



# 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.*

MUSIC AT THE COPPERTOP

## Make a Joyful NOISE

**MARCH 2 AT 3:00 P.M.**

Fundraiser for Music at First United Methodist

Open to all • Free will offering



- Tapestry • Sanctuary Choir
- 5 handbell choirs: Strikepoint, Cast in Bronze, Class Ring, Ringtones, 5Guys
- JAM & the Peanut Butter Band
- organ • strings • piano • & more!

**First United Methodist Church • 230 E Skyline Parkway**

**First United  
Methodist Church**

230 E. Skyline Parkway  
Duluth, MN 55811  
[www.fumcduluth.com](http://www.fumcduluth.com)

February 2014

**And a joyful noise it will be** when all the forces of FUMC music come together in concert March 2. You'll hear everything from the complex precision of a Bach fugue to Tapestry's unrestrained "Wade in the Water." Our youngest musicians will make their debut as JAM and the Peanut Butter Band, and the Sanctuary Choir will wonder "How Can I Keep from Singing?" before they "Steal Away." Five handbell groups will bring you sounds of Africa, Brazil, and Cape Canaveral—and this is just a sample. Don't miss the real deal on Sunday, March 2, at 3pm!



## Pastor's Pen

### Love Actually

*Love bears all things, believes all things, hopes all things, endures all things.... And now faith, hope, and love abide, these three, and the greatest of these is love.*  
I Corinthians 13, NRSV

### Our First Family

#### Church Lighting

• January 19-25 in memory of Dan Maynard from Carleen Maynard to benefit the Parish Nurse Fund

• February 9-15 in honor of Cindy Alexander from Bill Alexander to benefit the Prayer Shawl Ministry

**Hospitalizations:** Don Davidson, Tom Ling

#### Mailbag

Thank you for helping children, families, and seniors in need right here in the Northland. Your facility donation to the 10th annual "Have a Heart, Help a Neighbor" event (held in our parking lot) helped raise \$9,491 and 628 pounds of food, which will result in 47,957 meals for those in need. Thank you for your contribution. —Shaye Moris for Second Harvest Northern Lakes Food Bank

Sincere thanks and appreciation to our church family and friends for your prayers, cards, and visits during this road to recovery. The beautiful prayer shawl reminds us of your prayers and kindness. God's blessings to all. —Fred and Carolyn Glibbery

*So chosen by God for this new life of love, dress in the wardrobe God picked out for you: compassion, kindness, humility, quiet strength, discipline. Be even-tempered, content with second place, quick to forgive an offense. Forgive as quickly and completely as the Master forgave you. And regardless of what else you put on, wear love. It's your basic all-purpose garment. Never be without it.*  
Colossians 3, The Message

February is a month when love is celebrated. Cards, chocolates, flowers, candlelight dinners are some of the ways people tell that special someone in their life just how much they mean to them. If that special person in your life is poetically inclined, they may pen a few well-chosen words in your honor.

The Apostle Paul wrote a fair amount, and wrote a fair amount about love. Passages from I Corinthians and Colossians, among others, are justly famous meditations on love. However, Paul did not write these words as a clergy person officiating at the wedding of his second cousin once removed. He wasn't writing for a wedding at all. Paul wrote his words about love to communities of people seeking to live the Jesus way. Paul was convinced that what should characterize these Jesus communities was love.

The kind of love Paul had in mind for these communities was not a warm feeling. It was a love that exhibited itself in patience, kindness, and gentleness. It is a love dressed as compassion, humility, quiet strength. It resists being envious, arrogant, rude, boastful. It is not irritable or resentful.

To live with such love is challenging, particularly when you consider that we don't get to choose all those with whom we are to have this loving relationship. That's right: in the Jesus community of the church, we are to love all those who come through our doors and pledge to live out their spiritual journey in our shared spiritual journey. God's Spirit brings the people (often through our invitation), and our task is to work together with them to build a loving community through which God will continue to love the world.

This is our joy and this is our challenge as the church, as followers  
continued next page

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Next First Family deadline: February 14, 2014

Submit to office or to editor at [connect@fumcduluth.com](mailto:connect@fumcduluth.com)

# Ketchup

## to the Cost of Living

Minnesota Without Poverty is a faith-based organization dedicated to looking for ways to move Minnesotans out of poverty. One of the issues to be considered by the state legislature this year is the minimum wage. What might it mean to heed God's call to love our neighbor as ourselves in thinking about this issue?

