hope, redemption, and new beginnings.

The Significance of Easter

Easter is the culmination of the Lenten season, a 40-day period of fasting, prayer, and reflection that prepares believers for the celebration of Christ's resurrection. It begins with Ash Wednesday and includes Holy Week, which features Palm Sunday, Maundy Thursday, Good Friday, and finally, Easter Sunday. Each day holds special meaning, retracing the final days of Jesus' earthly ministry, His crucifixion, and His triumphant return from the dead.

Traditions and Celebrations

Easter traditions vary across cultures, but they all reflect themes of renewal and joy. Church services are held worldwide, filled with hymns of praise and messages of hope. Many families gather for festive meals, and children excitedly participate in Easter egg hunts, a custom that traces its roots to ancient fertility symbols and Christian resurrection imagery.

One of the most iconic symbols of Easter is the egg, representing new life. The practice of decorating eggs has evolved over centuries, with many regions showcasing elaborate and artistic designs. Another beloved tradition is the Easter Bunny, a character believed to have originated from German folklore, who brings delight to children with baskets filled with candies and gifts.

The Deeper Meaning

Beyond the festivities, Easter carries a deep spiritual message. It is a reminder of the power of faith, sacrifice, and the promise of eternal life. For many, the resurrection of



Christ signifies victory over sin and death, offering believers the reassurance of hope in times of hardship.

Easter is also a time for personal reflection and renewal. It encourages individuals to embrace new beginnings, strengthen their faith, and spread love and kindness to others.

The themes of forgiveness and redemption resonate not only in religious observances but also in daily life, inspiring people to seek peace and reconciliation.

Embracing the Easter Spirit

As Easter approaches, take time to immerse yourself in its beauty and meaning. Whether through attending church services, sharing a meal with loved ones, or simply reflecting on the season's message, let the joy of Easter fill your heart. In a world often fraught with challenges, the Easter season reminds us that light triumphs over darkness, and hope is always within reach.

This Easter, may you find renewal in your spirit, joy in your heart, and love in your life.





ACTION RALLY



HEALTH CAMPAIGN

On this day, we come together to explore our Access to Mental Health Campaign proposal and its role in driving systemic change, promoting equity, and improving health outcomes in Chatham County. We will provide updates on our action steps to ensure a successful campaign and discuss strategies to coordinate and maximize attendance at our Nehemiah Action, strengthening our collective impact.

DATE AND TIME

7 APRIL 2025

7:00 PM - 8:00 PM

LOCATION

UNITARIAN UNIVERSALIST

311 E HARRIS ST, SAVANNAH, GA 31401

FOR MORE INFORMATION

WWW.JUSTSAV.ORG

912-371-9131

The Story of My Life

THANK YOU!

A heartfelt thank you to everyone who came out to support The Story of My Life at Asbury Memorial Church. Your presence and generosity meant the world! Because of you, we were able to support two incredible causes—the Michael J. Fox Foundation and Hospice Savannah. Your kindness and support truly make a difference!



CONGREGATIONS IN SERVICE



Congregations in Service – May 3rd & 4th

Join us for a weekend of service and community!

Saturday, May 3rd

Host Church: Asbury

Time: 8:00 – 8:15 AM (Coffee & Light Refreshments)

The morning will begin with a short interfaith service, followed by work assignments, which may include:

- Gardening at a community garden
- Helping at the Habitat Restore on MLK
- Assisting at Pegasus, the horse farm
- Walking dogs at the Humane Society
- Many other volunteer opportunities

For those unable to participate in off-site work, there will be opportunities to assemble kits for Church World Service, which provides aid to people affected by disasters such as floods and fires. We will also make no-sew blankets and other helpful items.

At 1:00 PM, a free lunch will be provided at 1st Christian Church on Victory Drive.

Sunday, May 4th

Host: Bahá'í Center, Waters Ave (near Asbury)

Time: 12:30 PM (Light Lunch)

Sunday will follow the same format as Saturday, with service projects and community outreach.

For any questions, please contact Margaret Cook Levy at (201) 286-1882.

We hope to see you there!

THANK YOU!

