

From the Pastor's Desk...

Dear friends,

My kids are now four- and almost seven-years-old. While we were on vacation this summer, I found time to read two and a half books without anyone interrupting me. I spent several hours-long chunks of time in quiet, sitting outside in nature. There are lots of things about parenting that I love. There are also some ways in which parenting has made me forget who I am and what I like to do, and learn, and explore. But as my kids grow and become more independent, I think, little by little, I am starting to recover a few pieces of that whole person I seek to be. Those moments on vacation were good for my spirit and soul. I felt especially well during them.

In September, we will tune into our *Spiritual and Mental Wellness* with our worship theme *It is Well*. Anxiety, the state of the world, doom scrolling (mindlessly scrolling through depressing news on your phone), and the pandemic, have done a number on all of us. That's in addition to whatever struggles each of us personally face from loneliness and grief, illness and aging, or parenting and finances. Our faith life is important and the church's ministry invites us to grow in discipleship. But sometimes when our spiritual health is off or our mental health is struggling, our faith life can also stagnate or even falter. So this month, we want to focus on wellness in those areas and the ways it is deeply connected to our faith in Christ.

In worship, we'll focus on three emotions in the scriptures that relate to our spiritual and mental well-being:

- September 11 – Joy
- September 18 – Dignity
- September 25 – Contentment

On September 18, right after the 10:30 am worship service, everyone is invited to the *It is Well Fair* in Kirkman Fellowship Hall. Practitioners and providers of mental health services and spiritual and wellness experiences will be present to share ways their work can help us seek greater well-being. You can hear what each one offers and then take advantage of their services in the community or share them with a friend or family member. (Many of the services do involve a cost, but one which may be worthwhile for those who are able).

Come to learn about:

- Holy Yoga – Explore the use of Christ-centered yoga as a means for healing and restoration.
- Labyrinth walking – Learn how this free, meditative, peaceful practice can help you focus, answer a question, or connect with God. There are outdoor labyrinths available at several nearby churches.
- Spiritual Direction – Connecting with a trained, spiritual director can help you hone your connection with God or work out challenges in your faith-life.
- Lillybrook Counseling – Mental health counseling has many emotional benefits and there is never any shame in getting assistance for all we are dealing with.

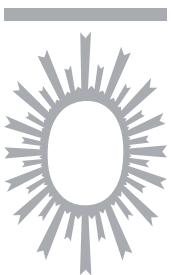
We hope to offer information on several additional experiences/practices, too. I hope, through this month, you learn about new practices that could improve your overall wellness, or you find the courage to rediscover something you've considered in the past. Even though some of these practices may initially feel outside your comfort zone, see what new thing God may be unfolding in your life as God leads you toward greater spiritual and mental wellness.

Grace and peace,

Pastor Emma



Church Bell



fpcro

In-Person Worship

Sunday Worship:
9 am in Evans Chapel,
and 10:30 am in
the sanctuary.
(Masks are welcome,
but not required.)

Livestream Worship

Sundays at 10:30 am
watch the livestream
of the worship service
on Vimeo, Facebook or
YouTube. (Or anytime
later in the day/week.)

Sunday school
for children pre-
kindergarten through
5th grade begins after
the Time with Children
in worship at 10:30.

The nursery is open for
infant-toddler care.

our staff

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Deadline is the 15th of each month.

IS YOUR INFO CURRENT?

Please let Sally Gilreath (sgilreath@fpcro.org) know of changes to your contact information so we can maintain current and up-to-date records of your member information.

STEPHEN MINISTRY

FPCRO is a Stephen Ministry church. Stephen Ministers are lay caregivers trained to provide high-quality, confidential, Christ-centered care to people who are hurting.



OF NOTE:

Deaths:

Liz Tobias, June 10, 2022

John Ellis, June 19, 2022

Pamela Moultrup, August 15, 2022



memorials & gifts

Memorial gifts were given in memory of John Ellis, Phyllis Hertler, Harold Teufel, Elizabeth Tobias, Russell Vahlbusch, and Virginia Vahlbusch.

How could you use your star word and your journey with it to teach someone about faith?



AN INVITATION TO THE WOMEN OF FPCRO!

