

# ASBURY CIRCUIT RIDER

Volume 2 Issue 3

April 3, 2022

## Soup (The better choice)



Most mornings, my breakfast includes two pieces of veggie bacon. Ordinarily, I avoid foods created in a laboratory rather than grown in their natural habitat. However, in this case, there is the slightest hint of a taste that offers fond, albeit redacted, memories.

## Grain (Sabbath Connections)



I love mornings. I refer to mornings as my holy time. For me, mornings are spent with God. One of my favorite activities is writing in my prayer journal. I'm very much a visual learner, and seeing words makes them come more alive to me than hearing them.

This is my way of experiencing the Sabbath each and every day.

## Clean bacon.

When I first decided to give up meat I missed BLT's and bacon with my eggs tremendously. It helped somewhat when I remembered that two of the world religions that originated with Abraham abstain from eating bacon. For the Jewish faith, this directive comes from our common scripture found in Leviticus. There is little ambiguity in Leviticus 11:7 which reads, "Do not eat pigs. They must be considered unclean."

Do we not eat pork because pigs are unclean, or is there more to this weird and demanding directive? Can't we just

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My morning conversations with God are often dominated by whatever makes me feel anxious. Sometimes my anxiety comes from interactions with the people around me. Conflict is often the source of my anxiety. We weren't built for conflict. And, for me, conflict is like a constant dose of poisonous venom.

Another ongoing subject for my conversations with God is hunger. For me, hunger is a craving for that which

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gives abundant life. So I'm not talking about craving tacos from Taco Bell, Big Macs, or KFC. Instead, we hunger for nutrients that fuel our minds and bodies. And, just as important, we hunger for intimate connections. We hunger to be close to God. And we hunger for connections to other people who care about us. Most of all, we hunger to know and be connected to ourselves.

Lately, I've been reading a lot about food shortages. Again, I'm referring to food that offers nutrients needed by our bodies more than food that satisfies our cravings and addictions. I've noticed that considering the global scale of hunger helps me put my own challenges in perspective. This allows me to keep my fears from hindering decisions that come out of my daily conversations with God.

For example, this past week, I scanned a United Nations report published by the Intergovernmental Panel On Climate Change (IPCC). Their conclusions predict a worsening situation for hunger as more land is exploited and greenhouse gases deteriorate our atmosphere. However, I've noticed that farmers are aware of climate change without reading reports. <sup>1</sup>

International journalist Anthony Faiola reported in a *Washington Post* article that countries reliant on food exports from Ukraine and Russia responded with emergency trade restrictions to protect their already strained food supplies. Unfortunately, their actions further exacerbate global food shortages caused by both availability and access. <sup>2</sup>

According to Wikipedia, the World Food Programme is the largest humanitarian organization focused on hunger and food

security. In a recent opinion article, Executive Director David Beasley writes that "Russia's invasion has reminded us that the root cause of hunger around the world is human folly and reckless disregard for human life." <sup>3</sup>

Approximately one-half of the wheat that supplies this massive mobile kitchen comes from farmers under attack in Ukraine. A country familiar with the devastation brought on by authoritarian regimes focused on accumulating power and their own personal wealth.

In his article, he recalls how millions of Ukrainians perished when Soviet dictator Joseph Stalin enforced agricultural "collectivization." A program that stripped peasant farmers of their land and produce. Imagine the horror felt by a people under attack by yet another dictator that values power above human life.

The WFP's food budget is already up 30% from 2019, increasing \$50 Million per month in three years. And now the movement of wheat that feeds millions of people is in reverse. If Ukrainian farmers cannot plant this spring, the entire world will feel the aftershock. While here in the United States, we'll be inconvenienced and angry, the real suffering happens in the most vulnerable nations.

A line in a song we sang in worship a couple of times after the Russian invasion of Ukraine asks the haunting question, "If we are the body, why aren't His hands healing... why aren't His feet moving?" For me, we sang these questions to the church in Russia. What are they doing for peace besides hosting Putin's military for a celebration of a new monument to their arsenal.

However, in my daily Sabbath, God keeps asking me what we are doing for peace in our own community? Are our hands healing? What are we doing to feed others? Are our feet moving?

However, in my daily Sabbath, God keeps asking me what we are doing for peace in our own community? Are our hands healing? What are we doing to feed others? Are our feet moving?

