

# HIGH ANXIETY

**UNAFRAID**  
LENT 2020

**SUNDAY, MARCH 1**  
**11:00 AM WORSHIP**

ROYAL OAK FIRST UNITED METHODIST CHURCH  
rofum.org • 248-541-4100

# ORDER OF WORSHIP

Today's Song Leader Liz Wright

Prelude

Hymn #529 How Firm a Foundation \*UMH  
Stanzas 1-4

Call to Worship Michael Spath

Song *Don't Be Afraid* John Bell

Pastor's Welcome

Time of Prayer

Offering Our Gifts and Tithes  
Musical Offering *Amazing Grace/Pachelbel's Canon* arr. Shafferman  
High School Choir

Doxology #95 UMH

Scripture Isaiah 41:10-13 and Psalm 56:3-4 \*\*NRSV

Message High Anxiety Myra Moreland

Communion  
Communion Music *Stand By Me* arr. Mark De-Lisser  
Sanctus

Hymn #377 It Is Well with My Soul UMH  
Stanzas 1, 3, and 4

Postlude

# ANNOUNCEMENTS

## Special Charge Conference

**Monday, March 2, 6:00 pm**

Please join us for a special Charge Conference to address the Special Session of the Michigan Annual Conference on March 7. We are planning to elect replacement delegates to replace our 2019 delegates who are not able to attend the March 7 Special Conference. This will ensure that Royal Oak First is properly represented at this special session of the Michigan Conference.

## Special Charge Conference



## Fish Dinners are here!

**March 6 & 20 & April 3**

**4:30 – 7:00 pm**

Be sure to join us in March and April for these wonderful nights of food, fellowship, and service. Adult meals start at \$10.

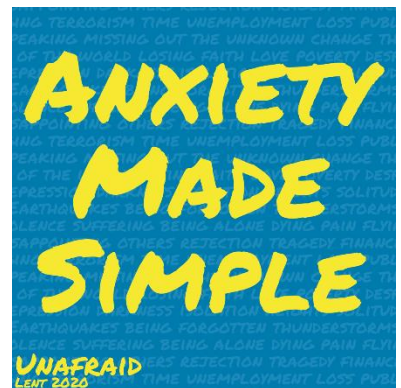
Opportunities to serve are available to everyone (children and youth even get credit for Choir Camp,) so be sure to sign up at [rofum.org/links](http://rofum.org/links). If you have any questions, or if you would like to help make these dinners successful, **contact Jennifer Tripoli at [jtripoli@rofum.org](mailto:jtripoli@rofum.org)**.

## Anxiety Made Simple

**Sunday, March 1, 12:15 pm**

In our fast-paced, modern world we have come to expect daily anxiety and stress as normal, something we all have to "just deal with". For those with chronic anxiety, the feeling of being on edge, worried, or overwhelmed can seem so constant that it's impossible to change.

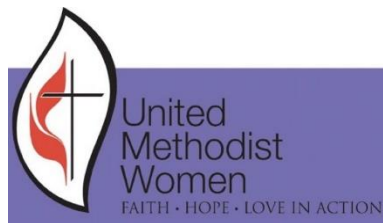
This talk will focus on explaining what anxiety is, how it works in our brain and our body, and how we can free ourselves from the downward spiral. With the right combination of information and practical tools, you will leave this talk with a greater understanding of what anxiety is, how it impacts our lives, how to leave anxiety behind, and how to help others trapped in the anxiety spiral.



## United Methodist Women Program

Thursday, March 5, 1:00 pm

Join us to hear about our new Sunday School program from Bridget Nelson and Danielle Moody. We will also take a tour of the new set-up on the second floor.



## United Methodist Women Fish Dinner Cookie Walk

March 6, 4:30-7:00 pm

The United Methodist Women will be putting on a Cookie Walk during the March 6 Fish Dinner. If you would like to contribute cookies to sell, you can drop them off at the church that Friday, between 10:00 am and 12:00 pm, or you can join us for baking day in the church kitchen on Tuesday, March 3, at 6:30 pm. All proceeds go to missions here and abroad.

## Big Boy Night

Tuesday, March 10, 5:00-8:00 pm

Come to the Big Boy in Madison Heights and enjoy dinner with your church family and 20% of your dinner tab (with a flyer) goes to the Royal Oak First Music Guild to support Choir Camp. There are drawings for fun prizes and you get to eat where (almost) everybody knows your name. If you have any questions, contact Shirley Harris at [sharris@rofum.org](mailto:sharris@rofum.org). Stop by the Connect Here Desk next time you are at church to pick up a flyer.