In September, **Naomi-Ruth Women's Circle** will resume on the **second Wednesday of each month**. We gather in the Fireside Room for a little food, Bible Study time, mission discussions and projects, and a lot of fellowship. It will be a pleasure to get together again, but it would be even more exciting to see some new faces. All are welcome, so please try to make room in your busy schedule to join us. The first meeting will be **Wednesday, September 14, at 11 am**. The meeting time for future meetings will be discussed. If you would like to come, but need transportation, please contact Julie Matthews (248-224-6057) or Gretchen Hirsch (248-546-0473).



USHERS NEEDED SUNDAY MORNINGS

Your FPCRO Worship and Music Committee is on the lookout for members to usher on Sunday mornings. Greet folks as they arrive, hand out bulletins, and after worship, retrieve the completed Friendship pad forms from the pews.



Just arrive 20-25 minutes ahead of the service to usher. A sign-up sheet is on the table in the Narthex. Thanks for stopping by and signing up!

FLU SHOTS • SUNDAY, SEPTEMBER 11

Rite Aid will be at FPCRO on **Sunday, September 11 from 9 am to 12 noon** to offer flu shots. Plan to get yours at the church before or after worship. Visit




<https://www.fpcro.org/calendar-events> to download and complete the **Consent Form**. Plan to bring your ID and insurance card. We are grateful to the Deacons for offering this important opportunity.

SHINING GOD'S LIGHT INTO THE FUTURE...

Sunburst Stewards honors members who have included the church in their estate plans with a gift to the endowment. Knowledge of future gifts offers the church an opportunity to thank donors and allows church leadership to plan for the future. The ultimate benefit comes from knowing that we have recognized the importance of God in our lives and have made a powerful witness of that love through a gift to the church.



For more information about Sunburst Stewards, please contact Rev. Emma Nickel or the chairperson of the Finance and Investment Committee. All information given will remain confidential.



COLUMBARIUM & MEMORIAL GARDEN
 Contact Ken Bissey
 248.709.4849
 for an information packet

Worship and Music

WORSHIP SERIES ON SPIRITUAL & MENTAL WELLNESS

We know our physical health is important. So is our spiritual health and our mental health. To grow in faith, it's also important to attend to wellness in our relationship with the holy and our relationship with our own bodies and minds. On Sundays starting **September 11**, we'll explore joy, dignity, and contentment as we read stories from the Bible that discuss these concepts.

“IT IS WELL” WELLNESS FAIR

After the 10:30 am worship service on Sunday, September 18 in Kirkman Fellowship Hall, join us to learn more from spiritual and mental wellness professionals and practitioners. Talk with them to see how you could take advantage of their services and connect the following to your life of faith: Christian yoga, mental health counseling/therapy, spiritual direction, walking the labyrinth, and more.



SINGING JUSTICE

On **Sunday, September 25, at 2:00 pm**, we have the honor of hosting *Singing Justice* in concert. Their program, “Recovering the African American Voice in Song,” will center on the creative contributions of Black musicians, poets, singers and composers through song.



Photo: Dorian Dillard II and Anjani Briggs singing Minette Fontaine by African American composer William Grant Still.

The concert comes in the form of a Seminar Recital—which casts musical performance as an act of research and involves listeners as collaborative participants in the creation of knowledge. We will not only hear beautiful music, but will learn of its historical context and often its reason for being created.

Singing Justice is the recipient of a generous grant to support innovative and ambitious forms of humanities scholarship from the “Humanities Collaboratory,” a product of the University of Michigan School of LSA. Team members come from the School of Music, the Department of History, Department of Afro-American studies, and the Department of American Culture.

Featured performers will include Louise Toppin, internationally recognized soprano and faculty member at the University of Michigan, as well as six Graduate and Doctoral candidates from the University. We are fortunate to be one of the few places to be able to host this special program and encourage all to attend this concert, which is open to the public and free of charge.

NEW! SUNBURST SINGERS KIDS’ MUSIC PROGRAM

We are so excited to kick-off Sunburst Singers, our new kids’ music program, on **Sunday, September 18 at 11:30 am**. Sunburst Singers will meet from **11:30 am-12:15 pm on the First and Third Sunday of the month** starting September 18. Kids from young preschool through 5th grade are welcome and invited! Questions? Contact Ms. Audrey or Pastor Emma. We can’t wait to see you this fall!



Here's the schedule:

- Kids will go with Ms. Joelle for Sunday school after the Time with Children at the 10:30 am worship service.
- A snack will be served (cheese & crackers, fruit, granola bars, as examples) at the end of Sunday school. *Let us know of any food allergies.*
- Ms. Audrey, our music teacher, will meet the kids in the Sunday school room about 11:30 am and bring them to the Music Room, which is upstairs above the Fireside Room. Mr. Jackson and other adult assistants will also be present.
- Parents and caregivers are invited to join any other after-church events, and then to hang out in the Loft space together (no agenda), which is just down the hall from the Music Room.
- Sunburst Singers will end at 12:15 pm and kids will be ready for pickup in the Music Room.