Food insecurity is the anthesis of peace, but food insecurity didn't start with Russia's invasion of Ukraine. The problems that create food insecurity belong to all of us. And climate change is an increasing obstacle that denial won't solve.

Admittedly, time spent on Sabbath doesn't solve climate change, food insecurity, or a myriad of other struggles facing us. Instead, Sabbath is more like the huddle before the next play, the rehearsal before opening night, or creating a budget to launch a community kitchen.

Honoring a weekly day of rest is found among the Ten Commandments. According to scripture, God expects all humanity to set aside one day where work takes a backseat to the holy. And society struggles with how to live out this axiomatic requirement for health. Is part of our problem that we focus on the minutia of rules rather than the rhythms of how the Sabbath affects our daily lives.

In their commentary on the Sabbath, the *Theology of Work Project* authors notes how important starting each day with prayers was for Jesus. Based solely on the testimonies found in scripture, they conclude that Jesus "couldn't imagine going to his work without prayer,



In Our Prayers

Kevin Croom  
 Sylvia Pittman  
 Shirley Craig  
 Richard Oram  
 Chris Freeman



FRIENDS AND LOVED ONES WHO ARE  
HOMEBOUND OR IN NURSING CARE

Nancy Elston      Elaine Lamoreaux  
 Norma Buzzard      Mary Nations

**COMING UP THIS WEEK**

- Apr 4      Mon
- Apr 5      Tues    10:00am-12:30pm  
                   Food/Water Distribution
- Apr 6      Wed    10am-12Noon    Covid 19/Flu vaccines  
                   at South Flint Soup Kitchen (no appts)  
                   Angel Closet at SFSK    (by appts only)  
                   12Noon    Pastor Book Club
- Apr 7      Thu    1:00pm Asbury United Women in Faith  
                   meeting in the Asbury Library
- Apr 8      Fri    Church Women United  
                   11am meeting in Asbury's Wesley Room  
                   12Noon Luncheon
- Apr 9      Sat    12Noon    Food Not Bombs
- Apr 10     Sun    10:30am  
                   New Beginnings  
                   Contemporary Worship

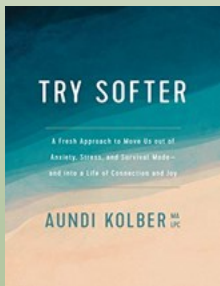
(We are live on [Facebook](#) and our newly launched [YouTube channel](#). You can find these links along with more information about us on our website at [FlintAsbury.org](http://FlintAsbury.org).)

**PASTOR BOOK CLUB NEWS**

Pastor Book Club is still meeting via Zoom. Please call the Church Office for more info 810-235-0016 as it changes.

Meanwhile, as a lot of you are already aware, sharp increases in new infections of COVID are pushing us back into isolation. While our regular attenders are vaccinated, we realize that a large number of persons are not vaccinated.

Therefore, we reinstated our policy to require masks in our building for all persons when not eating or drinking. If you don't have a mask, we can provide one for you, just ask the office.



This month's book series is called, "Try Softer", by Aundi Kolber.

Thank you and everyone stay safe!

## Asbury Worship Series "Hungry"



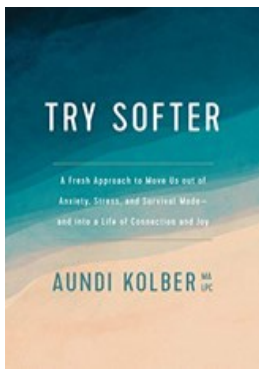
Feedflint hoop house ready for harvest ... credit Asbury

The Season of Lent is a special time of year for the church. The diversity of ways in which churches around the world experience this season offers insight into the different ways that people experience the holy. For many, Lent represents a time of struggle illustrated by giving up favorite foods after celebrating Fat Tuesday with their favorite Paczki or other treats.

Take a trip through Wikipedia's commentary on Fat Tuesday, and you learn about a few of the different ways Christians celebrate on the day before Lent begins. For example, did you know that Queen Elizabeth is more likely to call it "Pancake Day?" But why all this talk about food as preparation for celebrating Lent?

