



ASBURY CIRCUIT RIDER



Volume 3 Issue 28

MAY 28, 2023

Enough (Least to greatest)



Niro Feliciano, a licensed social worker, offered in a post for *Psychology Today* three ways to want what you've got. But why only three? Are three ways really enough?

Dr. Timothy Carey, a researcher, and professor of Clinical Psychology at Curtin University, also weighed in on this idea that there are healthy limits on how much of a good thing it takes to find satisfaction. He concludes, "Life is the business of creating and maintaining the world we know in the "just right" states we want it to be in."

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EVERYONE

HAVE A

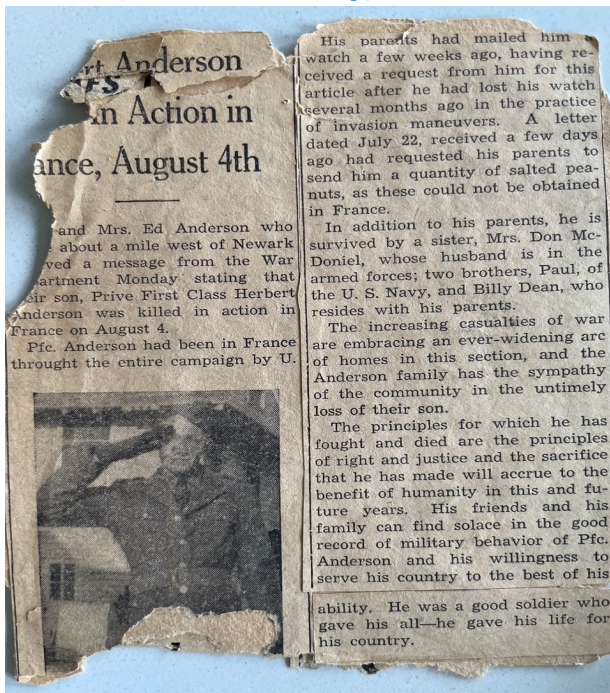
SAFE

MEMORIAL

WEEKEND!!

DONATE

Faith (Understanding)



Credit ... Newark Journal

This weekend we celebrate the memories and show our gratitude to those who gave their lives in service to our country.

While the core purpose of Memorial Day is about persons who died while serving in the U.S. military, most of us understandably celebrate the lives of any and all who served in the armed forces.

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As I reflected on members of my family who served during WWII, and my uncle, in particular, who lost his life on the beaches of Normandy — I couldn't help but think about the ongoing war in Ukraine. While most of the world has stood behind the people of Ukraine, we are not standing shoulder to shoulder with the men, women, and children who live out the horrors of war every moment of their lives. Russian missiles are raining down on innocent civilians with no way to defend themselves.

Experts on war refer to the War in Ukraine as a "war of attrition." A war where victory comes to the side willing and able to lose the most while staying engaged the longest. Wars of attrition favor the more powerful. So, given that Russia's economy is approximately ten times the size of Ukraine and Russia's nearly one hundred million more people, Ukraine's prospects seemed impossible from the beginning. Yet they've managed to defend their homeland with extraordinary tenacity.

In an article published in *USA Today* this past Christmas, the head of the Knights of Columbus, Patrick E. Kelly, offered his observation of the faith

of the Ukrainian people while visiting there. He writes, "Trauma was etched into their eyes, the mother's face streaked with tears. Yet when they saw Archbishop Sviatoslav Shevchuk, my host for the day, they came alive. They held out their hands and asked him to pray with them. A sense of peace came upon them — and one of hope."

Upon his return from visiting Ukraine, Kelly concludes that "Amid the darkness of spirit and daily life, a brighter light is shining. So many of the Ukrainian people have hope because they have faith." And he makes this comparison, "In the same way that Christ came to Earth to be with us, the Christians of Ukraine are coming to each other's aid to make their shared suffering more bearable."

What a powerful testimony to faith. What an incredible witness to the courage and tenacity of the Ukrainian people. What inspiration for those of us living and working in our community. These stories offer hope.

