

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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Volume 20 Issue 4

October 4, 2020



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!

Peace (Finding peace in an anxious world)

Adolf Hitler rose to power in 1932, setting himself up to become a dictator the following year. That same year, WWI veterans demonstrating in Washington DC and demanding bonus money promised for serving in the war were forcefully removed by the U.S. military. This took place at the direction of then-President Hoover. Later that same year, Democratic Governor of New York Franklin D. Roosevelt defeated Hoover in a landslide victory.

Anxiety is the number one

diagnosed mental illness on the planet. According to the Anxiety and Depression Association of America, Anxiety disorders are the most common mental illness in the U.S., affecting 40 million adults age 18 and older. Anxiety disorders are highly treatable, yet only around a third of those suffering from acute anxiety receive treatment.

I suspect that many of us turn to prayer when we feel fearful, feel fragile, and anticipate that things may worsen. As a pastor, I frequently pray with



others. And I prefer to have someone who isn't "trained in prayer" to do the praying. But one of the most common concerns I hear is, "I don't know what to pray." I have a suggestion that might fit when this happens to you.

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Peace (Finding peace in an anxious world) ...cont from page 1

The Serenity Prayer grew out of time, such as we are in now. A time of great uncertainty and high anxiety. A young and outspoken pastor and professor of theology, Reinhold Niebuhr, wrote down four brief, but powerful thoughts that eventually was named the Serenity Prayer by the organizers of the 12-Step program.

Although the prayer was altered slightly from its original version, it has withstood the test of time, helping millions of people cope during times of relentless anxiety. The idea behind the pastor's prayer is straightforward. Lord, give us the courage to change what must be altered, the serenity to accept what cannot be helped, and the insight to know the one from the other.

Peace, courage, satisfaction, and wisdom are gifts worth requesting. Who doesn't want to find serenity in life? Who needs more courage? We all want satisfaction. Who couldn't use more wisdom? These promises sound like they are beyond our abilities. And they are when we pursue them on our own. The library shelves are full of self-help books that may take us part of the way. But the serenity prayer recognizes that only God

can deliver on these gifts.

Our lives have been interrupted by several forces that originated out of the complexity of humans living together. None of these forces suddenly showed up without warning. They do not depend on one another for their destructive powers, yet they seem to collude together to multiply their impact on us.

The force that appears in every news program daily is the coronavirus. This disease has played a role in the premature deaths of over one million people. Twenty percent of these deaths took place in the United States. Yet we represent only 4 percent of the world's population. We currently have 25% of the known coronavirus cases in the world. Our country's dismal response to the threat of the virus is assisted by a second destructive force.

Our country was founded on the idea that people can find a way to govern ourselves if everyone is given a voice and vote. This ideal is labeled democracy, although, in actuality, this ideal has yet to be realized. Democracy offers hope that disagreements can

be handled through civil debate and fair elections. And that differences are forged into compromises that strengthen our nation through cooperation.

This fragile bond is under attack by a force that threatens to rip us apart. Our inability to care enough about each other to eradicate the coronavirus adds to our vulnerability. And this vulnerability is exploited by both internal and foreign enemies hoping to undermine our democratic processes.

A third destructive force seems woven within the very fabric of our nation. Founded by visions of imperialism that forced indigenous people off of the lands where they lived, our nation's history is mired in self-centeredness disguised as ideology. Choosing to enslave others to do the heavy lifting of building a nation was a short distance away. Try as we did to pull at the threads of oppression and exploitation, our country's fabric is still corrupted with a focus on me rather than us. As a result, the winds of racism continue to blow the debris of destruction across our cities and towns.

