

# ASBURY CIRCUIT RIDER

*Welcome to the Asbury Community*

## Dark Matter

There is a common myth about ancient maps. The myth is that beyond the boundaries of the known world cartographers would add the words "Here be dragons." According to the website maintained by the Forum on the history of cartography there is only one such map, which is actually a globe, found in the New York Public Library. Look closely at the Lennox Globe and you will find off the coast of Asia this warning to anyone who dares travel beyond the known world. Apparently we may find images of unknown creatures on ancient maps as a way to identify whatever lies beyond the ex-

plored world but no specific warning labels.



There are modern day examples of dragons. Outer space was considered vertically empty until scientists begin to notice the likelihood of a strong gravitational pull exerted by whatever is beyond the known universe. The term "dark matter" is

used to describe whatever this incredible, unknown force might be. Scientists now postulate that 80% of the universe lies beyond our known world. Meanwhile, this subject is a great source of fictional novels and movies as writers take us to places where "no man has gone before" or woman, other than in our imagination.

Page 2

Being a pastor, I am promised a lot that folks are going to show up for Sunday worship and other events. I can't help but get excited when I hear this promise. And I can't help being disappointed if they don't show up. Which happens far too often. What if they knew how much it means to me? What if they knew how much of a difference their showing up makes to everyone else?

Page 2

## Showing Up

"Just showing up is most of life." I've heard this expression hundreds of times over the decades and I've probably said it a number of times myself. Sometimes I need to hear it to get my body in motion when I'm not feeling adequate for the task at

hand. Somedays I just have to go through the motions and hope that my attendance is enough. And often it is.

**"So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today".**

Matthew 6:24 NLT

Volume 18 Issue 3

June 3, 2018

### *Special points of interest:*

> **Worship Design Team will meet on Monday, June 4th at 6:30pm in the Asbury Library.**

> **Cooking Classes: Nutritional classes/cooking for company/lead abatement regarding meal preparations and also tips on gardening offered by master gardeners. Each Thursday from 1:00-2:30pm at Asbury UMC. For more information call Kevin Croom at 810-625-6115.**

### *Inside this issue:*

Dark Matter	1
Showing Up	1
New Worship Series	3
In our Prayers	3
Pastor's Book Club	4
Leadership in Worship & Service	4
Coming up this Week	5
Upcoming Announcements	6
The Flint Farming Project	7

## Showing Up ...continued from Page 1

Why do so many folks not show up? I'm not talking about not committing and not showing up. I'm talking about saying one thing and doing another. "Something came up." Stuff happens and our plans change. I get this part. But I've noticed a pattern that is a bit disturbing. I have to wonder if hidden behind the excuses is the attitude "Why bother?" Why bother to show up?

Author Frances Moore Lappe asks the question in her book, *You Have the Power*, "How is it possible to create a more vibrant culture and livable world if most people view their potentially unique contributions as impossibilities?"<sup>1</sup> But why bother if I feel that my contribution is not useful? For one, the reason that showing up is most of life is that we cannot know whether our contribution will make a difference unless we show up. What if

## Dark Matter ... continued from page 1

But why go somewhere that is empty? Why travel into an empty place where there is nothing — no nourishment. Won't we starve? Yet, argues writer Frances Moore Lappe, isn't this what great spiritual leaders have done before us? Didn't the Holy Spirit lead Jesus out into the wilderness after His baptism and didn't Jesus return prepared to face a life of offering redeeming healing and love? Perhaps there is something in the void after all.<sup>1</sup>

As Frances Lappe shared her story of how hard it was for her to decide to move from one career to different one. During her interview, her host offered

we anticipated that our showing up will make all the difference?



God has an amazing ability to make sure that timing, people, and the most interesting coincidences all work together to make the impossible into the possible. This is the reason to show up. The One who invited us is already there waiting for us to show up and knowing the difference that our presence will make.

In our desire for predictable outcomes we think we need to know all the answers before we can start. This leads to the unfortunate conclusion that if we

the following observation: "In today's world, it's impossible to avoid fear. It's everywhere. Since we're going to feel it, we might as well feel it because we're doing something important." Feeling fear is as common as feeling hungry. We can't eliminate it altogether but we can rethink how we respond to fear.

The "unknown" is both frightening and exciting at the same time. Perhaps this tells us something about fear. That the emotion we call fear coexists with another emotion. One thing for sure, in order for us to travel to the unknown we must stop what we are doing. This realization often results in a different

are feeling fear then we're not ready. Check out the article, *Dark matter?* What if we show up with our curiosity? What if we take that hard first step? What if we allow things to unfold along the and on their own schedule?

