



# Circuit Rider

November 1, 2009



Our Mission:

“Asbury UMC, as a community of faith, seeks to be spiritually alive and to encourage one another to be in Christ centered ministry.”

## “Becoming Disciples Through Stewardship” Consecration Worship & Celebration Meal Sunday, November 1, 2009

Sunday, November 1, will be “Consecration Sunday” at the Asbury United Methodist Church. This weekend is a biblical, spiritual, inspirational time designed to enrich our understanding of Christian stewardship. The program is not built on the “need of the church to receive” but on the “need of the giver to give” as a part of his/her spiritual development and Christian commitment. It will be an important weekend to consider how we can face uncertain days with faith rather than fear.

Rev. Brook McBride, pastor at First United Methodist Church in Vermillion, SD, will be our guest preacher at the three Sunday morning services. Brook has served churches at Geddes, Mitchell and Vermillion. He has an interest in missions, youth and social

justice issues. Brook has recently served as the chairperson of the Dakotas Conference Board of Global Ministries. Brook will help us consider how our financial commitments and giving can strengthen our relationship with God.

Please plan to attend two important events on Sunday, November 1: First, one of the Sunday **Worship** services (8:00 a.m.; 9:00 a.m.; 11:15 a.m.; or 5:00 p.m.). Our worship theme will center on how our giving impacts our relationship with God. And second, a **free Celebration Meal** immediately after one of the worship services (or prior to the 9:00 a.m. worship). These will be simple catered meals, *not* a potluck. (Therefore, you will be asked to

make a reservation for the meal at worship on October 25).

We believe that you care enough about our church to attend Consecration Sunday to make your 2010 financial commitment as an act of worship in the church sanctuary. This means that no one will call on you at your home for a pledge. But you *will be* contacted personally to secure your commitment to attend one of the worship services on Consecration Sunday and a Celebration Meal. The financial commitments you make on November 1 will directly influence the mission and ministry we are able to accomplish next year. Until then... prayerfully consider your gifts for 2010.



## It's Party Time!

The Intergenerational Halloween/Fall party is just around the corner. It will be held on October 30<sup>th</sup> from 7:00 to 8:30 p.m. in the Fellowship Hall. We will play games, eat, do “trunk or treat,” win prizes, visit the haunted house sponsored by the youth and have a spooktacular time. **Adults** are asked to **decorate** their **cars** and bring candy to hand out. The children will visit your car for “trunk or treat.” Last year’s cars were awesome! Let’s do that again this year and hopefully others will join in the fun. Costumes are welcome as long as they are appropriate, not too scary or gory, and do not have weapons.



## Thanksgiving Eve Worship

Area United Methodist Churches

Wednesday, November 25  
First United Methodist Church  
(401 S. Spring Ave.)  
7:00 p.m.

Preacher: Rev. Kip Roozen, Asbury UMC

Coffee & Refreshments to Follow

## In Ministry Together “You Can’t Out-Give God”



Pastor Kip Roozen

Asbury is getting ready for its annual Stewardship Emphasis on Sunday, November 1. We are offering our members and friends an opportunity to estimate their giving for 2010 as an act of worship. Our budget for next year will be based upon those estimates of giving. Rather than building a budget and saying, “Give to this budget!” We invite people to consider the stewardship of their money. We want you to give to God, not to a budget. I believe we “need to give” for our growth in faith more than the church “needs to receive” to make a budget.

That’s the philosophy behind the stewardship emphasis. It’s meant to be a spiritual reflection and growth issue more than simply a dollars and cents issue. The word “believe” is used 272 times in the Bible. The word “prayer”

is used 371 times. The word “love” 714 times. But the word “give” is used 2,162 times. Giving is a spiritual issue. The invitation is to seriously consider what God is calling you to give to empower our mission and ministry together.

The economic uncertainty of the past year has certainly led to some anxiety and fear. A year ago most people felt financially safe and secure. We had faith in our jobs, pay checks, investments and retirement accounts. Now those things do not seem quite as trustworthy. For many, these are fearful times.

More than some years, making a financial commitment to the church is an act of faith. We are inviting our members to “Fearless Giving in Fearful Times.” The writer of Proverbs says, “Trust in the Lord with all your heart.” I encourage you to offer your gifts in faith rather than fear. Trust in God. Do not decide what you can’t do because of the economy. Instead, decide what you will do with God’s help.

I suggest a couple questions for reflection. Ask yourself, “How much is Asbury worth to me, my family and my community? What should I invest to carry on its work?” Only you can answer that question. And remember: It is your commitment that makes it possible for the church to

carry on its ministry. Ask yourself: “What is God’s share of that which God has entrusted to me?” Everything we have is a gift from God. God has given us life and the ability to earn. What is God’s share? The Bible provides an answer and Jesus affirms it – the tithe (Luke 11:42). God’s share is the tithe. If you’re not able to give 10%, please give a certain percent and work toward the tithe. “Give as God has prospered you...” (I Corinthians 16:2). Give with joy!

