

ASBURY CIRCUIT RIDER

Volume 6

Issue 10

MAY 10, 2026

Prayer (Pace)



As I was sitting at a traffic light on my way home the other day, I noticed the sign at the corner gas station. The price read \$4.95. I found myself looking twice, just to be sure I was seeing it correctly. Yep—regular unleaded.

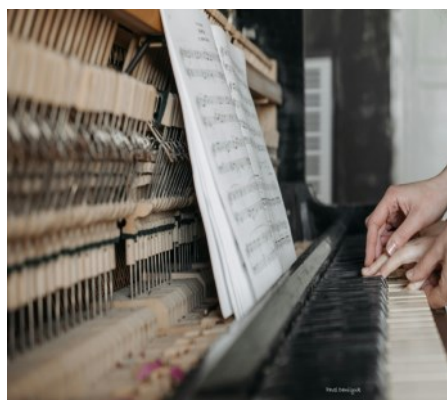
It wasn't just the number. It was that moment of pause. The quiet realization that something had shifted again... and not in a

small way.

And I imagine I'm not the only one who has had that kind of moment recently. You see it at the pump. You feel it at the grocery store. You hear it in the conversations around you. Something isn't lining up the way it used to.

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Sabbath (Pace)



We live in one of the most prosperous societies the world has ever known. By many measures, we have more access, more convenience, and more opportunity than previous generations could have imagined. And yet, for all that abundance, something doesn't feel right.

First, the benefits of that prosperity are not shared evenly—here at home or across the world. Much of what we enjoy is built on systems we rarely see, sustained by labor we rarely consider, and driven by a pace that never seems to slow down.

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Asbury Farms ...



DONATE

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That's what this past week has felt like.

Like trying to listen to a radio station with the signal cutting in and out. You hear one thing, then another, and they don't quite line up. You watch the headlines roll in—one story replacing another, one explanation competing with the next.

And maybe the most unsettling part isn't just what's happening. It's the not-so-subtle pressure to ignore what we can already see. To move on. To look somewhere else. To accept an explanation that doesn't quite match reality.

This isn't just noise like a crowded room. This is the kind of static that distracts, redirects, and dulls our attention until we're no longer sure what's true or what deserves our focus. Truth doesn't become less true just because we're told to look somewhere else.

When that goes on long enough, we don't just get confused—we get tired. We become reactive. We stop paying close attention. And eventually, we begin to accept things we would have questioned before.

Part of my calling—and part of the church's calling—is to keep paying attention. To refuse to look away from what is real. To keep the light shining on what matters. To speak truth, even when it's inconvenient. Not

to add to the noise, but to resist the distortion.

But here's the danger. If we spend all our energy reacting to the noise out there, we never learn how to quiet the noise in here. And if we lose that, we lose our ability to discern the voice that matters most.

We've been asking a simple question in this series: Why run when Jesus walked? But the truth is, most of us aren't just running—we're reacting, scrolling, absorbing, and responding—without ever becoming still.

That's why this matters. Silence, solitude, and prayer are not escapes from reality. They are how we return to reality with clarity. They are not disengagement. They are resistance to a world that is constantly trying to tell us what to think about, what to fear, and what to ignore.

If we cannot find silence, we will be shaped by the loudest voice in the room. And that is not just a problem out there. It is a formation problem within us.

At this point in the series, it's worth pausing to remember where we've been with our companion book, *The Ruthless Elimination of Hurry*. The opening chapters name the problem plainly: hurry is not just a pace issue—it is a spiritual one. It erodes our attention, fragments our relationships, and quietly

pulls us away from the life Jesus invites us to live.

If hurry is the problem, then the answer cannot be more effort or better time management. It requires something deeper. It requires a different way of living.

This is where our companion book shifts from diagnosis to practice. Not abstract ideas, but embodied rhythms that reshape our lives: silence and solitude, Sabbath, simplicity, and slowing. These are not techniques for self-improvement. They are ways to create space—space to notice, to listen, and to be present to God and to one another.

