



ASBURY CIRCUIT RIDER

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Missing (Growing up)



This past week, I spent a few hours at the Henry Ford Museum with three of my grandchildren and their parents. The museum has been hosting a hockey display for several weeks, and families with young hockey players were anxious to see it before it left the museum. Two of the

three grandchildren play hockey. The special display, called "HOCKEY: Faster Than Ever," promises to take viewers on a journey through the evolution of ice hockey. Page 2

Dreams (Every second)



According to *Psychology Today*, dreams have a purpose, but the purpose of dreams is not necessarily messages about self-improvement or the future. Instead, many researchers now believe that dreaming mediates memory consolidation and mood regulation. A

little like overnight therapy.

Unfortunately, if you're sleep-deprived, you also tend to be dream-deprived. Lack of sleep usually results in less time dreaming and less memory of dreams. And over a life time, it's estimated that as much as 5 to 6 years of our time is spent dreaming. That's a big investment of our time, so perhaps we shouldn't just ignore them. Page 13

**EVERYONE HAVE
A WONDERFUL
SAFE
WEEKEND!**

DONATE

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Missing (Growing up) *cont. from pg 1*

At ages 10 and 7, my grandchildren persistently test boundaries established by their parents. They frequently headed in three different directions, each with their own idea of where the family should go next.

As a grandparent, I had the best seat in the house as I watched my oldest daughter deal with strong, independently minded children who reminded me of her at that age.

We all go through it. Each year of growth brings new opportunities to discover our likes and dislikes as we settle on a suitable answer to the question, "Who am I?" We also learn how to deal with the ups and downs of not always getting our way. We discover people other than parents to turn to when things don't go our way or we're stressed from anticipation of what may come.

One post-Christmas story from Luke reminds us that Jesus was once a child. Luke reminds us that Jesus grew up in a family that observed Jewish law. In particular, his family made pilgrimages to Jerusalem for various religious holidays. Experts estimate such a trip would have taken four or five days, and the family would travel in a caravan with extended and other families.

At the time, Jesus was a couple of years older than my oldest grandchild. Nevertheless, at the age of twelve, Jesus was still a child. According to Jewish custom, a male child became a man and embraced the traditions of his ancestors at the age of thirteen.

After the celebrations and the family packed up and left for home, Jesus stayed behind in Jerusalem without the permission or knowledge of His parents. It took a while before His parents discovered Jesus was not with them. Understandably, the reaction of Mary and Joseph reflected how one would expect parents to respond.

While Luke doesn't say they panicked, I know I would, given the circumstances. The parents returned to Jerusalem to search for their missing son. Luke tells us they searched for three days before finding Jesus at the Temple, sitting with some teachers, discussing deep questions with them, and amazing everyone with his understanding and answers.

Jesus' parents responded the way my parents responded to me when I was twelve and wandered off. The streets of Memphis, in the neighborhood where we lived, were no place for a twelve-year-old to wander around.

His parents did not know what to think. "Son!" his mother said, "Why have you done this to us? Your father and I have been frantic, searching for you everywhere."

"But why did you need to search?" asked Jesus, "Didn't you know that I had to be in my Father's house?" But his parents did not understand.

Luke 2: 49-50

Those of us reading this story centuries later are not surprised that at a young age, Jesus had an uncanny insight into ancient texts. After all, we reason that Jesus was the Son of God.

IN OUR PRAYERS

Virginia Bigger
 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
JANUARY 6 - 12



Jan 6	Mon	2:30pm	Staff Meeting
Jan 7	Tue	10am-until gone	Produce will be available each week, along with canned goods, until further notice
Jan 8	Wed		
Jan 9	Thu	1:00pm	United Women in Faith
Jan 10	Fri		
Jan 11	Sat		
Jan 12	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](#).)

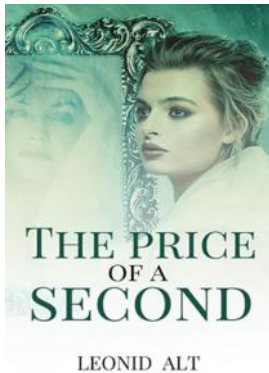
Upcoming Worship Series "Seconds"



What is the purpose of worship? Have you ever considered this question? I'm sure many of us have at times. Many of us consistently and persistently show up each Sunday. We look forward to seeing familiar faces, even if we don't really look forward to the effort of getting here.