Rev. Grace E. Huck, a retired clergy friend, is fond of saying, “You can’t out-give God!” The Apostle Paul affirms that truth and the experience of many confirms it. Paul says, “The point is this: The one who sows sparingly will also reap sparingly, the one who sows bountifully will also reap bountifully.” (2 Corinthians 9:6) Then he goes on to tell us, “God is able and will provide you with every blessing in abundance, so that by always having enough of everything, you may share abundantly in every good work.” (2 Corinthians 9:8).

We are partners with God. We are the Body of Christ. We’re in this together.

In Ministry Together,

KP

fearless  
giving  
IN FEARFUL TIMES



## Sunday School Offering For All Ages Helps Sioux Falls Homeless

Did you know that the Sioux Falls School District recently shared that, as of October 1, 2009, there have been 458 homeless individuals identified and 236 families without a home in our own community? The needs of our community are increasing. Many individuals and families are struggling. It's time to take action.

During the months of November and December, the

Sunday school program for children, youth, and adults will be collecting money and items to be distributed to homeless children through the Sioux Falls Public Schools. Wendy Giebink, the Homeless Home School Liaison Worker for the school district, has identified items that are most needed by homeless children in our community. If you would like to be a part of this important project, bring your donations to

Sunday school as your offering during the months of November and December. A drop-off box will also be available in the Hospitality Room.

### Most Needed Items:

Mittens of all sizes  
Hats of all sizes  
Hairbrushes  
Toothbrushes  
Children's Toothpaste  
Hair Ties and accessories



## New Member Class Begins November 1

Interested in joining the Asbury United Methodist Church? A new member class will start on Sunday, November 1 at 10:15 a.m. The class involves a series of four consecutive Sundays. Jim Beddow and Jeff Nelson are leading the orientation

sessions. The class promises to be an informative and enjoyable experience as you learn about the United Methodist roots, the mission of our church in our world today, and how you can become an active member at

Asbury. Join us for fellowship and get to know others as well as find out what our church has to offer you and your family. Please call the church office (332-8861) if you plan to attend.

### New Member Class

Begins  
Sunday, November 1  
10:15 a.m.  
Library

## "Romans 12" Proposal: Conference Changes Proposed

A special session of the Dakotas Annual Conference will be held at First United Methodist Church in Aberdeen, SD on Friday - Saturday, November 20 - 21, 2009. Bishop Debra Kiesey will preside over the Conference. Clergy and lay delegates will vote on the proposal from the "Romans 12 Task Force". The task force was charged with the review of the overall mission and ministry of our conference to make a meaningful change.

In fulfilling their task they sought to create an Annual Conference which is nimble, supportive of the local church and financially efficient. They have evaluated and made recommendations for district structure, the effectiveness of ministry teams, staffing, and the apportionment formula, as well as other areas that impact ministry across our two states. The group has envisioned what ministry in the Dakotas Conference might look like in

the future. Don Baird, Bonnie Herzig, and Greg Richards are Asbury's Lay Members.

A Pre-Conference DAVID meeting will be held at Asbury UMC on Saturday, November 14 for the discussion of the "Romans 12" proposal. The schedule includes: Worship - 10:00 a.m.; Presentation of Romans 12 by Rev. Bill Bates - 10:30 a.m.; Lunch - 12:30 p.m.; Discussion/Questions - 1:30 p.m.



## Sunday, November 1: Jazz, Communion and Consecration



Our November 1 communion service will take on a new flavor at the 9:00 and 11:15a.m. services. The communion liturgy and responses will be led by a group of jazz musicians, including our own Heather Baxter and Julie Ostroot. Heather is our Praise and Worship music director and Julie serves as our organist and pianist. The liturgy was written

by a father-son duo of Earl and Erik Sherburne. Earl is a local music arranger and former professor at USF. His son Erik is also a music arranger and lives in the Minneapolis-St Paul area. Come with open hearts and open minds to experience this sacrament in a new way. If you prefer a traditional liturgy, plan on attending the 8:00 a.m. service.

November 1 is also our Stewardship Consecration Sunday. Rev. Brook McBride from the Vermillion UM Church will be our guest speaker at all three morning services. A special catered meal celebrating our ministry together will be held after each service at **8:45, 10:00, 12:15 and 6:00.**

## Alternative Gift Market Is back November 22

**Alternative Gift Market**  
At East Side Lutheran Church  
(1300 E 10th St)  
Sunday, November 22  
9:00 a.m. - 4:00 p.m.

East Side Lutheran Church, 1300 East 10th Street, will host the Alternative Gift Market on Sunday, November 22, from 9:00 a.m. - 4:00 p.m.

