

Asbury United Methodist Church
Loving...Serving...Transforming Lives
August 3, 2025 ~ 10:00 am (In-Person & Online Services)

“A Fixed Faith”



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

Eighth Sunday After Pentecost

August 3, 2025 ~ 10:00 AM WORSHIP (In-Person & Online Worship Service)

†† = Those who are able may stand AAHH = African American Heritage Hymnal – Yellow Hymnal UMH = United Methodist Hymnal – Red Hymnal

WELCOME & ANNOUNCEMENTS

Tawana Jackson

†GATHERING HYMN

My Hope Is Built (368 UMH)

MORNING PRAYER

Min. Christian Watkins

PRAYER RESPONSE

Only Believe...Paul Rader

SCRIPTURE READINGS

Psalm 107:1-9, 43

Min. Christian Watkins

Colossians 3:1-11

Min. Christian Watkins

John 5 1-10

Tawana Jackson

SERMONIC SELECTION

I Waited for the Lord....Felix Mendelssohn
Josepha Hammond Soprano, Dawn Robinson Mezzo-Soprano

SERMON

“A Fixed Faith”

Rev. Dr. Ronald Bell, Jr.
Lead Pastor

†INVITATION TO CHRISTIAN DISCIPLESHIP

I Will Trust in the Lord (464 UMH)

HOLY COMMUNION

Rev. Dr. Ronald Bell, Jr.

COMMUNION HYMN

Lead Me to Calvary (253 AAHH)

INVITATION TO GIVE

Tawana Jackson

OFFERTORY SELECTION

Only What You Do for Christ Will Last... Raymond Rasberru
Dawn Robinson Mezzo-Soprano

†DOXOLOGY

Praise God from Whom All Blessings Flow

†SENDING HYMN

Victory in Jesus (370 UMH)

†BENEDICTION

Rev. Dr. Ronald Bell, Jr.

POSTLUDE

Give Me a Clean Heart....Margaret Douroux

WORSHIP PARTICIPANTS

Minister of Music: Everett Williams

Music: Asbury Ensemble, Josepha Hammond (soprano), Dawn Robinson (Mezzo-Soprano)

Liturgists: Min. Christian Watkins and Tawana Jackson

Trustee On Duty: Renee' Carter

The Great Thanksgiving

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, brought us to a land flowing with milk and honey, and set before us the way of life. 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. 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. By your great mercy we have been born anew to a living hope through the resurrection of your Son from the dead and to an inheritance that is imperishable, undefiled, and unfading.

Once we were no people, but now we are your people, declaring your wonderful deeds in Christ, who called us out of darkness into his marvelous light. When the Lord Jesus ascended, he promised to be with us always, in the power of your Word and Holy Spirit.

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."

On the day you raised him from the dead he was recognized by his disciples in the breaking of the bread, and in the power of your Holy Spirit your Church has continued in the breaking of the bread and the sharing of the cup.

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)*



Asbury's Week At-A-Glance

Sunday, August 3, 2025

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

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

12:30 pm – United Methodist Men Meeting, Fellowship Hall

Monday, August 4, 2025

3:00 pm — Asburyan Deadline

Tuesday, August 5, 2025

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

Wednesday, August 6, 2025

12:00 pm - Prayer Ministry, Mid-Week Intercessory Prayer, Call: 1-717-908-1986, Access code: 933-092, submit prayer request to: prayer@asburyumcdc.org

Thursday, August 7, 2025

Friday, August 8, 2025

Saturday, August 9, 2025



From The Senior Pastor's Desk August 2025

Word for the Month: CONTINUE

Scripture of the Month: John 21:1-19

Thought for the Month:

In 1967, Dr. Martin Luther King, Jr., isolated himself from the demands of the civil rights movement, rented a house in Jamaica with no telephone, and labored over his final manuscript. In this prophetic work, he lays out his thoughts, plans, and dreams for America's future, including the need for better jobs, higher wages, decent housing, and quality education. With a universal message of hope that continues to resonate, King demanded an end to global suffering, asserting that humankind—for the first time—has the resources and technology to eradicate poverty.

Emphasis for the Month: SOCIAL JUSTICE

Pastor's Book of the Month: *Where Do We Go From Here: Chaos or Community? (King Legacy)* by Dr. Martin Luther King Jr.



