



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.

February 2015

First United Methodist Sanctuary Choir

in concert with

Northwestern High School Chamber Choir



Robert Ray's

GOSPEL MASS

Sunday, February 8, 2015 — 3:00 pm

A choral work combining the traditional Mass setting
with the sounds of contemporary African-American music

Free-will offering

**First United
Methodist Church**

230 E. Skyline Parkway
Duluth, MN 55811
www.fumcduluth.com

First United Methodist Church 2014-15 Concert Series



Lent: Prayer and pondering

It seems that we just put away the Christmas decorations, and now we are thinking about Easter, as the season of Lent, the forty-day church season before Easter, is just around the corner. Time goes so quickly.

With the rushing currents of time come the experiences of life, joyous and celebratory, disappointing and painful. In the title of a newly released CD, we experience "What a Terrible World, What a Beautiful World." This summer I heard someone describe the world as a place of "beautality," a combination of beauty and brutality.

Many of us are fortunate not to experience some of the worst brutalities of the world, things we see on the evening news, places of destitution, grinding poverty, daily violence. Yet we are not immune from pain, disappointment, and heartache. Nor do we miss out on beauty, grace, and love.

So where is God in all of this? We will be asking that question together in Lent. Where is God? We will turn that question over a bit and also ask, "What might God alone see in our lives and in our world, that God invites us to see so that we might live differently?"

Here are some of my hopes for this upcoming Lenten season:

I hope we will all find some additional time to pray, deepening our relationship with God in Jesus Christ and connecting us more deeply with those for whom we pray.

I hope we will all find some additional time for pondering the presence of God in our lives and our world. Where is God? What does God see that God invites us to see, too? Some of that pondering time might be at Sunday Faith Forums.

I hope one of those pondering times will be Saturday morning February 21 as Joetta Schlabach shares with us ideas about being the church in the midst of cultural conflict.

I also hope that you will both pray and ponder about First UMC. What does God see for our life together? Is this the time when we need to embark on a capital campaign, preparing ourselves for the next fifty years of ministry here on the skyline? What other things

continued next page

Our First Family

Hospitalizations: Brian Moe, Barb Fermeich, Jon Dallman, Doug MacIver

Community Healing Day: On the second Saturday of each month, Reiki practitioners from the area offer free sessions in the Three Brothers Chapel from 9am to noon. Reiki is a gentle Japanese technique that allows for stress reduction and relaxation. When we find ourselves relaxed, physical, mental, emotional, and spiritual healing can occur. All are welcome to these complimentary sessions.

2015 Offering Envelopes: For your convenience, new envelopes are now available in the narthex. If you don't see a set with your name, speak to the volunteers in the church office.

"You guys are dope." This note from Ashley was one of the thank-you's FUMC received from youth at the Arrowhead Regional Corrections facility after the AJC Christmas party. Members of our church contributed cookies for the event.

"The youth at the juvenile center appreciated your involvement more than you can know," wrote AJC chaplain Cheryl Harder. "For many, this was the best celebration they have ever had."

First Family

First United Methodist Church
 230 E Skyline Parkway, Duluth, MN 55811
 218/727-5021 info@fumcduluth.com
 Pastor: Dr. David A. Bard



Next First Family deadline: **Feb 20**
 Submit to connect@fumcduluth.com

fumcduluth.com

Family Ministry

Create 'Ashes to Easter' Gardens on Feb 15

Do you remember the Lenten/Easter garden the children made for 2014 Lenten worship? Elementary children made smaller versions last year to use at home. This year all families are invited to share in the joy of building and caring for your own Ashes to Easter Garden.

On Sunday, Feb 15 at 9 am. families will gather to build a garden. Each family will use their garden at home through the waiting days of Lent and a joyful Easter morning.

Bring your own terra-cotta pot (older, used ones are fine!) **and a drip plate** that is several times larger so the pot can be laid on its side in the drip plate and still have some room in the plate. Some donated used pots and plates *may be available* on a first come-first served basis. Laura will also have a few new pots and plates that you can purchase, again on a first come-first served basis.

