

# ASBURY CIRCUIT RIDER

Volume 4 Issue 28

## 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.

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## Non-Violence (the extra mile)



Robin Erino

Teresa Shook, in an interview with Perry Stein, a journalist with the Washington Post, shared her surprise that her post on a Facebook page led to the largest single protest in history. "I wasn't that political," she told Stein. "Something happened in me with this administration that

woke up my love for people and humanity and what this country stands for."

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APRIL 28, 2024

EVERYONE  
HAVE A  
WONDERFUL  
WEEK!!

DONATE

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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                      Jonathon Misner  
 Sylvia Pittman                  Terrance Williams  
 Mirium Watson



FRIENDS AND LOVED ONES WHO ARE  
 HOMEBOUND OR IN NURSING CARE

Dean Lamoreaux  
 Norma Buzzard                  Nancy Elston



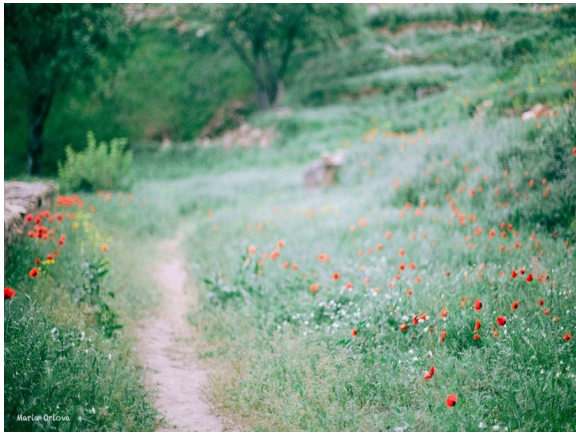
**COMING UP THIS WEEK**  
**APRIL 29 - MAY 5**



Apr 29	Mon	2:30pm	Staff Meeting
Apr 30	Tue	10:00am	Food Distribution
May 1	Wed		
May 2	Thu		
May 3	Fri		
May 4	Sat		
May 5	Sun	10:30am	New Beginnings
			Contemporary Worship
		12Noon	Celebrate Spring — "Special Breakfast" in the Asbury Fellowship Hall—United Women in Faith

(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.

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## 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.

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## 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](https://flintasbury.org/feed-flint-donate)



LIFE GROUP QUESTIONS & MORE:

*Do not take revenge on someone who wrongs you.*

Matthew 5:39

NOTES FROM WORSHIP

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QUESTIONS FOR LIFE GROUPS:

1. Read Matthew 5:38-42. Does Jesus' instructions surprise you? Imagine yourself in one of these situations following Jesus' instructions. What happens afterwards in your version?
2. Read this week's articles titled *Non-violence*. If you're not familiar with the Women's March on Washington it would be good to research what happened by following the links in the citations. The success of their collective action is seen in how the presidential candidates choose their soundbites. What other examples of non-violent protests catch your interest? Can you imagine yourself participating in a cause that inspires you to action? How?
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](mailto:southflintsoupkitchen@gmail.com)

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

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- 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](http://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](http://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](mailto:southflintsoupkitchen@gmail.com)

Millions of women in cities across the U.S. gathered in a show of solidarity in response to the inauguration of our former president. Their collective voices raised awareness of a few of the issues facing women in a country dominated by male voices. And their impact shows in the political tactics seen in this year's presidential election.

The Woman's March on Washington is an example of a non-violent protest. Which, based on research published by Harvard Professor of Public Policy, Erica Chenoweth, has the potential to impact future policy.

In an interview with Michelle Nicholassen published in the Harvard Gazette, Chenoweth noted that the size of the Women's March meets the threshold of participation that is needed to make an impact. In this case, around 11.9 Million participants. Nicholassen and her colleague, Maria J. Stephan, made a discovery in their research that a relatively small group, approximately 3.5%, can make a difference.

The researchers discovered civil resistance campaigns lead to longer-term reforms and changes than violent campaigns. During her interview, Nicholassen shared, "Countries in which there were nonviolent campaigns were about 10 times likelier to transition to democracy within a five-year period compared to countries in which there were violent campaigns whether the campaigns succeeded or failed."

