



## Our First Family

**Hospitalization:** Sandy Hansen

**Death:** Scott Carl Davidson, son of Karen Morgan on February 10, 2015.

**Church Lighting**

• February 22-28: Fred & Carolyn Glibbery in memory of loved ones, to benefit music at FUMC

• March 1-7: Robert Ballou in memory of Barbara and Jane Ballou, to benefit CHUM

• March 29-April 11: Deborah Circle in memory of Joni Brown Woodward, Bill Wolden, and Don Davidson, to benefit church utility costs

*You can remember or honor someone with a \$40 donation to light the church. Half goes to the church or community ministry of your choice and half to pay church utility bills. Contact the church office to set up your week.*

## Pastor's Pen

### Dust and Stardust

We gathered for worship on Wednesday, February 18. We don't often come for worship mid-week, but it was Ash Wednesday, the beginning of Lent, that forty-day season, excluding Sundays, that leads up to Easter. On Ash Wednesday, we share communion. On Ash Wednesday, ashes are placed on the hands or foreheads of worshippers.

Traditionally, the pastor or priest says, "You are dust and to dust you shall return." It is a reminder of our mortality. It has become my practice to say, "You are dust and stardust." Yes, we are mortal, but there is something in us that connects us with the very elements that make up the stars.

The phrase, "You are dust and stardust" for me captures the penetrating insight into the human condition offered by Ernest Becker in *The Denial of Death* (and Becker wrote before inclusive language became common):

Man has a symbolic identity that brings him sharply out of nature. He is a symbolic self, a creature with a name, a life history. He is a creator with a mind that soars out to speculate about atoms and infinity, who can place himself imaginatively at a point in space and contemplate, bemusedly, his own planet. This immense expansion, this dexterity, this ethereality, this self-consciousness gives to man literally the status of a small god in nature.... Yet, at the same time... man is a worm, and food for worms.... He is out of nature and hopelessly in it; he is dual, up in the stars and yet housed in a heart-pumping, breath-grasping body that once belonged to a fish and still carries the gill-marks to prove it.

It is a lot quicker to say, "You are dust and stardust"! This unique being that we are is also related to God. We somehow carry within us the very breath of God, in the imagery from one of the creation stories in Genesis. Lent invites us to consider more deeply what it means to be human in relationship to God. continued next page

## 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: **March 20**  
Submit to connect@fumcduluth.com

[fumcduluth.com](http://fumcduluth.com)

## 2015 CROP Walk

Sunday, March 8 brings the Duluth CROP Walk, Ski, Sled, and Snowshoe event, sponsored by United Campus Ministry at UMD.

Registration begins at 1:30 p.m. at Bagley Nature Center on the UMD campus right off of St. Marie Street. The trail is about 1 mile long, and you can walk or bring your skis or snowshoes. There is a sliding hill for kids, and an indoor option through the campus. Hot chocolate and an outdoor fire with marshmallows will help everyone warm up.

The CROP Walk raises money and awareness for those who do not have enough to eat around the world and here in Duluth. Pledge forms are available in the church office.

## Dust and Stardust *continued*

As I was reminding people of their mortality and potentiality, I could not help but think of the coming days, where I would confront human mortality starkly. On the Friday following Ash Wednesday, I would officiate at the funeral of a 13-year-old who had taken his own life, apparently in response to being bullied. On that Saturday, I would officiate at the memorial service for a 46-year-old man who died unexpectedly.

You are dust and to dust you shall return, but where is God when life ends so abruptly and so tragically? Lent can also be a time to ponder hard questions.

So it will be with us. As Lent continues, we will be seeking to deepen our relationship with the God of Jesus Christ, and doing so by pondering some difficult questions. Where is God when...? What does God see when life...?

Here are some of the specific topics: Where is God and what does God see when there seems no way forward? Where is God and what does God see when we feel let down? Where is God and what does God see when we mess up? Where is God and what does God see when people die? Where is God and what does God see when we are on the roller coaster of life?

Wondering? That's as it should be for a being who is dust and stardust.

Grace and Peace As We Journey Together,

David

## New youth director: Jordan Duncan

By now we hope you have heard that Jordan Duncan is our new youth director here at First UMC. Jordan is a Junior Communications Disorders major at UMD. She brings with her experience as a swimming coach and as a Christian summer camp counselor.

Jordan will be meeting with the youth each Wednesday night at 6:30 pm in Club Wesley on the social hall level of the church. Parents are also invited to stop by and meet Jordan.

