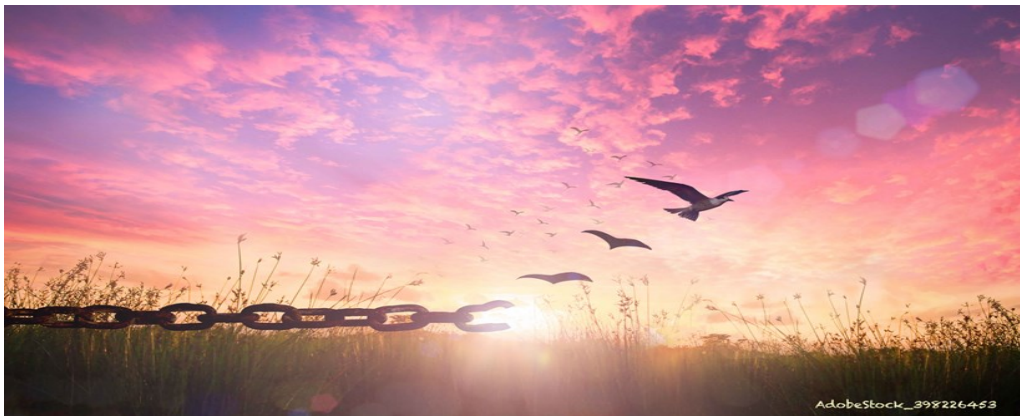


# ASBURY CIRCUIT RIDER

Volume 3 Issue 9

JULY 9, 2023

## Freedom (Kings and Taxes)



Every nation's history includes stories about how it first emerged to claim its identity as sovereign. And like all recorded history, what gets passed on skims over bits and pieces of the story. In particular, we generally prefer the

version that makes us proud of the country we claim as home.

Of course, while sovereignty implies freedom, not everyone living in a sovereign nation enjoys

Page 7

EVERYONE  
HAVE A  
WONDERFUL  
WEEKEND!

**DONATE**

## INSIDE THIS ISSUE:

Freedom	1
Worry	1
Worry	2
Worry	3
Coming Up this Week	4
In Our Prayers	4
Upcoming Worship Series/Book Club	5
Upcoming Worship Series	6
Freedom	7
Life Group Questions	8
Feed Flint	9
Feed Flint	10
SFSK—Bottled Water Drive	11
Asbury Veggie Boxes	12
Book Club News	13

## Worry (God cares about you)



Pheodora wondered if God saw her as "one grain of sand on a vast shore, one point of light in an endless constellation?" After all, God was very busy watching over her nation, and that alone must be a big enough worry. Her country lost its independence long before she was born.

The wife of a shepherd imprisoned until a large debt is paid off, Pheodora has troubles of her own to worry about. And she wonders if she is being selfish for wanting to know that God really cares about her. If Pheodora is being selfish, there is a long list of selfish people who wonder the same thing.

Don't you have similar thoughts when things are not going well?

Page 2

I realize that the difficulties I face most days pale compared to the challenges demanding Pheodora's attention. As a mother caring for four daughters while trying to plot a way forward, I can't imagine how she deals with it all. And I know that others face more daunting challenges.

Cyndi and I watch ABC World News Tonight, hosted by David Muir, almost every night. I can pick any given summary of the day's news and find people facing considerably more turmoil, upheaval, catastrophe, and challenges than we face.

For example, 20 people were killed and 126 injured in 22 mass shootings in 12 hours as the 4th of July Holiday evening celebrations began. But the stories didn't stop me from complaining about the fireworks going off well after midnight on behalf of our traumatized dog.

And nearly every day, communities are ransacked by storms and subsequent flooding. These stories cause me to hesitate when complaining it's too hot, cold, or wet from our considerably milder weather.

The APA Dictionary of Psychology defines "worry" as a "state of mental distress or agitation due to concern about an impending or anticipated event, threat, or danger." In their article, there is no qualification about whether worry is justified. And since whatever captures our attention hasn't happened and may not occur, the outcome relies on our imagination.

Honestly, I worry a lot. And I worry that I worry a lot. My vivid imagination takes me to places I don't want to go. I have more control when I'm awake than when trying to get back to sleep. But I'm sure my issues aren't unique.

According to the American Psychology Association, 76% of U.S. adults complain of health impacts from stress occurring in the prior month. Reported symptoms included headaches, fatigue, nervousness or anxiety, and/or feeling depressed or sad.

