Asbury Update January 2025



Volume 37 | Number 1



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- 27 Pat Carlino Kathryn Murph **Benjamin Murphree**
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5th Pam & Ryan Boland

5th Deb & Paul Fagan

10th **Chuck Long** & Kenn Waters

20th Cindy & Craig Meyer

28th Cheri Sheridan & Joe Drake

JANUARY 2025



Jan. 1st - 3:00pm Asbury Memorial

Anticipation Celebration: Burning Bowl Ceremony



As we prepare our hearts and minds for the new year, join us for a sacred and reflective Burning Bowl Ceremony. This powerful tradition, started by Janice Gantt, offers an opportunity to release burdens, regrets, and anything that may be holding you back, while creating space for hope, renewal, and new beginnings.

What is a Burning Bowl Ceremony?

The Burning Bowl Ceremony is a symbolic act of letting go. Participants write down thoughts, worries, or past experiences they wish to release on slips of paper, which are then burned in a shared fire. As the paper turns to ash, we release these concerns and invite God's light to guide us into the new year with clarity and purpose.

What to Expect:

- A reflective time of prayer and meditation.
- Writing and releasing personal intentions and burdens.
- A sacred moment of transformation as we surrender our concerns to God.
- A communal spirit of hope and renewal.

Come experience this meaningful ceremony and step into the new year with a heart full of faith, hope, and anticipation. We look forward to sharing this sacred time with you!



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"



Supply the lovely flower arrangements for our Sunday worship service to commemorate a special date for you or a loved one.

Sign up through the church office today!



2025 STEWARDSHIP

Please search your heart & plan your gift MAKE YOUR PLEDGE TODAY

Asbury Goes to the Theatre

On December 22, our Asbury Goes to the Theatre group enjoyed a delightful evening at the Savannah Repertory Theatre's production of **'Every Christmas Story Ever Told (and Then Some!)**' at the Tybee Post Theatre. The performance was filled with laughter, holiday cheer, and a joyful celebration of the Christmas season.

Thank you to everyone who joined us for this special outing, and we look forward to more memorable theatre adventures in the coming year!

2024 in a Glance

WHAT MADE 2024 SO SPECIAL?

2024 was a Leap Year!

Japan became the fifth country to land a spacecraft on the moon!

Super Bowl LVIII was the most-watched TV program in US History!

An ancient complex in Ecuador was discovered. Experts believe it would have had a larger population than the Aztecs or Mayans.

Mexico announces its first female President, Claudia Sheinbaum.



The 2024 Olympics, held in Paris, was the first-ever Opening Ceremony to be held outdoors. 85 boats carried 6,800 athletes, from 205 National Olympic Committees.



Norway became the first country where Electric cars outnumber Petrol cars.

A total Solar Eclipse occurred on April 8th, covering 13 US states.



Jimmy Carter turned 100!

Taylor Swift's album, "The Tortured Poets Department" broke the record for the most-streamed album in a single day.

Over a period of 3 days (April 25-28) 164 tornados touched down in the Midwestern states. May 1, The United Methodist Church voted 692 to 51 to repeal a longstanding ban on the LGBTQ clergy.

In the 2024 Paris Olympics, athletes from the USA and China were both awarded 40 Gold Medals. However, The United States crushed it, bringing a total of 126 Medals home.

The largest cruise ship in history "Icon of the Seas" set sail in January. It has 20 decks and is 1,198 feet long (that's longer than the Eiffel Tower is tall).

LA Dodgers win their 8th World Series Title.



May God Bless Us All in 2025! It has been said that "laughter is the best medicine." And laughter makes our spirit lighter, the mood relaxed, and lets grief be forgotten for a while. If you have ever been to the theatre, the stage, or an even a film, you might ask yourself how those actors do what they do. Well, it starts with improvisation. Come join Rabbi Robert Haas and others for a monthly class in improvisation and theatre exercises to have fun, play some games, and laugh...and at the same time learn something about mindfulness and living in the moment of life. This is a "Participation" class where all attendees will participate in the games. The class is limited to 20 folks. All ages are welcome. *Donation or small payment is desired.

TUESDAY, JANUARY 14th FROM 3:00-4:00 PM IN HOLLIDAY HALL AT ASBURY MEMORIAL CHURCH.

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

Thank You!

Thank You for Supporting the Angel Tree Toy & Coat Drive

A huge thank you to our church family for your generous support of the Angell Tree Toy and Coat Drive. Your contributions will benefit P.A.C.K. and other local communities, bringing warmth, joy, and hope to children and families in need. Your kindness and generosity are a true reflection of the love and compassion that define our church community. Thank you for making a difference!



