

ASBURY CIRCUIT RIDER

Volume 4 Issue 21

Condiments (Salt & Forgiveness)



Castorly Stock

According to the Harvard School of Public Health, our bodies require around 500 mg of sodium to "conduct nerve impulses, contract and relax muscles, and maintain the proper balance of water and minerals." Their website also points out other beneficial uses. Salt serves as a binder and stabilizer, preservative, and flavor

enhancer for food.

Page 2

Worries (God's Kingdom)



Flxabay

With longer days and warmer temperatures, garden time is right around the corner. Some of our neighbors mowed their yard this past week. And soon enough, those determined plants we don't want growing near our flowers and vegetables show up with persistence.

Jesus once compared the Kingdom of God to a mustard seed. He also used yeast. These seem like strange comparisons until you work with these metaphors a bit.

Page 13

APRIL 21, 2024

EVERYONE
HAVE A
WONDERFUL
WEEK!!

DONATE

INSIDE THIS ISSUE:

Worries	1
Condiments	1
Condiments	2
Coming up this week	3
In our prayers	3
Upcoming Worship/Book Club	4
Upcoming Worship Series/Book Club	5
Feed Flint	6
Feed Flint	7
Life Group Questions	8
Bottled Water Drive for SFSK	9
Support your local farm	10
Book Club News	11
Ways to Give to SFSK	12
Worries	13
Condiments	14
Worries	15
Kroger Community Rewards	16

However, too much salt can lead to health problems like heart disease, stroke, and high blood pressure, not to mention a loss of calcium. On average, however, Americans consume over six times what our bodies need for good health. And our health statistics reflect our indulgences. But most of our excess salt comes from processed foods and not the salt shaker on our tables.

Every chef knows how important salt is for bringing out flavors and smells in food. Again, there's a delicate balance. Too much salt in chocolate chip cookies won't improve their appeal. But just the right amount of salt makes a noticeable difference.

Most chefs prefer salt that isn't processed, such as kosher. I prefer freshly ground pink Himalayan salt. These salts are generally less salty (contain less sodium) than processed options, which reduces the risk of adding too much.

In His Sermon on the Mount, Jesus says to the gathered crowd, "You are like salt for the whole human race." Was He saying they're necessary, but only in small quantities? Let's get back to this question later.

First, let's consider who was likely in the audience. It's estimated that over 80 percent of persons living in first century Palestine were farmers living in the peasant social class. Many, if not most, were tenant farmers, which means someone else owned the land. And as much as two-thirds of their crops went to rent, taxes, and tolls. A Galilean peasant, Jesus, came from this group and spoke their language.

Within this peasant social class, there were some who lived in even more desperate circumstances. Richard Rohr takes us to the Greek word used by Matthew to describe those Jesus blesses as He began His sermon. The *pochoir* are the destitute. The poorest of the peasant class.

Also, forgiveness of sin, according to religious practice, took place within a rigid system of rituals and required a minimal payment. Additionally, the rigid system of rituals denied access to individuals in certain occupations, such as shepherds, or circumstances, such as the sick or impoverished. Some individuals were denied access based on their occupation. Some because of economics.

Meanwhile, John the Baptist preached in the wilderness, outside the control of the religious hierarchy, and invited anyone and everyone to repent and be baptized in the Jordan River. John's invitation implied forgiveness was as available as free water.

This notion threatened the very foundation of the religious order. Jesus also went to John to be baptized. Forgiveness, really, is that available and so is God!

Religion and religious people are salt. "But," Jesus continues, "if salt loses its saltiness, there is no way to make it salty again. It has become worthless." Religion had lost its saltiness. Worse, those within the system seemed completely unaware of their hypocrisy.

So when Jesus holds up a mirror for them to rethink what it means to love God and the meaning behind their own rituals, they were furious. For them, Jesus represented a threat.

