



# 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 2016

## Ash Wednesday Worship, February 10

This Lenten season, we will focus on how we, as Christians, can work with challenging emotions (see schedule). Lent, the forty-day season before Easter, begins Ash Wednesday, February 10. We will worship together that evening at 7 pm, sharing in communion and having ashes placed on our heads or hands.

## Lenten Sermon Series: 'Challenging Emotions'

During the Lenten season, Pastor David's sermons will focus on some "challenging emotions," exploring how we can work with and through them as followers of Jesus. Here are the themes he will be working with:

**February 14:** The temptation to work with emotions badly

**February 21:** Facing Fear

**February 28:** Dealing with Disappointment

**March 6:** Jousting with Jealousy

**March 13:** Tackling Turmoil

**March 20:** Grappling with Grief

## Velda Bell to offer Lenten organ recital

Velda Bell will play a Lenten Organ Recital on our Austin pipe organ on Wednesday, Feb. 24 from 12:15-12:45.

This recital is part of a series of Wednesday noontime recitals sponsored by the Arrowhead Chapter of the American Guild of Organists. Each Wednesday, one or more organ recitals are held at various churches in the area.

A free-will offering is taken at each recital to benefit the Arrowhead Chapter's Organ Scholarship Fund which gives scholarships to youth ages 12-18. Both Josh Peterson and Parker Hinnenkamp have received scholarships through this program.



**First United  
Methodist Church**

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## Called to Love

*Let all that you do be done in love.*      **I Corinthians 16:14**

*Love Calls Us to the Things of This World.*      **Richard Wilbur**

### Our First Family

New Member: Brandon Veale on January 10, 2016

Death: Lucille "Lu" Ronchak on January 9, 2016

Hospitalizations: Dick Carlson, Carolyn Glibbery, Bud Hanson, Don Eckstrom

#### Church Lighting:

January 24-30 in memory of Joni Woodward from John Woodward to benefit CHUM Food Shelf

February 7-13 in memory of Scott Davidson from his mother Karen Morgan to benefit Life House

**Greeters Needed** Are you looking for a quick and easy way to meet more church folks? There's no better way to match

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I have long appreciated that title of a Richard Wilbur poem, "Love Calls Us to the Things of This World," as well as the poem itself. In his poem Wilbur imagines a line of laundry hanging out to dry, flapping in the breeze. It is an image with which we are much less familiar these days.

Wilbur imagines the wind-whisked laundry as our souls, Spirit blown above the earth, reluctant, in a way, to engage again with the everyday. *Yet as the sun acknowledges/With a warm look the world's hunks and colors,/The soul descends once more in bitter love/To accept the waking body.*

Love calls us to the things of this world. We are not disembodied souls whose task in this life is to float above it all. We are embodied creatures called by love to care for the everyday and ordinary. Paul put it succinctly: "Let all that you do be done in love."

Living lovingly in the ordinary days of our lives is our call and challenge. The call of love, which is the call of the Spirit of God, first speaks to us of our own belovedness. It then calls us to live more lovingly, more compassionately. Following this call is not easy. It takes intention and attention. It requires courage. It asks of us self-reflection.

We are called to let all that we do be done in love as embodied persons, as persons who know the full range of human emotion. Some of those emotions are difficult doorways to love. Worked with badly, our emotions can lead us astray. Worked with well, our emotions help us grow. They can teach us more about the love that calls us to the things of this world and about the world to which we are called.

During Lent, we will be discussing some challenging emotions, asking how our emotional life can help us as we seek to respond to the call of love. I hope you join us on this journey, and maybe there is someone you know who might be helped by this conversation. Invite them along.

Love calls us to the things of this world. I am grateful that we are on the journey together of discovering what all this means.

Grace and Peace,

*David*

**First Family**

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Pastor: Dr. David A. Bard

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Next deadline: **Feb18**

## **Our First Family,** *continued*

names to faces than to stand near the door with a warm welcome and a smile. Look for the sign-up sheet in the narthex and choose a Sunday to welcome people to worship.

**Help fill CHUM Easter Baskets:** small or medium handled baskets (new or used), Easter grass, 1 doz plastic eggs (not from Oriental Trading), wrapped candies, children's books (new, please), small stuffed bunnies or chicks (new, please).