THANK YOU TO EVERYONE WHO CAME OUT AND SUPPORTED OUR YOUTH GROUP AT THE SHROVE TUESDAY PANCAKE SUPPER! IT WAS SUCH GREAT FUN! WE ARE BLESSED BY ALL OF YOU!



ALWAYS OPEN TO NEW MEMBERS



WISDOM SEEKERS

Women's Book Club Meets 2x a month

2nd Monday of each month @ 12:30 via Zoom
4th Monday of each month @ 12:30, typically in person

QUESTIONS?

Contact Trish Haverkamp at trish.haverkamp@gmail.com or 610.334.1981



WESLEY OAK CHANCEL CHOIR

COME & JOIN IN!

THE CHANCEL CHOIR REHEARSES ON SUNDAY MORNINGS AT 8:30 A.M. EACH WEEK. IF YOU ARE INTERESTED IN BEING A PART OF THE MUSIC AT WESLEY OAK CHURCH, PLEASE CONNECT WITH J.J. COLLINS, DIRECTOR. WE WOULD LOVE TO HAVE YOU JOIN US!

Preaching Schedule

6
APR

Betsy
Kammerud

13
APR

August
Alderman

18
APR

J.J.
Collins

20
APR

J.J.
Collins

27
APR

Chris
Kincade

APR 2025

Wesley Oak

IMPROV fun & GAMES

TUESDAY, APRIL 15th
3:00-4:00 PM
HOLLIDAY HALL

If you are interested, planning to come, or just curious, please call Audrey Billoon at 912-507-1500 for more information.

Stephen Ministry

**Stressed? Discouraged? Lonely? Sad?
Don't Suffer Alone.**

Help Is Available. When we're stressed, discouraged, lonely, or sad, we try to keep our struggles hidden and are reluctant to ask for help.

However, that's not God's plan.

Galatians 6:2 says, "Bear one another's burdens, and so fulfill the law of Christ." God wants us to care for others—and allow others to care for us in our time of need. If you're sad or struggling inside, don't suffer alone. Ask for help. We've got a team of Stephen Ministers who are ready to provide confidential one-to-one care, encouragement, and support to help you through a tough time.

Find out more about Stephen Ministry by talking with Candace Jenkins, 912-233-4351.

Our Stephen Ministers are ready to bring God's love and care into your life.



*Thank
you*

Ann & I are so grateful for the acknowledgement in church of our 51st anniversary. We appreciate Billy's nice comment, the singing, and the beautiful flowers. Special thanks to Candace for dropping them off and visiting with us. We send our love and blessings to all.

Bill & Ann



When Shadows Fall

The members of Asbury Memorial and Wesley Oak extend our love and sympathy to:

Tammy & Tab Brawner in the passing of Tammy's father and Tab's grandfather, Tommy Altizer

Kim Malphrus & Kimberly Smith in the passing of Kim's father and Kimberly's father-in-law, Donnie Malphrus

Brenda Mills in the passing of her brother-in-law, Ellis Willard Mills Jr.

Thomas Hunter in the passing of his husband, Robert McEwen

Carol Anderson in the passing of her brother-in-law, Bob Anderson

Nancy Saltsman in the passing of her sister, Patti Bates



Men's Group

What's on your mind?

We welcome all men to join us Thursday nights for fellowship and discussion. We talk about what is on our minds: a theological point or question, an interesting book or current events.

If you're looking for a way to connect, make new friends, participate in some fascinating discussions, and get to know others, please join us!

We have a great time and all from the comfort of our homes.

Should you have any questions, contact Gregg Walther at gdw0517@gmail.com

We meet Thursdays 7:00-8:30 via Zoom.
Zoom meeting ID: 844 3633 5506,
passcode: Asbury

THE STORY BEHIND OUR HEAVENLY HONEY

Our "Heavenly" honey originated from a colony of honeybees that made their home in the roof of the Asbury Memorial Church Sanctuary. We have been making and selling our "Heavenly" honey from our As-bee-ry members ever since! It is a delicious local honey that is absolutely "heavenly"





Cook and Connect with Creativity

Joy Cottage at Wesley Oak

Join Us for Suppers at the Cottage! Every fourth Sunday, we invite you to a delightful evening at the Joy Cottage where food, friendship, and creativity come together!

As we gather to prepare and enjoy a delicious meal together, you'll have the chance to cook, mingle, and forge new friendships.

