

ASBURY CIRCUIT RIDER

Volume 4 Issue 11

AUGUST 11, 2024

Double Vision (Spiritual acuity)



Welcome to episode one of our new series, *Perspective*, based in large part on *The Decider*, a book by Andy Andrews. Spoiler alert. Most of you have not started reading our companion book just yet, so I will summarize the first two chapters. But don't skip them. The writing is great and a joy to read.

Page 2

Gratitude (Reducing worry)



Walker Miles teetered on an edge between hope and depression. But his hope was nothing more than a chance for happiness. An elusive sense of joy was always beyond Walker's grasp. His mind filled with worries, Walker's first wife compared him to

Eeyore, the pessimistic friend of Winnie the Pooh.

But Walker's life was about to steer onto a different road. Unsure why he backed up to ask an elderly man if he needed help, Walker found himself with an uninvited passenger sitting next to him.

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EVERYONE
HAVE A
WONDERFUL
WEEK!!

DONATE

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Our companion book is a story about ordinary people facing and overcoming the tough challenges that many of us face. The story centers on one main character, Jones, an older man who carries a small suitcase wherever he goes. His super power is he seems to know just what to say when it needs to be said.

As our book begins, Andy is living under a bridge when he meets Jones. Things aren't going well for Andy. But Jones helps Andy see a different perspective. "You ate sardines and Vienna sausages in the sand," Jones tells the young man. "I dined on surf and turf with an ocean view." They both ate sardines and Vienna Sausages, but that's where Andy's imagination ended.

Perspective isn't an elixir that cures every ailment and circumstance. Rather, perspective helps us look at situations from a different point of view. Often, this is the beginning of a new way to deal with challenges.

Jones encourages Andy to read about other successful people and began by giving him two bibliographies to read about famous people. Andy learns everyone faces challenges. But some overcome obstacles to reach new heights any way. And so can Andy.

In chapter two, Jones advises a married couple by helping each one gain perspective. They each thought the other had fallen out of love because their proof of love was not being met. For Jan, the evidence her husband loved her was through the things he did for her. But Barry never quite got around to doing the things Jan asked him to do.

Barry craved approval from his wife. But Jan thought Barry got enough encouragement at work and didn't see a need to pile on the compliments. So, in Barry's mind, Jan no longer loved him the way she once did. But at least she hadn't threatened to leave him. Until now.

After talking to Jones, who neither had ever met before, they gain a new perspective. Jan realized Barry needed her to vocalize her approval of him. And Barry now realizes the small things matter Jan asks him to do. This is how she feels loved by him. They speak the same language but different dialects and did not realize it. Now they have perspective.

The story of our Christians beliefs is found in scripture. And, our last series reminded us how Jesus summarized the whole of scripture as a love story.

When we are unsure. When we're arguing over the fine points of biblical prescriptions. And, in particular, when we try to defend the indefensible using scripture, Jesus offers a different perspective to consider.

Love God and other people. It's really that simple until we lose perspective.

Double vision is an eye disorder that causes us to see two images when there is only one. Also known as diplopia, double vision can affect one or both eyes and can be horizontal, vertical, or diagonal. It might be a temporary issue or a symptom of more serious health conditions.

Diplopia vision is an eye disorder that causes us to see two images when there is only one. Also known as diplopia, double vision can affect one or both eyes and can be horizontal, vertical, or diagonal. It might be a temporary issue or a symptom of more serious health conditions.

Diplopia is actually quite common and more frequently occurs in adults over 60. Fortunately, the Cleveland Clinic reports that over 90% of cases are temporary.

IN OUR PRAYERS

Virginia Bigger Richard Oram
 Sylvia Pittman Jonathon Misner
 Mirium Watson Terrance Williams



FRIENDS AND LOVED ONES WHO ARE
 HOMEBOUND OR IN NURSING CARE

Dean Lamoreaux
 Norma Buzzard Nancy Elston



COMING UP THIS WEEK
AUGUST 12 - 18



Aug 12	Mon	2:30pm	Staff Meeting
Aug 13	Tue	10:00am	Food Distribution at Asbury UMC
Aug 14	Wed	11am-1pm	Angel Closet at South Flint Soup Kitchen
Aug 15	Thu		
Aug 16	Fri		
Aug 17	Sat		
Aug 18	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](#).)

