

ASBURY CIRCUIT RIDER

God Power (Speaking of miracles)

There is a story in the Bible that grabs my attention and stimulates my imagination every time I come across it. You can find it in the Book of Daniel. We named our current worship series after the prophet that headlines in this book. We call it the *Daniel Plan*. This dramatic, short story involves incredible faith that is demonstrated by three young men with weird names. But before I get to this story, it is important to frame it within the context of our series.

How many of you, if you had a bad meal,

would give up eating altogether?



I don't mean avoiding a particular restaurant because you got sick the last time you ate there. Nor do I mean avoiding dark chocolate because you found it to be too bitter. I'm talking about a meal where the meat was overdone, and the potato was undercooked. A meal where you finished eating

because you were hungry, but afterward, you wished you had just walked away. The way I feel whenever I decide to eat fast food.

But you and I continue to eat, don't we? We don't give up on food just because we had a bad meal. We don't stop drinking water because we discovered that our public water contained lead. We go to a different restaurant, we order a different dish, we fix a different meal, we get in line on Tuesdays at the Asbury Help Center and get bottled water.

Page 2

Volume 20 Issue 26

January 26, 2020

Special points of interest:

*** Worship Design will be meeting on the 27th at 6pm in the Asbury Library.

*** PLEASE GET YOUR REPORTS IN TO ME FOR END OF THE YEAR REPORT. DEADLINE WAS THE 22ND...

Friends (Others will know)

Most of you know that until a couple of years ago, I was a runner. Shortly after I moved to Flint, I joined up with a group of people that call themselves the *Flint Area Year Round Running/Walking Groups*. You can google them. You can join their Facebook Group. You can join one of their groups. You can

create your own group and stay connected with other groups with similar goals.



Our group met every Tuesday and Thursday at 6 pm at the "clock" that is in front of the UM Flint Student Center. In fact, there is a plaque mounted on the clock dedicated to the numerous groups that meet there.

Page 2

Inside this issue:

God Power	1
Friends (Others will know)	1
In Our Prayers/Coming up this Week	3
Asbury Worship Series— Daniel Plan	4
Pastor's Book Club	4
Leadership in Worship & Service	4
Asbury Worship Series	5
God Power	6
The Daniel Plan	7
Small Group Questions & Notes	8
Friends (Other will know)	9
God Power	10

Friends (Others will know) ...cont. from page 1

As I got to know people around Flint, both through my CRIM group, I would sign up for races that others in the group planned to run, and, as a group, we would train together. Our group grew closer with each training day. I made some life-long friends that even though I had to give up running for a while, we continue to make time for one another.

Single people often think that finding a partner solves the problem of loneliness. But it does not work that way. Loneliness dissipates within a community. While there is more to loneliness than being around people, living with one person does not fulfill all of our need to be loved by others. We need a community. We need to be loved by persons — plural. We can be fulfilled and single, and we can be lonely and married. The secret sauce is the community.

There was a popular comedy series called *Friends*. The series featured a group of six friends who spent lots of time together. The show quickly increased its base of fans, airing for ten seasons, and reaching number one in its eighth year. The series ended in 2004.

The favorite hangout for the six friends was a coffee house called Central Perk. Two of the characters, Rachael and Monica, shared an apartment situated above the coffee shop. Living in New York City, where anyone could feel lost, this group of friends formed a core social group where each one was loved and cared for by the other five. The show's popularity comes out of a yearning that we all have to be loved, particularly when we are going through stuff.

It can be argued that none of us can ever fulfill our purpose without involving other people. Without debating the possibility that God set aside some people for solitude and we all know people that we would rather be one of those set aside for such a purpose, I want to focus on the rest of us. The person living in isolation still leaves a footprint. And so do we.

Page 9

God Power (Speaking of Miracles)....cont. from page 1

Stay with me now. There is more framework to build.

What is your dream for your life? What would you attempt if you knew you couldn't fail? Why aren't you pursuing this dream? Don't you trust that God will give you the power to realize your dream?

