

ASBURY CIRCUIT RIDER

Volume 4 Issue 12

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.

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Knocking (A tribute to Motherhood)



Happy Mother's Day to every person answering to the call of motherhood. I'm not an insider on this topic. But I had a mother who modeled for me what it means and how it feels to have a wonderful mother.

I have no conscious memory of my life as an infant, but I watched my mom nurture my younger brother.

My mom was perhaps best known by neighbors and church folk as the "plant lady." A person who had a sort of mysterious gift for nursing plants back to life.

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MAY 12, 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

MAY 13 - 19



HAPPY MOTHER'S DAY!!!

May 13	Mon	2:30pm	Staff Meeting
May 14	Tue	10:00am	Food Distribution
May 15	Wed		
May 16	Thu		
May 17	Fri		
May 18	Sat		
May 19	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 "Doubt"



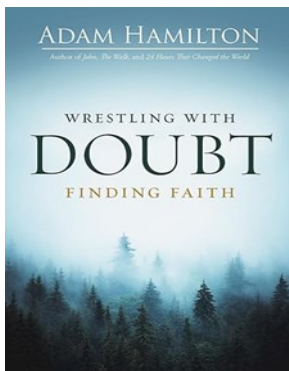
Beginning the Sunday after Mother's Day we begin a new series titled *Doubt*. Our series is based, in large part, on Adam Hamilton's book with doubt in the title.

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.

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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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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 — “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:

Ask, and you will receive; seek, and you will find; knock, and the door will be opened to you.

Matthew 7:7-12

NOTES FROM WORSHIP

Five horizontal lines for taking notes.

QUESTIONS FOR LIFE GROUPS:

- 1. Read Matthew 7:7-12. What needs are you lacking? Are you asking God for help? What are your experiences with prayer of this sort?
2. Read this week's articles titled Knocking. What makes for a good mother in your view? How can faith help mothers be better at motherhood?
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

She could assess whether the plant was in good soil, had too much or not enough water, was a victim of hungry insects or had some other ailment. And that's when the mystery began. After receiving whatever remedy it needed, seemingly dead plants showed fresh growth, with renewed life and promise.

On the other hand, I barely remember my mom fussing with plants while I still lived at home. But I remember the meals, clean clothes, encouraging words and some terse words whenever I violated a boundary.

So what makes an exemplary mother? Again, as an outside observer, I sought expert advice. Peg Streep has written extensively about relationships between mothers and daughters. In her article, "What Makes a Good Mother Anyway?," Streep offers an antidote for her observations she shared in her book, *Mean Mothers*.

Streep shares her own insecurities about raising a child since her firsthand experience with her mother was extremely negative. Research confirms that negative experiences are more impactful, negatively, than pleasant experiences. One lesson is good mothers worry a little less about perfection and a little more about avoiding potentially harmful experiences for their children.

According to an article provided by Family Development Resources, titled "Myths and Facts About Spoiling Your Children," spanking is one of those negative experiences children are more likely to remember. "Spanking is a type of hitting; hitting is a type of hurting touch; hurting touch is a type of abuse," according to their article.

I grew up in a Christian household. Spanking was, mistakenly, confused with biblical teaching. After all, Proverbs warns us that "Whoever spares the rod hates their children" (Proverbs 13:24).

However, in a letter published in the *Chicago Tribune* titled, "'Spare the rod, spoil the child' isn't biblical," an unnamed social worker defends the decision of a mother who withdrew her child from a Christian School who ordered her to "spank her child or else." She reminds us the word translated as "rod" likely references a shepherd's staff, used to guide and rescue sheep, not beat them.

Childish behavior continuing into adulthood seems to be a recurring news item as the November presidential election draws near. This past week,

Ask, and you will receive; seek, and you will find; knock, and the door will be opened to you.

Matthew 7:7

Representative Marjorie Taylor Greene's failed attempt at removing the House Speaker was called a childish tantrum by colleagues. A similar phrase is often credited to the former president's outbursts. Many psychologists blame their parents for their childish behavior. Did their parents spare the rod?

What is clearly found in the Bible is God's credentials as an exemplary mother. In His sermon on the Mount, Jesus reminds us to ask God for our basic needs. After all, Jesus tells us, if human parents, who are far from perfect, give good things to children, how much more likely God will give better things.

Richard Rohr, in our companion book for this series, writes, "We can't build on fear or anger. We can't build on the negative. We only can build on faith, on freedom, on truth."

We don't spoil our children by loving them. And good mothers shower their children with love continuously.

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. Peg Streep. Reviewed by Matt Huston. "What Makes a Good Mother Anyway?." © Peg Streep, October 16, 2013. Published by: Psychology Today.. Retrieved from: [link](#)

Nurturing Parenting Programs. "Myths and Facts About Spoiling Your Children." © Family Development Resources, Inc., 2021. Retrieved from: [link](#)

Unknown. "'Spare the rod, spoil the child' isn't biblical." © *Chicago Tribune*, August 22, 2021. Retrieved from: [link](#)

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.