Angela Hunt's depiction of Pheodora, the youngest sister of Jesus, is primarily uninformed of her older brother's views on worry. Living at a time before the gospels were written, Pheodora missed out on Jesus, reminding a crowd that worry doesn't help us live longer. "Don't worry about food or clothing," Jesus said, "God provides for creation, and you matter a lot to God."

In an article titled "What the Bible Says About Worrying," the Reverend Kathy Brumbaugh suggests using the word "concerned" rather than calling our fretting over the unknown future worrying. Pastor Kathy refers us to Peter, who advises us to cast all our cares on the Lord. (1 Peter 5:7)

So, taking the pastor's advice, I can say that I'm concerned a lot. Now I'm concerned that too many things concern me.

There is a lot that I can't change about circumstances. For one, I turned 70 this past week. But I do know this. What Jesus said and asked about worry makes sense.

None of us can add time to our life by worrying. Quite the opposite. Worrying reduces our quality and length of life.

Listen to me, you that want to be saved; you that come to me for help. Think of the rock from which you came; the quarry from which you were cut.

Isaiah 51:1

Speaking through the Prophet Isaiah, God tells all who want help to remember where we came from. You and I matter a lot to God. Enough that God suffered as a human, was treated as a criminal, and died a horrible death. And God did it all for you and me.

Pheodora thought, "Sometimes, in the stillness of a Sabbath afternoon, I lifted my eyes to the heavens and wondered if HaShem cared about me." God does care about Pheodora.

And God cares about you.

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 [FlintAsburyChurch.org](http://FlintAsburyChurch.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](#). 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. *The Shepherd's Wife. Jerusalem Road Series*. Minneapolis: Bethany House, 2020.

Sophie Bethune. "Stress in America 2022." © American Psychology Association, October, 2022. Retrieved from: [link](#)

Rev. Kathy Brumbaugh. "Ti What the Bible Says About Worrying tle." © Lancaster Farms, Dec 1, 2022. Retrieved from: [link](#)

IN OUR PRAYERS

Kevin Croom  
 Jose Trejo  
 Sylvia Pittman  
 Mirium Watson  
 JoAn Kirby  
 Jonathon Misner



FRIENDS AND LOVED ONES WHO ARE HOMEBOUND OR IN NURSING CARE

Dean Lamoreaux  
 Nancy Elston  
 Norma Buzzard



PASTOR BOOK CLUB NEWS

OUR WEDNESDAY BOOK CLUB  
 WILL BE TAKING A BREAK FOR  
 THE MONTHS OF JULY AND  
 AUGUST. STAY TUNE FOR  
 UPDATES ON THE START DATE  
 HERE IN OUR WEEKLY  
 ASBURY NEWSLETTER.

EVERYONE ENJOY YOUR  
 SUMMER!!

**COMING UP THIS WEEK  
 JULY 10 - JULY 16**



- July 10 Mon Meet Up and Eat UP  
 (Monday -Friday)  
 9am-10am Breakfast  
 12N-1pm Lunch  
 2:00pm Staff Meeting
- July 11 Tues 10am-12N Food Distribution
- July 12 Wed
- July 13 Thu 1:00PM United Women in Faith
- July 14 Fri
- July 15 Sat
- July 16 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).)

## Upcoming Worship Series "Belonging"



Don't shoot the messenger," she said noticing the look of pain on the faces of those let down by her news. No one I know wants to deliver bad news.

The Prophet Isaiah seemed to understand this human reality when he said "How beautiful upon the mountains are the feet of those who bring the happy news of peace and salvation." Who would not want to hear the good news of peace and salvation? Who would not want to hug the person bringing such a message.

Page 6

## Book Club News



Our companion book for our new worship series is Angela Hunt's second book in her Jerusalem Road Series. The

Shepherd's Wife retells the gospel stories through the eyes of two sisters.

The sisters have one thing in common. Their older brother is a traveling prophet spreading controversy wherever He goes that He claims to be good news. But for whom? The sisters live at different ends of the economic and social hierarchy.

Pheodora married a shepherd. A man who cares for livestock and spends weeks at a time away from home. They live in poverty and are vulnera-

ble to a system that preys on the less powerful. Shepherds and the families of shepherds are not invited to proper social gatherings.

Damaris married into money. Her husband, Shimon, is on the path toward becoming a Pharisee. A powerful group of prestigious and influential men held in high regard by society and suspicious of her older brother.