IN OUR PRAYERS

Kevin Croom
Sylvia Pittman
Mirium Watson

Jonathon Misner
Terrance Williams



FRIENDS AND LOVED ONES WHO ARE
HOMEBOUND OR IN NURSING CARE

Dean Lamoreaux
Norma Buzzard Nancy Elston



COMING UP THIS WEEK

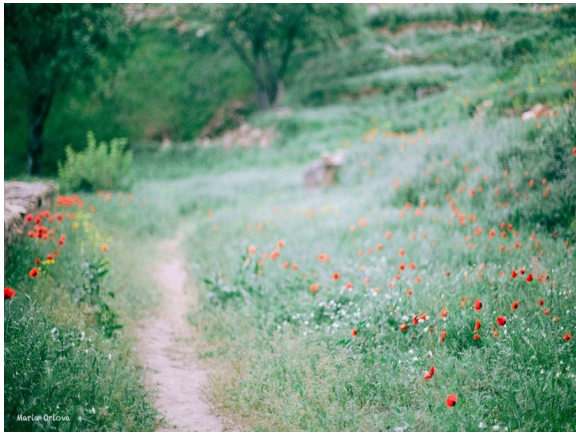
APRIL 22 - 28



Apr 22	Mon	2:30pm	Staff Meeting
Apr 23	Tue	10:00am	Food Distribution
		3:00pm	CDC Board Meeting
Apr 24	Wed		
Apr 25	Thu		
Apr 26	Fri		
Apr 27	Sat		
Apr 28	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 "The Alternative"



Beginning the Sunday after Easter we begin a new series titled *The Alternative*. Our series is based primarily on Jesus' Sermon on the Mount where Jesus offers us a better way forward.

The teachings of Jesus was commonly known as the Way, acknowledging that following Him is a way of life that changes everything. And, throughout history, the faithful thoughtfully tried to emulate the ways of Jesus.

Our companion book is titled *Jesus' Alternative Plan* by Richard Rohr (see Book Club News). Father Richard positions Jesus' sermon from Matthew within the context of the gospels as a whole. The reality is humanity continues to customize Jesus' plan to suite us. But, in His sermon, Jesus offers us an alternative.

Page 5

Book Club News



Our companion book for our new worship series, coming in April, is Jeremy Richard Rohr's insights into the Sermon on the Mount. His book is titled

Jesus' Alternative Plan.

Amazon's website describes his book this way:

When Jesus talked about the Kingdom of God, he was talking about an utterly different way of relating to human society as we know it. Discover a transformative understanding of faith in Jesus' *Alternative Plan: The Sermon on the Mount* by acclaimed spiritual leader and Franciscan priest Richard Rohr. In this updated edition of *Jesus' Plan for a New World*, Rohr explores the implications of

Christ's best-known teachings in the Sermon on the Mount, offering a fresh perspective on what it means for Christian life today.

Through his insightful analysis and commentary, Rohr explains the historical and cultural context of each of these Bible verses, shedding light on the revolutionary nature of Jesus' blueprint for an alternative way of being. From the Beatitudes to overturning conventional wisdom and challenging traditional power structures, this paperback book provides guidance and inspiration for those seeking the true heart of their faith.

Page 11

Asbury Staff

Rev. Dr. Tommy McDoniel Pastor
Kevin Croom Executive Director/CDC
Connie Portillo Office Secretary
Kim Sims Finance Director
Sylvia Pittman Empowerment Arts
Jim Craig Board & Leadership Chair
Mike Sampson Farms Manager
Terrance Williams Arts Center Mgr
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 — “The Alternative” ..

Here is the outline for covering Matthew’s Sermon on the Mount with chapters from our companion book:

	<u>Scripture</u>	<u>Topic</u>	<u>Jesus’ Alternative Plan</u>
Apr 7	Matthew 7:1-5	Judging	Chapters Intro-1
Apr 14	Matthew 6:24-34	Possessions	Chapters 2-3
Apr 21	Matthew 5:13-16	Condiments	Chapters 4-5
Apr 28	Matthew 5:38-42	Violence	Chapter 6
May 5	Matthew 5:3-12	Beatitudes	Chapters 7-8
May 12	Matthew 7:7-12	Knocking	Chapters 9

Jesus saw the crowds and went up a hill, where he sat down. His disciples gathered around him, and he began to teach them.

