



Pastor's Pen

'The work of Christmas begins'

Our First Family

Birth: Congratulations to Jim and Barb Hill on the birth of their granddaughter Quinnlyn Palmer Hill on December 17. Her aunt is Sara Hill.

Baptism: Madeline Klocke, daughter of Kelle & Brian Klocke, on December 15, 2013

Hospitalizations: Courtney Basara, Ron Yardley, Larry Villars, Kristi Brown, Tom Wiig, Fred Glibbery

Shiny Paper Collectors: Please use New Page bags, available in the church office, to collect shiny paper, benefiting FUMC ministries.

To our church family--we want to thank everyone for your prayers, cards and encouraging words during Karl's recent hip replacement surgery. Your concern means a lot to us and we are certain it is helping in his recovery. Blessings, *Karl and Barb Lindgren*

Wednesday Night Meals: Thank you to all individuals and groups who served and prepared meals this fall. We have been

continued next page

*When the song of the angels is stilled,
When the star in the sky is gone,
When the kings and princes are home,
When the shepherds are back with their flock,
The work of Christmas begins:*

*To find the lost,
To heal the broken,
To feed the hungry,
To release the prisoner,
To rebuild the nations,
To bring peace among people,
To make music in the heart.*

Howard Thurman

The month of January is named for the Roman mythic god Janus, the god of beginnings and transitions, and thus also of gates, doors, passages, endings, and time. Janus is often portrayed as having one face toward the past and one face toward the future.

One of the things I really like about the Howard Thurman poem is that it, too, looks back and looks forward. It looks to the celebration of Christmas now over. It looks forward to the work of Christmas that is always beginning.

This time of year is a time of endings and beginnings – another year over, a new one just begun. We will take note of that this month in our life together particularly at our church conference following worship on January 19. I hope you will put this on your calendar and plan to attend. We will look back and celebrate. We will look forward and dream. We will, of course, take care of needed business.

As we begin a new year together in our church, I hope we celebrate how we have been about this work of Christmas, this God-work in the world. I hope we ask ourselves how we can be about this work of Christmas ever more fully – to find the lost, to heal the broken, to feed the hungry, to release the prisoner, to rebuild the nations, to bring peace among people, and to make music in the heart.

I joyfully look forward to the next leg of our journey together in Jesus. Happy New Year.

Grace and Peace,
David

**First United
Methodist Church**

230 E. Skyline Parkway
Duluth, MN 55811

218/727-5021

www.fumcduluth.com info@fumcduluth.com

Pastor: Dr. David Bard

Next First Family deadline: January 23, 2014

Submit to office or to editor at connect@fumcduluth.com

Ruby's Pantry date is January 16

This month's date for Ruby's Pantry will be Thursday, January 16. Volunteers are needed to greet our guests, prepare food for distribution, and share the food with them. You may volunteer anytime between 3 and 7pm and 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.

Here are some specific tasks and the times volunteers are needed for them.

- 4-6:30pm Parking lot traffic, shuttle drivers
- 6:30-8pm Clean up
- 4-6, 6-8pm Box recycling
- 3-5, 6-7pm Food re-packaging

Come after work to help out for an hour before heading home.

Our First Family, continued

feeding between 50 and 70 people each Wednesday evening. If your group would like to help with this ministry or you would like to get a group of friends and take on the challenge, you can sign up in the office.

I will gladly orient you to the kitchen and food safe prep. A new kitchen guideline sheet has been prepared with ideas for easily prepared meals. We always have fun in the kitchen, so come join us! *Linda Wiig*

January Calendar Notes

Our annual Church Conference, a time to celebrate this past year and look to the new one, will be held Sunday, January 19 immediately following our morning worship service. Please plan to attend. Thank you.

The First and Ten Men's Group served the noon meal at the Damiano Center on December 21. We will meet on January 13 and 27.

Weekly confirmation classes will begin in January 12. Pastor David and Julie Bard will meet with 8th and 9th grade students and their parents on January 12 to discuss plans for Confirmation. This group will meet weekly on Sunday mornings at 8:45, starting January 12 and continuing through early May.

Parents and students should have a received a letter from Pastor David about the class. Please feel free to contact him with questions.

Faith and Film will resume January 26 with *The Life of Pi*. Film rolls at 6:30pm in Fireside Lounge; popcorn provided.

MLK Birthday Celebrations: The Duluth community will again join in commemorating the life of the Rev. Dr. Martin Luther King, Jr. As we celebrate his birthday, there will be an ecumenical worship service on Sunday, January 19 and a community breakfast on Monday, January 20. Details are still being finalized, so please watch the bulletin for updates.

FUMC, UMW help to sponsor Human Trafficking Awareness Month

January is Human Trafficking Awareness Month in Duluth, with events being held to raise awareness about girls being sold for sex.

According to the Department of Justice, the average age of girls when they're first sold for sex is between 12 and 14.

