

THE ASBURY CIRCUIT RIDER

Asbury Neighborhood Connection Delivering Water/Food

Our Community Center team serves thousands of families each month, but still hundreds of families are unable to come to us so we go to them. If you know of a family in need, whether it be food or water delivery or have any questions, you may call Kevin at 810-625-6115 or call Asbury Church at 810-235-0016.



Meet Up and Eat Up

Hello Friends!

From the Asbury farms to the table, we would like to extend our thanks for your wonderful support of events held so far this Summer, involving numerous volunteers by many.

The Summer Meet Up and Eat Up program is growing, but much needed attendance would be appreciated by the community. We are looking forward to inserting the instructional classes into the afternoon. We are looking for individuals willing to devote time and little effort and this will be rewarding to attend. We are receiving produce weekly from our community garden and it is outstanding grade and we will be using it for demonstrations throughout the rest of the summer.

So please join us in the wonderful harvest season as we grow, taste and nurture together!

God Bless, Chef Kevin



Prayer

Disciplined Anchors

How beautiful on the mountains are the feet of the messenger who brings good news, the good news of peace and salvation, the news that the God of [Flint] reigns!

Isaiah 52:7 (NLT) - ðFlintö substituted for ðIsraelö

ðWhen all you have is a hammer everything looks like a nailö is an expression that you might hear when working around craftspeople who know that the right tool makes a big difference in getting the job done right. The right tool does make a difference and of course with human ingenuity being what it is there are often

many choices for any given job. The choice involves knowing the benefits and consequences. For example, to till the soil many of us prefer a gas-powered tiller that can cut into tough clays and make its way through weeds and grass, digging down several inches into the soil. Anyone who has experienced the difficulty of trying to prepare the soil for planting using a shovel has an idea of how much easier a tiller can be. On the other hand, ground that has been conditioned and is not compacted doesn't require the invasive nature of a gas-powered tiller that while cutting into the soil effortlessly, will also destroy the beneficial fungi



networks that support healthy plant-life.

There was a time when I was into boating on the Great Lakes. My öbe preparedö nature led me to invest in equipment and tools that would give me options in the event of problems while out on the water. One of the frequently used tools for boaters is an anchor. But not all anchors are the same. Depending upon the size of boat, the conditions of the water and lake bottom, different anchors are used for different situations. One of my favorite that I was blessed to never need to actually use is called a sea anchor. This is not the usual anchor that secures the boat to the bottom. In fact, sea anchors are more often used in deeper waters where the bottom is simply too far below to reach. A sea anchor uses the resistance and wait of the water to hold the boat facing into the waves and to slow down the boat's reaction to the movement of waves and current. A smaller version of a sea anchor is utilized by fishers to keep the boat from drifting too quickly away from a productive fishing spot. This smaller version is usually called a ödrift sock.ö

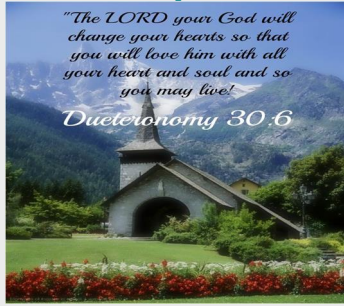
An anchor is also used as a metaphor. We might think of an anchor as that which keeps us pointed into the wind and from drifting away from safety. The expression öyou are my anchorö suggests a relationship with a person who keeps you grounded. This expression is often used in describing our dependence on Jesus Christ and on Scripture. Like all good metaphors, anchors have many uses but also limitations. Since



a metaphor is merely a way to help explain something that is difficult to describe, like relationships, we use metaphors to help. In this article I am using anchor as an example of a tool that can be creatively used in appropriate situations with somewhat predictable results and as a metaphor for what are called öspiritual disciplinesö which include practices such as prayer, reading scripture, worship,

fasting, and meditation and so on. Spiritual disciplines are tools that we used to help us in our relationship with Christ.

Worship Guide



Traditional Service

10:00 AM

WELCOME

JOYS AND CONCERNS

OPENING HYMN

CALL TO WORSHIP

ANTHEM

READING OF SCRIPTURE

CHILDREN'S MESSAGE

HYMN OF PREPARATION

TEACHING

PASTORAL PRAYER

OFFERING & BLESSING

CLOSING HYMN BENEDICTION

POSTLUDE

Worship Service Times

Bible Study	10:00 am
Traditional Worship	10:00 am
Coffee Break	11:00 am
New Beginnings	11:30 am

In Our Prayers

Curtis Young Rachel Bastine
 Norma Buzzard Merle Supernaw
 Barbara McIvor Jonathon Misner
 Nancy Elston Austin & MarySuffle
 Shirley Craig Mary Armstrong
 Sarah Tanner Elizabeth Wright
 Judy Tanner Mary Lyons
 Nancy Auger