And it begins here, with silence and solitude. Not because it is easy, but because it is foundational. Before anything else can be reordered, our attention has to be reclaimed.

Which brings us to Jesus.

The Apostle Mark shares a story about a time when everything began to accelerate for Jesus. The crowds are growing. The needs are real. The demands are urgent. By every measure, this is the moment to do more, to move faster, to respond to every opportunity in front of him. This is where most of us have learned to increase our pace to the point of running.

IN OUR PRAYERS

Virginia Bigger

Sylvia Pittman

Mirium Watson

Paula Gamble

Richard Oram

Jonathon Misner

FRIENDS AND LOVED ONES WHO ARE
HOMEBOUND OR IN NURSING CARE

Dean Lamoreaux

Norma Buzzard

Nancy Elston

COMING UP THIS WEEK: MAY 11-17

May 11 Mon

May 12 Tue 9:00am-until gone Produce will be available each
week, along with canned goods, until further notice

12Noon-6pm Taco Tuesday (see pg. 21)

May 13 Wed 1:00pm United Women in Faith

May 14 Thu

May 15 Fri

May 16 Sat

May 17 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 "Pace"



When I visited the Holy Land several years ago, one of our guides said something that has stayed with me ever since. As we were moving from one historic site to another, he paused and asked our group a simple question: "Have you found yourself running where Jesus walked?"

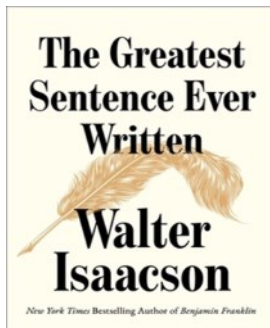
It was an observation more than a criticism. Most pilgrims arrive in the Holy Land eager to see as much as possible in a limited amount of time. The result is that people often hurry from one sacred place to the next, rushing through the very landscapes where Jesus once moved slowly from village to village.

But the guide's question lingered with me long after the trip ended.

Why do we run where Jesus walked?

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Book Club News



As we approach the 250th anniversary of the United States, our attention is already filling with arguments about history, patriotism, politics, identity, and the meaning of America itself. Some voices will insist that the story of our nation is simple. Others will insist it is hopelessly

broken. Most of us, meanwhile, are left trying to make sense of the noise and wondering whom to believe.

We begin our summer at Asbury with a new worship series called *Truth*.

Each week, we will explore questions that sit at the center of both faith and public life. Along the way, we'll also look at what happens when truth becomes flexible. The reality is that when truth bends, trust breaks.

To accompany our series, our Book Club will be reading *The Greatest Sentence Ever Written* by Walter Isaacson.

Many readers know Isaacson through his bestselling biographies of figures such as Leonardo da Vinci, Steve Jobs, and Benjamin Franklin. In this recent work, however, Isaacson turns his attention to a single sentence from the Declaration of Independence:

"We hold these truths to be self-evident, that all men are created equal..."

Rather than treating the sentence as untouchable mythology, Isaacson explores both its brilliance and its contradictions. He examines how those words emerged, why they mattered, and how generation after generation has struggled to live up to them.

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Asbury Staff



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	South Flint Soup Kitchen

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

Upcoming Worship Series — “Pace”

The question feels especially relevant in today's world. Our lives are packed with schedules, deadlines, notifications, and responsibilities. We move swiftly from one task to the next, often feeling like we're always trying to catch up with something just out of reach.

Many of us experience life at a pace that would have been unimaginable in earlier generations. Information arrives instantly. Demands on our time follow us everywhere we go, through our phones and computers. Even moments meant for rest are easily filled with more activity.

It is not surprising that many people today describe themselves as tired, distracted, or overwhelmed.

Yet when we read the Gospels, we encounter a very different rhythm of life.
Jesus walks.

Jesus walked from town to town, speaking with people along the way. He stops when someone calls out to him. He pauses to notice those who are overlooked by others. He withdraws regularly to quiet places to pray. Even when crowds press around him with urgent needs, he does not seem driven by the same hurried pace that shapes so much of our modern experience.