If you have old terra-cotta pots to donate for this project, see Laura, who will receive them gladly.

UMD Campus Ministry to host CROP Walk

Sunday, March 8 is the date for this year's CROP Walk, Ski, and Sled event hosted by UMD's Campus Ministry. The walk raises money and awareness for those who do not have enough to eat, at home and around the world. Look for pledge forms in the church office.

Choirs to perform 'Gospel Mass'

On Sunday, February 8, our Sanctuary Choir and the Northwestern High School Chamber Choir will present a concert featuring Robert Ray's "Gospel Mass." The 3 pm concert is the third in the 2014-2015 Music at the Coppertop concert series.

Robert Ray composed "Gospel Mass" in 1978 when he was a liturgy team member of the National Office of Black Catholics. He intended it for a one-time performance, but the piece caught on and is now a standard part of the choral repertoire performed by choirs all over the world. The work combines the words from the traditional Catholic Mass with the harmony and rhythm of contemporary African-American music.

In addition, each choir will perform selected repertoire focusing on spirituals and gospel music. Michael Goodlet will conduct the performance. A free-will offering will be taken.

Lent begins February 18

This Lenten season, we will focus on God's presence in the many joys and challenges of our lives, looking at our lives as something God alone can see, (see fully).

Lent, the forty-day season before Easter, begins Ash Wednesday, February 18.

We will worship together that evening at 7pm, sharing in communion and having ashes placed on our heads or hands.



Lent: Prayer, pondering *continued*

should we be doing to follow Jesus Christ as this congregation in the coming year or two?

When one thinks about Lent, perhaps the image is of a bowed head, eyes turned toward the ground. I want to encourage us to think of this Lent as a time to look around at our world, wide-eyed.

Where is God leading us? What does God see in us, that we need to see in ourselves? What dreams is God planting in our hearts? What flights of imagination might help us see more clearly the movement of God's Spirit in our midst?

Throb, baffled and curious brain! throw out questions and answers!
Walt Whitman, "Crossing Brooklyn Ferry"

This Lent may God help our brains throb and our imaginations soar as we seek to have our lives made more whole in the grace of God, and as we seek to follow Jesus Christ into the future.

Grace and Peace As We Journey Together,

David

Transition to College

FUMC to host dinner for graduating seniors and their families

High school seniors, parents, and staff are invited by the Minnesota Conference of The United Methodist Church to come together for a meal and involve themselves in a conversation about the transition to college.

These dinners, being held around the state, are a time to discuss next steps for high school seniors heading in the college direction.

One dinner will be held at our church on Thursday, February 12 at 6 pm.

Participants will be divided into one of three groups: Parents and guardians will discuss how to help their students transition to the next step of their lives while they are away at college; staff will discuss best practices regarding graduation ceremonies and supporting students once they leave for college; and the students themselves will have a chance to meet other college students and ask questions and think through what this transition will be like.

There is no cost for this program, and Minnesota UMC churches are encouraged to bring all their high school graduating seniors to these events. We'll collect names and information about where students are headed and giving them gifts from the conference.

Registration deadline is Feb 6. Register at www.minnesotaumc.org/news/events or through www.fumcduluth.

Health Notes: How's your heart?

Linda Wiig, Parish Nurse

February is Heart Health Awareness month so here is a little information for you to read. All information shared here is from the American Heart Association.

Much evidence now shows that we can stave off heart disease, which is the the No. 1 killer of Americans, and can also help you avoid stroke, the No. 5 killer. You probably know, some of those steps: don't smoke, eat a health diet, and stay active. Research is also showing that non-smokers, healthy eaters, and routine exercisers stay ahead in avoiding cognitive decline such as dementia and Alzheimer's.