Duluth law enforcement agencies and victim advocates have formed a task force to reframe the issue as violence against women, instead of prostitution, and to create a coordinated response to trafficking. Recent reports have identified Duluth as a hub for sex trafficking and prostitution in Minnesota.

The community is encouraged to read *Girls Like Us* by Rachel Lloyd. The author will speak at Mitchell Auditorium on the College of St. Scholastica campus on Tuesday, January 28 at 7pm.

Teatro Zuccone Theatre will show two films, *What I Have Been Through is Not Who I Am* on January 16 and *Sex and Money* on January 24. There will also be community discussions and panels at various locations.

Both First United Methodist Church and our FUMC UMW are helping to sponsor these events.

January Quick Look

- 5:** Communion Sunday
- 12:** Confirmation begins, 8:45am; Faith Forum series begins, 9am
- 14:** Church Council
- 16:** Ruby's Pantry
- 19:** Church Conference after worship
- 19-20:** Community MLK Day celebrations

Help your kids eat their fruits and vegetables

from Linda Wiig, Parish Nurse

Greetings to everyone! Here it is January already and time for New Year's Resolutions. If you are looking for one, why not try to help your family eat more fruits and vegetables? I know I am going to make a concerted effort to do this. If you have young children, eating fruits and vegetables at each meal will get them into a daily habit that will carry on through life.

All types of fruit and veggies count: fresh, frozen, and canned without added sugar or salt. We as parents and adults need to model healthy eating so that our future adults will lead a healthier lifestyle when they've grown up.

A few years back when I was preparing one of our Wednesday night meals, I was cooking with another woman who said she put vegetables into sauces, soups, and breads to increase the veggies the children would get in their meal. That's a great way to help picky eaters improve their nutrition.

As children's tastes develop, we can make the same food even better by grilling, baking, roasting, boiling, steaming, or serving them raw. Textures are important to children, so the way the veggies are prepared can influence how they decide whether they will like them. Even talking about how a veggie is grown and its feel, smell, and crunch can make a difference.

Another tip to eating more veggies is to pick a veggie a week and feature it in different ways during the week. It may take up to 10 times of trying a food before a child decides definitely if he or she likes or doesn't like it.

Keep prepared veggies and fruits in the refrigerator ready for hungry children after school.

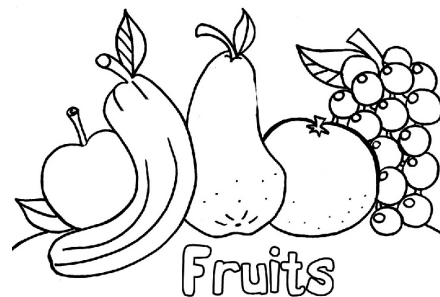
Begin looking at catalogs that feature seeds and plan a small garden for next summer. That will get the children excited to try different foods and have fun watching them grow.

Try cooking together sometimes. Children can also plan the meal and help do the shopping. Keep trying new foods—you may even want to designate a night as a NFN night (new food night)

If you buy juice make sure it's 100% juice and not a juice drink.

I hope in the new year you and your family can eat healthier and have a healthy year.

May God help you to love and let your God love you.



Shiny Paper Do's and Don'ts

Do save magazines and shiny paper inserts

Do use the official white bags (church office has them)

Do limit the weight to 20 lbs/bag

Do bring bags to church

Don't overfill the bags (they tear easily if too full)

Don't save small pieces (less than half sheet)

Don't use brown paper bags or plastic bags (contaminates the load—load could be rejected)

Don't include newsprint or colored ads that are NOT shiny (Best Buy, Cub Foods, Super One Foods,)

Thanks for your cooperation!

FUMC Operating Budget

Year-to-Date November 30, 2013

	Actual	Budget
Income		
Envelope/Plate Giving	\$337,601.02	\$326,350.00
Other Operating Income	<u>186,676.59</u>	<u>146,318.94</u>
Total Income	\$524,277.61	\$472,668.94
Expense		
Total Expense	<u>\$566,453.63</u>	<u>\$501,835.06</u>
Net Income	(<u>\$ 42,176.02</u>)	(<u>\$ 29,166.12</u>)

All apportionments and taxes are paid for 2013. Two apportionment payments were being held and were paid in December.

2013 Lennon-Berini Scholars

At the worship service on December 22, the Scholarship's selection committee presented six \$1,500 scholarships to these members of our congregation:

- **Sarah Bard**, a senior at St Catherine's University majoring in biology and pursuing a career in physical therapy

- **Anne Collins**, an elementary school teacher and graduate school student working on her master's degree in education

- **Lindsey Wallin**, a senior at St Cloud State University with a major in community psychology for working with parents and their children

- **Emily Walsh**, a graduate school student at Smith College with emphasis on clinical social work and becoming a therapist

- **Elise Walsh**, a graduate school student at the University of New England in the physician assistant program

- **Mary Kate Wheeler**, a junior at the University of Wisconsin-Madison focusing on becoming a physician assistant

All Lennon-Berini Scholarship recipients are members of FUMC, have completed at least two years of college, and are preparing for people-centered careers.