But the fun doesn't stop with dinner!

At the end of each meal, we welcome a few brave souls to showcase their talents. Whether you have a poem to recite, a song to sing, or a craft to display, we encourage you to share what you love to do with the group!

Please come join us for an unforgettable evening of good food, even better company, and inspiring creativity. We can't wait to see you there!

2ND SUNDAY

Seekers

Second Sunday Seekers Group meets on the second Sunday of each month at 6:00p 'at Parker and J.J. Collins' house.

This group is for anyone who wants a safe space to ask questions, share thoughts, and hear different perspectives about all things spiritual and theological. Let's get together to discuss the sacred mysteries, the frustrating questions, the ethical dilemmas, and moral conundrums.

There is no agenda, no book to read, and no expectations. Just bring an open heart, an open mind, your humility, your curiosity, and your kindness.

Prayer Requests

Congregants of Asbury Memorial and Wesley Oak

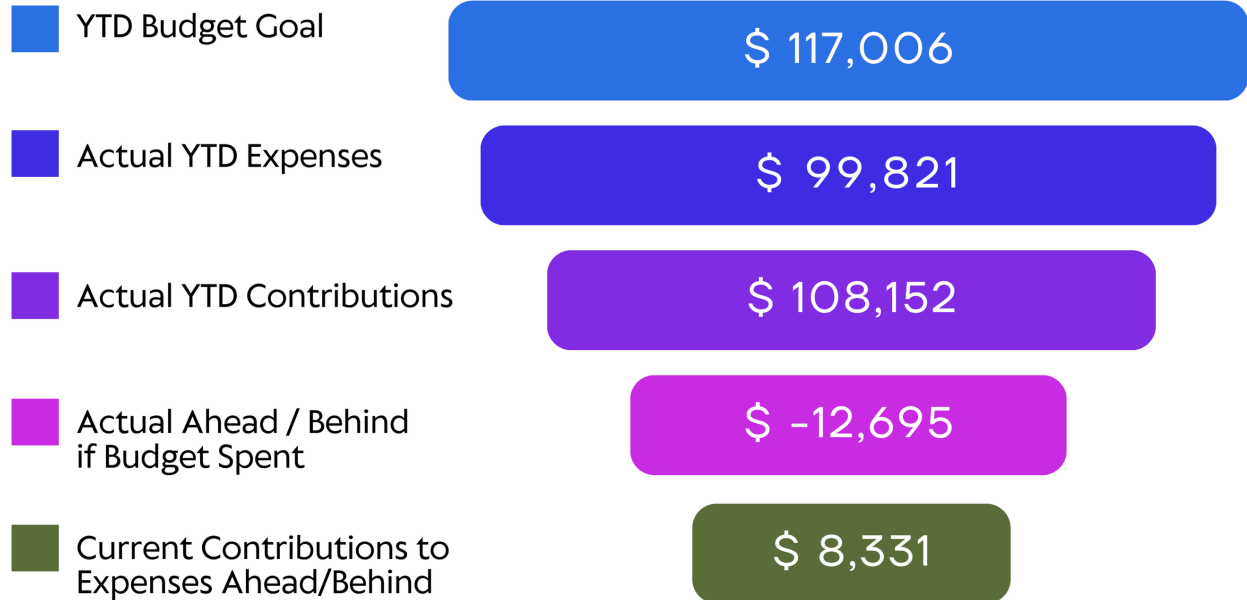
DiAnne Amerson, Jenny Wilburn Bell, Wayne Bland, Marcia Budarz, Jim Burris, Kathy Consentino, Nancy Cvetan, Sam Durham, Deb Gibson, Bubba Hughes, Tom Lewis, Marian Manigo, Virginia Moryadas, Frank Ramsey, Pat Stewart, Dave Thompson, Val Osborn Utsey, Curtis Veal, Donna Waller, Kenn Waters, Debbie Wright

Family Members and Friends

Tammie Hargroves, Wallace Harris, Wesley Hurt, Jackie Lewis, Nimrod Mehari, Becki Sasser, Jeff Tenega, John Wyman, Teresa's Husband-Thomas