What if I told you that God would give you everything you need to fulfill your dream? Would

you be willing to surrender your dream to God and allow God to break down the barriers, provide the resources, and give you what you need to achieve your dream?

Sadly, most of us fall way short of the life that God has in mind for us simply because we are afraid of failing? We are fearful of being humiliated, and of being disappointed. I think that most of us give up because we presume that we are doing whatever we are afraid of doing

on our own. What about you? What is your dream?

Page 6





In our Prayers

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

FRIENDS AND LOVED ONES WHO ARE
HOMEBOUND OR IN NURSING CARE

Mary Nations	Mary Russell
Elaine Lamoreaux	

**LAY SERVANT MINISTRIES
EAST WINDS DISTRICT
LEADERSHIP TRAINING
MARCH 2020**

This year the East Wind Lay Servant courses will be held at Asbury UMC on Friday, March 6th from 4:30pm-9:00pm and Saturday, March 7th at 9:00am-5:00pm.

Information, along with a list of the courses are on the bulletin board in the Café area, next to the church mailboxes. If you need more copies, just leave me a note in my mailbox and I will get you copies. If you need more information, you may also call Michele Weston at 810-624-1184.

Connie

Coming up this week

Jan 27	Mon	5:00pm	Youth Choir
		6:00pm	Worship Design
		7:00pm	Flint Jubilee
Jan 28	Tues	10am-2pm	Water Distribution
		6:00pm	Community Gospel Choir
Jan 29	Wed	12Noon	Pastor Book Club
		6:00pm	Beginners Bible Study
		6-8:00pm	Rec Nite
Jan 30	Thu	6:00pm	Worship Band Practice
Jan 31	Fri	11am-2pm	Asbury Cafe Open
Feb 1	Sat	10am-12N	Japanese Jiu Jitsi
Feb 2	Sun	8am-10am	Japanese Jiu Jitsi
		9:30am	Café Open
		10:30am	New Beginnings
			Contemporary Worship

Asbury Worship Series Daniel Plan (January 2020)

If you haven't already signed up to participate in the Daniel Plan then just do it. Walk by faith. The Daniel Plan is not a diet plan, it is a spiritual journey. There is a

lot of information and a lot of changes to be made regarding food, but we begin with faith.



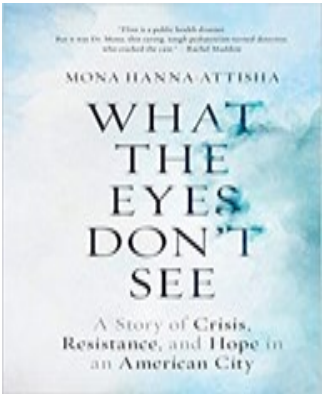
We begin by acknowledging that lifestyle changes don't happen by our own will power.

Here is the game plan, message-wise for our Sunday worship:

Page 5

Book Club News

We will be finishing a book written by a local hero in January. However, each week we will have a "Daniel moment" that focuses some attention on the Daniel Plan. We will watch a short video lesson each week on important information about the Daniel Plan that will help us with our journey.



Our current book was written by Dr. Mona Hanna-Attisha. Dr. Mona is the courageous, children's doctor who

risked her reputation and her career to bring to light that our public water was poisoning us. Being a whistleblower in the midst of desperate people willing to destroy anyone who disagrees with them requires courage, and other people willing to stand with you. This is Dr. Mona.

What the Eyes Don't See is a story about all of us. It is a personal story. We know the names in the book, or at least most of them. We know a lot that is not in her book. And we can feel the anger, helplessness, disgust, and regrets, that Dr. Mona shares in her testimony. More important, we have an opportunity to learn from the past, and to work together for a stronger Flint. But what does this look like to you?

Dr. Mona's book will challenge you to get involved, just as we challenge each other. And as we reflect on the events that rocked our community, you can anticipate new ideas and discussions that could shape how you view our circumstances. And what you may feel called to do about it.

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. There are a couple of books available. You can contact our office with questions, by phone or simply type your question on our website's homepage — FlintAsbury.org. Please consider making a donation to cover the cost of books.