Come join representatives from Minnesota Without Poverty and others in the community as we consider this question. We will gather on Saturday, February 8, from 10am to noon in Lakeview Social Hall.

## Coming in March

- 2: Communion Sunday
- 2: FUMC Musical Extravaganza,
- 5: Ash Wednesday, worship 7pm
- 11: Church Council
- 13: JRLC Day on the Hill
- 20: Ruby's Pantry
- 30: Congregational Celebration; One Great Hour of Sharing

## Pastor's Pen, continued

of Jesus. It is a task that calls forth our best efforts. It is also a task that trusts the power of God's grace and love to be at work in our lives, transforming our hearts, minds, and souls.

May February be a time when you celebrate the love you find in your closest relationships. May it also be a time when we rededicate ourselves to being a community of love in the name and spirit of Jesus.

Grace and Peace,  
*David*

# Worship and Weather

Some have wondered about worship and weather. We have had some rough Sunday morning weather this year, but have not cancelled worship. I am typically reluctant to cancel worship. The church should be a reliable place on Sunday mornings. If I can get there, I probably will not cancel the service.

However, there may be some situations of severe weather where no travel is advised, and under those circumstances, worship may be cancelled. Had the "no travel" warning been issued earlier on January 12, we may have cancelled worship. As it was, those who came early got there fine, and once we were there, we moved forward with worship for those who could make it.

When the weather is inclement, I trust you will all use your best judgment about attending. If worship is ever cancelled, I will contact the local news outlets, post this on Facebook, and call in to change my phone message. — Pastor David

## This month at First UMC

**Ruby's Pantry** for this month will be Thursday, February 20. Volunteers are needed to greet our guests, prepare food for distribution, and share the food with them. You may volunteer anytime between 3pm and 8pm and can come for as little as an hour to help out.

We are now into our fourth year of this meaningful community outreach that touches many lives, and makes a difference, not only to those who come for food, but also to those volunteering.

**First and Ten Men's Group** will meet on February 10 and 24.

**Faith and Film** in February falls a little early, on February 16. We will gather at the usual time, 6:30 pm, to watch "Guilt Trip," a family comedy about a mother and son. The film stars Barbara Streisand and Seth Rogen and is rated PG-13. Popcorn provided.

**CHUM Winter Assembly** will be Thursday, February 20 at Asbury United Methodist Church. Social time begins at 6:30 with the meeting from 7-8pm. Brian Rusche from the Joint Religious Legislative Coalition will be the featured speaker.

## CROP Walk—and snowshoe, ski, sled

On Sunday, March 9 the Duluth CROP Walk will be held – but this year it's a walk, ski, sled and snowshoe event at the Bagley Nature Center on the UMD campus.

United Campus Ministry is the sponsor, and campus minister Cynthia Coffin-Langdon says, "We will have snowshoes in a variety of sizes so you can give snowshoeing a try. Bring your skis and sleds or just plan to walk." There will also be an indoor walk option.

"The CROP walk is a fun event," says Cynthia, who also directs our Tapestry worship band, "but it also raises awareness of the issue of hunger in our own community and around the world. It is an event for every age, and pledge forms will be available later this month. Hope to see you all at the CROP Walk!"

## March Theater Outing

# Hairspray

Reserve your tickets now for the Duluth Children's Theater Production of **Hairspray**.

In 1962 Baltimore, the hair is bigger and the music is louder! Come see quirky plus-sized teen Tracy Turnblad as she reaches her dream and dances her way onto the popular Corny Collins Show. Once there, she must use her sudden stardom to dethrone the reigning Teen Queen, win the affections of heartthrob Link Larkin, and integrate a TV network – all without denting her fabulous 'do!

First UMC has a block of tickets reserved for the Sunday afternoon, March 16 performance at The Underground. Meet at the theater between 1:15 and 1:30. Group tickets are \$11.50 each, a savings from the normal \$16.50 for adults and \$13.50 for students.

## CPS-3 meets, exceeds enrollment goal at 307,000

Remember hearing about Cancer Prevention Study 3? In December the study beat its national recruitment goal by enrolling more than 307,000 people – nearly 19,000 of those in its Midwest Division (MN, WI, IA, SD).