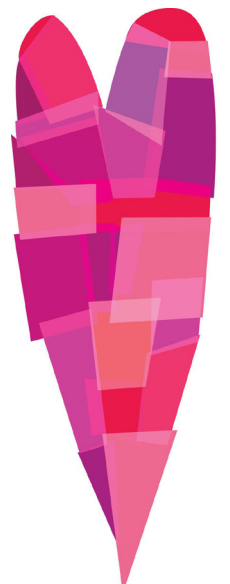
Recently a report on aspirin findings show that aspirin is an effective and important treatment to prevent a heart attack or stroke *in someone who has a history of heart disease or stroke,*" said Mark Creager, M.D., president-elect of the American Heart Association and director of the Vascular Center at Brigham and Women's Hospital in Boston. "That's not the case for the healthy person who's at low risk for these events."

Research shows that among heart attack survivors, regular aspirin use can reduce the risk of a second heart attack, stroke, or cardiovascular-related death by about 25 percent. For stroke survivors, it lowers the risk of a second event by about 22 percent.

A new study presented last November at the AHA's Scientific Sessions 2014 and published in the *New England Journal of Medicine*, found that long-term use of aspirin plus a second anti-clotting medication cut the risk of having a heart attack by more than half in people who had received a stent.

If you have questions about whether to take aspirin ask your health provider about your risk of heart attack or stroke, ask whether you would benefit from taking aspirin, ask if it would interfere with other medications that you are taking, and ask about side effects.

Help yourself to the bright pink sheets of paper on the Welcome center to remind you of the stroke and heart attack warning signs.



Josh, Nikki top student musicians

Congratulations to violist Josh Peterson and violinist Nikki Hill, who received First and Second Place at the annual DSSO Young Artist Competition.

This competition draws young musicians from all of Northern Minnesota, Northern Wisconsin, and the UP of Michigan. As First Place winner, Josh will be given the opportunity to perform with the Duluth-Superior Symphony Orchestra at the DSSO's Young People's Concert on Friday, February 27.

Josh is a sophomore at Duluth East and Nikki a senior at Denfeld.

Photo shoot Feb 22 for babies, pastors, and PKs

All babies born in 2014 are invited to bring their parents for a group photo shoot on Sunday, Feb 22 after worship.

Come dressed in your favorite outfit and have Mom or Dad bring a toy that makes you giggle or smile.

The photographers will take a group picture and then, if you can wait for your nap or lunch, you can stay to have a few glamour shots done as well. Meet in the narthex (lobby) after worship ends.

First UMC is filled with retired and former pastors, clergy spouses, and pastors' kids. We hope to include a photo of them in the next church directory or maybe on the church website.

Pastors and spouses are welcome to dress casually or in your "Sunday best." And of course, PKs you can do your own thing in the wardrobe department!

Meet after worship on Feb 22 at the chancel.

Churches and Peacemaking

In mid-February, early in the season of Lent, St. Michael's Catholic Church, Concordia Lutheran Church and First United Methodist Church are cooperating so sponsor a series of presentations and discussions on various dimensions of peacemaking and churches.

The leaders for these events will be Dr. Gerald Schlabach, professor of theology at St. Thomas, and his wife the Rev. Joetta Schlabach, pastor of Faith Mennonite Church in St. Paul. The Schlabachs have worked in Nicaragua and Honduras, and have both authored books on theology, peacemaking, education and the church. Here is the schedule of events:

Friday, February 20: 5:30pm, St. Michael's. "Practices for Living Peaceably in our Homes and Congregations"

Saturday, February 21: 9:30am, First UMC. "The Role of Churches in Cultural Conflict"

Saturday, February 21: time and site TBD. "How Will Charity and Love Prevail?"

Sunday, February 22: events at St. Michael's and Concordia Lutheran

This promises to be a spiritually enriching and thought-provoking series. We hope you will plan to attend, particularly the session here at First UMC.