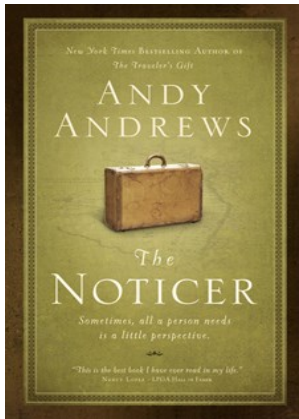
Upcoming Worship Series
"Perspective"



On the first Sunday in August, we begin a new series titled *Perspective*. Our series is based, in large part, on a book by Andy Andrews titled *The Noticer*. Perspective is a theme Andrews weaves throughout his book as his main character, Jones, shares wisdom with the people he meets. The advice Jones offers revolves around helping others to gain perspective.

Artists Mark Willenbrink, Mary Willenbrink, Vanessa Wieland and Maria Woodie, in an article posted on the ArtistsNetwork website, shared this insight:

Book Club News



We finish our current worship series, *Human*, on Sunday July 28. Leo Buscaglia's book *Personhood* guided along the way.

Our companion book for our new worship series beginning on Sunday,

August 4, is *The Noticer* by Andy Andrews..

Andy Andrews is the author of multiple New York Times bestsellers, including *The Traveler's Gift* and *The Noticer*. He is also an in-demand speaker, coach, and consultant for the world's largest organizations. ABC's Good Morning America featured *The Noticer*, and this popular book appeared on bestseller lists around the world after being translated into over 40 languages.

The Noticer is a story about common wisdom based on real people. Jones is a mysterious old man who has a knack for showing up in people's lives at just the right time. Each time, providing priceless lessons about love, life, and the importance of perspective.

The setting is Orange Beach, Alabama. It is an ordinary town filled with ordinary people. Which means like all humans on the planet, they have their share of problems. Ordinary problems like marriages teetering on the brink of divorce, young adults giving up on life, businesspeople on the verge of bankruptcy, as well as the many other obstacles that life seems to dish out to ordinary folks.

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- Cyndi Worship Leader
- Anthony & Jim Ushers
- Jonathon & Terrance Production Team
- Yasheah & Mirium Nursery
- Christine Cafe

Upcoming Worship Series — “Perspective” ..

We have probably all heard (or even uttered) the phrase, “That really puts things into perspective.” Perspective is all about relativity; when you pull back and look at the larger picture and take a different view, maybe things aren’t so bad, or maybe there’s a solution where it seemed like there was not before. Drawing with perspective will help you understand the big picture of your work and perspective drawing for beginners is much easier than you think.

In their article, the artists offer an introduction to the use of perspective in various art forms. Noting that while the techniques and possibilities of utilizing perspective in art are many. In our companion book, Jones takes illustrates the art of offering new perspectives to persons struggling with life challenges.

Martha! You are worried and troubled over so many things, but just one is needed. Luke 10: 41-42

Luke tells a story about a time when Jesus visited His friends Mary and Martha, along with His disciples. Martha busied herself preparing a meal and offering hospitality to their guests. Meanwhile, Mary sat with the men listening to Jesus.

Martha was not happy with her sister and complained to Jesus that she was not helping. Jesus said to Martha, “You are worried and troubled over so many things, but just one is needed.”

Jesus offered Martha a different perspective to consider. And, of course, Jesus tells you and me to consider different perspectives when we’re a hot mess.

Jesus tells us elsewhere that trouble will find us but He offers a peace that transcends all challenges and a Way of love that brings His peace to all humankind.

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

August 4	Chapters 1 & 2
August 11	Chapters 3 & 4
August 18	Chapters 5 & 6
August 25	Chapters 7 & 8
Sept 1	Chapters 9 & 10

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


Andy Andrews. *The Noticer: Sometimes, all a person needs is a little perspective.* Nashville: W Publishing Group, 2011.

Article contributions by Mark Willenbrink and Mary Willenbrink, Vanessa Wieland and Maria Woodie. “Learn to Draw by Putting Things into Perspective,” © ArtistsNetwork, 2024. Retrieved from: [Link](#)

“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:

The Lord is my shepherd; I have everything I need..

