

ASBURY CIRCUIT RIDER

Wisdom

In 1st Corinthians Paul teaches about Wisdom and proclaims in chapters 1-3 that the wisdom of the world is foolishness. 1st Corinthians 1:20 Where is the wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? 1st Corinthians 3:19. For the wisdom of this world is foolishness with God.

So we seek Godly wisdom from on high. James 1:5 If any of you lacks wisdom let him ask God who

gives generously to all without reproach and it will be given him.

In the book of Proverbs Solomon portrays Wisdom and Foolishness as women in the majority of the chapters. Proverbs 3:13 Blessed is the one *who* finds wisdom and the one who gets understanding. Intelligence and wisdom are not the same. You can be brilliant and get caught up in foolishness because you lack Godly wisdom. Both the old and new testaments teach the

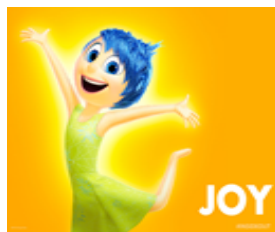
supremacy of Godly wisdom.

For when we embrace the wisdom of God we find peace. We know that there is darkness and corruption in this world and across our nation. But we say we believe in a God that is all knowing, all powerful, and ever present, yet we are filled with fear. 2nd Timothy 1:7 For God has not given us a spirit of fear, but of power and of love and of a sound mind.

Page 6

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 25

October 25, 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:

Wisdom	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	5
Wisdom	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.

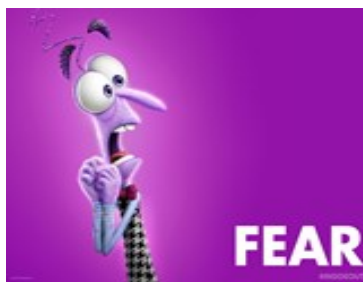
Scientists tell us that our need to be accepted by others comes from a survival instinct that insists that being a part of a community increases our chance for survival. Our connections to others is a vital part of what makes life joyful. And during a pandemic, our relationships are strained but helpful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



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 26 Mon
- Oct 27 Tues 10am-2pm
Water / Food Distribution
- Oct 28 Wed Pastor Book Club
(in the Wesley Room downstairs)
- Oct 29 Thu
- Oct 30 Fri
- Oct 31 Sat 2:00pm-5:00pm Halloween Sizzle
- Nov 1 Sun 10:30am New Beginnings
Contemporary Worship

Join worship online

Sunday, October 25th -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 Naked and Unafraid Coming November 1

The Discovery Channel posted a casting call using Twitter on July 31, 2013, with the dare to "Survive the 21-day challenge." Season one of "Naked and Afraid" aired in 2015. Despite skepticism, the ratings for this reality show set new records for its genre.



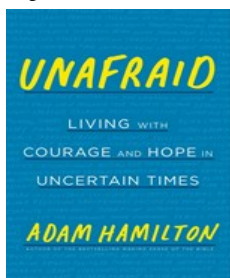
The storyline is straightforward with overtones of the first couple in

the creation story. Except that God doesn't hang out with them. Two people meet in an isolated place with nothing but a satchel and an item of their choice. The audience is invited to witness the couple's anxiety, fear, and eventual success in snippets that compress 21 days of survival into a single episode.

Page 5

Book Club News

We finished our discussions of *Finding Peace in an Anxious World* this past Wednesday. If you haven't read this book you may want to consider reading it at some point. The Serenity Prayer is a reliable source of inspiration for millions. And this book offers additional spiritual practices to help us cope with our anxiety.



spiritual practices to help us cope with our anxiety.

Our next book is titled, *Unafraid: Living with Courage and Hope in Uncertain Times*. This book was written by Adam Hamilton, Sr Pastor at Church of the Resurrection in Kansas City. John Ortberg, senior pastor of Menlo Church in Menlo Park, California, offers these remarks —

"Fear is the great thief. It steals our peace. It quietly deprives us of one present moment after another, without our even knowing. In *Unafraid*, Adam gives us a thoughtful, literate, faith-filled guide to re-claiming our minds and our lives."

Adam Hamilton acknowledges that fear is "the emotion that profoundly shapes us." After all, everyone worries about something, and there is plenty in this world to fear. Dig deeper into the causes of depression and you are likely to discover fear as a root cause. The same holds true for addictions. Fear also drives prejudice and hate.

