

ASBURY CIRCUIT RIDER

Volume 2 Issue 4

September 4, 2022

Figs (Love and manure)



What is your take on recycling? Do you put out a bin each week labeled so that the waste removal crews know to put the contents into the "to be recycled" truck?

Some things recycle better than others. Styrofoam, for example, has very little use after the product it protects during shipment arrives and is unpacked. Scraps from fruits, vegetables, and other plants, on the other hand, are natural fertilizers. They break down quickly and become fertile soil. Talk about recycling.

Whether you compost, recycle, or just generate a lot of waste, we all need nutrients to stay healthy. Add in air, water, and plenty of love, and we have a good combination for yielding fruit.

Page 6

Untied (Forward seeing)



What happened to me? According to the roster of my high school basketball team, I'm 5' 11" tall. But nowadays, I'm barely 5' 10".

According to an article on the Medical University of South Carolina website, every one of us experiences numerous changes in

our physical characteristics as we age. For example, we start to lose height as we age, which becomes most noticeable after age 70.

In addition, our posture changes, and many of us will notice a distinct curvature of our spine. This is because our skeletal structure often changes as we lose bone density.

Page 2



EVERYONE HAVE A
SAFE AND HAPPY
LABOR DAY!!

DONATE

Inside this issue:

Figs (Love and manure)	1
Untied (Forward seeing)	1
In Our Prayers/Coming up this Week	3
Asbury Worship Series – Masterpiece	4
Pastor's Book Club	4
Leadership in Worship & Service	4
Asbury Worship Series - Masterpiece	5
Figs (Love and manure)	6
Untied (Forward seeing)	7
Small Group Questions & Notes	8
Feed Flint	9
Feed Flint	10
SFSK September Dates	11
Asbury Veggie Boxes	12
The Spot by Cyndi McDaniel	13



The primary factor contributing to spinal curvature is the hardening of the intervertebral discs. Between each vertebra, there is gelatin-like cartilage that separates the vertebra. With age, these discs harden and lose flexibility with the inevitable result of a compressed total length of the spine and a forward tilt called kyphosis.

These aging changes are called senile kyphosis and are a normal part of aging.

However, a curvature of the spine can begin earlier. According to an article by the Mayo Clinic medical staff, Scoliosis, a sideways curvature of the spine, is most often diagnosed in adolescents. The cause of most childhood scoliosis is unknown.

The writer of Luke tells a story about a synagogue somewhere in the region of Galilee. The synagogue was more crowded than usual as word got out that Jesus and his closest followers were in town. The synagogue leader knew that keeping order would be more difficult than expected. He had heard rumors that this well-known Rabbi from Nazareth could be disruptive.

"Please, it's time for us to begin," the Synagogue leader announces, "it's going to be crowded, so make room. Save the choice seats for those whose status warrants them, so we don't have to ask you to move."

As the people entered the synagogue, they found their usual seats with the men on one side and the women on the other. It was noisy as those who had never seen Jesus whispered among themselves about the stories they had heard.

Barely noticed, a woman shuffles in. She is hunched over as she walks, focusing on a few steps in front of her. She entered on the women's side just as she always did.

It had been 18 years since an illness had left her in this position. She had long grown accustomed to the inconvenience and lived a life of isolation on the margins of society. Many wondered why she chose to come at all. Couldn't she see that God had dealt harshly with her for whatever she had done in her past? Why parade in here among those whom God is clearly pleased with coming together to learn and worship? The nerve!

Jesus notices the woman as she searches for her seat. "Woman, come up here," Jesus shouts. But the woman didn't know that she was who Jesus was speaking to. "He's talking to you," her friend says as she settles in the seat next to her. "Me?" the woman responds.

The woman slowly gets up from her chair and walks toward Jesus, who encourages her in a voice loud enough for her to easily find Him. The noise of the crowd dies down to whispers, and every eye is glued to the unfolding scene.

As the woman gets close enough to see the feet of Jesus, He puts His hands on her shoulders and says in a voice that creates goosebumps for all who heard Him. "Woman, you are free from whatever is holding you down."

