

ASBURY CIRCUIT RIDER

Welcome to the Asbury Community

A Mother's Love

I'm going to get into your business for a while so if this is a big problem for you at this time perhaps you should come back to this article later. But don't skip it altogether. All of us need someone getting into our business from time to time. I do this out of love. Love for you — love for your children — love for all children. God loves you and God loves your children. And so do I. So here it goes.

Parenting is hard. Children can be impossible. But so can adults. Parenting is both science and art. Most of us get better at parenting with practice. Some of us seem to get

worse. How can I tell if my parenting is effective? I'm glad you asked. I keep a laminated heading that I clipped out of the Wall Street Journal decades ago that reads "Success is measured by results." So what are the results of effective parenting?

Let me begin with a statement of mission from our non-profit, Asbury CDC:

Our vision is a revitalized community where every resident can use their talents and passions for the common good, where children grow into

citizens who contribute to building and maintaining a vibrant neighborhood, and all residents are able to enjoy safety, good health, a culture that fosters life-long learning and satisfying lives.

The results that we are after are affected by the quality of parenting in our midst and perhaps more so by the quality of parenting that took place with the adults in our midst.

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buy their own clothes or pay for all of the things they can't live without, including their phone bill. But this is a statement of independence nonetheless and one that wise parents take seriously.

Most important, our teenagers declaration of independence does not mean they do want us to show love. In fact, love is as important as ever. As children become teenagers moving towards adulthood love is critical to their maturation.

The challenge is to show love unconditionally in ways that they understand. That is, to show love in their specific love language and not just in our own love language.

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Special points of interest:

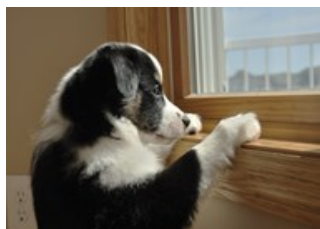
> Neighborhood Connections: is delivering bottled water. Call the City of Flint at 810-410-1138 for information. This service is for persons who are disabled and/or unable to receive water in any other way.

> Worship Design Team: will meet on Tuesday, May 14, 2018.

> Leadership Team: will be meeting on Tuesday, May 21, 2018.

Separation Anxieties

"Stop treating me like a child!" is a common declaration of independence made by teenagers the world over and most of us who



have parented teenagers have heard it. Ouch - separation anxiety! Sometimes teenagers may punctuate their displeasure with the slamming of doors and other expressions of anger and desperation. We parents know that such a declaration does not come with a full writ of financial independence. Usually, this does not mean that our child has won the lottery or found a job that pays well enough to get their own place or even that they plan to

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Separation Anxieties ...continued from Page 1

Youth want to be both close and separate at the same time. It is us parents who are more likely to suffer from separation anxiety as the teenager asks us not to hug them when they might be seen by their friends. This is one of the many signs that teenagers need to be confident that they can handle independence while knowing that they are just as loved as when they were tiny and helpless. This creates anxiety for the teenager and in turn anxiety for the witnesses.

Sadly, one of the expressions of independence among teens is to experiment with unhealthy and unlawful substances including tobacco, marijuana and alcohol. Add to these prescription and even non-prescription drugs that were not prescribed for their use and you have covered a road proven to lead to other unwise and dangerous practices. According to the Center for Disease Control (CDC) the harmful affects of substances that teenagers often choose to experiment with should be evidence enough to convince all of them to find other ways to exert independence:

Affect the growth and development of teens, especially brain development.

Occur more frequently with other risky behaviors, such as unprotected sex and dangerous driving.

Contribute to the development of adult health problems, such as heart disease, high blood pressure, and sleep disorders.²

These risk facts are either not enough, not believed, or very likely, not known, by a large number of teenagers. This same report from the CDC notes that approximately two-thirds of students have tried alcohol by the 12th grade, and around half reported using marijuana on at least one occasion. It is common knowledge that cigarettes end lives early and significantly reduce the quality of life, yet around 40% of high school students reported trying cigarettes. An increasing concern is the practice of some teenagers experimenting with prescription drugs. The CDC reported that around 20% of 12th graders reporting taking medicine without a prescription.

So what is a parent to do? What can we do? One of the most impactful steps if for adults to do is to model abstinence. Children and teens learn from the adults they are closest to and if these adults, particularly older siblings, use marijuana, this will greatly increase the chances that their younger brothers and sisters will follow their lead. I am not debating medical uses of marijuana any

more than any other prescribed drug. This article is about teenagers learning to become adults living satisfied lives, living longer and in better health than what is possible when harmful substances become part of their coming of age.

