A person wearing a red hat and a dark jacket is walking away from the camera on a path covered in fallen autumn leaves. The path leads into a dense forest of tall trees with golden-brown foliage. Sunlight filters through the trees, creating a warm, hazy atmosphere. The text "Silence, Stillness and Solitude" is overlaid in the center of the image.

Silence, Stillness and Solitude

Sunday, October 10, 2021 11:00AM
ROYAL OAK FIRST: A UNITED METHODIST CHURCH

ORDER OF WORSHIP

Prelude	“Andante Tranquillo” from Sonata III Felix Mendelssohn	Kyle Webber
Bell Peal/Introit		Amy Rhodes
Hymn #126 (*UMH)	Sing Praise to God Who Reigns Above	
Call to Worship		Jay Dunstan
Musical Response	“Rooted in Love”	Tim Schoenherr
Invitation to Mission		Jeff Nelson
Mission Moment		Amy Brown
3rd/4th Grade Bibles		Bridget Nelson
Musical Offering	“Love the Lord”	Elementary Choir
Time of Prayer		Jay Dunstan
Offering Our Gifts and Tithes		
Special Anthem	“God Is Our Refuge” Allen Pote	Sanctus Choir
Doxology #95 (*UMH)	Praise God From Whom All Blessings Flow	
Scripture (**NIV)	Mark 1:29-39	Jay Dunstan
Message	Silence, Stillness and Solitude	Jeff Nelson
Musical Response	“Come and Find the Quiet Center”	Sanctus Choir
Benediction		Jeff Nelson
Postlude	“Prelude and Fugue in F” Vincent Lubek	Kyle Webber

**United Methodist Hymnal*
***New International Version*

ANNOUNCEMENTS



WE NEED USHERS AND GREETERS

You can help make worship a powerful, welcoming experience for others! We have opportunities for people to serve as ushers and greeters. Pick some days to create a regular schedule...like ushering for all the even number months or greeting on the first Sunday of every month. Volunteering is a great way to get to know people in your church family! **Visit the Welcome Desk at church or visit www.rofum.org to sign up.**

MEN'S WINTER GEAR COLLECTION



MEN'S WINTER GEAR COLLECTION

To support our lunch program guests as the weather turns chilly, we will be collecting much needed winter items through the remainder of October. **We need the following items: men's gloves/mittens, men's winter hats, men's winter boots, men's scarves, long/thermal underwear tops and bottoms (L, XL, XXL), men's winter socks, and hand & foot warmers.** Thank you for supporting this important mission!



CHURCH CONFERENCE

Our Annual Church Conference will be on Thursday, October 14 at 7:00 pm on Zoom. **We will provide the Zoom link along with the Conference Report via an email blast on Monday, October 11.**

ANNOUNCEMENTS

SATURDAY NIGHT WORSHIP

SATURDAY NIGHT WORSHIP

Please plan to join us on the 1st and 3rd Saturday of the month at 4:00 pm in the Parlor. **Any questions, please call Joyce Russell at 586.758.4729.**



EATING AT PRONTO HELPS SUPPORT OUR LUNCH PROGRAM

Enjoy breakfast, lunch or dinner at Pronto (608 S. Washington Ave., Royal Oak, MI 48067) and help our Royal Oak First Lunch Program at the same time. **Just let your server know that you are from Royal Oak First UMC and they will give 10% of your bill back to our program each month.** This includes all bills containing food as well as any of your catering needs.