But what is faith?

The writer of Hebrews begins a chapter with one of the most quoted explanations of faith from scripture. They write,

"To have faith is to be sure of the things we hope for, to be certain of the things we cannot see."

And what can we be certain of?

One of faith's most essential foundational statements is this: "It is by faith that we understand that the universe was created by God's Word so that what can be seen was made out of what cannot be seen." Of course, this is only a starting point for faith, but it's critical.

But where does faith come from?

According to scripture, faith is a divine gift. Left entirely to our own capacities, humans resist the pull of God's love and turn to more visible and habitual sources for comfort when faced with seemingly insurmountable problems. We refer to these alternatives to faith as ways of coping. We all need and rely on multiple ways to help us cope with stress. But, while some coping methods are helpful, they usually fail to adequately relieve our discomfort or lead to a solution. They are intended to bring temporary relief.

Faith (Understanding) *cont. from pg 2*

This coming Sunday is also a day we set aside to remember an event we call Pentecost. Luke tells us in the *Acts of the Apostles* about a day when the Holy Spirit filled the room and all gathered in the faith that God would save them. It was a dramatic show of shock and awe that restored rather than destroyed lives. A form of antidote for war.

But is the Spirit available to ordinary people? Is it available over the counter, or do I need a prescription?

One way of answering these questions comes from Matthew telling a story about Jesus' healing blindness. The story is short and to the point, but its implications are far-reaching.

Two followers of Jesus were blind, says Matthew, and they cried out to Jesus, "Have mercy on us." So, these were disciples of Jesus. And blindness, for Matthew, is a metaphor for a lack of clarity in a person's understanding of Jesus. Persons with little or no physical sight are capable of outstanding accomplishments, more so than many of us who can watch them do them. However, spiritual blindness hinders faith.

Jesus taught by telling stories. Nearly all of His stories were short and void of details that explained the meaning behind His telling. And Jesus was

candid about His reason for choosing stories as His pedagogy. Those receiving the divine gift of faith understood the points He made. However, persons with varying degrees of spiritual blindness usually missed the point altogether.

"Do you believe that I can heal you?" "Yes", they answered. Then Jesus touched their eyes and said, "Let it happen then, just as you believe". And their sight was restored.

Matthew 9:28-30

So what do we do when we don't understand what Jesus is saying?

This is the beauty and grace that comes out of pursuing spiritual acuity. Like those who gathered for Pentecost, we gather to read, hear, and respond to the Word of God found in scripture. We listen to one another's stories. And we ask for and receive God's Spirit within our being.

All the while, we hold onto our belief that sometime before God chose to create what we know to be the world we live in, before anything else existed, Jesus Christ was with God.

And God loves the world so much that Jesus lived among humanity, sharing the good news of eternal life available to all who believe. Entrance into this Kingdom of God is open to all persons regardless of merit. There is no price to pay for Jesus already paid for us.

Do you believe this to be true? Then you have faith, and because of your faith, you have hope.

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

Our series was inspired by and relies on content provided by Angela Hunt. *Daughter of Cana*. Minneapolis: Bethany House, 2020. Patrick E. Kelly. "You are not alone": *Ukrainians hold on to faith amid devastation of Russian invasion*. © USA Today, December 23, 2022. Retrieved from: [link](#)

IN OUR PRAYERS

Kevin Croom
 Sylvia Pittman
 Richard Oram



FRIENDS AND LOVED ONES WHO ARE
 HOMEBOUND OR IN NURSING CARE

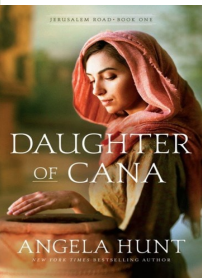
Virginia Bigger Nancy Elston
 Norma Buzzard

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 "Daughter of Cana" by Angela Hunt. This book will take readers on a tour of the many characters found in scripture and a few that didn't get mentioned.... I hope you all will join us each



Wednesday at 12Noon.