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



The Adult Sunday School is taking a hiatus for the remainder of the summer. We will resume our lessons on September 7th. Enjoy the summer!

For more information text/call Patrice Blackman 301-922-9020.

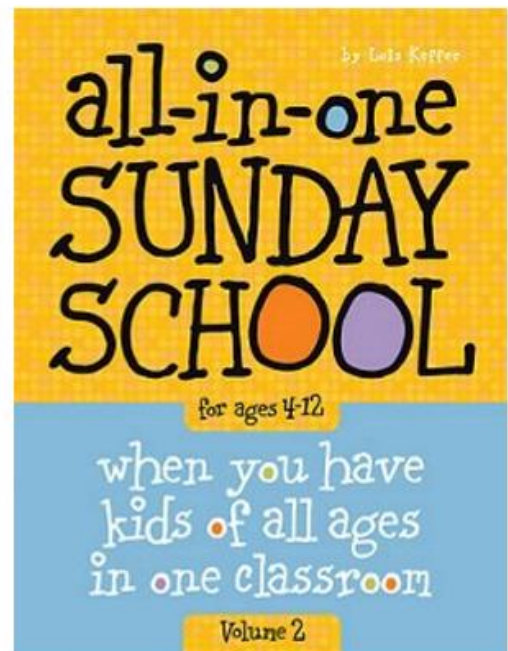
All-in-one Sunday School

Sunday Mornings

Ages 4-12

9:00-9:50 am

Located on 3rd floor, Room 208





MID-WEEK INTERCESSORY PRAYER

EVERY WEDNESDAY | 12 Noon

CALL: 1-717-908-1986

ACCESS CODE: 933-092

WWW.ASBURYUMCDC.ORG



JAF Civil Rights Pilgrimage

Congregations of
John Wesley AMEZC, Asbury UMC & Foundry UMC

“Post-Trip Report and Discussion”

Sunday, August 10, 2025
12:30pm – 2:00pm

Moderated by Adelle Banks

Hosted by
Rev. Ginger Gaines-Cirelli, Rev. Dr. Ianther Mills
and Rev. Dr. Christopher Zacharias

Foundry United Methodist Church
1500 16th Street, Washington, DC 20036

Join the **United Methodist Men**



as they present a Seminar of Services, sponsored by the Office of Aging and Community Living's Community Outreach Unit.

Essential information provided and an opportunity to ask questions on various areas of concern.

TOPICS include:

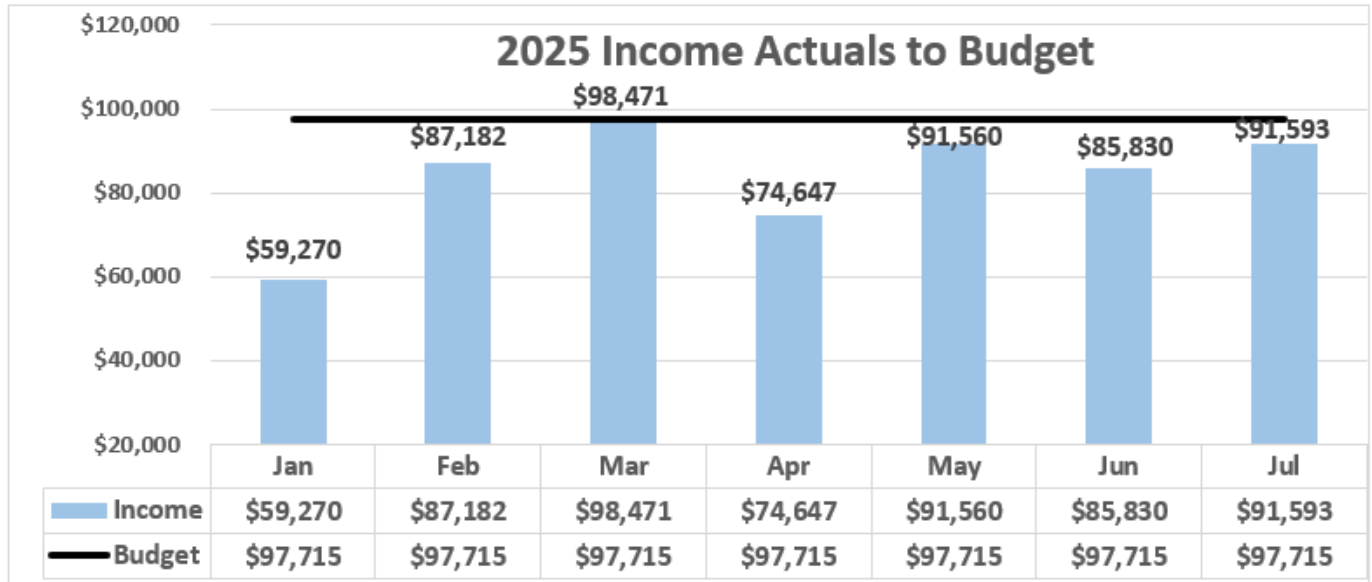
- **DOEE** - Discussing utilities and programs offered to reduce rates.
 - **DC Fire** – Fire/Emergency response
- **DC DMV** - ID's and licenses (*new "smart ID"*); Metro access information
 - **DHCF** - Medicaid and Medicare information
 - **LCHC** - Counseling for Tobacco cessation
 - **Legal Counsel** - Wills and Estate Planning
 - **OTA** - Tenant advocacy
 - **Yellow Cabs** - Getting a connector card.