Is it possible that Jesus knows something that we don't?

In the stories of the resurrection, that pattern continues. The risen Christ appears in unhurried moments—walking with two disciples along the road to Emmaus, speaking Mary's name in the garden, sharing breakfast with his friends by the shore.

These are not hurried encounters. They unfold slowly enough for recognition, conversation, and understanding.

Come to me, all you who are weary and carrying heavy burdens, and I will give you rest.

Matthew 11:28

During the weeks from Easter to Pentecost this year, we explore what it might mean to rediscover that pace in our own lives. Each week, we will examine a Gospel story in which Jesus stops, listens, or withdraws from the pressures around him. Together, we will ask a simple question that will guide the entire series:

Upcoming Worship Series — “Pace”

Why run when Jesus walked?

This question is not meant to criticize the busy realities of modern life. Most of us carry responsibilities that cannot simply be set aside. But the question does invite us to reflect on the deeper rhythms that shape our days.

What happens to our relationships when we move through life too quickly?

What happens to our ability to listen—to God or to one another—when our attention is constantly divided? And what might change if we began to learn the slower, more attentive way of life that Jesus modeled?

To help us explore these questions more deeply, you’re invited to read *The Ruthless Elimination of Hurry* by John Mark Comer. The book explores how the pace of modern life affects our spiritual lives and introduces practices that can help people rediscover a healthier rhythm.

You do not need to read the book to follow the sermon series, but those who choose to do so may find that it adds another dimension to the conversation.

Easter celebrates the good news that death does not have the final word. But the resurrection also invites us into a new way of living—a way shaped not by fear, pressure, or constant urgency, but by the steady rhythm of love.

Perhaps the weeks ahead will give us an opportunity to slow down just enough to notice where Jesus is walking beside us. And perhaps we may discover that the most meaningful moments in life rarely happen at running speed.

From Easter to Pentecost, we will explore seven Gospel stories where Jesus either slowed down or stopped, and what happened at Pentecost that launched the first church:

<u>Episode</u>	<u>Sundays</u>	<u>Title</u>	<u>Scripture</u>
One	April 5	Hurried	Luke 24:13–35
Two	April 12	Doubtful	John 20:24–29
Three	April 19	Unsure	Mark 10:46–52
Four	April 26	Busy	Luke 10:38–42
Five	May 3	Prayer	Mark 1:35–39
Six	May 10	Sabbath	Mark 2:23–28
Seven	May 17	Worry free	Matthew 6:25–34
Eight	May 24	Rhythms	Acts 2:1–13

Our journey runs from Easter to Pentecost.

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

Series concept and some content comes from: John Mark Comer. *The Ruthless Elimination of Hurry*. Colorado Springs : WaterBrook, 2019. ISBN 9780525653097.



“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:

The Sabbath was made for the good of human beings; they were not made for the Sabbath.

Mark 2:23–28

NOTES FROM WORSHIP

QUESTIONS FOR LIFE GROUPS:

1. Read Mark 2:23–28 and this week's Circuit Rider article titled Sabbath.
2. This week, take one intentional period of quiet, eat one unhurried meal, turn off one source of noise, and spend a little time outside without multitasking.
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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The book does not ask readers to worship the founders. It asks us to wrestle honestly with the ideals they claimed.

That is precisely why it makes such a meaningful companion for this series.

As Christians, we believe truth is more than a slogan, a political strategy, or a social media weapon. In Scripture, truth is connected to faithfulness, integrity, justice, mercy, and trustworthiness. Truth shapes relationships. Truth shapes communities. Truth shapes whether people can live together at all. But when truth bends, trust breaks.

Over these six weeks, we will explore themes such as shared humanity, equality, dignity, liberty, and the common good. Along the way, we will ask difficult but important questions: What truths still hold us together? What happens when trust collapses? And what does it mean for followers of Jesus to live truthfully in a world filled with distortion, outrage, and fear?