Our Asbury member Nancy Elston is now at Willowbrook Manor on Beecher Rd. Please keep her in your prayers.



Please continue your prayers for Virginia Bigger. She is now home but still recovering.

**COMING UP THIS WEEK
 MAY 27 - JUNE 4**



HAPPY MEMORIAL DAY TO ALL!



May 29 Mon

May 30 Tues 10:00am-12:30pm Food Distribution

May 31 Wed 11am-12N Food Giveaway at South Flint Soup Kitchen—no appointments needed
 12Noon Pastor Book Club

Jun 1 Thu

Jun 2 Fri

Jun 3 Sat

Jun 4 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](#).)

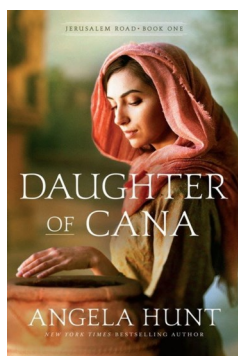
Upcoming Worship Series "Water into Wine"



According to scripture, Mary, the mother of Jesus, attended a wedding in Cana. The guest list was apparently quite long and included Jesus and other friends of the family, relatives, and friends of friends. Weddings lasted multiple days, and the groom was expected to provide ample food and wine for all guests to have their fill. And this wedding was no different. But a problem was brewing.

The Gospels are full of stories void of detail. Rather than a fictional novel where an author takes us through every twist and turn, building characters with dialogue and description, the bible leaves us hungry for more.

Book Club News



The very first Easter marked the beginning of a new era in human history. God chose to live among humans, and, as a result, life

would never be the same.

We begin a new worship series called *Water into Wine* in

the spirit of new beginnings. Our companion book was written by best-selling author Angela Hunt. This book is a part of her *Jerusalem Road* series that takes readers on a tour of the many characters found in scripture and a few that didn't get mentioned.

and which are made up? Was Thomas really like that? Did Thomas have a twin sister?

Allow our author's creativity to ignite your creativity in exploring the stories of Jesus. Here's what the publisher says about the book:

Thomas and Tasmin, twin siblings hired to oversee a wedding feast in Cana, worry when the host runs out of wine . . . until a guest tells Tasmin to have the servants fill the pitchers by the gate with water from the cistern. Reluctantly, she obeys and is amazed when rain-water becomes the finest wine ever tasted in Cana.

Although Hunt's book is fictional, her attention to details in scripture challenges our knowledge of the Bible. With each character, we meet the questions that percolate inside us. What parts of her description are likely genuine,

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
Mike Sampson	Farms Manager
	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
Yasheah & Mirium	Nursery
Cyndi	Worship Leader
Christine & Norma	Cafe

Upcoming Worship Series—“Water into Wine” ...cont from pg 5

Who is the twin brother of Thomas, or is she his sister? Who else was in the room when Jesus washed the feet of His closest allies? Who prepared the meals? What did they eat?

Beginning the first Sunday after Easter, join us as we explore possible answers to questions left hanging from Nazareth to Jerusalem. We start with a story of Jesus as a young boy gone missing as His family returned home from celebrating Passover in Jerusalem.

We won't dive into every story, but all of the tales add to a greater familiarity and a deeper understanding of the Gospels.

We won't allow best-selling author and theologian Angela Hunt to fill in some of the details behind the stories. Each week, after reading the story as told by Angela's creative imagination and gift for storytelling, we will dig into what scripture actually tells us. And we will imagine and share our own versions, as we find ourselves immersed in the stories of Jesus.

In a book from her *Jerusalem Road* series, *Daughter of Cana*, Angela follows Jesus from Nazareth to Cana, Capernaum, and Jerusalem. Along the road to Jerusalem, we will meet other characters, some only mentioned by name or reference, nevertheless, witnesses of God living among us.

