



SLOWING

Sunday, October 17, 2021 11:00AM
ROYAL OAK FIRST: A UNITED METHODIST CHURCH

ORDER OF WORSHIP

Prelude	“Choral in E Major” Joseph Jongen	Kyle Webber
Bell Peal/Introit		Amy Rhodes
Hymn #103 (*UMH)	Immortal, Invisible, God Only Wise	
Call to Worship		Sue Buxton
Musical Response	“Rooted in Love”	Tim Schoenherr
Invitation to Mission		Jeff Nelson
Special Ministry Moment		
Time of Prayer		Sue Buxton
Offering Our Gifts and Tithes		
Musical Offering	Offertory John Ness Beck	Sanctus Choir
Doxology #95 (*UMH)	Praise God From Whom All Blessings Flow	
Scripture (**CEB)	Romans 15:5-6	Sue Buxton
Message	Slowing	Jeff Nelson
Hymn #474 (*UMH)	“Precious Lord, Take My Hand”	Sanctus Choir
Benediction		Jeff Nelson
Postlude	“Festive Postlude in D” John S. Dixon	Kyle Webber

**United Methodist Hymnal*
***Common English Bible*

ANNOUNCEMENTS



PASTOR APPRECIATION MONTH

A few encouraging words go a long way! October is Pastor Appreciation Month. Would you take a couple of minutes and **write an email to Pastor Jeff Nelson** (jnelson@rofum.org) and let him know how much you appreciate all he does? Thanks, Royal Oak First!

MEN'S WINTER GEAR COLLECTION



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To support our lunch program guests and church members 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!

CANDY DONATION & VOLUNTEERS NEEDED



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!

ANNOUNCEMENTS



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.

SATURDAY NIGHT WORSHIP

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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.**

Ushers and Greeters Needed

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.**

PRAYERS & CELEBRATIONS

Prayers for Our Church Family:

Janice Marsh • Nancy Lorenz • Betty Lawson • Michael Frank • Jane Button •
Laci Basel • Woody Siddall • Lee Hoffmann • 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 • Dave Minch • Patricia Callahan •
Maya Lane Harris • Kimberlyn Palchak • Diane Shornak • Carrie Morse •
Fred Bowden •

Prayers for Our Extended Family:

Deni Bartley • Patrick Tamm • Earl Hendrickson • Evert & Kay Burchell •
Neil Mullins • Effie Lambros • The Pushman Family • Marc Reddekopp • Gina Mirjah •
Michael McFarlane • Darryl Warren • Sue Sugden • Sally Sou • Teresa Baker •

Senior Spotlight:

Judy Chambers

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

LETTER FROM OUR PASTOR

“Slowness is the forgotten dimension to time. Unlike chronological time, it is non-linear, time here and now, time that works for you, extraordinary time. So why be fast when you can be slow? Slowness is also about balance, so if you must hurry, then hurry slowly.”

-Geir Berthelsen

Founder of the World Institute of Slowness

May the God who gives endurance and encouragement give you the same attitude of mind toward each other that Christ Jesus had, so that with one mind and one voice you may glorify the God and Father of our Lord Jesus Christ.

-Romans 15:5-6

*“Slow down, you move too fast
You got to make the morning last
Just kicking down the cobblestones
Looking for fun and feelin’ groovy”*

-Simon and Garfunkel,
59th Street Bridge Song (feeling Groovy)

Dear Friends,

Dallas Willard, one of our times great theological minds and teachers of the way of Jesus, was once asked by a student, “What do I need to do to become the me I want to be?”

There was long silence and then Willard answered, “You must ruthlessly eliminate hurry from your life.”

The student scribbled down the line in their notebook and then asked, “Okay, what else?”

To which Willard responded, “There is nothing else. Hurry is the great enemy of spiritual life in our day. You must ruthlessly eliminate hurry from your life.”

Ruthlessly eliminate hurry from your life.

Think of how often the response to the question, “How are you?” is, “I’m fine. Just busy.”

Busy has become an emotion in our culture. We are busy people. And one thing most busy people are, is in a hurry.

And let me just confess that most of my worst moments in life - as a father, husband, pastor, colleague, friend, fellow driver on 696, happen when I am in a hurry. When I am late for an appointment, behind on my unrealistic to-do list, trying to cram too much into my day, that is when anger, tension, judgement and a myriad of other hard emotions begin to be in charge of my life. The truth is it is hard to love when you are in a hurry.

This month we are exploring the rhythms of life that allow us to stay connected to God, to ourselves and to each other. And if Dallas Willard is right, and I think he might be, then we need rhythms that balance the busy and harness the hurry.

What does it look like to embrace a slower life - or at least a slower one?

Is it possible to be busy, but not in a hurry?

And is it possible to even be in a hurry and not be in a hurry?

These questions and more are what we are going to be exploring this weekend.

I look forward to seeing you in worship either online or in person.

Grace and Peace,

Pastor Jeff


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