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.

Leadership in Worship & Service

Welcome Team	Tony, Mirium
Ushers	Anthony, Jim
Production Team	Jonathon, Terrance
Children	Patrice & Mirium
Worship Leaders	Cyndi
Café	Christine & Norma

Jim Craig	Leadership Chair
Kevin Croom	Dir. Operations
Blair Neifert	Farm Manager
Matt Dee	Farm Operations
Israel Unger	Function to Funding
Kim Sims	Connections

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 McDaniel	Pastor
Connie Portillo	Office Secretary
Sylvia Pittman	Empowerment Arts

Pastor Tommy

Asbury Worship Series—Daniel Plan (January 2020) ...Cont. from page 4



True Worship—January 5, 2020

Romans 12:1-2

Holy Goals—January 12, 2020

Jeremiah 29:11

Friends—January 19, 2020

John 13:35

God Power—January 26, 2020

Ephesians 3:20

Complicated—February 2, 2020

Psalms 139-14

The Daniel Plan

Faith, Friends, Fitness, Food and Focus

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

Pastor Tommy

Make a New Year's Resolution for 2020 to commit to The Daniel Plan.



God Power (Speaking of Miracles) ... cont. from page 2

Pastor Rick Warren of Saddleback Church said in a message at his church that for him, hell would be if God were to show him what he could have accomplished with his life if he had just believed God a little bit more. When your life is over on this earth, what will be your regrets? Will you regret not taking a chance and pursuing your dream?

Perhaps you went after your dream and fell short. Did you try again, or are you still licking your wounds? If you tried more than once and failed more than once, you have my admiration for your tenacity. And perhaps your dream wasn't what God had in mind for you. More likely, if you are like the rest of us, God was, at best, a minor actor in your pursuit.

For me, hell would be if God were to show me what I could have accomplished with my life if I had just believed God a little bit more.

In Daniel, chapter 3, we read that Nebuchadnezzar, King of Babylon, ordered his builders to erect a gigantic gold statue. The statue was a stand-in for a god that the King and the people around him mistakenly thought had great power. Apparently, this God wanted

people to build statues and bow down to them. The king gave orders for all his officials to come together for the dedication of the statue. Once the officials gathered, a herald announced in a loud voice, "People of all nations, races, as soon as the music starts, you are to bow down and worship the gold statue. Anyone who does not bow down and worship will immediately be thrown into a blazing furnace."

Wow! What would you do? The smart thing to do is to do as the king says. Right? Why become an inside member of a BBQ when you can disappear into the crowds. After all, you can always cross your fingers or toes. Just don't let someone see you who may turn you into the authorities.

If you remember the historical context for this story, you may recall that the people of Judah were relocated after the war with Babylon. And you may recall that the people of Judah were the descendants of Abraham and his descendants. They worshiped the One True God that we worship today. A God who demands to be first in our lives and doesn't get into statue worship.

The cops arrested three young men by the name of Shadrach, Meshach, and Abednego, and took them to stand before the King. The charge was failing to worship the statue after the music began.

The king was furious. Whatever anger management training Nebuchadnezzar had on his resume went right out the window. What set him off was that these young men stood up to him, explaining that their allegiance was to the real God and not to some human-made statue. Yikes!

Him who by means of His power working in us is able to do so much more than we can ever ask for, or even think of...

Ephesians 3:20

The king ordered the engineers to dial up the thermostat on the furnace to the max. It was so hot that just getting near it would be too much. The guards throw the guys in fully dressed—shirts, robes, caps, and all. It was so hot that the flames burned up the guards who took the men to the furnace.

THE DANIEL PLAN

GOD'S PRESCRIPTION FOR YOUR HEALTH

STILL HAVE TIME TO SIGN UP TODAY... Why the Daniel Plan is so important ...

I have never met Pastor Steve Willis. But there is something that he said that is haunting me. And I hope that it will haunt you too. Pastor Steve's call to action is powerful, timely, and the shoe surely fits our community. We were poisoned by our public water system. But we can recover. Our children can recover. But the problem, at this point, is not someone else's problem. It is our problem. We have the solution and Pastor Steve's challenge is a call to step up and do something about our health.