If you would like to donate a prize or two, drop them off in the labeled box in the gathering space.

## Keith J. Leenhouts Memorial Scholarship

Applications due Wednesday, April 1



It is time to apply for college scholarships for the 2020/2021 school year. Royal Oak First is proud to offer the Keith J. Leenhouts Memorial Scholarship in memory of Judge Keith J. Leenhouts.

Application forms are available in the church office and at Royal Oak High School and Berkley High School. Guidelines and requirements are included in the application packets. The application deadline is Wednesday, April 1. If you have any questions, contact the church office.

## Service Opportunities at Redford Brightmoor Initiative

Free Store: Tuesdays-Fridays, 10:00 am-2:00 pm, or Saturdays, 10:00 am-12:00 pm

Computer and Homework Club for Kids: Saturdays. 10:00 am-12:00 pm



Our friends at RBI reached out to us looking for people interested in serving as volunteers at the Free Store to help sort donations and stock shelves or to work in the store on Saturdays. They also have opportunities to help kids ages 8-18 at the Computer and Homework Club on Saturdays. To volunteer or if you have any questions, contact Astrid Harrod at [RBI@rofum.org](mailto:RBI@rofum.org).

## RECENT PRAYER CONCERNS

**Prayers for our church family:** Mike Monte; Annabelle Cook; Jan Carlson; Joyce Negrich; Marguerite Horak; Loraine Dorsey; Shirley Gnegy; Rick Vincent; Sheryl Hunter; Carol Hardt; Cindy Vandermark; Pastor Jeff Nelson; The Riggs Family; Dorothy Matsumoto; Theresa Skelton; Vickie Zimmerman; James Respecki; Tim Olson; Bruce Conrad; Jennifer Semivan; Jane & Phil Button; Don McCreedy; Barb Nicholas

**Prayers for our extended family:** Tasha Ellison; Bill Kincannon; Tony Monte; Patti Pittman; Effie Lambros; Gordon Yarbrough; Ivan Rice; Sue Sugden; Susan McNabb; Margie Reese; Paula Yocum; Jackson Turner; Neva Aredyan; Kris Beachum

**Senior Spotlight:** Zenovia Courtney

This list includes prayer concerns from the past six weeks.

For the complete Prayer List, please contact our  
Pastoral Care Team at [prayers@rofum.org](mailto:prayers@rofum.org).

# CALENDAR

## Sunday, March 1

9:00 am	Royal Oak Children's Choir.....	Room #307
9:00 am	Worship & Communion.....	Sanctuary
	Infants & Toddlers – Nursery	
	Sunday School (Pre-School-8 <sup>th</sup> Grade) – Bible Times Square	
10:00 am	Fellowship Hour.....	Parlor & Gathering Space
11:00 am	Worship & Communion.....	Sanctuary
	Infants & Toddlers – Nursery	
	Sunday School (Pre-School-8 <sup>th</sup> Grade) – Bible Times Square	
12:00 pm	Fellowship Hour.....	Gathering Space
12:15 pm	Anxiety Made Simple.....	Parlor
5:30 pm	Cantata Academy Chorale.....	Sanctuary & Parlor
5:30 pm	ROY (Royal Oak Youth) Dinner.....	Fellowship Hall
6:00 pm	ROY Youth Group.....	ROY Commons
7:00 pm	ROY Choir Rehearsals.....	Choir Room & Chapel

## Monday, March 2

9:30 am	Director Team Meeting.....	1 <sup>st</sup> Floor Conference Room
10:30 am	Lunch Program.....	Fellowship Hall
12:00 pm	Staff Fun Day.....	Off Site
3:45 pm	Youth Band Rehearsal.....	Sanctuary
5:30 pm	Royal Oak Children's Choir.....	Choir Room
6:00 pm	Refueling Our Faith Using Motors.....	Duggan's Irish Pub
6:00 pm	AA Meeting.....	Parlor
7:00 pm	Compass Team Meeting.....	1 <sup>st</sup> Floor Conference Room
7:00 pm	Unafraid Book Study.....	Parlor
8:00 pm	Music Guild Meeting.....	ROY Commons

## Tuesday, March 3

10:00 am	Unafraid Book Study.....	ROY Commons
10:30 am	Lunch Program.....	Fellowship Hall
12:00 pm	United Methodist Women Cookie Bake.....	Kitchen
3:30 pm	Piano Lessons.....	Parlor
6:00 pm	Sing Out Detroit!.....	Fellowship Hall & Sanctuary
7:00 pm	Endowment Meeting.....	1 <sup>st</sup> Floor Conference Room
7:00 pm	Men's Basketball.....	Addams Elementary School
7:00 pm	Unafraid Book Study.....	2 <sup>nd</sup> Floor