Why shop the Alternative Gift Market? As shoppers, you share your compassion and abundance with our global neighbors. The Gifts purchased provide urgently needed resources to people and communities located in the

poorest regions of the world. A choice of local projects will also be available. The Alternative Gifts provide an opportunity for shoppers to purchase meaningful gifts for friends and family. It provides an opportunity to raise global awareness in our children, grandchildren, other family members and friends by giving gifts of food, clothing, justice, rescue missions, medical aid, micro-loans, animals, trees,

and education to others in need. These gifts are more than things.

A 2009-2010 Shopping List for the World will be available for your browsing in the Hospitality Room of the church. Look over the list and become part of the solution to global problems. If you have questions, contact a member of the Missions Committee or Allen Herrboldt.

## Charge Conference - 2nd Annual "Asbury Awards"

**Charge Conference**  
Sunday, December 6  
7:00 p.m.  
Sanctuary

Our Charge Conference / Annual meeting of our congregation has been set for Sunday evening, December 6, at 7:00 p.m. in the sanctuary. Please mark this date on your calendar.

Charge Conference is a time to celebrate what God is doing in

our congregation! Therefore, we are hosting the 2<sup>nd</sup> Annual "Asbury Awards" as a way to celebrate our mission and ministry together.

Our Superintendent, Rev. Greg Kroger, will conduct the meeting. The primary responsibilities of the Charge

Conference is the approval of the 2010 budget, election of leaders for the new year, receiving committee reports, and reviewing and evaluating the total mission and ministry of the church. All church members present have voice and vote. All friends have voice.

## Julie Ashworth: Celebrating 30 years of Music Ministry

For the past thirty years, Julie Ashworth has led our children in singing praises to God. As they prepare Sunday morning anthems and special musical productions, children from ages 4 to 12 have grown in their faith and found inspiration in Julie's boundless energy and enthusiasm.

On Sunday, November 15, at the 9:00 a.m. worship, we'll celebrate Julie's continuing ministry. Julie will direct the Genesis choir and JoySingers and we'll also welcome back any and all former choir members. These veteran singers are invited to gather in the adult choir room at 8:30 a.m. to rehearse a special number to sing with Julie. A reception for Julie will follow the service.

As she reflects back on her time at Asbury, Julie says, "It doesn't seem possible that it has been that many years! I began the fall after my daughter, Betsy, was born and have loved every year since! I was "filling in" until they could hire a children's choir director to replace the former one!!!"

Even though the choir kids have sung in worship over 500 times in the last 30 years, I am never quite sure how it will go! I love how confident,

unpredictable and spontaneous children are! I will never forget one young boy literally falling in the well and disappearing during a Christmas musical; another time a child fainted at an early morning Easter service when all the choirs were singing together. Really, the most memorable moments are comprised of each time the choir kids sing and lead worship I am reminded of what *faith like a child* really is and how each of us are called to be more childlike in our faith."

What Julie enjoys most about her ministry is, of course, the kids. "It makes my day to always have one of them running up to me at church and giving me a hug! It doesn't matter how tired, stressed or busy I am, on choir night, I relax and have a blast with the kids! I always, always laugh a lot on Wednesday nights!"

Julie believes it is "quite remarkable and absolutely a joy" to now be directing the children of her first choir members. "My own grandson is singing in choir now, so it looks like I may have to stick around for another 30 years!!!"

Julie has directed more than twenty Christmas programs including *Christmas in Egypt*, *365 Days of Christmas*, *Angels*

*Aware*, *Calling all Angels*, and *Not a Creature Was Stirring*. *Angels*, *Lambs*, *Ladybugs* and *Fireflies* was the very first musical she organized. Some of her favorite spring musicals include *The Bible Tells Me So Show*, *Jonah*, and *100 % Chance of Rain*.

Erin Meier Karlgaard, who sang in Julie's choir back in the 80's, is now a children's choir director at Lutheran Church of the Cross in Nisswa, MN. She sent this remembrance of her time with Julie.

"*Are you humbly grateful or grumbly hateful, what's your attitude?... This was one of the many, many songs I learned under Julie's faithful direction, and have since been unable to stop singing! Julie had a knack for choosing music which was fun for us to sing, and had a message one couldn't easily forget. I still can only remember the Ten Commandments by singing through *The Perfect Ten!* Julie has been a wonderful example of a faithful servant, taking time to mentor the children of Asbury through all the seasons of the church year, through her gift of song. Now, I am blessed to say I am able to do the same thing with children at my church. I feel so fortunate*



Julie Ashworth rehearsing with the children's choirs

to have had as an example someone through whom it is so easy to see the love of the Lord and her love of all children. I know for a fact that each child who has been fortunate enough to sing with Julie has been blessed beyond just learning a few good songs. Each time I get one of those old songs stuck in my head again, I think of her..."