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## Book Club News



We began reading and discussing *Praying with the Church* by Scot McKnight as the Season of Lent started in March. We

plan to finish our study next week and turn our attention to Easter. <sup>1</sup>

We chose this book as a study during the Season of Lent because of the importance of Prayer in the

lives of nearly every person on the planet. Even persons who don't believe in a God may turn to whatever power that may be greater than their circumstances in search of comfort, protection, and forgiveness.

On the Wednesday after Easter we start a new adventure into the slow but rewarding process of self-discovery.

In parallel to a new worship series, *Masterpiece*, our Book Club digs deeper into the process of self-discovery. But not as a burden to be endured. Rather, as an exciting exploration of who we are behind our layers of protection. Let's call it our un-doctored selfie.

We're in search of that divine image that reflects our Creator. We know it's there beneath the layers

of past disappointments, hurts, and abandonments.

Whether you're a regular on Sunday mornings, only attend on an occasional holiday, or don't cross the threshold of a church building without coercion, there is something for everyone in this conversation.

The write-up found on Amazon has this to say about our next book:

In a world that preaches a "try harder" gospel—just keep going, keep hustling, keep pretending we're all fine—we're left exhausted, overwhelmed, and so numb to our lives. If we're honest, we have been

## Leadership in Worship & Service

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

### Asbury Staff

Rev. Dr. Tommy McDaniel	Pastor & Exec Dir
Connie Portillo	Office Manager
Sylvia Pittman	Empowerment Arts
Jim Craig	Board & Leadership Chair
Kevin Croom	Exec Chef & Dir Opers

Matt DePalma	Farms Manager
Chris Freeman	South Campus Bldg Mgr
Israel Unger	Finance Director
Kim Sims	Connections Suprv
Terrance Williams	Arts Center Mgr



*“Hungry”... Asbury Worship Series ...cont from pg 4*

We launch our new series on Wednesday, March 2, with an Ash Wednesday service at 6 PM. Our message for our kickoff is called *Rocks*, which reflects the temptation of Jesus in the wilderness when Satan tries to get to Jesus through his empty stomach. Jesus doesn't fall for it, but this was not a bad attempt on Satan's part. We tend to make bad decisions when we're hungry.

Speaking of hungry. Did you know that a substantial number of families living in the City of Flint experience food insecurity daily? This means that these families face significant obstacles when putting meals on their tables. Now, this is a problem under any circumstances, but for the residents of Flint, access to nutrition is crucial. A state of emergency was declared in January 2016 due to a series of water contamination problems that included lead leaching into public drinking water.

No one knows how many of the nearly 100,000 Flint residents were affected by drinking lead-tainted water. However, healthcare professionals estimate that between 6,000 to 12,000 children were likely exposed to lead.

According to a study published by Genesys Medical Center, childhood lead poisoning has serious health consequences and disproportionately affects vulnerable children and pregnant mothers. In addition, lead poisoning is irreversible and affects many developmental and biological processes.

Lead exposure is linked to lowered IQ (intelligence), reduced academic achievement, behavior problems such as Attention Deficit Hyperactivity Disorder (ADHD), lack of impulse control, aggression, and more. The Flint Water Crisis will have lifelong, multi-generational consequences.

While there's no actual cure for lead poisoning consuming a balanced diet rich in particular nutrients has been found to mitigate most of the adverse effects of lead. This is encouraging news that brings hope. Except that too many families can't access this life-saving antidote that most of us take for granted.

FeedFlint is focused on breaking down the barriers that create food insecurity for residents of Flint. Asbury Farms turns blighted, vacant properties into gardens of fresh fruit and vegetables. Our produce is distributed through numerous restaurants and partner organizations, including the South Flint Soup Kitchen, Asbury Community Help Center, FlintFresh, the Latinx Center, Boys and Girls Club, Hurley Food Pharmacy, and Oak Street Health.

**Learn how you can help at [FeedFlint.org](http://FeedFlint.org).**

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Lent is much more about what we're gaining than what we're giving up. Pancakes are great. My favorite uses heavier grain flour stuffed with blueberries and pecans and topped with pure Michigan Maple Syrup. But we can't live on pancakes alone. We need other nutrients. And Lent is about ensuring we get what we need for holistic health.

That's why Asbury and three other Flint area churches are teaming up both on this series and on a unique study that kicks off on Wednesday, March 9. We're planning two times, one at Noon and the other in the evening. Everyone is invited to participate. See our Book Club News article for more details.