The wives of Pharisees aren't supposed to socialize with shepherd's wives.

Pheodora's husband is forced to borrow money to pay an arbitrary tax at an exorbitant interest rate. Failure to pay his debt results in imprisonment, leaving Pheodora to provide for her children

Page 13

### Asbury Staff

Rev. Dr. Tommy McDoniel	Pastor
Kevin Croom	Executive Director
Connie Portillo	Office Manager
Kim Sims	Finance Director
Sylvia Pittman	Empowerment Arts
Jim Craig	Board & Leadership Chair
Mike Sampson	Farms Manager
Terrance Williams	Arts Center Mgr
Katelin Maylum	Sr Prog Mgr Local Foods
	South Flint Soup Kitchen

### Leadership in Worship & Service

Tony & Mirium	Welcome Team
Cyndi	Worship Leader
Anthony & Jim	Ushers
Jonathon & Terrance	Production Team
Yasheah & Mirium	Nursery
Christine & Norma	Cafe

## Upcoming Worship Series— “Belonging” ..cont from pg 5

In the 2nd book of Angela Hunts Jerusalem Road Series, we meet two sisters at different ends of the social hierarchy. Damaris married into money. Her husband, Shimon is on the path towards becoming a Pharisee. A powerful group of prestigious and influential men held in high regard by society.

Pheodora, on the other hand, married a shepherd. A man who sleeps with livestock and is away from home more often than not. Scarcity is the prevailing condition of their household. Her husband, Chirac belongs to a group of men not invited to social gatherings.

The sisters have one thing in common, however. Their older brother. A traveling prophet spreading controversy wherever He goes that He claims to be good news.

Well good news for shepherds at least. Pharisees failed to see what was so good for those who already had more than they needed. The good news that Yeshua brought turned the usual rules of social expectations upside down. What kind of a world would it be if shepherds and Pharisees sat at the same table for supper?

Welcome to our series, Belonging. We begin our exploration of pharisees and shepherds the first Sunday in July. Our companion book, *The Shepherd's Wife*, offers a fictional story, based on scripture, that challenges us to explore the good news of the Gospel from fresh perspectives. I hope that you'll join us each Sunday. You can find a copy of Angela's Hunt's book online, in bookstores, or at your local library.

I hope that you will join us each Sunday. You can find a copy of Angela Hunt's book online, in bookstores, or at your local library.

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

*Angela Hunt. The Shepherd's Wife. Minneapolis: Bethany House, 2020.*

freedom. Depending on your perspective, as long as there are rules and laws to live by, none of us are totally free to do as we please. Instead, we discover a pact, constitution, declaration, or other recorded list of ideals and stipulations we all abide by. Along with penalties and plans to enforce whatever was agreed to.

This week our nation celebrates the birth of our independence and subsequent freedom. Since our original (Continental) Congress adopted the Declaration of Independence on July 4, 1776, we light up our skies with rockets on July 4 each year to celebrate our freedom. However, we celebrated freedom for over a century while many of our residents were enslaved.

Last month we celebrated freedom of a different sort. According to Prosperity Now, "Juneteenth National Independence Day commemorates the Emancipation Proclamation, in which President Abraham Lincoln issued the proclamation to free enslaved African Americans in secessionist states on January 1, 1863. It would not be until two years after this proclamation, however, that the last enslaved Black Americans in Galveston, Texas, would learn of their freedom."

The article points out that freedom is a work in progress: "This holiday reminds us of the delayed freedom granted to Black Americans living in Texas in 1865, paralleling the delay in economic justice and equity for Black Americans in the present day."

The idea of "freedom" has many meanings and understandings. This was certainly the case for the nation of Israel, whose history is shared with us in scripture.

As Jesus began His public ministry, He traveled from town to town, sharing the good news that a long-awaited Messiah was living among the people. But there was a long history of waiting, and a lot happened during their wait.

Who pays duties or taxes to the kings of the world?

Matthew 17:25

Jesus was born when Palestine was occupied by Roman authorities and the military. Jesus was not born in a sovereign nation free to elect its own government leaders, build their schools, and raise their children as it pleased. Again, we all have a wide range of ideas and ideals about what it means to be free.

Instead, Rome collected taxes from the people used to pay the soldiers who held them captive on their own land. However, Rome managed their colonies by negotiating an arrangement that allowed some measure of local autonomy. And the local authorities imposed taxes to cover their expenses, and for some, to support lavish lifestyles.

