

ASBURY CIRCUIT RIDER

Volume 4 Issue 5

Blessings (No more worries)



Mike Robbins began a 2022 post with the question, "Do you struggle with control?" How would you answer his question?

The motivational speaker and author then takes his readers through a tutorial on letting go of control complete with a benefits list, including: Joy, peace, freedom, creativity,

connection and love. Benefits that cost us when we choose control over surrender.

Page 2

Non-Violence (the extra mile)



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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MAY 5, 2024

EVERYONE
HAVE A
WONDERFUL
WEEK!!

DONATE

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Nevertheless, Dr. Raj Raghunathan notes, "Human beings have a deep-seated desire for certainty and control." In his article titled "Why Losing Control Can Make You Happier," Dr. Raghunathan describes two key reasons for desiring certainty and control.

First, having a sense we're in control gives a sense we're able to shape outcomes and events to our liking. This feeling boosts well-being. Second, being in control means there isn't someone else controlling us.

Moreover, studies show persons with higher needs for control usually set loftier goals for themselves and achieve more.

But, there is a "but" consequence to desiring control and certainty, as noted by Robbins' list of benefits we sacrifice when we choose to hold on to control.

The need for certainty and control seems so embedded in us that most of us feel a need to come across to others as a person who "has it all together." That is, we're in control and we're certain of it. Anything less and we may be perceived as lacking.

Richard Rohr describes three worldviews that he links to our need for controlling outcomes. In the first, we suspect the universe works against us. In the second, the universe is on our side. And third, the universe is indifferent and does not weigh in at all on our well-being.

Rohr argues that anxiety and worry are the opposite of faith, for Jesus. And this is our Lord's primary concern. Jesus is not focused on whether we attend church and follow the rules. His priority for us is a faith that can only come through grace.

And when we have faith, the universe is neither against us nor indifferent. If anything, we sense the universe is on our side.

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Matthew 5:3

Only transformation, argues Rohr, moves us from either neutral or negative to a place where certainty is not necessary for us to feel joy and contentment. Our anxiety evaporates, along with our worries. We're okay because God loves and cares deeply about our well-being.

The universe, controlled by God, is on our side.

Jesus begins His sermon on the mount with an announcement that God is on the side of everybody whose side, at least according to conventional wisdom, God should not be on.

Jesus declares blessed are the poor in spirit, those who mourn, the meek, those who hunger and thirst for righteousness, the merciful. And blessed are the pure in heart, the peacemakers, those who are persecuted because of righteousness, people insulted because of Jesus.

And the blessings for this group, for whom the universe must surely despise, include receiving the kingdom of heaven, comfort, inheriting the earth, fulfillment, mercy and seeing God. Also, they will be called children of God. And more. Jesus tells them theirs is the kingdom of heaven, and He tells them to rejoice and be glad because their reward is great.

Wow! This is a long list of blessings and benefits.

When Jesus spoke these words 2000 years ago, He was sharing with those who are listening just as He continues to share with us today the very heart of God.

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 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 "Doubt"

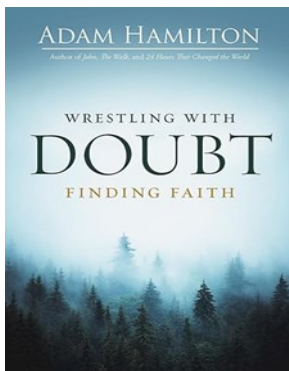


Beginning the Sunday after Mother's Day we begin a new series titled *Doubt*. Our series is based, in large part, on Adam Hamilton's book with doubt in the title.

Most of us have some doubt about what we claim to believe. Even if we don't verbalize our doubt, we express it in our decisions and actions. We say we have faith, yet we're anxious from worry. We say we trust God, and then go to great lengths to show distrust.

Doubt is part of the human condition.

Book Club News



Our companion book for our new worship series, beginning on the Sunday after Mother's Day, is Adam Hamilton's

Wrestling with Doubt, Finding Faith.

Amazon's website describes his book this way:

Everyone has doubts. Where is God when bad things happen? Does God hear our prayers? Is there a heaven? How can we know? Often, we treat such questions as the enemy of faith. But uncertainty does not mean our belief is lacking. Doubt can be a path to a deeper, richer encounter with God.