## Ruby's Pantry

Ruby's Pantry this month will be Thursday, March 19. 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. Ruby's Pantry Coppertop is now on Facebook.

## Faith and Film for March

March 22, the fourth Sunday in March, will be the night for Faith and Film. The feature for the evening will be "Wish I Was Here" (rated R) starring Zach Braff, Kate Hudson, and Mandy Patinkin. This funny and heart-warming film is about love, family, and dreams. Film rolls at 6:30 in the downstairs Theater; popcorn provided.

## Faith Forum –

### ***What a Character***

In the Winter/Spring's Faith Forum series, "What a Character," presenters share something of the story of one of the characters from the New Testament.

More than a history lesson, the presentation uses that character's story to discuss contemporary issues of faith and life.

Look for these programs in March:

1: Anne Miller on Mary Magdalene

8: Dale Stahl on Barnabas

15: David Craig on Andrew

22: Ron Yardley on John the Baptist

29: Allen Anway on Thomas

(5: Easter, no Faith Forum)

## Families & Kids

### **Heal Your World, Book 2**

You may remember that eight First UMC children and youth had drawings published in last year's *Heal Your World for Children*, edited by Heaven Leigh. Her goal for the book is to allow children's voices to be heard as they seek to find solutions to the problems facing their generation.

Discovery Kids in K-5 and Exploration youth have been invited to participate in Book 2 of Heaven's series. They will gather from 9-10am March 8 and 22 to share their insights and dreams about issues affecting children in the world.

During the first session, the larger group will divide into three small groups to discuss not only problems they identify but also potential solutions. Pencil sketches generated that day will become finished art at the second session on March 22 and will be submitted for publication in the second book.

### **Empty Bowl Painting**

Parents and Kids will work together to paint bowls to donate to the Second Harvest Empty Bowl fundraiser.

After painting your bowl, you may choose to purchase it to keep for yourself (\$15) or donate your bowl to the Empty Bowl fundraiser and get a free ticket to the Empty Bowl event. Either way, Second Harvest benefits from your creativity and care.

All ages are welcome. Meet at Pottery Burn, 5094 Miller Trunk Highway, Hermantown, from 11 am till 2 pm Saturday, March 28.

## **Bullies, Teen Suicide: What can we do?**

*Linda Wiig, Parish Nurse*

Within the last two weeks a memorial service was held at our church for a 13-year-old who committed suicide. He was a child who was bullied.

He was a child beloved by his parents, and family, and many friends. He was a Scout, he hunted, 4-wheeled, loved to go to the cabin, participated in robotics, had earned citizenship awards and recognition from the President's Council for Academics—and yet this young man felt the need to take his own life.

Bullying is unwanted, aggressive behavior among school-aged kids that involves a real or perceived power imbalance. This occurs repeatedly over time. The bullies and those they bully can and do have lasting problems. Kids who bully use their power, which can be physical strength, popularity, or access to embarrassing information.

What does one look for? Are there warning signs that are being demonstrated by the teen that they are being bullied or contemplating suicide?

Signs may include unexplained injuries, frequent headaches, feeling sick, changes in eating habits, difficulty sleeping, declining grades, not wanting to go to school, harming themselves, or talking about suicide.

To help prevent bullying, adults and students must identify and respond. Schools, parents, and community organizations must respond.

*Many kids don't ask for help.* Statistics from the "2012 Indicators of School Crime and Safety" show that an adult was notified in *less than half* of bullying incidents.

Talking to friends or family members about their suicidal thoughts and feelings can be extremely difficult for anyone. If you are unsure whether someone is suicidal, the best way to find out is to *ask*. Giving the person the opportunity to express his or her feelings can provide relief and may prevent an attempt.

Communicate your concern. Your message should be, "I'm here for you; you're not alone in this; I want to help; I don't exactly know how you feel, but I care about you."

You must really listen, offer hope, and be non-judgmental, patient, and calm. Thoughts of suicide are temporary, and help is available.

Do your children know that at any time between noon and midnight they can contact TXT4LIFE to text with a trained professional about their problem or a friend's? Have your children enter it into their phones: Text "LIFE" to 61222.

## Can I get an “Amen”?

About 230 people attended the delightful choral concert presented on Sunday afternoon, February 8, by our Sanctuary Choir and the Northwestern High School Chamber Choir.

As a tribute to Black History Month, the combined choir of 70 sang Robert Ray’s “Gospel Mass,” as well as individual anthems from the African American spiritual, blues, and Gospel traditions.

