

# ASBURY CIRCUIT RIDER

Volume 4 Issue 19

## Proof (God exists!)



Scientists worldwide, since the 17th century, use a formal process for objectively establishing facts through testing and experimentation. There are seven steps, with some steps repeated, depending on circumstances. The process includes question, observation, hypothesis, prediction, experimentation, analysis and communication. This process is called

the scientific method.

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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 19, 2024

EVERYONE  
HAVE A  
WONDERFUL  
WEEK!!

**DONATE**

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## Proof (God exists!)

*cont. from pg 1*

One of the wonderful gifts of science is it explains the world to us. By unraveling the mysterious of the universe, science replaces some of life's uncertainties with certainty. And in doing so, scientific breakthroughs help us live longer, more productive lives. Although consequences can outweigh benefits.

But science, so far, can't explain everything. And a healthy dose of doubt seems appropriate even for what science can explain. In fact, skepticism and doubt play critical roles in science and are an integral part of using the scientific method.

According to Pew Research, around 74% of Americans believe there are some things that science can never explain. And the spiritual world falls into this collection of mysteries that resists mathematical explanation.

83% of us believe people have a soul or spirit besides our physical body. This leaves room for a few of us to believe science can explain how this works, but I'm skeptical whether this knowledge will be helpful.

Science strives to bring certainty while the spiritual world exudes mystery.

Adam Hamilton writes in his book, *Wrestling with Doubt*, "We want certainty, but God gives us mystery." As a pastor, questions of doubt regularly confronted Hamilton coming from parishioners and sometimes from within.

After all, irrefutable proof of what we believe as Christians does not exist. Neither is there irrefutable proof there is no God.

Hamilton encourages facing doubt head-on. This includes challenging the presuppositions and assumptions we've held up to this point in times. But when all is said and argued, Hamilton explains, "Faith is a decision, a choice, based upon a thoughtful and even critical examination of a particular faith's historical, existential, and spiritual claims."

Hamilton begins his book with the essential question, "Is There a God?" Albert Einstein argues that initially humans created deities out of fear. It was later in human history when humans considered religion as governing morality and human relationships:

The desire for guidance, love, and support prompts men to form the social or moral conception of God. This is the God of Providence, who protects, disposes, rewards, and punishes; the God who, according to the limits of the believer's outlook, loves and cherishes the life of the tribe or of the human race, or even or life itself; the comforter in sorrow and unsatisfied longing; he who preserves the souls of the dead.

While Einstein makes excellent points in his article about the creativity of humans to invent ways to cope with uncertainty, his arguments do not negate the existence of God.

Hamilton offers the creation stories found in Genesis as an illustration of one way science and religion can seem at odds. Arguments arise when the creation stories are read as to how the universe came to exist rather than staying with why it exists.

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 20 - 26**



May 20	Mon	2:30pm	Staff Meeting
		6:00pm	Leadership Team
May 21	Tue	10:00am	Food Distribution
May 22	Wed		
May 23	Thu		
May 24	Fri		
May 25	Sat		
May 26	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"

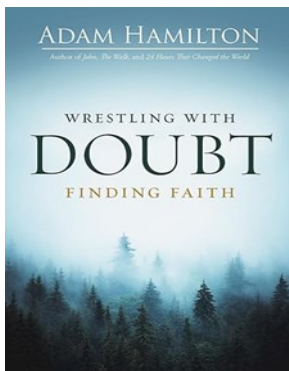


Beginning the Sunday after Mother's Day we begin a new series titled *Doubt*. Our series is based, in large part, on Adam Hamilton's book with doubt in the title.

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.

## 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.

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



**LIFE GROUP QUESTIONS & MORE:**

*O Lord, our Lord, your greatness is seen in all the world!*

Psalm 8

**NOTES FROM WORSHIP**

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**QUESTIONS FOR LIFE GROUPS:**

1. Read Psalm 8. What images come to mind as you read this Psalm? What does it mean that God gave humankind the responsibility to care for creation?
2. Read this week's articles titled *Proof*. Do you ever wrestle with doubt? When this happens how do you deal with your doubt? What is your favorite theory for how the universe was created? Why?
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

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](http://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](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)



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](#).

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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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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](#)

Science is much better equipped to uncover how than why. Theology addresses why. Moreover, science has yet to defensibly address how the universe was created.

One theory of how is known as the “Big Bang” theory. This theory is credited to a theoretical physicist and priest named Georges Lemaitre, who proposed the concept of a “primeval atom.” This initial building block supposedly held all the energy and matter that would become the universe as we now know it.

O Lord, our Lord, your greatness is seen in all the world!

Psalm 8:9

This is my favorite theory of creation. Both because of the long running series by the same name and because it helps me to visualize what it may have been like when God first sang the universe into existence.

It’s estimated that it would take over 93 light years to cross the universe from one side to the other. And the universe continues to expand.

But it all started somewhere. I believe God was there was before it all started. And this is a mystery defying both the scientific method and art.

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Pew Research Center. “Spirituality Among Americans.” © Pew Research Center, December 7, 2023. Retrieved from: [link](#)

Albert Einstein. “Religion and Science,” © *New York Times Magazine*, November 9, 1930.

Pastor Tommy



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[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))