

ASBURY CIRCUIT RIDER

Humbled (Humility and your Health)

This past Wednesday, our Book Club read two articles published in the NY Times on the subject of humility. One of the pieces was from the opinion section of the publication. This article was written by a seminary professor who emphasized that humility is a foundational trait for Christians. The professor cited scripture in support of his argument.



Jesus was humble, and scripture reminds us that God lived among humans. An act of astonishing humility by itself. But Jesus did not live like a king or even among the middle class. Jesus lived a life of austerity. And Jesus submitted Himself to treatment as a common criminal, publicly humiliated, falsely accused, and executed. Jesus set a standard for humility that none of us can quite reach.

There is no shortage of emphasis on humility in scripture. In the Gospel of Matthew, Jesus tells us that whoever makes them self-great will be humbled, and whoever humbles themselves will be made

great (Matthew 23:12). Earlier in this same Gospel, when Jesus is teaching a large crowd from the side of a hill, Jesus begins His teaching, stating that the humble are blessed because they will receive that which God has promised (Matthew 5:5). I suspect that without humility, it may not be possible to receive the blessings that God wants for us.

Perhaps the most compelling illustration of humility found in scripture is in the Gospel of John. Jesus is with His followers on the night that He anticipates His arrest.

Page 2

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Special points of interest:

>>> **Worship Design will meet Monday, November 11th at 6pm in the Asbury Library.**

>>> **Leadership Team will meet Monday, November 18th at 6pm in the Asbury Library.**

>>> **Hope you all read the poem on page 9, called "The Real Me", if not I have included it again for those that did not read it last week.**

Mirrors (It's about the One you mirror)

When I get my hair cut, the barber at some point will hand me a mirror so I can let them know if I am satisfied with how my hair looks. I seldom have any complaints or suggestions. Sometimes I will tell them that I'm not much of a "mirror" person. I'm not sure what my hair should

look like. Isn't this what they are supposed to know?



For some of us, mirrors are not very friendly. Mir-

rors reveal too much truth about our thinning hair, our aging skin, and our failure at our latest attempt to lose weight. The mirror is not my friend if I am looking for compliments. On the other hand, doesn't a good friend tell you the truth?

Page 2

Inside this issue:

Humbled	1
Mirrors	1
In Our Prayers/Coming up this Week	3
Asbury Worship Series	4
Pastor's Book Club	4
Leadership in Worship & Service	4
Asbury Worship Series	5
Humbled	6
Asbury Farm to Table	7
Small Group Questions & Notes	8
Mirrors / Poem: "The Real Me"	9
Humbled	10

Mirrors (It's about the One you mirror) ...cont. from page 1

In researching ideas for our current worship series, Food as medicine, I enjoyed learning about a program developed by some folks at Saddleback Church in Southern California. The lead pastor at Saddleback is Rick Warren. Rick's rise to fame accelerated when he published his book, *The Purpose Driven Life*, which I read 17 years ago when it was first published in 2002.

A couple years ago, the leadership at Saddleback launched a church-wide program, complete with books, videos, small groups, and a host of other resources, called the Daniel Plan. It was not a coincidence that God sent me to this library of resources. Collaboration on how God is working in the world is crucial to building the kingdom.

So, I need not lay claim to any of the ideas on how a community can go

about achieving health and wellness. I learn from people all around the world as God leads me to the sources of inspiration that help to shape my own faith, and the stories that I share with others that I hope will inspire them as well.

In chapter 7 of Paul's letter to the church in Rome, he shares with us some familiar information about the human condition. This should sound familiar. Paul writes, "No matter which way I turn, I can't make myself do right. I want to, but I can't. When I want to do good, I don't; and when I try not to do wrong, I do it anyway" (Romans 7:18b-19).

This is a common problem, isn't it? So much so, that this alone keeps a lot of people away from the church. "Why do I want to feel worse about

myself"? Is a common excuse. For a lot of us, the church is the mirror problem.

No matter which way I turn I can not make myself do right. I want to but I can't. When I want to do good. I don't; and when I try not to do wrong, I do it anyways.

Romans 7:18b-19

We don't want to be reminded that we have blemishes. And we definitely don't want to be told that we can't do anything about it. Or can we?

