

The Communicator Volume XXXVIII Issue 3
 FRANCIS ASBURY UNITED METHODIST CHURCH
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FRANCIS ASBURY UMC

PRaising GOD • GROWing SPIRITUALLY • REACHing NEIGHBORS

THE COMMUNICATOR

Volume XXXVIII Issue 3

MARCH 2025



All are invited to join us as we begin **Lent 2025** on Wednesday, March 5.

WHAT IS LENT? Lent marks the **40 days leading up to Easter**, mirroring the forty days Jesus spent in the wilderness. It is a practice that began during the 4th century as a way to **prepare Christians for the holiest days of the year.**

Supper will be served at 5:30pm in the Fellowship Hall.

On the menu: **Taco Salad**

(fajita chicken, ground beef, beans, veggies, toppings, chips, etc) and dessert. *Freewill donations accepted.*

Our Ash Wednesday Worship Service will be at **6:30 pm** in the Sanctuary.

All are Welcome! 100% pure palm ash!

Welcome to Our Church

Sunday
Worship
at
11 am

IN MINISTRY

Ministers & Missionaries-
ALL MEMBERS

Pastor	Avery White
Lay Leader	Val Grush
Music Director	Jess Mills
Administrator	Danya Sellers
Custodian	Glenda Shook
C&FM Director	Megan Serzan
Nursery	Amy Dayton
Faith C. Nurse	Dora Brown, RN

Community Partner Sunday is March 2nd!

Representatives and leaders from our partner organizations have been invited to join us for morning worship and to share about their respective work.

A lunch will follow the worship service, and give us further opportunities for sharing, connecting, and fellowship.

On the menu: *Baked chicken venetian, rice, green beans, corn slaw & assorted homemade desserts.*

Hope you can join us!



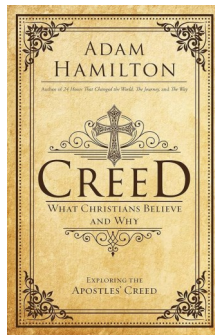
*I believe in God, the Father Almighty,
maker of heaven and earth;*

*And in Jesus Christ his only Son, our Lord;
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, dead, and buried;
the third day he rose from the dead;
he ascended into heaven,
and sitteth at the right hand of God the Father Almighty;
from thence he shall come to judge the quick and the dead.*

*I believe in the Holy Spirit,
the holy catholic church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.*

The Apostles' + Creed +

For two thousand years, Christians have recited **creeds** together. **Creeds** are statements of faith and are our spiritual ancestors' work at summarizing their essential beliefs. In Latin, the first word of the **Apostles Creed** is **credo**. It means, **"I believe."** Affirming what we believe shapes us, unites us, convicts us, and gives us hope.



For six weeks, **March 9-April 20**, we will focus intently on the **Apostles Creed** (UMH #881). In addition to our **sermon series**, we will offer a **weekly class in the Fellowship Hall on Monday evenings at 6:30**. Everyone is invited to attend. If you want to read and prepare in advance, we will use Adam Hamilton's book, **Creed**. Copies are available at the church for you to purchase. We look forward to learning together, and making our way to Easter.

In Christ's Love,
Pastor Avery

Each Sunday again this Lent, you are invited to bring items to support the free monthly food pantry/market hosted here at Francis Asbury UMC.

**March 9 (Lent 1): Canned Fruit
(No applesauce please)**

March 16 (Lent 2): Personal Care Items

**March 23 (Lent 3): Ready to eat Soup,
Stew and Chili**

March 30 (Lent 4): Saltine Crackers

April 6 (Lent 5): Cereal

April 13 (Palm Sunday): Paper Towels

April 20 (Easter): Canned meat

*Please leave items on the table
in the Narthex.*

Thank you for caring for neighbors!

Our next FREE Food Pantry & Market is Thursday, March 20 from 3-5pm in the Gym.

Pantry & Market items are available to support anyone in the community who is experiencing food insecurity. Volunteers needed.



March Family Fun

All are invited to join us for a **"St Paddy's" Celebration on Sunday, March 16 at 4pm**. In recognition of St. Patrick, the patron saint of Ireland, our March family fun will feature Irish-themed activities, games, food, music, and more. The menu includes Shepherd's pie, salad, bread, and shamrock lasagna for dessert. *Freewill donations.*

Hope to see you there!
Diddle-eye

Everyone is encouraged to wear green to join in the spirit of the occasion.



