

ASBURY CIRCUIT RIDER

“Run and Tell That”—Part II

In first Corinthians 3,4,&12 Paul reminds us that we are all servants, some of us are called to leadership; but we all have gifts, talents, and abilities. In Jeremiah 29:11 Father God reminds us that He has plans for us and those plans are good, but when they are revealed we don't always agree with God that we are the appropriate messenger to

deliver the message or complete the assignment.

In fact I can only think of a few men and women in the Bible that actually agreed with God that His plans were not only good, but embraced them enthusiastically.

The question for each of us as children of an all powerful, all knowing, ever present God is

simply this. When God calls you, what will your answer or your excuse be? God has called each of us to trust and believe Him. God's words are true and His promises are sure. Many of us are like the man at the foot of the Mount of Transfiguration, Mark 9:17-24. We believe that God can

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Satisfied (No Strings Attached)

Many of us are desperate to find solutions to an on-going, nagging feeling that life may never be the way it once was. This feeling of uncertainty causes distress for all of us, and panic attacks for a lot of us. We all find a routine that offers a level of predictability in our lives. And the pandemic has changed everything.

In my search for suggestions that I can share with you

all, I usually start with articles written for most of us. Admittedly, the New York Times is my favorite source. Their professionalism is admirable. But I also click on the links included in their online articles that frequently take me to their sources. These sources validate the conclusions offered by the journalist.

In her article, *How to Cope When Everything is Changing*, Cindy Lamothe tried to answer

The question, “How do you make plans when its impossible to make plans?”

Her article began with the recognition that the ground is shifting so quickly that planning even a week ahead can seem futile.¹ One Trump rally can cause a sudden spike in new coronavirus cases for a city. New cases spiked for the

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You must wear a mask while in the area and to enter church office. If you don't have one, let us know we will provide one for you.

Thank you & Stay safe Everyone!



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Satisfied (No Strings Attached) ...cont from page 1

State of South Dakota a couple weeks after a parade of mask-less motorcycle riders cruised up and down the streets of Sturgis.

This leaves a trip to the grocery store a potential risk for everyone we meet for the two weeks following our adventure. Eating at a restaurant still raises my anxiety level enough that carry-out seems to be the only sensible choice. While the crew at Fox News tries to explain away why hundreds of thousands of our friends and neighbors died to keep stock prices high, most of our near-term plans go on hold for another year.

After reading Cindy Lamothe’s article, I did a deep dive into a concept called “Temporal Distancing.”² I couldn’t resist the use of a Time Machine metaphor by Dr. Nick Tasler. The time machine is one way to cope with the panic and disappointment that many of us are experiencing.

This happens when change interrupts our daily routines to the point that they require a complete overhaul. His solution to coping with our anxiety is to dial in ten years from now and ask yourself how you hope to tell the story of how you responded to this crisis. Sounds exciting. But what if our time machine is broken?

Nevertheless, many psychologists suggest that focusing on the future rather than the past helps us cope. Not the near-term future, however. One thing that both psychologists and scripture agree on is that fear all but disables our cognitive abilities. This may help explain why the president is doubling down on fear as his party’s primary strategy for the upcoming election. Perhaps if enough us quit thinking, we may reelect the leaders who failed to lead when this crisis started.

Another approach to coping is accepting that we really never knew what we thought we knew. This stretches our mental flexibility to the max. Margie Warrell argues in her book, *You’ve Got This*, that rehashing our losses only undermines our confidence. Rather than holding on to canceled plans, we look forward to new possibilities that would otherwise be missed.

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“Run and Tell That” - Part II

and will do the impossible, but we don’t believe He will do the impossible for us.

We are somehow excluded or disqualified by the sins or shortcomings of our past. So we hang our heads, and drag our toes in the dust of our unbelief. Discounting the truth of

God’s living word, our sins are forgiven. We are accepted in the beloved, I will never leave or forsake you! Moses was called, appointed, and anointed to lead the children of Israel out of Egyptian bondage.