Matthew 5: 1-2


I pray that you will join us each Sunday morning at 10:30 am. We share our weekly episodes on [Facebook](#) and 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 [FlintAsburyChurch.org](#).

Pastor Tommy

“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**

LIFE GROUP QUESTIONS & MORE:

You are like salt for the whole human race. But if salt loses its saltiness, there is no way to make it salty again.

Matthew 5:13-16

NOTES FROM WORSHIP

QUESTIONS FOR LIFE GROUPS:

1. Read Matthew 5:13-16. What is your personal preference for salt? In what ways can you imagine yourself being like salt? How might you lose your saltiness?
2. Read this week's articles titled *Condiments*. What is your choice of salt for cooking or adding to your meal at the table? Why? Who do you eat meals with? How do you choose them? With what ritual, institution, person, prayer or other do you associate forgiveness? Why? What does it mean for a church to be a hospital rather than a club?
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.



South Flint Soup Kitchen ...

BOTTLED WATER DRIVE

All Year 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

11:00am-12 Noon at South Flint Soup Kitchen,

3410 Fenton Rd (3 blocks north of Atherton Rd)

Flint MI 48507

Any questions, please call 239-3427 or 235-0016 or

Email us at southflintsoupkitchen@gmail.com

To donate: www.mightycause.com/feedflint



Show Your Support For Your Local Farm

We need your help to purchase fencing to keep our furry friends from eating up all our crops and not sharing with us.

How You Can Donate

- Text "FARMCDC"
- to 53-555
- Scan QR Code

Donate Now



More Information :



(810) 235-0016



funding@flintasbury.org

The enlightening book offers a new way of understanding and living as a Christian woman or man, according to the teachings of Jesus. Whether you are a long-time follower of Jesus, a knowledge truth seeker, or are just beginning to study his religious sermons, Jesus' Alternative Plan: The Sermon on the Mount offers a clear yet challenging look at the vision presented by the holy Jesus. Gain a transformative understanding of his preaching and embark on a spiritual journey toward a complete relationship with the Kingdom of God.

We have a limited number of copies of Father Rohr's book. But copies are available through most book retailers and libraries.

Here is the schedule of chapters for our *Revelations* Series:

Apr 7	Chapters Intro-1
Apr 14	Chapters 2-3
Apr 21	Chapters 4-5
Apr 28	Chapter 6
May 5	Chapters 7-8
May 12	Chapters 9

Our Book Club does not meet as a group. However, our weekly messages reference that weeks chapters. You can anticipate spoiler alerts unless you keep up with the pace. You can purchase your own copy or visit your local library.

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.

Pastor Tommy

Richard Rohr. *Jesus' Alternative Plan*. Cincinnati: Franciscan Media, 2022.

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

Donations can be dropped off Monday-Friday 11am-12Noon. 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.

Refer people!!

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

First, a mustard seed is tiny, but the Kingdom of God is massive. And the audience hearing these words from Jesus knew no farmer wanted mustard seeds planted near their crops. This tiny seed wreaks havoc once it matures into a pervasive weed. You really can't stop it.

Okay, so the Kingdom of God may seem to start small, but once it catches on, it spreads quickly. And there's no stopping it.

The mustard plant has a medicinal use. One might say it's good for what ails you. Like the Kingdom of God.

And yeast? Yeast is a fungus with a rather pungent odor. It only takes a small amount mixed in with the flour to accomplish its purpose. The bread slowly rises and is then baked into a culinary delight. The Kingdom of God is like that. Really?

But what if you've already got your crops planned out? What if you don't want smelly fungi growing around you? Well, you resist or delay.

But why would anyone want to resist or delay the Kingdom of God? What if I'm a farmer who goes to church but makes my living, growing wheat for the baker? What if I don't think I've got anything ailing me that a mustard plant can cure?

And that's where the metaphors gain strength. We're all like that, mostly. Particularly, when things are good. We're not really interested in change. We like things the way they are! But things change anyway. Nothing stays the same, except the Kingdom of God. And most of us worry that change won't be what we want.

Worse, worry keeps us anxious. And neither is necessary in God's Kingdom.

In Jesus' Sermon on the Mount, He talked about stuff. We all have stuff we treasure. Some stuff is tangible, like a truck or home. Some stuff is intangible, like whatever security keeps us from worrying.