Dick Wallin, President/Trustee of the fund, encourages church members and others to consider contributions to the Lennon-Berini Scholarship Fund to keep the good work going.

Welcoming our newest members

These people joined our faith community in December. Welcome!

- **Carrie Boberg**: Carrie and her husband Steve, who joined at the same time, were married through First UMC and have two children, Dahlia and August, who were both baptized here. Carrie was born in Austin, MN, attended UMD, and lived for over five years in Hollywood, CA. Among her interests are reading, crafts, movies, hiking, biking, skiing, singing and acting, and camping.

- **Steve Boberg**: Steve joins with his wife Carrie and their two children. Though born in Edina, Steve has lived most of his life in Duluth. He enjoys spending time in the outdoors where he loves to hike, ski, snowshoe, and camp. He enjoys spending time with his family. Steve and Carrie have been active in our church for the past few years and we welcome them into membership.

- **Joyce Eaton**: We are pleased to welcome Joyce back into the membership of First UMC. Joyce and her husband Jim were members here from 1966 to 1986, when they moved to their lake home and transferred their membership to Grand Rapids UMC. Now Joyce is back in Duluth, living at Lakeshore, and re-joining our church. As a member, Joyce has been active in the UMW, taught Sunday school, and was a part of the Education Committee that first approved the purchase of bells for the church.

- **Beverly Hootman**: Bev moved to Duluth from the Fergus Falls area and began attending here with her brother Terry. She has since become active in helping with the Roast Beef Dinner, the Coppertop Craft and Bake Sale, and Ruby's Pantry. She has been a regular at the fall Faith Forum.

- **Julian Leonard**: Julian was born in Galway, Ireland and moved to the United States in 2006. He joins today with his wife Kristina. Julian enjoys playing golf, reading, and working on home improvement projects. He appreciates the welcoming and open atmosphere of First UMC, as well as the worship music.

- **Kristian Leonard**: Born in Duluth, Kristian moved back to the area about two years ago after living in Boston for five years. She and her husband Julian began attending First UMC this summer. Kristina enjoys outdoor activities such as hiking, cross-country skiing, and canoeing. She also enjoys reading, sewing, and traveling. She appreciates the values and beliefs here at First UMC.

- **Kelly Stark**: Kelly is a junior at the College of St. Scholastica, majoring in psychology and studying Occupational Therapy. She has worked with The United Methodist Committee on Relief at a children's home in Bolivia. Kelly's son Mateo is 4 and enjoys music, books, and Hot Wheels. He is playing in JAM and the Peanut Butter Band. Kelly and Mateo have felt warmly welcomed here at FUMC.





First United Methodist Church

First Family (USPS 349-210) is published monthly by First United Methodist Church, 230 E Skyline Pkwy, Duluth MN 55811-2799. Periodicals postage is paid at Duluth MN 55806.

POSTMASTER: Please send address changes to First Family, 230 E Skyline Pkwy, Duluth MN 55811-2799.

Weekly Our regular schedule

Sundays

- 8:45am Confirmation - begins 1/12
- 9:00am Faith Forum - begins 1/12
- Discovery & Exploration
- Parents Bible Study - St
- 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

Wednesdays

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

Thursdays

- 9:00am Faithfully Fit - EL
- 6:00pm T'ai Chi - LSH (CW 1/16)

Fridays

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

Saturdays

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

Tuesday, January 7

- 5:30pm Worship Committee - FSL

Day by Day Monthly and one-time events

Wednesday, January 8

- 10:00am Prayer Shawl Group - FSL

Thursday, January 9

- 1:00pm Deborah Circle - FSL

Saturday, January 11

- 9:00am Reiki Healing Group - TBC
- 11:00am Bldg Political Power MN - LSH

Monday, January 13

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

Tuesday, January 14

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

Wednesday, January 15

- 9:30am Naomi Circle - FSL

Thursday, January 16

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

Sunday, January 19

- 11:00am Annual Church Conf - S
- 12:00pm Foundation Annual Mtg - S

Monday, January 20

- 10:00am Rachel Circle - FSL
- 5:30pm Ruby's Committee - Lib

Thursday, January 23

- 5:30pm Finance Committee - St

Sunday, January 26

- 6:30pm Faith & Film - FSL

Monday, January 27

- 4:00pm FUMC Foundation - FSL
- 5:00pm Trustees - FSL
- 7:00pm First & Ten - FSL

Tuesday, January 28

- 2:00pm Loud Laughing Ladies - FSL



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

Our annual **Church Conference**, a time to celebrate this past year and look to the new one, will be held Sunday, January 19 immediately following our morning worship service. Please put this on your calendar and plan to attend.