# ASBURY CIRCUIT RIDER

Volume 3 Issue 11

Gates (Come on in)



Cyndi and I installed fencing around our new garden to prevent our plants from becoming a breakfast buffet for a local deer herd. Similarly, Asbury Farms is add-

Sacrifice (Finding Positive Vibes)



"You remind me of Eeyore!" she said. Wow! That left a mark. I don't think of myself as a negative person. Quite the opposite. I'm usually overly optimistic about too many things. But she had a point. Lately, I was complaining a lot.

ing fences to protect our hoop houses and crops from vandalism. The great thing about fences is that they protect and provide peace of mind. The problem with fences is that they're designed to keep things out, which can be a problem, depending on the thing.

Neither Cyndi nor I want to climb over our fence whenever we need to get into our

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The Editorial Staff of WebMD posted an article a couple of weeks before Christmas last year titled "Signs of Negative Energy." I found their post amid numerous articles published by the Royal College of Psychiatrists, shamans, and yoga instructors. Apparently, the idea that negative energy exists and can have a detrimental effect on us is widespread and mysterious.

But what is negative energy?

JUNE 11, 2023

EVERYONE

HAVE

A

WONDERFUL

**WEEKEND!** 



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Paul, the apostle, wrote in his letter to the church in Ephesus, "We are not fighting against human beings but against the wicked spiritual forces in the heavenly world, the rulers, authorities, and cosmic powers of this dark age."

In a paper titled "Symptoms of Spiritual Crisis and the Therapeusis of Healing," the Reverend Dr. Beatrice Brandon quotes this text from Ephesians in describing approaches for therapists in treating patients. Emphasizing that context matters, when it comes to this topic, she writes, "The client may experience drastic challenges and changes to their personal meaning system and sense of purpose, world view and beliefs, their own identity and their relationships."

In other words, negative energy can result in a spiritual crisis.

For many of us, when we sense the presence of negative energy, we think of bad spirits. An energy that is more destructive than a bad attitude. In fact, negative energy may be the primary cause of bad attitudes.

When I first arrived to begin my appointment as pastor of Asbury, I was immediately confronted with a sense of negative energy. I shook it off, suspecting my lack of familiarity and that the scenes of abandoned buildings I saw for the first time. The sight of so much blight added anxiety to what should have been an inspiring experience. Looking back, however, I'm convinced that my initial assessment was correct. I had come into the presence of negative energy.

I validated the obvious as someone who turns to data before drawing conclusions based purely on my observations. Our community is mainly populated with families facing economic struggles. Scarcity is the pervasive theme that negative energy feeds on. And there are signs of poverty in every direction.

My research into the root causes of poverty led me to conclude that scarcity results from broken relationships. If my hypothesis is correct, then solutions that address poverty that focus entirely on addressing scarcity aren't sustainable because they're incomplete. Healing broken relationships, on the other hand, is the cure that eliminates scarcity.

This revelation explains why our communities continue to struggle after three decades of emergency relief costing millions. Yet, addressing the needs with handouts alone continues to be the go-to strategy for most of our responses.

But what is the cure for broken relationships?

The word "gospel" is an announcement of good news. For Christians, the Gospels are four books that tell the stories of God fulfilling the divine promises of a Messiah. The truth is that God's love is eternally pervasive, as evidenced through the birth, ministry, death, and resurrection of Jesus Christ.

The key to healthy relationships begins with our connection with God. But how do we better connect with God to enjoy each other and move from scarcity to abundance?

In our companion book for this series, *Daughter of Cana*, author Angela Hunt shares stories of Jesus through the eyes of ordinary people finding ways to get by in an atmosphere of scarcity. The main character, Tasmin, suffered a childhood tragedy that kept her from breaking free even though she tried hard to do what the scripture said she should do..

For example, Tasmin faithfully said a ritual prayer each morning and evening that reminded her of the importance of devotion to God. And she happily gave a portion of whatever she had to the church. Yet something was missing.

One day, Jude, a romantic interest, said something that became life-changing for Tasmin. "God wants us," he said, "Every part of each of us!"

Her revelation came from something Jesus said to a group of men hoping to trick Him into making a gaff they could use against Him. Their trap began by asking Jesus if paying taxes to Rome conflicted with their religious practices. The trap was subtlety brilliant. But Jesus saw through it.

