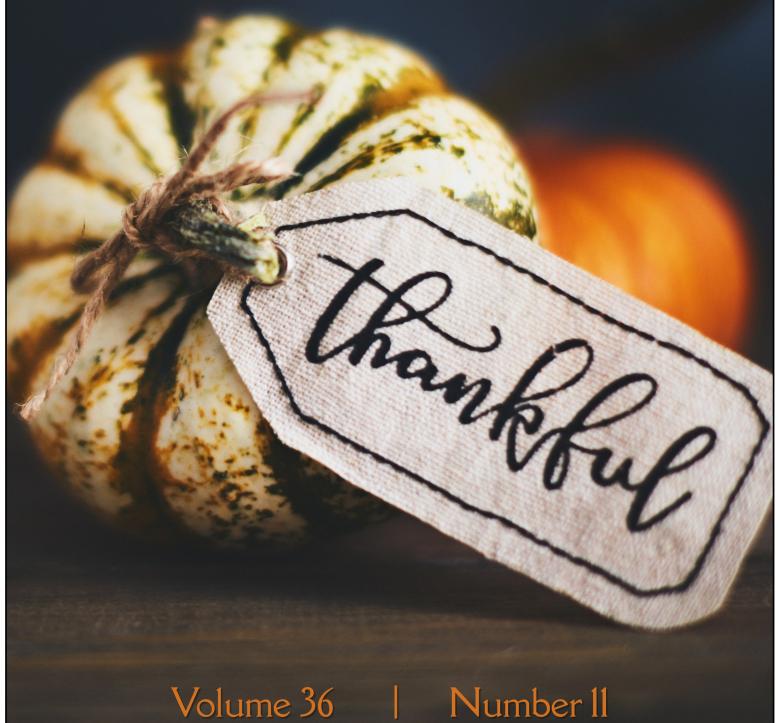
Asbury Offpdate

November 2024



November Birthdays

- 1 Lenna Dembski
- 2 Mirabelle Deffley Shirley Irvine
- 3 Niko Meraz
- 5 Dale Karacostas Sharon Page
- 6 Daryl Balzer Sam Crisp
- 7 Jennifer Lindsay
- 8 Larry Matthews Kelly McDaniel

- 9 Emily Garrard
- 10 Nelson Drake
- 11 Shelbi Hanton Mary Kate Jump Claire Knight Martha Parsons Laurie Tanner
- 12 Steve Gagne
- 14 JJ King
 Ward Lariscy
 Lora Matos
 Jeramy Via
- 16 Barri Marshall

- 17 Mary Thompson
- 18 Tyler Gage
- 19 Betsy Kammerud
- 20 Andrew McGowan
- 21 David Hill
- 22 Gretchen Hill Paul Irvine Shanna Lawhon Kathy Oakley
- 23 Cliff Harley Scott Porch

- 24 Vickie Harold
 Trish Haverkamp
 Wayne McGowan
 Laura Picone
 Sandra White
- 25 Chris Kincade Kent Urness
- 26 Gale Dick Karl Graham Amy Stewart
- 27 Virginia Moryadas
- 29 Liz Urness
- 30 Ellie Covington

November Thriversdries



2nd Anne & Dan Bishop 5th Gordon Baker & Tom Lewis 6th Meredith & Josh Solomons 9th Jennifer & Joshua Lindsay