Rome invaded Jesus' homeland more than 60 years before His birth. But the people weren't necessarily free before then. Centuries after Judah split off from Israel, both nations were later taken over by outsiders, and many of the people of Judah were taken into exile. Some of their descendants later returned to rebuild.

LIFE GROUP QUESTIONS & MORE:

Listen to me, you that want to be saved, you that come to me for help. Think of the rock from which you came, the quarry from which you were cut.

Isaiah 51:1-6

NOTES FROM WORSHIP

Handwriting lines for notes.

QUESTIONS FOR LIFE GROUPS


- 1. Read Isaiah 51:1-6. Are you relatively new to Flint or are you a Flint stone? Who are your ancestors? What are some of the attributes you have in common with your ancestors? How are you different? What does this text mean for you?
2. Read this week's articles titled Worry. What do you worry about? Are the things that worry you the most outside of your control? If Jesus asked you why you worry what would be your response? What helps you the most when you worry? What doesn't help? Is there a verse or story in scripture that you go to when you're worried?
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](https://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](mailto:southflintsoupkitchen@gmail.com)

To donate: [www.mightycause.com/feedflint](http://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 \***

while finding a way to free her husband. Where is the good news that her brother is talking about for her?

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, and which are made up?

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](http://www.angelahuntbooks.com).

Our Book Club is not meeting as a group this summer. Stay tuned for more Book Club news towards the end of summer. You can contact our office with questions, by phone or simply type your question or enter a prayer request on our website's homepage — [FlintAsburyChurch.org](http://FlintAsburyChurch.org).

Pastor Tommy

Angela Hunt. *The Shepherd's Wife*. Minneapolis: Bethany House, 2020.

## **“Ways to Give to South Flint Soup Kitchen”**

Cash or checks can be sent to/dropped off at South Flint Soup Kitchen, 3410 Fenton Road, Flint, MI 48507. Please make checks out to South Flint Soup Kitchen!

Online at [www.mightycause.com/feedflint](http://www.mightycause.com/feedflint)

Cash App \$SFSK48507

Donations can be dropped off Monday-Friday 9:30am-Noon. Calling ahead is not necessary, but our needs change frequently, so calling ahead of time is a good idea!

Give time! We need volunteers!!! Volunteers arrive at 9:30am and are done by 12:30pm. Tasks include handing out lunches, assisting in the Angel Closet, light cleaning, putting together items to pass out to clients, and more.

Visit our Ebay store! Our handle is southflint84 We have old school Beanie Babies (tags still attached!) and vintage graded baseball cards currently. Look back frequently for the addition of new items!

Refer people!!

Questions??? Call 810-239-3427

or email [southflintsoupkitchen@gmail.com](mailto:southflintsoupkitchen@gmail.com)

## Family with Infant needed for Graduate Student Learning Experience!

### *What & Why?:*

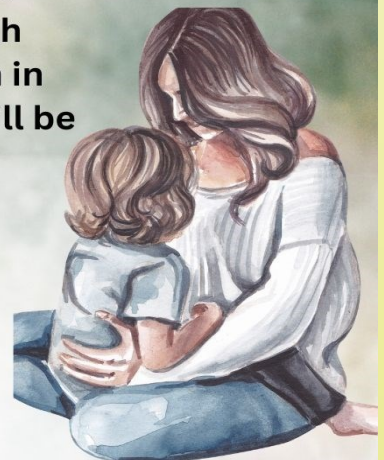
The parent and baby will be observed as they go about their daily routine. They will be video recorded for five minutes during one of each month's observations to further the student's developmental and relationship understanding and to connect their classroom learning to real life experiences. Observations will be used to better understand early experiences and development of an infant as they are engaged in a relationship with their parents.

### *Qualifications:*

- Volunteer family who will have an infant younger than 3 months old in September 2023. A family who is expecting a child before October 1, 2023 is also eligible.
- Agree to be available for two observations each month from September 2023 through April 2024. Observations can be in person in the family's home or virtually and each will be approximately 30-60 minutes.



Interested? Contact Katelin Maylum at  
[kmaylum@gmail.com](mailto:kmaylum@gmail.com).



During one period, Judah was occupied and controlled by the Seleucid Empire. This occupation was particularly ruthless as the people were forbidden from worshipping God as they believed was necessary nor participating in their traditional festivities. A war of independence eventually freed the people again, at least for awhile.