Thank you to both choirs for sharing their wonderful music with us, and special thanks to Mike Goodlet for making arrangements for his high school chamber choir to join us, as well as conducting the combined choir.

The next and final concert in FUMC’s 2014-15 concert series is an “Organ Plus” concert on Sunday, April 26 at 3 pm. This concert, featuring our organist and Director of Music Velda Graham Bell, will explore repertoire composed for organ with other instruments.

## One Great Hour of Sharing

For more than 50 years, United Methodist congregations have been taking part in a special One Great Hour of Sharing offering, laying the foundation for the United Methodist Committee on Relief’s ministry of relief and hope. Donations UMCOR receives through this offering, along with other undesignated gifts made throughout the year, cover our costs of doing business. Gifts like yours make it possible for UMCOR to use 100% of all other contributions on the projects donors specify, instead of on administrative or fundraising costs.

We will take the One Great Hour of Sharing offering on Sunday, March 22.

In addition, Discovery Kids and Exploration Youth will offer church-made cookies and treats after worship on Sunday, March 15. Your generous donations for these treats will go to the One Great Hour of Sharing offering.

Want to help with this project? We have one more day of preparing and baking on March 15 at 9 am. Come join us in the church kitchen.

## March is Food Share Month

For more than 30 years, the Minnesota Food Share Campaign during March has partnered with local food shelves to bring food to those in need in communities throughout the state. The March Campaign brings together hundreds of companies, civic groups, schools and congregations to help keep 300 food shelves statewide stocked throughout the year.

Locally, by combining our dollars with the dollars provided through the Food Share incentive match, the CHUM Emergency Food Shelf can continue to provide essential help for those who visit.

The CHUM food shelf budget is \$453,126, half of which is food contributions. During 2015 we need to raise \$170,926 in cash

contributions. Last March the CHUM food shelf raised \$139,000, including the incentive match from the MN FoodShare Campaign.

You are invited to bring cash and food donations to the church anytime during March. First UMC is asking our members who wish to bring food donations to bring fruit needed by the food shelf: canned pears, fruit cocktail, pineapple, or mandarin oranges.

### FUMC Operating Budget

Year-to-Date January 31, 2015

	Actual	Budget
<b>Income</b>		
Envelope/Plate Giving	\$ 34,809.66	\$ 31,210.75
Other Operating Income	<u>6,886.00</u>	<u>13,634.91</u>
Total Income	\$ 41,695.66	\$ 44,945.66
<b>Expense</b>		
Total Expense	<u>\$ 51,688.26</u>	<u>\$ 47,486.40</u>
<b>Net Income</b>	<u>(\$ 9,992.60)</u>	<u>(\$ 2,640.74)</u>

All apportionments, taxes, benevolences and payables YTD have been paid. Two months worth of electric bills were paid in the calendar month of January. New computers and a new firewall were purchased in January and those costs will be reimbursed by the Trustees.



# 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

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### Sundays

8:45am Confirmation - CW  
9:00am Faith Forum - FSL  
9:00am Discovery & Exploration - LL  
9:50am Prayer Team - TBC  
10:00am Worship - S  
Wee Wonder - 105  
11:30am Strikepoint - BR  
3:30pm T'ai Chi - LSH we

### Mondays

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

### Tuesdays

8:00am Menís 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 3/19)

### Fridays

9:00am Alcoholics Anonymous - TBC

### Saturdays

9:00am T'ai Chi - LSH we

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

## Day by Day Monthly & one-time

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### Wednesday, March 4

9:30am UMW Board Meeting - Lib

### Monday, March 9

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

### Tuesday, March 10

2:30pm Loud, Laughing Ladies - FSL  
6:00pm Church Council - FSL

### Wednesday, March 11

9:30am Prayer Shawl Ministry - FSL

### Thursday, March 12

1:00pm Deborah Circle - FSL

### Saturday, March 14

9:00am Reiki Community Healing - TBC

### Monday, March 16

10:00am Rachel Circle - FSL

### Wednesday, March 18

9:30am Naomi Circle - FSL

### Thursday, March 19

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

### Sunday, March 22

6:30pm Faith & Film - Theater

### Monday, March 23

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

### Tuesday, March 24

2:30pm Loud, Laughing Ladies - FSL

### Thursday, March 26

5:00pm Finance Committee - St

### Saturday, March 28

9:00am Circle of Hope Clothing Sale - LSH