

ASBURY CIRCUIT RIDER

Legends in Black History

Our African American History Heroes for this week were both pioneers in the medical field. Dr. Daniel Williams, born January 18th, 1856, and Dr. Charles Drew, born June 3rd, 1904. Dr. Williams was a general surgeon and Dr. Drew was a hematologist surgeon

In 1893 Dr. Daniel Williams became the first documented man of color to successfully perform a heart surgery to repair a knife wound. James Cornish was stabbed directly through the left fifth costal cartilage, Dr. Williams did the surgery without the benefit of antibiotics or blood transfusion. Cornish fully recovered from the

wounds and lived another 20 years! Dr. Williams founded Providence Hospital in Chicago. The first hospital in the U.S to accept patients of all races. Dr. Williams died in Idlewild, Michigan.



Dr. Daniel Williams

Dr. Charles Drew began studying blood as a student at McGill University in Montreal, Canada during the late 1920's and early 1930's. While an intern at

Presbyterian Hospital and pursuing a doctorate at Columbia University, Dr. Drew discovered that unlike whole blood which begins to deteriorate after a few days in storage. Blood plasma the liquid portion of the blood without cells could be preserved for long periods of time and substituted for whole blood in transfusions.



Dr. Charles Drew

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Volume 20 Issue 16

February 16, 2020

Special points of interest:

*** Leadership Team will meet on Monday, February 17th at 6pm in the Asbury Library.

How to have more patience (The Way)

We preachers frequently talk about the good news of the Gospel. And there are loads of newsworthy items to choose from in scripture as evidence. Some examples are immediate and physical, like restoring eyesight. Other good news items are relational, like the fact that God chose to live as a human as the greatest show of love imaginable. Some examples of good news are in

the present, while we wait for the good news of the resurrection.

Sometimes we give credit to the person's involved when



good things happen to us. Like when the doctor tells us that we are cancer-free, or our power gets turned back on after receiving help with our Consumer's bill. It can be challenging to see the connection to the good news of the Gospel. On our better days, we thank the person who helped us, realizing that they were God's stand-in. After all, the complexity of the

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How to have more patience (The Way) ...cont from page 1

connections that made our good news possible is beyond comprehension.

Brian Resnick writes, "Here's some good news: Your fate cannot be determined solely by a test of your ability at age 5 to resist the temptation of one marshmallow for 15 minutes to get two marshmallows."¹ So, how is this good news?

There is a rather famous experiment known as the "Marshmallow Test," which timed how long it would take five-year-old children to pop a marshmallow in their mouth. There was a catch. The young participants are told that if they can wait just 15 minutes, they get two marshmallows.

In life, we are faced with marshmallow tests all the time. Are we willing to wait for a promise of something better? The big word phrase for the decision to take the one marshmallow, rather than wait for two, is called "instant gratification." The Marshmallow Test did not bother to ask the five-year-olds whether they grabbed

the marshmallow because they didn't trust the adult making the offer.

Regardless, a lot of us raised our children worrying that because Junior grabs the first cookie he can get his hands on, our hopes for his success are muffled. If Junior only waits a few minutes, he can have frosting on his cookie. But Junior ignores our offer, choosing instant gratification over cookies with frosting.

Does this mean that going to college is out of reach for our young prodigy? According to the marshmallow study, Junior's choice of immediate gratification over waiting even a couple of minutes for something better sets up a lifelong pattern. It is good news that this theory is now debunked. Hopefully, it's not too late for Junior.

But isn't patience a virtue? Doesn't the Bible tell us that we must be patient? Isn't immediate gratification a sign of impatience? The answer is yes.

One day, Jesus was telling stories that He used as illustrations to help us to better understand how to live joyful and fulfilling lives. In one story, Jesus uses an example of a not-so-nice neighbor.

There was a farmer who, apparently, made a neighbor angry, or perhaps jealous. The neighbor decided to get back at the farmer by pulling a prank. It was a prank that was particularly harmful. The neighbor snuck into the farmer's newly planted field and scattered weed seeds.



Anyone that gardens, where there was once overgrown weeds, know what this is like. Turn your back on your garden for a few days, and it looks like someone snuck in and planted weeds everywhere. Now, what do you do?