You do not need to agree with every conclusion in the book to participate. In fact, thoughtful disagreement is part of the point. Our hope is not simply to revisit American history, but to reflect together on the moral and spiritual values necessary for any community to flourish. We hope you'll join us this summer for *Truth*.

Here is a suggested reading schedule:

<u>Sunday's</u>	<u>Chapter(s)</u>
May 31	We
June 7	Self-Evident Truths
June 14	All Men & Created Equal
June 21	Endowed by Their Creator
June 28	Life, Liberty, and the Pursuit of Happiness
July 5	Common Ground & Going Forward

We'll have a few books available for purchase at \$11 each. Additional copies of the hardcover edition are available through Amazon for \$11.64. It appears that this book isn't available in paperback. It may be too new for this book to be available at the local library, but it's worth asking.

Our Book Club does not meet as a group. However, our weekly messages reference that week's chapters or themes. 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

Walter Isaacson. *The Greatest Sentence Ever Written*. NY: Simon & Schuster, 2025.

Scripture reminds us that this is a recurring story. In Egypt, the people of God lived under a system that required constant production. Pharaoh used loyal supervisors with whips to maintain control and ensure ever-increasing quotas were met. There was always more to make, more to build, more to prove.

And when God set the people free, one of the first gifts God gave them was the Sabbath. It was a command to stop. Not because there wasn't work to do, but because the work would never end on its own.

And it's past time for you and me to ***tune out the noise*** and ***tune into God's rhythm***.

That's because this truth still holds. Systems like the one in ancient Egypt don't disappear when a particular ruler is gone. They continue as long as people participate in them. And if we're honest, many of us feel caught in something similar. There is always another task, another demand, another expectation. Even our rest can feel like an attempt to catch up rather than truly stop.

Every generation faces the temptation of Egypt. Any society that depends on endless production, widening inequality, and exhausted people begins to echo

Pharaoh more than God. And if we are honest, we can hear some of those echoes in our own society.

In our own time, we are also shaped by forces that go deeper than schedules and workloads. Every day, we are being formed—by advertising, by algorithms, by a steady stream of messages telling us what we need, what we lack, and what will finally make us feel whole. These messages don't just sell products; they train our desires.

They create noise inside the soul. They teach us to confuse wanting with living, consuming with belonging, and accumulation with peace. They quietly teach us to believe that more—more success, more comfort, more possessions—will eventually be enough. But it never is.

We were not created to be satisfied with things. At our core, we are made for connection with God, with one another, with the world around us, and within our own souls. When those connections are weakened or neglected, we don't simply stop longing. We try to fill the gap.

We substitute consumption for communion. We reach for what is available instead of what is life-giving. Over time, that pattern can begin to look a lot like addiction—an endless cycle of reaching and never quite being filled. This is why Sabbath matters so much.

If we do not choose God's rhythm, the world will choose our pace for us.

Sabbath is more than rest from activity; it is resistance to everything that tells us we are what we produce, what we own, or what we achieve. In a world that depends on our constant motion and constant desire, stopping becomes a quiet but powerful act of trust. It is a way of saying that our lives are not defined by the system around us, but by the God who created us.

By the time of Jesus, many people had forgotten what the Sabbath was truly for. The rhythm God created to give life had become, for some, another source of pressure and performance.

Mark tells a story about a time when Jesus and His disciples were walking through the grain-fields on the Sabbath. As they go, the disciples begin to pick heads of grain. It is a simple, human moment. They are hungry, and they eat.

But the Pharisees see something else. They see a violation. According to their understanding of the law, this action counts as work, and work is forbidden on the Sabbath.

It's important to recognize that the Pharisees are trying to be faithful. Over generations, they had built careful interpretations of the law to ensure that God's commands were honored. In their desire to protect the Sabbath, they had surrounded it with detailed expectations. But in doing so, something essential had been lost.

Jesus responds to their concern by telling a story they would know well—the story of David, who in a moment of need, ate the bread that was reserved for priests. It is a surprising move, but a deliberate one. Jesus meets them within their own tradition and reminds them that even within their Scriptures, human need was never meant to be ignored.