Our new series, which will take us through March and end with Easter, is focused on food. We all require food to live, and let's face it, good food is a real treat. But we also need spiritual food that comes from the Word of God. So anticipate a balanced diet and a variety. On two Sundays, March 13 and 27, the four pastors are on the road.

Expect Pastor Jeremy Pastors from Court Street UMC to be at Asbury on March 13, and Pastor Greg Timmons from Calvary UMC on March 27.

I pray that you will join us each Sunday morning at 10:30 am. We share our weekly episodes on our [YouTube channel](#). We go live at 10:30 am. You can find these links along with more information about us, or join our live broadcast on our [website](#) at [FlintAsbury.org](http://FlintAsbury.org).

Pastor Tommy

## Soup (The better choice) .... cont. from pg 1

make sure the meat is handled safely and cooked sufficiently? And, by the way, this text had very little to do with my diet.

The terms clean and unclean transcend food and show up as distinctions better translated as holy and unholy. So what is clean is holy and what is unclean is unholy. Can you see where this is going?

Through the centuries, Christians dropped prohibitions on bacon but held tightly to the notions of holy and unholy. Instead, holy gets used as a yardstick for everything from how to dress for church to the genre of music expected during worship.

It's important to point out that this complex topic continues to be debated with tempers flaring and fists shaking. Which, by the way, are unholy gestures.

### Mary and Martha.

Luke tells a story about two women sharing a household and hosting Jesus and a few of His followers.

A lot has been made of this story over the years. In particular, "Are you a Mary or a Martha?" Answering this question begins with a point of view about the two women that come out of our own imagination. Notice that Luke tells us very little about these two individuals. And the depiction of their gender identities as women leaves many of us out of this conversation. It's sometimes difficult for men to place themselves in roles occupied predominantly by women unless we're sufficiently secure in our own gender identity. Which most of us aren't.

The scene begins with Martha welcoming Jesus into her home. The possessive pronoun "her" places Martha in a role most often held by men when this story takes place. In 1st century Palestine, it was uncommon for women to own property. Nevertheless, scripture seems to prefer lifting up women to positions of power.

Luke offers few details but chooses to share Mary's place at the feet of Jesus and her decision to listen as Jesus shared His wisdom. We're told that other men were traveling with Jesus. And we presume they are in the room listening to Jesus. This scene, by itself, crosses cultural norms for the period. Mary's actions are trailblazing in their own right.

Anyone who has experience preparing meals realizes that a lot of effort is required, depending on the meal. This story takes place before processed food and pizza delivery. It's safe to assume that the meal Martha prepared was made from raw or preserved ingredients. Shortcuts and leftovers aside, Luke shares that Martha was upset over the amount of work she had to do. And to make matters worse, Mary wasn't helping.

This is where speculation gets interesting as we project our lives onto their story. Perhaps you've been there where Martha was, left to do the work by yourself. Maybe you've been there where Mary found herself. Perhaps you've had an opportunity of a lifetime while someone close to you tries to put a guilt trip on you because they value the situation differently.

Perhaps you've been there where Jesus was sitting. Two people who likely care a lot about each other squabbling like children on a playground. And asking you to take their side of the argument.

Or perhaps you've been there in the room watching the commotion unfold. You're there because you want to be there. But meanwhile, an argument interrupts the moment, and your joy is stolen. The moment is gone as the teacher gets dragged into a dispute. A dispute where there are no winners and everyone loses.

Sometimes the damage is minimized and other times something even better emerges. But Luke doesn't tell us what came next. What came next is left for us to imagine, debate, and use as a guide for our own lives. If nothing else, those of us who have been on the side of Martha can see ourselves in what appears to be a show of pettiness, all things considered. So now you know my bias.

We can imagine ourselves in the story as one character and then another, playacting in our mind's eye the ways we reacted in similar situations. Finally, we can choose to learn from our mistakes and join Mary and the other followers at the feet of Jesus.

Lest you think I'm condemning Martha's actions, I'm not. Martha had a valid complaint.

much as most of us couldn't imagine going to work without shoes."

How else could Jesus know the will of His Father unless He took time to ask daily? There is no doubt that Jesus considered God's will in the minutia of daily living.

In the Gospel of Mark, Jesus says that "The Sabbath was made for the good of human beings" and not the other way around. This observation comes out of a conflict Jesus had with local religious leaders, critical of how His followers observed Sabbath.