11th
Pam & Dale
Karacostas

14th
Diane & Jeff
Meseroll

15th Beth Harn-Via & Jeramy Via 16th
Charles Ennis &
Bernie Colclasure

18th
James Mullins &
Charles Richardson

20th Patty & Tim Steinhauser

| | 10 | VEN | 1BE | RZ | 02 | |
|---|--|---|-----|----------------------|--------------------------------------|--|
| SUN | MON | TUE | WED | THU | FRI | SAT |
| 27 | 5:30p SING Rehearsal @ AMC 7:00p SMART Recovery @ WO | 29 | 30 | 7:00p Men's Group | 6:00p Parents Night Out Movie - Coco | 10:00a Life After Loss Grief Seminar Asbury Memorial |
| 9:30a Wesley Oak 11:15a Asbury Memorial | 5:30p SING Rehearsal @ AMC 7:00p SMART Recovery @ WO | 12 | 13 | 7:00p Men's Group | 15 | 16 |
| 9:30a Wesley Oak 11:15a Asbury Memorial 6:00p Second Sunday Seekers | 12:30p Wisdom Seekers 7:00p SMART Recovery @ WO | 6:30p Ministry Round Table Meeting | | 7:00p Men's Group | | 10:00a SING Workshop |
| 9:30a Wesley Oak 11:15a Asbury Memorial 4:30p Anne & Emmett Asbury Memorial | 5:30p SING Rehearsal @ AMC 7:00p SMART Recovery @ WO | 6:30p Finance Committee Meeting | 20 | 7:00p Men's Group | 22 | 30 |
| 9:30a Wesley Oak 11:15a Commitment Sunday AMC 1:00p Hanging of the Greens AMC | 12:30p Wisdom Seekers 7:00p SMART Recovery @ WO | 6:30p Church Council Meeting | | | | |



FROM THE DESK OF THE DIRECTOR OF JOY

Why Me?

In late September this year the world lost a singer, poet, and minor theologian, Kris Kristofferson. Coming onto the country/folk music scene in the early 1970's, he gave us "Jesus Was a Capricorn," reminding us all of the true humanity of Jesus. He also wrote and sang "Why Me," reshaping the lament into a reminder of God's goodness.

Here's the first verse:

"Why me, Lord?
What have I ever done
to deserve even one
of the pleasures I've known?
Tell me, Lord:
What did I ever do
that was worth lovin' you
or the kindness you've shown?"

Get it? The Kristofferson's song flips on its head all of the times we've whined about how unfair life is, or how little God loves us, or how we've not deserved the ills, the problems, the sadness in our lives. It reframes our complaint, "I don't deserve this (misfortune)," turning it into gratitude, "I don't deserve (these many blessings)!"

Kristofferson's little song invites us to see our lives as half full, not half empty. He helps us remember while we complain about our misfortune, we might as easily remember many blessings that we enjoy. In our worst moments we might do well to remember our best moments, too.

This November, no matter what is going on in our lives, we each have much for which to be thankful. Indeed, gratitude is the beginning of spiritual growth. Being merely human, we too often frame our lives as a social media post: "Look at me. Look at what I've done. Look at my family, my work, my success." In reality, so much of what I have, what I've accomplished is because of God's goodness, not my own. And any wealth I've accumulated in this year or in this life is a gift. Simply a gift.

Our best response is simply gratitude. And may that gratitude become the seed of our generosity. May we generously offer to our church, our neighbors, and any in need, a share of the kindness, the goodness, and the generosity of a loving God that have been gifts we've received this year.

Happy Thanksgiving, Asbury.





2025 STEWARDSHIP

IT'S TIME ONCE AGAIN TO SEARCH YOUR HEART &
PLAN YOUR GIFT

YOU CAN MAKE YOUR 2025
PLEDGE ONLINE OR THROUGH
THE CHURCH OFFICE

COMMITMENT SUNDAY
IS NOVEMBER 24TH





A GRIEF SEMINAR
REV. HOLLAND MORGAN
Retired Bereavement Counselor

SATURDAY, NOVEMBER 2, 2024 10:00 AM – 12:00 Noon

This two-hour seminar will help to break the silence and destroy the myths about grief.

We will explore what it means to live with grief, to find meaning in the midst of suffering, and offer specific tools for coping.