**On Easter Sunday,** March 28, the Worship Committee asks that you bring one dozen muffins for all to enjoy after each of the services. Drop off at the muffin trees in the narthex. Thank you.

**Let it shine:** We keep the light burning on the Skyline, and you can help support that symbol. A minimum of \$40 sponsors a week of church lighting from Sunday through Saturday.

Donors can designate half of their gift (\$20) to a local charity such as CHUM, Second Harvest, or Harbor House, or to a church program such as music, parish nurse, or the building fund.

### **Save the Date**

**Women's Retreat** at Camp Amnicon, April 8-9

**Spring Roast Beef Dinner,** Thursday, April 28, 4:30-7 pm  
Volunteer sign-ups begin Palm Sunday, March 20 in narthex.

## **A New Table**

You may have noticed the beautiful new table gracing the Fireside Lounge. Not only is the table itself beautiful, but so is the story behind it. The table was the idea of the Tuesday Morning Men's Group, and it is dedicated to Armas Tamminen in gratitude for his many years as a member of that group.

Ron Yardley did most of the work on the table, using wood from church pews from First UMC and from the Chester Park UMC building. If you haven't had a chance to see the table, take a look. Deep thanks to Ron Yardley for all his work.

## **Wednesday Bible Study**

Our Wednesday evening Bible Study continues at 5:30 p.m. each week, and goes until 6:15 pm. We are studying the Gospel of Luke, basically discussing a chapter per week. You are welcome to come any week you choose. Call Pastor David if you would like to know which chapter we will be discussing any particular week.

## **2016 CROP Walk: Bring your sled!**

United Campus Ministry will sponsor the Duluth CROP Walk, Ski, Sled and Snowshoe event on Sunday, February 28 from 2-4 pm.

Registration begins at 2 pm at Bagley Nature Center on the UMD campus right off St. Marie St. The trail is about 1 mile long and you can walk or bring your skis or snowshoes!

We will have a few snowshoes on hand for people to try out. Kids can bring their sleds for the sliding hill, and we'll have an outdoor fire to warm up and roast marshmallows and cookies and hot chocolate for everyone.

With the event we will raise money and awareness for those who do not have enough to eat around the world and right here in Duluth.

If you can't give any money we still want you to come and just be part of this fun community event. It is a rare time when all faiths, churches, congregations, and campus can join together and be united. It is an event for every age. Just come and hang out by the fire. You can also give a donation to the cause the day of the event when you register.

## **Prayer Vigil**

Sign up Sunday, February 28, for the Holy Week prayer vigil.

Through the prayer vigil, our faith community stands watch for 12 hours of continuous praying, from the 7 pm Maundy Thursday service through to the noon Good Friday service. Sign up in one-hour increments.

Praying can be done at church in the Three Brothers Chapel or at home. Ideas on how to pray and what to pray for will be provided. Some people talk out loud, some sing, some meditate, some read the Bible—whatever you are comfortable doing is fine.

This hour is very meaningful and heartfelt. Please join us in one continuous 12 hour prayer.

# In February

## Children & Families

### Faith and Film

Faith and Film resumes February 28, 2016. In the midst of the cold of winter, our film will take us to sunny California.

“Love and Mercy” is based on the life of Brian Wilson, one of the founding members of The Beach Boys. The film is rated PG-13. Film rolls at 6:30 pm. in the Movie Room.

### First and Ten

The First and Ten Men’s Group will meet on February 8 and 22. For more information, please ask Pastor David.

First and Ten, a group for discussion and service, is open to all men. The group is currently reading and discussing Rabbi Jonathan Sacks’ *Not In God’s Name: confronting religious violence*.

### Super Bowl Bake Sale

As we have for many years now, we will hold a bake sale on Super Bowl Sunday, February 7. Proceeds from the sale will support the capital campaign. You are encouraged to provide baked goods for the sale, and invited to purchase other goodies for your Super Bowl snacking pleasure. Thank you.