Then Jesus widens the conversation. "The Sabbath was made for the good of humankind," He adds, "Humankind was not made for the Sabbath."

Jesus does not dismiss the Sabbath with His response. He restores it. Jesus does not loosen Sabbath; He deepens it. He pulls it away from legalism and reconnects it to human flourishing.

The Sabbath is not a burden placed on humanity. Nor is Sabbath a test of religious performance. It is a gift. Sabbath exists for our sake. It is part of God's design for human flourishing, a rhythm built into creation itself.

This is where the misunderstanding often happens. When we hear that the Sabbath was made for us, we can be tempted to treat it as optional, something to be set aside when life feels too full. But that misses the point. If Sabbath is truly made for us, then ignoring it does not make us free. It leaves us vulnerable to exhaustion, to distorted priorities, and to the relentless demands of a world that never stops.

The Sabbath was made for the good of humankind. Humankind was not made for the Sabbath.

Mark 2:23-28

Then Jesus says, "So the Son of Man is Lord even of the Sabbath."

This is not simply a conclusion to the conversation; it is a declaration of authority. Jesus is not just offering an interpretation of the law; He is revealing His authority over it. He is the one who defines what Sabbath truly is, because He is the one through whom life itself is given.

If Jesus is Lord of the Sabbath, then He is also Lord of the rhythm it represents. The invitation to rest is not merely good advice; it is a call to trust. It is a reminder that we are not sustained by our constant effort, but by the grace of God.

Sabbath, then, is not about restriction. It is about restoration. It is not about what we are forbidden to do, but about what God is seeking to renew within us. In a world that constantly pulls us toward more—more work, more consumption, more striving—Sabbath draws us back to what is enough.

And in that return, we begin to remember who we are—and whose we are.

From the beginning of creation, God established a rhythm for life. There is movement and stillness, work and rest, giving and receiving. Even the natural world reflects this pattern. Hearts beat and then pause. Lungs inhale and exhale. The tides move in and out. Seasons change and return again.

A healthy life depends on rhythm, just as music does. A symphony is not just sound; it is sound shaped into harmony, balance, movement, and rest. Without rhythm, music becomes noise.

And without Sabbath, life can become noise as well.

Much of our struggle today comes from resisting that rhythm. We have learned how to accelerate, but not how to stop. We carry devices that keep us connected to work, news, entertainment, and anxiety at every hour of the day. Even moments that once belonged to rest are filled with noise.

We hurry through meals, rush through conversations, and often treat silence as something uncomfortable rather than something holy.

In music, the rests matter as much as the notes. Without pauses, there is no beauty, no breathing room, no meaning.

Yet many of us are trying to live lives with no rest at all.

This is why Sabbath is more than physical rest. Sabbath restores rhythm to the soul. It interrupts the illusion that our value comes from constant productivity and reminds us that we are human beings, not machines. In a culture that rewards exhaustion and praises busyness, Sabbath becomes an act of resistance. It declares that our lives are not sustained by endless striving, but by the grace of God.

In *The Ruthless Elimination of Hurry*, John Mark Comer describes Sabbath as resistance because it interrupts the systems that train us to believe our worth comes from productivity and consumption.

This resistance is not loud or dramatic. It begins with simple practices that reconnect us to what is real. We stop working. We set aside the need to produce. We rest. We pray. We share meals. We spend time with people we love. We walk outside and pay attention to creation. We remember that the world continues even when we are not in control of it.

Sabbath also exposes the false promises we have learned to trust. The world tells us that more is always better—more money, more possessions, more success, more achievement. But our appetites cannot be satisfied by accumulation alone.

We were created for deeper things. No purchase can replace communion with God. No amount of entertainment can fully quiet the loneliness of the soul. No level of achievement can give us the peace that comes from knowing we are loved apart from what we accomplish.

When Jesus declares Himself “Lord of the Sabbath,” He is inviting us into a different way of living. He is not calling us to escape the world, but to live within it differently. Sabbath teaches us to trust that we do not have to carry everything ourselves. It teaches us to receive life as a gift rather than treat it as a race we are constantly trying to win.

