



First Family

We welcome all people... are guided by the teachings and unconditional love of Jesus... are inspired to participate as faithful disciples of Christ.

Two streams, one river, at one year

It's been a year and more since Chester Park and First United Methodist churches merged to form a new First United Methodist Church in a process described as "two streams, one river." Progress to report includes a 14% increase in membership, an 11% increase in worship attendance with a companion increase in visitors, along with new members on committees and in choirs and many more people involved in worship leadership and volunteer opportunities.



Yet that's only part of the story. "One thing that's not captured in these numbers is the spirit of the place," said Geoff Bell, a CPUMC and new FUMC member who has joined the adult bell choir and frequently serves as a reader in worship. "I for one feel very much at home at FUMC, and the move for me personally has been very good. I've made several new friends, and the move has helped Duluth feel more like home than it ever has."

From the FUMC side, Sarah Maddy affirms, "Our members with roots in Chester Park have brought along a strong spirit of embracing challenge. Bold fundraising ideas have sparked new energy in FUMC volunteers. People are helping out and having a good time doing it. The can-do, everybody-pitch-in attitude of a small congregation has helped expand the way we think about what is possible."

Large on the list of expanded possibilities are the Roast Beef Dinners, a long-time tradition at Chester Park. In their new home, the spring and fall dinners raised over \$8,000 for church ministries, and involved an astonishing 300+ volunteers.

A new mission committee, a Christmas reception after church, and an Easter prayer vigil from Maundy Thursday through Good Friday are among other new endeavors sparked by members coming from Chester

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If anyone thirsts, let him come to me and drink. Rivers of living water will brim and spill out of the depths of anyone who believes in me. John 7:37b-38, *The Message*



Pastor's Pen

'Intelligent, critical reading'

Every part of Scripture is God-breathed and useful one way or another – showing us truth, exposing our rebellion, correcting our mistakes, training us to live God’s way. Through the Word we are put together and shaped up for the tasks God has for us.

II Timothy 3:16-17, *The Message*

In our meditation we ponder the chosen texts on the strength of the promise that it has something utterly personal to say to us for this day and for our Christian life.

Dietrich Bonhoeffer, *Life Together*, 82

In my summer sermon series on “Sticky Scriptures” we have tackled some challenging subjects. How can we make sense of the Bible at all? Does it have to be interpreted literally? Did God, in essence, write every word? How do we try and distinguish the human element in the Bible? How do we distinguish the metaphorical, symbolic, mythic? Why do bad things happen to good people? Why do we pay so much attention to the two verses in Leviticus supposedly about homosexuality, ignore most of the rest of the book, and miss what is most important in it? What do we do with all those passages where God is violent? What about Revelation – the book?

My underlying approach has been to see the Bible as both inspired by God (God-breathed) and as a human work written by people at a particular time, in a particular culture, with particular worldviews influenced by time and culture.

The Bible requires intelligent, critical reading. I asserted in the first sticky Scripture sermon that we might get less stuck if our reading kept in mind certain principles: (1) admit that the Bible can be difficult and problematic; (2) hold together the ideas that the Bible is Spirit-inspired and human; (3) read the parts of the Bible in light of the whole story being told in its pages; (4) remember that for Christians, Jesus is the center of that story.

Along with intelligent, critical reading of the Bible, we also read with a faith that God still speaks to us through the pages and words of this book, this collection of books. We read trusting a promise that these texts have something utterly personal to say to us for our daily lives as followers of Jesus.

I trust that. When I read I bring the fullness of my mind to what I read. Questions arise to be considered and thought through. On the other

continued next page

Our First Family

Married: Andrea Harriss and Alex Flinner on June 29, 2013

Hospitalized: Dick Peterson

New member: Crystal

Olson was born in Minneapolis and came to Duluth from Sandstone. She likes to crochet, knit, sing, walk, and swim. She particularly appreciates First UMC as a Reconciling Congregation. Welcome, Crystal.