## Advent Workshop November 29 Fun For All Ages

Please join us in the Fellowship Hall on November 29 from 2:30 - 4:30 p.m. as we come together to make crafts and do activities related to Advent and the Christmas season. This is an intergenerational workshop. Everyone is welcome. Bring your friends and come for a fun afternoon of fellowship. There will even be snacks, hot chocolate and cider. If you have a craft that you would like to share at this event or if you would be willing to assist at a craft that we set up, please e-mail Don and Trudy Baird at [donandtrudy@sfasbury.org](mailto:donandtrudy@sfasbury.org).



## Stephen Ministry

by Pastor Martha Brandt

### Stephen Ministers:

Kim DeNeui  
Dennis Harrison  
Kerry Hilton  
Sharon Hodkinson  
Jeanelle Holmes  
Gary Hyatt  
Connie Kolbrek  
Randy Micka  
Bruce Millikan  
Don Smith  
Tim Stroh  
Dee VanBockern  
Alan Vandenburg

### Stephen Leader:

Pastor Martha Brandt  
Tammie Jorgensen  
Barb Olson

### Pastoral Support:

Pastor Kip Roosen

### Danger vs. Opportunity

Did you realize that the average crisis lasts about six weeks? By the end of a month and a half, people usually come to some solution. Sometimes the solutions are good, but sometimes they just cause more painful problems. Stephen Ministry can help people find positive resolutions to crises.

### We All Know Someone...

Someone in crisis who does not know where to turn.

Someone who is tense, upset, worn out – needing someone to talk with, someone to care.

You'd like to help. But how?

There are three easy steps.

1. Listen and care for your friend in your own relationship together.
2. Ask your friend for permission to share his or her need with someone who can help. Be sure to tell your friend that all information will be kept confidential.
3. Once permission is given, report his or her need as promptly as possible.

You can do this by doing any of the following:

1. Talk to any one of the Stephen Leaders (Pastor Martha, Tammie Jorgensen, Barb Olson).
2. Fill out the pew card, place it in the envelope and seal it, and place it in the offering plate.
3. Talk with Pastor Kip or Pastor Martha and explain the situation. They will help you decide whether or not Stephen Ministry would be a good move for you.

### MOTTO OF STEPHEN MINISTRY

The Stephen Minister is the **caregiver**, and God is the **curegiver**.

## Upcoming Events

### Chapel messages in

**November** will focus on the Cost of Discipleship and in December on John Wesley and the Way of Salvation.

### October 25 - November 22

Sunday School Hour in Room 106

#### *The Parables of Jesus*

Jesus communicated deep spiritual truths through simple, vivid, and engaging stories. Woven from the stuff of everyday life, the parables of Jesus made the kingdom of God understandable and accessible to his listeners. You will gain new insights into the parables of Jesus and their meanings that will help you to

appreciate more fully their relevance for your own life.

### November 29 - December 20

Sunday School Hour in Room 106

#### *Celebrate the Newborn Jesus*

You are invited to renew your lives of faith and to remember the good news of the life and hope God gives to us through Jesus Christ. The Bethlehem baby teaches us that God is present with us in Jesus Christ. The good news means the power of God's Holy Spirit through Christ is available for us throughout the year. The Advent season teaches us to celebrate these realities and inspires us to spread Christ's love.

### Saturday, December 12

The Opland Singers' present their Christmas Show. This Saturday evening performance at 7:30 p.m. is preceded by dinner at the Calumet Inn at 5:45 p.m. Leave from First UMC at 4:45 p.m. Cost for this trip is \$38 per person and *must be paid no later than Sunday, November 29*. Seats are limited.

### Watch the Hospitality Room information boards.

Updated information is posted here. Make it a habit to check out the information every time you are here.



## United Methodist Women November Activities

On September 19, nine ladies boarded the church van and traveled to Madison United Methodist Church for the **Glacial Lakes United Methodist Women District Meeting**. We were challenged to look at “Who’s At the Table” by Pastor Teri Johnson, Brookings. Each of us has different gifts as we are all different people. Whatever our gifts, we are called to faithfulness and thanksgiving - - that’s a lifestyle for United Methodist Women! A memorial service honoring deceased UMW members was held. We remembered Ada May Yeager and Irene Hight from Asbury. Our Asbury UMW received a Three Flame Mission Today Certificate of Achievement and 10 Special Recognition Certificates for our Book Group participants. Congratulations and thank you ladies for all your hard work. We arrived home with smiles on our faces and a prayer of thanksgiving in our hearts.

**General Meeting**  
**Thursday, November 5,**  
**1:00 p.m., Fellowship Hall**  
 Esther Circle is the hostess for dessert. Marilyn Stroh will be our guest speaker and will be sharing about her mission trip to Washington D.C. A memorial service will be held for our deceased members of UMW in 2009. World Thank

Offering will be taken. All ladies are encouraged to attend.