In *Wrestling with Doubt, Finding Faith*, join best-selling author and pastor Adam Hamilton as he discusses some of our most significant sources of doubt and shows how a steady trust in God can emerge from them.

We have a limited number of copies of Adam Hamilton's book. But copies are available through most book retailers and libraries. The price on Amazon as of the publication of this article is \$13.49 for paperback and \$9.99 for the Kindle edition.

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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 — “Doubt” ..

“We want certainty, but God gives us mystery,” writes Adam Hamilton in our companion book for this series, titled *Wrestling with Doubt, Finding Faith* (see Book Club News). Hamilton argues doubt is both natural and healthy. As long as our doubt is motivated further reflection and a search for truth.

Here is the outline if you want to read the chapters from our companion book as we progress through our series:

May 19	Is there a God?	Chapters Intro-1
May 26	The Good Book?	Chapter 2
June 2	Are all non-Christians going to hell?	Chapter 3
June 9	Is Heaven real?	Chapter 4
June 16	When prayers go unanswered	Chapter 5
June 23	Why do the innocent suffer?	Chapter 6

The heavens tell about the glory of God. The skies show that his hands created them. Day after day they speak about it. Night after night they make it known.

Psalm 19:1-2

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

Adam Hamilton. *Wrestling with Doubt, Finding Faith*. Nashville: Abington Press, 2023.

“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:

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Matthew 5:3

NOTES FROM WORSHIP

QUESTIONS FOR LIFE GROUPS:

1. Read Matthew 5:3-12. Which blessings resonate with you the most? Why? Which blessings don't seem to apply to you? Why?
2. Read this week's articles titled *Blessings*. Where do you spend most of your time regarding how the universe views your well-being? Explain. What parts of life do you want to control? What does surrendering control look like for you?
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

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

May 19	Chapters Intro-1
May 26	Chapter 2
June 2	Chapter 3
June 9	Chapter 4
June 16	Chapter 5
June 23	Chapter 6

Our Book Club does not meet as a group. However, our weekly messages reference that week's 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

Adam Hamilton. *Wrestling with Doubt, Finding Faith*. Nashville: Abington Press, 2023.

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

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.

These declarations of blessings are just that; they are statements that describe a collection of people for whom faith is freely available.

I believe we are all born blessed. We are so helpless that our very lives depend upon those who care for us. Created in God's image we are born naked not only because we have no clothes, but we are naked because we have no means to deceive others with an image that we want others to see, but does not truly reflect either who we are nor the image of God within us.

Sadly, as life happens, so do injuries to our well-being. We're fortunate if our caregivers shower us with love and affection. Regardless, eventually, our skin toughens, our heart hardens, and the identity God gave us at birth is hidden by layers of pretense and protection.

But Jesus tells us there is good news. So be glad and rejoice.

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. Mike Robbins. "The Importance of Letting Go of Control" © Mike Robbins, November 15, 2022. Retrieved from: [link](#)

Raj Raghunathan. *"Why Losing Control Can Make You Happier."* © Greater Good, Sept 28, 2016. 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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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 Nicholassen. "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](#)



**community
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**Where shopping and giving
come together and you can help!**

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Or, call Kroger Customer Communications at

**1-800-KROGERS, (576-4377)
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

enrolled

today! Enrollment applications can be downloaded at Kroger.com

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

**ZERO
HUNGER
ZERO
WASTE**

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**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!**



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Help Asbury CDC enrich the lives of youth by donating to help get Tablets for them to attended 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.

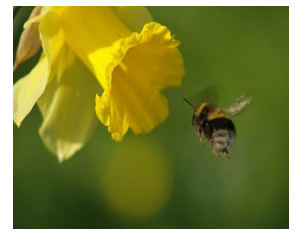
The roadmap to a more confident and healthier you isn't merely about a curated set of practices but about constructing a lifestyle that inherently improves the quality of your life. The true essence of being your best self lies in harmonizing the physical, emotional, and intellectual aspects of well-being. 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))



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**.

