



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.

Sale of Chester Park property completed

In case you have not yet heard, the sale of the Chester Park property was completed on February 5 when the final papers were signed. Stacey's Studio of Dance Education has purchased the Chester Park building and property.

The sale of the property to Stacey's Studio has been a long process which has included having the property declared a historic landmark in the City of Duluth, the approval of a new ordinance allowing for the re-purposing of such historic buildings, and the granting of a special use permit to the Studio.

We are delighted to see that the building will be a place of joy, education, and dance. We also recognize the mixed feelings we have as a significant place in the lives of many is no longer a church building. We are grateful to the people who were part of the Chester Park congregation for their years of good ministry there, and for the way they kept the building in such splendid shape.

Potluck March 30

Kid-crafted desserts will be sold for disaster relief

Stay after worship on Sunday, March 30 for an all-church potluck meal. Those whose last names start with A through L are encouraged to bring salads, while the M-Z'ers are asked to bring main dishes.

But don't bring desserts! Toward the end of the meal Discovery Kids will mingle with diners to offer tasty treats they've made in exchange for a donation to One Great Hour of Sharing. Relax, enjoy a great meal, and support our kids as they support a great cause.

Donations to One Great Hour of Sharing fund all administrative costs for UMCOR, the United Methodist Committee on Relief. This special offering ensures that 100% of every donation to UMCOR goes directly to disaster relief efforts. Together as United Methodists we are one of the primary relief organizations in the world!

Discovery Kids will bake and prepare the treats on March 23 and 30. Parents are welcome both Sundays to help with the baking and prep.

Donations of butter, all-purpose flour, cane sugar, eggs, and gallon and quart size slide-seal bags will be cheerfully accepted. Watch the bulletin for other supplies that may be needed.

Get help going home

A new program will help seniors and others with chronic illnesses make the transition from hospital to home. Linda Wiig and Linda Peterson will be transition coaches for FUMC folk leaving St. Luke's. *Learn more inside.*

**First United
Methodist Church**

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

March 2014



Shades of God

Our First Family

Church Lighting for February 16-22 was donated by Fred and Carolyn Glibbery in memory of loved ones and to benefit FUMC music programs.

Hospitalizations: Mary Ann Lucas-Houx, Sandy Hansen, Mable Ridgewell, Roger Downs

Deaths: Jim Coughlin, Don Davidson

Shiny Paper Collectors: Please use New Page bags, available in the church office, to collect shiny paper, benefiting FUMC ministries. If you haven't started yet, now is a great time to sign up.

Blood donors at FUMC have done it again! They were able to provide 18 units February 18 in our most recent blood drive. Memorial Blood Center was very appreciative, said parish nurse Linda Wiig, because so many sites and individual donors had to cancel because of the weather. Thanks to those who gave blood.

Volunteers from our church contributed 34 hours of service to the Northern Lakes Food Bank in 2013. Their work resulted in meals for over 44,000 Northland residents in need.

With the howling winds blowing fourteen-plus inches of new snow around, it is hard to imagine that Lent, the season in which we prepare ourselves for Easter, is just around the corner. In the traditions of an earlier time in the history of the Christian Church, Lent was a time of intense and intentional instruction for those coming into the church. It has often been a time of sharpened focus on one's spiritual life, and has often included giving something up or taking something on as a way to focus more intently on one's spiritual journey.

In recent years here at First UMC, we have designated a theme for Lent. This year's theme is "shades of God." Each Sunday during Lent we will explore together a different dimension of God. During the season we will explore what it might mean to play God, the feminine face of God, God as blowing wind/spirit, God as healer, God as life-giver, God of laughter and joy.

This may strike you as all quite abstract, but on a recent Sunday morning we read the words of Jesus, "Be perfect as your heavenly Father is perfect." As followers of Jesus we are invited to grow in God-likeness. The question then becomes, "What does this mean and what is God like?" By exploring shades of God, we ask not only about the nature of God but about our quality of spirit.

I invite you to this exciting time in the Christian calendar and to what can be an intriguing time in our lives and in our life together as a Jesus community.

Grace and Peace,

David

Morning Prayer *for worship on Sunday, March 2*

God of many names, none of which fully names you;
God of many guises, none of which fully represents you:
You work in our lives in myriad ways.

Like a whisper, you speak to our souls.

Like a gentle breeze, you move us in a certain direction.

Like a fire, you burn bright and you refine.

Like a healing rain, you soothe and cleanse.

God of many names, God of many guises, work in us by the power of your Spirit.
In Jesus. Amen.

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Next First Family deadline: March 21, 2014

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

Are you throwing school supplies in the trash?