You are invited to join us on Wednesdays at Noon to dig deeper into each week's message. You can purchase Angela Hunt's book, look for it at the library, contact our office for a copy, or pick up a copy before or after worship on Sunday.

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

Dr. Carey also weighs in on the human condition relating to enough noting the vast discrepancies between the haves and have-nots. "Globally, we produce enough food each year so that no one needs to be hungry, yet in some parts of the world, large quantities of food are wasted while in other parts of the world, large numbers of people are chronically hungry." So is enough more of a logistics problem solved by a global contract with Federal Express?

Sometimes limits are imposed by others or by our creator. For example, one chocolate chip cookie is never enough for my sweet tooth. Still, even one cookie contains more empty calories than my body needs. Nevertheless, enough is mostly personal.

Jesus said a lot about enough. More specifically, He said a lot about worrying whether we'll have enough. "Look at the birds," Jesus said to a crowd, "they don't store food in barns, yet God provides for them." But what about squirrels, Jesus? I frequently find large storehouses of walnuts where some squirrel stored a winter's food supply. So there must be some balance.

I'm guessing that His point wasn't about making practical decisions we're designed to make, like remembering to take something out of the freezer to thaw for dinner. But as usual, lessons taught by Jesus are multi-layered. How about #enough, #trust, #worry, #happiness, and #satisfied, to name a few.

Feliciano notes that enough among her clients is more often associated with measuring up in a world where the overall message is "happiness is having everything you want." I presume this includes a second chocolate cookie. Unless I also want the scales not to scream, "Get off me" later. Speaking of wanting more, I bet there's a pill for that!

But Feliciano is referring to a different sort of narrative. One focused less on chocolate chip cookies and more on how her client measures up to their expectations of being enough." It looks different depending on the person," she shares, "but often sounds like I'm not smart enough. I don't have enough. I don't do enough."

This is different. Is it possible that our quest for more is as much about the image of our worthiness as it is about stuff? Jesus also teaches about comparing ourselves to others. And competition for attention, which usually begins when we're toddlers, takes on a growth spurt of its own for those of us striving to make a noticeable impact in the world.

According to Matthew, His disciples asked Jesus one day, "Who is the greatest in the Kingdom of heaven?" On the other hand, Luke reframes their question without the well the disciples used in Matthew's version. In Luke, the disciples argued over which of *them* was the greatest.

The greatest in the Kingdom of heaven is the one who humbles himself and becomes like this child.

Matthew 18:4

In both versions, Jesus calls a child over to use as an illustration. According to Matthew, Jesus said, "The greatest in the Kingdom of heaven is the one who humbles himself and becomes like this child." Ouch!

LIFE GROUP QUESTIONS & MORE:

“Do you believe that I can heal you?” “Yes,” they answered. Then Jesus touched their eyes and said, “Let it happen, then, just as you believe!” And their sight was restored.

Matthew 9:28-30

NOTES FROM WORSHIP


QUESTIONS FOR LIFE GROUPS

1. Read the story of Jesus healing two blind followers in Matthew 9:28-30. What does spiritual blindness mean or feel like to you? In what ways do you feel spiritually blind? What helps you to better understand Jesus?
2. Read this week’s articles titled *Faith*. What does faith mean for you? What does faith look like? In what ways does faith help you cope with stress? What are things you can do that you may help you access the Spirit so as to increase your faith? What is keeping you from doing them?
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”



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



Bottled Water Drive

ALL SUMMER LONG!

Our clients need bottled water for cooking, going with sack lunches, to bathe and brush their teeth with, and more!

Donations are accepted Monday-Friday
9:30am-Noon at South Flint Soup Kitchen, 3410
Fenton Road (3 blocks north of Atherton Road)
Flint, MI 48507

Questions? Call 810-239-3427 or email
southflintsoupkitchen@gmail.com

To donate: www.mightycause.com/feedflint





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 ***

When Thomas impulsively decides to follow the teacher from Nazareth, he and Tasmin argue. The twins have been together since the womb, and Tasmin can't accept losing her brother to some magician-prophet. But, aided by Jude, younger brother to Jesus of Nazareth, she decides to follow the Nazarene's group and do whatever she must to mend the fractured relationship and bring her brother home.