The fight for good nutrition was never more real to me than when I watched my kindergarten-aged son struggle with adapting to his physician-prescribed, mind-altering drugs. Lucas had been having discipline problems in school, would frequently struggle with the ability to focus on tasks at hand, and found himself well below grade level in many academic areas...This is more than a health issue; it is a social justice issue. Millions of our children are not reaching their God-given potential because we, as adults, won't take the steps necessary to get them the nutrition they need. For the church, this problem has to be seen as a moral issue. For the sake of our children and our nation's future, we have to do better.¹

I agree. We have to do better. Teachers, healthcare professionals, counselors, clergy, and others are anticipating the first part of Pastor Steve's story to be a common story. Children with higher concentrations of lead in their bodies are prone to exhibiting behaviors that are not conducive to learning, including lower cognition. The only known solution is available to us. But not in a drive-through or at a liquor store.

But how is a community that sits in the middle of one of the least healthy counties in Michigan going to be able to regroup and move forward with the necessary changes to help ourselves and our children?

First, we are going to admit that we are incapable. We are going to stop making excuses for ourselves. We are going to quit pointing to some other power, whether it is the force, the ineffective excuse, "I'm spiritual, but I don't go to church" and the hundreds of other absurd claims that I hear every year as to why I don't see people on Sunday mornings. We are going to repent — that is, we are going to change. Our lives matter. Our children's lives matter.

The Daniel Plan
Faith, Friends, Fitness, Food and Focus

I found myself making a declaration this past week that I have declared before. I wrote and said that responding to God's will for our lives is a human right. And as a human right, we need to treat this right in the same way that we protect other human rights. But it is very difficult to respond to God's purpose for us when our health is less than it needs to be. The Daniel Plan is not the solution on its own, but it is a roadmap that points to and can help us pursue the solution. But the solution begins with God. Without God's power any plan is a non-starter.

By the way, Pastor Steve's son, Lucas, soon was off the drugs and today he is an A student. This story is not a one-of-a-kind, never to be repeated miracle. It is the sort of miracle that God offers every one of us. It is the miracle of making better choices. It is the miracle of taking care of ourselves and each other.

We will begin on Sunday, December 29, by writing down a resolution for 2020. For most of us, our resolution will begin in the same way. "In 2020 I will make my health and well-being a priority by participating in the Daniel Plan." And then we will write down a goal for each of the five areas: faith, food, friends, fitness, and focus. During the first five weeks of 2020, we will learn about each of the pillars of success, possibly modify our goals, and meet regularly with others who have made this same New Year's Resolution.

Make a New Year's Resolution for 2020 to commit to The Daniel Plan.

Join us each Sunday and invite your friends and neighbors. I lead a short Bible study in the Asbury Café at 9:30 am. *Dusty 2.0*, the musical, will be performed on Christmas Eve at 6 pm. We are praying for a big turnout, and that most of our visitors will return to participate in the Daniel Plan.

Pastor Tommy

¹ Warren, Rick. *The Daniel Plan*. Grand Rapids: Zondervan;

Life Group Questions & Notes

Him who by means of His power working in us is able to do so much more than we can ever ask for, or even think of...

Ephesians 3:20 (GNT)

NOTES FROM WORSHIP

QUESTIONS FOR LIFE GROUPS

1. Read the article in this week's Circuit Rider, *God power*. Do you have any unfulfilled dreams? Share one of your dreams with others. What are some of the reasons that you have not gone after your dream? What are your feelings about what God thinks about your dream?
2. Read Ephesians 3:20. What does this scripture saying to you? How does the truth of Paul's statement affect how you feel about your dreams? Is it possible that you are not dreaming big enough? Do you believe that God could remove any obstacles that stand in the way of your dream, becoming reality? How might God's power make a difference in whether you pursue your dream?
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?