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Raj Raghunathan. *"Why Losing Control Can Make You Happier."* © Greater Good, Sept 28, 2016. Retrieved from: [link](#)

Join us
May 18
at the

- South Flint Soup Kitchen -
3410 Fenton Rd

Must be 18 or accompanied by a parent or youth group

1st ANNUAL
COMMUNITY



SPRING

CLEAN-UP

9:00 am - 2:30 pm

Please bring your lunch,
snacks and water provided!



**community
rewards**



**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**



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**

by **Kroger**

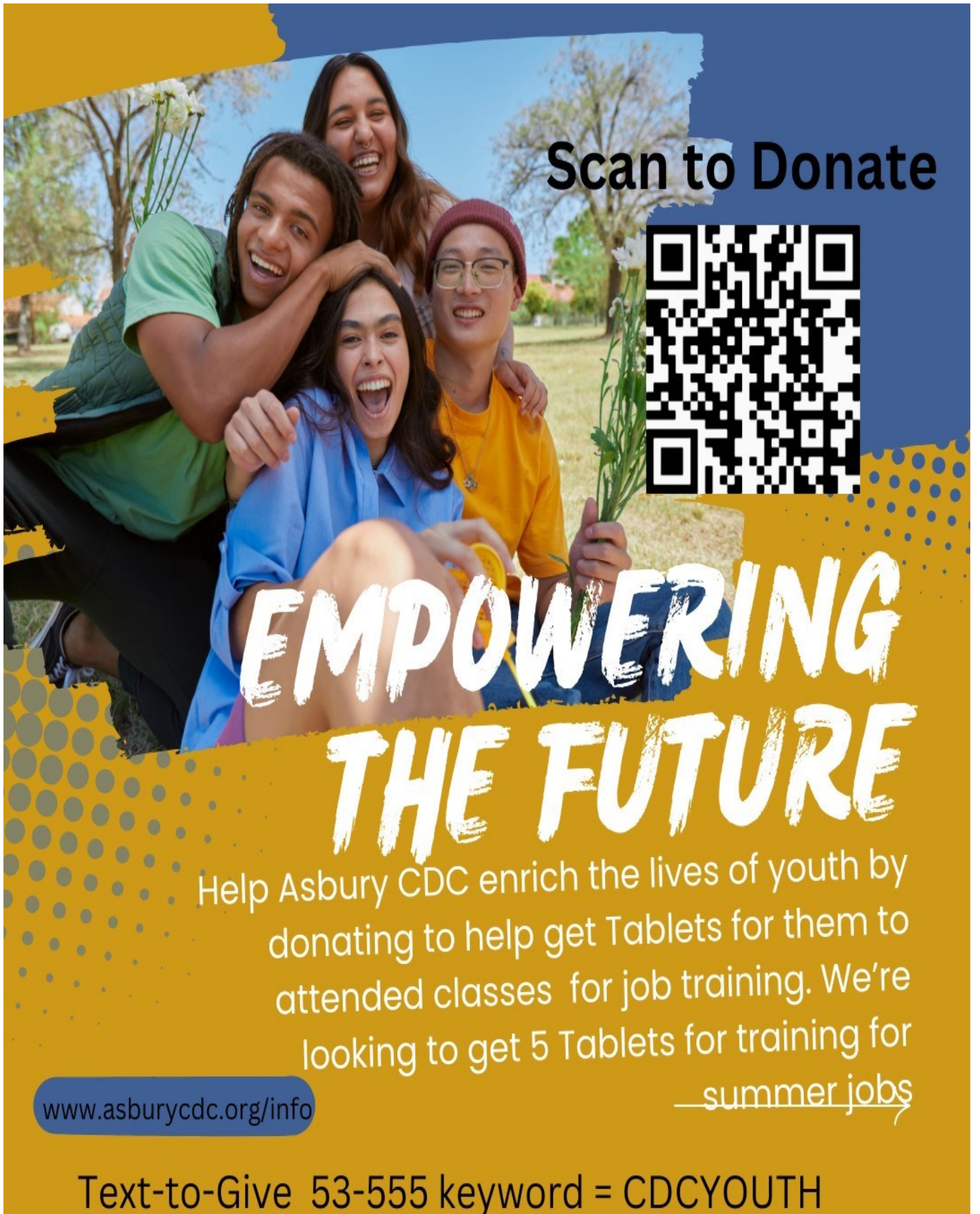
Add the South Flint
Soup Kitchen to your
Kroger Rewards Card
and Help Feed Flint

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 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))

FOOD GIVE AWAY

FREE

FRIDAY
MAY 17

FROM

9 am

UNTIL
GONE

SOUTH FLINT SOUP KITCHEN

southflintsoupkitchen.org