Faith Forum – What a Character

This winter/spring's Faith Forum series is entitled, "What a Character." Each week a different presenter will share something of the story of one of the characters from the New Testament. More than a history lesson, the task of the presenter is to use that character's story to discuss contemporary issues of faith and life.

February 1: Cindy Hedlund on Joseph of Arimathea

February 8: Shelley Gruskin on Saul/Paul

February 15: Tom Wiig on King Herod

February 22: Karen Jeannette on Judas Iscariot

FUMC Operating Budget

Year-to-Date December 31, 2014

	Actual	Budget
Income		
Envelope/Plate Giving	\$390,796.26	\$386,000.00
Other Operating Income	<u>187,952.26</u>	<u>209,779.24</u>
Total Income	\$578,748.52	\$595,779.24
Expense		
Total Expense	<u>\$592,197.15</u>	<u>\$578,158.33</u>
Net Income	<u>(\$ 13,448.63)</u>	<u>\$ 17,620.91</u>

All apportionments, taxes, benevolences, and payables for 2014 have been paid. A dismal year for facility rentals and increased cost for fuel, plowing, and sanding during the winter months account for most of the 2014 deficit.

Faith and Film will be early this month

Due to Pastor David's schedule, Faith and Film in February will come early. On Sunday evening, February 15, we will meet at 6:30 in the Movie Room on the lower level of the building.

We will watch the film "Gravity." Starring Sandra Bullock and George Clooney, this visually beautiful film is also a suspenseful one. The movie is rated PG-13.



First United Methodist Church

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Weekly Our regular schedule

Sundays

8:45am Confirmation - CW
9:00am Faith Forum - FSL
9:00am Discovery & Exploration - LL
9:50am Prayer Team - TBC
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 5Guise - BR
5:15pm Ringtones - BR
5:15pm JAM - EL
5:45pm Supper - LSH se
6:00pm Tapestry - S
6:30pm Cast In Bronze - BR
6:30pm Youth Group - CW, 112
7:30pm Sanctuary Choir - TBC
7:40pm Class Ring - BR

Thursdays

9:00am Faithfully Fit - EL
9:00am Zumba - LSH we
6:00pm T'ai Chi - LSH we (CW 2/19)

Fridays

9:00am Alcoholics Anonymous - TBC

Day by Day Monthly & one-time

Wednesday, February 4

9:30am UMW Board Meeting - Lib

Saturday, February 7

4:00pm 2 X 2 Couples Club - FSL

Sunday, February 8

3:00pm Gospel Mass/Sanctuary Choir - S

Monday, February 9

5:30pm SPRC - Lib
7:00pm First & Ten - St
7:00pm Priscilla Circle - FSL

Tuesday, February 10

2:30pm Loud, Laughing Ladies - FSL
7:00pm Church Council - FSL

Wednesday, February 11

9:30am Prayer Shawl Ministry - FSL

Thursday, February 12

1:00pm Deborah Circle - FSL

Saturday, February 14

9:00am Reiki Community Healing - TBC

Sunday, February 15

6:30pm Faith & Film, Gravity

Monday, February 16

10:00am Rachel Circle - FSL

Wednesday, February 18 Ash Wednesday

9:30am Naomi Circle - FSL
7:00pm Ash Wednesday Worship - S
NO WEDNESDAY NT ACTIVITIES

Thursday, February 19

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

Saturday, February 21

9:30am Churches & Peacemaking - TBC

Monday, February 25

5:00pm Trustees - FSL
7:00pm First & Ten - FSL

Tuesday, February 26

2:30pm Loud, Laughing Ladies - FSL

Quick Look at February

- 1:** Communion Sunday
- 8:** Gospel Mass Choir Concert, 3pm
- 10:** Church Council
- 12:** Dinner for High School Seniors (registration required)
- 15:** Faith and Film: "Gravity" (note earlier date)
- 18:** Ash Wednesday
- 19:** Ruby's Pantry
- 21:** Churches and Peacemaking workshop, 9:30am

Coming March 8: CROP Walk at UMD