Psychologist, Dr. Gary Chapman writes that "The teenager who learns to be responsible for his own actions while developing his independence and self-identity will have good self-esteem, accomplish worthwhile objectives, and will make a meaningful contribution to the world around him."¹ This sounds like a worthwhile goal for every parent and frankly every adult who has an opportunity to influence a teenager — which is every adult. People are complex and a lot of teenagers seem to go to extra steps to be complex (spelled d-r-a-m-a). But there are some straightforward suggestions from Dr. Chapman worth trying.

Becoming an adult — a responsible adult — means learning how to be responsible. Which requires recognizing and honoring boundaries (rules) and accepting the consequences of breaking rules. However, warns Chapman, it is important that the teenager participate in setting boundaries. They may not always agree but giving them voice, explaining reasoning that is based on love and their well-being for both the rules and the consequences goes a long way in enforcing boundaries that are honored and a proven approach for preparing teenagers for adulthood.

If you are the parent, grandparent or legal guardian of a teen, Dr. Chapman's book should be required reading (or some similar helpful guide) along with a large dose of scripture and prayer. Actually, this is good advice for everyone of us who may influence teenagers.

Next Sunday we celebrate Mother's Day. Our current worship series, Love me tender, will take us down the age scale a bit to children before the teenage years. What can we do about the "terrible two's" — or least what are some ideas we can try. Join us!

A Mother's Love ... continued from page 1

We are all a work in progress in the same way that our children are a work in progress. And over the centuries, the science and art of parenting has evolved along with other knowledge like taking care of our earth and brushing our teeth.

How can I tell that many parents are failing at parenting? Look around you and you will see trash blowing along the streets and yards. How did the trash get there? Last Fall I was working in our orchard on Bennett Avenue when three teenagers walked past me. I watched as one of them finished eating the contents of

a bag which they simply tossed on the ground as though it belonged there. Where did they learn this? Quite likely from their parents.

Before you condemn only the parents of children in our neighborhood, have you noticed how many trash bags are lined up along an interstate after a cleanup crew has walked the landscape picking up trash. I am using trash here as a metaphor and also as a real, physical assault to our earth and to our neighborhood.

A Mother's Love ... *continued from page 2*

Trash blowing around is a metaphor for what happens when parenting fails.

Children are selfish. They are made this way and they need to be. They have a lot to learn about themselves and the world and not a lot of time to do it in. So they are wired to focus their energy in this way rather than concern themselves with what adults need and want. It our job as adults to model behavior that teaches the chil-

dren around us that their well being is dependent as much on the well being of others as their own. This takes love.



The golden rule, "Do unto others as you would have them do unto you" is not only a divine and not optional commandment, it is also divine wisdom. Although it may seem like a stretch at first, if a person only care about themselves they had better care a whole lot about others as well. Otherwise, their well-being is greatly compromised. What a beautiful paradox.

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FREE & available to everyone, no income requirements!

Bethel UMC 1309 N. Ballenger Hwy (Mondays 10am-2pm)

Asbury UMC 1653 Davison Rd (Tuesdays 10am-2pm)

Greater Holy Temple COGIC 6702 N Dort Hwy (Thursdays 10am-2pm)

Food * Water-Related Supplies * Education Opportunities On-site Enrollment for Health & Basic-Needs Services * Employment Resources * Mental & Community Resource Information

COMMUNITY HELP CENTERS

Physical Health Options and more...

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FOR MORE INFORMATION CALL 2-1-1 OR GO to FlintCares.com/HELPcenters

In Our Prayers

- Curtis Young
- Rachel Bastine
- Norma Buzzard
- Virginia Bigger
- Barbara McIvor
- Jonathon Misner
- Nancy Auger
- Austin & Mary Suffle
- Shirley Craig
- Christopher Lewis
- Sarah Tanner
- Elizabeth Wright
- Judy Tanner
- Mary Lyons
- Brenda

FRIENDS AND LOVED ONES WHO ARE HOMEBOUND OR IN NURSING CARE

- Sharon George
- Elaine Lamoreaux
- Mary Russell
- Mary Nations
- Carmen Misner



Prayer is at the heart of our beliefs

Asbury Worship Series Love Me Tender ...