But that does not answer the question. Familiar faces and feelings are just some of the benefits of our efforts. While these feelings are important, they're not the reason, are they?

Book Club News



We finish our current worship series, *Connected*, on Sunday, December 29. As our companion book, we used a daily

devotional, *Daring to Connect*, written by Pastor Dawn Darwin Weaks.

We kick off 2025 with a new book by Dr. Leonid Alt, a board-certified psychiatrist and writer. Dr. Alt's professional background helps him write holistic books about the connection between mental health and spirituality. His interest includes exploring the connection between psychiatry and the paranormal.

meticulously structures each day to ensure that no surprises await him. Spontaneity and changes to his plans make Alex feel uneasy and out of control.

However, Alex decides to risk the unknown and connect with his deceased father despite warnings that, on rare occasions, consciousness can be moved to unexpected places. One day, Lisa, a patient with self-harming tendencies who is having auditory and visionary hallucinations, comes in. Alex is intrigued by her case and by her as a person. When Lisa goes missing, Alex is thrown into a world of doubt. It seems that all the planning in the world doesn't always work out.

Our companion book for our new series is *The Price of a Second*. The story's main character is a psychiatrist named Alex. He

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Upcoming Worship Series — “Seconds”

We worship somewhat out of expectation but mostly out of gratitude. God gives us life and offers us eternal peace and joy. Therefore, worship is not a burden or even an expectation. It is simply a gesture, a recognition of our total dependence, and, most of all, a show of affection.

Worship is also a giving of our time, isn't it? Most of us are so busy that setting aside a couple of hours each week to get to church takes away from other priorities. So, how can we justify this infringement on our time when we are already maxed out?

Come and see!

We kick off 2025 with a series titled *Seconds*. The title of our companion book poses the question of what a second is worth. Psychiatrist and writer Dr. Leonid Altshuler, who writes under the pen name Leonid Alt, offers insight from his professional and personal experiences.

We're doing this series a little differently. Our scripture comes from the Common Lectionary, a weekly schedule of readings for the year published by the World Council of Churches. Each week, consider how Dr. Altshuler's creative storytelling relates to the gospel selection read by churches around the world.

Here is the outline of our series:

<u>Title</u>	<u>Sunday</u>	<u>Scripture</u>	<u>Reading</u>
Dreams	January 5	Matthew 2:1-23	Chapters 1-2
Spirit	January 12	Luke 3:15-17, 21-22	Chapters 3-5
Abundance	January 19	John 2:1-11	Chapters 6-7
Tempted	January 26	Luke 4:4-21	Chapters 8-10

I pray that you will join us each Sunday morning at 10:30 a.m. We share our weekly episodes on [Facebook](#) and our [YouTube channel](#), and we go live at 10:30 a.m. You can find these links, along with more information about us, or join our live broadcast on our [website, FlintAsburyChurch.org](http://www.FlintAsburyChurch.org).


Pastor Tommy

Dr. Leonid Alt. The Price of a Second. © Leonid Alt, 2021.

“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 visitors returned by another road after God warned them in a dream not to return to Herod. After the visitors depart, Joseph is warned in a dream to flee the country.

Matthew 2:1-23

NOTES FROM WORSHIP

QUESTIONS FOR LIFE GROUPS:

1. Read Matthew 2:1-23. Are you familiar with this story? Did you learn anything new when you read it this time? Do you see any connections between this story and current events?
2. Read this week’s article titled Dreams. Do you have any recurring dreams that you can share with your group? In what ways have your dreams affected your life?
3. How can your group members help you be more receptive to hearing and understanding the Word of God this week? Pray for each other to have the Holy Spirit bless you with more courage.



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Our clients need bottled water for cooking,
going with sack lunches, to bathe and brush
their teeth with, and MORE!

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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



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How You Can Donate

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More Information :



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Alex decides to investigate her disappearance, but what he wasn't prepared for, was a journey into his own actions and decisions. Powerful ideology shifts are coming his way, and Alex is about to learn the true price of a second.

At 78 pages, this book is a quick read and difficult to put down once you start. Nevertheless, we'll reference the book when it fits using the following schedule:

January 5	Chapters 1-2
January 12	Chapters 3-5
January 19	Chapters 6-7
January 26	Chapters 8-10

We'll have a few books available for purchase, copies are available through Amazon for \$9.99 for the paperback edition and \$3.99 for the Kindle version. Since this book is self-published, its distribution is limited.