We read that Jesus was walking near some wheat fields on a Saturday. The day of the week that His culture set aside as Sabbath. And as they walked by, a couple of them grabbed a few wheat kernels. Seeing this, the religious leaders said to Jesus, "Look, it is against our Law for your disciples to pick grain on the Sabbath!" (Mark 2:23-24).

The Sabbath was made for the good of human beings; they were not made for the Sabbath.

Mark 2:27

They weren't wrong in reading the rules spelled out in scripture. But Jesus points out another story, also found in scripture, where one of Israel's all-time favorite kings fed bread that was off-limits to his troops. He even ate the bread himself.

This dialogue, by itself, doesn't do a lot to elevate Sabbath to the level of necessity. However, Jesus concludes His defense by declaring that "The Sabbath was made for the good of human beings and not the other way around" (Mark 2:27).

Keeping Sabbath is for our own good and for the world's good. It's not about the specifics of how we each choose what we do for the Sabbath. Instead, Sabbath is about our connection to God, each other, the earth we depend on, and to ourselves. Sabbath is part of the rhythms of healthy living.

In our weekly group study, we're trying to add new prayer habits into our daily routines. We're using prayers that get used by millions of people around the world each and every day. This includes people in Ukraine and Russia.

Consider a way to receive the benefits of the Sabbath by adding a prayer habit. If you can, join us on Wednesdays for further discussions on praying with the church.

Feeding Flint is not a problem of having enough food. It's a problem of available healthy options and equitable access. Not just access to food that satisfies our craving for unhealthy food that lasts for a little while. But the food that gives us the energy and nutrients for an abundant life. Feeding Flint is also about offering spiritual food that brings us closer to God, each other, the earth, and ourselves.

To learn how you can help address food insecurity in our community go to [FeedFlint.org](https://www.feedflint.org).

I invite you to join us for worship during this season of Lent as we consider how scripture addresses the subject of food. In addition, we'll continue to celebrate Black History with celebrity guest interviews. We gather in the Asbury Arts Center in person and online on YouTube and Facebook. Video replays are available to watch later.

You can join us each Sunday online by going to the button on the homepage of our [website](https://www.flintasbury.org) - [Click here to watch](#). This button takes you to our [YouTube channel](#). You can find more information about us on our website at [FlintAsbury.org](https://www.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 [connect@flintasbury.org](mailto:connect@flintasbury.org) or let us know when you send a message through our [website](https://www.flintasbury.org). We post an archive of past editions on our website under the tab, Connect - choose [Newsletters](#).

Pastor Tommy

<sup>1</sup> J. P.R. Shukla, et al. "Climate Change and Land: an IPCC special report on climate change, desertification, land degradation, sustainable land management, food security, and greenhouse gas fluxes in terrestrial ecosystems." Intergovernmental Panel On Climate Change. [Link to Article](#)

<sup>2</sup> Anthony Faiola. "Flour rationing in Lebanon, grain hoarding in Hungary: How the Ukraine war is lurching the globe toward a new food crisis." © *Washington Post*, March 11, 2022. Retrieved from: [Link to Article](#)

<sup>3</sup> David Beasley. "Opinion: The Ukraine war could leave hundreds of millions hungry around the world." © *Washington Post*, March 7, 2022. Retrieved from: [Link to Article](#)

### Life Group Questions & Notes:

*Martha! You are worried and troubled over so many things, but just one is needed. Mary has chosen the right thing, and it will not be taken away from her."*

Luke 10:38-42

### NOTES FROM WORSHIP

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### QUESTIONS FOR LIFE GROUPS

1. Read Luke 10:38-42. The question most often asked about this story is this: "Are you a Mary or a Martha?" Our answers vary because we're all a bit different and we gauge the differences between these two individuals from our individual circumstances and experiences. So which one?
2. Read this week's article titled *Soup*. Imagine the scene unfolding at the home of Martha. Place yourself in the room as one of the followers listening to Jesus teach when Martha interrupts. What do you see, hear, smell, feel? Try imagining your in the place where Jesus is sitting, offering your insights or telling your story when Martha interrupts you? Now what? Try the same process as though you're Mary or Martha? What did you learn?
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.