When: Sunday, August 10, 2025

Time: 12:30 – 3:00 pm

Where: Asbury Fellowship Hall

THE STEWARDSHIP OF GIVING



Faithful Today, Impactful Forever: A Summer Giving Challenge

Dear Asbury Family,

As your Finance Chair and Stewardship Chair, we want to thank you for your ongoing generosity. Your giving makes our ministry possible week after week, month after month.

We are extending the online giving challenge through August! Whether you're traveling, enjoying summer break, or simply tuning in from home, we invite you to give generously—from the beach, the airport, or your couch.

As a reminder, **online viewership consistently exceeds in-person attendance on Sundays**. Yet only **about 33% of our giving** comes from online platforms. You don't have to be in the sanctuary to be a blessing. If you've been blessed by this ministry, help us grow and thrive by participating in this challenge.

Together, let's show what it means to be **Faithful Today, Impactful Forever**.

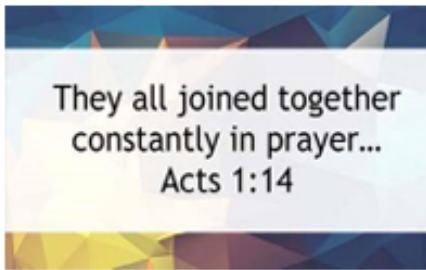
With gratitude,

Robert J. Corbitt, Jr.

Robert J. Corbitt, Jr.
Chairperson Committee on Finance

Darryl Wyles

Darryl Wyles
Stewardship Chairperson



ASBURY UNITED METHODIST CHURCH

Care and Concern List

August 2025

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

- ♥ Lisa Duperier
- ♥ Renee Huggen

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

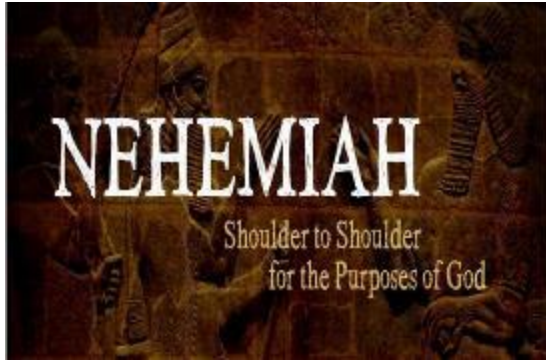
- ♥ Lina Reynolds
- ♥ Andrewlette Thompson

MARYLAND NURSING HOMES, HOSPITALS & ASSISTED LIVING

- ♥ Barbara Collins, Arbor Terrace Senior Living, 9885 Greenbelt Road, #321, Greenbelt, MD 20706
- ♥ 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
- ♥ Zelma Solomon, Grace House Assisted Living, 3214 Norbeck Rd, Silver Spring, MD 20906
- ♥ 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



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. Ronald Bell, Jr.