Paul is building interest in this part of his letter by appealing to something we all have in common. Unless we are in denial, we know that not a day goes by when we will manage to do something that we know we shouldn't do.

Page 9

Humbled (Humility and your Health) cont. from page 1

Instead of ranting about how unjust the world is and plotting to get out of town, Jesus washes everyone's feet. Even those whom He knows can't be trusted. It was a great teaching moment on the subject of humility (John 13:4-17).

In last week's article, *Mirrors*, I wrote about the importance of reflecting Jesus. It is not who we see in the mirror, but who we try to mirror that counts. This goal puts humility as a way of life for all who claim to be faithful to Christ. To be boastful, arrogant, or self-

absorbed, while claiming to be a follower, is to be an imposter. Yet we all fall into this mode from time to time.

Two weeks ago, our theme reminded us that our bodies are temples for the Holy Spirit. Therefore, what we do with our bodies matters. Anything that harms our bodies is an offense to God. Our bodies belong to God. We are simply caretakers.

Page 6



In our Prayers

Curtis Young	Shirley Craig
Rachel Bastine	Christopher Lewis
Norma Buzzard	Sarah Tanner
Mary Lyons	Elizabeth Wright
Barbara McIvor	Judy Tanner
Austin & Mary Suffle	

FRIENDS AND LOVED ONES WHO ARE
HOMEBOUND OR IN NURSING CARE

Mary Nations	Mary Russell
Elaine Lamoreaux	

Coming up this week

Nov 4	Mon	5:00pm	Youth Choir
		6:00pm	Worship Design
		7:00pm	Flint Jubilee
Nov 5	Tues	10am-2pm	Water Distribution
		6:00pm	Community Gospel Choir
Nov 6	Wed	12Noon	Pastor Book Club
		6:00pm	Beginners Bible Study
		6:00pm	Youth Group
Nov 7	Thu	4:30-6pm	Gaming as Education
		5-7:00pm	Halo Harvest
		6:00pm	Worship Band Practice
Nov 8	Fri	10am-2pm	Asbury Cafe Open
		6:00pm	Asbury Youth Group
Nov 9	Sat	10am-12N	Japanese Jiu Jitsi
Nov 10	Sun	8am-10am	Japanese Jiu Jitsi
		9:30am	Café Open
		10:30am	New Beginnings
			Contemporary Worship



Asbury Worship Series Food as Medicine

The expression "Food as medicine" is catching on. I'm hoping that it catches on even more. Food is medicine. Some foods are bad medicine and perhaps shouldn't be called food. Some food is great medicine and could even be called, well, medicine.



The healthcare industry is booming. Notably, the prescription drug industry. So much so that aggressive entrepreneurs, with questionable morals, are seizing

control of drug companies that manufacture "must-have" drugs. The prices of life-saving prescriptions, such as EpiPens, are increased by large amounts to driving profits higher. Pure capitalists may applaud such efforts. After all, according to their playbook, it is supply and demand that should determine outcomes, and saving lives only count to the extent that saving lives will increase profits.

Page 5

Book Club News

We finished Jericho, written by Dennis Sykes. For the next couple of weeks, until we decide



on our next book, we are reading and discussing current events. Last Wednesday, we

read an article from the New York Times about the rebuilding of the Island of St Martin. This tiny, Caribbean island was devastated by Hurricane Irma two years ago. There has been a lot of progress,

but many of the island's poorer residents are in a standoff. Our group discussed the complexities of rebuilding a community and the trade-offs facing community leaders.

We also read an article about a rebuilding effort that took place in Battle Creek, Michigan, in the 1950's. In this case, an area of the city that was flooded was rebuilt. The residents, who were mostly poor, were forced to leave their homes and be relocated to another part of the city. Most of the residents chose to move to the Washington Heights neighborhood. This community is served

by the local United Methodist Church, which has operated as a hub in a neighborhood that is much like ours.

Each week, Pastor Tommy, with input from regular attendees, will select one or two articles that are about subjects that have implications for Asbury and our community. Our focus is on considering what scripture might have to say about these subjects.