Pay to the Emperor what belongs to the Emperor, and pay to God what belongs to God.

Luke 20:25

"Bring me one of the coins used to pay taxes to Rome," Jesus responded. Holding up the coin they brought Him, Jesus asks, "Whose image appears on this coin?" Roman currency featured an image of Caesar. The answer Jesus gave is powerful. "Give to Rome what belongs to them," He said.

But then Jesus added the prescription for connecting with God. "Give to God that which belongs to God!" Which is everything, including every part of each of us.

There is an overwhelming negative energy swirling around our communities. I know that you can feel it. It is so pervasive that, at any particular point, large numbers of eye sores emerge to remind us of prevailing scarcity. Worse, this negative energy poisons our relationship with the people we count on. And the result is a brokenness that leads to.

But there is an antidote to negative energy. A prescription that is free and doesn't lead to addictions that result in scarcity. Rather giving all that we are to Jesus Christ leads to abundance.

You can join us each Sunday in person or online by clicking the button on our <u>website's</u> homepage - <u>Click here to watch</u>. This button takes you to our <u>YouTube channel</u>. You can find more information about us on our website at <u>FlintAsbury.org</u>.

A reminder that we publish this newsletter that we call the Circuit Rider each week. You can request this publication by email. Send a request to connect@FlintAsbury.org or let us know when you send a message through our website. We post an archive of past editions on our website under the tab, Connect - choose Newsletters.

**Pastor Tommy** 

Our series was inspired by and relies on content provided by Angela Hunt. *Daughter of Cana*. Minneapolis: Bethany House, 2020.

WebMD Editorial Contributors. Medically Reviewed by Smitha Bhandari, MD. "Signs of Negative Energy." © WebMD, December 11, 2022. Retrieved from: link.

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#### IN OUR PRAYERS

Kevin Croom Jose Trejo Sylvia Pittman JoAn Kirby Jonathon Misner



#### FRIENDS AND LOVED ONES WHO ARE HOMEBOUND OR IN NURSING CARE

Dean Lamoreaux

Nancy Elston

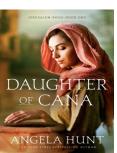
Norma Buzzard

#### PASTOR BOOK CLUB NEWS

Pastor Book Club is still meeting via Zoom, but we are also gathering in the Asbury Library Conference Room at12Noon every Wednesday, unless otherwise noted.

Please call the Church Office for more information, as things could change (810-235-0016).

This month's book series is called



"Daughter of Cana" by Angela Hunt. This book will take readers on a tour of DAUGHTER the many characters found in scripture and a few that didn't get mentioned.... I hope you all will join us each

Wednesday at 12 Noon.

Our Asbury member Nancy Elston is now at Willowbrook Manor on Beecher Rd. Please keep her in your prayers.

### COMING UP THIS WEEK JUNE 12 - JUNE 18



Staff Meeting June 12 Mon 2:30pm

6:00pm Worship Team Meeting

10:00am-12:30pm June 13 Tues

Food Distribution

June 14 Wed 11am-12N Angel Closet at South Flint Soup Kitchen—see page 15 for qualifications.

12 Noon Pastor Book Club

Jun 15 Thu

Jun 16 Fri

Jun 17 Sat

Jun 18 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 "Water into Wine"



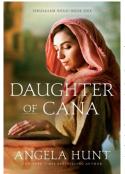
# Book Club News



According to scripture, Mary, the mother of Jesus, attended a wedding in Cana. The guest list was apparently quite long and included Jesus and other friends of the family, relatives, and friends of friends. Weddings lasted multiple days, and the groom was expected to provide ample food and wine for all guests to have their fill. And this wedding was no different. But a problem was brewing.

The Gospels are full of stories void of detail. Rather than a fictional novel where an author takes us through every twist and turn, building characters with dialogue and description, the bible leaves us hungry for more.

Page 6



The very first Easter marked the beginning of a new era in human history. God chose to live among humans, and, as a result, life

would never be the same.