FUMC was involved in this project. Our Twin Ports CPS-3 enrolled 478 individuals.

Results from previous long-term follow-up studies have demonstrated the link between cigarette smoking and lung cancer and between cancer and physical inactivity, alcohol, nutrition, and medications like aspirin.

## Children's Ministry

# In February, it's all about love

### Discovery Sundays

February's focus in Discovery is Four Friends, the story in Luke chapter 5 of Jesus healing a paralyzed man who was passed into the house through the roof. The man and his four good friends had great faith to go to such lengths.

### Share the Love Sunday

On February 9 at 9am, Discovery Kids will make valentines for their friends and for homebound church members. Parents and friends are welcome to craft alongside.

### Annual Baby Photo

It's time for the annual group photo of First UMC babies. If your 2013 baby was baptized here, if you worship here or call FUMC your church home, we want your little one to be part of our beautiful gallery of babies. The photo will be taken following worship on February 16.

Dress your baby however you desire. If you'd like, stay a bit later to do personal portraits of your little one. Photographer Pat Miller will love making your little one smile!

### Bible Presentation

On January 26 First UMC honored the following elementary students and presented them with children's study Bibles:

- Parker Ahlers, son of Tiffany Ahlers and Jon Ahlers
- Aly Fairchild, daughter of Cory and Michelle Fairchild
- Charlotte Kovaleski, daughter of Bill and Sherry Kovaleski
- Saige Mattson, daughter of Steve and Jenna Mattson  
(Faith Friend: Jennifer Hinnenkamp)
- Emily Sapyta, daughter of Paul and Sarah Sapyta  
(Faith Friends: Tom & Debbi King)
- Drew Stein, son of Kristina Semler

## FUMC Operating Budget

Year-to-Date December 31, 2013

	Actual	Budget
<b>Income</b>		
Envelope/Plate Giving	\$377,108.33	\$358,050.00
Other Operating Income	<u>227,752.89</u>	<u>193,221.18</u>
Total Income	\$604,861.22	\$551,271.18
<b>Expense</b>		
Total Expense	<u>\$619,324.69</u>	<u>\$547,456.48</u>
<b>Net Income</b>	<u>(\$ 14,463.47)</u>	<u>\$ 3,814.70</u>

All taxes and apportionments are paid for 2013.

## Winter/Spring Faith Forum:

### **Apps for Life**

The Winter/Spring Faith Forum series uses the parables of Jesus as a doorway into some aspect of life.

Rather than working with a strictly interpretive model, the presenters will use the parables to explore particular life topics. The series promises to delight the heart and tease the imagination as we use some of the parables of Jesus to open our lives to God's Spirit in new ways.

Faith Forum meets at 9am in the Fireside Lounge.

**February 2:** Virg Boehland on Compensation, Matthew 20:1-16. Are there parallels between this story and our modern economy? Are there lessons here for our church structure?

**February 9:** Ron Yardley on Setting Standards, Matthew 21:28-32. Promises and performance – we say we'll "try" to be there and never show up. Are we excusing ourselves in advance?

**February 16:** Kevin Walsh on Compassion, Luke 10:25-37. What might make a person move beyond empathy to action? What might it mean to truly share the journey?

**February 23:** Geoff Bell on Comparisons, Luke 18:9-14. It seems human nature to compare ourselves with others. How do we manage to handle our egos?

**March 2:** Steve Hansen on Morality. God's dragnet is the church. Thus, we are bound to find a mixture of all kinds in our "catch." We'll learn more about inclusivity versus exclusivity.

## Have a Health Happy Heart

*from Linda Wiig, our parish nurse*

**Blood Drive:** It's that time again! The Bloodmobile will be here February 18 for our next blood drive. The time has changed by a half-hour; it's now 3:30 to 6:30, so those of you who work later can now sign up for a 6:30 slot. They are especially looking for type O neg. so if you fit that category you are in demand! There will be a sign-up sheet in the church office and in the narthex after church.

Remember, one pint of blood can help to save three lives. Please consider donating, even if you have never done so. The 45-minute process runs smoothly and it's even quicker if you fill out your form on-line the day of your donation. A great perk after donating is that you can eat as many cookies and drink as much juice as you want.