“Feed Flint”



## “Feed Flint”

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A meal goes a long way for a senior living alone, a family struggling to make ends meet, or a child fearful of empty shelves at home. But for the residents of Flint who carry the effects of lead-tainted water, nutrition is critical. Feed Flint provides locally grown, chemical-free, fresh produce to residents living in and around Flint. And we're hoping that you can help us provide 10,000 meals this summer.

Feed Flint includes takeout meals, produce boxes with recipes, and home deliveries as part of our work to guide and support families in moving to sustainable abundance. The reality is that Michigan's food insecurity levels got worse during the COVID-19 pandemic, and this summer's recovery is leaving behind those at the most risk of having to miss meals.

### **Flint families continue to struggle with the ongoing effects of the water crisis.**

We're bringing together the resources of the Asbury Community Development Corporation. This includes Asbury Farms, the South Flint Soup Kitchen, the Asbury Community Help Center, multiple food pantries, and our Sizzling Culture Mobile Food Trailer. Our plan is to care for our neighbors when they need it most. We accept all people as they are, and our doors are always open to anyone.

Asbury Farms provides locally grown produce used to create fabulous and nutritious meals. Our seed-to-table approach is community-based. This not only helps families make it through emergencies and crises. We help move families towards sustainable abundance.

Our Sizzling Culture program provides jobs and new skills to our city's youth. This includes year-round employment. Our staff and most of our volunteers come from the neighborhoods we support. We call this sustainable abundance because families move from need-based on scarcity to enough based on community-generated abundance.

Our work is also about food and justice. Our vision is a revitalized community where every resident can use their talents and passions for the common good, where children grow into active citizens. And all residents can enjoy safety, good health, and a culture that fosters life-long learning and satisfying lives. This summer, help us address food insecurity and strengthen Flint's budding local food system by supporting the Feed Flint campaign. Thank you for taking the time to see what we're doing and considering how you can help.

Donate to our Feed Flint Campaign by visiting:  
[flintasbury.org/feed-flint-donate](https://flintasbury.org/feed-flint-donate)



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**\* CONVENIENT PICKUP AT ASBURY OR AT THE SOUTH FLINT SOUP KITCHEN \***

But I've been Martha as well, where I didn't recognize the holiness of a particular moment and focused instead on the work at hand. Fortunately, I've also been a Mary, trying to shut out the condemnation of others who have differing ideas about my priorities.

Most of all, I've been asked to mediate disagreements of all kinds. Disputes that ended in self-destructive responses, often from both sides of the argument. Disagreements elevated to personal in short order, leaving collateral damage in its wake. And I've watched arguments unfold in the presence and midst of holiness. And I bet you have too.

### Food is holy.

Our planned theme for the Season of Lent is food. We chose this story because it juxtaposes food preparations with reverence for the holy. And it allows us to wallow in self-justification for a while until we hear the voice of Jesus calling us to sit at His feet and listen.

Lord, don't you care that my sister has left me to do all the work by myself? Tell her to come and help me?

Luke 10:40

Food is holy. For the most part, plants and animals give their lives for us. We live because they died for us. I'm not sure there is any other ritual holier than this process of sacrifice for the life of another. Unfortunately, most of

us trivialize this notion of sacrifice and dismiss any suggestion that a carrot dies or that it matters that a lamb is slaughtered. I get it.

Over time, humanity commoditized food, reducing what we eat to a simple formula of calories and nutrients. So I eat my carrots for better vision and my spinach for strength. I eat fish for the omega 3 oil it offers. And when I overindulge, my body efficiently stores the excess in places that can negatively affect my self-image.

I believe that what Martha was doing was holy. But was preparing food as sacred as listening to Jesus? Let's consider that Martha was preparing a meal for Jesus and likely focused on the best meal possible. Jesus reminds us elsewhere that we are preparing a meal for Him whenever we feed others. What's holier than that?

Perhaps the notion of varying degrees of holiness is elusive. I'm guessing that Jesus saw love and holiness in the actions of both Mary and Martha. Both were focused on what matters most.

But Jesus responds to Martha because she is the one who wants to drag Him into a petty argument that interfered with the holiness of the moment. Martha's charge was as crucial to her as Mary's participation.

Jesus responds with, "Mary's moment will not be taken away from her."

Regardless of our past hurts, biases, insecurities, or justifiable anger, when we infringe upon the holiness, we infringe on the One

who created and loves us. And regardless of whatever revenge we may believe is justifiable, any actions that interfere with another relationship with the holy are self-destructive.