“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

- Oct 5 Mon
- Oct 6 Tues 10am-2pm
Water / Food Distribution
- Oct 7 Wed Pastor Book Club
(in the Wesley Room downstairs)
- Oct 8 Thu
- Oct 9 Fri
- Oct 10 Sat
- Oct 11 Sun 10:30am New Beginnings
Contemporary Worship

Join worship online
Sunday, October 4th -10:30am

Facebook Live
or Webinar



Join by Phone
+1 929 436 2866

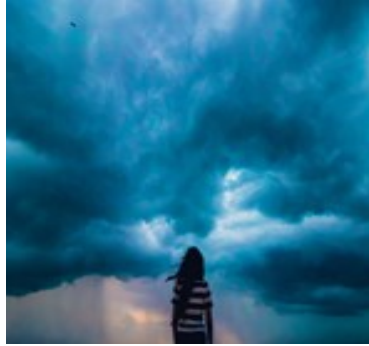
Meeting ID: 324 841 204

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.

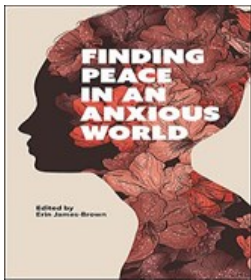


Our series is guided by a recent book that comes to us from the Urban Village Church in Chicago, published with the support of the United Methodist Women. The title of the book is, *Finding Peace in an Anxious World*.

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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 Mirium
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

AMBASSADOR PROGRAM INTRODUCTION

Over the past six weeks, I have had the pleasure of joining the Asbury family as program coordinator + arts advisor for the Asbury Ambassador program. My area of expertise as a cultural worker is to create broad-based movements that celebrate vernacular narrative + landscapes that create social bridging. Social Bridging is about creating events + activities that bring folks of different social groups, social class, race, religion or other important socio demographic or socioeconomic characteristics together.

I am a single-mom to my teenage son, David who likes riding his bike, playing music, and building his man cave. Dinner time is my favorite meal of the day, because I love eating + conversation. It's usually the only time to visit and pause in these uncertain times. Enjoying meals that are very aromatic in the smells + spices, warm spices such as cinnamon, cardamom, and cayenne are my favorite.

Asbury Farms is positioned in the middle of a residential neighborhood on the eastside of Flint. It's a food oasis in an urban area. The Ambassador program is an invitation for sharing + co-creating a culture of healthy living in our community. Sizzling Culture is a campaign of reclaiming mealtime as a family ritual which invites conversation, connection, and bonding with each other. At Asbury, we grow our produce with love + tenderness, and hope your family can share that love over a meal.

In the month of October, we are starting our family centered youth-led afterschool program at Asbury Church on Tuesday, Wednesdays, and Thursdays. For Halloween, we are excited to have a Halloween Sizzle at the South Side Soup Kitchen with a Cook-out + Costume Party from 2-5pm. This month we are featuring pies + soups as our recipe share. Our Asbury Chef Kevin has shared Shepherd's Pie as his recipe share. Shepherd's Pie is an amazing family comfort food for fall as it brings warm joy together in one dish.

Youth Ambassador Alexis Edmonston created our Sizzling Culture Campaign. She is a junior at Mott Middle College, and enjoys cooking for herself + her family.

She writes about her creative process:

When starting the process, you need a name, right? I have a lot of ideas and thoughts so the best thing for me to do is jot it all down. Having an idea that I wanted to get across, mine being community and food and using it to fuel my brain. After a few minutes I had at least 10 different names, all I had to do was pick the best one. When you do this you'll notice that many may sound the same or too similar but you'll find a few that really stick out to you and that's how I felt about the name Sizzle Culture. It had a nice zing to it! I preferred Sizzle Culture to all the other names I came up with because of its meaning to me. Sizzle is very easy to explain, it's the sound food makes while on a frying pan but culture on the other hand, there are people born from different cultures they have brought to Flint that not many people know of and why not introduce them with food and maybe sometime down the road something more? You see, not everyone is a citizen or resident and others may live outside of Flint but spend most of their time here. What I'm coming down to is that you may be unintentionally excluding people but everyone has culture, even down to what food is made at a family dinner. With an idea like this it may be hard for you to believe I did it by myself and you'd be right, I didn't do it alone. Wanting others to understand each other and learn true culture like a family, I had to be in one myself. Working on this was like being in a family.

Desiree Duell



We have been very busy around here lately and we'd love to share some good news about what has been going on at the South Flint Soup Kitchen.....