**Esther Circle**  
 Thursday, November 19,  
 1:00 p.m. at the home of Esther Saylor (6505 W. Essex Drive) with Mary Johnson as co-hostess. Vi Serreyn will provide devotions and Mary Johnson will present the lesson. If you are interested in attending, please call Chair, Helen Shatter, at 334-4875. All are welcome.

**Mary Circle**  
 Thursday, November 19, 1:00 p.m. in the Hospitality Room with Shirley Hillstrom as hostess. Marilyn Herrboldt will provide devotions and Bunnie Wirt will present the lesson. If you are interested in attending, please call Chair, Joyce Baker, at 332-4508. All are welcome.

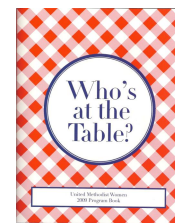
**Reading Group**  
 Wednesday, November 11, 1:30 p.m. in the Hospitality Room. We will be discussing the book *Holy Stuff of Life* by Heather Murray Elkins. Patrice Meier will lead the discussion. This book is a narrative “treasure hunt” for the holiness of human things. Throughout this book of whimsical yet profoundly spiritual work, readers will explore the holy human connections of things such as apple seeds, a tattoo, dish towels, a broken chalice, a carpenter’s level, and extra

virgin cooking oil blessed by a pope. There is a copy of the book in the church library. All are welcome to attend even if you have not read the book.

**Comforters**  
 Wednesday, November 11,  
 9:00 a.m. to 2:00 p.m.,  
 Fellowship Hall.  
 Please come and join us as we sew quilts and put together layettes for the Tree of Life. Bring a sack lunch. Coffee will be provided. We will **not** meet on November 25<sup>th</sup>. All are welcome.

**Fifth Prayer Vigil - Hunger Awareness**  
 Monday, November 16, 5:45 – 6:30 p.m.  
 During the week before Thanksgiving, a time when families often gather to enjoy a feast together, we pause... to think about those around the world who can’t feast. To think about the people who may not even eat this day. We join in raising awareness of the issues behind poverty such as hunger, homelessness, and discrimination. We join in praying that we will not only be aware of the situation, but also take action to remedy it! We have been called to “Open Our Eyes” and to respond to his call of “Whom Shall I Send?”

**Executive Meeting**  
 Friday, November 20, 9:30 a.m., Hospitality Room



### UMW 2009 Officers

President: Marilyn Herrboldt  
 Vice Presidents: Jeanelle Holmes and Patrice Meier  
 Secretary: Esther Saylor  
 Treasurer: Mary Johnson  
 Social Action: Joyce Baker  
 Nurture and Outreach: Dorothy Erhart  
 Education/Interpretation: Helen Shatter  
 Spiritual Growth: Dee Earhart  
 Program Resources: Gloria Selberg and Bunnie Wirt  
 Committee on Nominations: Donna Luke, Eleanor Mickelson, and Vi Serreyn

## Liturgical Year Ends - A New One Begins

The Liturgical Year Ends

November 22 – Christ the King Sunday

Join us for worship on this last Sunday of the Christian year as we joyfully anticipate the completion of God’s creative play and the coronation of Christ, God’s anointed and eternal King. We celebrate the promise that in the fullness of God’s time, people now divided by sin will be united under the gracious rule of Jesus Christ, our King forever.

The Liturgical Year Begins

November 29 – First Sunday of Advent

Advent, celebrated the four Sundays before Christmas, recalls times of waiting and expectancy, and expresses our present yearnings for all that has not yet been born within us. The Advent season is a time for real transformation, not simply a lovely, nostalgic interlude in our busy lives. What we do during Advent (in preparation for Christmas) will be our means of getting ready for a new way of looking at life – a new way of living.



**Tracy Johnson, RN**  
Parish Nurse

### Tracy's Hours

#### Monday

10:00 a.m. - 12:00 p.m.

**Other hours by appointment**



**Tracy's Email Address:**  
tracy@sfasbury.org

## Parish Nurse News and Health Tips

As I sit by the fireplace and wonder what happened to fall, I wanted to share some news with you and remind you of several things as we enter the flu season and the very busy holiday season.

**First** of all I wanted to share some exciting news with you! Because of Jean Snyder's initiative and wonderful work, we have received a \$1500 grant from UMCOR for parish nurse ministry programs. Here is what we have received:

\$500 for the Loaves and Fishes program. This is the program where we make meals available to anyone that would benefit from an already prepared meal. The meals, which are prepared by volunteers from our church and kept in a freezer in the church, are available to anyone who needs one or for anyone to give if they know someone who needs one.

\$500 for the Parish Nurse Account to support the various ministry program and projects.