Of course, the success of Gandhi's non-violent campaign that led to India's independence from Great Britain is among the most notable examples. It's interesting that Gandhi's Satyagraha philosophy of non-violence and non-resistance was inspired, in part, by Jesus' Sermon on the Mount.

The Rev Dr Martin Luther King, Jr., was a student of both Gandhi and Jesus. And in his book, *Stride Toward Freedom*, King describes how the Montgomery Bus Boycott achieved bus desegregation through non-violent protest.

During His sermon, Jesus took on the traditional logic that responding to an offense calls for a proportionate offense. An "eye for an eye, tooth for a tooth." While this approach satisfies our human need for retribution, it also promotes the idea the response to violence is more violence.

But Jesus says, instead, "Do not take revenge on someone who wrongs you!" And describes four situations those listening recognized.

**Do not take revenge on someone who wrongs you.**

**Matthew 5:39**

We're unlikely to have an occupying force soldier insist we carry their pack. But most of us can identify with someone striking us, even if we've never experienced it. I've never been sued, but I've loaned out a lot of things and gotten some of them back.

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](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 [FlintAsburyUMC@gmail.com](mailto: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](#)



I won't take us through every example. Jesus offers a diverse sampling of situations that expect responses should they arise. And Jesus tells us to "go the extra mile" to appease the other party. But how is this non-violent protest?

According to first century Roman law, a soldier could ask any resident to carry their pack for them. However, the distance was limited to one mile. Jesus tells the crowd to carry their pack for two miles, which puts the soldier in violation of law, even though it wasn't their intent. Would the soldier choose this same resident next time?

What if the next person did the same thing? And another. It's likely the soldier would choose to carry their own pack rather than risk dealing with another over zealous carrier. You can see where this is going.

Jesus offered similar, but more challenging, alternatives for a slap on the cheek, someone suing you and loaning items.

One understandable action is the possibility of allowing a pattern of abuse to continue. I don't believe this was Jesus' intent. Rather than allowing an unconscious response, on our part, to move a confrontation towards escalation, try a conscious response based on showing love for the other person.

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Pastor Tommy

Parts of our series was inspired by Fr. Richard Rohr. *Jesus' Alternative Plan*. Cincinnati: Franciscan Media, 2022. Perry Stein. "The woman who started the Women's March with a Facebook post reflects: 'It was mind-boggling' ".© Washington Post, January 31, 2017. Retrieved from: [link](#)

Michelle Nicholasen. "Nonviolent resistance proves potent weapon." © Weatherhead Center for International Affairs, February 4, 2019. Retrieved from: [link](#)

"Stride Toward Freedom: The Montgomery Story." © The Martin Luther King, Jr. Research and Education Institute, Stanford University, September 17, 1958. Retrieved from: [link](#)