We begin a new worship series called Water into Wine in

#### **Asbury Staff**

Rev. Dr. Tommy McDoniel Pastor & Exec Dir Office Manager Connie Portillo Sulvia Pittman Empowerment Arts Jim Craig Board & Leadership Chair Exec Chef & Dir Opers Kevin Croom Mike Sampson Farms Manager South Campus Bldg Mgr Finance Director Kim Sims Connections Supry Terrance Williams Arts Center Mgr Katelin Maylum Sr Prog Mgr Local Foods South Flint Soup Kitchen

the spirit of new beginnings. Our companion book was written by best-selling author Angela Hunt. This book is a part of her *Ierusalem Road* series that takes readers on a tour of the many characters found in scripture and a few that didn't get mentioned.

Although Hunt's book is fictional, her attention to details in scripture challenges our knowledge of the Bible. With each character, we meet the questions that percolate inside us. What parts of her description are likely genuine,

#### Leadership in Worship & Service

Tony & Mirium Anthony & Jim Jonathon & Terrance Yasheah & Mirium Cyndi Christine & Norma

Welcome Team Ushers Production Team Nursery Worship Leader Cafe

and which are made up? Was Thomas really like that? Did Thomas have a twin sister?

Allow our author's creativity to ignite your creativity in exploring the stories of Jesus. Here's what the publisher says about the book:

> Thomas and Tasmin, twin siblings hired to oversee a wedding feast in Cana, worry when the host runs out of wine . . . until a guest tells Tasmin to have the servants fill the pitchers by the gate with water from the cistern. Reluctantly, she obeys and is amazed when rainwater becomes the finest wine ever tasted in Cana.

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# Upcoming Worship Series—"Water into Wine" ...cont from pg 5

Who is the twin brother of Thomas, or is she his sister? Who else was in the room when Jesus washed the feet of His closest allies? Who prepared the meals? What did they eat?

Beginning the first Sunday after Easter, join us as we explore possible answers to questions left hanging from Nazareth to Jerusalem. We start with a story of Jesus as a young boy gone missing as His family returned home from celebrating Passover in Jerusalem.

We won't dive into every story, but all of the tales add to a greater familiarity and a deeper understanding of the Gospels.

We won't allow best-selling author and theologian Angela Hunt to fill in some of the details behind the stories. Each week, after reading the story as told by Angela's creative imagination and gift for storytelling, we will dig into what scripture actually tells us. And we will imagine and share our own versions, as we find ourselves immersed in the stories of Jesus.

In a book from her *Jerusalem Road* series, *Daughter of Cana*, Angela follows Jesus from Nazareth to Cana, Capernaum, and Jerusalem. Along the road to Jerusalem, we will meet other characters, some only mentioned by name or reference, nevertheless, witnesses of God living among us.

You are invited to join us on Wednesdays at Noon to dig deeper into each week's message. You can purchase Angela Hunt's book, look for it at the library, contact our office for a copy, or pick up a copy before or after worship on Sunday.

I pray that you will join us each Sunday morning at 10:30 am. We share our weekly episodes on our **YouTube channel**. We go live at 10:30 am. You can find these links along with more information about us, or join our live broadcast on our **website** at **FlintAsbury.org**.

**Pastor Tommy** 

Angela Hunt. Daughter of Cana. Minneapolis: Bethany House, 2020.

garden. And neither does our farm staff or volunteers. This means installing a gate so those who need to get inside the fence can do so with relative ease.

In antiquity, entire cities surrounded their borders with high walls to protect their residents. It was a common practice to close the gates at night with armed guards standing watch. These walls added protection from invaders but made it inconvenient to travel in and out of the cities. Larger cities, like Jerusalem, had several gates accommodating traffic from all directions.

Sheep were common in the region where Jerusalem is located. But since sheep needed plenty of space with lots of vegetation for grazing, they stayed outside of the city gates until it was time for them to be someone's supper. Unfortunately, this meant that the city's walls did not protect sheep from predators.

Shepherds were in charge of caring for herds of sheep outside of the fortified cities. Sheep were susceptible to becoming someone's meal, whether natural predators or thieves. The danger increased significantly at night. Therefore, shepherds usually called their sheep into a fenced-in area that offered protection while they, and the sheep, slept.

Sheep pens all had one feature in common. A gate the shepherd can open to let her sheep in or out.

Sheep, shepherds, fences, and gates were common during the first century when the stories found in the four gospels took place. So Jesus used these familiar subjects as illustrations.