A huge thank you to all who helped with the Rhubarb Festival, including many people who donated rhubarb, money or ingredients, Mary Wright who donated berries, those who bought pies and jam, and especially the many kitchen workers. We made over 300 pies and over 160 jars of jelly and jam, and the Rhubarb Festival brought in more than \$50,000 for CHUM’s work.

Thank you: The journey following loss is never easy, but First UMC has offered us such loving care. Thanks to all who listened, prayed, and offered support through Dale’s father’s health decline and death. You were the hands and feet of Christ in a tender and bittersweet time.

—Dale and Laura Stahl

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Next First Family deadline: Aug 30, 2013

Submit to office or to editor at cnd.alexander@gmail.com

Raising Money the No-Bake Way

How would you like to help raise money for the church budget without cooking or baking, spending hours at the church, or selling something to friends, family and neighbors—all while helping the environment?

New Page paper here in Duluth offers a program that will allow us to do exactly that by collecting and recycling qualifying shiny paper (magazines, catalogs, advertising circulars or plain white office paper).

Think of it this way...

If 100 households here at FUMC were to participate and collect one grocery-sized paper bag per household each month—about 20 pounds—that would generate 2,000 pounds per month, or 24,000 pounds per year. At 10¢ per pound, that would generate \$200 per month, or \$2,400 per year!

Now some households may collect more than 20 pounds a month, and during the “sales” season from November through the January white sales most households will collect more. This means we might be able to bring in \$2,800 from our congregation alone.

Then if some FUMC families help family, friends, and neighbors recycle by collecting their shiny paper and bringing it to a recycling program here, we may be able to raise \$3,000 or more a year—the equivalent of one Roast Beef Dinner.

Wondering how much your household would collect? Just take a grocery bag and put it next to your trash/recycling containers at home and see how long it takes you to fill it. You may be surprised.

If your household would be interested in participating in this painless and environmentally friendly fundraiser, please let the office know. We want to be sure we have sufficient interest to make this program a worthwhile endeavor for the volunteers who will be involved.

Reading, continued

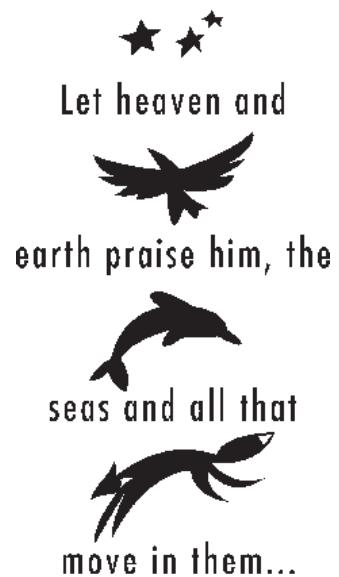
side of those questions, however, the Bible still stirs my soul and engages my heart. There are moments when some word or phrase seems to leap off the page into my mind, heart, and soul. I hear a word for my life.

There are other moments when just taking time for reading and pondering quiets my soul in some way. At such times I may not be able to tell you something specific about what I read, but the very act of reading has touched me with God’s love and God’s Spirit.

I encourage you to continue to discover this for yourself. Let this text speak to you. Let God’s Spirit speak to you through this text.

Happy reading.

Grace and Peace,
David



Psalm 69:34

2 Streams, 1 River, 1 Year, continued

Park. In addition, many new art pieces and banners have been added that were memorials at CPUMC.

“I think the former CPUMC folks really like being a part of FUMC and that we are ready, willing and appreciative to be able to contribute to and participate in the life of FUMC,” reports Steve Hansen. “I share the wonderful experiences I have enjoyed at FUMC with the people I come in contact with outside of church.”

Says Rev. David Bard, “I appreciate how often folks from CPUMC have expressed appreciation for the welcome they have received and how at home they now feel. I would also want to note that this merger has energized many long-time members of First UMC. There is a spirit and energy here that is quite wonderful. It continues to be a joy to be part of the new First UMC.”

Meanwhile, back at the ranch, the CPUMC building has been rented to a small congregation called New Hope Bible Church. This congregation took care of snow removal and lawn care. A water pipe break this past winter caused damage on two floors that has been repaired and was covered by insurance after a \$1000 deductible. A conditional purchase offer has been made by a potential buyer, while the asking price has decreased from \$325,000 to \$295,000.