### Ruby’s Pantry

Ruby’s Pantry for February will be Thursday, February 18. Volunteers are needed to greet our guests, prepare food for distribution, and share the food with them. You may volunteer anytime between 3 pm and 8 pm and can come for as little as an hour to help out.

### Sunday of Love – Feb 14

- *CCOW Cavalcade during worship*: Share your love by bringing your filled cow bank to worship. Families are invited to process into worship during the first hymn and place their Caring for Children of the World offering on the communion table.
- *Operation TEDDY*: Share your love by bringing in gently used toys, puzzles, books, games, dvds. Please no battery-operated toys or toys that inspire violence. Toys will be donated to local outreach to be determined. Pick up a valentine treat as a thank you for your donation.

### One Great Hour of Sharing Baking & Prep – Feb 28

Families with children and interested individuals are invited to help with the annual One Great Hour of Sharing Bake Sale. Baking and prep begin on Sunday, Feb 28 with Time Out Together Family Faith lending a hand to bake cookies and other treats starting at 9 am. The Bake Sale will be held on Mar 13.

### Baby Photo - Feb 14

The cutest little baby faces will be the focus of attention of photographers Pat Miller and Doug Buell after worship on Sunday, Feb 14. Babies associated with First UMC who were born in 2015 will be in the group photograph. Families who want glamour shots of their own little one are welcome to stay and have individual or family photos done. All families who participate will receive a 5 x 7 inch group photo print. Other shots will be shared with you digitally.

### Donations help food shelf clients assemble Easter baskets

Last year families at the CHUM Food Shelf enjoyed creating Easter baskets for the children in their lives.

First UMC provided the components and the clients chose what was appropriate for individual children. Usborne books also gave a nice donation of children’s Bibles that were offered with the baskets. Kelle & Madeline Klocke and Laura Stahl had lots of fun observing the joy of adults preparing their Easter surprise.

Last year we easily exceeded our 70 basket goal. We hope to match that again. If we have more baskets than CHUM Food Shelf Clients need, we will share with other outreach agencies.

Donations can be brought to the church office or placed in the Easter Basket that will appear later in Lent at the Welcome Center.

Here is what is needed:

Bags of Easter “grass”      Wrapped candy      Baskets with Handles – used, purchased from thrift stores, or new; small to medium      Small Stuffed Bunnies or Chicks – new ones, please      Children’s books – new, please      Dozens of plastic eggs (Oriental Trading Co eggs NOT recommended. They don’t close well.)

## Lend a Hand Youth Event

The Twin Ports United Methodist Ministries, an organization connecting all the United Methodist Churches in the Duluth-Superior-Two Harbors area, is sponsoring a day of service for church youth on Saturday, February 6 from 10 am to 3 pm. Youth will meet at the church at 10, and from there go out to various work sites in the community. They will return to the church to be picked up at 3 pm. Youth are asked to bring a sack lunch for the day. If you are interested, please contact our youth director, Jordan Duncan, or Pastor David.

## Pathways to Peace

On Sunday afternoon, February 28, Temple Israel will host an interfaith forum on responses to gun violence. Come hear persons whose lives have been affected by such violence. Faith community leaders will explore how people of faith might respond and work to prevent such violence. Registration begins at 1:30 pm.

## Faith Forum

The winter/spring Faith Forum series uses Biblical texts to help us think about important life topics. Each presenter will discuss a topic using passages from the Bible to help us consider life lessons. Faith Forum meets Sunday mornings at 9 am in the Fireside Lounge.

**February 7:** Compassion, Lynne Millikan; **February 14:** Joy, Velda Bell; **February 21:** Trust, Dick Carlson; **February 28:** Honesty, Josh Peterson

## HealthWise: Resources for you

*Linda Wiig*

**PREDIABETES** Are you among the one in three Americans that has prediabetes? Isn't that an amazing number? Did you know that 90% of these people do not know it? Are you over 45, overweight, active fewer than three times per week, have a family history of Type 2 diabetes, or been diagnosed with gestational diabetes? If so, you could have prediabetes.

Prediabetes is diagnosed when a person's blood sugar level is higher than normal but not high enough to be diagnosed as Type 2 diabetes. The good news is that Type 2 can be prevented with lifestyle changes.

