

ASBURY CIRCUIT RIDER

Acceptance (Let go and let God)

Two years after the assassination of President Kennedy in 1963, members of Congress approved the 25th Amendment. Ratified in 1967, this law lays out a process for the continuation of leadership if the President cannot carry out their duties because of death, resignation, or "inability."

These clarifications were deemed necessary since Article II, Section 1, Clause 6 of the Constitution, does not offer a straightforward process for the transfer of power in such cases.

Nine times in history, this process transferred power to the sitting Vice President.

Once due to resignation and eight times as a result of death.



Nine times in history, this process transferred power to the sitting Vice President. Once due to resignation and eight times as a result of death.

The other time that the power of the presidency transfers is after an election where the incumbent is replaced by a newly elected leader. This transfer of power has happened 44 times, according to

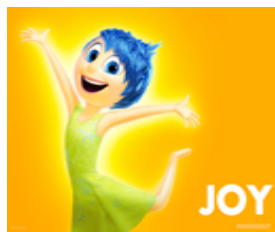
my count. Each transition comes with its own nuances, anticipation, surprises, and anxiety. Threats made by our current President is increasing an already tense situation.

Meanwhile, our country faces other challenges where our attention should be focused on. Cases of the coronavirus are increasing again, just as the medical experts warned. And this failure by our leaders is taking away from two other, more complex challenges, racial injustice, and global climate change.

Page 2

Courage (The Courage to Change)

In an interview last month with Gayle King on CBS This morning, Dr. Brené Brown shares how her life changed for the better. This interview took place on the 10th anniversary of the release of Dr. Brown's best selling book, *The Gifts of Imperfection*. The provocative title alone should be enough reason to read her book. But the real reason for so much interest may be the same reason that over 50 million viewers watched Dr. Brown's Ted Talk about the power of vulnerability.



Last year, Dr. Brown released a new series on Netflix titled, *The Call to Courage*. Her advice is simple, powerful, and challenging for most of us to follow. "True belonging doesn't require you to change who you are. It requires you to be who you are," she says in the official trailer for this new series. Why

does it take so much courage for you and me to be who we are?

Last week our focus was on accepting what we can't change. And trying to change other people tops the list of the multitude of things we don't have the power to change. And sometimes, this includes changing who God created us to be so that others will accept us .

Page 2

Volume 20 Issue 18

October 18, 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!

Inside this issue:

Acceptance	1
Courage (The Courage to Change)	1
In Our Prayers/Coming up this Week	3
Asbury Worship Series— Serenity	4
Pastor's Book Club	4
Leadership in Worship & Service	4
Asbury Worship Series –Serenity	5
Acceptance	6
Asbury Veggie Boxes	7
Small Group Questions & Notes	8
Courage (The Courage to Change)	9
October Cooking Contest	10
Halloween Sizzle	11

Courage (The Courage to Change) . . . cont from page 1

The problem should be obvious. For one, it's exhausting to be someone we're not. The way to find peace in an anxious world includes settling in with the person we see in the mirror.

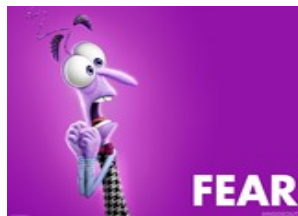
Scientists tell us that our need to be accepted by others comes from a survival instinct that insists that being a part of a community increases our chance for survival. Our connections to others is a vital part of what makes life joyful. And during a pandemic, our relationships are strained but helpful in coping with the stress and strain of isolation.

As humans, we are an emotional cocktail with our mix of emotions changing constantly. One moment we're feeling joyful, and then sadness tries to take over. We move from enthusiastic to pessimistic from just hearing a couple of news headlines. Last week we learned a prayer that encourages us to welcome our feelings and give up the need to control whatever is the source of our distress.

In the Disney-Pixar movie, *Inside Out*, we get an inside look at the emotions of

an eleven-year-old girl named Riley, stressed out over her family's move to San Francisco. Riley's various emotions are illustrated by characters with appropriate colors. Our theme this week relates most directly with the character that represents fear.

Fear is, most of all, risk-averse. And as a result, Fear is quite anxiety-ridden. Most of Fear's anxiety comes out of his primary role in managing Riley's emotions. Fear's primary job involves whether Riley is well-suited in her current environment. When Riley learns that her family is moving, Fear jumps into action in response to the unknown.