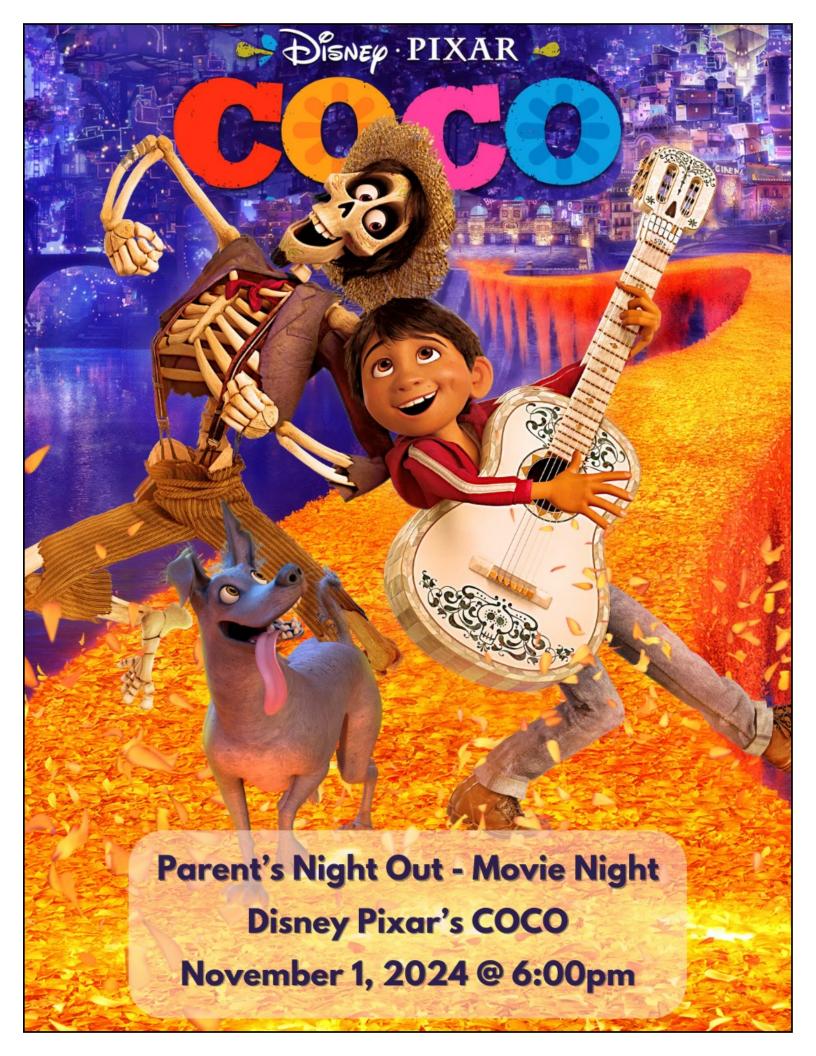
Our conversation will be considered confidential by all who attend.

Reserve your place at 912.233.4351

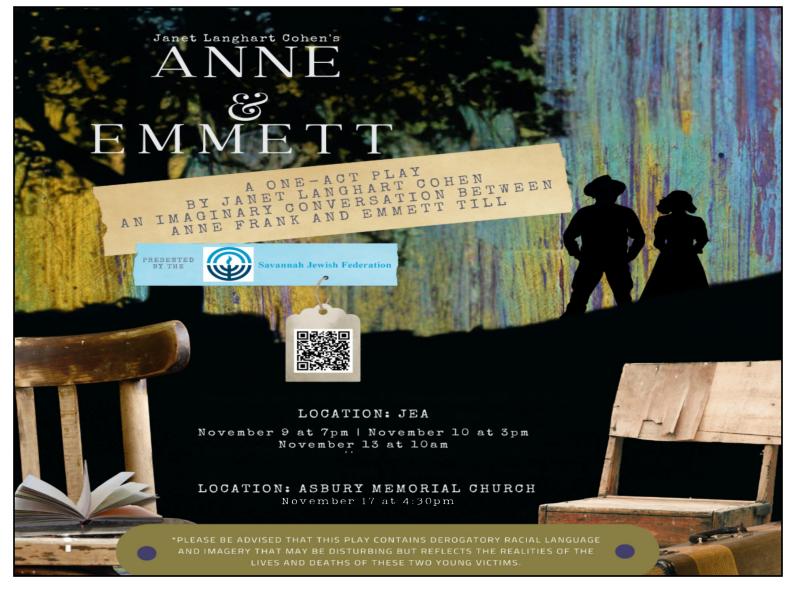


Asbury Memorial Church

1008 East Henry Street
Savannah, GA 31401
912.233.4351 | church@asburymemorial.org



Nov 20th Nov 6th Nov 13th **Chicken Tetrazzini Roasted Turkey Breast** w/ noodles **Baked Ziti** w/ Gravy Steamed Broccoli w/Bolognese Sauce **Roasted Mashed Potatoes Sweet Carrots** Squash Medley **Green Beans** Baguette w/ Garlic **Garlic Bread** Rolls Butter **WEDNESDAY NIGHT SUPPERS** Register online or through the church office



Tips for a Meaningful Thanksgiving

1. Reflect on God's Blessings

Before the Thanksgiving meal, take a few moments to reflect on the many blessings in your life. Whether you're surrounded by family, friends, or even if you're celebrating alone, a simple prayer of gratitude can shift your focus toward all the good God has provided, no matter the challenges of the year.