\$250 for SIGH (Stepping Into Good Health) program which provides footcare to indigents in our community. This allows Asbury to contribute a monetary gift that augments the volunteer time, collected socks and shoes and the healthy treats that are served at the SIGH clinic.

\$250 for Health Ministry Education/Outreach to Sioux Falls United Methodist Churches that do not have a parish nurse program. This funding would be used to support programs that would be developed by the Asbury Parish Nurse in which other Sioux Falls United Methodist Churches would be invited to participate.

Thank you Jean!

**Secondly**, everywhere we turn we hear near panic about the flu...I wanted to remind you that the best way to avoid the flu is by taking a couple of simple

precautions. The two most important things you can do are to make sure you wash your hands thoroughly and get plenty of rest.

Hand washing – did you know that 80% of infections are passed on by touch? That's why proper hand washing is the #1 way to prevent it. Anytime you touch something that other people frequently touch, you should wash your hands. This includes things like gas pumps, ATM machines, elevator buttons, shopping carts, restaurant menus – the list is infinite.

How do you wash your hands properly? It's not the water that does it – it's actually the soap and friction that separates the bacteria and your skin. So once you've wet your hands with warm water and applied soap, make sure to thoroughly scrub the tops and bottoms of your hands as well as under your fingernails for at least 20 seconds – about the time it takes to sing "Jesus Loves Me." Then rinse well and use a clean or disposable towel and use that same towel to turn off the water so you don't re-contaminate your hands.

Alcohol-based sanitizers are also a great option and are actually more effective than soap and water. Make sure the sanitizer you use is at least 60% alcohol.

**Thirdly**, as the daylight gets shorter and the nights get colder, especially as we approach the holidays, it seems that everyday things can begin to cause us undue stress. Whether it's extra family around, or financial pressures, or just lots of extra activities the best approach to managing that stress is to develop a balanced lifestyle and become more attentive to personal needs. Here are some ways to do that.

- ♦ Set priorities. Most people have more to do than there is time to do it in so you have to decide what is the most

important.

- ♦ Delegate. Ask your spouse, kids or other family members to chip in and help.
- ♦ Simplify your life – Sometimes people simply attempt to do too much in life. See where you can change the way you do things and free up more time for yourself.
- ♦ Don't be hard on yourself. Keep in mind that we are all human. We all have limits and we have to live within these limits. Some things may not get done, but that's okay. You need to have some time to relax. It's also important to take good care of yourself. Get regular meals, get adequate sleep and take a little time to exercise and have fun.
- ♦ In summary, set priorities in life. Do your best. Get help when needed. Take some time for yourself. Then relax and enjoy your life.

Just a reminder, if you'd like to visit with me, I am in my office (Room 106) Mondays 10:00 a.m. – 12:00 p.m. and other times by appointment. If you'd like to reach me, please call the Church office and leave a message with Roxie.

I invite you to let me know if you have any questions, ideas or suggestions. Be sure to check out the Parish Nursing page on our Asbury website [www.sfasbury.org](http://www.sfasbury.org) for more information on any of the programs we are offering.

One last thought I'd like to leave you with this holiday season:

#### Peace

**It does not mean to be in a place where there is no noise, trouble or hard work. It means to be in the midst of those things and still be calm in your heart.**

Blessings...  
Tracy

# Martha's Musings

Thoughts ....

"In our world of budgets (and long-range planning ... don't we find it hard to trust in the unbelievable? Don't most of us tend to scrutinize life behind furrowed brows and walk with cautious steps? ... To make a little room for miracles today, well, it's not sound thinking. We make the same mistake that Thomas made: we forget that 'impossible' is one of God's favorite words.

"How about you? ... When was the last time you imagined the unimaginable? ... Has it been awhile since you claimed God's promise to do 'more than we can ask or imagine (Ephesians 3:20)?" (No Wonder They Call Him the Savior by Max Lucado)

If you are like me, we limit God and God's activities in our lives. It is not that we mean to; after all, we desire to open ourselves to the purposes and will of God, hoping to make a difference in the lives of those around us. The problem is that we act from our own humanness. If I hear God saying, "Go," I may say "Okay, but I have to finish these things first." If I hear God saying, "Contact such and such a person," I may say, "I'll be right on it, God" and then get distracted and fail to call. If I feel God leading me in a path I'm not sure how to go, I may put those thoughts to the back burner. Other times, however, God is heard and action is taken. What a blessing that is. It's a bit of a cycle ... we bless others, others bless us.

The cure? Another book quote, this time from *Cure for the Common Life* by Max Lucado. "Use your uniqueness to take great risks for God! If you're great with kids, volunteer at the orphanage. If you have a head for business, start a soup kitchen. If God bent you toward medicine, dedicate a day or two to AIDS patients.

"God lavished you with strengths ... Go out on a limb; God won't let you fall ... God invites you to dream of the day you feel his hand on your shoulder and his eyes on your face. 'Well done, good and faithful servant.'"