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

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

Dreams are the stories the brain tells during the REM stage of sleep. Because dreams typically involve our awake lives, they usually involve people and places we know. However, in dreams, we may experience scenarios that would never be possible in real life.

This explains why most of us are fascinated by our dreams. They're about us, they involve us, and we want to know what they mean and where they're coming from.

Psychologist Sigmund Freud published *The Interpretation of Dreams* in 1899. His publication kicked off a long history of fascination with dreams by researchers. Today, most psychologists disagree with Freud's assertions. Nevertheless, our fascination with dreams is as strong as ever. Particularly dreams that seem to be warnings about an impending danger or dreams about a different future.

Unfortunately, not all dreams are pleasant. Since we don't seem to control our dreams, they can take us to places and into threatening situations, which we call nightmares.

About half of all adults report having occasional nightmares, although only a small percent suffer from repetition of the same nightmares. Nightmares can create feelings of terror, anxiety, or despair and lead to psychological

distress or sleep problems like insomnia.

Researchers have identified a range of causes for nightmares, including post-traumatic stress and anxiety, especially the presence of generalized anxiety disorder, dissociation, and physiological changes.

Persons suffering from post-traumatic stress disorder often deal with "Re-experiencing" or flashbacks. These involuntary recollections can manifest in the form of nightmares and can cause emotional distress.

Even when the dreams are not exact replays of trauma, they may have a strong symbolic or indirect connection to the event.

In our companion book for our new series, *Seconds*, Dr. Leonid Altshuler, a board-certified psychiatrist who writes under the pen name Leonid Alt, tells a story in his Prologue about an elderly man suffering from chronic insomnia. The man, now in his 90s, escaped from a Nazi concentration camp during World War II after being there for three years.

The man shared how he came to appreciate just how priceless each second of life is while living under the threat of death at any time. He came to understand that loving our neighbor is the most important thing we can do while alive.

Alex, our companion book's main character, is a planner. Every aspect of his life was planned out, and any interference with his schedule was met with a mood change that left him stuck and unsure of what to do next. Worse, he could stay that way for weeks until he could replan his life anew. Sometimes, Alex would fall into a deep depression.

After the 2nd chapter begins, Alex reflects on the death of his father and how so much was left unsaid before his father's death. Alex was always in a hurry and hadn't taken time to sit with his dad and talk. So Alex contacted Dr. Brown, a colleague who used mirrors in his therapeutic practice to help patients connect with dead relatives. Perhaps Dr. Brown could help Alex.

I lost my youngest brother just after Christmas. Eddie and I seldom saw each other in person, but we stayed connected through cards, social media, an occasional phone call, and rare family gatherings. Despite spending nearly a decade in the same house, a lot remained unsaid.

But what if you are the parent of a twelve-year-old who has you worried sick? His parents were worried and exasperated. However, they discovered something else about their son that most parents are delighted to learn. Jesus is very bright for his age, but he is still a twelve-year-old.

Then Luke tells us that Jesus questioned their need to search for him. "Why did you need to search?" Jesus asked. "Didn't you realize that I would be here at the Temple?"

Again, this makes perfect sense to believers. Of course, Jesus would be in his Father's house.

But for His parents — "Huh?" sums up their response. Nevertheless, Luke tells us that his mother hid this incident in her heart while waiting for her son's life story to unfold. The reactions of Mary and Joseph are true to life; what parents cannot emphasize with their distress?

Hidden in Jesus' response to His parents are his pronouncements of the necessity of what He was doing. In several translations, Jesus said to His parents,

"Didn't you know that I had to be in My Father's house?" This statement suggests an awareness of God's purpose that makes the fulfillment of certain activities imperative. Jesus' life was bound to God's purpose.

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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Pastor Tommy

Parts of our series are inspired by the Reverend Dawn Darwin Weak. *Daring to Connect: Advent as Adventure*. Danvers, MA: Chalice Press, 2024.

Life has a way of throwing unexpected twists and turns our way. Dr. Altshuler's elderly patient can teach us an important lesson: We need to embrace life as it comes and be grateful for each second.

Luke tells us about a time when the Holy Family took Jesus to the temple for dedication shortly after His birth. While at the temple, two prophets affirm that Jesus is the long-awaited Messiah. The prophets seemed certain of God's plans for Jesus but warned the family that the future would prove challenging.