2. Start a Gratitude Tradition

Encourage each person at the table to share something they're thankful for before the meal begins. You could even write these blessings down on slips of paper and place them in a "Thankfulness Jar" to be read aloud at Christmas or the New Year. This is a great way to keep the spirit of thankfulness alive throughout the holiday season.

3. Serve Others

Thanksgiving is the perfect opportunity to reflect Christ's love by serving others. Consider volunteering at a local food pantry or shelter as a family or donating meals to those in need. Acts of service not only bless others but also deepen the gratitude we feel for our own provisions.

4 Include Scripture in Your Celebration

Incorporate Bible verses that focus on thankfulness and God's provision. Verses like 1 Thessalonians 5:18 ("Give thanks in all circumstances; for this is God's will for you in Christ Jesus") can be read aloud as part of the prayer, or even placed on decorative cards at each person's seat.

5. Unplug and Be Present

In our tech-filled world, it's easy to get distracted by phones and screens. Make a family commitment to unplug from technology during your Thanksgiving gathering. Focus on meaningful conversations, laughter, and creating new memories with loved ones.

6. Express Gratitude Through Letters

Take time to write letters of thanks to people who have had a meaningful impact on your life this year. Whether it's a mentor, pastor, friend, or family member, a handwritten note of appreciation can go a long way in lifting others' spirits and reminding them of their importance in your life.

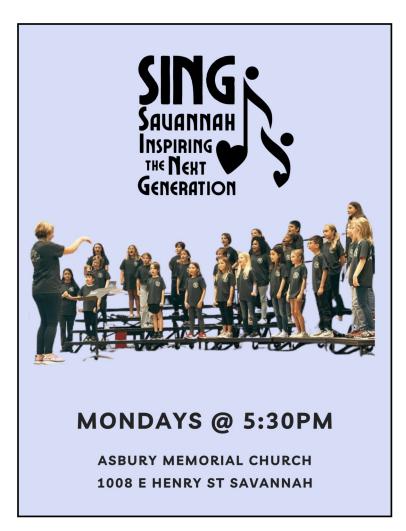
7. Plan a Post-Thanksgiving Reflection

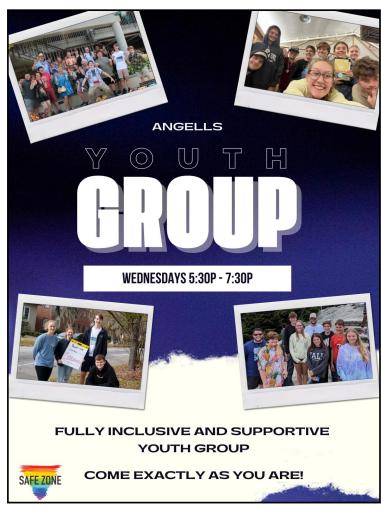
After the day's festivities, take a quiet moment to reflect on the day with your family. What moments stood out to you? Where did you see God at work in your interactions and conversations? This post-Thanksgiving reflection can help carry a spirit of gratitude into the days ahead.

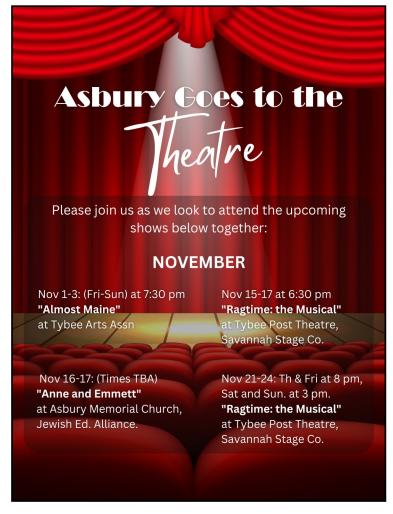
8. Simplify the Meal, Emphasize Connection

While preparing a large feast is a tradition, don't let it overshadow the real meaning of the day. Consider simplifying the meal so that more focus can be placed on fellowship and togetherness. Sometimes less elaborate meals allow for more connection and less stress.











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!