Healthy Northland, a statewide health improvement program, is offering a series of classes in partnership with the Duluth YMCA, Itasca County YMCA, and Essentia Health.

Groups meet once a week for 16 weeks, then once a month for 8 months, which helps participants change unhealthy habits. Healthy eating habits, increased activity, stress management, and motivation will be included in the sessions. Trained lifestyle coaches and people who are facing similar challenges will be in attendance to provide support.

If you have been diagnosed with prediabetes these classes would be beneficial to you. It's estimated that 1.5 million Minnesotans have prediabetes. Talk to your health care provider. Risk of stroke, nerve damage, kidney damage, and damaged blood vessels are all increased with prediabetes.

Are you one of the people who has prediabetes? It's worth your while to find out!

A helpful website is I CAN Prevent Diabetes. If you want more information about these classes you may contact KimM@communityhealthboard.org or Kim Matteen at 218-733-2855.

**MENTAL HEALTH** Please enter these numbers into your phone. For a mental health crisis the new Birchtree Center in Duluth serving the surrounding counties is available 24/7. That number is 218-623-1800 or you can Text: LIFE 61222.

**RADON** Have you tested your home yet for RADON? It's a good idea! Kits are available at hardware stores etc. If you have any questions about RADON check with Jim Taylor. He had his home tested, found radon, and took steps to abate the problem.,

During this time leading up to Lent, let us remember and reflect that Jesus came to earth to fulfill God's promise, giving his life so that our relationship with God could be restored. He laid down his life for us—what love has more depth?



# First United Methodist Church

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## Weekly Our regular schedule

### Sundays

- 8:45am Confirmation -CW
- 9:00am Faith Forum - FSL
- 9:00am Family Faith Sessions - LL
- 9:50am Prayer Team - TBC
- 10:00am Worship - S
- Wee Wonder - 105
- 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
- 6:00 pm Moms' Yoga - TBC

### Wednesdays

- 4:45pm 5Guise - BR
- 5:15pm Ringtones - BR
- 5:15pm Jam, Peanut Butter Band - EL
- 5:30pm Bible Study - FSL
- 5:45pm Wed. Nite Supper - LSH
- 6:15pm Tapestry - S
- 6:30pm Cast in Bronze - BR
- 6:30pm Youth Group - CW
- 7:30pm Sanctuary Choir - EL
- 7:40pm Class Ring - BR

### Thursdays

- 9:00am Faithfully Fit - EL
- 6:00pm T'ai Chi - LSH we
- 6:30pm Moms' Yoga - TBC

### Fridays

- 9:00am Alcoholics Anonymous - TBC

### Saturdays

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

## Day by Day Monthly & one-time

### Wednesday, February 3

- 9:30am UMW Board Meeting - Lib

### Saturday, February 6

- 3:00pm Couples Club - FSL

### Monday, February 8

- 4:30pm Cap Campaign Com - Lib
- 5:30pm SPRC - Lib
- 7:00pm First & Ten - St
- 7:00pm Priscilla Circle - FSL

### Tuesday, February 9

- 2:00pm Loud, Laughing Ladies - FSL
- 6:00pm Church Council - FSL

### Wednesday, February 10

- 9:30am Prayer Shawl Ministry - FSL

### Thursday, February 11

- 1:00pm Alzheimers Care Givers - Lib

### Saturday, February 13

- 9:00am Community Healing Circle - TBC

### Sunday, February 14

- 4:30pm Toning Circle - TBC

### Monday, February 15

- 10:00am Rachel Circle - FSL

### Wednesday, February 17

- 9:30am Naomi Circle - FSL

### Thursday, February 18

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

### Monday, February 22

- 5:00pm Trustees - FSL
- 5:30pm Ruby's Pantry Committee - Lib
- 7:00pm First & Ten - FSL

### Tuesday, February 23

- 2:00pm Loud, Laughing Ladies - FSL

### Wednesday, February 24

- 12:15pm Organ Recital: Velda Bell - S

### Thursday, February 25

- 5:00pm Finance Committee - St

### Sunday, February 28

- 11:00am Family Ministries - TBC
- 6:30pm Faith & Film - MR

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