Elderberry Luncheon 2025



In December, our church hosted a heartwarming Christmas luncheon honoring our cherished members over the age of 80.

The room brimmed with joy, laughter, and festive spirit as we shared a delicious meal, enjoyed a captivating magic show by Magic Marc, and engaged in heartfelt conversations.

It was a beautiful celebration of faith, community, and the wisdom of those who have blessed our church family for so many years.



Special thanks to Candace Jenkins for planning the event and to our dedicated church staff for their service and support.

































2025

New Year's Resolutions

+ A Fresh Start in 2025



As the clock strikes midnight on December 31st, a new year begins, offering a symbolic opportunity for renewal and growth. New Year's resolutions have long been a cherished tradition, allowing us to reflect on the past year and set goals for the year ahead. Whether it's improving health, building relationships, or pursuing passions, resolutions can serve as a compass for personal development.



Why Make Resolutions?

Resolutions are more than just a list of goals; they're commitments to ourselves. They help us identify what truly matters and provide a roadmap for achieving our aspirations. Studies have shown that setting clear and realistic goals increases the likelihood of success, making resolutions a powerful tool for positive change.

Crafting Meaningful Resolutions

Meaningful resolutions align with your core values and long-term vision. Ask yourself: Why is this goal important to me? How will it improve my life or the lives of others? Whether it's improving health, building stronger relationships, or advancing your career, clarity of purpose ensures your resolutions are more than fleeting intentions. Write them down, create a vision board, or set reminders to stay connected to your goals throughout the year.

1. BE SPECIFIC:

Vague goals like "get healthy" or "save money" are hard to measure. Instead, set concrete targets, such as "exercise three times a week" or "save \$100 a month."

2. START SMALL

Overly ambitious resolutions can feel overwhelming. Focus on manageable changes that build momentum over time.

3. WRITE THEM DOWN

Documenting your goals makes them tangible and serves as a reminder of your commitment.

4. TRACK YOUR PROGRESS

Regularly assess how you're doing and celebrate small victories along the way.

5. STAY FLEXIBLE

Life can be unpredictable. Adjust your resolutions as needed without feeling like you've failed.



Popular Resolution Ideas

Looking for inspiration? Here are some timeless resolution themes:

HEALTH AND WELLNES

Prioritize physical and mental health by adopting habits like exercising, meditating, or eating balanced meals.

LEARNING AND GROWTH

Take up a new hobby, enroll in a class, or commit to reading more books.

RELATIONSHIPS

Spend quality time with loved ones, reconnect with old friends, or volunteer in your community.

FINANCIAL GOALS

Create a budget, reduce debt, or start saving for a dream vacation.

SUSTAINABILITY

Incorporate eco-friendly practices, such as reducing waste or supporting local businesses.

Power of Accountability



Sharing your resolutions with a friend or joining a group with similar goals can provide support and encouragement. Accountability partners can celebrate your successes and motivate you to keep going when challenges arise.



Embracing the Journey

Remember, resolutions are not about perfection. They're about progress and the willingness to grow. Celebrate your efforts, learn from setbacks, and stay committed to becoming the best version of yourself. Each step forward, no matter how small, brings you closer to your goals.

As we welcome the new year, let's embrace the possibilities it holds. With clear intentions, perseverance, and a positive mindset, 2024 can be a year of transformation and joy. Cheers to new beginnings!

AUDITION Workshop

Saturday, January 18 10:00 am - 12:00 pm Asbury Memorial Church

Sight Reading Factory

Register at SINGChildrensChoir.org

GENERATION

 $\sqrt{2}$

Special Guest Clinician Dr. Jared Register, Director of Choirs at SAA

- Open to singers in grades 5 11 preparing for choral auditions at Garrison or SAA.
- Membership in SING is not required
- Sight-reading, scales, and solo will be covered.
- Option to purchase a student subscription to Sight Reading Factory for \$3.00

FREE OF CHARGE



HOCKEY DAY with the savannah ghost pirates

Asbury Memorial and Wesley Oak are organizing an opportunity to go watch a Ghost Pirates hockey game on January 26, 2025!

email Chris Kincade to reserve your spot TODAY! ckincade@asburymemorial.org

COASTAL INTERFAITH GREEN TEAM

January 2025

The Winter Solstice marks the shortest day and the longest night of the year. It is also the moment in our calendar when the days begin to lengthen. Spiritually, the Solstice has been seen as a symbol of light overcoming the darkness.

The Coastal Interfaith Green Team marked this occasion on December 21 with a ceremony at Wesley Gardens on the Skidaway River. Inspired by Thich Nhat Hanh's book Love Letters to the Earth, participants spent time walking a labyrinth and focusing on their connection to the natural world and were invited to respond to two prompts iournals follow-up in their and discussion:



1. If we were to write a love letter to the earth, what would we tell her? How do we want to show up for her in the coming year?