**Martha Brandt**  
Minister of Care and Worship

## Martha's Hours

**Monday/Wednesday/  
Thursday**  
1:00 - 7:00 p.m.

**Tuesday Off**

**Friday**  
10:00 a.m. - 5:00 p.m.

## Homebound Visitation Ministry

It's autumn but the Thanksgiving and Christmas seasons will be upon us soon. For the homebound, not too much will change. Their daily routine is largely unaffected by seasonal changes. The ministry to the homebound is an important intervention. This ministry will help to reduce isolation, alleviate loneliness, increase

social engagements and promote better mental, emotional and spiritual health.

Fifteen people met on Sunday, October 18, to discuss some important aspects of visiting the homebound. Loneliness and isolation are reversible through communication and connections! This is what

homebound ministry is all about: communication, connection, socialization!

Remember our homebound members during the Thanksgiving and Christmas seasons. If you would like to help, give me a call.

**Martha's Email Address:**  
martha@sfasbury.org

To reach Pastor Martha in case of emergency call  
366-1337

## Sign Up To Receive the Circuit Rider By Email

We would like to email the newsletter to our members and friends. When the newsletter is ready each month you will receive an email with the newsletter and calendar attached in a PDF format. If you would like to sign up to receive the newsletter via email each month, please email Roxie at [rpogany@sfasbury.org](mailto:rpogany@sfasbury.org) and put "email Circuit Rider" in the subject line. Some paper copies will be made available for those who do not have internet access. Please help Asbury protect the environment, conserve resources, and save time and money.

**Martha's Blog Site:**  
<http://martha2b.blogspot.com>



**Don & Trudy Baird**  
Directors of Children's Ministries

---

### Our Hours

**Monday and Tuesday**  
8:30 a.m. - 2:00 p.m.

**Wednesday**  
1:00 - 7:00 p.m.

---

**Don & Trudy's Email Address:**  
donandtrudy@sfasbury.org



# Baird's Buzz

## Parenting Tip: Use Open-Ended Questions

Open-ended questions are great tools for teaching children how to think and for getting quiet kids to talk more. An open-ended question is one that requires a longer answer than "yes," "no," or "I don't know."

"What seems to be the matter?" "What are you going to do about it?" "Why is this happening?" When children respond with "I don't know," be careful about launching into a lecture. Lectures can hinder the process of discovery.

Sally's mom may see her withdraw from the other children and say, "Sally, it looks like you're having a problem. Come tell me about it." Each child handles frustration differently. Some children will come to parents to solve their problems. Others will just live with the frustration of having them unsolved. Either way, asking open-ended questions can help to move children through a problem-solving process. If you see your child struggling with a friend, you may say, "Is everything alright?"

If Bobby comes to you, reporting that he can't find his boots, you might ask, "When did you have them last?" Or if Kelly complains that she has nothing to do, you could ask, "What kinds of things do you like to do?"

The goal is to get children thinking for themselves, not just wallowing in the problem or bringing it to you for you to solve. For the child who has math homework but left the math book at school, you might say, "Wow, that's a problem. What are you going to do?" Or, "Yes, you have a problem. What are you going to do about it?"

The goal isn't harshness but just solving children's problems isn't helpful either. Open-ended questions can do a lot to get conversations started so that real dialogue and teaching can take place.

This parenting tip comes from the book, *Home Improvement, The Parenting Book You Can Read to Your Kids* Dr. Scott Turansky and Joanne Miller, RN, BSN.

---

## Upcoming Events

- ☺ Intergenerational Fall/Halloween Party, Friday, October 30, 7:00 - 8:30 a.m.
- ☺ November 29: Advent Workshop 2:30 - 4:30 p.m.
- ☺ December 13: Christmas Program 9:00 and 11:15 a.m.
- ☺ December 20: No Sunday School
- ☺ December 27: No Sunday School



**"Love Addict"**  
By Family Force 5

Hold up, wait a minute, put a little love in it

Doctor, Doctor, I've got an emergency  
It seems I'm head over heels, a case of L-O-V-E  
It's like I'm glowing inside  
Yeah, a light I can't hide  
And if this feeling is bad then I don't wanna be right  
What I've got in my soul gives me the highest delight  
Oh yeah it's better than drugs  
In fact it's sent from above, huh huh

Hold up, wait a minute, put a little love in it

Hey, Can't kick the habit  
Yeah, I got to have it  
Yeah, I'm what they call a  
Love addict, Love addict  
Hey, can't live without it  
Yeah, G'on shout about it  
Hey, I'm a symptomatic  
Love addict, Love addict

Are you a love addict? The youth group has been talking about what it means to become more like Jesus. We have been learning about Paul and the dramatic change that took place in his life. How Jesus spoke to him and he was never the same. As Saul, he was a passionate persecutor of Christians or followers of the Way. On the road to Damascus, Saul encountered Christ for the first time. He was blinded and humbled. His life mission changed. Even his name changed. He became Paul. Instead of persecuting followers of the Way, Paul became a leader of the Way. He shared the good news of Christ with many people. He was a love addict. His highest goal in life became to proclaim the good news of Christ to everyone.