The human brain is remarkable. Our brains have the ability to reprogram. Our brains can turn our sensations of fear into curiosity as a habitual response. As we start showing up, and we put ourselves into new, initially uncomfortable situations, we reprogram our brain's responses. Psychologists have noticed what is now called "fear extinction," when people expose themselves to exactly the situations that scare them. After repeated exposures, our memory of fear competes with the new learning that there's no reason to be afraid, and the brain relearns its fear triggers. By showing up today, we change the fears we might face in the future.<sup>2</sup>

<sup>1</sup> Lappe, Frances Moore. *You Have the Power: Choosing Courage in a Culture of Fear*. Penguin Publishing Group, 2004.

<sup>2</sup> Lott, Deborah. "Unlearning Fear: Calcium Channel Blockers and the Process of Extinction," *Psychiatric Times*, May 2003, pp. 9-12.

Pastor Tommy

version of fear: "What if we stop what we are doing and we get lost. What if we don't get back to whatever we are currently doing?" Fear expects that we take one of three actions. We either run away, we attack or we simply freeze in place.

## Dark Matter ... continued from page 2

Fear is a basic survival instinct that keeps us from bear wrestling and losing. Fear also can cause us to provoke a hungry mountain lion when we run away since in this case the animal is not likely to go away, but chase after us. Our mind and body doesn't easily distinguish between the fear of being attacked and the fear of going where we haven't gone before.

But what if we faced fear with curiosity? What if in the midst of the tensions grabbing out body we begin to think about the source of our fear? Theodore Zeldin writes that it was quite insightful when science discovered that

our bodies response to fear is quite similar to curiosity. They are indeed close cousins. While the symptoms we feel from fear are more intense what if we respond to our fear with curiosity? What if we ask ourselves what we are afraid of?

**Then Jesus, full of the Holy Spirit, returned from the Jordan River. He was led by the Spirit in the wilderness, where he was tempted by the devil for 40 days. Jesus ate nothing all that time and became very hungry.**

Luke 4:1-2 NLT

Curiosity is not by itself a decision to go out into the unknown. Curiosity is a pause to listen. The problem may be that the voices we hear are mostly our own and the messages that we hear that feed our greatest fears are more false than true. Perhaps if we take the time to be curious about our fears we may find that there is really something to the statement that *Fear is a liar*.

Pastor Tommy

<sup>1</sup>Lappe, Frances Moore. *You Have the Power: Choosing Courage in a Culture of Fear*. Penguin Publishing Group, 2004.

<sup>2</sup>Theodore Zeldin, *An Intimate History of Humanity*. New York: Random House, 1994. p. 180.

**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...

Sink & Shower Filters, On-site Food Demonstrations

Partnering Organizations: City of Flint, Food Bank of Eastern Michigan, Genesee County Health Dept, Genesee Health Systems, Habitat for Humanity, Hamilton Community Health Network, Michigan Department of Health & Human Services, Mott Community College, Michigan State University Center for Community & Economic Development, United Way of Genesee County, Valley Area Agency on Aging

FOR MORE INFORMATION CALL 2-1-1 OR GO to [FlintCares.com/HELPcenters](http://FlintCares.com/HELPcenters)

## In Our Prayers

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

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

Sharon George	Mary Nations
Elaine Lamoreaux	Carmen Misner
Mary Russell	



**Prayer is at the heart of our beliefs**

## Asbury Worship Series Fear is a Liar ...

Writer Francis Moore Lappe shares a quote in the book she co-authored, *You Have the Power*, that she recalled being said by a radio interviewer in Missouri, "In today's world, it's impossible to avoid fear. It's everywhere. Since we're going to feel it, we might as well feel it because we're doing something important."<sup>1</sup>

So do we live in a culture of fear? I recall talking to a fellow runner who lives in our neighborhood who shared with me how much effort he feels he has to put into securing his home and property against potential thieves. This is a man who served in the military and is still young and strong enough to carry himself without fear. Nevertheless, his worry about his property is rooted in fear. He fears the potential invasion of his privacy and the loss

of his property. Can you blame him?

Do we live in a culture of fear? Our current President is insistent that we build an impenetrable wall on our southern boarder with Mexico so that we can control who comes into our country.

Page 5

## Book Club News

**NOTE - WE ARE NOW MEETING ON WEDNESDAYS AT 12 NOON.**

Our group finished our reading and discussion of *The Last Hunger Season* last week. The families living in western Kenya gave us a lot to think about and taught us a lot about overcoming struggle. Author and world hunger activist Roger Thurow brought their stories to life for us. The last chapter was about celebration. The importance both of

celebrating even small victories along the way and the festivals

We will take a week or two off from reading before beginning our next book. Stay tuned.

We encourage you to come to our Wednesday 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.

\* Thurow, Roger. *The Last Hunger Season: A Year in an African Farm Community on the Brink of Change*. New York: PublicAffairs, 2012.