Each one of God’s children is called out of something, and called to do, go, be, or

build somewhere else. Or to accomplish a work right where you happen to be at this very moment. Not looking at your inadequacies, but relying on God’s ability. He is able to save, heal, and deliver completely. Working in, on, and through you for His glory and our good!

Always Agape,
Sylvia Pittman





In Our Prayers

Lisa Bohnsack Mirium Watson

FRIENDS AND LOVED ONES WHO ARE HOMEBOUND OR IN NURSING CARE

Nancy Elston Elaine Lamoreaux
 Shirley Craig Norma Buzzard
 Mary Nations

★ The COVID-19 pandemic is serious and the numbers of new cases in Genesee County is rising again. If this continues we will suspend our in-person meetings again.


Masks are a requirement while not eating or drinking. If your health conditions prevent wearing a mask plan to stay away for now for your protection and the well-being of others.

We are meeting in person at 12Noon in the upstairs Library conference room. If our numbers increase enough to prevent adequate social distancing we will move downstairs. For now, you must bring your own lunch. We are not having a potluck lunch due to health concerns.

Pastor Tommy

Coming up this week

- Sept 28 Mon
- Sept 29 Tues 10am-2pm
 Water / Food Distribution
 10am-2pm Visit the Farmers Market
 (See page 7 for more info)
- Sept 30 Wed Pastor Book Club
 (in the Library Conference Room)
- Oct 1 Thu
- Oct 2 Fri
- Oct 3 Sat
- Oct 4 Sun 10:30am New Beginnings
 Contemporary Worship

Join worship online
 Sunday, September 27th -10:30am 

Facebook Live
 or Webinar

Join by Phone
 +1 929 436 2866

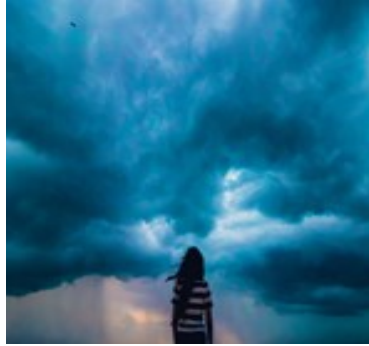
Meeting ID: 324 841 204

Join online
[HTTPS://ZOOM.US/J/324841204](https://zoom.us/j/324841204)

**Asbury Worship Series
Serenity
Coming October 4th**

During September, we focused on invitations for how to address our anxiety using suggestions from Psychologists, supported by illustrations from scripture. In October, we turn our attention to the ancient wisdom

offered in the Book of Proverbs and put into practice in a popular prayer.

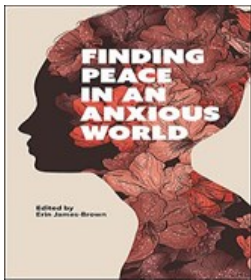


Our series is guided by a recent book that comes to us from the Urban Village Church in Chicago, published with the support of the United Methodist Women. The title of the book is, *Finding Peace in an Anxious World*.

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Book Club News

We finish our discussions of *Bridges Out of Poverty* this week. If you haven't



read this book you may want to consider reading it at some point. The authors compare and contrast the hidden rules and attitudes of three economic classes: poverty, middle-class, and wealthy. But the

focus is on understanding how persons facing economic poverty survive despite a lack of support systems.

Our next book is titled, *Finding Peace in an Anxious World*. Our study of this book coincides with our October worship series. This book was written by staff of the Urban Village Church in Chicago. It uses the book of Proverbs and

"The Serenity Prayer" as a guide to help us find our way through anxiety, worry, and fear and move towards God's peace. A peace that surpasses all understanding.

The Serenity Prayer" shaped a 2015 four-part sermon series at the Urban Village Church. The series helped the church deal with the tumultuous events of that summer. The book offers a framework for how to approach a God who desires peace for the hearts of God's people in times of anxiety.

Using "The Serenity Prayer" as a scaffold, this book explores ways for us to discover peace through scriptural and spiritual disciplines. The book has only four chapters, each written by a different Urban Village Church leader. Each chapter focuses on different aspects of the prayer—serenity, acceptance, courage, and wisdom—and each concludes with a spiritual practice.