Legends in Black History....cont. from page 1

In the late 1930's Dr. Drew set up an experimental blood bank at Presbyterian Hospital and wrote a thesis titled "Banked Blood: A Study in Blood Preservation", which earned him a Doctor of Science in Medicine from Columbia in 1940.

In 1939 World War II broke out in Europe and by 1940 the British were in desperate need of blood in order to save the lives of wounded soldiers and turned to the United States for help. The Blood Transfu-

sion Association chose Dr. Drew as the medical supervisor of the Blood for Britain program.

In 1941 the American Red Cross asked Dr. Drew to establish a national blood bank program in the US. During that same year racism reared its ugly head, prompting the US War Department to declare that it was inadvisable to collect and mix Caucasian and Negro blood indiscriminately, for later administration to members of the military forces.

Dr. Drew protested the "segregation" of blood and resigned his position as director of the Red Cross Blood Bank program. Not until 1949 did the U.S military stop the segregation of banked blood.

Dr. Charles Drew died in an automobile accident in 1950.

Sylvia Pittman



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	

NOTE: THE DATES HAVE CHANGED

**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, May 1st from 4:30pm-9:00pm and Saturday, May 2nd 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



Feb 17	Mon	5:00pm	Youth Choir
		6:00pm	Leadership Team
		7:00pm	Flint Jubilee
Feb 18	Tues	10am-2pm	Water Distribution
		6:00pm	Community Gospel Choir
Feb 19	Wed	12Noon	Pastor Book Club
		6:00pm	Beginners Bible Study
		6-8:00pm	Rec Nite
Feb 20	Thu	6:00pm	Worship Band Practice
Feb 21	Fri	11am-2pm	Asbury Cafe Open
Feb 22	Sat	10am-12N	Japanese Jiu Jitsi
Feb 23	Sun	8am-10am	Japanese Jiu Jitsi
		9:30am	Café Open
		10:30am	New Beginnings
			Contemporary Worship



**** Please continue to keep Elaine Lamoreaux in your prayers as she suffered a heart attack last week. I spoke with Elaine on Monday and she indicated she is off the breathing machine. They are doing a procedure today, 2/10, she did not know what the procedure is called but she knows they are taking out her pacemaker out and perhaps putting in another one. She's doing physical therapy and overall she says hello to everyone and hopes to be in church service again soon!**

Connie

Asbury Worship Series The Way (Coming February 10)

The Way is our next worship series. The main theme is about the gentle way of the Prince of Peace. This mini-series is a collaborative effort with Court Street Church. It is an opportunity to bring our two

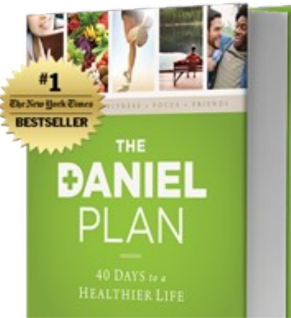
communities closer together in spirit.
Of all the difficult teachings of Jesus, perhaps the most difficult to understand and to live out is this: "You have heard that it was said, 'You shall hate your enemy.' But I say to you, Love your enemies." In a world of grudges, violence, and revenge, Jesus teaches us a more creative, more

patient, more peaceful way that few are courageous enough to attempt. In this series we will



Book Club News

Want to know more about the *Daniel Plan*? Join us each Wednesday at Noon, downstairs in the large meeting room adjacent to the Asbury Event Center. For the next few weeks we are reading and discussing *The Daniel Plan: 40 Days to a Healthier Life*.



Written by a pastor and two medical doctors, this book can be a game changer for anyone willing to try their prov-

en plan for better health. The *Daniel Plan* makes the bold claim to be "God's prescription for your health." Why? Because without God's help

there is no plan. At least there is no plan that works.

The *Daniel Plan* is based on five building blocks: faith, friends, food, fitness, and focus. Each building block is crucial to success. We can imagine these pillars with faith in the center, connecting the other four building blocks.

The *Daniel Plan* is not a diet. Rather, it is a proven approach to achieving a healthy lifestyle. Unlike the thousands of other books on the market, this book is not about a new diet, guilt-driven gym sessions, or shame-driven fasts.