Feeding people is holy and it's important to remember that feeding Flint is not a problem of enough. It's a problem of available healthy options and equitable access. To learn how you can help address food insecurity in our community go to [FeedFlint.org](http://FeedFlint.org).

I invite you to join us for worship during this season of Lent as we consider the ways that scripture addresses the subject of food. In addition, we'll continue to celebrate Black History with celebrity guest interviews. We gather in the Asbury Arts Center in person and online on YouTube and Facebook. Video replays are available to watch later.

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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 [connect@FlintAsbury.org](mailto:connect@FlintAsbury.org) or let us know when you send a message through our [website](http://website). We post an archive of past editions on our website under the tab, Connect - choose [Newsletters](#).

Pastor Tommy

over functioning for so long, we can't even imagine another way. How else will things get done? How else will we survive?

It does not have to be this way.

Aundi Kolber believes that we don't have to white-knuckle our way through life. In her debut book, *Try Softer*, she'll show us how God specifically designed our bodies and minds to work together to process our stories and work through obstacles. Through the latest psychology, practical clinical exercises, and her own personal story, Aundi equips and empowers us to connect us to our truest self and truly live. This is the "try softer" life.

According to her author biography, Aundi Kolber is a Licensed Professional Counselor (MA LPC), writer, and speaker in Castle Rock, Colorado. She specializes in trauma- and body-centered therapies and is passionate about the integration of faith and psychology.

If you prefer to avoid groups or live too far away, I encourage you to join us online for our Wednesday gatherings. Alternatively, you can call in by phone, be heard, and hear what others say by calling (929) 436-2866 -- enter the meeting ID, 282 039 5568#.

We are a diverse group, delighted when new people 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](http://FlintAsbury.org).

Pastor Tommy

<sup>1</sup> Scot McKnight. *Praying with the Church*. Brewster, MA: Paraclete Press, 2006.

<sup>2</sup> Aundi Kolber. *Try Softer: A Fresh Approach to Move Us out of Anxiety, Stress, and Survival Mode--and into a Life of Connection and Joy*. Carol Street, IL: Tyndale House Publishers, 2020.



**ASBURY UNITED WOMEN IN FAITH**



United  
Women  
in Faith

**Invite you to join us in a Special Lenten Project**

***"FORTY DAYS ~ FORTY ITEMS"***

Wednesday, March 2, 2022 is the first day of Lent. I have a challenge for you!

Each day of Lent, starting with Ash Wednesday, remove one item from your closet that you no longer wear or need (or doesn't fit) and put it into this trash bag\*. At the end of the forty days, we will donate these items to The Angel Closet at our South Flint Soup Kitchen. This way you will be able to share them with someone who can really use them!!

So instead of "giving up" Chocolate or French Fries for Lent, please give from your heart so we can help with clothes for our neighbors at The Angel Closet. Plus you'll be getting a head start on your own spring cleaning!

\*All items must be clean and not torn or ripped or stained. We are giving these items away to our clients and if you won't wear it, we don't want to have them wear these items either.

If you have any questions, please call UWF President Michele Weston at (810) 624-1184.



United  
Women  
in Faith

## UNITED METHODIST WOMEN IS NOW UNITED WOMEN IN FAITH

We've taken a new name to better reflect how we answer our calling today. It's an exhilarating time, as we commit to even greater inclusivity, action, and impact in our mission to support women, children, and youth.

All Women of Asbury UMC are invited to join our monthly meetings on the 1st Thursday of the month at 1:00PM in the Library. Your friends and neighbor ladies are also invited, they don't have to be United Methodist any longer. Any questions, please call Michele Weston, our President, at 810-624-1184.



**We believe love in action  
can change the world.**

**\*\*\* [Friday, April 8, 2022](#)** Asbury United Women In Faith will welcome and host the Church Women United in Greater Flint for their first meeting and luncheon since the Pandemic began in 2020. We would like to invite the ladies of Asbury UMC to join us at this CWU meeting at **11:00AM** that day, downstairs in the Wesley Room. Chef Kevin Croom will be serving our **lunch at Noon**. The cost of the lunch is being paid by CWU, but your donations are always welcome. If you are able to attend or have any questions, please call Michele Weston (810-624-1184) who will call in your reservation. Let's show some love to our Neighbors that day!

also

**[Save The Date!!](#)** Sunday, May 15, 2022 at Noon, after Morning Worship, The Asbury United Women In Faith will be having a Brunch to "Celebrate Spring" and to "Thank our Farm Workers" for all they are doing to get our Hoop Houses planted for this growing season for Asbury Farms.