We all have a love language according to Gary Chapman, author of numerous books on the topic. The point is that certain things result in us feeling more loved than other things. For example, some of us feel loved when someone does something for us, like open a door or bring us lunch. If acts of service result in my feeling more loved then I am more

Book Club News

We finished with our discussions of chapter 4 of the book, *The Last Hunger Season*. This chapter, titled *wanjala*,



which means "hunger" or the season of hunger covers the time of the year when families are sometimes out of options for what to put on the table for dinner. We began our discussions of a better time, called *wekesa*, or the harvest. A short season of plenty, provided their crops are doing well and their harvest is plentiful.

We hope that you will join us on Tuesdays at Noon. In western Kenya, the *Luhya* people customarily name their children for the time of year in which they are born. Francis Mamati, a smallholder farmer shares this about his

likely to do things for other people when I want to show them love. After all, I know how much it means to me.

But it turns out that we are not all wired the same. While everyone on the planet realizes this fact we go about our lives as though it isn't true. If words that affirm me is my favorite love talk then I am more likely to offer affirming words to others I care about as a way to show them that I love them. Its sort

birth month: "I think it must be May or June...because my mother gave me a third name: *Wanjala*,...our word for hunger, for the time of year when we run low on food. The hunger season. And that is usually May and June."

Wanjala, or hunger, is real in many parts of the world. Many of us heard references to "starving children in Africa" as children when we refused to eat our peas or whatever food item we were offered but preferred not to eat. Africa's smallholder farmers, most of whom are women, know misery. They toil in a time warp, living and working essentially as their ancestors did a century ago. With tired seeds, meager soil nutrition, primitive storage facilities, wretched roads, and no capital or credit, they harvest less than one-quarter the yields of Western farmers.

The small family farms that award-winning author and world hunger activist Roger Thurow witnessed in Kenya was a horror scene of malnourished children, backbreaking manual work,

of like if I really enjoy Starbucks dark roast coffee and I want to show Cyndi how much I love her I will pick a coffee up for her and unless I am consciously aware that dark roast is not her thing I am apt to grab two of the same.

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and profound hopelessness. For these families, growing food is their driving preoccupation, and still they don't have enough to feed their families throughout the year. The *wanjala*—the annual hunger season that can stretch from one month to as many as eight or nine—comes out of a lack of possibilities.

But in January 2011, a woman named *Leonida* and her neighbors came together and took the enormous risk of trying to change their lives. Roger Thurow spent a year with four of them—*Leonida Wanyama*, *Rasoa Wasike*, *Francis Mamati*, and *Zipporah Biketi*—to both witness and to share their stories. In *The Last Hunger Season*, we read about the profound challenges these farmers and their families faced, and follow their stories through the seasons to see whether, with a little bit of help from a new social enterprise organization called *One Acre Fund*, they might transcend lives of severe poverty and hunger.

The daily dramas of the farmers' lives unfold against the backdrop of a looming global challenge: to feed a growing population, world food production must nearly double by 2050. If these farmers succeed, so might we all.

We encourage you to come to our Tuesday gatherings. Our small group hopes 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. And we are always on the lookout for our next book, video lesson or topic. Your participation and suggestions are greatly appreciated.

Pastor Tommy

Leadership in Worship & Service

Welcome Team Tony, Mirium, Christine
Children's Time Rev Tommy
Ushers Anthony, Jim
Production Team Jim
Nursery Norma
Worship Leaders Michele
Coffee Hour

Asbury Staff

Rev. Dr. Tommy McDoniel Pastor
Mark Vorenkamp Children & Youth
Jim Craig Leadership Chair

Connie Portillo Office Secretary
Kevin Croom Farm to Table
Israel Unger Business Development

Asbury Café

Plan to meet outside the sanctuary each Sunday before worship for coffee, tea, snacks, conversation and so on. The music will start when it is time to wrap up and head in for worship.

Love Me Tender ... *continued from page 4*

So I bring Cyndi the coffee, she takes a sip and ugh! Dark roast! Isn't Cyndi just grateful that I brought her the coffee "out of love?" First, if receiving gifts is Cyndi's primary "love language" then it is likely that receiving a gift, even a gift that isn't what she had hoped for, would erase most of the poor choice on my part. However, if my love language is gift receiving my first reaction to the ugh! might be "How ungrateful."

Suppose Cyndi's love language is words of affirmation. My choice of dark roast could potentially trigger feelings of "you don't love me" since ignoring her

preferences could be received as not believing her preferences are important. What? This is getting complicated. Can't we all just get along?

