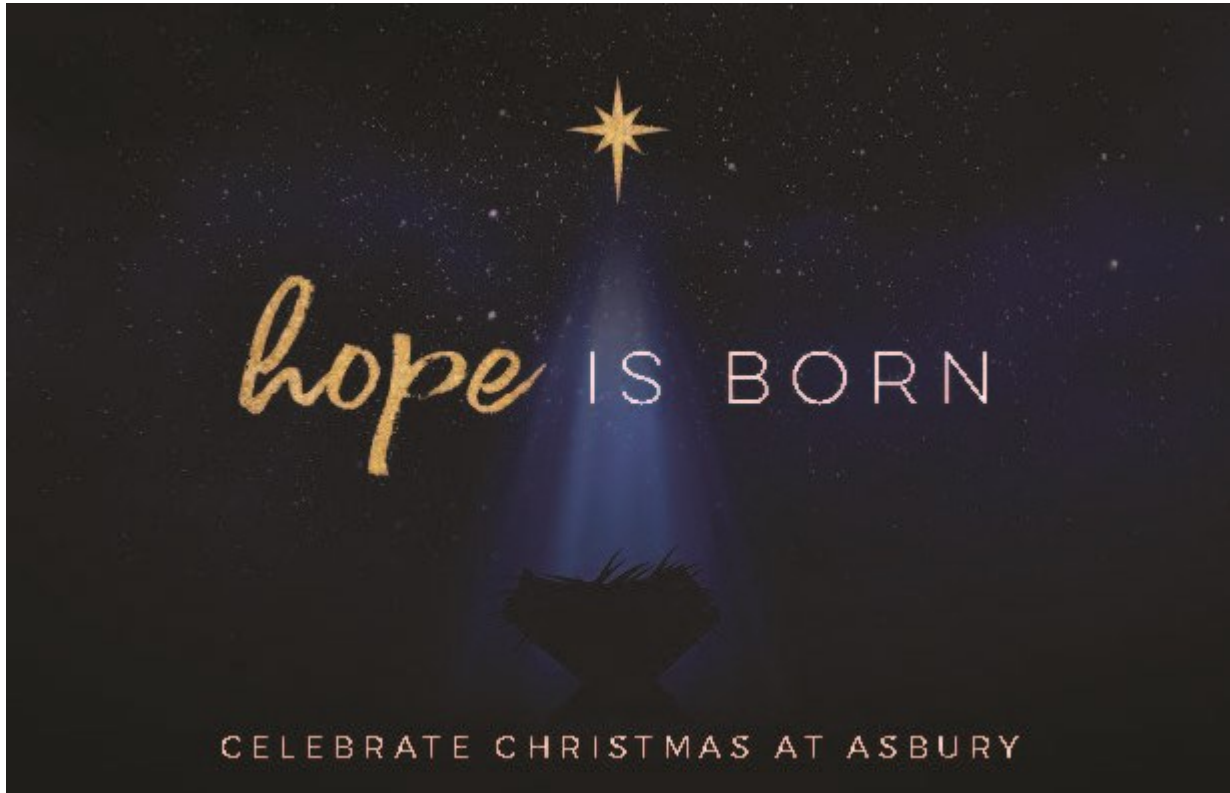


ASBURY UNITED METHODIST CHURCH
LOVING...SERVING...TRANSFORMING LIVES
DECEMBER 1, 2024 ~ 10:00 AM (IN-PERSON & ONLINE SERVICES)

“Hope is On the Way”



MISSION STATEMENT

Love God and one another, serve our community, and transform lives.

VISION

A radically inclusive community, empowered to spread God’s love throughout the world.

BELIEFS

We believe all are created in the image of God. We believe God loves everyone and through Christ saves-revives-renews the world. We believe God through the Holy Spirit changes lives. We believe the church is the body of Christ with a mission. We believe the Bible is the word of God. We believe that God has gifted everyone and the church for the purposes of God. We believe discipleship is a continuing journey.