Should not this woman be set free on the Sabbath day from what bound her?
Luke 13:6

With Jesus's hands still on her shoulders, the woman's eyes move toward to see the figure in front of her. As her eyes met the eyes of Jesus, she realized that she could now stand up straight.



In Our Prayers

Kevin Croom
 Sylvia Pittman
 Shirley Craig

Richard Oram
 Chris Freeman



FRIENDS AND LOVED ONES WHO ARE
HOMEBOUND OR IN NURSING CARE

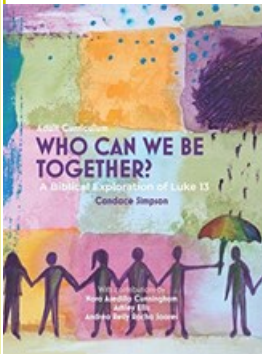
Nancy Elston Elaine Lamoreaux
 Norma Buzzard

PASTOR BOOK CLUB NEWS

Pastor Book Club is still meeting via Zoom, but we are also gathering in the Asbury Library Conference Room at 12Noon every Wednesday, unless otherwise noted.

Please call the Church Office for more information, as things could change (810-235-0016).

This month's book series is called, *Who Can We Be Together?* authored by Candace Simpson with help from Nora Asedillo Cunningham, Ashley Ellis, and Andrea Reilly Rocha Soares.



Thank you and everyone continue to stay safe!

COMING UP THIS WEEK
SEPTEMBER 5 – 11

- Sept 5 Mon HAPPY LABOR DAY!!
- Sept 6 Tues 10:00am-12:30pm
Food/Water Distribution
- Sept 7 Wed 12Noon Pastor Book Club
11am-12Noon Food Giveaway at South Flint Soup Kitchen (no appts needed)
- Sept 8 Thu 1:00pm United Women in Faith meeting in the Asbury Library
- Sept 9 Fri
- Sept 10 Sat 12Noon Flint Food Not Bombs
- Sept 11 Sun 10:30am
New Beginnings
Contemporary Worship

!! HAPPY NATIONAL GRANDPARENTS DAY !!

(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](#).)

Asbury Worship Series "Masterpiece"

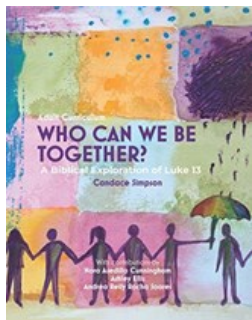


It's tempting to declare that we're beginning a new series on the first Sunday in July. It's tempting for many reasons, so why not just call our next several Sundays by a catchy title and announce a "new" topic? And I love new beginnings.

Instead, welcome to Parts three and four of a series we began the Sunday after Easter called

Book Club News

As our 4-part series called Masterpiece comes to an end



our new series calls for us to utilize our new discoveries for the benefit of the greater good.

Getting along with each other is challenging at times. Hopefully, each of us left our study of the book *I Think You're Wrong (But I'm Listening)*

with a few ideas on how to cooperate in the midst of disagreement.

Between the intense levels of isolation brought on by the pandemic and the use of divisive tactics by candidates running for political office, the pressure to dismiss and disregard is greater than ever. Nevertheless, I'm hopeful that we can learn from Jesus how to cope while working for the common good.

books really are the "peas and carrots" of conventional wisdom.

For September our Book Club focus is on parables told by Jesus in the 13 chapter of the Gospel of Luke. Our study is informed and guided by the book *Who Can We Be Together?* authored by Candace Simpson with help from Nora Asedillo Cunningham, Ashley Ellis, and Andrea Reilly Rocha Soares.

Our book is written as a study guide and represents a response by its author and contributors to the purpose of an organization founded and run by women of the United Methodist Church. Over the past year this group voted to rename their organization as United Women in Faith. The vision of this group is "Turning faith, hope and love into action on behalf of women, children and youth around the world."