Fear is a beneficial emotion. It helps us to stay alert in the presence of danger. But just because something is unknown doesn't make it dangerous.

Just unknown. Perhaps the greater fear is not the risk associated with what lies beyond the horizon. Instead, our more significant threat is the possibility of failure and rejection.

In the movie, memories are stored away and represented by the color of the emotion associated with each memory. Several memories that resurface over and over are kept in a particular place where they are readily accessible. The emotion that is. The memory itself is secondary. This way, the emotional response can be replayed with new situations that resemble the old memory.

If change itself is enough to drive us to take shelter where we sit in fear, how will we participate in the change that God has in mind for us? The answer is, of course, that we don't make the change on our own. We get help. Which by itself can be an obstacle for a lot of us.

Page 9

Acceptance (Let go and let God)

I'm noticing that my anxiety is increasing despite thinking I had already maxed out.

"Take a deep breath and slowly release. Breathe in and breathe out slowly. Notice the calming effect as you focus on breathing." These are instructions repeated numerous times each day by persons across the county. Self-coaching is one coping strategy for releasing some of the tension created by anxiety and worry. Focus on the simple yet fascinating process of breathing and feel the tension ease.

Last week, I asked listeners and readers to start a habit of praying five times each day. For some, this may add to the stress, with one more thing to keep track of—morning, night, and before each meal. Begin with a simple thank you and see where it takes you.

It's really that simple.

A more advanced idea when searching for peace is to end the day reflecting on where you noticed God at work. Someone helping another person. A beautiful sunset. Kind words. These are all signs that God

is paying attention and always present. Gratitude leads to reverence, which leads to peace.

Gratitude leads to reverence
which leads to peace...

A lot of stress comes from situations where we want change but feel helpless to do anything. Learning that we are not in control is a difficult lesson that most of us learn repeatedly. For a worrisome medical diagnosis or losing someone close to us, denial is only a temporary fix. Eventually, we learn to accept the reality of our situation. And hope for peace.

Page 6



In Our Prayers

Lisa Bohnsack

Miriam 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 still serious and the number of new cases in Genesee County is rising again.

We are now meeting for Pastor Book Club in person at 12Noon in the downstairs Wesley Conference Room.

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.

For now, you must bring your own lunch. We are not having a potluck lunch due to health concerns. But, please, do wear your masks.

Pastor Tommy



★ **Coming up this week** ★

- Oct 19 Mon
- Oct 20 Tues 10am-2pm
Water / Food Distribution
- Oct 21 Wed Pastor Book Club
(in the Wesley Room downstairs)
- Oct 22 Thu
- Oct 23 Fri
- Oct 24 Sat
- Oct 25 Sun 10:30am New Beginnings
Contemporary Worship

Join worship online
Sunday, October 18th -10:30am

Facebook Live
or Webinar



Join by Phone
+1 929 436 2866

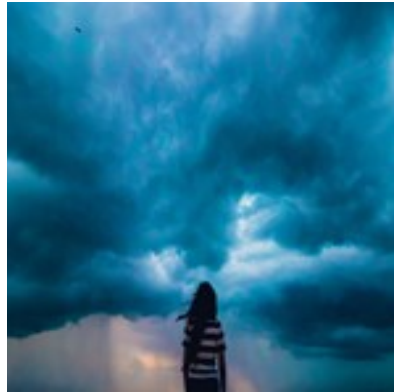
Meeting ID: 324 841 204

Join online

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

Asbury Worship Series Serenity

In October, we turn our attention to the ancient wisdom in the Book of Proverbs and put into practice in a popular prayer.

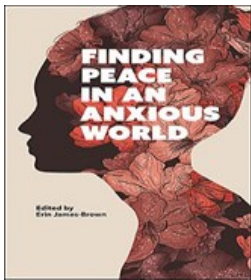


Our series is guided by a recent book that comes to us from the Urban Village Church in Chicago, published with the support of the United Methodist Women. The title of the book is, *Finding Peace in an Anxious World*.

Page 5

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

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

Acceptance (Let go and let God) ...cont from page 2

Brittany Issac, writing on the topic of acceptance, offers this modified version of the serenity prayer. “Lord, grant me the serenity to change the things I cannot accept.”¹ As I read her chapter, I found myself in complete agreement. “Preach Sister,” I thought in support of her insight. Is this not what leadership is all about? We see a situation that we can’t accept, and we lead others toward change?