As we read the first five chapters of our companion book, *The Shepherd's Wife*, we learn that Damaris, a name the author created for a sister of Jesus, is married to a candidate to become a Pharisee. A powerful group of prestigious and influential men held high regard by society.

The Pharisees dated back to the war for independence as defenders of the Jewish religion and the right to worship God as scripture describes. During Jesus' time, this group saw themselves as examples and gatekeepers for gaining God's favor. However, Jesus saw things differently.

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Pastor Tommy

Our series was inspired by and relies on content provided by Angela Hunt. *The Shepherd's Wife. Jerusalem Road Series*. Minneapolis: Bethany House, 2020.

*"The Rising Juneteenth Tide: Pursuing Racial Economic Justice."* © Prosperity Now, June 19, 2023. Retrieved from: [link](#)



NEWS ...

FROM SOUTH FLINT SOUP KITCHEN



WE WANT TO LET EVERYONE KNOW THAT WE WILL NOT BE HOSTING FOOD GIVEAWAYS OR THE ANGEL CLOSET IN THE MONTH OF JULY. WE NEED TO TAKE A MONTH OFF TO RECALIBRATE SOME THINGS, THEN WE WILL BE BACK IN AUGUST.

AS ALWAYS THOUGH, WE ARE HERE FOR EMERGENCIES, SO IF YOU KNOW OF ANY FAMILIES OR CLIENTS WHO NEED SOME EXTRA ASSISTANCE WITH FOOD, CLOTHING, HYGIENE PRODUCTS, OR HOUSEHOLD GOODS, PLEASE SEND THEM OUR WAY.

ANY QUESTIONS - CALL 810-239-3427

OR EMAIL [SOUTHFLINTSOUPKITCHEN@GMAIL.COM](mailto:SOUTHFLINTSOUPKITCHEN@GMAIL.COM)



## How to Effectively Advocate for Your Own Health

Being your own health advocate is fast becoming a necessity. People often report healthcare professionals [not taking their concerns seriously enough](#), or even dismissing them outright. However, by advocating for your own health, you can take responsibility for your well-being, navigate the healthcare system with confidence, and secure the care you deserve. Today, [Asbury](#) explains how.

### Know your health and family history

Knowing your health is key to preventative care – you can spot problems early and share them with your doctor immediately. Note any symptoms that pop up, write them down, and read up on available information. Understand how your present health conditions, age, fitness levels, race, gender, and other personal factors can influence your well-being. Finally, [research your family history](#) to identify risk factors you may have inherited.

### Take care of yourself

We all know that diet and exercise can make a big difference in how we feel. Often, though, that's easier said than done. Don't get discouraged, though. Even small changes can make a big difference, like [fitting in more walking](#), or [trying to improve your diet](#) more gradually.

### Keep your own records

[Maintaining your own medical records](#) helps you understand your health and health conditions better. Moreover, you can share information easily with your healthcare provider, if you need to, and also prevent duplicate tests. You'll be able to access essential information whenever you need to.

*(cont. to page 18)*

## Prepare for your visit

One of the best ways to advocate for your health is to [carefully prepare for upcoming medical visits](#). This is key to making the most of your time with the doctor. Some ways to prepare are coming up with relevant questions to ask your doctor, noting your symptoms down for easy sharing, bringing along your medical records, and having someone accompany you.

## Make sure you receive good-quality care

You are allowed to [evaluate the quality of care](#) you receive. If you'd like additional treatments or be referred to a specialist, be direct (but polite) and ask. If your request isn't possible, you can ask for an explanation as to why. If you don't understand what your doctor told you, you can ask them to repeat themselves.

## Submit any forms you receive in a timely way

You will be asked to fill out several forms by healthcare providers on a regular basis. It's important you do this quickly, correctly, and promptly. That way, you'll be able to get to appointments faster, obtain copies of your records, forward records to healthcare specialists, and generally receive timely care. If necessary, you can use an online conversion tool to take your Word doc and [convert to a PDF file](#) in a matter of seconds.

## Conclusion

Health advocacy means actively taking charge of your health, asking good questions, partnering up with your doctor, and securing suitable healthcare. Don't forget to take care of your health with a good self-care plan while you're at it. Regular exercise, a good diet, and stress-busting are also part of being responsible for your well-being.

***[Asbury](#) believes the Holy Spirit is at work in our neighborhood. [Reach out today](#) to be a part of what we're building here.***

Image via [Unsplash](#)

Submitted by Jason Lewis