The answer is “yes” if you aren’t clipping those Labels for Education coupons on Campbell’s soups and General Mills products. The UMW (United Methodist Women) at FUMC collect the coupons for Red Bird Mission.

“Clip them neatly or give us the entire label,” said UMW scribe Lee Ball. “We’re happy to wield our scissors for the kids at Red Bird.” The collection box is on the table behind the Welcome Center in the atrium.

Founded with just a school in 1921, the Red Bird Mission now has grown to a full-service mission of the United Methodist Church, the only one of its kind in the U.S. It serves approximately 14,000 people each year in three of the poorest counties in America. Thank you from the UMW for supporting this worthy project.

Wednesday Night Meals

Thank you to all the individuals and groups who have served and prepared meals so far this year. We have been 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*

Care transition coaches ready to help as you leave the hospital

from parish nurse Linda Wiig

Linda Peterson and I were recently certified as care transition coaches. As coaches we are part of a program that is affiliated with the Dr. Eric Colman group out of the University of Colorado. He is a gerontologist whose patients were informing him that they needed more help and information after their discharge from the hospital. He listened and formulated a plan that has now been active for 11 years. This evidence-based program is practiced in 43 states at over 900 institutions.

The program is designed to help people after they are discharged from a health care facility. Following hospital discharge, or discharge from an extended care/rehabilitation facility to home, patients often require care from different medical professionals in different settings. The program is designed to improve the continuity of care for persons with chronic conditions and ensure that they understand what is expected at home.

Twenty-five nurses in our regional parish nurse group received the training and will be working with St. Luke’s Hospital to begin. This service is free and will help you to recover, understand and manage medications better, keep from being readmitted to the hospital for the same problem, make a plan for follow-up with your primary physician, and maintain good care of yourself.

This program will be active for 30 days and will include

- a visit in the hospital before discharge. This is where we ask your help: **please let the hospital nurses know** that the transition coach attached to your church should be called. Again, if you are a patient at St. Luke’s, this program is for you.
- a personal health care record to help manage your condition.
- a home visit at a mutually agreed time. Your transition coach will go over your discharge instructions and begin filling in your personal health record by listing all your current medications. We will also explore what you would like to accomplish within the next 30 days and identify any symptoms you should watch for.
- three phone calls within that first 30 days to go over items identified in your personal health record.

We will not be providing any hands-on-care (skilled nursing services). As coaches we work with you and your caregiver, if you have one, to help you be better prepared to take care of your own health conditions and to get your needs met.

Don’t hesitate to ask questions about this program. Linda and I will be happy to discuss this with you.

Coaches work with you to help you take care of your own health conditions and get your needs met.

Missionary Update

Graners relocate, plan to visit here

For many years, First United Methodist Church has supported, through a line item in our budget, the work of United Methodist missionaries Gordon and Ardell Graner.

Until recently the Graners had been working in Bolivia, but have now relocated to the Dominican Republic. Their work there has included the beginning of a new program to reach children in need.

The Graners plan to visit First United Methodist Church in early September to update us on their work.



The Discovery focus for March is "Walking on Water," the miracle/compassion story from Matthew 14:22–33, where Jesus rejoins the disciples by walking out to their boat *on the water!*

You may recall that Peter joins Jesus on the water, but his fear causes him to start to sink.

Might Jesus be showing modern disciples how to invite others "into the waters"? Might he be demonstrating how modern disciples should keep our focus on positive influences in our lives?

All kids are invited to discover more about this story in Discovery this month.

Bible Sleuth Challenge:

Eli Redepenning, Drew Stein, Annika Swanson, Maya Swanson, and Holland Venhuizen have completed Level 1, and Mayson Whitlock has completed Level 2.

Coming Up in March

Ruby's Pantry this month will be on Thursday, March 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.

The First and Ten men's group will meet on March 10 and 24. The group will also be serving the noon meal at the Damiano Center on Saturday, March 22. The Damiano shift will be 8:30am to 1:30pm. If you might be interested in helping at the Damiano, please contact Pastor David.

Faith and Film: In what's intended as a sign of hope, March's Faith and Film feature will be about a sport played on green grass in the summer. *Trouble With the Curve* is a movie about baseball, but more importantly it is a movie about a father and a daughter. Clint Eastwood, Amy Adams and Justin Timberlake star in this PG-13 film. Film rolls at 6:30pm on Sunday, March 23; popcorn provided.

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.

Snowshoes in a variety of sizes will be available, 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.

You can sign up and get pledge forms at church on Sundays. Look for the CROP Walk table in the narthex..