Cindy Hedlund, an active member of CPUMC and now of the new First UMC, collected much of this information. She concludes, “The spirit of God is strong. Praise God!”

Mission:



First UMC families and their friends have been coming together this summer for family-friendly outings with a dash of mission outreach.

- Tuesday, June 25: Climb at Vertical Endeavors; basketful of socks, underwear, and pajamas donated to Duluth Public Schools Kid's Closet
- Tuesday, July 2: Scavenger hunt at Enger Tower; two backpacks and school supplies donated to CHUM
- Saturday, July 13: Pet the lambs at King's Sunny Cove Farm; donations to Animal Allies and Carlton County Humane Shelter
- Wednesday, July 17: Pack food boxes at Second Harvest Northern Lakes Food Bank; 10 pallets of Food Boxes readied for distribution to senior citizens

From Kids Closet: Thank you for your continued concern for the children served annually by the Duluth Kids Closet. The tank tops, pajamas, underwear, and all 50 pairs of socks you sent are very much appreciated.

Upcoming Sermons

The summer sermon series on “sticky Scriptures” is coming to an end, with only one sermon left in that series. Here are some notes about upcoming sermons:

August 4: Luke 12:13-21 and Colossians 3:1-11, first in a two-part series on elements for a meaningful life

August 11: Luke 12:32-40 and Hebrews 11:1-3, second sermon on elements for a meaningful life

August 25: Final “sticky Scripture” sermon. II Peter 2:15-22; Romans 2:12-16. “Is Ignorance Bliss?”

At First

Church Council After a month off, the Church Council will meet again in August, on Tuesday, August 13 at 7pm. We also have a special meeting of the Church Council at 6pm on Monday, August 5, in the Fireside Lounge to hear a presentation from Minnesota Conference staff about the Healthy Church Initiative.

Imagine No Malaria We continue to move toward our three-year \$20,000 goal in support of the United Methodist initiative Imagine No Malaria (more information about this project at www.imaginenomalaria.org). We will continue with our “mosquitos in the crib” fundraiser all summer long. These mosquitos don’t bite, and they can be purchased with a donation to Imagine No Malaria.

Ruby’s Pantry for August will be Thursday, August 15. Volunteers are needed to greet our guests, prepare food for distribution, and share the food with them. This meaningful community outreach touches many lives, and makes a difference, not only to those who come for food, but also to those volunteering. Summer is a great time to help with this wonderful outreach, and also a time when many regular volunteers are taking time away with family. Your help would be greatly appreciated in this important ministry.

CHUM to celebrate National Night Out On Tuesday, August 6, from 6-8pm, CHUM supporters, congregation members, volunteers, and friends are invited to share with us in an evening of food, music and fun. A picnic for National Night Out will be held in the CHUM East Food Shelf parking lot, 120 N. First Ave. West. First UMC has been asked to provide four dozen bars for this event. If you would like to help with this, please let us know in the office. Thank you.

Coming in September

September 1: Communion

September 10: Church Council

September 15: Fall Potluck Community Celebration following worship

September 19: Ruby’s Pantry

September 22: Faith Formation/Education for all ages begins.

Note: the Adult Faith Forum will be at 9am this fall.

Docs: ‘Monster’ drinks not safe for children or teens

from our parish nurse, Linda Wiig

Does your child or teenager drink energy drinks? The FDA considers caffeine a drug, and the amount of caffeine in these highly caffeinated drinks is too much for kids.

The daily maximum for caffeine is 100mg for teens, while a 16-ounce can of an energy drink may contain 160mg. Soda is capped at 71 mg per 12-oz can, but energy drinks are not regulated—there is no limit on the amount of caffeine that they can contain. Younger children should consume even less caffeine, yet a significant number of calls to poison control over energy drinks are for kids under 6 years of age.

According to the American Academy of Pediatrics, “Energy drinks pose potential health risks because of the stimulants they contain, and should never be consumed by children or adolescents.”