We begin our discussions on September 30. Be sure to reserve a copy now. The cost is \$10 but don't let cost deter your participation. We will make sure each person gets a book that wants a copy.

A few of us meet in person each Wednesday in the upstairs library for lunch and conversation. Check with Pastor Tommy if you plan to attend in person so we can assure social distancing. We're also online for those who cannot meet in person, are not ready to meet in person, or who do not want to wear a face mask.

Unfortunately, the virus is still a threat and in-person gatherings quickly become super-spreaders if precautions are ignored. Bring your own lunch or coordinate with others to purchase carry-out. Potlucks are suspended for now.

I encourage you to join us either in person or online for our Wednesday gatherings. You can call in by phone, be heard, and hear what others are saying by calling (929) 436-2866, and entering the meeting ID, 482458815#.

We are a diverse group and we are delighted when new persons join us. I hope that you will join in on our discussion.

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

Pastor Tommy

Leadership in Worship & Service

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

Kevin Croom	Dir. Operations
Blair Neifert	Farm Manager
Matt Dee	Farm Operations
Israel Unger	Function to Funding
Kim Sims	Connections
Karl Collyer	Production
Katelin Maylum	Production

Asbury Staff

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

Serenity (Coming October 4th)

Each week we plan to dig deeper into each line of the Serenity Prayer, using the Book of Proverbs as a repository of wisdom. I pray that you will join us either in person or online.

We call our new series *Serenity*. This topic is a response to the growing list of persons struggling to hold-on to faith in an anxious world. The pandemic continues to wreak havoc with our plans to return to some version of normalcy. Some families welcome this opportunity for in-person school, while others choose to decline. The invitation and the RSVP are complicated.

I'm usually hesitant to comment on politics since I am infatuated with diversity. A world where we all agree would be dull and less creative than a world of varying opinions. Needless, there comes a time when the church is called to take a stand against

oppression, intolerance and stupidity.



The number of persons dying from the coronavirus as a result of failed leadership is inexcusable. The constant barrage of executive orders dismantling the policies that attempt to offer equality for all persons and protect our earth is an affront to the values we hold sacred in our faith traditions.

October is likely to prove to be an even more anxious month than the present. We can anticipate our airwaves filled with images and hurtful messages coming from a group of people anxious to

hold on to power at any cost, and weaponized by foreign enemies of our nation. I pray that this series and our weekly life group study of this book will indeed, help us to find peace in an anxious world.

I pray that you will join us each Sunday morning at 10:30 am. We plan to be live via webinar, through [Facebook](#) live, or you can call (929) 436-2866 and enter the meeting number — 324 841 204. We go live at 10:30 am. You can find these links along with more information about us on our [website](#) at [FlintAsbury.org](#).

We spend money on what does not satisfy?

Isaiah 55:2

Pastor Tommy

LIFE

is short.

ENJOY

your days.

LAUGH

every chance you get.

CRY ONLY

if you must.

AND NEVER

let others bring you down.



IF YOU WANT SOMETHING TO DO
ON TUESDAYS....

COME VISIT THE FLINT FARMERS MARKET ...

AND CHECK OUT OUR PRODUCE STAND

FROM THE ASBURY FARMS!!



EVERY TUESDAY FROM 10AM—2PM



Produce will vary from week to week...

Life groups question & notes

Now I am sending you to the king of Egypt so that you can lead my people out of his country.”

But Moses said to God, “I am nobody. How can I go to the king and bring the Israelites out of Egypt?” God answered, “I will be with you..

Exodus 3:10-12 (GNT)

NOTES FROM WORSHIP

QUESTIONS FOR LIFE GROUPS

1. Read Exodus 3:10-12. Moses had built a new life for himself after fleeing from the very place that God wanted him to return to. Can you identify? What would your response be if you were Moses? Has this every happened to you? Did you go or are you still thinking it over?
2. Read the article in this week’s Circuit Rider, *Run and Tell That*. Have you ever felt God telling you to go somewhere or do something that made you uncomfortable? If so, share your experiences with others in your life group(s). And hear their stories. If not, reflect on your situation and pray that God will help you recognize God calling you. Ask others to pray for you and with you about this.
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 courage.