We officially opened August 20th and rebranded our clothing pantry into the beautiful "Angel Closet", after identifying some key issues with our old way of doing things. We previously had our closet go by the name of the "clothing pantry" and realized that wasn't that exciting! We also identified some key issues with our clothing pantry, such as items being placed in cardboard boxes on the floor, items being placed on the floor that weren't up to standard and more.

We worked closely with our new clothing pantry head, and now Angel Closet Coordinator, Michelle Maylum, to figure out a way where clients could not only have access to quality, like new clothing and household items, but also be able to have the experience of shopping with dignity.

Michelle and the Senior Program Manager, Katelin Maylum, came up with a vision for The Angel Closet: "We believe that everyone has a right to shop with dignity and have access to quality clothing regardless of their circumstances in life." From there, they worked on making that vision a reality.

Now barely two months into this new venture, we have several new rolling clothing racks so clients can pick items from a rack, not a cardboard box on the floor, and items are organized and labeled appropriately to make shopping easier for clients. We also have "associates" on the floor willing to help clients with a smile, not looming over them trying to prevent them from taking more than what *they* deem is necessary. AND we already have name recognition in our community!

Michelle has been a God send - she has spent tons of her own money on this new venture and is passionate about helping those in the community. She always has a smile on her face and keeps track of what others needs are and vigorously searches out good deals so she can provide those who come to her with anything they might need. We are truly grateful to have her on our team!

Interested in The Angel Closet? We provide personal hygiene products every Wednesday and we are open on Wednesdays, although we are still working on getting a more permanent schedule set up! The next Angel Closet this month will be October 7th and the 28th, with our Food Giveaway occurring on October 21st.

If you'd like to donate items to our Angel Closet, we'd love to have them! Currently we are accepting winter wear - coats, boots, snow pants/snowsuits, hats, gloves, etc. for adults and children. We are always accepting donations that have no rips or tears and are clean. If you would like to set up an appointment and drop items off, you can call The South Flint Soup Kitchen at (810) 239-3427 or email southflintsoupkitchen@gmail.com ATTN: Michelle.

Life groups question & notes

Trust in the Lord with all your heart. Never rely on what you think you know. 6 Remember the Lord in everything you do, and he will show you the right way.

Proverbs 3:5-6 (GNT)

NOTES FROM WORSHIP

QUESTIONS FOR LIFE GROUPS

1. Read Proverbs 3:5-6. What does this ancient wisdom say to you? How might this advice help you deal with the anxiety of our time? How might this advice help you to find peace?
2. Read the article in this week's Circuit Rider, *Peace*. Are you feeling stressed? What are some of the causes of your stress? Are you able to do something about any of these causes that are causing you stress? What gives you a sense of peace? Offer a pray asking that God give you peace.
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.

In testimony before a congressional committee last month, the Director of the FBI testified that, according to evidence, white supremacist groups make up the majority of domestic terrorism threats. It was only a year ago that the Department of Homeland Security publicly admitted that white supremacist groups within the United States represent a threat to national security at all. Why is it so hard for our leaders to recognize that prejudice against people of color continues to plague our nation?

The circus that organizers labeled as a presidential debate only helped clarify that our country gave enormous power and energy to this unholy position that skin color somehow qualifies privilege. It may be 1932 all over again. If so, perhaps 2021 can begin in similar ways to 1933 with a renewed energy, a coming together of differences, and a new deal.

It's no wonder that any of us who watch the news daily are stressed out. It is hard to find Peace in such an anxious world. It's hard, but not impossible. While knowing that we aren't the only people who feel stressed may not bring the Peace we hope for, we can learn from others.

It was a time of high anxiety. After Jesus was arrested, Peter hung out near the place where Jesus was being interrogated. But to hide his identity and avoid arrest himself, he claimed not to know Jesus. Three days after they executed Jesus, and He was placed in a nearby tomb, the body was missing. A couple of the women claimed that they saw Jesus, and He spoke to them.

Worry, fear, doubt, and the kind of anxiety that you can feel in the pit of your stomach were common among all of those who had come to know Jesus in person. They were together, perhaps trying to comfort each other. Possibly trying to develop a plan for "what now" that might help them both cope and go forward into an uncertain future.