I encourage you to come to our Wednesday gatherings. Our small group is a diverse group and we are delighted when new persons join us. I hope that you will join in on our discussion. We meet each Wednesday 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
Ushers	Anthony, Jim
Production Team	Jonathon
Children	Patrice & Mirium
Worship Leaders	Cyndi
Café	Christine & Norma

Jim Craig	Leadership Chair
Kevin Croom	Operations
Blair Neifert	Farm Manager
Israel Unger	Function to Funding

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.

Asbury Staff

Rev. Dr. Tommy McDoniel	Pastor
Connie Portillo	Office Secretary
Sylvia Pittman	Empowerment Arts



Asbury Worship Series—Food as Medicine ... Cont. from page 4

Healthcare professionals are finding that food is a competitor to prescription drugs. Sometimes eliminating the need altogether for a particular prescription. Frequently preventing the need to write prescriptions altogether. So food as medicine is a proposal for doctors to be able to write prescriptions for healthier food. This would require that health insurance cover most of the cost, in the same way that prescription insurance covers a particular drug. But the payback is actually better health which would in turn increase profits.

Radical? You bet. Effective? Research suggests that food as medicine could reduce healthcare costs in this country. For example, providing a 20 percent incentive for fruit and vegetable purchases to Medicaid and Medicare beneficiaries is estimated to prevent 1.95 million cardiovascular disease events and to save \$40.9 billion in healthcare costs.



This is a big enough number to create a stir. And it has. A threat to the profits of prescription drug companies is a threat that will be met with political opposition. The drug companies are making large campaign contributions to help politicians who are willing to support them win elections. And, they expect help in fighting against ideas that could reduce their profits.

Food, both physical and spiritual, is medicine. And both are necessary for life. Doctors should also be writing prescriptions for

spiritual food as medicine.

Healthcare professionals know that our spiritual lives affect our physical health. Some doctors have learned this from Jesus, but most professionals rely on medical journals that are more likely to quote research rather than scripture. I will leave the scientific research to the professionals and focus on the scriptural research.

The 2018 Farm Bill allocated money for prescription produce programs that encourage physicians and medical institutions to make food a formal part of treatment, rather than relying solely on medications. But this money is for actual, physical food, and not prescriptions to join a local church. But this was a start, albeit a small start, with only \$4 Million total allocated to such programs nationwide. Perhaps future legislation can move a little further away from supporting the pharmaceutical industry and allocate some of that money for both physical and spiritual food as medicine.

The idea of spiritual food as medicine is found in scripture. In the Gospel of Luke, Jesus quotes ancient scripture in response to the enemy's suggestion that Jesus change stone into bread when He was hungry from fasting. "You must not depend on bread alone to sustain you, but on everything that the Lord says" (Deuteronomy 8:3 GNT).

This first temptation of Jesus by the enemy is a classic strategy that most of us have heard levied at us. "If you are really _____?" the enemy challenges us, "then you would _____." The blanks depend on the person. The temptation is often to shift our focus away from what matters most to God and towards satisfying our immediate desire. The impulse buy. The fast food ad.

Jesus seemed to be referencing His need to put God's will ahead of His own. Not to mention that making that first decision to give in to the temptation to put something else first, ahead of God, in our lives, is a slippery slope. Like that quick stop at McDonald's when you can smell the fries cooking a block away. It doesn't take long before McDonald's is one of your frequent stops. Turn this into a habit long enough, and the cardiologist will also be a frequent destination for you.

If you have followed our recent worship series, *Back to the future*, you have heard me talk about the criticality of worship in rebuilding our neighborhood. The work that we do, no matter how helpful, will fall short without worship. Likewise, the work that we do for ourselves will fall short without worship. We are a hot mess of spirit and flesh. And we are created by, and in the image of, a God who demands our attention.

Our next worship series is scheduled to begin on Sunday, October 20. I'm calling it *Food as medicine*. It may be a great time to start that diet that you have been putting off. It may also be a great time to begin that spiritual practice or join that Bible study group that you have been thinking about doing. There is a great synergy between spiritual practices and what we choose to put into our bodies. Food as medicine is a great idea on multiple levels.