If neither your time machine nor imagining new possibilities work, Dr. Tassler recommends doing something so simple that it sounds almost comical. Do something that you know you can do.

I remember a time years ago when I hit a rough patch. Feeling like my world was not only crumbling, I could not shake the voices in my head telling me that I was to blame for everything bad that was happening to me. My solution at the time was to find something easy to do. No matter how silly or trivial. I reasoned that if I could succeed at something, anything, then I might gain the confidence to try something else. I eventually recovered.

I have put more invitations on the table in a few paragraphs than any of us can accept. And most invitations that come our way have strings attached that we may not recognize until it's too late. We're tempted to hop on whichever bandwagon has the loudest bells. At least we're doing something. Right? Invitations that promise comfort and certainty are tempting.

One of the most famous temptation stories on record involves Jesus alone in the wilderness. As the story goes, Satan tries three times to convince Jesus to set aside His convictions and give in to satisfying His desires. And if you remember the story, Satan began with a relatively innocent invitation before going for the grand one.

First, I want to deal with this notion of Satan, also called the devil in some circles. Admittedly, I'm not fond of humanizing evil. Doing so turns some folks away and trivializes a complicated subject. But it does help to make the story more interesting. And it's important to realize that we humans possess all of the negative tendencies attributed to the devil. Most temptations are about keeping our demonic nature from taking over.

Jesus was hungry and thirsty from fasting — going without food and water for days. It's hard enough for me to miss breakfast. I know from experience that fasting takes a tremendous amount of will power. The devil apparently knew that Jesus was vulnerable and invites Jesus to turn a stone into bread. This invitation does not mean as much to you and me since we don't possess this power. So substitute a power you do have, like a 2nd doughnut when you know that a salad would be better for you.

Jesus turns down the invitation. And what Jesus says is as powerful as it is confusing. Something about not living on bread alone. But hold that thought. Instead, Jesus reminds the devil that it is God's Word that brings life. Maybe so, but when I'm hungry, and bread is all there is — I'm just saying.

The Prophet Isaiah offers another response for propositions that come with unlikely promises and hidden costs. "Why spend money on what does not satisfy." Instead, Isaiah points to God's ultimate solution to our anxiety. Come to me, and you will have life!

Coming up

This month's series is called *Invited*. We're looking at some invitations that are helpful during this time of extreme anxiety. If you're feeling stressed from the pandemic or for any other reason, this series is for you. You can read about our series in our [newsletter](#) or [online](#). I pray that you will join us online or in person. Be aware that we follow social distancing practices without exception. Free face masks are available and must be worn in our building.

Why spend money on what does not satisfy. *Isaiah 55:2*

You can join us online via [webinar](#), through [Facebook](#) live, or you can call (929) 436-2866 and enter the meeting number — 324 841 204. We go live at 10:30 am. You can find these links along with more information about us on our website at [FlintAsbury.org](#).

A reminder that we publish this newsletter that we call the *Circuit Rider* each week. You can request this publication by email. Send a request to info@FlintAsbury.org or let us know when you send a message through our [website](#). We post an archive of past editions on our website under the tab, Connect - choose [Newsletters](#).

Pastor Tommy

¹ Cindy Lamothe. "How to Cope When Every Thing is Changing." © NY Times Sept 7, 2020.

² Emma Bruehlman-Senecal and Ozlem Ayduk University of California, Berkeley. "This Too Shall Pass: Temporal Distance and the Regulation of Emotional Distress." *Journal of Personality and Social Psychology* © 2015 American Psychological Association 2015, Vol. 108, No. 2.

Welcome to the Asbury Community

NON-PROFIT ORGANIZATION

U.S. POSTAGE PAID

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PERMIT #151

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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.