We believe that this book, written by Pastor Rick Warren and fitness and medical experts Dr. Daniel Amen and Dr. Mark Hyman, offers a proven guide to making

healthy choices. Most important, the concepts in this book will encourage you to deepen your relationship with God and develop a community of supportive friends who will encourage you to make smart food and fitness choices each and every day.

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 still books available. While we appreciate donations to help with the cost of purchasing books, your participation is what matters the most. Please accept a copy of this book as a gift.

You can contact our office with questions, by phone or simply type your question on our website's homepage — FlintAsbury.org.

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 McDoniel: Pastor
 - Connie Portillo: Office Secretary
 - Sylvia Pittman: Empowerment Arts

Pastor Tommy

The Way (Coming February 10) ...*Cont. from page 4*

The concept of non-violent protest was center stage during the life of the Rev. Dr. Martin Luther King, Jr. The time was over due for the world to take notice of the racial inequities prevalent in our country. Unfortunately, the past history of non-violence seldom keeps violence silent. Rev King's life ended as a result of violent hatred, brought on out of ignorance, fear, and brokenness.

Yet, giants like Rev King change the world in much more permanent ways than people using power and violence. The world fondly remembers those who seek peace. I hope that you will join us either here at Asbury or at Court Street Church for this three week, mini-series.

Ash Wednesday comes up during the last week of our celebration of Black History month. Ash Wednesday is the first day of a long-time tradition that we call the Season of Lent. It is a time of both renewal brought on by introspection. This

You have heard that it was said, "You shall hate your enemy."
But I say to you, love your enemies. Matthew 5:44

year, we plan to offer a second chance for any who missed signing up for the Daniel Plan, for whatever reasons. In my case, I want a second chance at allowing God to help me do a better job of implementing the ideas

in the Daniel Plan in my own life .

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

The way of gentleness - February 9, 2020

Matthew 5:38-48

Jesus tells the crowds about a different way of responding to the world when the world comes after you. It is the way of gentleness. Rather than revenge, the way of gentleness responds with kindness. We know this happens, but when it does it makes the world news. What if this was the way for all who claim to follow Christ?

The way of patience - February 16, 2020

Matthew 13:24-30

Patience is a virtue. Right? Jesus tells this story about a farmer whose field was compromised by an enemy. His team was anxious to respond immediately. But the way of Jesus requires patience. What does patience look like when our sense of urgency has our blood pressure off the scale?

The way of faith - February 23, 2020

Matthew 27:15-23

Jesus is arrested. But there is still a chance to save Him. What will I do? What would You do? It's clear that the momentum of the crowds is against Him. Going against popular opinion is risky. And what can one person do any way? Yet, Jesus was arrested because He dared to speak truth to power. This is the Way of Jesus. Are you ready? Join us each Sunday and invite your friends and neighbors.

Fat Tuesday Celebration - February 25, 2020

Sometimes we just have to be bad to remind us that being bad is not worth it. Join us for a *paczki* and music at 6 pm in the Asbury Event Center in the lower level. While your here be sure to sign up for Daniel Plan 2.0 and take home a personal journal to help guide you through the Season of Lent.

Ash Wednesday - February 26, 2020

Treat your *paczki* hang-over with a meditative service to kick-off your participation in Daniel Plan 2.0. At 6 pm we plan a short worship service that includes the mark of ashes on our forehead as a sign of our commitment to following Christ.

I pray that you will consider joining us each Sunday for worship and during the week as a volunteer. Email us at connect@FlintAsbury.org to learn about volunteer opportunities. I lead a short Bible study each Sunday in the Asbury Café at 9:30 am. You can find more information about us on our web site at FlintAsbury.org.

Pastor Tommy

I googled “gentleness” and found an article on the seven habits of gentle people.¹ I wondered how this list compared to the seven habits of successful people. Are successful people gentle?

The author made a bold claim in his title. He claims that gentleness is a sign of strength. He begins his article with, “There is nothing that shows your strength better than your gentleness.” Is this right? Are strong people gentle? Are we talking about physical strength or some other measure of strength?