Be here each Sunday and invite your friends and neighbors. I lead a short Bible study in the Asbury Café at 9:30 am. You can find more information about us on our website at FlintAsbury.org.

Pastor Tommy

Humbled (Humility and your Health) ...cont. from page 2

Mirroring Jesus leads us to both realizing that what we do with our bodies matters, and to receive the power to do something about it. But this promise is a non-starter without humility. We must first recognize that we are not capable of doing what we know we should do. Nor are we capable of not doing what we should not do. Our humility turns us towards God as the source of the power that we need. Left on our own, we will fail every time.

Most of us don't view ourselves as arrogant. And I suspect that most of us believe that we have a healthy degree of humility. But when we try to mirror Jesus on our own, after learning from scripture that this is not possible, isn't this an example of arrogance? Scripture tells us that Jesus emptied Himself, giving up His will for God's will. And He was obedient even when obedience would lead to His execution. This example of humility is powerful.

The second article that we read and discussed in Book Club is by a science reporter and author of books on science. The article cited research that has been completed by Psychologists that looks into humility as a trait. The study shows that only a rather small percentage of people are genuinely humble — between 10 and 15 percent.

Psychologists are looking into the mental health benefits of humility. Perhaps in the future, your therapist may be quizzing you on your humility and prescribing exercises to help you become more humble, as a prescription to improve your mental health. Research by Elizabeth Krumrei Mancuso of Pepperdine University showed that humility is strongly linked to curiosity, reflection, and open-mindedness. Research has also shown that humble people are less aggressive and less judgmental toward members of other religious groups, particularly after being challenged about their religious views.

I, your Lord and Teacher, have just washed your feet. You then, should wash one another's feet. I have set an example for you, so that you will do just what I have done for you.

John 13: 14-15

In our current series, *Food as medicine*, we turn to scripture for advice on how what we do with our bodies matters to God and our health. Our health matters to God. And it is no secret that most of us are not very good stewards of our bodies.

So our willingness to be humble matters because when we believe that we know better than God, our arrogance gets in the way of our well-being.

One of our core strategic goals at Asbury is to be a center for health and wellness. What we do with our bodies is fundamental to our health. Prescriptions that doctors write for patients are frequently as a result of not taking proper care of their body. And a big part, perhaps the most critical part of a prescription that is critical for life, is our spiritual development.

Health and wellness are not possible without a spiritual life. So we gather each Sunday for worship. Worship is critical for our health and well-being. Our third strategic goal for Asbury is to be a center of connections. Like our spiritual lives, our relationships matter.

To learn even more about humility and how it affects your health and well-being, be sure to join us on Sunday. If you are interested in learning more about humility there are lots of articles in addition to those cited here.

Page 10

Asbury Farm to Table



While turning blight into beautiful and productive landscape is good on its own, transforming a food desert into abundance is life giving. But Asbury wants to make sure that produce is available on the tables of our residents. Our culinary arts and nutritional education programs offer residents the know how just as our farms offers nature's bounty. In addition, the Asbury Café is a culinary experience accessible to our neighbors and anyone with an appetite. Our "pay what you can" approach means that no one is turned away. Those who can help either on the farm or in the café are offered special MyFlintStones tokens that can be used either in the Asbury Café or in exchange for produce to prepare at home.

We proudly accept MyFlintStones



**The Asbury Café is open
Fridays 12Noon to 2pm &
Sundays 10am to 12 Noon**



ASBURY CAFÉ MENU

Open Fridays 10am to 2pm

Pay what you can

DELI SUBS

Lettuce, onions, tomato plus
choice of ham, turkey or beef

STIR FRY

Local grown garden vegetables
sautéed with love and herbs

GARDEN SALAD

Local grown greens &
vegetables. Ham, turkey or beef
upon request

WRAPS

Lettuce, onions, tomato plus
choice of ham, turkey or beef

MUFFINS

Chef Kevin's special recipe with
fruit, love and other delights
baked in.

SMOOTHIE

Assorted flavors of the day

COFFEE

Regular or decaf

Like us on Facebook~ under "Asbury Farms"



Life Group Questions & Notes

So he rose from the table, took off his outer garment, and tied a towel around his waist. Then he poured some water into a washbasin and began to wash the disciples' feet and dry them with the towel around his waist.