Jesus Himself modeled this rhythm repeatedly. Again and again throughout the Gospels, Jesus steps away from the crowds, the demands, and even the urgent needs to pray, rest, and reconnect with the Father. If even Jesus refused to live at the pace of constant demand, perhaps we should pay attention to the rhythm He practiced. And perhaps that is one of the deepest truths of Sabbath: we can stop because God remains faithful.

The world around us is constantly asking for more. More work. More speed. More attention. More consumption. The pressure never fully disappears because the system depends on our restlessness. It depends on us believing that what we have is never quite enough and that who we are is never quite sufficient. Sabbath sings a different song.

Tune out the noise. Tune into God’s rhythm.

Sabbath reminds us that our lives are not measured by productivity. We are not valuable because we are busy. We are not loved because we succeed. Before we achieve anything at all, we are already created in the image of God and held in the care of the One who made us.

That is why Sabbath is both resistance and restoration. It resists the forces that try to reduce human beings to consumers, workers, and statistics. And it restores us to the relationships for which we were created—relationship with God, with one another, with creation, and with our own souls.

This does not mean life suddenly becomes easy. There will still be responsibilities to carry, bills to pay, and work to do. Jesus never promises a life without labor. But He does offer a different rhythm within it. A rhythm grounded not in fear and striving, but in trust. In the end, Sabbath is not really about losing a day. It is about recovering a life.

It is about learning to stop long enough to notice what truly matters. It is about remembering that enough is not found in endless accumulation, but in the presence of God. It is about trusting that the world does not rest on our shoulders alone.

And perhaps most importantly, Sabbath reminds us that freedom is not the ability to do more and more without limits. True freedom is the ability to rest in the love and faithfulness of God.

In a world filled with noise, hurry, and endless demand, Sabbath invites us back into rhythm—the rhythm of grace, trust, worship, rest, and enough.

The world will always push us toward a faster pace. But the invitation of Jesus is different:

Tune out the noise. Tune into God's rhythm.

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

Some content comes from John Mark Comer. *The Ruthless Elimination of Hurry*. Colorado Springs : WaterBrook, 2019. ISBN 9780525653097.



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Flint, MI 48507**



First-century Palestine was neither quiet nor simple. It was a land under the rule of the Roman Empire—an authoritarian system marked by power, control, and, at times, ruthless enforcement. Local rulers like Herod Antipas governed with their own interests in mind, maintaining order in ways that benefited themselves more than the people they led. Heavy taxes, economic strain, and a constant awareness that authority could be exercised quickly and with little recourse were present.

And it wasn't only political. The religious landscape was complex as well. Some leaders were deeply faithful, while others had become entangled with the very systems that burdened the people. For many ordinary men and women, the lines between truth and power could feel blurred.

People were seeing one thing... and often being told to believe something different.

They were navigating competing voices—political, religious, cultural—all claiming authority over their lives. In that sense, the world around Jesus was not nearly as distant from ours as we might like to think.

And into that world, Jesus did speak truth. He challenged hypocrisy. He named injustice. He refused to be controlled by either political pressure or religious expectation.

Very early the next morning, long before daylight, Jesus got up and left the house. He went out of town to a lonely place, where he prayed.

Mark 1:35-39

But what's striking is how He did it.

He did not become reactive. He did not allow the loudest voices to set his agenda. He did not lose himself in the urgency of every demand placed upon him.

Instead, he remained anchored.

Which brings us back to the story Mark wanted us to hear. Very early in the morning, while it was still dark, Jesus gets up, leaves the house, and goes to a solitary place to pray.

Before the voices. Before the expectations. Before the noise. Jesus withdraws. Before the crowds could define His priorities and before the day's noise could take hold, Jesus stepped away. He sought silence. He embraced solitude. He prayed.