The **2022 Ferndale/Royal Oak CROP Hunger Walk** will take place on September 18 at 1 pm. Registration is now open and you can also make donations to sponsor the FPCRO team members at any time! Please think about joining our team whether it's a tradition for you to walk or if it's your first time! Find the website at: <https://events.crophungerwalk.org/2022/event/ferndalemi>



The funds you raise and donate will help people in neighborhoods in our community and in places around the world to overcome the challenges of hunger and food insecurity—thanks for your generosity!

DAYS FOR GIRLS CONGREGATIONAL MISSION EVENT

Sunday, October 9 • Sign up today to help girls and women around the world



Intergenerational mission helps us do good while spending time together. **After the 10:30 am service on Sunday, October 9**, we'll eat lunch (\$5 per adult; kids eat free) and then join together in service. Days for Girls creates sustainable menstrual products for girls around the world, allowing them to attend school full-time and reclaim days they might otherwise have had to spend at home. We'll partner with the North Detroit chapter of Days for Girls to cut fabric and patterns, sew some pads and bags, and assemble kits to empower girls who receive these products. Men and women and all folks, and kids and youth, are encouraged to participate!

We will collect items to stock the kits, too. **September 11 through October 9**, bring donations to the church of:

- **New 100% Cotton Washcloths** (*Moderate in size, sturdy, colorful with good finished edges. Micro fiber is not suitable.*)
- **New 100% Cotton Underwear in Girl's sizes 12 & 14** (*Colors and patterns preferred. No thongs or boy shorts.*)
- **New 100% Cotton Underwear in Women's sizes 6, 7 & 8** (*Colors and patterns preferred. No thongs or boy shorts.*)
- **New Travel / Hotel-Size Bars of Soap** (*45g or smaller*)
- **100% Cotton or Cotton Flannel Fabric to sew our washable pads** (*Bright colors and busy prints help hide stains and are well received. Military style/colored camouflage patterns, flag prints or prints showing religious symbols are not appropriate. Fabric for bags can be a cotton/polyester blend.*)

Sign-up online or at the reception desk: <https://tinyurl.com/bdfpdu2b>



Stewardship

“SHOW AND TELL” IS COMING • OCTOBER 30!

Do you like to knit or crochet? Maybe photography or genealogy is your passion? Or, you like to bake? Maybe you enjoy community theater, strategy board games, or playing bagpipes (yes, even bagpipes!)?

On **Sunday, October 30** in Kirkman Fellowship Hall, immediately following our 10:30 am service, the Stewardship Committee will host a “Show and Tell.” This event will provide time for our church family to share their skills, hobbies, talents, and passions—or anything you’re ‘into!’ Sign up for a space to share what you do, find others in the church who do it also, and learn about members’ hobbies and skills.

<https://tinyurl.com/2fs47p7t>

This time together will help us share, learn, and appreciate our church family. By knowing more about each other, we can more easily care about each other. When we care about our church family, we want the best for them and, by association, for our church that brings us together.

You don’t have to be an expert at anything. You don’t need any elaborate set-up or display, but you’re invited to bring photos, examples or equipment, memorabilia, or a demonstration of your activity. Just sign up and share what makes you happy. And find others at church who do the same or other cool stuff.

To sign-up or ask a question, contact Karen Kline kkline3628@gmail.com or any Stewardship Committee member.



WHAT GIFT CAN WE BRING?

As we prepare to begin a new Church Season, my thoughts have turned to the text of Hymn #685, “**What Gift Can We Bring**” in *Worship & Rejoice*. This hymn was written by noted church music composer Jane Marshall in 1980 for the twenty-fifth anniversary of her congregation:

*What gift can we bring, what present, what token?
What words can convey it—the joy of this day?
When grateful we come, remembering, rejoicing,
what song can we offer in honor and praise?*

This is a hymn of pure gratitude. Its second stanza reflects on heritage, giving thanks for the past and those who “planted and watered so dreams could come true.” Stanza three looks to the future as “full of surprises,” yet knowing that regardless of what happens, “we rest in God’s keeping and live in God’s love.”

