

ASBURY CIRCUIT RIDER



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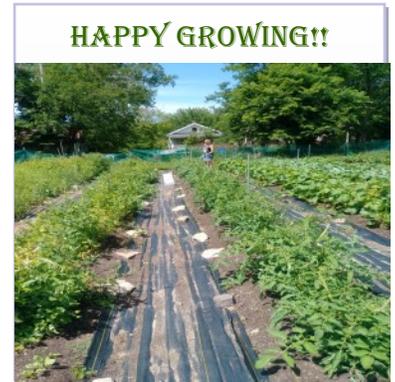
Validation (Heaven)



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.

Page 2



INSIDE THIS ISSUE:

Manna	1
Validation (Heaven)	1
Validation (Heaven)	2
Coming up this week	3
In our prayers	3
Upcoming Worship/Book Club	4
Upcoming Worship Series/Heaven	5
Feed Flint	6
Feed Flint	7
Life Group Questions	8
Support your Local Farm	9
Support your local farm	10
Book Club News	11
Validation (Heaven)	12
Manna (Heaven)	13
Manna (Heaven)	14
Angel Closet	15
Kroger Rewards	16
Upcoming Worship Series/Heaven	17

Manna (Heaven)



A lot has happened in our companion book this past week. Author Mitch Albom is expertly building the drama of the miracle phone calls, orchestrating several threads at once, including background on the delivery mechanism. The telephone.

Albom shared that one time, when a magazine interviewed Edison, he told the journalist about a project he was working on called a “spirit phone.” His invention might enable people to communicate with the dead. Edison explained his motivation. People want to talk to those who went before us, and his new invention will at least offer that possibility.

Page 13

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

JULY 7—13

July 7	Mon		
July 8	Tue	9am-until gone	Produce will be available each week, along with canned goods, until further notice
July 9	Wed		
July 10	Thu	1:00PM	United Women in Faith
July 11	Fri		
July 12	Sat		
July 13	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"

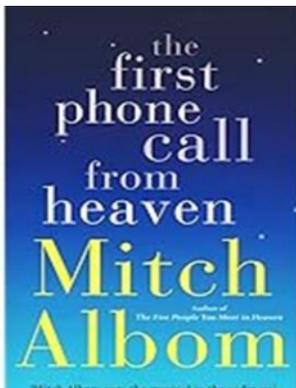


In our worship series, *Lifeboat*, we learn about a group of people desperately clinging to life after the yacht they were on sank. Three days after the accident, after drifting a considerable distance from where the boat went down, they pull a stranger into the lifeboat. The stranger claimed to be the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

Page 5

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.

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.

Page 10

Asbury Staff

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Terry Kinze	Ops Manger/CDC
Sylvia Pittman	Empowerment Arts
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Tony & Mirium	Welcome Team
Cyndi	Worship Leader
Anthony & Jim	Ushers
Jonathon & Terrance	Production Team
Yasheah & Mirium	Nursery
Christine	Cafe

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”



“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:

You must gather food for six days, but on the seventh day, the day of rest, there will be none. On the seventh day, some of the people went out to gather food, but they did not find any.

Exodus 16:1-31

NOTES FROM WORSHIP

QUESTIONS FOR LIFE GROUPS:

1. Read Exodus 16:1-31. Can you place yourself in this story? Why did some of the people go out on the 7th day anyway? Would you?
2. Read the article in this week's Circuit Rider titled Mana. How aware are you that what you already believe determines what you believe to be true? Can you think of examples today where you or others expect God to perform miracles on demand? Do you?
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?

Not surprisingly, the story sparked a backlash, including 600 letters to the editor and numerous requests for the device. Nearly a century later, in the town of Coldwater, Michigan, Edison's quest became reality. Except people were receiving calls from heaven on ordinary cell phones.

The day was set for the Friday before Christmas. Each of the chosen planned to receive a phone call while sitting on stage in front of a packed stadium and numerous news cameras. The whole world would witness the miracles firsthand. All would now know for sure that heaven is real.

But not everyone was on board with the plan. In front of a crowd of 600-plus attendees, Pastor Warren chose a story from the Book of Exodus to share for the weekly bible study at Harvest of Hope Baptist Church. It was a story about miracles and how people respond.

After God freed the Hebrew slaves, they traveled for years through the wilderness in search of the promised land. Shortly after leaving Egypt, the group started complaining bitterly as they crossed the desert. Provisions were a constant challenge. How do you feed so many people?

God heard the people's complaints and provided for the people's needs with something that resembled bread each morning. We translate the ancient Hebrew word as "manna," which means "What is it?" In the evening, they were provided quail.

God's instructions were clear. Food was provided for six consecutive days. Each family was to gather only what they needed each day. Leftover food would spoil if not consumed. However, on the 6th day, they were instructed to collect enough for two days. God didn't provide food on the 7th day, but the extra day's portion from the 6th day wouldn't spoil. The 7th day was a day of rest.

"Do you know what happened?" Pastor Warren asked the large crowd. A small, older woman raised her hand. "They went out to get the manna anyway?" she answered. But when the people who went out to look for food on the 7th day found that God hadn't provided it. Just as they were warned.

You must gather food for six days, but on the seventh day, the day of rest, there will be none. On the seventh day, some of the people went out to gather food, but they did not find any.