Remaining Schedule:

Saturday, March 1:

St. Joan of Arc Trip

Sunday March 2:

The Holy Spirit & The Church

Sunday March 9:

John Wesley & The Methodists

Sunday March 16: Amazing Grace

Saturday March 15:

Beth Israel Congregation Trip

Sunday March 23:

Worship & The Sacraments

March 28-30: Confirmation

Retreat-Hinton Rural Life Center

Sunday April 6: Our Vows-Prayers, Presence, Gifts, Service, Witness

April 25 or 26: Confirmation

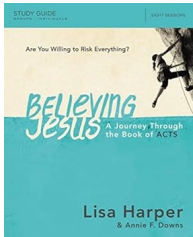
Banquet & Rehearsal

April 27: Confirmation Sunday

Please keep our confirmands in your prayers!

Our Spring 2025 Ladies Bible Study is **"Believing Jesus"**
An 8-Session Study
by Lisa Harper.

Study Dates:
Tuesdays-March 4, 18 & 25; April 1, 22 & 29; May 6 & 20 at 6pm



FAB Women Meeting on Tuesday, March 11th @ 6pm at the home of Rosemary Brown (27B Heather Way)
Snacks-Rosemary Devo-Pastor Avery ALL LADIES WELCOME!
Attention FAB Gals... Please bring 15 Easter Treats (candy, chips, socks, etc) for the 15 Ladies at First Step Farm by April 13th.



MARCH 9!!



MEETING & BREAKFAST Sunday, March 16 at FAUMC at 7:30am

Hominy Valley UMC MEETING & BREAKFAST Sunday, March 30 at Snow Hill UMC at 7:30am
All Men are invited for good food & fellowship.

AMERICAN RED CROSS



BLOOD DRIVE
Francis Asbury UMC Gym
Thursday, March 27 from 1:30 - 6 pm
For an appointment, call (828) 667-3950 or www.redcrossblood.org



Join the Hive! Looking for community?

Join us **Wednesdays from 10.30-11.30am** in the Fellowship Hall (starting March 12).

Help us build a buzzing, creative, connected community. We will share conversation and our creative outlets (bring your own craft/art/game or just enjoy the company).

All are welcome! Contact Jean Jones (jgjanc@gmail.com or 512.745.7125) or Becky Jones (512.636.8231) for more info. **See you there, Honey!**



A Little Advice from Nurse Dora

GOUT: WHAT IT IS AND HOW TO AVOID IT

Gout is a common form of inflammatory arthritis linked to high levels of uric acid in the body. Uric acid is made when purines, compounds that occur naturally in the body and are also found in some foods and beverages are broken down. Uric acid in the bloodstream is usually removed by the kidneys. But if the uric acid level becomes too high, the uric acid forms crystals which get lodged in the joints, particularly the lower body joints like the toes, ankles and knees. The accumulation of these sharp-edged crystals trigger inflammation which results in a painful gout attack, and may also cause joint damage. Once you have a gout attack, it is likely to return without treatment to lower uric acid levels. The drug most commonly prescribed to lower uric acid levels is allopurinol.

There seems to be a hereditary factor, as gout seems to run in families. Gout is also more common in men, women after menopause, and people with diabetes, obesity or kidney disease. For people who have gout, avoiding or limiting purine-rich foods is recommended. High purine foods include beef, lamb, pork, liver, anchovies, sardines and shellfish. Sugar and alcohol have also been associated with increased risk of gout flare-ups. Additionally, dehydration has been shown to increase uric acid levels and trigger gout. Consuming dairy products has been associated with lower risk of gout flare-ups.

So, work towards an overall healthy dietary pattern to keep your uric acid levels in check and to reduce your risk of flare-ups of this painful and debilitating disease.

Take care, **Dora Brown, RN, Faith Community Nurse**



IN MEMORY OF CHIP MILLER GENERAL FUND

By Susie Arrowood
By Rebecca & William Candler
By Willis & Gladys Miller
By Sharon Lutz
By Stuart & Michelle Smith



Do you know of someone who needs some comfort?

Prayer Shawls, Pocket Prayer Shawls & Francis Bears available in the Penley

Room. Please record your gift so we can keep track of the outreach of these ministries.

Thank you to Cindy McDonald for making new clothes for our Francis Bears!



HOMINY VALLEY ABCCM



Every 4th Sunday is Hominy Valley ABCCM Sunday at FAUMC.

Needed at this time are: vegetable oil, sugar, self-rising flour, cereal, deodorant & laundry detergent,


Please leave items in the large basket in the Narthex. Monetary donations marked "HVABCCM" may be placed in the offering plates.