John 13:4-5 (GNT)

NOTES FROM WORSHIP

QUESTIONS FOR LIFE GROUPS

1. Read John 13:4-17. Is this a familiar story to you? What are some observations that you noticed about this story? Does anything about this story surprise you? Why or why not? What do you take away from this story?
2. Read this week's article titled *Humbled*. Have you ever felt humiliated? Do you see a difference between humility and being humiliated? In what ways is humility prevention to being humiliated?
3. How can the members of your group help you this week and on-going to help you to be more receptive to hearing and understanding the Word of God?



From overeating to lying, our will power is weaker than the temptations around us. It's no wonder, so many of us hate mirrors.

The answer is faith. Jesus was human like us. God wants us to know that it is not about what we see in the mirror that matters. While mirrors tell us when our hair is the length we prefer, mirrors reflect only the surface. It is not what we see in the mirror that matters. So what does matter?

Paul writes in chapter 8 of Romans that by faith, the Holy Spirit helps us with the problems that we face every day. The Holy Spirit also helps us with prayer. Most of us realize that we don't even know what we should pray for or how to pray. But that's ok. The Holy Spirit prays for us.

And God already knows. God not only understands but is working behind the scenes to make sure that everything that happens to us works together for our good and according to a divine plan. Faith is about trusting that God has our back. Even when we are surrounded by difficulty. Also, when we cannot do what we shouldn't do and do what we should do.

So mirrors aside, Paul ends this chapter of his letter, telling us that there is nothing that will ever be able to separate us from the love of God. And Paul makes his case for this fact by reminding us that God lived among us and died so that we could

have life now and forever. God demonstrated an unfailing love that is beyond our capacity to grasp.

It is not who you see in the mirror. Life is about who you choose to mirror. And we can reflect the love of God only by the power that God gives us through the Holy Spirit.

Last week I asked you to commit to two things over the next few weeks. First, find a way to fast. Give up something that you will miss. And, commit to praying when you see yourself missing whatever you gave up.

Don't lean on your own power to do this, however. If you do, you will fail every time. Instead, lean on your faith in Jesus Christ, and the power of the Holy Spirit will empower you. Over the weeks to come we will all learn more about the Daniel Plan, and how we can use the resources provided to help us all to live healthier and more satisfying lives.

Nothing will ever be able to separate us from the love of God demonstrated by our Lord Jesus Christ when he died for us.

Romans 8:39b

We worship each Sunday at 10:30 am. I believe that God is calling you to join us. Come and participate in worship, not as a spectator, but as someone who belongs to God. I lead a short Bible study in the Asbury Café at 9:30 am. You can find more information about us on our web site at FlintAsbury.org. Pastor Tommy

"The Real me"

I stood at a mirror staring
To find the man inside
Although I stood for hours
The real me wanted to hide.

I sat in my chair and prayed
To ask God about this man
Who occupied this body
To ask Him who I am.

"You are a servant", said the Lord

"I made you to do just that
A servant's heart I gave you"
God said this while I sat.

I could have prayed much longer

To hear what else to do
But it really was so simple
His words for me and you.

To be what God had made us
Means we simply have to give
All that he has given us
For this is why we live.

By Pastor Tommy

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.

Humbled (Humility and your Health) ...cont. from page 6

But the most important decision of all is the one that leads you to look to Jesus Christ for who God created you to be. Remember, while we look into the mirror to see ourselves, it is not what we see in the mirror that really matters. It is the One who we try to mirror that makes all the difference.

We worship each Sunday at 10:30 am. I believe that God is calling you to join us. Come and participate in worship, not as a spectator, but as someone who belongs to God. I lead a short Bible study in the Asbury Café at 9:30 am. You can find more information about us on our website at FlintAsbury.org.

Humble people are less aggressive and less judgmental towards members of other religious groups, particularly after being challenged about their religious view.

Pastor Tommy

Be Humble, and Proudly, Psychologists Say. Benedict Carey. NY Times. Oct. 21, 2019.

The Quiet Power of Humility. Peter Wehner. NY Times. April 15, 2017.