## Leadership in Worship & Service

Welcome Team	Tony, Mirium, Christine	Connie Portillo	Office Secretary
Children's Time		Kevin Croom	Farm to Table
Ushers	Anthony, Jim	Israel Unger	Business Development
Production Team	Jim		
Nursery	Carolyn		
Worship Leaders	Michele		
Coffee Hour			

### Asbury Staff

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

### 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.

## Fear is a Liar ... *continued from page 4*

I'm guessing his fear is rooted in economics. He can't admit his fear since an economic argument is hardly solid.

In fact trump claims that "Current immigration policy imposes as much as \$300 billion annually in net fiscal costs on U.S. taxpayers." As is the case with most everything that trump says this statement is only partially true and can be shown to be mostly false. Again, it may be "economic fear" but it is still fear. We are afraid, it seems, that while nearly all of us are immigrants with ancestors who entered the U.S. without formal screening, most of the "good ones" are already here. This is sarcasm by the way.

### Coming up this week

<b>Jun 4</b>	<b>Mon</b>	4:30pm	StandUp Education Prog
<b>Jun 5</b>	<b>Tues</b>	12N	UMW Lunch (See insert)
<b>Jun 6</b>	<b>Wed</b>	12N	Pastor Book Club
		4:30pm	StandUp Education Prog
		6:00pm	Beginners Bible Study
		6:30pm	Asbury Youth
<b>Jun 7</b>	<b>Thu</b>	1:00pm	Cooking Classes
<b>Jun 8</b>	<b>Fri</b>	4:30pm	StandUp Education Prog
<b>Jun 9</b>	<b>Sat</b>	1-4pm	StandUp Education Prog

### Ways to Connect

**Donate** –You can give online at [FlintAsbury.org/donate](http://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

A 2008 article in *Psychology Today* makes the following argument: "We live in two minds - fear and joy. Mostly, we live in fear." The article goes on to say that our fear shows up as anxiety as we regret our past or long for a different future. Joy, on the other hand, is about the present. When we feel joy we are able to let go of the past and the future as we experience joy in the moment.<sup>2</sup>

Our next worship series will take us through a transition from thinking about fear as an emotion to dread and even avoid to the idea of embracing our fear as a signpost or progress. While we reserve the need to follow the Spirit's guidance

### Welcome Rev Jeff Harper!

<b>June 10</b>	<b>Sunday</b>
9:30am	Café Opens
10:30am	New Beginnings Contemporary Worship

**Last Week for Worship Attendance 38 Offering \$ 348**

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

Email announcements by the Friday before to:  
[FlintAsburyUMC@gmail.com](mailto:FlintAsburyUMC@gmail.com)

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.

along the way here is our discernment for now on how this series will play out:

Week 1	May 27	Dark Matter
Week 2	June 3	Showing Up
Week 3	June 10	Big Bang Reaction
Week 4	June 17	The Dragon's Mouth
Week 5	June 24	Chosen Last
Week 6	July 1	A Drip in the Ocean

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 claim that *Fear is a liar*.

Pastor Tommy

<sup>1</sup> Lappe, Frances Moore. *You Have the Power: Choosing Courage in a Culture of Fear*. Penguin Publishing Group.

<sup>2</sup> Formica, Michael J. "Living in Fear versus Living in Joy." *Psychology Today*. October 1, 2008. Retrieved from: [psychologytoday.com/us/blog/enlightened-living/200810/living-in-fear-versus-living-in-joy](http://psychologytoday.com/us/blog/enlightened-living/200810/living-in-fear-versus-living-in-joy).



**Prayer is at the heart of our beliefs**



## Welcome to the Asbury Community

---

1653 Davison Road  
Flint, MI 48506



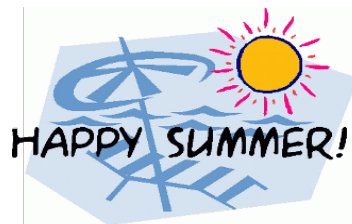
Phone: 810-235-0016  
Fax: 810-235-0016 (call first when faxing)  
E-mail: FlintAsbury@gmail.com

**NON-PROFIT ORGANIZATION  
U.S. POSTAGE PAID  
FLINT, MICHIGAN  
PERMIT #151**

### 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 few announcements for your calendar ...

> United Methodist Women will meet for fellowship and lunch this TUESDAY, JUNE 5th at the "Dancing Sandwiches", an updated restaurant bar at the corner of Lapeer Rd and Belsay Rd at 12 Noon. Everyone is welcome, please join us! Lunch will be from the menu.

> Pastor Book Club will start meeting on WEDNESDAYS, instead of Tuesdays at 12 Noon with a potluck, if you are able to a dish to pass.

**PLEASE UPDATE  
YOUR CALENDARS ...  
WILL KEEP YOU  
POSTED ON FURTHER  
CHANGES ...**





**THE FLINT FARMING PROJECT**