ASBURY UNITED METHODIST CHURCH

FIRST SUNDAY OF ADVENT

December 1, 2024 ~ 10:00 AM WORSHIP (IN-PERSON & ONLINE WORSHIP SERVICE)

†† = Those who are able may stand

WELCOME & ANNOUNCEMENTS		Rev. Dr. Ianther Mills
†INTROIT		<i>My Lord! What a Morning....Negro Spiritual</i>
†GATHERING HYMN		<i>O Come, O Come Emmanuel (211 UMH)</i>
LIGHTING OF THE ADVENT CANDLES		Osley Family
MORNING PRAYER		Rev. Clyde Nelson
PRAYER RESPONSE		<i>More Love to Thee...W Doane</i>
CHILDREN'S MOMENT		Ruth Scarbrough
OLD TESTAMENT LESSON	Jeremiah 33:14-16	Rev. Clyde Nelson
EPISTLE LESSON	1 Thessalonians 3:9-13	Tawana Jackson
†GOSPEL LESSON	Luke 21:25-36	Ruth Scarbrough
SERMONIC SELECTION	<i>I Will Give Thanks Unto Thee O Lord....G. Rossini</i> <i>Adrienne Neal-Harris soloist</i>	
SERMON	"Hope Is On the Way"	Rev. Dr. Ianther Mills Lead Pastor
†INVITATION TO CHRISTIAN DISCIPLESHIP		<i>I Want to Walk as a Child of the Light (206 UMH)</i>
HOLY COMMUNION		Rev. Dr. Ianther Mills & Rev. Clyde Nelson
COMMUNION HYMN		<i>Lead Me to Calvary (253 AAHH)</i>
INVITATION TO GIVE		Robert Corbitt
OFFERTORY SELECTION		<i>Do This in Mem'ry of Me....Willie Kinchen</i> <i>Charles Miller soloist</i>
†DOXOLOGY		<i>Praise God from Whom All Blessings Flow</i>
†SENDING HYMN		<i>O Come, O Come Emmanuel (211 UMH)</i>
†DISMISSAL WITH BLESSING		Rev. Dr. Ianther Mills
POSTLUDE		<i>It Is No Secret...S. Hamblen</i> Everett Williams



WORSHIP PARTICIPANTS

Minister of Music: Everett P. Williams, Jr.

Music: Asbury Ensemble

Liturgists: Rev. Clyde Nelson, Tawana Jackson, Ruth Scarbrough

THE GREAT THANKSGIVING FOR ADVENT

The Lord be with you.

And also with you.

Lift up your hearts.

We lift them up to the Lord.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty (almighty God), creator of heaven and earth. You formed us in your image and breathed into us the breath of life. When we turned away, and our love failed, your love remained steadfast. You delivered us from captivity, made covenant to be our sovereign God, and spoke to us through your prophets, who looked for that day when justice shall roll down like waters and righteousness like an ever-flowing stream, when nation shall not lift up sword against nation, neither shall they learn war anymore. And so, with your people on earth and all the company of heaven, we praise your name and join their unending hymn:

Holy, holy, holy Lord, God of power and might,

heaven and earth are full of your glory. Hosanna in the highest.

Blessed is he who comes in the name of the Lord. Hosanna in the highest.

Holy are you, and blessed is your Son Jesus Christ, whom you sent in the fullness of time to be a light to the nations. You scatter the proud in the imagination of their hearts and have mercy on those who fear you from generation to generation. You put down the mighty from their thrones and exalt those of low degree. You fill the hungry with good things, and the rich you send empty away. Your own Son came among us as a servant to be Emmanuel, your presence with us. He humbled himself in obedience to your will and freely accepted death on a cross. By the baptism of his suffering, death, and resurrection you gave birth to your Church, delivered us from slavery to sin and death, and made with us a new covenant by water and the Spirit. At his ascension you exalted him to sit and reign with you at your right hand.

On the night in which he gave himself up for us, he took bread, gave thanks to you, broke the bread, gave it to his disciples, and said: "Take, eat; this is my body which is given for you. Do this in remembrance of me."