Psalm 23

NOTES FROM WORSHIP

QUESTIONS FOR LIFE GROUPS:

1. Read Psalm 23. What memories do you have from hearing the Psalm in the past? What images come to mind as you read it? What promises, made by God in this Psalm, create a sense of gratitude in you?
2. Read this week's articles titled *Gratitude*. What worries you? Try listing the things you're grate for? Did this exercise take your mind off your worries for a spell? Consider adopting a spiritual discipline of thankfulness in prayer. Make a daily list if this helps.
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

Life's difficulties often seem impossible to overcome. But Jones has a gift for seeing what others miss. This includes the wisdom that there is no such thing as a dead end. More often, problems only take a little perspective in order to recognize the miracles in our moments. Our struggles hide the seeds of greatness.

Jones has a knack for showing up when things look darkest. Jones is a mysterious, elderly man with white hair, always carrying a battered old suitcase. "Your time on this earth is a gift to be used wisely," he says. "Don't squander your words or your thoughts. Consider even the simplest action you take, for your lives matter beyond measure...and they matter forever."

Based on a remarkable true story, *The Noticer* blends fiction and allegory in an entertaining and inspiring guide for a better way.

We have a limited number of books. But both new and used copies are available through most book retailers and libraries. The price on Amazon as of the publication of this article is \$11.49 for a new paperback. Used copies are available for less.

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

August 4	Chapters 1 & 2
August 11	Chapters 3 & 4
August 18	Chapters 5 & 6
August 25	Chapters 7 & 8
Sept 1	Chapters 9 & 10

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

Andy Andrews. *The Noticer: Sometimes, all a person needs is a little perspective*. Nashville: W Publishing Group, 2011.

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

Welcome to episode two of our series, *Perspective*. This week, our theme is gratitude and why it comes from the same root word as grace. These two ideas, eternally linked, became the answer to Walker's dilemma. But he needed Jones to help him see the connection.

"It's time to stop letting your history control your destiny," Jones advised Walker. "The first thing you need to know is that you worry — or you feel this crazy fear — because you're smart."

While it may seem smart to worry, Jesus reminds us that worry doesn't change outcomes and certainly doesn't increase our lifespan. Although doing something about the reason for your worry might.

Jones told Walker, "Worry ... fear ... is just a misuse of the creative imagination that has been placed in each of us...it is your own imagination with which you are doing battle ... Worry is focus! But it is focus on the wrong things." Is this all it takes to quit worrying? I just change my focus?

Americans, I'm told, are most worried about inflation. Although, In their "What Worries the World" report for July, Ipsos noted a substantial increase in the number of

respondents who believe the U.S. economy is in good shape. And inflation seems under control and some prices are even falling.

But not food prices.

According to a Washington Post article published this past February, the price of groceries increased 25% over the past four years. Inflation was around 19% during the same period. Fortunately, the amount we pay for most other commodities is coming down, but not for rotisserie chicken. However, grocery price increases dropped below 2% from almost 12% the year before.

Factors outside the control of legislation, presidents, and even the Federal Reserve have a larger impact on the price we pay at the grocery store. So this means political promises to bring down food prices are pure bull excrement. Politicians don't set the prices ringing up at the grocery store checkout.

On the other hand, one factor affecting food prices we all take part in is climate change. Farmers rely on cooperating weather patterns which no longer cooperate. Another factor is Russia's war against Ukraine substantially affected food prices globally.

Jones also told Walker, "The seeds of depression cannot take root in a grateful heart." This makes sense according to a rather large number of studies that looked at the effect of gratitude on well-being.

After all, there is a lot for us to be thankful for, including the possibility of reducing our worry by focusing on gratitude.

An article posted in 2019 by the Foundation for Economic Education boldly claimed, "Showing gratitude can serve as a light that can help lead us back to where we need to be when we get lost in darkness." The article cited results from an Indiana University research among college students struggling with anxiety and depression.

Followers of Jesus Christ know not only there is much to be grateful for, there is also joy and a peace that transcends human understanding. Most of us are familiar with Psalm 23. In this short poem, God expresses divine grace promised to each of us.

First, God is the good Shepherd leading us to that which we need and crave. And God offers us abundance. And although we share scarcity, we can also share abundance.

Often, in our upside-down economy, we see the greedy enriched and the humble shut-down. As we know it, the world rewards military might with prestige and wealth.