And it doesn't go unnoticed. The disciples go looking for him. When they find him, they say what all of us might be thinking:

"Everyone is searching for you." In other words, there are people waiting... there is work to be done... why are you out here? Perhaps they were worried Jesus was disengaging from the world.

Jesus' response reveals something deeper. He does not return in a hurry to meet every expectation. He moves forward with clarity. He knows where He is going, and just as importantly, where He is not.

What we see here is not avoidance. It is not disengagement. It is not indifference to the needs around him.

Taking time for solitude, silence, and prayer allowed Jesus to stay faithful in a world full of competing claims and constant pressure. Jesus wasn't tuning out. He was tuning in. Tuning into the truth that could not be drowned out.

Jesus steps away from the noise, not because the world doesn't matter, but because it does. In the quiet, he listens. In solitude, he is grounded. In prayer, he is anchored in the voice that matters most.

And from that place, he is able to move through a noisy, demanding world without being controlled by it.

This is where silence and solitude begin to make sense for us. Not as an escape from reality, but as a way of returning to it—clearer, steadier, and more faithful. Because if Jesus needed that kind of space... we probably do, too.

So what does life begin to look like when we make room for silence, solitude, and prayer? Not perfect. Not untouched by the world around us. But different.

We begin to notice what we were too hurried to see. Our reactions slow. Our attention steadies. We are less easily pulled in every direction by every headline, every opinion, every urgent demand. Instead of being shaped by the loudest voice in the room, we learn to listen more deeply for the truest one.

Clarity begins to replace confusion. Not because every question is answered, but because we are no longer trying to answer them all at once. We learn to discern what is ours to carry and what is not. We become more present—to God, to one another, and even to the realities of the world we are called to face.

There is also a quiet strength that begins to take root. The kind that does not need to react to everything immediately. The kind that can hold conviction without being consumed by it. The kind that allows us to stay engaged with what is real without being overwhelmed by it.

And perhaps most importantly, we begin to recover a sense of alignment. Like Jesus, we are no longer driven only by what is urgent. We are guided by what is true. We are able to move through a noisy, demanding world with a steadiness that does not come from us, but from the One we have learned to listen to.

This is not escape. It is formation. It is how we learn to stay faithful without tuning out.

So where do we begin?

Start small. Set aside a few minutes each day this week. You might try earlier than you normally would, if possible, and sit in silence. No phone. No noise. No agenda beyond being present. Let the quiet feel unfamiliar if it needs to.

Choose one simple prayer to return to when your mind begins to wander. It could be as simple as, "Speak, Lord, I'm listening," or "Here I am." Let it anchor you.

And pay attention. Notice what surfaces in the silence—not just around you, but within you. Not to judge it, but to become aware of it.

You don't have to withdraw from the world to do this. But you may need to step away long enough to hear clearly again. Because if we cannot find silence, we will be shaped by the loudest voice in the room.

But if we learn to be still... we may begin to hear the voice that has been there all along.

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.](http://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

Some content comes from John Mark Comer. *The Ruthless Elimination of Hurry*. Colorado Springs : WaterBrook, 2019. ISBN 9780525653097.

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AFRICAN DRUM AND DANCE PARENT ASSOCIATION
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African Drum and Dance
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SOUL FOOD SUNDAY, MOTHER'S DAY EVENT

Sunday, May 10, 2026
12 Noon to 6 PM
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Menu

Dinners are \$15
Dinners include choice
of meat, dressing & 2 sides

Desserts \$3

MEATS:	SIDES:	DESSERTS:
Baked Chicken	Dressing	Cake (7 up Pound, Strawberry & Chocolate)
Fried Chicken	Mac n Cheese	Peach Cobbler
Ribs	Greens	German Chocolate Cake \$4
Ham	Cabbage	
Turkey Knuckles	Green Beans	
	Candied Yams	
	Red Beans & Rice	
	Baked Beans	
	Potato Salad	
	Corn Bread	

Call ahead 810-394-3880 or 810-394-6521
Or drop in and pick up your dinner

Happy Mother's Day



Image via [Pexels](#)

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 crowd-funding 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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