



# **BACK TO BASICS**

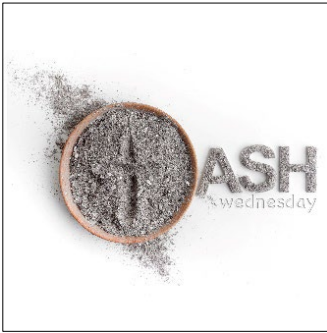
Sunday, February 19, 2023 9:00AM  
ROYAL OAK FIRST: A UNITED METHODIST CHURCH

# ORDER OF WORSHIP

<b>Gathering Music</b>	“O Worship the King” arr. Lloyd Larson	
<b>Song</b>	“Be Thou My Vision”	
<b>Song</b>	“Transfiguration”	
<b>Welcome &amp; Invitation to Mission</b>		Kyle Webber & Jeff Nelson
<b>Time of Prayer</b>		
<b>Offering Our Tithes and Gifts</b>		
<b>Musical Offering</b>	“Tell Your Heart to Beat Again” Danny Gokey	Laci Marie Basel
<b>Doxology</b>	“Give Thanks”	
<b>Scripture*</b>	Matthew 17:1-9	Erica Plesco
<b>Message</b>	“Mystics and Mountaintops”	Jeff Nelson
<b>Song</b>	“Revelation Song”	
<b>Benediction</b>		
<b>Sending Music</b>		House Band

*\*Common English Bible*

# ANNOUNCEMENTS



## ASH WEDNESDAY IS FEBRUARY 22

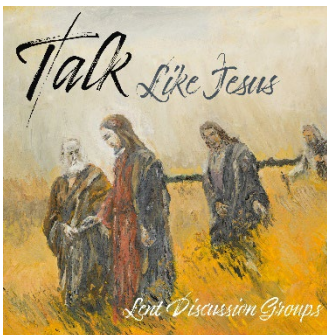
**Drive Thru Ashes on Lafayette!** Come by the church on the Lafayette Street side of the church to receive the imposition of ashes and Holy Communion right in your car! Our pastors will be available for a special blessing from **7:00 a.m.-6:00 p.m.**

**Ash Wednesday Service at 7:00 p.m.** Held both in-person in the Sanctuary and online, Ash Wednesday worship will feature music from the Taize Community, Imposition of Ashes, and Holy Communion.



## EARTHQUAKE RELIEF FOR SYRIA & TURKEY

Starting today, we are introducing a month-long fundraising effort for UMCOR (United Methodist Committee on Relief) for the work they are already doing in Turkey and Syria following the earthquakes. We have a challenge to match a \$5,000 gift from within the church. Scan the QR code or stop by the Connections Table after service to donate and help us meet our match to increase our aid to Syria and Turkey!



## LENT DISCUSSION GROUPS BEGIN 2/20!

We are comfortable talking *about* Jesus. What's interesting though is that all our *Jesus talk* seldom sounds like Jesus. **What if we talked less about Jesus and more like Jesus?** During Lent we will take a closer look at 5 different gospel stories – 1 per week – focusing on how Jesus engaged with the key characters. In our discussion groups we'll examine the theme of that week's gospel story and apply to our own lives Jesus' approach of going under the surface to get at the "heart of the matter". We are offering one virtual Zoom option for those who are unable to meet in-person. **Scan the QR code or stop by the Connections Table after service to sign up.**



# ANNOUNCEMENTS



## VOLUNTEERS NEEDED FOR FISH DINNERS!

Fridays, Feb. 24, March 10 & March 24, 4:30-7:00 p.m.

We need dishwashers and cleanup crew at our Fish Dinners! Kids that volunteer get credit towards summer choir camp! **Scan the QR code or stop by the Connections Table after service to sign up.**



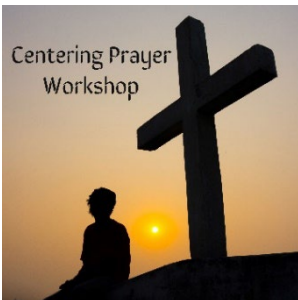
The Grief Recovery Method®  
by The Grief Recovery Institute®

## THE GRIEF RECOVERY METHOD BEGINS 2/28

The Grief Recovery Method is just that – a method – a step by step process – an “action program” - for unlocking and respecting the emotional experience of our grief and exploring different beliefs about grief – especially the ones holding us back in life. No matter the kind of loss you've experienced, there is room for everyone to heal.