The Lord is my shepherd; I have everything I need.

Psalm 23

The world resists the leadership of the divine Shepherd in favor of promises made by louder voices, with what sounds to be larger and quicker returns. The logic is hard to resist, and believers are also prone to falling for its lure.

After all, don't we accumulate more by holding onto what we have and taking it away from others? While this strategy sometimes works in the short term, the answer is no.

Provision in God's economy comes from showing our gratitude for God's abundance by sharing. And abundance comes from serving each other. So when scripture says, "The Lord is my Shepherd; I have everything I need." we hear a testimony of someone who truly believes that this is the only way to live.

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 Leo Buscaglia. *Personhood: The Art of Being Fully Human*. NY: Random House, 1986. "What Worries the World?," © Ipsos, July 2024. [Link](#).

Abha Bhattarai and Jeff Stein. "Inflation has fallen. Why are groceries still so expensive?" © Washington Post, February 2, 2024. [Link](#).

Vision is an incredible gift. And when our vision is threatened, we're understandably concerned. Our vision offers visual perspective, but when the image our brain sees differs from reality, our seeing is impaired. Millions live without sight and are able to flourish despite their lack of vision. Less than 5% were born without sight.

John's Gospel offers a story about a man born without sight who can see after meeting Jesus. One perspective suggests this story is about Jesus healing a man's physical blindness. But John eliminates this perspective as the primary purpose of this story.

One thing I do know; I was blind, and now I see.

John 9:25

Instead, Jesus explains to His adversaries how they suffer from a more serious obstacle. They're spiritually blind. A condition that's much more prevalent than physical blindness.

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Pastor Tommy

Parts of our series was inspired by Leo Buscaglia. *Personhood: The Art of Being Fully Human*. NY: Random House, 1986. "Diplopia (Double Vision)," © Cleveland Clinic, 2024. [Link](#).



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enrolled

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

to local area non profits

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Where shopping and giving come together and you can help!



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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

Text-to-Give 53-555 keyword = CDCYOUTH

Flint Asbury Community Development Corporation

South Flint Soup Kitchen

3410 Fenton Rd. Flint, MI 48507

Meet up

Eat up!



Ages
0-18

Mon - Weds - Friday

Breakfast

9-10am

June 17 - Aug 30

Lunch

12-1pm

www.SouthFlintSoupKitchen.org
www.FlintAsburyCDC.org



MEET UP and EAT UP!!

Healthy food to fuel your
summer... Free!

Served at: Asbury UMC 1653 Davison Rd Flint

When: Summer 2024

Meals: Breakfast 8:30am—9:30am

Lunch 12Noon-1:00pm

Days meals are served: Monday—Friday

For more information: (810) 235-0016

FOOD GIVE AWAY

FREE

UPCOMING
DATES

July 19

Aug. 21

Sept 18

Oct. 16

Nov. 20

Dec. 18

SOUTH FLINT SOUP KITCHEN

southflintsoupkitchen.org

FROM 9 AM UNTIL GONE!





Asbury Community Development Corporation (CDC) extends our heartfelt gratitude to the United Women in Faith for joining us on a tour of our three facilities and our farm. It was truly a blessing to showcase the mission and offerings of Asbury CDC.

The tour began at our main campus, the shared space between Asbury United Methodist Church and Asbury CDC. We highlighted the areas we use for our various activities and were delighted to learn about the historical photos in the newly carpeted Wesley Room, featuring John Wesley and his wife.

Next, we visited our Community Kitchen. Although it's still under development, the ladies were able to envision the exciting possibilities that the kitchen will bring to our community.

We then proceeded to our Farm, where the magic happens. The ladies met our dedicated farm crew and explored the hoop houses and gardens.

Lastly, we visited the South Flint Soup Kitchen (SFSK). The tour participants observed our operations, and one member shared her experience of volunteering with Pastor Horne to prepare Thanksgiving dinners for underserved citizens.

The tour concluded with a delightful lunch prepared by our Executive Director/Chef Kevin Croom and three of our summer youth workers. It was a wonderful time spent with beautiful souls.

We also extend our thanks to our esteemed board member Ed Weston, who accompanied the tour, and Michele Weston, a board member and member of United Women in Faith, for arranging this event.