Angela Hunt has published over 100 books, selling nearly 5 million copies worldwide. Angela, a New York Times bestselling author, received the Times Book Club Lifetime Achievement Award in 2006. She has a Ph.D. in biblical studies in theology and is well-versed in biblical text. Angela can be found online at www.angelahuntbooks.com.

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 and are 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 or enter a prayer request on our website's homepage — FlintAsbury.org.

Pastor Tommy



EXPERIENCE APPLEWOOD AS A VOLUNTEER!!



Have you been looking for a way to serve your community?

The Ruth Mott Foundation is adding to our roster of dedicated Applewood volunteers for the 2023 season.

Applewood was built in 1916 as the historic home of Charles Stewart Mott and his family.

Today, it's a community resource open to visitors from May through October near the Flint Cultural Center.

Volunteers at Applewood play a vital role in programming and customer service. The benefits of volunteering are learning new skills, meeting new people, and serving your community.

If you're interested in learning more about volunteering or signing up, please visit applewood.org and scroll to the Volunteer section.

If you have questions, please contact Julia, Manager of Visitor Services, at jpopler@ruthmott.org.

Visit applewood.org to apply!

South Flint Soup Kitchen

ANGEL CLOSET PROCEDURES

YOU MUST BRING PROOF OF INCOME WITH YOUR NAME AND THE DATE (FROM THIS YEAR ONLY) CLEARLY LISTED ON THE PROOF. CLIENTS QUALIFY FOR FREE ANGEL CLOSET SERVICES IF THEY MEET THE FOLLOWING:

HOUSEHOLD SIZE ANNUAL INCOME:

1 - \$17,667

2 - \$23,803

3 - \$29,939

4 - \$36,075

IF YOU DON'T MEET THESE REQUIREMENTS OR HAVE A PROOF PRESENT, THERE WILL BE A SMALL ADMINISTRATION FEE OF \$5.

QUESTIONS??? CALL 810-239-3427

Setting aside that children, in the first century, held a much lower valuation than society places on them today, the point challenges our perception of greatness. And, in turn, adds clarity to this idea of enough. Even when it comes to enough recognition and fame.

Can you imagine a day when you're not worried? Can you imagine a week where each day you marvel at what God provides you and forget for the time that you don't have access to HBO or Netflix? What about a month without feeling pressured to go after that higher score?

Our message this week calls for balance. Indeed, an Olympic athlete isn't expected to slow down in the final ten yards to let others pass them by. Likewise, I can't imagine a salesperson acquiescing to a competitor, knowing they'll lose the sale.

But I can imagine an award winner giving credit to the God who created them. I imagine a hero lifting up the person they saved by saying, "They were too valuable not to save!" And I can hear Jesus saying, "The one who is least among you all is the greatest."

I invite you to follow along with us during our series. You can obtain a copy of Angela Hunt's book online, in bookstores, or look for it at the library. Our copies went fast, but you can contact our office if you need help finding a book. We have more copies coming.

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](#).

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Pastor Tommy

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Niro Feliciano. Reviewed by Devon Frye. "The 'Good Enough' Life." © Psychology Today, September 20, 2021. Retrieved from: [link](#)

Timothy Carey. Reviewed by Tyler Woods. "When Is Enough Enough?." © Psychology Today, November 22, 2021. Retrieved from: [link](#)

MAY GIVEAWAYS!

Angel Closet - May 10th & 24th, 11am-Noon
*\$5 or proof of income needed, see back of flyer for details.

Food Giveaways - May 17th & 31st, 11am-Noon

NO APPOINTMENTS NEEDED!

**SOUTH
FLINT SOUP
KITCHEN**

3410 FENTON ROAD

3 blocks north of Atherton Road
Flint, MI 48507



MORE INFO

810-239-3427