Asbury Staff

Rev. Dr. Tommy McDoniel	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
Katelin Maylum	Sr Prog Mgr Local Foods
	South Flint Soup Kitchen

Leadership in Worship & Service

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

Asbury Worship Series - Masterpiece ...cont from pg 4

Masterpiece. The reason for not creating a more robust line of demarcation between then and now is that we're not finished.

Now that we've begun the work on ourselves that leads to better emotional and mental health, we deserve to feast on the benefits right away. Our rewards begin with taking our newly discovered truths about ourselves on the campaign trail. After all, it's summer, and COVID is finally becoming more of a bad memory than a current threat. In-person gatherings are returning so let's get together and debate the issues.

In parts three and four we continue exploring the masterpiece God is forming in us, assisted by two friends with differing political views but somehow manage to stay good friends. How is this even possible? After all, isn't the world intentionally divided into blue and red?

In our book club article, we learn that the book that parts two and three of our series is based on was written by two working moms from opposite ends of the political spectrum. And our hope is that we can learn that politics don't have to divide us. Instead, we can put what Jesus teaches us into practice in our debates about policy.

I promise that the next several weeks will be challenging. Even if for no one else other than your pastor. I'm a somewhat reluctant participant in this notion of finding agreement with the other side. I've spent most of my life competing in races for which there can be only one winner.

Nevertheless, I also long for a time when debate doesn't bring out the worst in people. So I'm all in for this next leg of our trip. And I hope you are as well.

We'll follow the outline of the book our series is based on. *I Think You're Wrong (but I'm Listening)* brings politics into the front door of the church. But not as a way to influence who you vote for. But, I hope you'll make sure you vote with the confidence that you know where you stand on the issues that matter most to you.

Our theme scripture for this next chapter comes out of John's Gospel. In chapter three we read the story of a Jewish leader named Nicodemus. The chapter begins by providing political context. Nicodemus belonged to the party of the Pharisees. And Jesus was more of an independent who understood both sides of the argument and loved even those with whom He disagreed.

Imagine that!

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.

Pastor Tommy

Sarah Stewart Holland and Beth A. Silvers. I Think You're Wrong (But I'm Listening): A Guide to Grace-Filled Political Conversations. Nashville: Nelson Books, 2019.

One day Jesus was telling stories to a crowd.

"A man planted a fig tree in his garden and came, again and again, to see if there was any fruit on it," Jesus began, "but time after time, no figs!" the man was always disappointed and frustrated, so finally, he said to his gardener, "I've waited three years, and there hasn't been a single fig! Cut it down. It's just taking up space in the garden."

Can you identify with the man's frustration? You plant an apple tree or raspberries that you paid good money for. But time after time, you check on its progress with little sign that fruit is coming. You could almost taste the apples the day you found the tree at the local nursery.

Jesus continued, "The gardener answered his boss pleading on the side of keeping the tree. "Give it one more chance. Leave it another year, and I'll give it special attention and plenty of fertilizer."

Wait! This is feeling sort of personal. I wonder how many times someone has stood up for me that way? Have you ever needed a second chance?

And the gardener adds this final point of assurance to his boss. "If we get figs next year, fine. If not, then you can cut it down."

Bosses like to know that there is a limit. But on the other hand, the gardener may find herself pleading on the fig tree's behalf again. Meanwhile, love and manure are the best paths forward.

But what about the fertilizer?

Professor Cory Driver writes in a reflection on Jeremiah's call to prophesy that "I believe the tasks for which God called Jeremiah and for which God calls us as well are the work of a master gardener who is deeply in love with creation and expects humans to produce good fruit" (Jeremiah 1:4-10).

Driver shares a story about growing tomatoes in the Arava Desert in southeast Israel. He shares that each tomato requires around 20 cube centimeters of organic fertilizer. And each season brings the ripping up and composting of the plants after their season is over to make fertilizer for the next season of tomato plants.

Candace Simpson writes in her book *Who Can We Be Together?* that "It's not easy to build and sustain communities, especially when there are forces that drain us, exhaust us, and even push us to act uncharacteristically. And yet, we are called to act on the most ethical principles of our faith so we can witness the kin-do of God on earth."