COASTAL INTERFAITH GREEN TEAM

November 2024

October was a great month and with it came the wonderful fall weather that helps us forget about the summer's heat and humidity and the damage from Hurricane Helene.

October was also filled with a number of environmental activities that our members participated in:

October 19

Rivers Alive clean-up at Harmon and Hayners Creeks. Rivers Alive is a state program focusing on protecting and improving the quality of the nation's rivers, and in October the City of Savannah joined many other groups across Georgia to organize cleanups.

Volunteers for this year's cleanup included members of Clean Coast, the Ogeechee Riverkeeper, students from local schools and universities, and staff from local hotels and businesses.

October 19 – October 24

Our friend Maria Vaughn at Code of Return Compost asked for volunteers to help bag compost at their work site on the Bethesda campus and to man composting stations at the RSM Classic Golf tournament at Sea Island. Several Green Team members pitched in to help out. www.corcompost.com

October 24 - October 27

The Savannah Tree Foundation co-sponsored the International Tree Climbing Championship at Daffin Park from October 24-27th.

This four-day event was hosted by the International Society of Arborists and featured professional tree climbers



competing in a series of challenges that showcase skill, techniques, and athleticism while emphasizing the importance of safety and proper tree care. In addition, there an Arbor Fair at which attendees could visit different booths from local vendors. On Saturday. October 26 the Savannah Tree Foundation hosted Trick Trees annual or community giveaway.

November 2

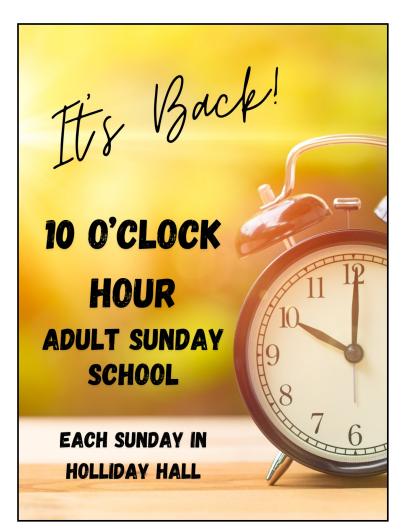
Savannah Tree Foundation will be hosting its annual Volunteer Day at their Community Tree Nursery at the Seapoint Industrial Complex. Volunteers will be moving tree saplings into the next pot size up, caring for trees that will be planted later in the season, and will be doing some light construction projects to keep improving the work site.

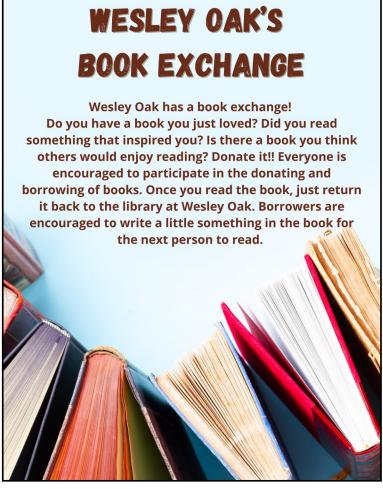
Whippoorwill Farms

Finally, some of you will remember our visit to Whippoorwill Farms in Ridgeland, South Carolina several months ago. The owner of the farm, Marissa Paykos, suffered a serious fall in September and is incapacitated for the next several months. She is expecting a baby and fortunately the baby is fine, but Marissa will be in recuperation for some time. Her friends had set up a Go Fund me site, but it is no longer accepting contributions. However, this might be a good time to support her business at the Saturday Forsyth Farmer's market and online.