2. How does the earth love you in return? What gifts does she give to you? How can she help you to rest and rejuvenate for the days ahead? The Asbury Green Team also received the welcome news that our grant application to Georgia Interfaith Power and Light had been approved in the amount of \$5000.00.

This money will help replace the roof on our education building which then, hopefully, will pave the way for the installation of solar panels on the new roof, significantly reducing our electric bill.





Cottage! Every fourth Sunday, we invite you to a delightful evening at the talents. Whether you have 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!

Cook and Connect with Creativity

Joy Cottage at Wesley Oak

Join Us for Suppers at the At the end of each meal, we welcome a few brave souls to showcase their 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!



10 O'CLOCK HOUR ADULT STUDY RETURNS JAN. 5TH

Who Can Join?

Everyone is welcome! Whether you're new to the church, a lifelong member, or simply curious about faith, this study group offers something for everyone.

When and Where?

• Time: Sundays at 10:00 AM

• Location: Holliday Hall - Asbury Memorial Come with your questions, your curiosity, and an open heart as we journey together through Living the Questions. We look forward to growing and learning with you!

10 O'Clock Hour Study Group: Exploring Living the Questions

Join us every Sunday during the 10 o'clock hour for an engaging and thought-provoking study group as we dive into Living the Questions. This series invites participants to explore faith in an open and honest environment, addressing challenging topics and fostering meaningful discussions about spirituality, theology, and the Christian journey.

What is Living the Questions?

Living the Questions is not your typical Bible study—it's a space for those who are seeking, questioning, or simply wanting to deepen their faith. This series encourages participants to wrestle with complex questions about faith, God, and the church, all while building a supportive and open-minded community.

What to Expect:

- Thought-provoking video presentations featuring leading theologians and scholars.
- Open and respectful group discussions.
- Opportunities to ask questions and share personal insights.
- A welcoming space for spiritual exploration and growth.

Its Back!

10 O'CLOCK HOUR ADULT SUNDAY SCHOOL

EACH SUNDAY IN HOLLIDAY HALL

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. You don't have to deal with this by yourself...

let us help!

A Stephen Minister is just a call away.

Stephen Ministry is a confidential ministry. The identity of those receiving care and everything they discuss with a Stephen Minister remains private.

Contact Candace Jenkins for more information:

912.233.4351

✓ cjenkins@asburymemorial.org







MONDAYS @ 5:30PM

ASBURY MEMORIAL CHURCH 1008 E HENRY ST SAVANNAH

EVERY SUNDAY AT ASBURY MEMORIAL & WESLEY OAK

Wesley Oak Campus 9:30am ages 4 yrs - 5th grade Asbury Memorial Campus 11:15am ages 4 yrs - 5th grade

2ND SUNDAY

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.



A Heartfelt Thank You for Supporting the Angells Youth Group Food Drive!

We want to extend a heartfelt thank you to everyone who contributed to the Angells Youth Group food drive this year! Thanks to your incredible generosity, we were able to donate several boxes overflowing with food to P.A.C.K., helping to provide meals for children in need within our community. Your kindness and support continue to reflect the love and compassion



of our amazing church family. Thank you, for making a difference!



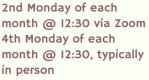
WISDOM SEEKERS

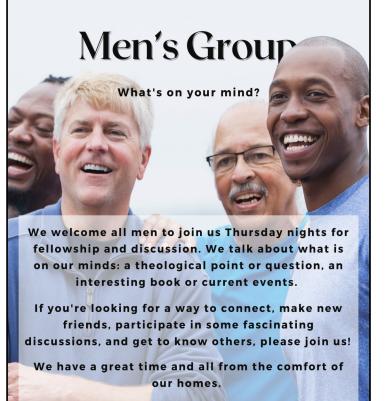
QUESTIONS?

610.334.1981

Women's Book Club Meets 2x a month

Contact Trish Haverkamp at trish.haverkamp@gmail or in person





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

Prayer Requests

Congregants of Asbury Memorial and Wesley Oak

DiAnne Amerson, Pat Andres, Wayne Bland, Jim Burris, Sheri Coffey, Diane Connor, Margaret Cook-Levy, Marty Coolidge, Mary Cronk, Vicki Cronk, Gale Dick, Sam Durham, Deb Gibson, Bubba Hughes, Bridgette Kincade, Lynn Lord, Marion Manigo, Robert McEwen, Brenda Mills, Virginia Moryadas, James Mullins, Marie Parker, Frank Ramsey, Sharon Tarlano, Bob Townsend, Beverly Vasta, Curtis Veal, Kenn Waters

Family Members and Friends

Mary Ellen Caruso, Anne Gooby, Becca Goosen, CT Harper, Roland Hill, Claude House, Wesley Hurt, Jackie Lewis, Carolyn Martin, Alex Ormond, Rev. John Ruehl



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!

