

ASBURY CIRCUIT RIDER

Volume 5 Issue 29

JUNE 29, 2025

Validation (Heaven)



When I searched for the word “validation” on Google, I was shown definitions from Oxford Languages, the search engine’s default go-to dictionary. Two of their bullet points seemed relevant to this week’s theme.

The first tells us that validation is “the action of checking or proving the validity or accuracy of something.” And the second definition, “Recognition or affirmation that a person or their feelings or opinions are valid or worthwhile.” Both definitions remind me a lot of recent news coverage.

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Go tell (Heaven)



When a stone hits calm water, ripples spread out from the center of impact, telling the further reaches of the lake what has happened. They say news, good or bad, travels fast. The news begins as a single source, but as the ripples spread further, the news is regenerated and energized to reach even greater heights.

Americans value free speech. Well, we value free speech when we’re the ones speaking. It’s a little more challenging to value free speech when someone says something with which we disagree or that we think shouldn’t be said.

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HAPPY 4TH OF JULY!



DONATE

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That is, sometimes people may exaggerate a claim out of a need for acceptance and validation. This illustration resembles the persistent strategy employed by our current administration. The current example is an initial claim that the recent bombing mission in Iran obliterated that country's nuclear capacity, before the damage could be validated.

A 2024 article posted by ImPossible Psychological Services explains the difficulties arising from validation-seeking behavior and how to detect it. After all, they confirm that "Seeking validation is an innate human tendency as individuals often crave attention and recognition from others to validate their worth and identity."

However, an emotionally healthy individual can balance their need for external validation with their internal sense of self-worth, rather than depending on others for affirmation, approval, or acknowledgment. Emotionally unhealthy individuals may display a continuous need for approval. For example, they often post updates on social media, seeking likes, comments, or shares to validate their self-worth.

Such a person reacts strongly to any form of criticism or constructive feedback. They often take even minor comments personally and view them as a threat to their self-esteem. In response, they go after immediate validation that contradicts the perceived criticism.

People suffering from validation-seeking behavior constantly compare themselves to others, especially in terms of achievements, appearance, or success. They frequently feel a need for constant affirmation or approval before making decisions.

None of these traits bode well for persons in positions of power.

In our companion book for this series, *The First Phone Call From Heaven*, skeptics are calling for validation of the miracles. When asked by News Reporter, Amy Penn, "What's been the hardest part?" Katherine Yellin responded, "That people don't believe me."

In an article published by MyMichigan Health, Brandan Snook, a program therapist for the Psychiatric Partial Hospitalization Program at the University of Michigan Medical Center in Alma, Michigan, offers helpful

suggestions for family conversations. Specifically, conversations with people who view the world differently than you do. The caregiver's advice is to provide validation for the other person's point of view.

Snook explains validation as "finding the kernel of truth in someone's perspective or situation." But there are levels of validation, Snook explains. The most basic validation is paying attention. In the next level, you repeat back what the person says, but in your own words. Neither of these suggests a hint of agreement, but it does communicate that what they say matters to you.

The third level of validation involves trying to say what wasn't said. That is, validating how you're interpreting what the person is conveying emotionally. You might say, "I can see that you're passionate about this." If you guessed wrong, allow the person to correct you. Your response further validates the importance of the person.

I find the next level a bit tricky. Snook suggests validating that there is justification for the person to have their point of view. Given their context, it's understandable that they reached the conclusion that they're presenting.

IN OUR PRAYERS

Virginia Bigger
Sylvia Pittman
Mirium Watson

Fred Hans
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

JUNE 30—JULY 6

June 30 Mon

July 1 Tue 9am-until gone Produce will be available each week, along with canned goods, until further notice