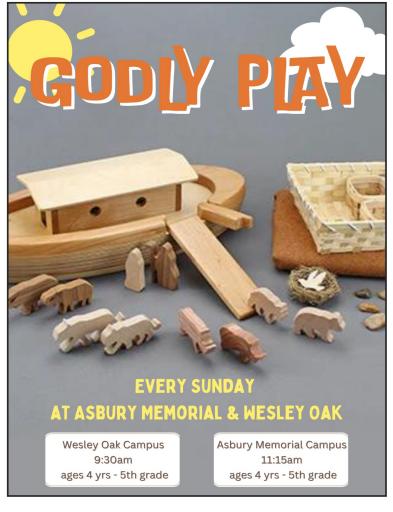
www.whippoorwillfarmssc.com











Wesley Oak Nov 2024

Preaching Schedule

3 NOV

Betsy Kammerud

10 VOV

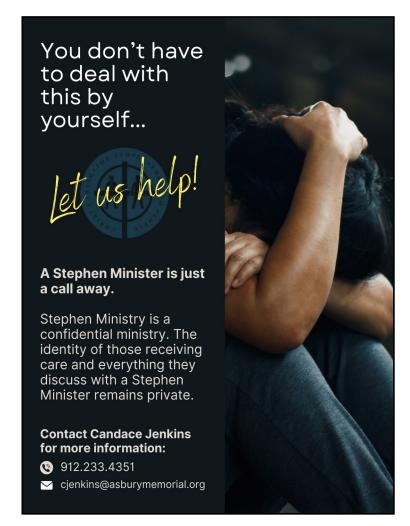
J. J. Collins

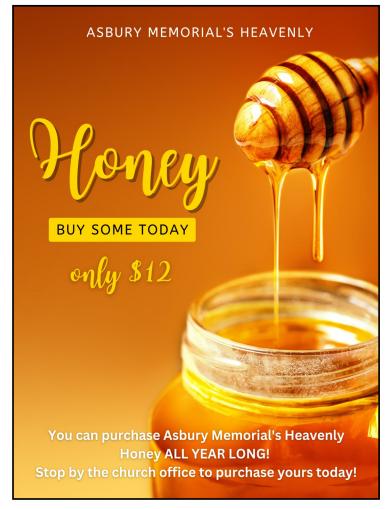
17 NOV

Chris Kincade

24 NOV

August Alderman







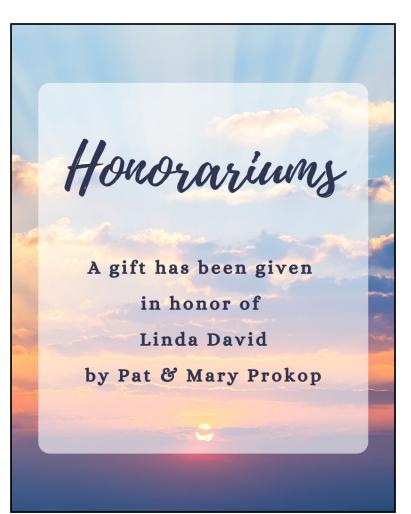
The Salvation Army has started the "Sage Brigade" a senior program of many activities. Top of the list is Sr. Fitness, using light weights and cardio for a 45-minute fitness class that incorporates music from the 50's, 60's, 70's up to the present. The format is a warmup w/o weights, followed by weights 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.

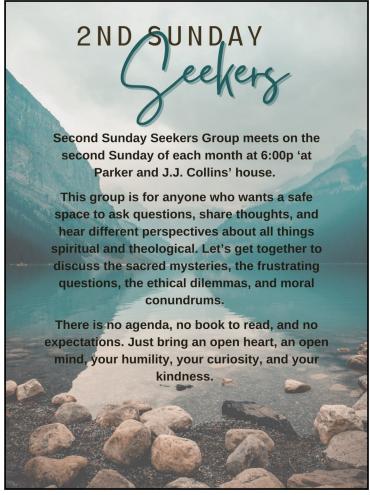
Senior Fitness Classes (no age requirement to attend classes)

Led by Asbury Member, Linda Socks

The Salvation Army - 3000 Bee Road, Savannah

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









Prayer Requests

Congregants of Asbury Memorial and Wesley Oak

DiAnne Amerson, Pat Andres, Marisa Barrentine, Wayne Bland, Marsha Bryan, Sheri Coffey, Kathleen Collins, Marty Coolidge, Diane Connor, Mark Cooper, Gale Dick, Sam Durham, Katie Farmer, Jo Fausnacht, Deb Gibson, Becca Goosen, Lora Gunsallus, Callie Downing Hardigan, Jimmie Hilton, Bubba Hughes, Rev. Marilyn Leigh, Dave Lewis, Jack Lewis, Kim Limehouse, Cynthia Linthicum, Lynn Lord, Marion Manigo, Robert McEwen, Brenda Mills, James Mullins, Virginia Moryadas, Marie Parker, Frank Ramsey, Kathy Sikes, Kimberly Smith, Sharon Tarlano, Kenn Waters, Suzie Williams

Family Members and Friends

Max Clements, Barbara Coley, Anne Gooby, CT Harper, Claude House, Roland Hill,
Joe & Mary Jurgenson, Rita Leopard, Jackie Lewis, Shirley Long, Matt Moll,
Leonard Nicoletta, Steven Odrezin, Rev. John Ruehl, Jim Skoronsky, Fredia Peggs,
Carol Schwalbe, Linda Southerland, Terry Town, Renah Tyson, Sally Wilhelm,
Christi Yunkunis



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!