MARCH 2025



SATURDAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																										
2 <i>Community Partner Sunday</i> 9:45 Confirmation Class 10 Sunday School 11 Worship 12 Thank you Lunch In Fellowship Hall	3	4 6pm Believing Jesus Study Begins in the Fellowship Hall 6:30-7:30 pm Gym: <i>Cub Scouts</i>	5 5:30 Taco Salad Supper 6:30 Ash Wednesday Service NO Choir Practice	6 3-5pm Free Meals to Go Food Connection Food Truck "Fran" in FAUMC Parking Lot	7 Office Closed 	1 4:30pm Meet in FAUMC Parking Lot for Confirmation Class Trip to St. Joan of Arc Catholic Church 8 5-9:30pm Gym: <i>Smoky Mountain Dance Club</i> <i>Don't forget to Spring Forward for Daylight Saving Time</i>																																										
9 <i>1st Sunday in Lent</i> 9:45 Confirmation Class 10 Sunday School 11 Worship & Holy Communion Creed Sermon Series Begins for Lent	10 6:30pm Creed Class Begins in the Fellowship Hall	11 11:15am Parkinsons CarePartner Group 6pm FAB Meeting at the home of Rosemary Brown 6:30-7:30 pm Gym: <i>Cub Scouts</i>	12 10:30-11:30 The Hive in the Fellowship Hall 6:30pm Choir Practice	13 3-5pm Free Meals to Go Food Connection Food Truck "Fran" in FAUMC Parking Lot	14 Office Closed	15 9:45am Meet in FAUMC Parking Lot for Confirmation Class Trip to Beth Israel Congregation 10-2 Sanctuary Reserved: <i>Louie</i>																																										
16 <i>2nd Sunday in Lent</i> 7:30 UMM Breakfast 9:45 Confirmation Class 10 Sunday School 11 Worship 4 pm March Family Fun St. Patrick's Celebration ***Wear Green***	17 <i>St. Patrick's Day</i> 6:30pm Creed Class in the Fellowship Hall 	18 6pm Believing Jesus Study in the Fellowship Hall 6:30-7:30 pm Gym: <i>Cub Scouts</i>	19 10:30-11:30 The Hive in the Fellowship Hall 6:30pm Choir Practice	20 3-5 pm in Gym  3-5pm Food Truck	21 Office Closed 	22 10-12 Fellowship Hall Reserved: <i>Holcombe Meadows</i> 5-9:30pm Gym: <i>Smoky Mountain Dance Club</i>																																										
23 <i>3rd Sunday in Lent</i> 9:45 Confirmation Class 10 Sunday School 11 Worship 12 SPRC Meeting in the Fellowship Hall Hominy Valley ABCCM Sunday at FAUMC	24 6:30pm Creed Class in the Fellowship Hall 	25 6pm Believing Jesus Study in the Fellowship Hall 6:30-7:30 pm Gym: <i>Cub Scouts</i>	26 10:30-11:30 The Hive in the Fellowship Hall 6:30pm Choir Practice	27 11:15am PCP 1:30-6pm in Gym  3-5pm Food Truck	28 Office Closed Fellowship Hall Reserved: <i>Moffitt</i> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <i>Confirmation Retreat at Hinton Rural Life Center March 28-30</i> </div>	29 Fellowship Hall Reserved: <i>Moffitt</i>																																										
30 <i>4th Sunday in Lent</i> 7:30 Hominy Valley UMM Breakfast-Snow Hill UMC 10 Sunday School 11 Worship : Guest Preacher Lay Leader Val Grush 12 Children Ministry Mtg	31 6:30pm Creed Class in the Fellowship Hall	PEW PRAYERS 2-FAB Women 9-Ladies Class 16-Men's Class 23-Confirmation 30-Young Disciples Class	LAY READERS 2-C. Rice 9-Bob Salajka 16-Rick Minzer 23-Glen Champlin 30-Cindy McDonald	YOUNG DISCIPLES 2-Pastor Avery 9-Jean Jones 16-Megan Serzan 23-Veronica Crook 30-Glen Champlin	 Our March 9th Communion Offering will go to help support the Confirmation Retreat to Hinton Rural Life Center	April 2025 <table border="1"> <thead> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> <td></td> </tr> <tr> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>11</td> <td>12</td> </tr> <tr> <td>13</td> <td>14</td> <td>15</td> <td>16</td> <td>17</td> <td>18</td> <td>19</td> </tr> <tr> <td>20</td> <td>21</td> <td>22</td> <td>23</td> <td>24</td> <td>25</td> <td>26</td> </tr> <tr> <td>27</td> <td>28</td> <td>29</td> <td>30</td> <td></td> <td></td> <td></td> </tr> </tbody> </table>	S	M	T	W	T	F	S		1	2	3	4	5		6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30			
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- 3/1 Carol McLimans
- 3/1 Jim Moore
- 3/5 Bettie Smith
- 3/7 Danya Sellers
- 3/11 Emma Maye Nicholson
- 3/13 Gracie Rudisill
- 3/18 Robert Mackey
- 3/20 Val Grush
- 3/22 Lauren Gay
- 3/24 Colin Scott
- 3/27 Doughton Lewis
- 3/28 Betty Louie
- 3/29 Rusty Brown
- 3/29 Dora Brown
- 3/31 Deborah Smith