July 2 Wed

July 3 Thu

July 4 Fri

July 5 Sat

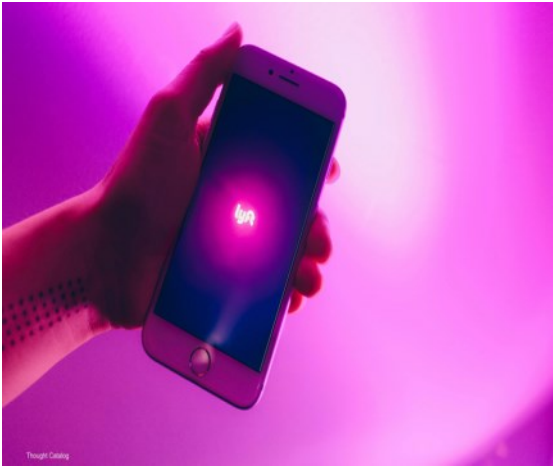
July 6 Sun 10:30am New Beginnings

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 "Heaven"



In our worship series, *Lifeboat*, we learn about a group of people desperately clinging to life after the yacht they were on sank. Three days after the accident, after drifting a considerable distance from where the boat went down, they pull a stranger into the lifeboat. The stranger claimed to be the Lord.

In this series, *Heaven*, we turn to another of Mitch Albom's best-selling novels, *The First Phone Call From Heaven*. In this mystery, Albom takes readers on a rollercoaster ride of mystery and hope.

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Book Club News



We're using another novel written by Mitch Albom for our next series, *Heaven*, beginning the second Sunday of June. *The First*

Phone Call from Heaven is captivating as Albom takes us on a rollercoaster ride of hope-filled mystery.

The story begins one morning in the town of Coldwater, Michigan, when several phones start ringing. What makes the calls unusual is that the voices on the other end claim to be calling from heaven.

Is this the greatest miracle ever or a cruel hoax? Soon after, a reporter from Alpena arrives, thinking her boss has sent her on an insignificant news story, visitors suddenly overrun the small town.

Meanwhile, a disgraced pilot named Sully Harding

returns to Coldwater from prison only to discover his hometown gripped by "miracle fever." When his young son starts carrying a toy phone, hoping to hear from his mother in heaven, Sully has had enough.

As proof of an afterlife spreads, the town and the world start to transform. Church attendance increases as believers turn to the local pastors for confirmation. But Sully is convinced there is nothing beyond this sad life. So he digs deeper, determined to disprove these miracles for the sake of his child and his own broken heart.

Asbury Staff

Rev. Dr. Tommy McDoniel	Pastor
Kevin Croom	Executive Director/CDC
Connie Portillo	Office Secretary
Kim Sims	Finance Director
Terry Kinze	Ops Manager/CDC
Sylvia Pittman	Empowerment Arts
Jim Craig	Board & Leadership Chair
Israel Unger (Izzy)	Business Service Mgr
Terrance Williams	Arts Center Mgr
Venus McBeth	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	Cafe

Moving seamlessly between the invention of the telephone in 1876 and a world obsessed with the next level of communication, Mitch Albom takes readers on a breathtaking ride of frenzied hope.

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Upcoming Worship Series — “Heaven”

“Miracles happen quietly every day,” writes Albom, but “They are rarely tallied. No one keeps score. Now and then, a miracle is declared to the world. And when that happens, things change.”

And the miracle Albom writes about is a phone call. Calls happen every day with little notice. But a call placed to a member of Harvest of Hope Baptist Church was different. And so were the other seven. In the case of Katherine Yellin, the call was from her dead sister, Diane. She said she was calling from heaven.

Were these miracles or the result of a cruel prank? Stay tuned, and we will uncover the truth together. Albom’s book offers a creative and thought-provoking illustration of the reality of heaven. However, we will turn to scripture as our primary source of truth, supplemented by tradition, logic, and our own experiences.

*The Lord builds his
home in the heavens.*

Amos 9:6

Our series follows Mitch Albom’s book but adds our own concerns and relevant stories from scripture. His book is inspirational and should cause us to reflect on our beliefs about heaven and the afterlife.

The Book Club article in our weekly newsletter, the Circuit Rider, includes a reading schedule. All relevant articles and past issues of our newsletter are on our [website](#).


“Feed Flint”

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“Feed Flint”

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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:

God puts people right through their faith in Jesus Christ.

