



ASBURY CIRCUIT RIDER

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Spirit (Baptism)



Google the word spirit, and you'll be treated to a plethora of opportunities to explore the airline with this word in its name. Spirit Airlines is known for its low prices but few amenities and extra charges for most services, including choosing a seat. The company

recently filed for bankruptcy protection.

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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Google the phrase spiritual world, and you're invited to go a different direction. The focus is on the unseen. The mystery of other dimensions outside our perception, beyond the four dimensions of length, width, depth, and time. String theorists have identified a total of ten dimensions, seven of which are too small and curled to be detected with current technology.

On the other hand, many believe the 5th dimension involves a parallel universe, alternate timeline, and spirituality.

While we know a lot more about the world than our ancestors did, I'm not sure we know anything more about the spiritual world than people who lived centuries before us.

In our companion book chapters for this week, Alex is determined to have a conversation with the spirit of his dead father. After speaking with his colleague about the process, Alex stares into a mirror, hoping his father's image will appear.

As our chapters for this week close, Alex sees his father's likeness appear.

Meanwhile, Alex meets with a new patient recently admitted to the hospital. Lisa was diagnosed with borderline personality disorder. Her symptoms included auditory and visual hallucinations, and she had attempted suicide several times by cutting her hands with a knife.

Alex knew her case was complicated. However, as their interview began, Lisa wanted to leave the hospital to resume her busy schedule. Eventually, she began to share how it all began, but the medications she was given made it difficult for her to concentrate. We'll learn more in later chapters.

Meanwhile, our theme scripture for this week comes from Luke's account of Jesus' baptism. The story begins with a relative of Jesus named John, the son of Elizabeth and Zechariah. Luke tells us that some speculated that John was the long-awaited Messiah. But John puts these rumors to rest when he emphasizes that he baptizes with water, while the Messiah will baptize with the Holy Spirit and fire.

There's that word, spirit, again.

While John offered colorful illustrations of what it means to be baptized with water, his main focus was repentance. He warned his listeners to bear good fruit by sharing our excess, being fair in our business dealings, and caring for one another.

Jesus was baptized, too. And as He was praying, the Holy Spirit descended on Him, and a voice from heaven said, "you are my Son, and I am pleased with."

Luke 3:15-17, 21-22

Luke tells us that Jesus showed up to be baptized after John finished with the crowd. A dove appeared as Jesus came out of the water in Matthew's version, but Luke says that as Jesus was praying, the Holy Spirit descended on him in the form of a dove. And a voice from heaven was heard saying, "You are my Son, whom I love, and with You I am well pleased."

Jesus heard words from His Father that we all want to hear from our parents. And most of us want to hear these words from God at some point. Some of us spend a lifetime trying to earn these words.

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 13 - 19, 2025



Jan 13	Mon	2:30pm	Staff Meeting
Jan 14	Tue	10am-until gone	Produce will be available each week, along with canned goods, until further notice
Jan 15	Wed		
Jan 16	Thu		
Jan 17	Fri		
Jan 18	Sat		
Jan 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.)

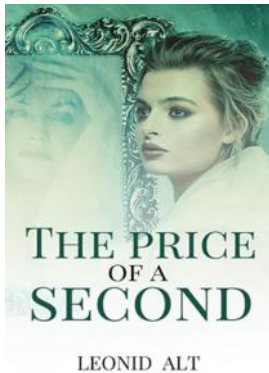
Upcoming Worship Series "Seconds"



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:

Jesus was baptized, too. And as He was praying, the Holy Spirit descended on Him, and a voice from heaven said, "You are my Son, and I am pleased with."

Luke 3:15-17, 21-22

NOTES FROM WORSHIP

QUESTIONS FOR LIFE GROUPS:

1. Read Luke 3:15-17, 21-22. Have you been baptized? If not, what are you waiting for? If so, what do you remember about your baptism? If you were too young to remember your baptism, describe how you feel when other infants are baptized.
2. Read this week's article titled Spirit. What do you think of when you hear the word spirit? What does refinement mean for you? Can you think of some examples where the Holy Spirit helped you show someone love? Explain.
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.



South Flint Soup Kitchen ...

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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



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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.

Fortunately, unlike a lot of earthly fathers, God doesn't offer His love as a transaction. Instead, God's love never ends, and He takes pleasure when we return His love towards Him by loving creation, ourselves, and others.

As United Methodists, we believe baptism to be a special event called a Sacrament. For us, baptism is a miracle, not unlike the one describe by Luke after Jesus was baptized. In baptism, we offer a visible sign of our desire to accept Jesus as our Savior. However, invisible to the eye, the miracle promised by John is already at work within us when He said that the Messiah would baptize with the Holy Spirit and fire.

But where does the fire come in?

Fire is a metaphor for the change taking place within us. Heat purifies precious metals, separating them from the impurities clinging to them. In a similar way, the Holy Spirit purifies us and connects us with God's love. Through God's grace alone, the Holy Spirit helps us respond with love toward all creation.

The fruits of the Spirit are acts of love. This is how we know when God's will is our intent rather than our own. All that harms others is contrary to God's will.

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 Dr. Leonid Alt. *The Price of a Second*. Leonid Alt. 2021

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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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