When the supper was over Jesus took the cup, gave thanks to you, gave it to the disciples, and said: "Drink from this, all of you; this is my blood of the new covenant, poured out for you and for many for the forgiveness of sins. Do this, as often as you drink it, in remembrance of me."

And so, in remembrance of these your mighty acts in Jesus Christ, we offer ourselves in praise and thanksgiving, as a holy and living sacrifice, in union with Christ's offering for us, as we proclaim the mystery of faith.

Christ has died; Christ is risen; Christ will come again.

Pour out your Holy Spirit on us gathered here, and on these gifts of bread and wine. Make them be for us the body and blood of Christ, that we may be for the world the body of Christ, redeemed by his blood. By your Spirit make us one with Christ, one with each other, and one in ministry to all the world, until Christ comes in final victory, and we feast at his heavenly banquet. Through your Son Jesus Christ, with the Holy Spirit in your holy Church, all honor and glory is yours, almighty Father (God), now and forever.

Amen.

THE LORD'S PRAYER

GIVING THE BREAD AND CUP

Pastor: Because there is one loaf, we, who are many, are one body, for we all partake of the one loaf. The bread which we break is a sharing in the body of Christ.

(The pastor breaks the bread)

The cup over which we give thanks is a sharing in the blood of Christ.

(The pastor lifts the cup)

The body and blood of Christ given for you.

ALL: *(All partake of the communion elements together while the Asbury Ensemble sings)*



First Sunday of Advent

Candle of Hope



Reader 1: Today is the First Sunday of Advent, in which we recall the hope we have in Christ. Advent comes from the Latin word “*adventus*” which means “coming.” The season proclaims the coming of Christ, whose birth we prepare to celebrate once again.

(Say as you are lighting the Hope candle—1 purple candle)

Reader 2: We light this candle of **HOPE** as a symbol of Christ our Hope. May the light sent from God shine in the darkness to show us the way of salvation.



Dinner Church

A Meal - A Message - Music

Saturday, December 7th
5:00 p.m.

Preaching: Marci Matthews

ASBURY UNITED METHODIST CHURCH
926 11TH STREET NW | WASHINGTON, DC 20001

www.asburyumcdc.org

Asbury's Week At-A-Glance

Sunday, December 1, 2024

9:00 am—All-in-One Sunday School, Ages 4-12, 3rd floor, Room 208

9:00 am—Adult Sunday School, Library

10:00 am — Worship Service (in-person and online via Livestream, [Link](#)), Dial In: 301-715-8592, Meeting ID: 861 5564 3955, Passcode: 123456

Monday, December 2, 2024

3:00 pm — Asburian Deadline

Tuesday, December 3, 2024

11:00 am—Office Weekly Staff Meeting, via Zoom

Wednesday, December 4, 2024

8:00 am — Melodies of Faith Advent Study, Carol Travis, (Zoom [Link](#)), Dial In: 301-715-8592, Meeting ID: 847 1226 5946, Passcode: 238841

6:00 pm — Melodies of Faith Advent Study, Rev. Ianther Mills, (Zoom [Link](#)), Dial In: 301-715-8592, Meeting ID: 847 1226 5946, Passcode: 238841

Thursday, December 5, 2024

Friday, December 6, 2024

Saturday, December 7, 2024

9:00 am — Melodies of Faith Advent Study, Tawana Jackson and Rev. Clyde Nelson, (Zoom [Link](#)), Dial In: 301-715-8592, Meeting ID: 847 1226 5946, Passcode: 238841

5:00 pm—Dinner Church, Fellowship Hall



From The Senior Pastor's Desk

December 2024

Word for the Month: HOPE

Scripture of the Month: Luke 1-2

Thought for the Month:

Join us as we read *Melodies of Faith: An Advent Devotional for African American Churches & Families*. *Melodies of Faith* is more than a devotional—it's a journey through the heart of the holiday seasons, designed to deepen your faith and bring your family closer together. Daily reflections from distinguished contributors guide you through the sacred seasons, offering hope, peace, joy, and love. Engage with scripture and music that celebrate the rich heritage and traditions of the African American church. Thought-provoking reflection questions encourage meaningful conversations at home and in church communities. Special litanies, prayers, and songs for Advent, Christmas, and Epiphany enrich your worship experience. Join us in celebrating the miracles of Advent, the joy of Christmas, and the revelations of Epiphany with this beautifully crafted devotional.