August is Immunization Month. It is important that all children be vaccinated against diseases, especially those under 6. Do you know what shots your child needs? Do you have their record available? And us adults we need vaccinations, too, including a tetanus and diphtheria booster every 10 years. Check out the CDC’s website on vaccinations, where you will find a plethora of information about childhood and adult vaccines.

HPV (human papilloma virus) vaccine is relatively new. It is highly recommended that all girls and boys receive this vaccine by the age of 11 or 12 because this vaccine provides better protection in preteens. If your child is older and has not begun the series of three shots (given over six months), immunization is still recommended, up to age 26 for females and 21 for males. This vaccine can prevent cancers and other maladies from the virus.

Another opportunity to **donate blood** will arrive on August 20 from 3 to 6pm. Please sign up after church or call the office at 727-5021. For every pint of blood donated, a one-pound donation of food will be given to the food shelf. Have a safe and enjoyable August! As the proverb says, Kind words are like honey—enjoyable and healthful.

Kids can apply for music scholarship

Young musicians age 12 to 18 are invited to apply for a scholarship to cover lessons, music books, and related expenses such as reeds, rosin, strings, or organ shoes.

The \$350 scholarships were established in honor of Carol Donahue upon her retirement last year from 25 years as FUMC organist.

Conditions of the scholarship are generous. Young musicians do not have to be members of FUMC or demonstrate financial need, and auditions and interviews are more of a progress report than a deciding factor. They are asked to be “serious and enthusiastic.”

For more information and an application form, ask in the office or see Carol or Pastor David.

The bills keep coming in the summer

Don’t forget your offering pledge while you’re off on your summer adventures. You can mail your offering, bring it to the office, or set up automatic withdrawal from your checking or savings account. You don’t want to be worrying about whether we can pay the bills while you’re in the middle of a challenging set of rapids, coming about on a change of tack on your sailboat, or trying to relax with that iced tea in your hammock in the shade.

FUMC Operating Budget

Year-to-Date June 30, 2013

	Actual	Budget
Income		
Envelope/Plate Giving	\$189,340.32	\$178,700.00
Other Operating Income	<u>122,924.02</u>	<u>84,794.14</u>
Total Income	\$312,264.34	\$263,494.14
Expense		
Total Expense	\$341,443.61	\$273,728.10
Net Income	<u>(\$ 29,179.27)</u>	<u>(\$ 10,233.96)</u>

All taxes are paid YTD for 2013. One apportionment payment is being held.

Includes cost of sanctuary & chapel lighting projects and repairs at Chester Park building along with income from trustees endowment and insurance to cover the costs of the projects.



First United Methodist Church

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EVERY WEEK

This calendar includes only those events open to Church members or the general public. Other events are scheduled in the building, but not listed.

Sundays

10:00am Worship - S
3:30pm T'ai Chi - LSH we

Mondays

Noon Gamblers Anonymous - St
7:00pm Whole Birth Yoga - TBC
7:00pm First & Ten - St

Thursdays

9:00am Faithfully Fit - EL
6:00pm T'ai Chi - LSH we (CW 8/15)

Fridays

9:00am Alcoholics Anonymous - TBC

Saturdays

9:00am T'ai Chi - LSH we

CHANGES and ADDITIONS

Thursday, August 1

7:00 am Day Camp Child Care - EL
3:00 pm Day Camp Child Care - EL

Monday, August 5

6:00 pm Healthy Church Initiative - FSL

Monday, August 12

4:00 pm FUMC Foundation - FSL
5:30 pm Ruby's Committee - FSL

Tuesday, August 13

11:00 am Homebound Communion & Luncheon - TBC, N, A
7:00 pm Church Council - FSL

Thursday, August 15

4:00 pm Ruby's Pantry - S, LSH

Saturday, August 17

8:00 am Northland Organizing Rummage Sale - LSH

Tuesday, August 20

3:00 pm Blood Drive - East Lot

Thursday, August 22

5:45 pm Finance Committee - St

Monday, August 26

5:00 pm Trustees - FSL