*FRIENDS AND LOVED ONES WHO
 ARE HOMEBOUND OR IN
 NURSING CARE*

Sharon George Elaine Lamoreaux
 Mary Nations Mary Russell
 Shirley Moose Charlayne Oram
 Carmen Misner Phyllis Roberts

All of the spiritual disciplines are useful and in many cases interchangeable. None of them are skills that you must master although we get better with guidance and practice. Like choosing between a sea anchor, a drift sock or a plough anchor, sometimes a particular discipline is more effective. For example, studying scripture has a different purpose than praying for someone although both are excellent spiritual disciplines to utilize and they are particularly effective in combination. Fasting, or denying our cravings of the flesh, is another important tool or discipline that can be used in a number of different ways. For one, when we abstain from something we crave, like salty potato chips, we face our craving head-on, facing the wind so to speak, and we find ourselves relying on our anchor to keep us where we belong.

I concluded from research that I did a while back that the best diet plan consists of large doses of spiritual disciplines. They are not a quick fix. Our bodies will crave the addictions that we succumbed to in our past, like salt, fat, sugars and so on. However, our focus through spiritual disciplines can keep us where we need to be, anchored to our Creator and Sustainer. Our bodies also crave that which we need as well as things that are harmful. The problem is discerning the difference. Spiritual disciplines sharpen our senses into the connected world that God created for our participation.

May you seize this very moment to stop and take in the blessing that is life itself and may you experience the joy of gratitude. May God bless you, may Jesus Christ walk with you and may the Holy Spirit fill you with good things.

Pastor Tommy

Book Club News



We finished our discussion of the book *What Happens When You Attend* during our July 11th meeting. Ask an usher for a copy if you haven't read it. We each learned a lot about the benefits of regular church attendance. On Tuesday, July 18, we watch another video from the NOOMA collection. The following week we will begin a discussion of a book titled *Soil and Sacrament*. Parker J. Palmer writes this about our next book: "Fred Bahnsen believes that faith is expressed in the work of our hands as well as our minds and hearts, and that in community we can meet the needs of a hungry world. After reading his beautifully written book, I believe these things, too, and see new ways to put my beliefs into action. *Soil and Sacrament* is about new life—for ourselves, our descendants, and the earth on which we all depend. A couple words of caution as we begin this next book. First, you do not have to read the book to attend, but it does help with the discussion and what you receive back from it. However, I will strive to copy sections of the book for persons who really don't intend to put in the time and money I do need \$10 from each person who takes a book - I have only 10 copies so far due to the lack of availability of used, affordable copies.

Our goal is to continue to "widen our circle" and so we hope that you will join in on our discussion. We meet each Tuesday at Noon. Come join us for a light lunch, fellowship and discussion. Our food selections have been fantastic and we always have plenty to share. We are always on the lookout for our next book, video lesson or topic. Your participation and suggestions are greatly appreciated.

*Bahnsen, Fred. *Soil and Sacrament: A Spiritual Memoir of Food and Faith*. New York: Simon & Schuster, 2013

Ways to get involved ...

Donate ó Your financial support is greatly appreciated. You can donate online at FlintAsbury.org/donate

Worship helps us to connect with God through music, scripture, biblical teaching, prayer, reflection, adoration and fellowship.

Video & Sound Support ó We are looking for persons willing to support worship and other events by running our media control center. Training available.

Music Ministry ó Join the Asbury Choir or Praise Team. We are looking for vocalists and musicians.

Community Gardening ó The Asbury Center for Nutrition has several gardens, orchards and a hoop house that need your attention.

Neighborhood Connect is a ministry that assesses individual gifts and passions and looks for ways to bring people together in ways that improve relationships and our community.

Food & Water Giveaway ó Join us on Thursdays at 8:30 AM to help give away food and bottled water.

Pantry - We need food items, including meats, paper products; personal items like diapers, and financial support.

Social Media allows us to tell others about the work that God is doing. All of us can help enhance our presence in the social media by posting on our Facebook and utilizing our website for blogging.

Student Housing - the Asbury House offers local college students a way to use their gifts and passions together with their faith in building a better neighborhood.

Women's Circles - The women of Asbury meet regularly in small groups.

Pastor's Book Club meets each Tuesday at 12 Noon for fellowship, food and learning.

Sunday Bible Study meets each week at 10 am to review & discuss scripture.

Coming up this week ...

			Neighborhood Deliveries /water-food
July 24	Mon		
July 25	Tues	12Noon	Pastor Book Club
July 26	Wed		
July 27	Thur		
July 28	Fri	10-2:00pm	Fresh Produce Giveaway
July 29	Sat		
July 30	Sun	10:00am	Bible Study
		10:00am	Traditional Worship
		11:00am	Coffee Break
		11:30am	New Beginnings

Look for announcements scrolling on our screen prior to the start of worship. Email announcements by the Friday before to FlintAsburyUMC@gmail.com

In our worship service

Greeter	Christine
Children's Time	Rev Tommy
Candle Lighting	Karen
Usher	Bob, Carolyn, Jim
Media Support	Bob
Nursery	Caroyrn
Coffee Break	
Worship Leader	

Last Week for Worship

Attendance 36 Offering \$ 1,387

Coffee Break

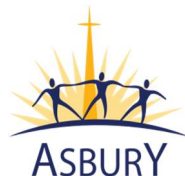
Plan to meet outside the sanctuary each Sunday after the first service for coffee, tea, snacks, conversation and so on. The music will start when it is time to wrap up and head in for *New Beginnings*.