Romans 3:22-24

NOTES FROM WORSHIP

QUESTIONS FOR LIFE GROUPS:

1. Read Romans 3:22-24. What does it mean, to you, to be made right with God? What does it mean to have faith in Jesus Christ?
2. Read the article in this week's *Circuit Rider* titled *Validation*. What does it mean, to you, to be validated? How can you validate others? Can you envision validating someone with whom you disagree?
3. How can your group members help you be more receptive to hearing and understanding the Word of God this week? Pray for one another to be blessed by the Holy Spirit with greater courage.



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Album reminds us that while no one is certain who invented the telephone, the U.S. patent belongs to the Scottish-born Alexander Graham Bell.

Many believe he stole it away from an American inventor named Elisha Gray. Others maintain that an Italian named Manzetti or a Frenchman named Bourseul or a German named Reis or another Italian named Meucci deserves credit. What few dispute is that all these men, working in the mid-nineteenth century, explored the idea of transmitting vocal vibrations from one place to another. But the very first telephonic conversation, between Bell and Thomas Watson, standing in separate rooms, contained these words: Come here. I want to see you.

"Come here, I want to see you." These words describe the familiar feelings of telephone conversations between two people who long to be together. Their sentiment also reflects the promise of an afterlife where we're once again reunited with lost loved ones.

Mitch Albom is the founder of SAY Detroit, a nonprofit that provides pathways to success for Detroiters in need through major health, housing, and education initiatives. The nonprofit is funded in part by profits coming from a dessert shop and a gourmet popcorn line. He and his wife Janine also operate Have Faith Haiti, a home and school for impoverished children and orphans in Port-au-Prince.

As an author, Mitch Albom has written eight #1 New York Times bestsellers, Emmy Award-winning TV films, stage plays, screenplays, a nationally syndicated newspaper column, and a musical. As a result of his work at the Detroit Free Press, Albom was inducted into both the National Sports Media Association and Michigan Sports Halls of Fame and received the Red Smith Award for lifetime achievement.

If you choose to follow along, I suggest using the following schedule:

<u>Sunday's</u>	<u>Pages</u>	<u>Chapters (Weeks)</u>
June 8	1 - 59	Weeks 1 to 6
June 15	60 - 101	Weeks 7 to 9
June 22	102 - 143	Weeks 10 & 11
June 29	144 - 186	Weeks 12 to 14
July 6	187 - 238	Weeks 15 & 16
July 13	239 - 308	Broadcast Day to 2 Months Later

We'll have a few books available for purchase. New copies of the paperback edition are available through Amazon for \$10.10, and used copies in good condition are usually under \$7, including shipping. This book is likely to be available at the local library. 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

If you've made it this far, it's time to share what makes sense to you from what they're saying. Can you see why it all makes sense to them?

Last, but always a good idea. Convey a sense of equality with them. Avoid sarcasm or any responses that suggest that you're a level above them.

In this week's reading from our companion book, validation of the miracles was in jeopardy. One of the chosen was a teenager named Kelly Podesto. Kelly had claimed that she also received a call from heaven. A call from her deceased best friend. However, we learned that she made the story up.

Does this mean that all the calls were a hoax? Not necessarily? But the teenagers' prank reenergized those who had doubts. And Kelly's confession both inspired Sully and gave him a new lead. All of the chosen ones were on the same phone plan, except for Kelly. Coincidence or conspiracy? Sully was intent on finding out.

Meanwhile, Katherine visits a patient in a local hospital, diagnosed with advanced Leukemia. Ben Wilkes, who was 74, had written Katherine asking if she would tell him about heaven. During her visit, Ben asked Katherine, "Does she explain the rules? About who gets in?"

Katherine gave Ben an answer, backed up by scripture, that easily rolls off the tongue. "All who accept the Lord get in?" Katherine responded, although her sister, Diane, never really said this.

Their conversation ended as Katherine assured Ben, "There is life after this life." The next day, Ben died. He would soon know firsthand.

There were mixed reactions to this story. Particularly as news broke that six other patients, who had seen the video captured by reporter Amy Penn, also died unexpectedly. Mitch Albom writes, "Although these people would have passed away eventually, the mystery of death is why it chooses a particular moment. With no earthly answer, coincidence can become conspiracy."

We also learn more about what happened to Sully. The Navy pilot had drinks with friends the night before being asked to fly. He didn't know ahead of time that his departure would violate the rule "24 hours from bottle to throttle." A blood test revealed a trace of alcohol in his system.