**Tuesdays, starting February 28 for 8 weeks, ending April 25 (we will be off March 28 for Spring Break) from 6:00-8:00 p.m.**

Workshop leader is Tami Hollingsworth-Dowd, Certified Grief Recovery Specialist®. The cost is discounted at \$200/person (if this is cost-prohibitive, we have scholarships available) and limited to 14 people. **Scan the QR code or stop by the Connections Table after service to sign up.**



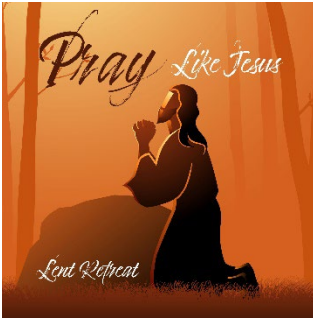
## CENTERING PRAYER WORKSHOP

Every Sunday evening beginning February 26 from 5:30-7:00 p.m., we will start afresh our Centering Prayer Workshop by exploring the messages of our Lent “Talk Like Jesus” sermon series. Each week, we will examine one of the five Gospel stories for Lent through a Lectio

Divina Contemplative Prayer method that involves: reading out loud the gospel story, quiet meditative listening for how God is speaking to each of us individually through the gospel story, and discussion of how Christ meets and speaks through the message of the story to each of us uniquely. **Scan the QR code or stop by the Connections Table after service to sign up.**



# ANNOUNCEMENTS



## LENT RETREAT – “PRAY LIKE JESUS”

On Friday, March 3 from 7:00-9:00 p.m. and Saturday, March 4 from 9:30 a.m.-noon, join Pastor Jeff as we learn to pray like Jesus using the prayer that he taught us; The Lord’s Prayer. There will be time for silence, reflection and discussion on the prayer that is beloved by so many Christians. This is an experience that you won’t want to miss and you’ll be thankful you came. **Scan the QR code or stop by the Connections Table after service to sign up.**



## LENT SANDWICH AND LUNCH ASSEMBLY

Are you looking for a one-time service opportunity this Lent? We’ve designed an opportunity for many households to sponsor another NOAH Project lunch together. **You can sign up to make 30 sandwiches or 30 lunches at your home to be delivered to church on Sunday, March 5. Additionally, we are hoping to send 3-5 volunteers to help serve the meal on Monday, March 6. Scan the QR code or stop by the Connections Table after service to sign up.**



## FEBRUARY FILL-A-BAG ESSENTIALS PANTRY COLLECTION

Outreach on 7th is gearing up to open an Essentials Pantry. This will be a place for families to have access to household cleaning and personal hygiene items that are not covered under other assistance programs. Our February collection will stock this Essentials Pantry so it will be ready to open around Easter. Please fill a bag (**you can pick up a bag at the church office or on Sundays at the Connections Table!**) with any of these items and bring them to church in February: **all-purpose spray cleaner, dish soap, wipes, sponges, paper towel, hand soap, shampoo/body wash, tooth paste, tooth brushes, deodorant.** Thank you for helping us to expand our support programs!

# FISH DINNERS ARE BACK!

**Fridays, February 24, March 10, March 24**

*Did you know that proceeds from our fish dinners benefit our children and youth?*

**Kids Meal (12 & under)---\$5**

Choice of: Baked or Deep Fried Cod, Chicken Tenders and either Baked Potato or French Fries.  
Includes: Coleslaw, Roll with Butter, Beverage and Dessert

**Kids Meal (13-18)---\$10**

Choice of: Baked or Deep Fried Cod, Chicken Tenders and either Baked Potato or French Fries.  
Includes: Coleslaw, Roll with Butter, Beverage and Dessert

**Chicken Tenders Plate---\$14**

Includes: 1/2 lb. Chicken Tenders, choice of either Baked Potato or French Fries, Coleslaw, Roll with Butter, Beverage and Dessert