What to expect

Spirituality & Grief is a 4-week course for adults who are one year out from the loss of their loved one. Designed around the experience of spirituality in grief, this group's spiritual approach is interreligious, inter-faith, and inter-path. This group will explore grief tools, practices and utilize creative processes with a spiritual framework for the grief journey.

2:00 pm on four Fridays in November November 1, 8, 15, 22, 2024 Demere Center for Living 6000 Business Center Dr, Savannah Group members must attend the first session. Please call 912.303.9442 for information or to register.



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

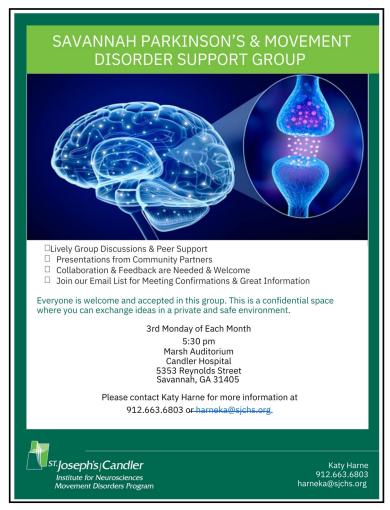
Mondays & Thursdays

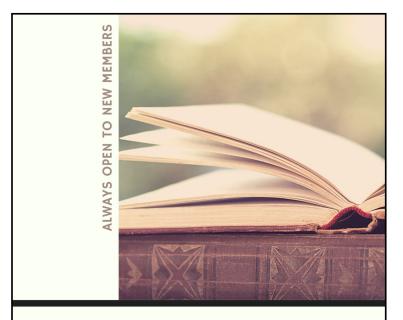
10am - 12pm

4 Mall Terrace Savannah

www.packsavannah.com



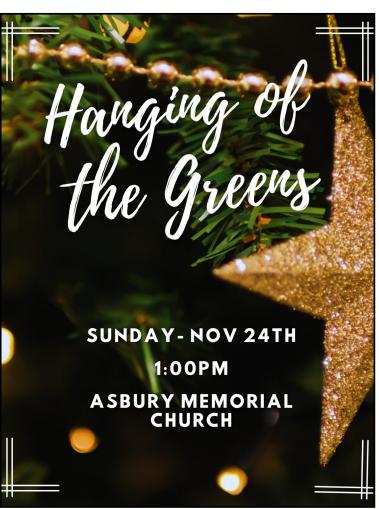




WISDOM

QUESTIONS? Contact Trish Haverkamp at <u>trish.haverkamp@gmail</u> or 610.334.1981 Women's Book Club Meets 2x a month

2nd Monday of each month @ I2:30 via Zoom 4th Monday of each month @ I2:30, typically in person



Financial Health

General Budget as of September 2024

YTD Budget Goal

\$ 549,311

Actual YTD Expenses

\$ 481,164

Actual YTD contributions

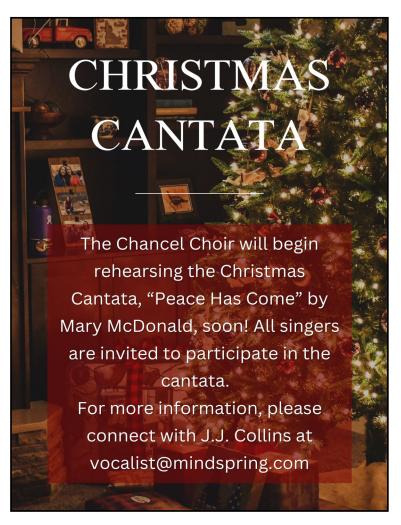
\$ 497,932

Actual Ahead / Behind if Budget Spent

\$ -26,936

Current Contributions to Expenses Ahead/Behind

\$ 16,768





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.



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.