Years ago, I discovered what it was like to experience burnout. After choosing to accept a position, opening a new office in Detroit for a computer software company, I put all of my energy, education, and body into succeeding. And I succeeded. At least for a few years until I hit the wall. The intensity took everything I could offer and more. It took some advice from an intern under my supervision years later to discover a balance I needed to avoid this happening again. Business is a marathon, not a sprint.

In high school track, I was a sprinter. I loved to run as fast as possible but discovered that my body could handle only a couple hundred yards before I was spent. My coach pushed me to consider longer distances, noting that my exceptionally long stride was a detriment at the beginning of a sprint, but an asset in longer distances. I did not want to hear it. I enjoyed the thrill of a sprint even though I realized that the longer the race, the better my chances of winning.

Accepting the possibility of failure is hard for me. I suspect failure is hard for most of us. Accepting that we cannot do that, which captures our imagination and motivation, feels like a whole new level of failure. Team sports are great at teaching another life lesson. We are stronger together. But as soon as I become we, accepting that which we cannot change stares us squarely in the face. And then I met Jesus Christ. Our relationship has been rocky at times. Jesus is in it for the long haul. A marathon that never ends. A pace that never leaves another person behind. An understanding of Sabbath that offers periodic rest and recuperate. And most of all, an acceptance that blows my mind.

There was this time that Jesus was facing the ultimate test. He knew what was coming. Jesus was a prayer extraordinaire

who wrote the Book on praying without ceasing. And we read in the Gospel of Matthew how Jesus prayed the night that the authorities were on their way to arrest Him. He asked God to find another way if possible.

This famous prayer, said by Jesus, ended with the most excruciating conclusion imaginable, at least for Jesus. “Your will, God, not mine.” Jesus accepted that which God had in mind for Him. Twenty-four hours of agony, followed by death.

But His death was followed by resurrection. Jesus trusted God. And yes, it was easier for Jesus since He and God are One. But don’t let this detail spoil the main point. Jesus accepted that which He wanted to change but knew that He did not need to change because God was in complete control. Jesus could find peace amid intense anxiety because He trusted in God.

This is true for you and me as well. We can find peace by trusting in God. We can find peace in accepting that which we cannot change. God may make the change we hoped for or not. If not, stay tuned. God had something better in mind that we simply could not see coming. Resurrection comes in God’s perfect timing.

Yet not what I want, but what you want.

Matthew 26:39

This chapter ends with a spiritual practice to add to our collection of coping skills. I suspect that the steps share a commonality with other techniques taught by therapists and spiritual leaders. The practice involves naming the feelings that are causing us to be anxious. This takes some effort. Settle into an awareness of whatever is happening to your body without judgment.

The second step may seem out there a bit if you are new to this sort of practice. Welcome, whatever is causing your anxiety. If you are afraid, welcome the fear that is trying to overtake you. If you are feeling pain, accept the pain. Welcome whatever is causing you distress.

Then comes the clincher. Let go. Release yourself of the need to control whatever may be the source of whatever your feeling that has you tied up in knots. Brittaney Issac offers this suggestion, “I let go of the desire to change what I am experiencing.” More simply, let go and let God.

Life is a struggle for most of us. And these are anxious times. White supremacist militia groups living in our state plotting to execute our Governor, friends, and family dying from a deadly virus, racial injustice, a changing climate bringing intense weather patterns, and more.

The message appearing on a painting by a Central Michigan College student in front of our church building challenges us all with “Together we can change the world.” And we can. But along the way, there will be some things we have to turn over to God so we can focus on what God wants us to do.

Figuring out the difference comes at the end of the serenity prayer. First, let’s focus on the change we can make. Stay tuned for next week’s message, *Courage*.

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.

You can join us online. We ask for your patience as we implement technology changes that promise to substantially improve the quality of our broadcast. We have a new button on the homepage of our [website](#) - [Click here to watch](#). This should take you to a viewer to allow you to join live or watch later. We also plan to be live on [Facebook](#). We start at 10:30 am. You can find these links along with more information about us on our website at [FlintAsbury.org](#).

Pastor Tommy

¹ Erin James-Brown, Editor. *Finding peace in an anxious world*. © United Methodist Women, 2020.