For example, how much money is enough that we feel secure? How good does my truck need to be for me to be content?

Jesus asks a pertinent question, "Why do you worry?" But He sets up His question with an inconvenient truth. No one can serve two masters.

Imagine that a mustard seed takes hold in your garden and your dough is rising from the small amount of yeast present in the mix. Now imagine, as you are looking in the mirror, you are worrying about whether the blouse that matches the pants you planned to wear is in the hamper or a drawer.

Do not worry about tomorrow; it will have enough worries of its own.

Matthew 6:34

A voice in your head asks, "Why are you worried about such things?"

You shrug off the question as another worry pops into focus. You're past due for a trip to the grocery store, so now you're worried about what you can have for dinner. Deep down, you're really worried about what your boss is thinking about your performance at work. You can't afford to lose your job.

You are like salt for the whole human race. But if salt loses it is saltiness, there is no way to make it salty again.

Matthew 5:13

Father Rohr argues, "What killed Jesus was not bad people; it was good people following conventional wisdom." However, it is not that all conventional wisdom is bad. Nor was all religion bad. And people need ritual, common rules and boundaries. The issue, for Jesus it seems, is who gets invited.

Richard Rohr dedicates a chapter to suppers. Jesus, like all humans, ate meals. But unlike most of us, Jesus wasn't picky about who else sat at the table with Him. And since Jesus was present at these meals, church was in session. Forgiveness was as free as water.

There was no choir, no worship band, no pulpit. But there was Jesus and the Word that He spoke both then and now. "The church, as Jesus seems to be defining it," writes Rohr, "is the gathering of accepted brokenness. It's not the gathering of the saved! The church is never a members-only club."

And the early church began this new Way, introduced by Jesus and initially organized by His first disciples with the urging and guidance of the Holy Spirit. But has the church continued this earlier tradition, or is the church, again, a gathering only of the saved and deemed worthy?

Have we lost our saltiness?

Chefs know to taste their creations before adding more salt. They're looking for balance. God gifted them with a discerning palette and a love for feeding others. Chefs are themselves salt.

God gifted you and me in special ways, such that we each contribute to the meal. We aren't all chefs, but each of us needs a certain amount of salt in our diet. We're each salt.

Forgiveness is as free as water. And doesn't need special processing, bottling or a fancy label or a particular formula.

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.

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 FlintAsburyUMC@gmail.com 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

Parts of our series was inspired by Fr. Richard Rohr. *Jesus' Alternative Plan*. Cincinnati: Franciscan Media, 2022. "Salt and Sodium." © The Harvard T.H. Chan School of Public Health, March 2023. Retrieved from: [link](#)

There's that other voice again. "Why are you worried about such things?" But this time you hear additional commentary. "God knows you need all these things. Focus your thoughts on God's Kingdom." Mustard weeds! Yeast!

The Kingdom of God is like this. It's pervasive and demands attention. God wants to be the most important thing in your life. And this is a good thing.

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.

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

Parts of our series was inspired by Fr. Richard Rohr. *Jesus' Alternative Plan*. Cincinnati: Franciscan Media, 2022.



Where shopping and giving come together and you can help!

Learn more at

KrogerCommunityRewards.com
Or, call Kroger Customer Communications at

**1-800-KROGERS, (576-4377)
OPTION #3**



The Kroger Community Rewards Program is designed to be the easiest fund-raising program in town! Simply swipe your Plus Card and earn rewards!

Eligible Organizations

Kroger Community Rewards is open to organizations that are tax exempt under 501(c)(3) of the Internal Revenue Code. Participants include school groups, churches and synagogues, youth sports, food banks, animal support groups and many others. Kroger does not make donations to individuals.

Get your favorite local organization

enrolled

today! Enrollment applications can be downloaded at Kroger.com

**ZERO HUNGER
ZERO WASTE**

by **Kroger**

Add the South Flint Soup Kitchen to your Kroger Rewards Card and Help Feed Flint

We're giving **\$2 million**

to local area non profits

Use your Kroger Plus Card and earn rewards for your favorite organization.