But working together requires a functioning connection between us. And we share the gifts and graces given freely by a God who loves us. In her commentary on the Parable of the Fig Tree, Simpson asks, "How do you know when to pursue a relationship and when to distance yourself from it?"

In answering this question, the author challenges us to consider the context of the communities we serve compared to the community hearing this parable when told by Jesus. Who holds political, economic, and social power in our community? In other words

who decides whether the fig tree is given more time to produce?

How do the religious leaders fit into the social order in our community? What role should the church play? Who are the fig trees in our community? Are we willing to argue for more time and to ensure adequate resources are available to the oppressed?

One of the decisions facing our city is how much longer water distribution should continue. The Flint City Council approved a portion of the funding from the American Rescue Plan Act to allow water and food distribution to continue at the three community help centers through June of next year. But, is one more year enough time?

You can join us each Sunday in person or online by clicking the button on our [website's](#) homepage - [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](#).

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 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

Content for this series is based in part on: Candace Simpson. *Who Can We Be Together? A Biblical Exploration of Luke 13*. New York: United Methodist Women, 2022..

Prof Cory Driver. "Journeying with God." *The Upper Room Disciplines 2022*. © Nashville: Upper Room Books, 2021.

She looks into Jesus' eyes and begins singing: "Praise the Lord - Praise God - let all the people praise Your Holy Name. You are mighty and loving - Your grace and mercy are unending."

The Synagogue Leader, fearing that the crowd would join in, shouts, "There are six days for work. So come and be healed on those days, not on the Sabbath! This is not right! The Sabbath is holy!"

You could feel the shift in the air. The crowd's attitude moved from awe and approval to anger and disapproval. Jesus felt it also.

The Synagogue Leader wasn't wrong. In fact, his understanding of the laws handed down since the time of Moses is evident in this respect. And the creation story in Genesis ends with God resting. The Sabbath was intended to be a day when work stopped, and everyone took a knee.

Well, sort of.

Jesus responds to the situation with this retort. "You hypocrites! Doesn't each of you on the Sabbath untie your ox or donkey from the stall and lead it out to give it water?"

Well, of course, we do. I make sure that our dog Duke gets fed and has fresh water every day of the week. And wasn't the Synagogue Leader working that day in his role of leading the people in worship? As a pastor, I work every Sunday. I suspect that we all do at least some work on the Sabbath.

Jesus continued, "Then should not this woman be set free on the

Sabbath day from what bound her?" Of course.

"Hunched over" is a powerfully visible metaphor. When hunched over, we can't see what lies ahead beyond our restricted view. As a result, we may miss out on a lot. In our story, the woman is physically crippled, but she is healed by Jesus. However, healing on the Sabbath was considered work. Medical clinics were closed so doctors could celebrate Sabbath. Jesus broke the rules, setting a bad example in the opinion of the other synagogue leader.

The stooped woman symbolizes all of us. As do the Synagogue Leader and the crowd.

First, whenever our field of vision is limited. We struggle to see the whole picture, whether by a physical limitation or by a weakening of the Spirit that affects our lives and attitudes. The woman's physical limitations are symbolic of the blindness we all have in varying amounts. Fortunately, like the woman in Jesus' story, we all are children of God and loved by our Creator.

The Synagogue Leader knew the rules and tried to live out his beliefs faithfully each day. The crowd was there because worship took priority for them over all other activities that ordinarily had their attention.

Jesus calls us to the front. Not to be humiliated but to be recognized. To be recognized for the beauty in us that was created on purpose and for a particular purpose.

Imagine what we can do

together if we each accept Christ's offer of releasing us from whatever is holding us back. Imagine what we can accomplish when we look forward rather than backward or down. Heaven on earth is possible when we work together for the common good.

Jesus didn't just heal the woman. Instead, the crowd in the synagogue witnessed compassion and justice taking precedence over a tradition that created nearsightedness. So, likewise, our church is a place of healing where all are welcomed to experience the healing Spirit of God.