Exodus 16: 26-27

Pastor Warren continued, "Here you had a people who were being given the most amazing thing. Food from God. It tasted good. It satisfied them. It was the perfect nutrition. But what happened? Some people still didn't trust God's Word. They went out on the Sabbath, even though he told them not to. Remember, manna was a miracle. A real miracle!"

All the commotion over the miracle calls from heaven was bothering Pastor Warren. Something wasn't right. While there was a lot of good that resulted, who would have thought that 600 people would attend a Bible study? "Even with this gift from God, they wanted more," Pastor Warren told them. "And what did they get?" "Nothing?"

"We cannot demand miracles," Pastor Warren concluded. "We cannot expect them! What is happening here in Coldwater, dear friends, is wrong." The pastor wasn't referring to specific miracles, but to the expectation that God's grace comes on our schedule and for our entertainment.

Joel Furches explains in an article titled "Atheism and the Psychology of Doubt and Belief" that while faith was once synonymous with trust, it is now more commonly used in the context of religious belief. As a result, he concludes that faith is often thought of simply as "blind trust," and belief is essentially a form of faith.

Psychologists generally agree that the human mind evaluates new information using an unconscious bias. In other words, we're quick to believe whatever confirms what we already believe. And we're more skeptical about information that disputes what we believe to be true.

For all Christians, what we believe as a Church is based on the holy scripture we call the Bible. A collection of books which, we believe, was inspired by God and contains both the history and everything necessary for salvation.

We're reminded in the Book of Genesis that God created the heavens and the earth. God created humankind to be caretakers of God's Kingdom. The land and its bounty do not belong to any of us. And God provides everything we need. This is a miracle we experience every day. But is it ever enough?

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.

Joel Furches. "Atheism and the Psychology of Doubt and Belief." © Owlcation, July 20, 2022. Retrieved from: [link](#)

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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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TO OUR FREE PRODUCE STAND
FOR UNDERSERVED FAMILIES

PLAY IT



FORWARD

"WHEN YOU GIVE, SOMEONE GROWS.
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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Image via Pexels

The Holistic Blueprint: A Comprehensive Guide to Achieving Your Best Self

The journey to look and feel exceptional involves more than just external aesthetics; it's about cultivating a lifestyle that brings out the best in you, both inside and out. Covering aspects from hair care to education, this [guide from Asbury](#) offers some actionable steps to help you present a version of yourself that exudes confidence and well-being. The goal is not just to polish the surface but to improve your life in a way that shines from within.

Pay Attention to Haircare

Quality hair care is a staple for anyone wanting to look their best. High-grade products offer nourishment and protection that can make a substantial difference. Whether straight, curly, or somewhere in between, your hair serves as a [marker of health and vitality](#). A good hair day can be a significant mood booster, and that inner happiness often reflects outward, making you more appealing to the people around you.

Prioritize Skin Protection

Sun protection is crucial for maintaining youthful, healthy skin. Implementing a daily sunscreen ritual doesn't have to be a laborious task. Many moisturizers now include SPF, streamlining the process. By making this a non-negotiable part of your daily regimen, you're taking proactive steps to [minimize sun damage](#), early signs of aging, and risks associated with prolonged sun exposure.

Eat Smarter

What you put into your body is as essential as what you put on it. A well-rounded diet [free from processed foods](#) and added sugars can transform your physical appearance and mood. Good nutrition provides the building blocks for radiant skin, robust hair, and an energized body – each vital for looking and feeling your absolute best.

Make Movement a Way of Life

An active lifestyle doesn't necessarily mean grueling hours at the gym. Purolabs notes that even [small changes can have significant benefits](#). Opt for walking over driving for short distances or choose the stairs instead of the elevator. Little actions can add up, and before you know it, you've incorporated more physical activity into your daily life, which will only serve to enhance your overall wellness.

Attend to Your Dental Health

Never underestimate the power of a brilliant smile. Cleveland Clinic explains that good dental hygiene is [crucial for overall well-being](#), affecting not just oral health but also contributing to cardiovascular wellness. Regular check-ups, daily brushing, and flossing go a long way in maintaining a confident smile, which can be a cornerstone in building overall self-assurance.

Organize Your Health Information

When you have all your information readily accessible, especially in a format as universal as a PDF, you can make more informed decisions about your health. If you want to create PDF files, plenty of online platforms can assist you in transforming your documents for easy sharing with healthcare providers. This organization can lead to better doctor-patient communication, more accurate diagnoses, and, ultimately, better health.

Bolster Confidence Through Learning

Continuing education can significantly influence how you feel about yourself. Strengthening your skill set not only makes you more marketable in your profession but also boosts your self-esteem. Whether it's learning a new language or acquiring advanced knowledge in your field, there are many avenues to gain new competencies.

Also, these days, the flexibility of online learning platforms, such as those offering degrees in psychology, makes boosting your education easier than ever! When looking for programs that are accredited and offer specialties like organizational psychology, [consider this option](#).

Cultivate Social Links

Social bonds are indispensable for mental and emotional health. Friendships and familial ties offer emotional support, [create a sense of belonging](#), and can even help in stressful situations. By actively maintaining and nurturing these relationships, you foster an environment that contributes positively to your emotional well-being.

The roadmap to a more confident and healthier you isn't merely about a curated set of practices but about constructing a lifestyle that inherently improves the quality of your life. The true essence of being your best self lies in harmonizing the physical, emotional, and intellectual aspects of well-being. This journey is a continuous process, and each positive step you take brings you closer to becoming the best version of yourself.

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