A Quick Look at March

- 2:** Communion Sunday
Make a Joyful Noise concert, 3pm
- 5:** Ash Wednesday, Worship 7pm
- 9:** CROP Walk, UMD
- 11:** Church Council
- 13:** JRLC Day on the Hill
- 20:** Ruby's Pantry
- 23:** Faith and Film, *Trouble With The Curve*
- 30:** Congregational Celebration
One Great Hour of Sharing

FUMC Operating Budget

Year-to-Date January 31, 2013

	Actual	Budget
Income		
Envelope/Plate Giving	\$ 31,852.16	\$ 31,812.50
Other Operating Income	<u>4,540.00</u>	<u>10,418.35</u>
Total Income	\$ 36,692.16	\$ 42,230.85
Expense		
Total Expense	\$ 51,026.01	\$ 48,179.89
Net Income	<u>(\$ 14,633.85)</u>	<u>(\$ 5,949.04)</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, presenters will use the parable to explore a particular life topic. 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 Sundays in the Fireside Lounge.

March 2: Steve Hansen on Morality: Matthew 13:47-50. God's dragnet is the church, and so we are a mixed bag. We will learn more about what it means to be inclusive.

March 9: Karen Jeanette on Personal Mission: Matthew 5:14-15. How might we be the kind of light Jesus invites us to be? How can we let our light shine to those we meet?

March 16: Tom Wiig on Moral Leadership: Matthew 18:21-35. Life is about forgiving others as we have been forgiven. We will learn more about the wonderful gift of grace.

March 23: Cindy Hedlund on Optimism: Matthew 13:31-32. Making a difference because we have been here – that's a worthy goal. We'll learn more about the impact that one person can have.

March 30: Marilew Barnidge on Procrastination: Matthew 25:1-13. There can be few words as painful as "too late." How do we pay attention to timely warnings?

MUSIC AT THE COPPERTOP



And a joyful noise it will be when all the forces of FUMC music come together in concert this Sunday, March 2. This Sunday afternoon concert will feature your favorite singers, ringers, and instrumentalists from FUMC Duluth's music groups: Tapestry, the choir, Velda Graham Bell on organ and Mary Anne Korsch on piano, and handbell ensembles from the Ringtones to Strikepoint.

You'll hear the complex precision of a Bach fugue and Tapestry's unrestrained "Wade in the Water," be charmed by JAM and the Peanut Butter Band, and enjoy the Minnesota choral tradition in the sounds of the Sanctuary Choir. Five handbell groups will bring you sounds of Africa, Brazil, and Cape Canaveral—and this is just a sample.

One of the joys of FUMC Duluth music is collaboration between and among groups, and you'll hear plenty of that this Sunday. The final piece of the concert will be an arrangement of a congregational favorite, "We Are Called," with Strikepoint, Tapestry, organ, and the choir. The arranger of the piece is Strikepoint ringer Graeme Shields—who is also one of our night custodians. Graeme is a senior music theory and composition major from UMD.

A freewill offering will be taken, and proceeds of the concert and sales of a live recording will go to help purchase needed improvements in the sanctuary sound system. The old one, parts of which go back to 1966, just isn't up to the full power of FUMC's joyful noise.

You won't want to miss this concert. Come, and bring your friends.

Psalm 100: Make a joyful noise to the Lord, all the earth. Worship the Lord with gladness; come into his presence with singing.

Know that the Lord is God. It is he that made us, and we are his; we are his people, and the sheep of his pasture.

Enter his gates with thanksgiving, and his courts with praise. Give thanks to him, bless his name.

For the Lord is good; his steadfast love endures forever, and his faithfulness to all generations.



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
12:30pm Strikepoint reh - BR
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 3/20)

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

Sunday, March 2

10:00am Communion during worship - S
3:00pm Make a Joyful Noise - S

Wednesday, March 5

9:30am UMW Board - EL
7:00pm Ash Wednesday Worship - S

Saturday, March 8

9:00am Reiki Healing - TBC

Monday, March 10

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

Tuesday, March 11

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

Wednesday, March 12

9:30am Prayer Shawl Ministry - FSL

Thursday, March 13

1:00pm Deborah Circle - FSL

Monday, March 17

10:00am Rachel Circle - FSL

Wednesday, March 19

9:30am Naomi Circle - FSL

Thursday, March 20

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

Saturday, March 22

3:00pm Tintinnabula Concert - S

Monday, March 24

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

Tuesday, March 25

2:00pm Loud, Laughing Ladies - FSL

Thursday, March 27

5:45pm Finance Committee - St

Saturday, March 29

9:00am Circle of Hope Sale - LSH

Sunday, March 30

11:00am Congregational Potluck - LSH
6:30pm Faith & Film - 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 musical extravaganza is this
Sunday, March 2 at 3pm. See you there!