One day Jesus and His followers noticed a blind man nearby. The man was born blind, yet Jesus restored the man's sight. And this caused quite a commotion that led to inquiries, investigations, accusations, and fears of expulsion.

As the episode closes, the man learns that Jesus is much more than a healer. But some community leaders who led the earlier investigations and trials overheard the conversation and confronted Jesus. "Surely you don't mean that we are the ones who are blind?"

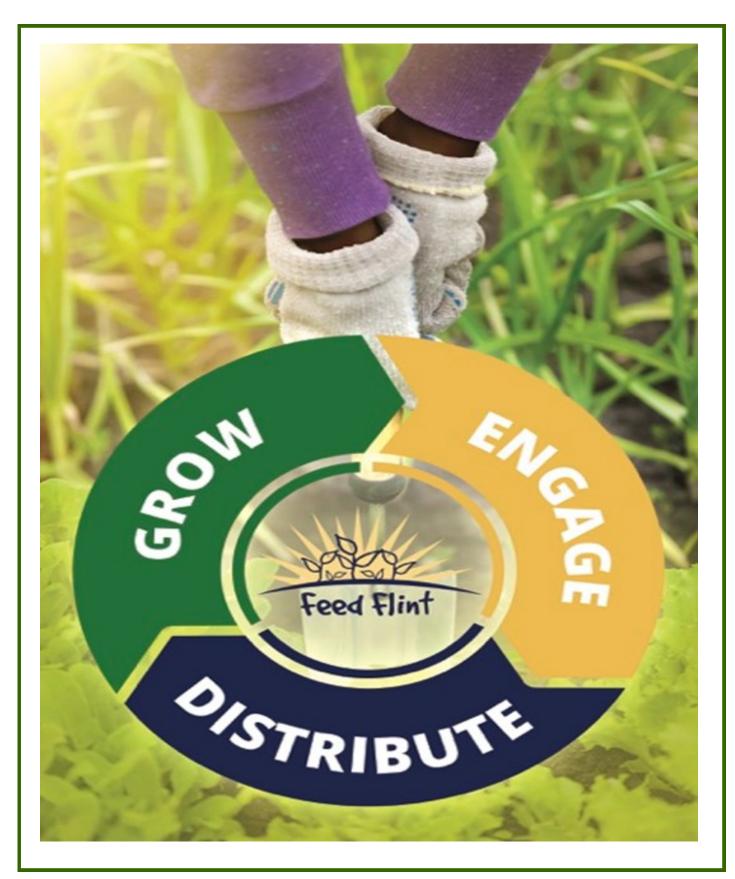
It was time for Jesus to explain how sheep, shepherds, fences, and gates fit into visual acuity.

"Sheep know their shepherd's voice," Jesus explained. And at night, the shepherd enters the sheep pen through the gate and calls his sheep to safety. Thieves, on the other hand, climb over the fence to get to the sheep. Moreover, a good shepherd defends their sheep. And a really good shepherd is willing to die defending her sheep.

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LIFE GROUP QUESTIONS & MORE:
Pay to the Emperor what belongs to the Emperor, and pay to God what belongs to God.
Luke 20:19-26
NOTES FROM WORSHIP
OLIESTIONS FOR LIFE GROLIPS

- QUESTIONS FOR LIFE GROUPS
- 1. Review the story of Jesus responding to a question intended to trap Him in Luke 20:19-26. How do you make sense of what Jesus is saying in this story? What do you owe to God?
- 2. Read this week's articles titled *Sacrifice*. What is your experience with negative energy? How do you guard against negative energy? What safeguards do you have in place to keep you safe from negative energy? How is your relationship with God? With the people around you? Is your world full of abundance or scarcity? Explain.
- 3. How can the members of your group help you this week and on-going to help you to be more receptive to hearing and understanding the Word of God? Pray for each other to have the Holy Spirit bless you with more courage.