I ask that you might consider what gift you might be able to bring to your church as we begin another season. The new church season is the perfect time to consider

participating in the music program of the church through Chancel Choir or Jubilate Bells. If you have an interest in finding out more about these ensembles, please reach out to me or Kent Wattleworth.

If you do not feel challenged to join us in an ensemble, I encourage you to enthusiastically participate in worship by sharing in the singing of Hymns (the song of the people). St. Augustine is credited for saying “One who sings, prays twice.” What Augustine meant is that singing adds to our praise and worship of God—that our voices are gifts, with which we can make music to the Lord.

As we begin this church season, I ask you to consider “what song you can offer in honor and praise.”

*Joseph Jackson,
Director of Music Ministries*



TRUNK OR TREAT

It's time again for our annual community Trunk or Treat! On **Friday, October 21 at 5:00 pm**, families are invited to walk through the parking lot so children see the creatively decorated cars. To help make this event a fun success we need your participation! We are looking for at least 30 families/individuals to decorate their cars. You can sign up through our Sign-Up genius link, <https://tinyurl.com/3vxzjvrs> or call the church office.



CANDY DONATIONS DUE OCTOBER 9

Our Trunk or Treat has become a popular community event. In order to make this event a success, we need donations of candy for our goodie bags. Please bring candy to the church on Sundays or during office hours throughout the week. If you have candy to donate and need someone to pick it up, please call the church office or email Joelle Jarrait at jjarrait@fpcro.org. If you prefer to make a monetary donation to purchase candy, please send it to the church marked "Trunk or Treat."



"FOLLOW ME" SUNDAY SCHOOL

Our fall kick off Sunday is coming up on September 11. Children will begin in worship and then move to Sunday school following the Time with Children. This fall, the curriculum from PCUSA is called "Follow Me." Each unit centers around lessons Jesus gave to his followers. We will talk about what it means to follow Jesus and the ways Jesus calls us as disciples to live out our lives.



CHILDREN & YOUTH INFORMATION FORMS

Our Christian Education ministry is updating the child and youth information forms we have on file. Parents, be sure to complete the information for your children. Forms can be filled out online through <https://form.jotform.com/221714493449158>. If you have any questions, please contact Joelle Jarrait.



Sunflowers Christian Preschool



It is that time of the year for preschool to begin. As we welcome back our Sunflower Families, we welcome them to a more normal type of year. This summer the teachers have been very busy preparing and organizing for our preschoolers to come to a safe and loving environment. We are excited for the boys and girls to come to class to freshly painted walls, new bathroom wall art and a few newer and fresher looks in the room. Our three-year-old class is full with 16 students and three more on a waiting list. We have a couple spots open in our four-year-old class, so if you happen to know a family looking, please send them our way. The school year will begin for Sunflowers Christian Preschool on Monday, September 12 for our four-year-old class, and on Tuesday, September 13 for our three-year-old class.

The children come with lots of excitement and an eagerness to meet new friends, to play and to learn. Both classes will focus on fall themes, including apples and the color red. You might even smell something delicious coming from our room when we cook with apples! We will also start our Bible study right at the very beginning, with creation.

The four-year-old class will also begin studying the letters of the alphabet and begin to learn about word families. Our three-year-old class will start counting the very first day as we count the days we are in school each month. All the children will be busy each day developing their fine motor skills in many ways. The playground is also a wonderful place to play in September.

We look forward to all the new faces and plan to bring some routine and a little bit of "normal" to all our students. It is going to be a great year!

Mrs. Gibson and Mrs. Heitchue

**Worship with us at 9 & 10:30 am, or online
anytime at www.fpcro.org**

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fpcro

opportunities for all ages!
serving • learning • growing

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Fall Events at FPCRO — Mark Your Calendar!

Sunday, September 11 • Worship Series begins on
Spiritual & Mental Wellness

Sunday, September 11 • Flu Shot Clinic

Monday, September 12 • Sunflowers Preschool begins for Four-year-olds

Tuesday, September 13 • Sunflowers Preschool begins for Three-year-olds

Sunday, September 18 • Sunburst Singers Kids' Music Program begins

Sunday, September 18 • "It is Well" Wellness Fair

Sunday, September 18 • CROP Hunger Walk

Sunday, September 25 • Singing Justice Seminar Recital

Sunday, October 9 • Days for Girls Congregational Mission Event

Sunday, October 21 • Trunk or Treat

Sunday, October 30 • "Show and Tell" Stewardship Event