Asbury Staff

Rev. Dr. Tommy McDoniel	Pastor
Jim Craig	Church Council Chair Asbury CDC Board Chair
Connie Portillo	Office Secretary
Kathy Howe	Choir Director
Rebekah Britton	Organist
Phone/Fax	810-235-0016 (call first when faxing)

WELCOME! - Bienvenidos!

We are happy you are here to worship with us today. Please fill out an information card and place it in the offering plate in order that we may be able to serve you further.

OUR VISION – Nuestro Vision

We envision a community in love with God, one another and our neighbors, evidenced through the transformation of ourselves and our neighborhood

WEEKLY HIGHLIGHTS – Anuncios de la Semana

Beginners Bible Study: The class that was held on Wednesdays has been cancelled for the remaining Summer. We will let you know as we start it up again.

New Asbury Directory: I will soon be updating our church directory. Please look at your directory and see if there are any changes you would like to make, whether you have a new number, new address, new family member or want to add an email address. Feel free to leave your changes in my mailbox or call the church office, 235-0016 or you can email me at the office also, at FlintAsburyUMC@gmail.com.

Bus Rides for Breakfast and Lunch: Asbury will be picking up families in the neighborhood that are without transportation to come to our Meet UP and Eat Up Summer food program. Breakfast times are 8:00-9:30am and lunch at 12N-1pm. There is a sign up sheet downstairs and also upstairs on bulletin board for you to fill out your information. But please, only fill out one sheet. Any questions, just call the church office 235-0016 or call Kevin 810-625-6115.

Dental Screenings for the Help Centers: Exciting news was announced this week at the Resource Recovery Meeting in regards to dental screenings and referrals for the HELP Centers. Starting on Thursday March 30, 2017 at 10am-12noon, Hamilton Community Health Network will be providing dental screenings at the three locations, rotating sites each time. Please review the following schedule:

July 27 Bethel

An updated schedule will be completed after the summer. For any additional information or to offer appreciation, please reach out to Lakisha ó Lakisha Bah Stewart CHW MPA at Hamilton Community Health Network 2500 N Saginaw St., Flint, MI 48504

Email: lbahstewart@hamiltonchn.org Phone: 810-275-8175
Thanks to all for your continued work in our community.

Kara-Lyn D. Ross, Vice President Partnership and External Affairs
Food Bank of Eastern Michigan 2300 Lapeer Road - Flint, MI 48503
810.396.0213 direct / 810.449.6773 cell www.fbem.org



Please put your cell phone on stun!

Por favor poner el teléfono en silencio!

In order that we may be fully present in worship, please set your cell phone to silent mode. Tweets & Facebook posts are encouraged if they are relevant to our worship.

JULY 2017 Asbury UMC Monthly Planner						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MEET UP AND EAT UP- Asbury, along with the Food Bank will be serving breakfast and lunch Monday through Friday in the Fellowship Hall. Breakfast will be served from 8am-9:30am and lunch from 12N-1pm. Instructional classes on nutritional preparation and fun feeding will take place between breakfast and lunch on Wednesdays. Any questions, please call Kevin 810-625-6115.						
2 Bible Study 10am Traditional Worship 10am Coffee Break 11am New Beginnings 11:30am	3	4 HAPPY 4TH! Water Resource Workgroup 9am (at Food Bank) NO Pastor Book Club	5 NO Beginners Bible Study	6 Water Response Coordination Mtg 3 pm	7 Fresh Produce Giveaway 10-2pm	1
9 Bible Study 10am Traditional Worship 10am Coffee Break 11am New Beginnings 11:30am	10	11 Recovery Wkgroup at 1938 Howard Ave 9am Pastor Book Club 12N Washington Neighborhood Assoc 6pm	12 Beginners Bible Study 10am	13	14	15
16 Bible Study 10am Traditional Worship 10am Coffee Break 11am New Beginnings 11:30am	17	18 Water Resource Workgroup 9am (at Food Bank) Pastor Book Club 12N	19	20 Water Response Coordination Mtg 3 pm Edible Flint -Garden Tour Meeting 3-6:00pm	21	22
23 Bible Study 10am Traditional Worship 10am Coffee Break 11am New Beginnings 11:30am	24	25 Water Resource Workgroup 9am (at Food Bank) Pastor Book Club 12N New Beginnings Worship Design 6-7:30pm	26		28 Fresh Produce Giveaway 10-2pm	29
30	31					