When Shadows Fall

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

Robert Smith in the passing of his aunt, Patricia Wilson

Gail Thomas in the passing of her sister, Sharon Paterson

Kim Williamson and Linda Combs in the passing of Shirley C. Owens

Friends and Family of Suzie Williams

Lance Wilhelm and Tim Burkett in the passing of Lance's mother, Sally Ann Tuten Wilhelm

Gloria Moses in the passing of her nephew, Bob Moelich





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.

DAWNING

VOLUNTEER

Mondays & Thursdays

10am - 12pm

4 Mall Terrace Savannah

www.packsavannah.com



Munum + + + +

thank you

Thank you for the beautiful flowers for my SI H Birchkay. And thank you find the online ministry the online ministry able to worship with gor each Sun day.

Landra White



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.

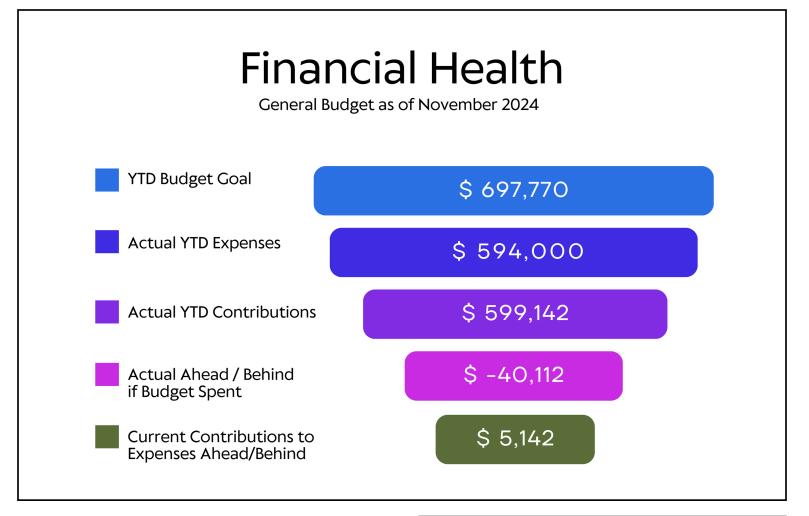
BOOK Release

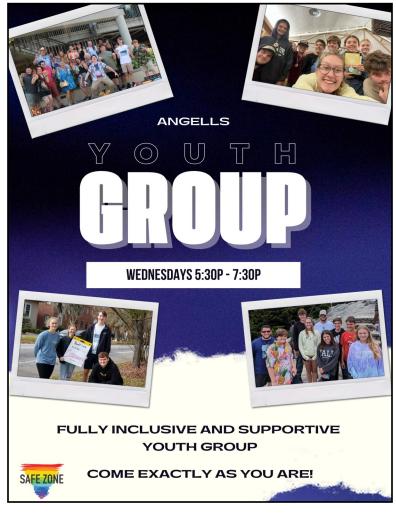
DAWNING MARGARET CLAY

In this inspiring and beautiful work, Margaret explores themes of renewal, hope, and faith in times of transition. Dawning invites readers to embrace new beginnings with courage and trust in God's plan.

Whether you're facing a new chapter in life or simply seeking spiritual encouragement, Dawning offers a guiding light and a comforting voice.

Don't miss the opportunity to experience this uplifting journey of faith and renewal. Be sure to grab your copy and let Dawning inspire your own path forward!





Spotlight on YOU!

We have added a section to the monthly newsletter to showcase the talents of our church family. Please submit pictures of your artwork, art pieces, poems, stories, etc. and we will pick a few of the submissions for each issue. Please be sure to include your name, a description of your submission, and email everything with the subject line of "Creative Corner" to ckincade@asburymemorial.org

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, selfresilience, 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.

CHAIR NAME PLATES

For my Asbury Family By Robert D. McEwen As we worship on Sundays, how meaningful it is to see the name of a loved one etched into a nameplate on one of our beautiful sanctuary chairs. If you would like to remember or honor a loved one in a special way, complete an order form and turn it into the church office. Forms are available in the church narthex and the office. Please turn in a completed form to the office.

The cost is \$250.00. The funds are used for the upkeep and maintenance of the sanctuary.

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 912-307-3206
- Donate anytime, anywhere
- Use easy debit/credit card registration
- Make a one-time gift or set it up to be recurring

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.