2025 Financial Health

General Budget as of February 2025



2025 STEWARDSHIP

Please search your heart
& plan your gift

MAKE YOUR PLEDGE TODAY

ANGELLS
YOUTH
GROUP

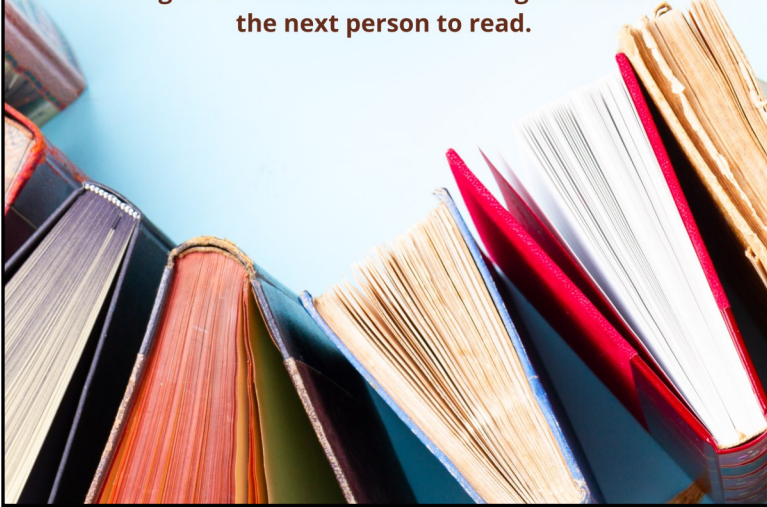
WEDNESDAYS 5:30P - 7:30P

FULLY INCLUSIVE AND SUPPORTIVE
YOUTH GROUP

COME EXACTLY AS YOU ARE!

WESLEY OAK'S BOOK EXCHANGE

Wesley Oak has a book exchange!
Do you have a book you just loved? Did you read something that inspired you? Is there a book you think others would enjoy reading? Donate it!! Everyone is encouraged to participate in the donating and borrowing of books. Once you read the book, just return it back to the library at Wesley Oak. Borrowers are encouraged to write a little something in the book for the next person to read.



SING

SAVANNAH
INSPIRING
THE NEXT
GENERATION



SING CHILDREN'S CHOIR
MONDAYS @ 5:30PM

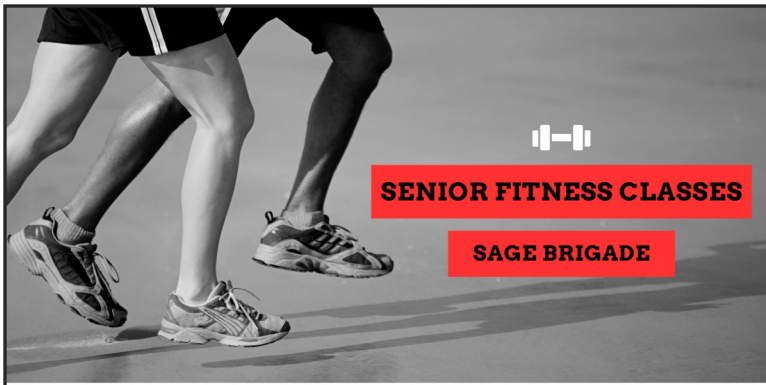
ASBURY MEMORIAL CHURCH - 1008 E HENRY ST SAVANNAH

VBS 2025

SAVE THE DATES!



JUNE 1ST - 6TH



The Salvation Army has started the "Sage Brigade" a senior program of many activities. Top of the list is Sr. Fitness, using light weights and cardio for a 45-minute fitness class that incorporates music from the 50's, 60's, 70's up to the present. The format is a warmup w/o weights, followed by weights and cardio, and finishes off with a cool down. Great for everyone from beginners to advance. Weights are provided. No floor work. \$25 for the entire year. The fee includes other fun activities like crochet, line dancing, and much more. Registration is at the door when you come for your first class. Start anytime.

Senior Fitness Classes (no age requirement to attend classes)

Led by Asbury Member, Linda Socks

The Salvation Army - 3000 Bee Road, Savannah

Mondays & Wednesdays @ 11:45 am. Some holidays excluded.



1 in 4 children in South Georgia live in homes where having enough food is a struggle every day.