Watch for a flyer coming soon to tell you more about it, the cost, the menu and reservations etc... The most exciting part of this event is to finally have an Asbury gathering and meal together since we stopped when the pandemic began.



**SOUTH FLINT  
SOUP  
KITCHEN**

APRIL 6TH,  
2022

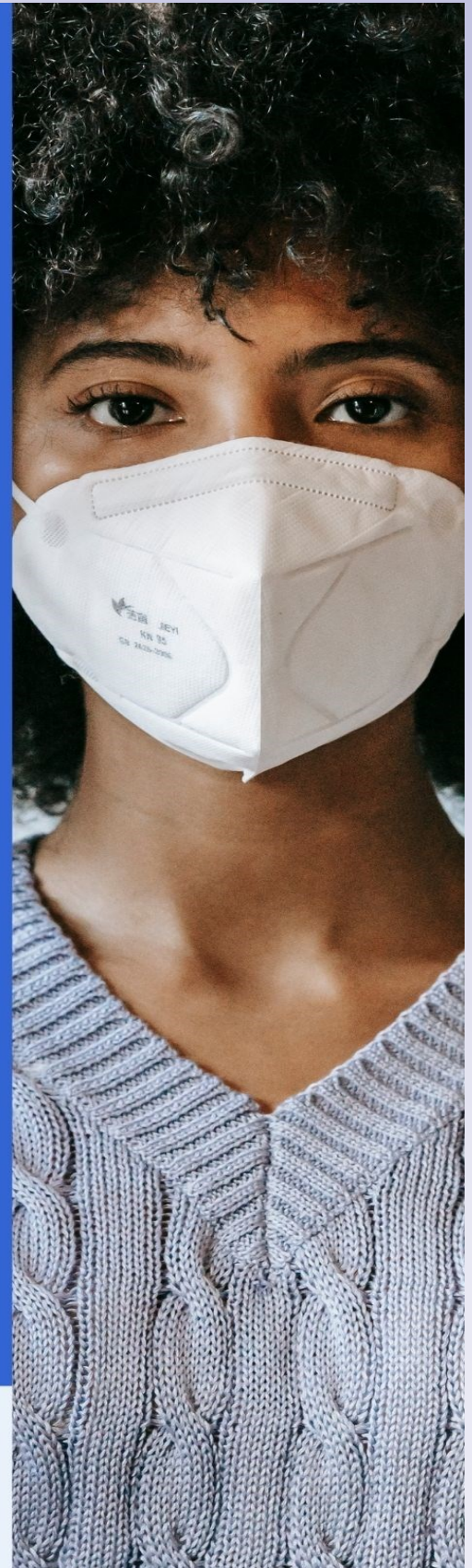


**COVID-19  
and Flu  
vaccines  
are FREE.**

→ We will be offering  
Flu and COVID-19  
vaccines 10am-  
Noon to kids and  
adults. No  
appointment  
necessary!

**South Flint Soup Kitchen  
3410 Fenton Road  
Flint, MI 48507**

**Call us at 810-239-3427 for  
more information.**



Providing a HOT MEAL and/or local, organic  
PRODUCE weekly.



SATURDAYS starting around 12NOON

Asbury United Methodist Church

1653 Davison Rd, Flint (810) 235-0016



**Food Not Bombs** is a loose-knit group of independent collectives, sharing free vegan and vegetarian food with others. **Flint Food Not Bombs** believes that access of food among other necessities of life-should be viewed as a right, not a privilege. Yet in a nation with a military budget many times that of other nations, people continue to go hungry. This is immoral and unjust.



JOIN THE CONVERSATION!

Facebook.com/flintfoodnotbombs

Twitter.com/flintfnb

Email: flintfnb@protonmail.com

Website: foodnotbombsflint.wordpress.com

We're currently looking for volunteers so we can expand. If interested,  
send us a message! Solidarity!

A nation that continues year after year to spend more money on military defense  
than on programs of social uplift is approaching spiritual death.—MLK