As we all know **February is heart month**, but it's not just about Valentines. About 25% of the U.S. population has some form of cardiovascular disease. One in 6 men and one in 8 women age 45+ have had a heart attack or stroke.

Let's talk about sodium. As you know too much sodium can lead to high blood pressure, which could lead to heart attack and stroke. We Americans consume three to five times the recommended amount of sodium per day. The American Heart Association recommends 1,500 mg/day. Even one piece of bread can have 230 mg. of sodium per slice.

Most of our sodium comes from processed foods and restaurant food. Cold cuts and deli meats can have upwards of 1,000 mg of sodium. Those chicken nuggets also contain a lot of sodium, as do those pizzas that we love. Always remember to check labels and choose the lower sodium foods, and when we do eat these foods, eat in moderation. Put veggies on your pizzas instead of pepperoni!

Oh, let's mention sea salt, too. We see more and more products made with sea salt. It may have much less processing than our regular table salt, but it has just as much sodium. So sea salt is no substitute for regular table salt if you want to cut down your sodium intake.

Have a nice Valentine's Day, everyone, and may you be blessed with God's heart-healing peace. "A heart at peace gives life to the body" (Proverbs 14:30).





## First United Methodist Church

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### **Weekly** Our regular schedule

#### **Sundays**

- 8:45am Confirmation - CW
- 9:00am Discovery, Exploration - LL
- 9:00am Faith Forum - FSL
- 10:00am Worship - S
- 3:30pm T'ai Chi - LSH we

#### **Mondays**

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

#### **Tuesdays**

- 8:00am Men's Study Group - FSL
- 6:00pm Gamblers Anonymous - St

#### **Wednesdays**

- 4:45pm 5Guys - BR
- 5:15pm Ringtones - BR
- JAM - EL
- 5:45pm Supper - LSH se
- 6:00pm Tapestry - S
- 6:30pm Cast In Bronze - BR
- Youth Group - CW, 112
- 7:30pm Sanctuary Choir - TBC
- 7:40pm Class Ring - BR

#### **Thursdays**

- 9:00am Faithfully Fit - EL
- 6:00pm T'ai Chi - LSH we (CW 2/20))

#### **Fridays**

- 9:00am Alcoholics Anonymous - TBC
- 9:30am Women's Study Group - Lib

#### **Saturdays**

- 9:00am T'ai Chi - LSH we

### **Day by Day** Monthly and one-time events

#### **Wednesday, February 5**

- 9:30am UMW Board Meeting - Lib

#### **Saturday, February 8**

- 9:00am Reiki Healing - TBC
- 10:00am MN Without Poverty - LSH
- 4:00pm 2X2 Couples Club - FSL

#### **Monday, February 10**

- 6:00pm SPRC - Lib
- 7:00pm First & Ten - St
- 7:00pm Priscilla Circle - FSL

#### **Tuesday, February 11**

- 2:00pm Loud, Laughing Ladies - FSL
- 7:00pm Church Council - FSL

#### **Wednesday, February 12**

- 10:00am Prayer Shawl Ministry - FSL

#### **Thursday, February 13**

- 1:00pm Deborah Circle - FSL

#### **Monday, February 17**

- 10:00am Rachel Circle - FSL

#### **Tuesday, February 18**

- 3:30pm Blood Drive - East Lot

#### **Wednesday, February 19**

- No bell choir rehearsals, youth group, or Wed Nt Meal
- 9:30am Naomi Circle - FSL

#### **Thursday, February 20**

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

#### **Monday, February 24**

- 5:00pm Trustees Meeting - FSL
- 5:30pm Ruby's Committee - Lib

#### **Tuesday, February 25**

- 2:00pm Loud, Laughing Ladies - FSL

#### **Thursday, February 27**

- 5:45pm Finance Committee - St

#### **Sunday, March 2**

- 3:00pm Music@Coppertop - S

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

## Save the Date!

### • **March 2 "Make a Joyful Noise"**

Music Extravaganza with all music groups from FUMC: Choir, Tapestry, JAM, five bell groups, organ, piano, strings. 3pm, free will offering

### • **May 7 Roast Beef Dinner**

with all the trimmings, 4:30-7pm. Dine in, drive through, or take out. \$12 adults, \$6 kids under 12