Emphasis for the Month: ADVENT/
CHRISTMAS

Pastor's Book of the Month: *Melodies of Faith: An Advent Devotional for African American Churches & Families* - editors Charisse L. Gillett and Tanya J. Tyler



Asbury United Methodist Church is a Lighthouse Congregation of the Baltimore Washington Conference of the United Methodist Church.



Monday thru Thursday 8:00 am — 3:00 pm

Friday 8:00 am — 1:00 pm (**Office Closed**)

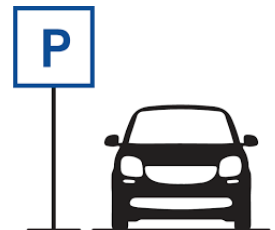
Parking Instructions

Monday—Friday

Asburyans and guests, on church business, should park in the parking garage and bring the printed parking ticket with them to be validated in the church office. Park on levels P2 or P3 and take the elevator to the "G" level to exit the building (to the left toward 11th Street). Drivers will scan the front of the ticket (invoice) and then scan the back (the payment). Push the call button if you have any issues and the LAZ Garage Staff will assist you.

Saturday & Sunday

Parking is available on Saturday and Sunday until 4 pm (unless otherwise noted). Park on levels P2 or P3 and take the elevator to the "G" level to exit the building (to the left toward 11th Street). The church provides parking passes (half sheet paper passes) to use as you exit the garage. **You must give the parking attendant your printed ticket and the parking pass.**



JOIN US



ONLINE

**LIVE /
STREAMING HD**

www.asburyumcdc.org
Click WATCH LIVESTREAM

You Tube

www.youtube.com/c/AsburyUMCDCNewChannel

f LIVE

www.facebook.com/asburyumcdc/

zoom

Dial-In: (301) 715-8592
Meeting ID: 861 5564 3955#
Password: 123456#



WAYS TO GIVE

you can conveniently give this week
in the following ways:



IN PERSON

use an envelope
or write a check



ONLINE

visit our website
www.asburyumcdc.org
Click GIVE button



TEXT

text "GIVE"
to (202)952-9309



MAIL

send check to
Asbury UMC
926 11th St NW
Washington, DC 20001



Adult Sunday School

Adult Members and Friends! Are you looking for a new avenue of spiritual enrichment, refocus or additional clarity? Come, join us at Asbury for Sunday School. We have just begun our 2024 Fall series and discussions have been enlightening and uplifting. We invite you to join us on Sunday mornings at 9:00 a.m. in the church library.

For more information, contact Patrice Blackman, patriceghb@gmail.com or 301-922-9020.