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

# South Flint Soup Kitchen



# Bottled Water Drive

# ALL SUMMER LONG!

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

Donations are acepted Monday-Friday 9:30am-Noon at South Flint Soup Kitchen, 3410 Fenton Road (3 blocks north of Atherton Road) Flint, MI 48507

Questions? Call 810-239-3427 or email southflintsoupkitchen@gmail.com

To donate: www.mightycause.com/feedflint





# ASBURY FARM FRESH - TRY OUR WEEKLY VEGGIE BOX FOR \$10.00 -

#### SIGN UP FOR A FREE ASBURY FARMS ACCOUNT TODAY

**AND** 

Receive a \$15 credit on your account for your first purchase

#### CREATE YOUR OWN VEGGIE BOX

Select what goes in your box from each week's harvest. Get \$5 off your next order when you fill your box with \$15 of produce.

#### WANT US TO DECIDE FOR YOU?

Choose Veggie Box Subscription and we will fill your order with a variety of each week's harvest. Pay when you pick up your box. A \$15 VALUE FOR \$10.

\* CONVENIENT PICKUP AT ASBURY OR AT THE SOUTH FLINT SOUP KITCHEN \*

When Thomas impulsively decides to follow the teacher from Nazareth, he and Tasmin argue. The twins have been together since the womb, and Tasmin can't accept losing her brother to some magician-prophet. But, aided by Jude, younger brother to Jesus of Nazareth, she decides to follow the Nazarene's group and do whatever she must to mend the fractured relationship and bring her brother home.

Angela Hunt has published over 100 books, selling nearly 5 million copies worldwide. Angela, a New York Times bestselling author, received the Times Book Club Lifetime Achievement Award in 2006. She has a Ph.D. in biblical studies in theology and is well-versed in biblical text. Angela can be found online at www.angelahuntbooks.com.

If you prefer to avoid groups or live too far away, I encourage you to join us via Zoom for our Wednesday gatherings. Alternatively, you can call in by phone, be heard, and hear what others say by calling (929) 436-2866 -- enter the meeting ID, 282 039 5568#.

We are a diverse group and are delighted when new people join us. I hope that you will join in on our discussion.

You can contact our office with questions, by phone or simply type your question or enter a prayer request on our website's homepage — FlintAsbury.org.

**Pastor Tommy** 

Angela Hunt. *Daughter of Cana*. Minneapolis: Bethany House, 2020.



## WOULD YOU LIKE TO VOLUNTEER AT APPLEWOOD?! Page 14

#### **EXPERIENCE APPLEWOOD AS A VOLUNTEER!!**



Have you been looking for a way to serve your community?

The Ruth Mott Foundation is adding to our roster of dedicated Applewood volunteers for the 2023 season.

Applewood was built in 1916 as the historic home of Charles Stewart Mott and his family.

Today, it's a community resource open to visitors from May through October near the Flint Cultural Center.

Volunteers at Applewood play a vital role in programming and customer service. The benefits of volunteering are learning new skills, meeting new people, and serving your community.

If you're interested in learning more about volunteering or signing up, please visit applewood.org and scroll to the Volunteer section.

If you have questions, please contact Julia,
Manager of Visitor Services,
at jpopler@ruthmott.org.

Visit applewood.org to apply!

## JUNE GIVEAWAY QUALIFICATIONS

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South Flint Soup Kitchen

# ANGEL CLOSET PROCEDURES

YOU MUST BRING PROOF OF INCOME WITH YOUR NAME AND THE DATE (FROM THIS YEAR ONLY) CLEARLY LISTED ON THE PROOF.

CLIENTS QUALIFY FOR FREE ANGEL CLOSET SERVICES IF THEY MEET THE FOLLOWING:

HOUSEHOLD SIZE ANNUAL INCOME:

1 - \$17.667

2 - \$23,803

3 - \$29,939

4 - \$36,075

IF YOU DON'T MEET THESE
REQUIREMENTS OR HAVE A PROOF
PRESENT, THERE WILL BE A SMALL
ADMINISTRATION FEE OF \$5.

QUESTIONS??? CALL 810-239-3427

"I am the Good Shepherd," says Jesus. "Who is willing to die for My Sheep." But who are the sheep Jesus is referring to?

His sheep recognize His voice, and they enter into His presence through the gate.

Then Jesus takes His illustration to another level to get to the crux of the matter. Imagine that Jesus is the gate and that the Kingdom of God lies within the safety of the sheep pen. This means that we, His sheep, enter into the Kingdom through our relationship with Jesus Christ.

Are you with me? Do you understand what I'm saying?

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 FlintAsbury.org.