## Wednesday, March 4

10:30 am	Lunch Program .....	Fellowship Hall
11:30 am	Retired Old Men Eating Out (ROMEO) .....	The Avenue Restaurant
2:00 pm	Piano Club .....	Parlor
3:30 pm	Violin Lessons.....	Parlor
6:00 pm	AA Meeting .....	1 <sup>st</sup> Floor Conference Room
6:15 pm	Unafraid Book Study .....	Parlor
6:30 pm	Carillon Bell Choir .....	Room #307
7:00 pm	Spring Trek Meeting.....	Gathering Space
7:00 pm	Unafraid Book Study .....	Beerers Home
7:30 pm	House Band Rehearsal.....	Sanctuary
7:30 pm	NAR Anon.....	ROY Commons
7:30 pm	Soul Stretch Yoga.....	Bible Times Square

## Thursday, March 5

9:30 pm	United Methodist Women Executive Meeting.....	Parlor
10:00 am	Lunch Program .....	Fellowship Hall
1:00 pm	United Methodist Women Program .....	2 <sup>nd</sup> Floor
3:15 pm	Piano Lesson.....	Sanctuary
6:00 pm	Royal Oak Children's Choir.....	Choir Room and Room #307
7:00 pm	Sanctus Choir Rehearsal.....	Sanctuary
8:00 pm	Brew with Your Buds Men's Fellowship.....	Royal Oak Brewery

## Friday, March 6

8:00 am	Doing Our Own Work by Allies for Change ...	ROY Commons & Chapel
9:30 am	As We Gather Bible Study .....	Fellowship Hall
10:00 am	Roga Chair Yoga .....	Choir Room
10:30 am	Lunch Program .....	Fellowship Hall
1:00 pm	Therapeutic Rehab Sandwich Making.....	Kitchen
4:30 pm	Fish Dinner .....	Lower Level and 1 <sup>st</sup> Floor
6:00 pm	AA Meeting .....	ROY Commons

## Saturday, March 7

8:00 am	Doing Our Own Work by Allies for Change ...	ROY Commons & Chapel
9:30 am	Ascend Church .....	Sanctuary
4:00 pm	Worship .....	Sanctuary
6:00 pm	Baby Shower .....	Parlor & Kitchenette
7:00 pm	Ascend Church .....	Chapel

# NOTE FROM THE PASTOR

Dear Friends,

This week we begin our Lenten journey together and we are working to walk this journey UnAfraid. That is the title of our Lenten Series; UnAfraid, Living with Courage and Hope in Uncertain Times. For the next five weeks, we will talk about our fears, the things that make us anxious, and cause us to worry. We will pull them out into the light and take a good hard look. We will examine how we can move through this world with courage and hope, despite the chaos swirling around us.

A couple of weeks ago, I read an interview in the New York Times. It was an interview with Donald McNeil, a reporter who covers the global health beat. I was struck by his sincerity and honesty. He talked about how he questions himself, "Am I alarmist or not alarmist enough?" He is obviously a man who takes his job reporting health news very seriously. I sent a note to him telling him how much I appreciate his honesty and his diligence. Then I ended by saying, "I have faith in you." I had decided to trust in his reporting of these critical stories on world health. It was a small and symbolic stake in the ground that I believe I have found a true and honest source of information. It is a step of faith and trust.

In the end, our fears are like that. Part of learning to live UnAfraid is learning to have faith and to trust in God. How do we do that; what does that look like in the world?

We'll kick off our Lenten series talking about anxiety...high anxiety. Following the 11:00 service, Matthew Swartz, an expert in the field, will speak to us about how to better recognize and cope with anxiety. We'll be serving a light lunch. Join us for this important talk.

Grace and Peace,

A handwritten signature in black ink that reads "Pastor Meya". The script is fluid and cursive, with the first letter of "Pastor" being a large, decorative capital 'P'.

My note to Donald McNeil:

*Thank you for the insight into your research and how you frame the stories about world health issues. As you wonder, "am I alarmist, or not alarmist enough?" so do we, your readers, ask ourselves, "do we believe this one or is this part of an unnecessary panic?" Somehow, I think you know that. I'm glad you are on the health beat for all of us. I have faith in you. Thank you for covering these tough and important issues with such integrity and for mixing in care and concern.*