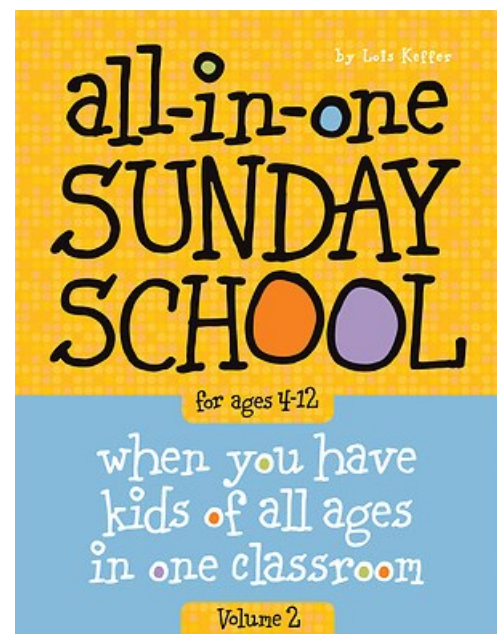
All-in-one Sunday School

Sunday Mornings

Ages 4-12

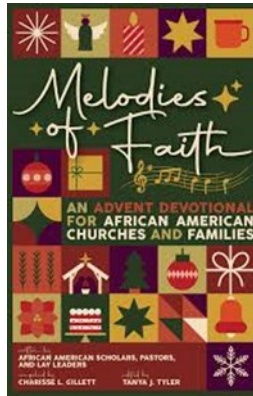
9:00-9:50 am

Located on 3rd floor, Room 208



Melodies of Faith

An Advent Study



Melodies of Faith: An Advent Devotional for African American Churches & Families is more than a devotional—it's a journey through the heart of the holiday seasons, designed to deepen your faith and bring your family closer together. Daily reflections from distinguished contributors guide you through the sacred seasons, offering hope, peace, joy, and love. Engage with scripture and music that celebrate the rich heritage and traditions of the African American church. Thought-provoking reflection questions encourage meaningful conversations at home and in church communities. Special litanies, prayers, and songs for Advent, Christmas, and Epiphany enrich your worship experience. Join us in celebrating the miracles of Advent, the joy of Christmas, and the revelations of Epiphany with this beautifully crafted devotional.

Join a Study/Discussion Group

Dates: December 1-January 6

Wednesdays, 8:00 a.m. (on Zoom) Carol Travis
Wednesdays, 6:00 p.m. (on Zoom) Rev. Dr. Ianther Mills
Saturdays, 9:00 a.m. (on Zoom) Tawana Jackson & Rev. Clyde Nelson

Join Zoom Meeting

<https://us06web.zoom.us/j/84712265946?pwd=S6vqTmyCiqTsgklxgvKUwaakbByN5A.1>

Meeting ID: 847 1226 5946

Passcode: 238841

Dial-in: (301) 715-8592

The devotional **Melodies of Faith** is available from Amazon, Christianbook.com, and Cokesbury.



hope IS BORN

CELEBRATE CHRISTMAS AT ASBURY

JOIN US

EVERY SUNDAY IN DECEMBER
FOR A SPECIAL SERIES

Christmas Hope

~ 10:00 AM ~

LIVE NATIVITY

12/21 ~ 6:00 PM

MUSICAL CELEBRATION

12/22 ~ 10:00 AM

CHRISTMAS EVE LESSONS & CAROLS

12/24 ~ 7:00 PM

NEW YEAR'S EVE

12/31 ~ 7:00 PM

THE STEWARDSHIP OF GIVING

Financial Update: 2024 Year-to-Date Giving Summary

Grace and Peace Faithful Asburyans,

Thank you for your past and ongoing stewardship! Your gifts support Asbury’s operations and the impactful ministries that serve our community. The 2024 monthly budget **giving target is \$94,229** (see the solid line in the graph below). **Through November**, we have met this target in April, July, and September (December 31, 2023 was a Sunday, resulting in funds deposited in January). 2024’s lower giving levels has negatively impacted our ability to fully fund our ministries. We ask you to prayerfully consider increasing your December gifts, to enable ending 2024 in a healthy financial position.