Suddenly the Lord himself stood among them and said to them, "Peace be with you" (Luke 24:36).

Where the Spirit of the Lord is present, there is freedom.

2 Corinthians 3:17

How many of us, when we share our circumstances with a friend or family member, say something much the same as Jesus said to His friends? Phrases, such as, this too will pass — Hang in there — we'll all get through this — I know how you feel — You think that's bad, I (fill in the blanks). And how many of us, after hearing assurances like these, think to ourselves, "You don't understand."

But the words of Jesus are different. While we might say these same words — when they come from the God who created everything — they have more power — more impact — or at least they can.

Perhaps if we were there with the others that day when Jesus showed up in the flesh — even though a few days earlier He was dead and placed in a tomb for His body to decay — here He is in the flesh.

Perhaps then our anxiety would subside, and "Peace be with you" would take on a much more powerful meaning. Perhaps. We humans are a complicated, hot-mess when we are anxious. Words often fall short of what we need to change our perspective.

There is a saying found in the Book of Proverbs that tells us to "Trust in the Lord with all your heart. Never rely on what you think you know" (Proverbs 3:5). And most of us think we know a lot when it comes to imagining the worst-case scenario — the things that can go wrong — and my favorite, the intentions of others.

It's a lot to take in. But Peace be with you comes with this qualifier. Peace is ours only when we trust the One who can offer Peace.

Coming up

This month's series is called *Serenity*. If you're feeling stressed from the pandemic, worried about the future, or just anxious for any number of reasons, 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.

Stop fighting and know that I am God...

Psalms 46:10

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 Erin James-Brown, Editor. *Finding peace in an anxious world*. © United Methodist Women, 2020.

Sizzling culture

October is our fall cooking contest. Have a favorite dish using fall vegetables, such as butternut squash, or perhaps a fruit like apples? Take a selfie or two while preparing your recipe along with the finished dish and send it to us. The best ten entries all win a prize. And we will give you a MyFlintStone worth \$5 just for entering.

Want to add some sizzle to your entry? Include a short video that includes a helpful hints for making a winning dish. Want an edge on the competition? Include the whole family in your selfies and video. Be sure to include the recipe itself. Write it down or type it up and take a picture that our chef can read.

Oh, did we mention that the winning recipes will be featured at the Asbury Cafe? You will get a chance to come to lunch as the guest of Chef Kevin and find out if he is able to meet your standards for your recipe. Want to help with the preparation? Let us help you plan your visit.

Entering is easier than even the easiest recipe. Email your pictures, video, recipe, and contact information to SizzlingCulture@FlintAsbury.org. Be sure to like and follow our [Asbury Church](#) Facebook page to keep an eye out for your entry. Be sure that your contact information includes your name(s), address, phone number, and email address.

The contest closes at Midnight, Friday, October 30. The day before Halloween. Did I mention that presentation is really important? How about including a carving of the items you choose to use in your recipe? Check out our [Facebook](#) page for more ideas on how to submit the winning entry.

The winners will be announced during worship on Sunday, November 1, 2020. Be sure to show up in person or join us online. We broadcast live on [Facebook](#) beginning at 10:30 am.

What are the prizes? I'm glad you asked. Entries coming in 2nd through 5th place will each receive \$50. The second five places each receive an Asbury Farms t-shirt. First place — you ready? The winning entry received \$250!

So get cooking.

Don't forget that Asbury Farms offers fresh produce every week. Go to our website, FlintAsbury.org to place your order for a Veggie Box, or sign up for a subscription. You can also call our office at 810-235-0016 to place your order. We accept EBT and Double-up Bucks. And of course, we also accept MyFlintStones, so you can use your entry prize as cash.

Take off your sandals, because you are standing on holy ground. Exodus 3:5

ASBURY AMBASSADORS PRESENTS:

HALLOWEEN SIZZLE!

COOKOUT + COSTUME PARTY!

OCTOBER 31, 2020 2-5PM



**SOUTH FLINT SOUP KITCHEN
3410 FENTON RD FLINT 48507
3 BLOCKS NORTH OF ATHERTON**