P.A.C.K. is committed to packing and delivering over 10,000 bags a month to children in Chatham county and the surrounding areas.

VOLUNTEER
Mondays & Thursdays

10am - 12pm

4 Mall Terrace
Savannah

www.packsavannah.com



WE HAVE MULTIPLE WAYS FOR YOU TO CONTINUE YOUR SUPPORT OF ASBURY MEMORIAL
THANK YOU FOR YOUR GIFTS!



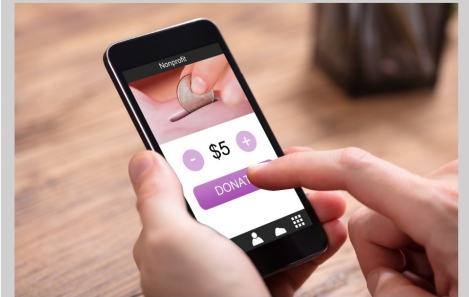
Mail:

Mail your contribution by check to:
Asbury Memorial Church
1008 East Henry Street
Savannah, GA 31401



Website:

- Log on to our website: www.AsburyMemorial.org
- Click on the Give Now button
- Complete the form as directed.
- You can set it up to be a recurring donation!



Text Giving:

- From your mobile phone:
- Send your contribution amount to 833-690-5966
- Donate anytime, anywhere
- Use easy debit/credit card registration
- Make a one-time gift or set it up to be recurring

SMART RECOVERY FOR INDIVIDUALS



Do you want to address an addiction problem or harmful habit? With our practical tools based on cognitive and motivational psychology and addiction research, SMART Recovery helps you make and sustain positive changes that lead to a balanced life.

Through our meetings, tools, and strategies, SMART can help you stop harmful habits and behaviors, including addiction to alcohol and other drugs, or negative behaviors related to relationships, sex, spending, gambling, eating and exercise disorders, and self-injury.

SMART Recovery is unique. Our science-based approach emphasizes self-reliance, self-resilience, and self-empowerment. With SMART, you are the expert on your recovery. You choose how to personalize your plan for successful change. There's no requirement to commit to a lifetime of SMART Recovery meetings. You decide when and if the time is right to move on.

SMART and Other Recovery Groups

SMART Recovery believes that people find their own paths to successful recovery. For some, that path may include 12-step programs or other support groups. Although SMART's approach differs from those of other organizations, it does not exclude them. We recognize and support the fact that many individuals benefit from participating in more than one support community.

Get Started

Ready to get started? SMART Recovery hosts online and face-to-face meetings around the world. Our online message board is an excellent forum to learn about SMART and get 24/7 support.

Learn More

Visit www.smartrecovery.org to search for local meetings and to join our online community.



LOCAL MEETING INFORMATION

Mondays 7:00-8:30pm

**Wesley Oak Church
3124 E. Victory Drive
Savannah, GA 31404**

All are welcome!

LOCAL CONTACT

**Ruthie Duran Deffley
912-312-0079
ruthie@healthymindga.com**

CONFIRM MEETING DETAILS*

<http://www.smartrecovery.org/meetings>

***Meeting times, days, and locations are subject to change. Please confirm meeting details prior to attending.**

Asbury Memorial Church

1008 East Henry Street
Savannah, GA 31401-7128

INT.ID 206896

Office 233-4351 Fax 233-5026

www.asburymemorial.org

Return Service Requested

Flowers in the Sanctuary

Supplying the flower arrangements for the worship service is a wonderful way to commemorate a date that is important to you or a loved one. Please check the Flower Chart in the narthex and sign up. The cost is \$70.

For more information call the church office at 233-4351.

Special Funds

One way to honor or to remember a loved one is with a memorial or an honorarium to some of our different funds such as the Properties Fund, General Fund, Piano/Organ Fund, Family and Children's Ministries Fund, Youth Ministry Fund, Laura Angell Scholarship Fund, Pet Memorial Fund or one of our Mission Funds.

Newsletter Information

If you have an announcement for "The Asbury Update," please email Chris Kincade at ckincade@asburymemorial.org.

Mission Statement

Asbury Memorial is a place where all people can develop their spirituality, use their talents, and grow in faith as we seek to love, serve, and celebrate God, each other, and our community.