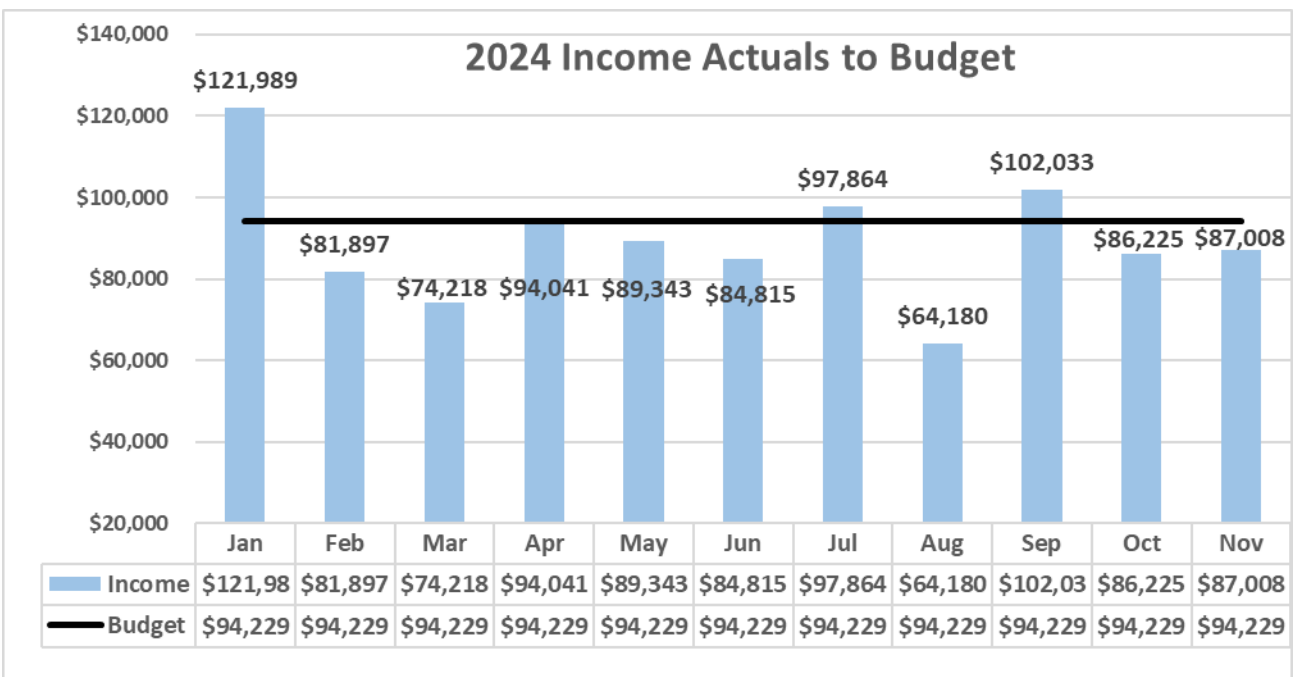
- **2 Corinthians 9: 6-8:** The point is this: whoever sows sparingly will also reap sparingly, and whoever sows bountifully will also reap bountifully.⁷ Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver.⁸ And God is able to make all grace abound to you, so that having all sufficiency in all things at all times, you may abound in every good work.
- **Luke 6:38:** Give, and it will be given to you. Good measure, pressed down, shaken together, running over, will be put into your lap. For with the measure you use it will be measured back to you.”

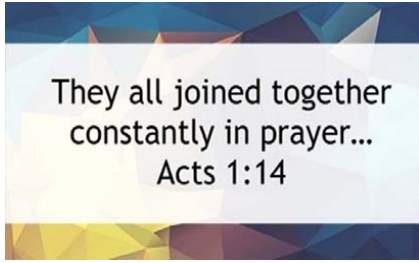
Robert J. Corbitt

Robert J. Corbitt, Jr.
Chairperson, Committee on Finance

Darryl Wyles

Darryl Wyles
Stewardship Chair





ASBURY UNITED METHODIST CHURCH
Care and Concern List – December 1, 2024

**When you care for others you are
caring for Christ.**

**If my people, which are called by my name, shall humble themselves, and
pray, and seek my face, and turn from their wicked ways; then will I hear
from heaven, and will forgive their sin, and will heal their land.**

(2 Chronicles 7:14)

WASHINGTON, DC RESIDENCE

Northwest

- ♥ Sharon Banks
- ♥ Lisa Duperier

Northeast

- ♥ Selma Douglas

Southwest



Southeast



WASHINGTON, DC NURSING HOMES, HOSPITALS & ASSISTED LIVING

- ♥ Gertrude Barnette, Lisner Louise Dickson Hurt Home, 5425 Western Ave NW, Washington, DC 20015
- ♥ Timmie Bouknight, Serenity Rehabilitation & Health Center, 1380 Southern Ave., Rm 319B, SE, DC 20032
- ♥ Mildred Robinson, Forest Hills Assisted Living, 4901 Connecticut Ave., NW, Rm 212, Washington, DC 20008