God puts people right through their faith in Jesus Christ.

Romans 3:22

"There are two stories for every life," Sully mused, "The one you live, and the one others tell."

The miracle was not the same for everyone. Doreen's initial joy gave way to a depressive sadness. For Doreen, the miracles hadn't changed anything. She already believed Robbie was in heaven. And the wound left from the death of her son, Robbie, had only recently begun to heal. But a phone call from heaven reopened her wound, and now she wanted it all to stop. Instead of feeling reconnected, she was living the death of her son over again.

Luke recounts a time when Jesus was asked a question by a lawyer that was similar to the one Ben asked Katherine. "What must I do to receive eternal life?" In other words, "What are the rules? Who gets into heaven?"

Jesus responded with a question, "What does scripture tell you?" The lawyer responded with an answer that makes a lot of sense. "Love God and love your neighbor." "You're right," Jesus replied, "Do this and you will live."

But the lawyer felt a need to justify himself, Luke reports. Isn't this really the same idea as seeking validation? Was the lawyer not satisfied that Jesus agreed with him? Did the lawyer feel a need to show others how clever he was?

The First Amendment in the U.S. Constitution reads as follows: Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances.

This short paragraph is packed full of freedoms that we often take for granted. An uptick in attacks on these rights has left the majority of Americans on edge.

The American Civil Liberties Union estimated that over 5 million people participated in protests this past Saturday. Named the “No Kings” protest, the event was the largest in history by some estimates, surpassing the 2017 Women’s March.

Millions of our neighbors chose to exercise their First Amendment rights, which allow each of us to freely express our opinions, peacefully assemble, and petition our government with our grievances. ABC 12 News estimated that close to one thousand protesters gathered in Flint Township.

News travels fast in our connected world.

Most of us count on journalists to report the news. Collectively known as “the media,” these

professionals count on both free speech and access to news sources to do their job. Like most other professions, journalists historically banded together to strengthen and increase the value of their profession. Often, this includes the establishment of standards of conduct intended to hold each other to ethical standards.

The Society of Professional Journalists Code of Ethics, in its Preamble, states, “public enlightenment is the forerunner of justice and the foundation of democracy. Ethical journalism strives to ensure the free exchange of information that is accurate, fair, and thorough.”

The New York Times maintains and makes public its ethical standards for journalists. Accuracy of information is also central to their standards, as is acknowledging bias and avoiding conflicts of interest. I’m a loyal reader as a result of this publication’s track record of professionalism.

The media plays a pivotal role in public opinion. It is essential to determine whether your news source prioritizes truth-telling over pandering to those in power. That is, if you’re interested in knowing the truth rather than reinforcing what you want to believe.

In our companion book chapter for this week, the town of Coldwater is overrun with visitors, opportunity seekers, and the media.

Beginning with a single pebble, in this case, Katherine Yellin, who impacted those in immediate earshot, the congregation of Harvest of Hope Baptist Church, and was further energized by Elias Rowe.

However, it was Amy Penn of Nine Action News of Alpena who energized the ripples well beyond the town of Coldwater. When her follow-up story went viral, the world wanted to know more.

This past week, we learned a little more about Sullivan Harding, known by his friends as Sully. As the book begins, Sully is being released from prison. We learn that Sully was a Navy pilot who had to abandon his aircraft in an emergency just before landing at Coldwater Airport. Sully was good at what he did, but something went terribly wrong.

Recently, the news has been filled with stories of aerial mishaps. One in particular involved a mid-air collision between a commercial airliner and a military helicopter at Reagan National Airport in Washington, D.C.

In Sully’s case, after being cleared for landing, his aircraft either hit or was struck by something, leaving the military jet unable to remain airborne. His only choice was to aim the aircraft away from any populated area and eject.

Sully wants to know the truth. His own life was turned upside down by a failure to discover the truth. News isn't news if the story is based on fiction.

Christians rely on the stories found in scripture as our primary source of truth about God. Most of us believe that God inspired scripture, and some of us claim God wrote what we read. Regardless of how we view each specific detail, our beliefs are informed mainly by how we interpret what we read or hear in scripture.