Come, let us worship God together.

You can join us each Sunday in person or online by clicking the button on our [website's](#) homepage - [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](#).

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 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

Content for this series is based in part on: Candace Simpson. *Who Can We Be Together? A Biblical Exploration of Luke 13*. New York: United Methodist Women, 2022.

Mayo Clinic Staff. "Scoliosis." © Mayo Clinic, 2022. Retrieved from: [link](#)

"Posture Change With Age." © Medical University of South Carolina, 2022. Retrieved from: [link](#)

Life Group Questions & Notes:

Should not this woman be set free on the Sabbath day from what bound her?

Luke 13:10-17 (GNT)

NOTES FROM WORSHIP

QUESTIONS FOR LIFE GROUPS

1. Read the Parable of the Fig Tree found in Luke 13:10-17. As you read and reflect on this week's text try placing yourself in the places of the various characters: the stooped over woman; the synagogue leader; sitting in the crowd; and Jesus. What did you learn about yourself?
2. Read this week's article titled *Untied? Is there something that is holding you back from being the person God created you to be? Can you imagine overcoming whatever it is? What can we do together that none of us can do on our own? What is your next step?*
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”

Page 10



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

SOUTH FLINT SOUP KITCHEN

SEPTEMBER GIVEAWAYS



**CLOTHES
HALLOWEEN
COSTUMES
& MORE**

ANGEL CLOSET (APPT. ONLY)

21ST & 28TH 10:30AM-NOON

**FOOD GIVEAWAYS (NO APPT.
REQUIRED)**

7TH & 14TH 11:00AM-NOON

**3410 FENTON ROAD
(3 BLOCKS NORTH OF
ATHERTON)
FLINT, MI 48507**

FOR MORE INFORMATION

CALL:

810-239-3427



ASBURY FARM FRESH

- TRY OUR WEEKLY VEGGIE BOX FOR \$10.00 -

SIGN UP FOR A FREE ASBURY FARMS ACCOUNT TODAY

AND

Receive a \$15 credit on your account for your first purchase

CREATE YOUR OWN VEGGIE BOX

Select what goes in your box from each week's harvest. Get \$5 off your next order when you fill your box with \$15 of produce.

WANT US TO DECIDE FOR YOU?

Choose Veggie Box Subscription and we will fill your order with a variety of each week's harvest. Pay when you pick up your box. **A \$15 VALUE FOR \$10.**

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

The Spot

by Cyndi McDoniel

As I was crossing the street the other day, a man was coming down the middle of a One-Way in a wheelchair. As I noticed why he was in the wheelchair, I contemplated whether or not I would ask him how he's doing. I decided to do my usual and greet him w/a smile as I said, "Hi! How are you today?" He didn't smile back, but his voice was friendly. He immediately proceeded to tell me he would be learning to walk again because he didn't use his prosthesis, and he was going to give it another try. I waited for him to continue, as I was uncomfortable talking about something so personal w/someone I didn't know yet. He told me how his artificial leg attaches above the knee and hinges below and looks like a regular leg when he sits down. His voice started to waver down as he said he "just didn't want to go through that again," and I decided it would be okay to interject. Cautiously, knowing my next statement could backfire on me, I told him how glad for him I was that he had a prosthesis, because so many are unable to get one (this is something I at least weekly going to and from work). Then I said, "And you are young—you can do it!" He added that he wasn't young—after all he was getting old—he was 44.... but he thought he could probably do it. I let him know I was beyond him in years, and I knew I wasn't old, so he definitely couldn't be old!

By this time, we were sharing the sidewalk and he had broken into laughter. We had just parted ways and I said, "What is your name? I'm going to pray for you." He smiled again and said, "My name's Deandre—and thank you." I told him I wanted him to look me up when he completed therapy, as "that is going to be a really good day!" What really got me was after I turned around a second time, he yelled out his name again and added his last name. I turned to look at him and he was still smiling. I got into the building and all I could think was, "He doesn't know Jesus already knows who he is—I don't need to tell Jesus his last name."