MARYLAND RESIDENCE

- ♥ Lina Reynolds
- ♥ Andrewlette Thompson

MARYLAND NURSING HOMES, HOSPITALS & ASSISTED LIVING

- ♥ Elisha Davies, Regency Rehab Center, 9101 Second Avenue, Silver Spring, MD 20910
- ♥ Lorraine Hightower, Independence Court of Hyattsville, 5821 Queens Chapel Road, Hyattsville, MD 20782
- ♥ Lillian Langford, Collington, 10450 Lottsford Rd., Mitchellville, MD 20721
- ♥ Floyd Robinson, Arbor Terrace Senior Living, 9885 Greenbelt Road, #322, Greenbelt, MD 20706
- ♥ Bernice Tillett, Arbor Terrace Senior Living, 9885 Greenbelt Road, #328, Greenbelt, MD 20706

NURSING HOMES, HOSPITALS & ASSISTED LIVING

- ♥ Maryland Ellison, 100 Asch Loop, Apt. # 22F, Bronx, New York 10475
- ♥ Dorothy West, 8804 South North Shore Drive, Apt. #230/232, Knoxville, TN 37923

Preventing Falls in Seniors

Falls are the leading cause of injuries among adults 65 and older. Across the country, about one in four seniors experience a fall every year, leading to millions of emergency room visits and hospitalizations. The Centers for Disease Control and Prevention (CDC) reported that in 2021, falls were the leading cause of injury-related death for those over the age of 65.

An estimated 10 percent of falls cause major injuries such as fractures and traumatic brain injuries. Fractures are an independent predictor of long-term mortality. For example, a hip fracture in an elderly person is associated with a 27% chance of dying within a year. 75% of all vertebral (spine) injuries occur in adults 65 and over, and 75% of all hip fractures occur in seniors over 75. In the elderly, 95% of hip fractures are caused by falls.

Many falls and their serious consequences are preventable. Be aware of conditions that make falls and related injuries more likely.

- Frailty or weakness, as evidenced by the inability to climb stairs or have a good hand grip, increases the risk of falling.
- Elderly adults with decreased bone density and osteoporosis are more susceptible to fractures and bone injuries, which occur with less force than in younger adults.
- Changes in vision or hearing are linked to a greater chance of falling.

Some medications can make falls more likely because they can cause side effects like dizziness or sedation, like some treatments for allergies, anxiety and depression. Others, like blood thinners or anti-coagulants, make falls more dangerous because of the possibility of excessive bleeding. Overall, as the number of medications you take increases, so does your chance of experiencing a fall.

Consider the following strategies to help prevent falls.

Stay active. Aim for the recommended 150 minutes of exercise every week. Regular physical activity can help prevent falls by improving strength, balance, flexibility and coordination. Yoga and tai chi will help improve balance and strength.

Focus on keeping bones strong to reduce the chance of serious fractures if you do fall. In addition to regular exercise, ensure your diet includes plenty of calcium and vitamin D.

Eliminate possible dangers inside your home. About 30% of all falls result from slipping, tripping, and stumbling. Nearly 50% of all falls occur in the kitchen or bathroom and are associated with poor lighting, a step-in tub or shower without handlebars, a slippery tile floor, and stairs without guard rails. Be aware of electrical cords, loose rugs, medical tubes or catheters on floors – which can be dangerous.

All seniors should get a yearly review of their medications – prescription and non-prescription – to look for side effects or interactions that may lead to falls and to decrease the number of medications they take overall.

Continued



Continued

Tell your doctor if you fall. While falls among adults over 65 are common, it is estimated that fewer than 50% of those who experience a fall will tell their clinicians. Discussing falls with your healthcare provider will allow you to work together to develop specific strategies to help prevent future falls.

In conclusion, an ounce of prevention is worth a pound of cure. Preventing falls in adults over 65 years old can help avert a rapid decline in health or even death.

HELP!!!!