The Old Testament is primarily based on an oral tradition. It consists of stories passed down for generations before they could be written down and preserved. Moreover, we rely on experts who translate ancient manuscripts from their original language into a language we can understand. Along the way, decisions are made regarding what was intended by the original author.

None of this removes the truth of scripture. But it does make it more difficult to reach a consensus on details.

A prophet is a messenger or spokesperson for God. Like journalists, prophets report what God tells them. We're left to imagine whether their words are verbatim or retold as they heard them. Frankly, this is why I love reading scripture. There is so much humanity in the stories that I can personally relate to them, and I can try to imagine what it must have been like for the storyteller.

We sometimes learn the "call story" for the prophets themselves. In other words, how did they come to know that God chose them to speak on behalf of God? Scripture also includes interactions that offer insight into God, the prophets, and their relationship. This is often referred to as theology.

For example, a favorite often told to children is the story of Jonah. It's a wild story that includes Jonah being swallowed by a large fish. Perhaps a whale, but scripture isn't specific.

It all began when God asked Jonah to go to Nineveh to warn the people that they needed to make substantial changes in their standards of conduct. Jonah didn't want to do what God asked, so he went on a boat headed the other way.

The people of Nineveh were enemies of Jonah's people. And Jonah knew that if he could convince the people to change, God might forgive them. Jonah wanted God to destroy Nineveh rather than save it.

Jonah, however, set out in the opposite direction in order to get away from the Lord.

Jonah 1:3

I won't spoil the ending, although most of you already know how the story ends. Either way, I'm hoping you'll join us for episode three of our series, Heaven. This week, we're discussing why it's essential to share God's love and grace with others.

It's not just our First Amendment right, it's our sacred request from God to go tell others. And we do this every day in how we treat others. Occasionally, we may also use words.

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.

This is a reminder that we publish a weekly newsletter called the Circuit Rider. You can request this publication by email by sending a request to FlintAsburyUMC@gmail.com, or let us know when you send a message through our [website](#). We post an archive of past editions on our website under Connect - choose [Newsletters](#).

Pastor Tommy

Our series was inspired by Mitch Albom. *The First Phone Call from Heaven*. New York: HarperCollins, 2014.

"Code of Ethics." © The Society of Professional Journalists, 2025.

[Link](#)

"Ethical Journalism." © The New York Times, March 26, 2025. [Link](#)

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**Where shopping and giving
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Here is the outline of our series:

<u>Sundays</u>	<u>Episode</u>
June 8	Heaven calling
June 15	Is this real?
June 22	Go tell
June 29	Validation
July 6	Manna
July 13	Busted?

The Prophet Amos tells us that the Lord builds his home in the heavens. And Jesus promised that He would prepare a place for each of us. Whether or not anyone has ever received a phone call from there, heaven is real.

Please join us each Sunday at 10:30 a.m. We share our weekly episodes on [Facebook](#) and our [YouTube channel](#), and go live at 10:30 a.m. You can find these links and more information about us, or join our live broadcast on our [website](#), [FlintAsburyChurch.org](#).

Pastor Tommy

Mitch Albom. *The First Phone Call from Heaven*. New York: HarperCollins, 2014.

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WHEN YOU SHARE, OTHERS SHINE.
LET'S PLAY IT FORWARD—TOGETHER."

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"Who is my neighbor?" the lawyer asked in follow-up. Great question. So Jesus tells a story about how a stranger in need was ignored by persons expected to show mercy. He was helped by someone not expected to offer assistance. "Which one was a neighbor to the man in need?" Jesus asked as the story ended.

The Lawyer responded, "The one who offered help." Again, Jesus reminds the lawyer, the others listening on that day, and the rest of us, "Go and do the same."

The Apostle Paul tells us, in his letter to the Church in Rome, that we're made right with God by our faith in Jesus Christ. This is the key to eternal life in heaven. And Jesus taught us, through both word and action, what faith in Him looks like to others.

Love God and neighbor through both word and deed. This is how we validate our faith in Jesus Christ. This is how we live, both in this life and in the life to come.