I love words that grab my attention. *Ginormous* is a combo word, made up of giant and enormous. The idea is that some things and some people are giants. They are giants of industry or giants in their field, or a few are just physically larger than the rest of us. Enormous can also connote a relative largeness like an enormous piece of pie or an enormous pumpkin.

One ginormous legend that reminds me of gentleness in the midst of violence is Ruby Bridges. Sylvia shares an article on Ruby elsewhere so I won't say much here. I listened to a TEDx talk by Ruby from 2014. My opinion was reconfirmed. Ruby is a ginormous legend.

Another gentle person of great strength is at Asbury nearly every

day. Kevin Croom looks like a very strong man. Playing Division One, College and Pro football can do this to a person. When conflict arises during our Help Center days, Kevin is most often the person who takes charge. I suspect that the perpetrator's first thought is, “I don't want to mess with this guy!” But Kevin quickly defuses the situation with a gentle response. Anyone who knows Kevin knows that gentleness is a sign of his strength.

No force is more powerful than God. Nothing stronger. When it comes to power, God is ginormous. Those of us who believe that the universe began with a big bang, and credit God with the power behind it all, recognize that the energy that was released when creation began was bigger than ginormous. It was even bigger than super-ginormous.

One day Jesus is speaking to a crowd of people. Years later, someone decides to call this teaching, the Sermon on the Mount. During His talk, Jesus touches on several important subjects, turning conventional wisdom on its head. One statement that is particularly relevant for our conversations this week is this: “You have heard that it was said, ‘You shall hate your enemy.’ But I say to you, Love your enemies” (Matthew 5:44).

Talk about gentleness requiring great strength. Jesus did not list any exceptions. His criteria appear to focus on persons that we are least likely to love. Some of the parents of white children threw tomatoes at Ruby. At six years old, it surely was hard for her to be an adult while the adults were acting like poorly behaved children.

How hard is it for Kevin to show love towards an angry and likely desperate person who wreaks havoc during an already high-pressure situation? I can only speak from observation. I credit Kevin's gentle strength of both

You have heard that it was said, “You shall hate your enemy.” But I say to you, Love your enemies.

Matthew 5:44

character and physical strength. I also credit the hundreds of Flint residents who patiently wait for their turn. And the numerous volunteers who show up week after week to help things go as smoothly as possible. Most of all, I credit Kevin's faith, as does Kevin.

When the Creator of the universe demonstrates gentleness, it is a compelling argument for gentleness as a way of life for the rest of us. Thank God for gentleness when I wreak havoc out of anger or desperation. I am grateful that instead of giving me what I deserve, God responds with a firm but gentle hand. Grace is the ultimate gentle response.

Over the next three weeks, our worship is featuring a mini-series titled *The Way*. My prayer is that by taking some time to remember a few key lessons from Jesus, we are better equipped for our journey using the Daniel Plan.

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

The Kingdom of heaven is like this...an enemy came and sowed weeds among the wheat...Do you want us to go and pull up the weeds? ...No...Let the wheat and the weeds both grow together until harvest...

Matthew 13:24-30 (GNT)

NOTES FROM WORSHIP

QUESTIONS FOR LIFE GROUPS

1. Read Matthew 13:24-30. What does this scripture saying to you? Now read the interpretation that Jesus offers in Matthew 13:36-42. Any surprises? Do you see yourself as a weed? Do you see someone else as a weed? What do you take away from this text?
2. Read the article in this week's Circuit Rider, *How to have more patience*. Could you use more patience? What are some of the stumbling blocks that cause you to lose patience? Is God being patient with you? Can you imagine the Holy Spirit helping you to be more patient?
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? Pray for each other to have the Holy Spirit bless you with more patience.

The farmhands asked the farmer whether they should spend a couple of days pulling out the weeds. But the farmer told them to let the weeds stay put. The farmer knew that in trying to pull up the weeds, a lot of the crop would be lost. "When harvest time comes," said the farmer, "We will harvest the good and the bad. The good will be preserved, and the bad will be tossed in the fire" (Matthew 13:24-30).

Later, in this same chapter of Matthew, a few of Jesus' friends asked Him to explain what He met by this story? Is this story really about when to weed our garden? (Matthew 13:36-42).