**Petite Cod Plate---\$15**

Includes: 1/3 lb. Deep Fried Cod, choice of either Baked Potato or French Fries, Coleslaw, Roll with Butter, Beverage and Dessert

**Full Cod Plate---\$17**

Includes: Choice of 1/2 lb. Deep Fried or Baked Cod, choice of either Baked Potato or French Fries, Coleslaw, Roll with Butter, Beverage and Dessert

**Walleye (Zander) Plate---\$18**

Includes: 1/2 lb. Deep Fried Walleye (Zander), choice of either Baked Potato or French Fries, Coleslaw, Roll with Butter, Beverage and Dessert



# PRAYERS & CELEBRATIONS

## **Prayers for Our Church Family:**

Dick and Kay LaCombe • Kim Abela-Godfrey • Jane Sledd • Sheryl Hunter • Lisa Rye • Mike Long • Ann Cline • Al Knappenberger • David Salvette • Kathy Sestok • Kathi Burger • Tom Soboleski • Art Miller • Woody Siddall • Betty Goodrich • Polly Tan • Lee Hoffmann • Karen Porter • Jim Shumaker • Jen Irish-Minewiser • Mary Nahhat • Diane Sexton • Donna Allen • Ann Anderson • Mary Lou Graeber • Audrey Leenhouts • Charlene Faunt • Marian Kremer •

## **Prayers for Our Extended Family:**

Colin Creger • Larry Mead • Tom Hill • Judy Gorney • Bob Blonde • Patty Glass • Jim Castellani • Suzanne Ortiz • Mary McKinnon • Dolores Mason • Victor Burgess • Margaret O'Donnell • Mary Lou Howard • Rick Hocking • Scott Morrell • Sharon Pillow • Rachel Timm • Linda Swanson • Scott Peacor and Kyla Boyse • Mike Pilon • Larry Campbell • Phillip Makinen • Carl Gunnels • Joan Firestone • Jeff and Marcy Carmichael • Dan Hicks • Brent Miller • James • Carl Jones • Dorothy Follette • Deana Sawicki • Atlas • Kelly • Steve Wurdock • Harold Baker • Darryl Warren • Sue Sugden •

## **Prayers for All Those Impacted by the MSU Tragedy**

### **Sympathies to:**

The Young Family on the death of Cathy's mother, Patricia Callahan on February 10, 2023

The Lambert Family on the death of Trish's mother, Laurel Sessions on February 10, 2023

*If you would like to add someone to the Prayer List,  
please contact Danielle Moody at [prayers@rofum.org](mailto:prayers@rofum.org).*

# LETTER FROM OUR PASTOR

Dear Friends,

I write this in the aftermath of the shootings at Michigan State. Like you, I am left searching for answers to hard questions.

Where is God in all of this? How are we to respond?

Healthy religion shows us what to do with our pain, with the tragic, the nonsensical, the unjust and the undeserved. Jesus tried to show us that by leaning into our suffering they can become “sacred wounds” to teach and heal instead of “ugly scars” to deny, disguise, or project onto others.

Jesus warns that if we cannot find a way to make our wounds into sacred wounds, we invariably become cynical, negative, or bitter. If we do not transform our pain, we will most assuredly transmit it—usually to those closest to us: our family, our neighbors, our co-workers, and, invariably, the most vulnerable, our children.

Scapegoating, exporting our unresolved hurt, is the most common storyline of human history. The Jesus Story is about radically transforming history and individuals so that we don't just keep handing down the pain to the next generation. Unless we can find a meaning for human suffering and that God is somehow in it, and can also use it for good, humanity is in major trouble.

We are committed to being a community that transforms suffering. That is why I am so grateful that we have Tami Hollingsworth-Dowd as a certified Grief Recovery Specialist as a part of our community. Tami has been trained to walk with us through the losses and hurts we have experienced. Starting February 28 for 8 weeks, ending April 25 (we will be off March 28 for Spring break) from 6:00-8:00 p.m., Tami will guide a group through this meaningful and transformational journey. If this is something that interests you, I encourage you to sign up by scanning the QR code.



Grace and Peace,

A handwritten signature in black ink that reads "Pastor Jeff" with a simple smiley face drawn below the name.

Pastor Jeff Nelson