HELP!!!!

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

AUGUST 2025

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**

Tips for Healthier Eating

1. Replace fruit juices with smoothies. While juices eliminate most fiber, blending fruits and vegetables into a smoothie maintains the health benefits of fiber. A nutritious smoothie should consist of protein, vegetables and fruit. Healthy options for protein in smoothies include Greek yogurt or plant-based proteins from peas and hemp. Berries are a good choice because they are high in fiber but low in sugar. Finally, leafy green vegetables like kale and spinach are highly nutritious and don't have a strong flavor.
2. Opt for healthier animal proteins like fish or chicken, rather than red meat. Increasing your weekly intake of fatty or lean fish can help decrease the chance of getting colorectal cancer.
3. Eat more fiber. A fiber-rich diet promotes and maintains a healthy microbiome and may improve overall health. Include in your diet a variety of high-fiber foods such as beans, lentils and avocado. Fermented foods such as kimchi, sauerkraut and yogurt are especially beneficial for a strong microbiome.
4. Limit ultra-processed foods - those that have been altered from their original forms with added sugar, salt, fat and other chemicals. Common examples are French fries, cookies and chicken nuggets. Diets high in ultra-processed food have been linked to chronic abdominal pain, constipation and irritable bowel syndrome.
5. Choose whole grains. Instead of white rice, select brown rice or other high-fiber grains like quinoa and farro. This switch can help decrease the risk of colorectal cancer.
6. Avoid sugar-sweetened drinks like sodas and juices. These beverages are high in calories and low in nutritional value. Stay hydrated with water instead.
7. Include plain Greek yogurt in your diet. This gem has fewer carbohydrates and more protein than regular yogurt. Add your own flavor by mixing in nuts, seeds and fresh fruits.
8. Don't be afraid of eggs. When cooked without animal fat, eggs are a healthy choice and provide a great source of protein. In fact, one study found that eating one egg a day may decrease the chance of getting heart disease.
9. Pass on processed meats such as bacon, smoked sausages and cured hams, which may wreak havoc on your gut health.
10. Stop drinking alcohol. Because of its association with multiple cancers, the World Health Organization says there is "no safe amount of alcohol consumption."
11. Be smart about sweets. Eat smaller, less frequent portions of your favorites. Try dark chocolate instead of milk chocolate. And avoid sugar substitutes, which have been associated with many health problems.



Rev. Bell's Messages go out to members weekly via Constant Contact (emails) and are on the Church's Website. If you **do not have an email address**, or **do not have Constant Contact access**, please visit the **Resource Section** of the Asbury Website: www.asburyumcdc.org to read these weekly inspirations.



Thank You!



Updated Contact Information Needed

Calling on all Asbury members to provide updated contact information (phone numbers, emails, and addresses) especially if your information has changed recently. The Membership Committee is requesting these important updates for the Church Directory and to ensure all members receive Rev. Bell's Weekly message.

Please send all updated information to: **asburymail@asburyumcdc.org**

We appreciate your assistance and look forward to your prompt responses.



“Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age.”
Matthew 28:19-20

THE UPPER ROOM — DAILY READING

SUNDAY, AUGUST 3
PSALM 56:1-13

MONDAY, AUGUST 4
ISAIAH 41:8-10

TUESDAY, AUGUST 5
1 CORINTHIANS 10:23-33

WEDNESDAY, AUGUST 6
DEUTERONOMY 31:1-8

THURSDAY, AUGUST 7
ISAIAH 55:8-11

FRIDAY, AUGUST 8
GENESIS 1:20-31

SATURDAY, AUGUST 9
PSALM 20:1-9

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. Ronald Bell, Jr., Lead Pastor

Everett P. Williams, Jr., Minister of Music

Tawana C. Jackson, Stephen Minister

Valentine Davies & Monica McEaddy, Lay Leaders

Rev. Dr. Johnsie Cogman, District Superintendent

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

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

926 11th St., NW, Washington, DC 20001 ~ 202-628-0009 ~ asburymail@asburyumcdc.org
Monday-Thursday ~ 8:00 am-3:00 pm / Friday ~ 8:00 am-1:00 pm Teleworking (The Office is Closed)