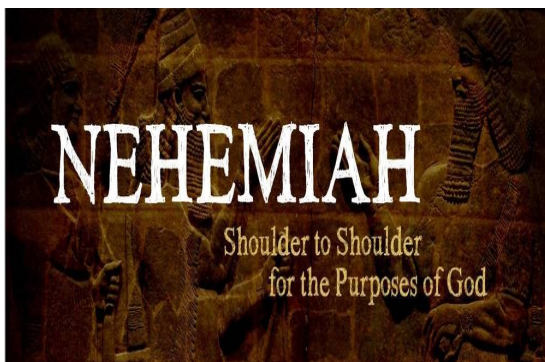
**A message from the Membership Assimilation and Records Committee (MARC)
DO YOU KNOW HOW TO CONTACT THE ASBURY MEMBERS LISTED BELOW?**

DECEMBER 2024

If, yes please use the address change cards located outside the Church Office to provide (an Address, Telephone Number, or Email Address) and deposit it in the box OR contact Sandra Ware at Sandyk4755@yahoo.com. THANK YOU!



**Carla Bradford, Terrance Bradford,
Jasmine Featherstone, Ann Johnson, Lauren McNeil,
Marian Moosa, Phyllis Thompson**



THE NEHEMIAH FUND

Thank you for your contributions to The Nehemiah Fund of Asbury United Methodist Church. The Nehemiah Fund provides emergency financial assistance to members of Asbury United Methodist Church and their immediate families who temporarily need help in meeting housing,

nutritional, medical, security, or other essentials of daily living. In rare cases, the Fund may be accessed for burial assistance for members of Asbury United Methodist Church. The Fund may also be used to support needs of members of the community at large. The Fund is maintained by general and undesignated offerings made during the Communion offering on the first Sunday of each month or other period when an offering is taken associated with a Communion service at Asbury United Methodist Church. Requests for assistance are held in confidence and administered by our Senior Pastor, Rev. Dr. Ianther Mills.

We wish to extend a heartfelt thanks to Rev. Mills and the Asbury Church family for the kind expressions of love and sympathy shown to us during the loss of my sister, Mary Murray. Your thoughtfulness and acts of kindness will always be remembered. May God continue to bless you all.

Ruth Gadsden and Family



THE UPPER ROOM — DAILY READING

SUNDAY, DECEMBER 1
JOHN 1:1-5

MONDAY, DECEMBER 2
LUKE 13:10-17

TUESDAY, DECEMBER 3
PHILIPPIANS 3:7-14

WEDNESDAY, DECEMBER 4
1 JOHN 3:16-24

THURSDAY, DECEMBER 5
MATTHEW 6:25-34

FRIDAY, DECEMBER 6
PSALM 149:1-9

SATURDAY, DECEMBER 7
JOHN 15:1-8

GETTING AROUND

- ◆ There is an elevator in the Education Building that accesses all levels of the church—the sanctuary, the fellowship hall, and all the Sunday School rooms.
- ◆ Free parking is available Sundays in the garage adjacent to our 11th Street entrance. Pick up a parking pass from the 11th Street reception desk.
- ◆ Restrooms are on the lower level on either side of the narthex and on the 2nd and 3rd floors.

Asbury United Methodist Church

Rev. Dr. Ianther M. Mills, Lead Pastor

Everett P. Williams, Jr., Minister of Music

Tawana C. Jackson, Stephen Minister

Bishop Forrest Stith, Retired Bishop in Residence

Valentine Davies & Monica McEaddy, Lay Leaders

Rev. Dr. Johnsie Cogman, District Superintendent

Bishop LaTrelle Miller Easterling, Episcopal Leader of the Baltimore-Washington Conference

Visit asburymcdc.org for information about our ministries. Find us on Facebook and Twitter.

926 11th St., NW, Washington, DC 20001 ~ 202-628-0009 ~ asburymail@asburymcdc.org

Monday-Thursday ~ 8:00 am-3:00 pm / Friday ~ 8:00 am-1:00 pm Teleworking (The Office is Closed)