Welcome to our next worship series, *Love me tender*. In an effort to help us all get along better with each other and with new people that we do not know, we will spend some time thinking about what causes us to feel more loved: words, time, gifts, service or touch? Knowing this about ourselves we can be more aware of how we express love - we can call it caring for now - and also be aware

that even people we think we know may not receive what we offer them in the same way that we would.

If you are a member of Asbury Church then you made a promise that you would support our community through your presence, gifts, prayers, service and witness. These promises each relate to sharing the love that we know Christ has for us with others. But how do these promises connect to our love languages? There are five of each? Come learn how this fits together.

Stay tuned! We start the Second Sunday of Easter. Yes - Easter is more than one Sunday. My apologies to those who need words of affirmation. This is intended to be a reminder not a criticism.

I look forward to learning together and growing closer to God and to each of you. On behalf of the worship planning and production teams, I invite you to join us each Sunday as we explore what it means to *Love Me Tender*.

Pastor Tommy

Coming up this week

Neighborhood Water Deliveries

- May 14 Mon** 4:30pm StandUp Education Prog
6:30pm Worship Design Team
- May 15 Tues** 12Noon Pastor Book Club
6:30pm Washington Neighborhood
- May 16 Wed** 4:30pm StandUp Education Prog
6:00pm Beginners Bible Study
6:30pm Asbury Youth
- May 17 Thu** 1:00pm Cooking Classes
- May 18 Fri** 4:30pm StandUp Education Prog
- May 19 Sat** 1-4pm StandUp Education Prog

May 20 Sunday

- 9:30am Café Opens
- 10:30am New Beginnings
Contemporary Worship

Last Week for Worship Attendance 25 Offering \$ 937

Look for announcements scrolling on the our screen prior to the start of worship.

Email announcements by the Friday before to:

FlintAsburyUMC@gmail.com

Ways to Connect

Donate -You can give online at FlintAsbury.org/donate

Music Ministry -We are looking for vocalists and musicians.

Community Gardening - The Asbury Farm needs volunteers.

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

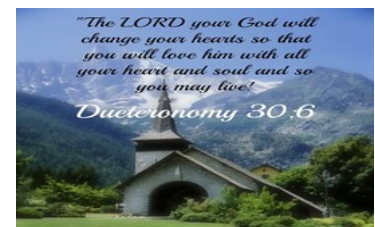
Social Media allows us to tell others about the work that God is doing. All of us can

help enhance our presence in the social media by posting on our Facebook and utilizing our website for blogging.

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 12Noon for fellowship, food and learning.



Prayer is at the heart of our beliefs

Welcome to the Asbury Community

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Neighborhood Connection



We envision a community in love with God, each other, and our neighbors evidenced by the transformation of ourselves and our neighborhood. We are a center for worship & spiritual growth, a center for connections and a center for health & wellness.

Our goal is a revitalized community where every resident can use their talents and passions for the common good, where children grow into citizens who contribute to building and maintaining a vibrant neighborhood, and all residents are able to enjoy safety, good health, a culture that fosters life long learning and satisfying lives.

We believe that such an ambitious goal can never be attained without God's grace and abundance and Christ calls each of us to be disciples willing to share our witness through words and acts.

A Mother's Love ...continued from page 3

Good parenting begins with love and I use a "mother's love" as the gold standard. I've been told by mothers that the act of carrying a child in their womb and birthing a child creates a bond of love that can never be broken. It is an unconditional love that the child does not need to earn and can never be lost. It is an eternal love. The sort of love that Jesus spoke of when God demonstrated the love that our Creator has for each of us.

Unless a child receives enough love, punishment, the least effective of all approaches to parenting, will only help to raise another lousy parent. Yelling and screaming likewise are not only ineffective but reflect more on the parent than the behavior of

the child. Discipline is a form of love and is best offered with abundant amounts of love in ways that children recognize that they are loved.

Children receive love through the five love languages and like adults each child has a primary language that fills their love tank completely. All five, touch, affirming words, quality time, gifts and act of service, are important, but one is more natural than the other four for each child, and one or two of the others can be a close second. Learning a child's love language takes some effort but it is worth it. It makes the job of parenting less an art and a bit more of a science.

This Sunday is Mother's Day and at Asbury we plan to celebrate this special day with lively music, a special gift for anyone who mother's (gives unconditional love) to children — anyone's children. The theme for our message will be the love languages of children along with a few ideas from Dr. Gary Chapman's book.¹

Pastor Tommy

¹ Chapman, Gary. *The 5 Love Languages of Children: The Secret to Loving Children Effectively*. Moody Publishers.