Jesus told the story to illustrate how the world works and how to respond with patience. Leave the weeds alone, and let God sort this mess out later, is how I interpret what Jesus tells us to do. This story fits well into last week's message to love even those who throw weed seeds in our garden.

I think that this is one of those stories where good news depends on your interpretation. If you feel like you are a flower among weeds, this may not sound like good news. Being patient may seem like

As you gather the weeds you might pull up some of the wheat along with them.
Matthew 13:29

too much to bear. What if you feel like a weed growing amid flowers? The good news is that God made you a flower, but you get treated more like a weed? So bloom where you're planted.

But how can I have more patience," you ask? Let's start here. We read in scripture that God shows incredible patience with us. Can this knowledge help you to respond to others with more patience? Even the weed seed tossing neighbor that

makes your life difficult? No?

More good news. God knows you better than you know yourself. And you know that you just don't have the patience regardless of whatever is behind a different door. God knows this about you too. In his letter to the church in Rome, Paul reminds us that throughout history, God shows patience, even with those who are the reason for God's anger (Romans 9:22).

The Gospel is full of good news friends. And God does not expect us to be patient on our own. Even when we believe that there is a cookie with frosting coming our way, patience is elusive when there is so much at stake. But what if the cookie with frosting is a metaphor? A metaphor for a career we want, or a home that seems out of reach? What if it is a metaphor for a better-behaved son or daughter? How patient can you be if the stakes are really high?

What if cookie with frosting is joy and peace? What if the cookie with frosting is a metaphor for knowing that you are never on your own? What if the cookie is an ability to be just patient enough that weeds simply don't register on your annoyance scale? What if the cookie with frosting is eternal life? How much more patient are you willing to be?

Be patient, reader, the best news is coming. In another letter to a church in Galatia, we read that the Holy Spirit, which is God's gift to every one of us, will give us patience (Galatians 5:22). All the patience that we need. More patience than we ever imagined possible.

Most "get healthy" programs fail because it is just too hard to resist the cookie in the first place. Bombarded with temptations to eat what isn't good for us, temptations to grab a marshmallow now rather than wait for something better requires patience that is beyond our reach.

This is why, here at Asbury, we are so hyped up on the Daniel Plan. At last, there is a path to better health that begins with the power of God's Holy Spirit. Left on our own, we fail. Powered by the Holy Spirit, we find the patience to take on the challenges that keep us from having the joy that God promises each of us.

In a couple of weeks, we begin our preparations for Easter. Yes, friends, Spring is right around the corner. I saw trays of newly germinated plants sitting on the back porch the other day. Blair and Matt set them out in the sun to begin the hardening process. Soon these trays of plants will be transplanted in one of our hoop houses.

On Tuesday, February 25, we are throwing a party. After all, it's Mardi Gras. Sometimes known as Fat Tuesday. We celebrate a tradition of turning our attention to God and seeking the presence of the Holy Spirit in our lives. Beginning the next day, we launch the Daniel Plan, version 2.0. The "new and improved" designation is a reference to the new and improved you.

If you haven't yet signed up for the Daniel Plan, be sure to do so.² Each person living in our community who signs up receives your very own copy of *The Daniel Plan Journal*.³ 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 from 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

At last, there is a path to better health that begins with the power of God's Holy Spirit.

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.

Ginormous (The Way of Gentleness) ...cont. from page 6

On February 26, we kickoff *Daniel Plan 2.0*. This next series is not just for those who haven't yet started using your journal. Winter is a good time for every one of us to recommit ourselves to living as Christ wants us to live. This series will take us right up to Easter when we celebrate our progress as we celebrate the ultimate gift of eternal life.

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¹ Andy Mort, "Gentleness is Strength: The 7 Habits of Highly Gentle People," Retrieved from: <https://www.andymort.com/gentleness-is-strength/>.

² Warren, Rick, Dr. Daniel Amen, Dr. Mark Hyman. *The Daniel Plan*. Grand Rapids: Zondervan, 2013.

³ Warren, Rick, and the Daniel Plan Team. *The Daniel Plan Journal - 40 Days to a Healthier Life*. Grand Rapids: Zondervan, 2013.