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 for a limited time only!!!

Call By Noon on Wednesday for Thursday delivery.

Life groups question & notes

Listen to my words. Remember them and keep them in your heart. Be careful how you think; your life is shaped by your thoughts. Never say anything that isn't true. Have nothing to do with lies and misleading words. Look straight ahead with honest confidence; don't hang your head in shame.

Proverbs 4:20-25 (GNT)

NOTES FROM WORSHIP

QUESTIONS FOR LIFE GROUPS

1. Read Proverbs 4:20-25. The Proverbs are packed with witty sayings. This week's selection begins with reminding us to listen to God's Word and use it to guide our lives. Which parts of this week's reading resonates with you the most? Do you struggle with any of these directions?
2. Read the article in this week's Circuit Rider, *Courage*. Is having courage to change what you know you need to change an issue for you? Do you have the courage to be vulnerable? To admit when you need help? Why are these two ideas so difficult for most of us?
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.

The song *Help!* was first released as a single by the Beatles in 1965. It quickly rose to number one. There is something about a cry for help that resonates with nearly every person on the planet. Help is something we all need to make almost any change worth making. Yet many of us go to great lengths to avoid asking for help. Even the help that may offer the courage we need to make changes, despite the anxiety that change causes us.

This week we continue to turn to the Proverbs as a source of help. In Proverbs, we are reminded to "Listen to my words. Never let them get away from you. Remember them and keep them in your heart." (Proverbs 4:20-21). This is good advice, as the writer goes on to offer this pearl of wisdom, "Your life is shaped by your thoughts. Never say anything that isn't true. Have nothing to do with lies and misleading words" (Proverbs 4:23-24). And this advice itself takes a great deal of courage.

The courage to change most often begins with an act of less celebrated courage. That is, the courage to be vulnerable. To admit that we don't have it all together, and we need help but don't want to ask for it. Brené Brown labels this feat as ordinary courage. Uncelebrated yet, ordinary courage may be the beginning of making the sort of change that is life-altering.

Have nothing to do with lies and misleading words.

Proverbs 4:23-24

Jesus reminds us that our life is shaped by our thoughts, and our thoughts are connected to the things we value the most. "Your heart will always be where your riches are" (Matthew 6:21).

This week's chapter from *Finding Peace in an Anxious World* ends with instructions for reflecting on the vastness of God.¹ When we remember that our strength and courage to change comes from the God who created everything, ordinary courage is easier to muster.

Our spiritual practice for this week begins with choosing a name that illustrates the character of God. Names like Father, Rock, or King. Begin by listing some of the ways that God is like the name you choose. For example, God is like a rock because God is solid.

The second step is to consider the characteristics of God that are not like the name you choose. God is not like a rock because God is tender. Last, end this practice considering the double negative. God is not, not like a rock, yet God is so much more than a rock. Rest in the fact that we can never fully contain God, the source of our courage to make the changes that we are called by God to make.

Your heart will always be where your riches are.

Matthew 6:21

But how do we know which things God is calling us to change? Next week, Sylvia will share her insight and experience on this question. Be sure to join us.

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.

Next month our theme moves to dealing with fear. Our new series, *Naked and unafraid*, will explore both what makes us afraid and what we can do about it. Be sure to join us and invite your friends, family, and neighbors.

You can join us online. We ask for your patience as we implement technology changes that promise to substantially improve the quality of our broadcast. We have a new button on the homepage of our [website](#) - [Click here to watch](#). This should take you to a viewer to allow you to join live or watch later. We also plan to be live on [Facebook](#). We start 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.

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

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.

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**

Hey all!

We will need a lot of hands to make this event successful. It would be great if volunteers could dress up as well!

I would like this to be mandatory for our Ambassador Youth!

Volunteers are needed:

Set up from 12pm-2pm

Event from 2pm-5pm

Tear down from 5pm -6pm

Equipment and Supplies such as: Gas Grill

Cooking Utensils

Long rectangle tables

Silverware and paper plates

Menu will be:

Halloween Candy

Kabobs: 50/50 all veggie and veggie chicken

Grilled corn, salad, water

Hot cider (in a cauldron)

Popcorn balls

Entertainment needed: photo booth photographers, DJ, performers

PLEASE SUPPORT THIS WONDERFUL EVENT...