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OPTION #3**



### **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

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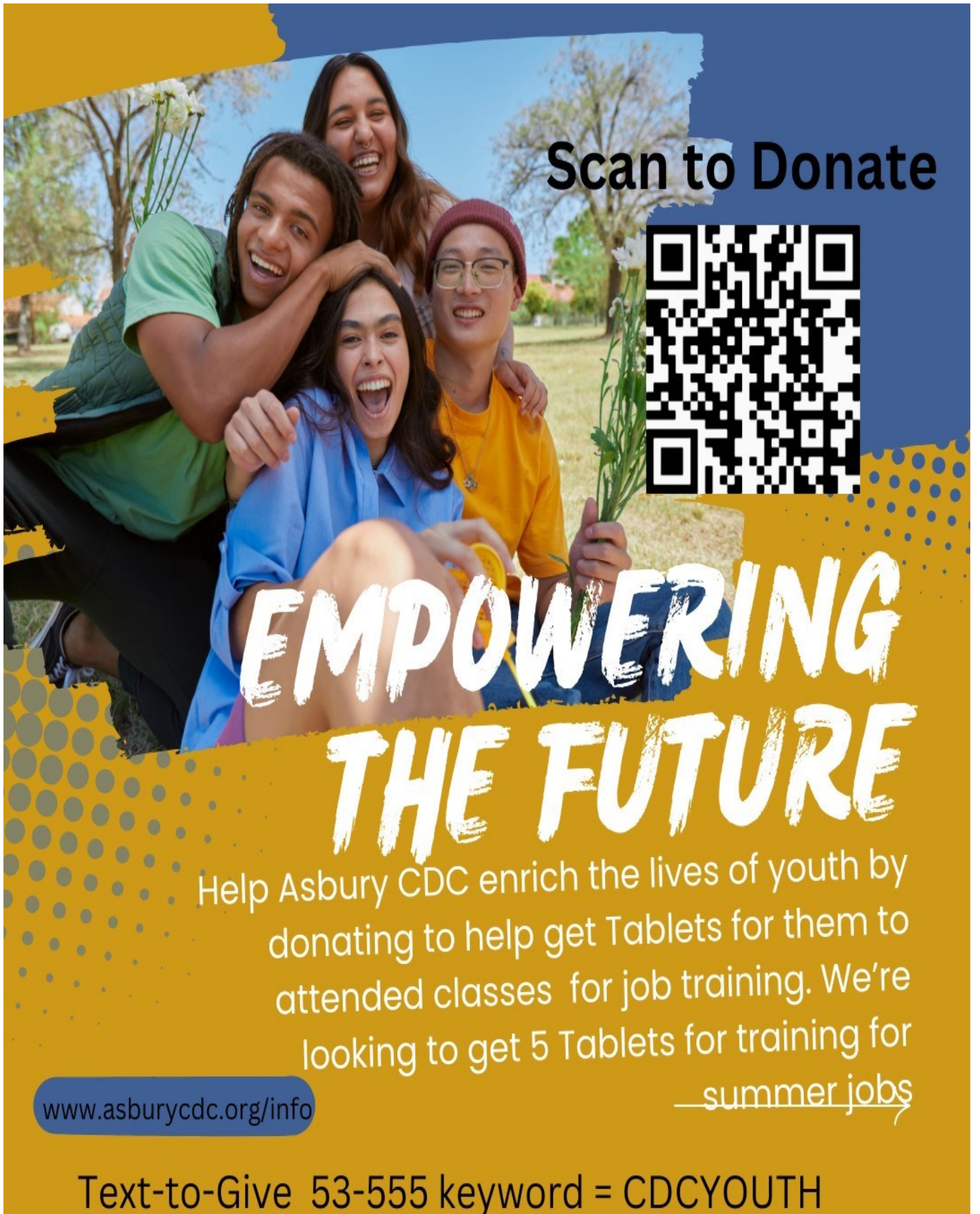
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# EMPOWERING THE FUTURE

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](http://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.

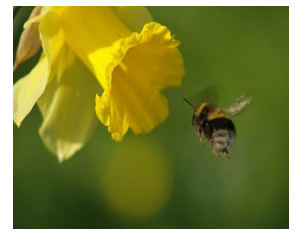
Image via [Pexels](#)

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





ASBURY UNITED WOMEN IN FAITH  
(Formerly United Methodist Women)



WANTS YOU TO HELP US ...

## CELEBRATE SPRING!!!

God brings us New Beginnings every Spring with bright sunshine and warm rain, buds on trees and healthy plants in our gardens, so we want to celebrate all this with our Friends at Asbury.

We want to thank the Asbury Congregation, our Farm Staff and the Asbury Community Development Staff and their Board of Directors with a *"Special Breakfast"* shortly after Church on **Sunday, May 5, 2024** (actually at Noon). We are so blessed to have staff, volunteers and Friends of Asbury to help us plant, grow, harvest and distribute vegetables and other produce from our many Hoop Houses to share with our Community again this year.

We couldn't have done it without **YOU!!**

There is no set price this year, but we are asking for your reservation and a *"Love Offering"* for your meal when you arrive.

We'll have door prizes, a short program and even some fun!

We have a lot to thank God for again this year. So please join us!!

*"God Loves You And So Do We!!"*

We do need you to let us know if you are able to attend so we'll be sure to have enough food prepared. Chef Kevin will be in the Kitchen! So please let **Michele Weston** know if you are able to attend by calling her at **810-624-1184**.