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

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Brandan Snook. "The Power of Validation." © MyMichigan Health, December 12, 2023. Retrieved from: [link](#)

"Common Signs Of Validation-seeking Behaviour in Relationships." © ImPossible Psychological Services, January 19, 2024. Retrieved from: [link](#)



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Lifting Others Through Health: Turning Your Passion into Advocacy

If you care deeply about wellness, you're already holding a key that can unlock real change for others. Health is more than personal—it's communal, cultural, and systemic. When you let your commitment to well-being extend beyond yourself, you become a force for advocacy, visibility, and reform. Whether you're helping a neighbor or taking on national health policy, your passion can inspire transformation that goes far beyond your own habits.

Volunteering as a Foundation

When you [donate your time to health-related causes](#), you begin to see firsthand how uneven the playing field really is. Community clinics, food pantries, and mental health nonprofits are often under-resourced but overburdened with need. Your willingness to show up—even just a few hours a week—can be the difference between someone receiving care or slipping through the cracks. This kind of grassroots engagement not only helps others but deepens your own understanding of where the biggest gaps exist.

Sharing What You Know Loudly and Often

In an age overloaded with information, clarity and consistency matter. You don't need a doctorate to make an impact—just a strong understanding of evidence-based health knowledge and a willingness to share it. Through blog posts, [informative social media posts](#), or community workshops, you can bust myths, spotlight critical issues, and connect people to the resources they didn't know existed. Your voice, especially if you're speaking from lived experience, has the power to guide others toward healthier choices and better support.

Changing Careers to Serve the Underserved

Sometimes, passion means stepping into a new lane altogether. If you're feeling pulled toward a deeper purpose, switching careers to focus on improving the health of underserved communities might be your most powerful move. Whether you're coordinating community outreach, becoming a health navigator, or working in preventative care, the impact is real and immediate. Earning a healthcare degree can equip you with the knowledge and credentials to make a lasting difference in the health of individuals and families. With online learning, [this is a good one to explore](#) since you can grow your skills without having to leave your current job behind.

Turning Your Job into a Mission

Maybe your day job already has a health angle, or maybe you're dreaming of a shift. Either way, aligning your profession with your passion for well-being turns your hours into impact. This could look like becoming a health coach, [setting up a nonprofit](#), designing accessible health tech, or even handling logistics at a clinic. Your professional skills—whether in marketing, admin, or tech—are needed just as urgently as medical expertise in the broader health ecosystem.

Building a Business That Heals

Entrepreneurship doesn't have to be just about profit—it can be about purpose. If you've spotted a need in the health space, whether it's [better access to healthy meals](#), mental health tools, or inclusive fitness programs, you might be the one to fill it. Small businesses rooted in wellness have the power to serve niche populations often ignored by traditional systems. Plus, you get to build something from the ground up that reflects your values and vision for a healthier world.

Using Fundraising to Fuel the Mission

If you've got organizing chops or a knack for storytelling, fundraising can be your advocacy weapon. Health-related causes—from rare disease research to community mental health programs—often rely on private support to keep going. [Running a charity race](#), hosting a benefit dinner, or starting a crowdfunding campaign can bring in not only money but also awareness. When you link your name to a cause, you become part of its momentum, and every dollar raised becomes a signal that someone else cares, too.

Making Noise Where It Matters Most

You don't need to be in office to change policy. Advocacy at the local and national levels can begin with something as simple as writing to your representative, [attending your local town hall meetings](#), or joining a grassroots coalition. Many major health victories—like anti-smoking laws, clean water initiatives, or mental health funding—started with a few people refusing to stay quiet. Your voice, backed by data, passion, and a lived sense of urgency, can help rewrite the rules so that more people get what they need to thrive.

Turning your commitment to health into advocacy isn't just a noble pursuit—it's necessary. Millions of people go without basic care, accurate information, and supportive environments, and your willingness to act could be the link that changes that. You don't need to do everything at once, and you don't need to be perfect. All you need is a genuine belief that health should be a right, not a privilege, and the courage to do something about it. Let your passion ripple outward and create a better, more caring world for the people who need it most.

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**This article was submitted by Jason Lewis (jason_lewis@strongwell.org) - Image via Pexels*