Sometimes, we confuse friends with persons who might help us fulfill physical needs. While someone who takes an interest in our need to find a place to live, or a hot meal, is undoubtedly showing concern for our well-being, this is not yet friendship. Serving our physical needs is a transaction until we learn more about each other. Friendship takes time because it takes building trust, and friendships are not based on the exchange of material things. Friendship is a journey whereby we never quite arrive at a particular destination because it is traveling together that matters.

This may be why the idea of a journey along with walking is so prominent in the Bible. And why we often talk about our spiritual journey as our "walk." Our lives are like taking a trip from the womb to the tomb. What we experience along with the world as a result of our being affects us and the world. God designed the world in this way. None of us are truly independent of the world, whether we live off the grid or are connected via wires.

There is a story in the Gospel of John, about a time when Jesus gathered with friends.

These are friends who traveled with Him for a couple of years or so. They were together for supper. Jesus knew what was coming, and although He had told His friends what was going to happen, He knew that they needed more. Jesus knew that after He left His life on earth, after His death, these friends needed each other more than ever.

Those of us who claim to follow in the footsteps of Jesus, another journey metaphor, hope that our thoughts and actions are like the thoughts and actions that Jesus had under similar circumstances. We hope that others will see a little touch of Jesus in us. Enough that they will be curious and want to know more.

If you have love for one another, then everyone will know that you are my disciples.
John 13:35

Jesus leaves us with this picture of a great way to start. "If you have love for one another, then everyone will know." It's that simple, friends. When we love one another, we are walking through life with an idea of the mindset of Jesus. And people will notice.

Following Jesus involves people. Unlike the directions that come with the gadgets we buy that were written by lawyers, the instructions for following Jesus are clear. Directions don't come any clearer than this.

If you haven't yet signed up for the Daniel Plan, be sure to do so.¹ Each person living in our community who signs up receives your very own copy of *The Daniel Plan Journal*.² If you are not a part of the Asbury Community, we still invite you to participate with us, but we ask that you purchase a copy on your own. These journals can be purchased on Amazon or other vendors. You can also go to the DanielPlan.com store to buy this and other resources.

Following Jesus involves people

We worship each Sunday at 10:30 am. I hope to see you there. You can find more information about us on our website at FlintAsbury.org.

Pastor Tommy

¹ Warren, Rick, Dr. Daniel Amen, Dr. Mark Hyman. *The Daniel Plan*. Grand Rapids: Zondervan, 2013.

² Warren, Rick, and the Daniel Plan Team. *The Daniel Plan Journal - 40 Days to a Healthier Life*. Grand Rapids: Zondervan, 2013.

Welcome to the Asbury Community

1653 Davison Rd
Flint, MI 48506



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

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.

God Power (Speaking of Miracles) ...cont. from page 6

Suddenly Nebuchadnezzar leaped to his feet in amazement. He asked his officials, "Didn't we tie up three men and throw them into the blazing furnace?" They answered, "Yes, we did, Your Majesty." "Then why do I see four men walking around in the fire?" he asked. "They are not tied up, and they show no sign of being hurt. And the fourth one looks like an angel."

The story ends well for the three men. But you can read the details for yourself. I retold this story in my words, shortening it quite a bit. What happened? Let's talk about the ending and what it means during worship on Sunday.

If you haven't yet signed up for the Daniel Plan, be sure to do so.¹ Each person living in our community who signs up receives your very own copy of *The Daniel Plan Journal*.² If you are not a part of the Asbury Community, we still invite you to participate with us, but we ask that you purchase a copy on your own. These journals can be purchased on Amazon or other vendors. You can also go to the DanielPlan.com store to buy this and other resources.

We worship each Sunday at 10:30 am. I hope to see you there. You can find more information about us on our website at FlintAsbury.org.

Pastor Tommy

¹ Warren, Rick, Dr. Daniel Amen, Dr. Mark Hyman. *The Daniel Plan*. Grand Rapids: Zondervan, 2013.

² Warren, Rick, and the Daniel Plan Team. *The Daniel Plan Journal - 40 Days to a Healthier Life*. Grand Rapids: Zondervan, 2013.