Where shopping and giving come together and you can help!



Scan to Donate



EMPOWERING THE FUTURE

Help Asbury CDC enrich the lives of youth by donating to help get Tablets for them to attend classes for job training. We're looking to get 5 Tablets for training for summer jobs

www.asburycdc.org/info

Text-to-Give 53-555 keyword = CDCYOUTH

Asbury strives to connect our neighbors to God, to each other, to our shared earth and to each person's created purpose. Contact us today to learn more! (810) 235-0016.



The Holistic Blueprint: A Comprehensive Guide to Achieving Your Best Self

The journey to look and feel exceptional involves more than just external aesthetics; it's about cultivating a lifestyle that brings out the best in you, both inside and out. Covering aspects from hair care to education, this [guide from Asbury](#) offers some actionable steps to help you present a version of yourself that exudes confidence and well-being. The goal is not just to polish the surface but to improve your life in a way that shines from within.

Pay Attention to Haircare

Quality hair care is a staple for anyone wanting to look their best. High-grade products offer nourishment and protection that can make a substantial difference. Whether straight, curly, or somewhere in between, your hair serves as a [marker of health and vitality](#). A good hair day can be a significant mood booster, and that inner happiness often reflects outward, making you more appealing to the people around you.

Prioritize Skin Protection

Sun protection is crucial for maintaining youthful, healthy skin. Implementing a daily sunscreen ritual doesn't have to be a laborious task. Many moisturizers now include SPF, streamlining the process. By making this a non-negotiable part of your daily regimen, you're taking proactive steps to [minimize sun damage](#), early signs of aging, and risks associated with prolonged sun exposure.

Eat Smarter

What you put into your body is as essential as what you put on it. A well-rounded diet [free from processed foods](#) and added sugars can transform your physical appearance and mood. Good nutrition provides the building blocks for radiant skin, robust hair, and an energized body – each vital for looking and feeling your absolute best.

Make Movement a Way of Life

An active lifestyle doesn't necessarily mean grueling hours at the gym. Puro labs notes that even [small changes can have significant benefits](#). Opt for walking over driving for short distances or choose the stairs instead of the elevator. Little actions can add up, and before you know it, you've incorporated more physical activity into your daily life, which will only serve to enhance your overall wellness.

Attend to Your Dental Health

Never underestimate the power of a brilliant smile. Cleveland Clinic explains that good dental hygiene is [crucial for overall well-being](#), affecting not just oral health but also contributing to cardiovascular wellness. Regular check-ups, daily brushing, and flossing go a long way in maintaining a confident smile, which can be a cornerstone in building overall self-assurance.

Organize Your Health Information

When you have all your information readily accessible, especially in a format as universal as a PDF, you can make more informed decisions about your health. If you want to create PDF files, plenty of online platforms can assist you in transforming your documents for easy sharing with healthcare providers. This organization can lead to better doctor-patient communication, more accurate diagnoses, and, ultimately, better health.

Bolster Confidence Through Learning

Continuing education can significantly influence how you feel about yourself. Strengthening your skill set not only makes you more marketable in your profession but also boosts your self-esteem. Whether it's learning a new language or acquiring advanced knowledge in your field, there are many avenues to gain new competencies.

Also, these days, the flexibility of online learning platforms, such as those offering degrees in psychology, makes boosting your education easier than ever! When looking for programs that are accredited and offer specialties like organizational psychology, [consider this option](#).

Cultivate Social Links

Social bonds are indispensable for mental and emotional health. Friendships and familial ties offer emotional support, [create a sense of belonging](#), and can even help in stressful situations. By actively maintaining and nurturing these relationships, you foster an environment that contributes positively to your emotional well-being.

The roadmap to a more confident and healthier you isn't merely about a curated set of practices but about constructing a lifestyle that inherently improves the quality of your life. The true essence of being your best self lies in harmonizing the physical, emotional, and intellectual aspects of well-being. This journey is a continuous process, and each positive step you take brings you closer to becoming the best version of yourself.

Image via [Pexels](#)

(Submitted by [jason lewis@strongwell.org](mailto:jason.lewis@strongwell.org))