SPOOKTACULAR CANDY DONATION & VOLUNTEERS NEEDED

Royal Oak Spooktacular is happening Sunday, October 24 from 1-4 pm and we will be hosting a trick or treating stop on our corner! We need donations of Halloween candy to pass out to all the kids, and we also need a few volunteers to pass out the candy! Can you help us out? Candy donations can be brought to church anytime. **Let Bridget Nelson (248.541.4100 or bnelson@rofum.org) know if you can volunteer!**

PRAYERS & CELEBRATIONS

Prayers for Our Church Family:

Betty Lawson • Lee Hoffmann • Michael Frank • Dave Minch • Jane Button •
Janice Marsh • Laci Basel • Nancy Lorenz • Lisa Rye • George Marck • Charlene Faunt •
Amy Youngquist • Barb Nicholas • Nancy Thompson • Marian Kremer •
Bob Prud'homme • Marilyn Hocking • Cynthia Cline • Melinda Loftin • Tom Soboleski •
Karen Wetzel • Audrey Leenhouts • Janet Ramseyer • John Wagster • Neil Franks •
Patricia Callahan • Maya Lane Harris • Kimberlyn Palchak • Diane Shornak •
Carrie Morse • Cindy McCarthy • Betty Lawson • Fred Bowden •

Prayers for Our Extended Family:

Deni Bartley • Patrick Tamm • Earl Hendrickson • Evert & Kay Burchell • Neil Mullins •
Effie Lambros • Lucille Gunnels • Carl Gunnels • The Pushman Family •
Jessica Simpson • Jack Barlow • Kathy Kearns • Linda Morrell • Marc Reddekopp •
Gina Mirjah • Michael McFarlane • Darryl Warren • Sue Sugden • Sally Sou •
Teresa Baker •

Sympathies to:

Friends and family of Aloma Mirjah on October 4, 2021

Ann Cline on the death of her husband, Ed Cline on October 6, 2021

Senior Spotlight:

Judy Chambers

For the complete Prayer List,
please contact Danielle Moody at prayers@rofum.org.

LETTER FROM OUR PASTOR

“Silence is God's first language.”

-St. John of the Cross

“It was very early in the morning and still dark. Jesus got up and left the house. He went to a place where he could be alone. There he prayed.”

-Mark 1:35

*“Hello darkness, my old friend
I've come to talk with you again
Because a vision softly creeping
Left its seeds while I was sleeping
And the vision that was planted in my brain
Still remains
Within the sound of silence.”*

-Simon and Garfunkel

Dear Friends,

I am just old enough to remember this thing called “boredom.”

The advent of the digital age has removed boredom from much of our modern lives. Because of our smartphones, we can now carry in our pockets the ability to stay connected, informed and entertained at all times. Gone are the days of having to wait in line at the coffee shop, five people in front of us, and just having to *stand there*. Instead, now I can check the news headlines, the box score, see what is playing at the movies, send my dad a text and buy Bridget flowers, all before I get my Frappuccino.

We live in a time when we don't just have to sit through all those little moments of boredom.

I am not writing this as some sentimentalized, pining away for a pre-digital world. I truly appreciate the connectivity and the efficiency that the digital age brings.

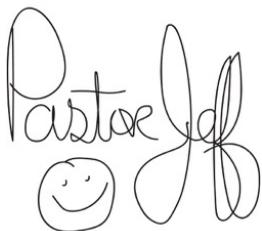
However, I am aware that more than ever I am simply inundated with noise. And for me, all the noise can be distracting, making it hard to focus, listen and be present.

This week will begin a series of messages looking at the ways we can connect to God in the midst of a busy and noisy world. We begin this week with solitude and silence. One of my favorite writers, Henri Nouwen said it plainly but eloquently, "Without solitude it is virtually impossible to live a spiritual life...We do not take the spiritual life seriously if we don't set aside some time to be with God and just listen."

My relationship with silence and solitude is relatively new. I have been practicing Centering Prayer--extended time of silent prayer, for almost two years. And yes - I have found something there that I have not found anywhere else. I have found peace.

I will meet you in that quiet place this Sunday.

Grace and Peace,



Pastor Jeff

CONGRATULATIONS TO OUR 3RD AND 4TH GRADERS WHO ARE RECEIVING THEIR OWN BIBLES TODAY!

Eli Brennan

Austin Cook

Oliver Gross

Lochlyn MacNeil

Samantha Moody

Charlotte Morris

Braeden Simms

Cameron Stephan

Reese Showers

Aubrey Webber

Bianca Whitney

Experience Real Love, Form Real Friendships,
Make a Real Difference