What can we learn from Paul? What if Christ's love defined how we acted? What if we went against the crowd to follow Christ? What if people could tell that we were followers of the Way because of how we lived our lives? What if we weren't afraid to talk about Jesus with our friends and to invite them to church with us? What if our highest delight was to glorify Jesus? Would our actions be different? Would we choose our words more carefully? What if we all were love addicts?



**Sara Nelson**  
Director of Youth Ministries

**Sara's Hours**

**Monday/Wednesday/  
Friday**  
9:00 a.m. - 3:00 p.m.



**Sara's Email Address:**  
sara@sfasbury.org

## October Youth Events

- ♦ **Mystery Movie Night** - Wednesday, October 28 from 6:00 - 8:00 p.m. Middle School will watch a mystery movie in the youth room. High School will watch a mystery movie in the game room.
- ♦ **Mad Scientist Haunted House** at Asbury put on by youth groups - Friday, October 30 from 7:00 - 8:30 p.m. All Middle School and High School youth are welcome.
- ♦ **Halloween Party** - Friday, October 30 from 8:30-10:30 p.m.! All Middle School and High School youth are welcome.
- ♦ **Mission Project**- Wednesday, November 4 during Journey and the Edge. We will be assembling and wrapping shoeboxes filled with toys and gifts to be sent to various reservations throughout the Dakotas through the Shoebox Christmas Project.

---

**ASBURY UNITED  
METHODIST CHURCH**

2425 S Western Ave  
Sioux Falls, SD 57105

Phone: 605-332-8861  
Fax: 605-332-1939  
Email: info@sfasbury.org



Non Profit Org.  
U.S. Postage Paid  
Permit 476  
Sioux Falls, SD

**Our Vision:**

Affirming our United Methodist heritage based on Scripture, reason, tradition and experience, Asbury UMC led by the Holy Spirit is a community of faith in Jesus Christ committed to spiritual growth, social justice, outreach, and lay involvement and leadership.

RETURN SERVICE REQUESTED

WE'RE ON THE WEB!  
sfasbury.org

---

KIP ROOZEN, PASTOR  
MARTHA BRANDT, MINISTER OF CARE AND WORSHIP  
SARA NELSON, DIRECTOR OF YOUTH MINISTRIES  
DON & TRUDY BAIRD, DIRECTORS OF CHILDREN'S MINISTRIES  
TRACY JOHNSON, RN, PARISH NURSE  
ROXIE POGANY, CIRCUIT RIDER EDITOR

---

---

**Sunday Morning Worship**

8:00 a.m. Traditional Worship  
9:00 a.m. Traditional Worship  
11:15 a.m. Praise and Worship Service  
November

**1 22nd Sunday after Pentecost**

Isaiah 25:6-9; Psalm 24; Revelation 21:1-6a;  
John 11:32-44

**8 23rd Sunday after Pentecost**

Ruth 3:1-5; 4:13-17; Psalm 127 or Psalm 42;  
Hebrews 9:24-28; Mark 12:38-44

**15 24th Sunday after Pentecost**

1 Samuel 1:4-20; 1 Samuel 2:1-10 or  
Psalm 113; Hebrews 10:11-14 (15-18), 19-25;  
Mark 13:1-8

**22 Christ the King Sunday**

2 Samuel 23:1-7; Psalm 132:1-12;  
Revelation 1:4b-8; John 18:33-37

**29 1st Sunday of Advent**

Jeremiah 33:14-16; Psalm 25:1-10;  
1 Thessalonians 3:9-13; Luke 21:25-36

**Alive at 5!**

**Sunday Evening Worship**  
Contemporary Band  
Fellowship Hall 5:00 p.m.  
November

1 Stewardship/Finance Committee

8 TBA

15 TBA

22 TBA

29 Contemplative Service, Chapel

**Wednesday Evening Service**

Prayer, Worship, Holy Communion  
6:15 p.m.  
November

**The Cost of Discipleship**

4 Gary Hyatt

11 Patrice Meier

18 Jeremiah Nimely

25 TBA



**Thanksgiving Eve Worship**

Area United Methodist Churches

**Wednesday, November 25**

**First United Methodist Church**

(401 S. Spring Ave.)

7:00 p.m.

**Preacher: Rev. Kip Roozen, Asbury UMC**

**Coffee & Refreshments to Follow**

Daylight savings time ends  
November 1  
Make sure your clocks fall back!!