A reminder that we publish this newsletter that we call the *Circuit Rider* each week. You can request this publication by email. Send a request to *connect@FlintAsbury.org* or let us know when you send a message through our *website*. We post an archive

of past editions on our website under the tab, Connect - choose *Newsletters*.

**Pastor Tommy** 

I am the good shepherd, who is willing to die for the sheep.

John 10:11

Our series was inspired by and relies on content provided by Angela Hunt. *Daughter of Cana*. Minneapolis:
Bethany House, 2020.
Gail R. O'Day, "The Gospel of John," *The New Interpreters Bible*, Vol IX, (Nashville: Abingdon Press, 1995), 665-673.



## "Ways to Give to South Flint Soup Kitchen"

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 <a href="https://www.mightycause.com/feedflint">www.mightycause.com/feedflint</a> Cash App \$SFSK48507

Donations can be dropped off Monday-Friday 9:30am-Noon. 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.

Visit our Ebay store! Our handle is southflint84
We have old school Beanie Babies (tags still attached!) and vintage graded baseball cards currently. Look back frequently for the addition of new items!

Refer people!!

Questions??? Call 810-239-3427

or email southflintsoupkitchen@gmail.com



#### FAQs: How Church Communities Can Support Senior Members

Many houses of worship have been able to commute their traditional inperson services to live stream services, ensuring that members have access to the essentials of faith, love, and compassion during these difficult times. Still, in making this transition, many senior church members may feel left behind, and other members may begin to worry about their health and safety. That's why it can be so helpful for church leaders to keep FAQ sheets handy like this one from Asbury so that they can help those who need it most.

# Q1: What options do we have to ensure our senior brothers and sisters are fed?

Nourishment is vital for health and wellness and churches can use these invaluable resources to help seniors get the food they need without risking a trip to the store:

Find Local Grocery Delivery Services

Produce Box Subscriptions

Help Seniors Find Food Assistance\_

#### Q2: How can we help our older generations avoid feeling isolated and alone?

Socializing at church can provide a different kind of nourishment for older adults, and thankfully there are safe ways to fill in the gaps left by online services.

7 Virtual Tools to Keep Seniors Connected

Does Medicare Cover Mental Health Services Like Therapy?

#### Q3: How can we support seniors who have experienced a loss due?

There's no question that older populations have been more impacted by coronavirus, and these resources can be so helpful for providing support to seniors who are grieving a loss.

#### Individual Support Through Pathways Counseling

Online Grief Support Groups

Help Them Facilitate a Downsize by Selling Their Home

#### Q4: How can we care for seniors who have been diagnosed with coronavirus?

Finding out that senior church members are suffering due to COVID-19 can be disheartening, even after the worst days of the pandemic, but there are also ways that communities can safely help these folks in need.

How to Care for Someone with COVID-19

Gift Ideas to Help Those in Isolation

Consider Giving Them a Meal Delivery Subscription

Church communities are so much like our families. It makes sense to want to honor and care for your golden members. With any hope, you will find the information and resources in this FAQ sheet helpful for assisting these senior family members during this unprecedented time of need.

Photo Credit: Pixabay

Asbury envisions a community in love with God, with each other and with our neighbor, evidenced by the transformation of ourselves and our neighborhood. Contact us today to learn more! (810) 235-0016

Article written by Jason Lewis





Clarkston United Methodist
Church's Love in Action group was
with us for the week of June 5, 2023
making some much needed building
repairs! This included: repairing a
burnt down fence on our property,
painting walls, painting our logo on
the wall, yard work, new flooring and
shelves in our conference room, clean
up of our attic, repair of our chair lift
to be used as a DIY conveyor belt for
food bags, and so much more!







Words cannot express how grateful we are for their love and support! Thank you **SO** much Clarkston United Methodist Church!!

\*\*\* ANGEL CLOSET: We are pretty well stocked, but could use larger sized shoes for men and women (sizes 10+), personal hygiene products (shampoo, conditioner, razors, diapers, toilet paper, etc.), and men's jeans. Please keep in mind that we do not accept clothing with holes, stains, or unlaundered donations.

We are still in need of bottled water!!

### All items must be clean and hand out ready.

If you are in doubt, please call us before making the trip: 810-239-3427.

We accept donations Monday-Friday, 9:30am-Noon, special appointments available upon request.