The reality is that we often fear something that will never happen. It's amazing how much power something that never happens can have over us. Fear can become debilitating, leading to panic attacks or anxiety disorders.

Fear can be helpful in keeping us safe and out of trouble. Some fear is understanding. Such as, the fear that comes out of facing life-threatening illnesses, the likely death of someone close, or money issues.

A few of us meet in person each Wednesday downstairs for lunch and conversation. Be sure to follow social distancing practices. This means wearing a mask when you are not eating or drinking. 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 carryout or share meals. 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.

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
South Flint Soup Kitchen	

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.

Naked and Unafraid ...Asbury Worship Series

The truth is that I've never watched a single episode or even part of one. I'm aware of this show from the numerous commercials and the research I did for this article. The provocative title caught my attention as I looked for material for a worship series that considers overcoming fear.

Our new series uses Adam Hamilton's book on the subject of fear titled "*Unafraid: Living with Courage and Hope in Uncertain Times*."¹ His book begins with a declaration that we live in times of high anxiety. And the uncertainty of the current year is even greater than it was when this book was published. It's understandable if we conclude that every one of us is either living in fear or denial.

Leading up to the presidential election of 2016, surveys showed that people living in our country were afraid about becoming a victim of terrorism. This fear prevailed despite lower crime numbers overall. In *The Atlantic*, Molly Ball noted that fear would be the key to a Trump presidency. And her prediction proved accurate. A campaign of fear and anger prevailed at the polls.²

In her article, Molly cites the science of fear, noting that fearful persons hold tightly to what they have and eye all that is different with skepticism. Fearful people seek protection.

In the creation story found in Genesis, we read that the first humans hid from God after their loss of innocence. When God confronted them, their response was, "I was afraid and hid from you, because I was naked" (Genesis 3:10). This sounds like a different kind of fear than a fear of terrorism. But fear's impact is similar regardless of the source of our fear. To live in fear is to miss out on the joy that life offers.

One of the most frequent responses that God makes to fearful people is, "Do not be afraid." Yet, when Adam Hamilton surveyed people attending his church, he discovered that eighty percent lived with either moderate or significant fear. We all fear something, someone, or some situation. How we choose to respond to our fear matters.

Over the coming month, we will take a deeper dive into both the sources of our fears and learn practical ways to overcome our fears.

I was afraid and hid from you, because I was naked.

Genesis 3:10

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](#).

Pastor Tommy

¹ Adam Hamilton. *Unafraid: Living with Courage and hope in Uncertain Times*. ©

Wisdomcont from page 1

Psalm 119:165, " Great peace have they which love your law and nothing shall offend them."

We allow doubt, fear, and anxiety to rob us of our peace, but God calls us to himself just like when Christ was walking on the water and Peter said "Lord if it's you, bid me come". Peter got out of the boat and walked on the water until he lost his focus.

As soon as he took his eyes off Jesus he began to sink like a stone. So my question today is simple are you focused on the problem in your situation or the solution? Jesus is the answer to every question and the solution to every problem. Turn your eyes upon Jesus, God loves us so much that He sent His only son to redeem us if we will only believe. 1st Corinthians chapter 13 is known as the love chapter, love, charity, and agape is the more excellent way. When we keep our hearts and minds fixed on God's perfect love, the troubles of our lives are greatly diminished and we are relieved of the burdens that seem to overwhelm us. "Finding Peace in An Anxious World" begins when we make peace with God. When we allow God to dwell richly within us, His presence brings peace and contentment.

Always Agape,

Sylvia Pittman



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

For what this world considers to be wisdom is nonsense in God's sight. As the scripture says, "God traps the wise in their cleverness"

1 Corinthians 3:19 (GNT)

NOTES FROM WORSHIP

QUESTIONS FOR LIFE GROUPS

1. Read 1 Corinthians 3:19. Can you think of examples in your own life where you thought that you were wise but discovered that God knew better? Where else are you observing foolishness that others are calling wisdom? What might God have in mind regarding the situations your discussing?
2. Read the article in this week's Circuit Rider, *Wisdom*. Are you struggling with anxiety at this time? If so, are you able to refocus your thinking onto solutions rather than the problem? What might scripture help you with that could relieve some of your anxiety?
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...