All afternoon that day I kept thinking I didn't do enough: yes, I was on a mission. By then, I had to be back in my office in less than 5 or 6 minutes for an appointment. Why didn't I go out that gate and offer prayer right then and there? I am tremendously blessed to work in a place where you don't get in trouble for praying w/someone publicly. I'm sure my next client would have understood if I was a couple minutes late. I missed an opportunity to introduce him to Jesus...

The thing is, I was so incredibly blessed by that holy conversation and getting down on myself "for not doing more" was basically a moot point.....Deandre` wasn't crying in his beer—he was just stating the facts. He was living w/life and had decided to attack what he once thought was an impossible feat again. And here I am—complaining about how much my feet hurt when I walk--and other bones on a good day. I left that exchange being reminded how fortunate I am (it happens so often!) to be able to walk across the street swiftly---or not so swiftly some days. Why in the world do I forget some mornings to thank God for giving me the breath of life once again....and the ability to walk, and the ability to go to the store on a regular basis, and the ability to use gifts so freely given to me, and.....

How amazingly wonderful it is to know when we go to our Lord in prayer, we don't have to announce who we are. And we certainly don't need to give our last name.

Thank you, Jesus, for knowing who we are.

But as Candace Simpson writes, “It’s not easy to build and sustain communities, especially when there are forces that drain us, exhaust us, and even push us to act uncharacteristically.” Scripture in general, and the parables shared by Jesus in particular, offer opportunities for each of us to respond to this challenge of building community.

The purpose of United Women in Faith is found in the opening pages of our study guide:

The organized unit of United Methodist Women shall be a community of women whose purpose is to know God and to experience freedom as whole persons through Jesus Christ; to develop a creative, supportive fellowship; and to expand concepts of mission through participation in the global ministries of the church.

If you prefer to avoid groups or live too far away, I encourage you to join us via Zoom 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.

Pastor Tommy

Candace Simpson. Who Can We Be Together? A Biblical Exploration of Luke 13. New York: United Methodist Women, 2022.

Sarah Stewart Holland and Beth A. Silvers. I Think You're Wrong (But I'm Listening): A Guide to Grace -Filled Political Conversations. Nashville: Nelson Books, 2019.

**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

Flint 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/flintfub

Email: flintfub@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**



Summer is getting into full swing at the farm!!!

Coming soon, the farm's new twist on a
CSA Food Box!!!!

Bring home only the veggies you love!

First Pick-Up Date: Saturday, July 16th, 11am-1pm and until further notice. We will post if anything changes.



Want more information??
Email: kelly.jewett@outlook.com

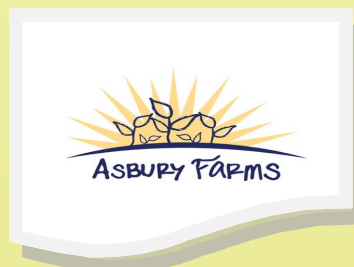


We were stoked to be kicking off our very first Asbury Farms Sliding Scale Food Box Program last week! Get the most local, organic, delicious produce!! Grown on the East Side!

Pick what veggies you want, how much you want and pay what you can between \$12.00 — \$24.00.

Every Saturday from 11:00am to 1:00pm
1601 Jane Ave Flint MI

Look for the big banner that says "SALE" ...



Written by Bill Piper

Gracious and Loving Father, I come today grateful for the blessings of my life and for the opportunities that this new day brings. Help me realize that with the support of family And friends, I have the power to create a life I love. I have Been blessed with everything I need and am thankful for my health, for the simple experiences of my life, for those who continue to enrich my life, and for a universe that is infinite and abundant.

May I continue to live a life of gratitude and believe in its Power to create contagious goodness in all of the lives that I am able to touch. Watch over my loved ones but particularly extend your loving care, to those whose lives are filled with obstacles and difficulties. Thank You for giving me the life I have and for always showing me that my gratitude is a pathway to understanding and to love.

In Jesus name I pray, Amen.

With great thanks to Bill Piper.