



Asbury Heart Month

The Asbury Care Connector

February 2008

First Edition

Welcome to the first publication of the "Asbury Care Connector". In an effort to promote a healthy and in-touch congregation, the Congregational Care and Publicity ministries will be displaying this monthly publication at each campus welcome center.

Parish Nurse



Did you know Asbury Church has a Parish Nurse? Kathy Adkins has graciously volunteered her time to care for

the members of Asbury Church.

Her responsibilities include being an integrator of faith health, health educator, health counselor, referral advisor, health advocate, developer of health related support groups, and health ministry volunteer coordination.

Kathy is currently leading "First Place" on Thursday evenings. This is a weight loss/exercise class built upon biblical teachings. If you have seen Kathy in your Sunday school classes, she is gathering information on how the Congregation Care team can better serve the health needs of our congregation.

In future publications, Kathy will be writing on topics you have given her.

Blood Pressure Check Stations

You do not have to go to your Doctor's office or your local grocery store to find out your blood pressure. Kathy will be setting up stations twice a month on a Sunday morning and/or Wednesday evening. The March publication will notify you of scheduled times.

If you have had experience checking blood pressure or want to learn, contact the church office.



Exercise Inside

Towne West opens at 7am for walkers. There will be someone playing an organ out in the walking area to entertain people. It is a promotion from "Lowery" Organ company. Get grooving!

This Month...

Chili Cook-Off
02/03/08 | Central Gym | 12:15pm

First Sunday Sing-a-Long
02/03/08 | Central B104 | 3:30pm

Ruth Circle -Maria Murunga Guest
02/07/08 | Central B104 | 9:30am

Psoriasis Group
02/07/08 | Central B106 | 7:30pm

Retirement Reception - Lou Sawyer
02/10/08 | Zion Campus | 3pm

Mission Speaker - Maria Murunga
02/12/08 | Central Sanctuary | 7pm

Scrapbooking
02/15/08 | Central B104 | 6pm

Quilting Group
02/16/08 | Central D104 | 10pm

Rachel Circle
02/26/08 | Zion Campus | 7:30pm

Forever Young
02/29/08 | Zion Campus | 12pm

On-Going Events

Painting Class
Wednesday | Central D107 | 1pm

Zone Meal
Wednesday | Central B104 | 5pm

The Asbury Academy
Wednesday | Central Campus | 6:30pm

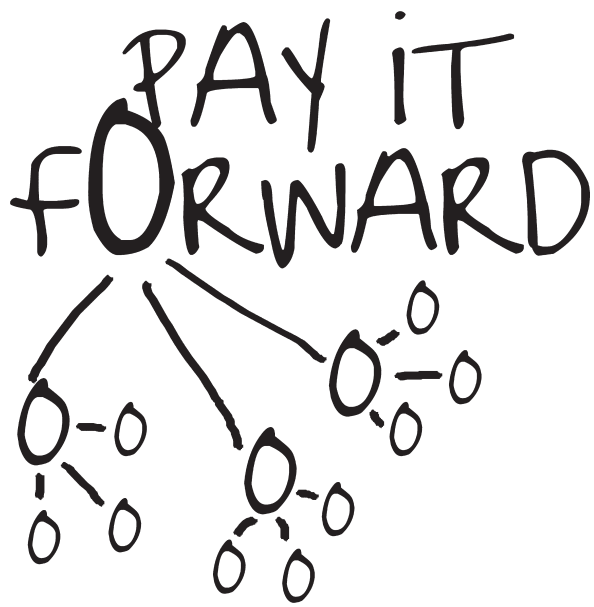
Steps of Grace Dance Team
Wednesday | Central B113 | 5:30pm

Senior Exercise Class
Tues/Thurs | Zion Campus | 1:30pm

The Asbury Care Connector

is a publication of Asbury Church in Wichita, Kansas. The Asbury Care Connector is published on a monthly basis in cooperation between the Asbury Congregation Care Ministry and The Asbury Communications Department. Content for The Asbury Care Connector can be sent to Asbury Church for consideration.

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If every person who came to church brought one food item every week, area food banks would have more than enough to stay full and feed hungry Wichita people and children.

Think about it, you will be amazed how wonderful you will feel and it takes so little effort and expense to help a lot of people in Wichita. Think of the example you'll set for children and grandchildren. Many of us don't have large sums of money to give about but every one of us can do something small like this. You can also do this for animals as well. Pay it Forward!

Adult Education Programs

SUNDAY SCHOOL CLASSES

Crusaders

9:30am | Central B106

Homebuilders

9:30am | Central Chapel

Genesis

9:30am | Central Fireside Room

Searchers

9:30am | Central D107

Women of God

9:30am | Central Library

JOY

9:30am | Central B111

Zion Class

9:15am | Zion Campus

BIBLE STUDIES AND SUPPORT GROUPS

Tuesday Morning Bible Study

10am | Central Fireside Room

AA Meeting

7pm | Tuesday | Central B107

Senior Exercise Class

1:30pm | Tue/Thur | Central B107

Asbury's Greatest Winners

6:30pm | Thursday | Central B106

MS Support Group

10am | 3rd Sat | Central D106

Men's Monday Night Bible Study

7pm | Monday | Central B107

Congregational Care

Our Associate Congregational Care Pastor, Bob Gleason, and some of the Congregational Care Team visit more than 45 of our brothers and sisters who are home-bound. They are many and our care team is few. Caring doesn't just mean visitations! You can always send encouraging cards. If you are retired or have a heart to share the love of Jesus, contact the church office.

We need caring people!



Brian Folden
Central Campus + Congregational Care Pastor

Bob Gleason
Associate Congregational Care Pastor

Warning Signs of a Heart Attack

Uncomfortable pressure, fullness or pain in center of chest.

Pain that spreads to shoulders, jaw, neck or arms.

Chest discomfort with lightheadedness, fainting, sweating or shortness of breath.

Other possible warning signs

Nausea or dizziness without chest pain

Shortness of breath and difficulty breathing without chest pain

Unexpected anxiety, weakness or extreme fatigue.

Palpitations, cold sweat or paleness.

Volunteer Opportunities

Office Volunteers

Morning + Afternoon times available
Contact Deb Derber at 942-1491

Zion Campus Workday

Thursday from 9am - Noon
Contact Greg Hall at 942-1491

MOPS Volunteers

1st + 3rd Fridays 9am - 11:30am
Contact Elizabeth Nordberg at 942-1491

Worship Guide Folding

Thursday from 12:30pm - 2pm
Contact Brent McNulty at 942-1491