In Luke's account, after leaving Jerusalem, the family returned to their home in Nazareth. However, Matthew focuses on a different part of their story in his gospel.

In Matthew's telling, a group of visitors travels in search of the newborn King. Stopping first by the royal palace, they raised the curiosity and jealousy of Herod, the reigning king of the region.

Churches around the world celebrate this event as Epiphany. A word that means revelation, Epiphany refers to God revealing Jesus' birth to persons outside the Jewish community and from far away.

After the visitors depart by another route, Joseph is warned in a dream to flee the country. The Holy family immigrated to Egypt to escape Herod's wrath, where they stayed until his reign ended. We don't know much about their time in Africa, but Egypt was a center of learning for that part of the world, and Jesus likely had access to this center of knowledge.

The visitors returned by another road after God warned them in a dream not to return to Herod. After the visitors depart, Joseph is warned in a dream to flee the country

Matthew 2:1-23

Joseph's dreams continue to guide his family, and they eventually return to Nazareth. Not surprisingly, these events unfolded in accordance with ancient prophecy.

Do you have dreams about a different tomorrow? If so, did actual dreams help shape your hopes? What hopes do you have for the New Year?

One suggestion is to resolve to make every second count. This suggestion is not about accomplishing things or staying busy. Rather, making a second count refers to our connections with God, other persons, creation and ourselves.

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Pastor Tommy

Parts of our series are inspired by Dr. Leonid Alt. *The Price of a Second*. © Leonid Alt, 2021. Psychology Today Staff. "Dreams." © Psychology Today, 2023. Retrieved from: [link](#)



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7 TIPS TO MANAGE STRESS & MENTAL HEALTH DURING THE HOLIDAYS



PLAN AHEAD

Have a plan in place for all your holiday tasks and activities.



DON'T WORRY

Don't feel obligated to complete every small thing on your list.



JUST SAY NO

If you have too much on your plate, let your friends and family know.



SET ASIDE DIFFERENCES

Enjoy other's company and talk about topics that bring happiness.



BE REALISTIC

Don't stress yourself out by trying to create the perfect holiday.



STAY ACTIVE

Exercise is a great way to deal with holiday stress, and anxiety.



ACKNOWLEDGE YOUR FEELINGS

Have a plan in place for all your holiday tasks and activities.



DEAR SPONSORS AND PATRONS,

ON BEHALF OF EVERYONE AT ASBURY COMMUNITY DEVELOPMENT CORPORATION, WE EXTEND OUR SINCEREST GRATITUDE FOR YOUR INCREDIBLE SUPPORT AND GENEROSITY DURING OUR CHRISTMAS GIVEAWAY EVENT.

THANKS TO YOUR CONTRIBUTIONS, WE WERE ABLE TO PROVIDE 60 FOOD BASKETS, BLANKETS, SOCKS AND 100 TOYS TO FAMILIES IN NEED BETWEEN BOTH OUR LOCATIONS AT THE SOUTH FLINT SOUP KITCHEN AND ASBURY. TOGETHER, WE BROUGHT COMFORT, JOY, AND A SENSE OF HOPE TO SO MANY IN OUR COMMUNITY DURING THIS SPECIAL TIME OF YEAR. SEEING THE HAPPINESS ON CHILDREN'S FACES, THE RELIEF OF FAMILIES WHO RECEIVED FOOD FOR THEIR HOLIDAY MEALS, AND THE GRATITUDE OF INDIVIDUALS WHO RECEIVED WARM BLANKETS AND SOCKS WAS TRULY HEARTWARMING.

YOUR PARTNERSHIP AND BELIEF IN OUR MISSION INSPIRE US TO CONTINUE CREATING MEANINGFUL OPPORTUNITIES TO UPLIFT AND SUPPORT THOSE WE SERVE.

WE WISH YOU AND YOUR LOVED ONES A JOYFUL HOLIDAY SEASON AND A HAPPY, HEALTHY NEW YEAR.

**WITH HEARTFELT APPRECIATION,
ASBURY COMMUNITY DEVELOPMENT CORPORATION**

Congratulation
TO SOME OF OUR WINNERS



Congratulation
TO SOME OF OUR WINNERS



Congratulation
TO SOME OF OUR WINNERS

