



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.

March 2016

Easter Worship, March 27

We will celebrate Easter, the most joyous day in the Christian year, with two worship services, at 9 am and 11 am. We hope you will plan to celebrate the resurrection of Jesus with us that morning, and we hope you will consider inviting friends to join you.

Holy Week Events/Worship

Palm Parade: Young and old are welcome to join in the “hosannas” on Palm Sunday, March 20. Gather in the back of the church to get a palm and join the procession near the beginning of worship.

Maundy Thursday: Worship with Communion, 7 pm

Prayer Vigil: Thursday 8 pm to Friday noon. Sign up for an hour to pray either here at the church, in the chapel or sanctuary, or at home. Guides to prayer will be available. Sign-up will begin in early March.

Good Friday: Worship, noon in the Three Brothers Chapel

Easter Eggstravaganza: Children and their families will gather in Room 105 for Easter fun, including crafts and egg hunts for little ones and older kids. Come anytime between 10 and 10:45 am.

Muffin fellowship time will be held between services 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.



**First United
Methodist Church**

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



Pastor's Pen

Hope at Easter

Our First Family

Births: Laura Luisa LeonGuerrero, daughter of Kelly & Mark LeonGuerrero, February 4, 2016; Aiden Davis, son of Sarah Walker & Billy Davis, February 11, 2016

Hospitalizations: Fred Glibbery, Anita Zager

Deaths: Joyce Eaton, Carolyn Glibbery, Lois Mosiniak

Church Lighting:

- March 20-26 in memory of Carolyn Glibbery from the 2X2s Couples Club to benefit FUMC's music programs
- March 27-April 2 in memory of Lucille "Lu" Ronchak from Deborah Circle to benefit FUMC's Parish Nurse program

Card of Thanks: Thanks to Jan and Don Gibson for bringing us the gift bag full of Valentine treats contributed by many people. We appreciate your thoughtfulness.. — Barb and Warren Tyacke

Bring your sweet tooth to church on on Sunday, March 13 for the annual One Great Hour of Sharing Bake and Sweet Sale. Individuals and families will be preparing the sweets on Sundays, Feb 28 and Mar 6, during the 9 am hour. Donations for the treats will be taken on March 13 with proceeds going to the OGHS offering.

*History says, "Don't hope
On this side of the grave."* **Seamus Heaney**

Quoyle experienced moments in all colors, uttered brilliancies, paid attention to the rich sound of waves counting stones, he laughed and wept, noticed sunsets, heard music in the rain, said I do. For if Jack Buggit could escape from the pickle jar, if a bird with a broken neck could fly away, what else might be possible?

Annie Proulx, *The Shipping News*

And now faith, hope, and love abide, these three.

I Corinthians 13:13

I am writing this on a gloomy, rainy day. An unusually warm February day has led to rain. Snow is melting, but I know that spring is weeks away. All the water dripping everywhere will freeze, and in the meantime it is slushy and gray.

That's just the weather sometimes. It is also our inner weather sometimes. There are times when we know gray, slush, drizzle in our hearts and souls.

Sometimes we feel this way as part of our grief over a significant loss. Sometimes we feel this way because we have messed up, and feel the guilt of that. Sometimes we feel this way because we have been hurt.

Perhaps there are days when we feel this way because we look at the world around us and it seems like spring is a long while away. Where is the springtime of human compassion instead of deep divisions? Where is the springtime of people coming together to create and celebrate beauty instead of gathering for war? Where is the springtime of respectful conversation about important issues instead of schoolyard taunts?

History says, "Don't hope on this side of the grave."

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First Family

First United Methodist Church

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Pastor: Dr. David A. Bard



Next First Family deadline: **March 25**
Submit to connect@fumcduluth.com

fumcduluth.com

Pastor's Pen, continued

Though we know such feelings as I've described, they are not the last word. Seamus Heaney's poem does not leave us hopeless, but moves from the cautionary tale of history to a word of hope. *So hope for a great sea-change/On the far side of revenge.* His poem ends with a feeling that there are times when "hope and history rhyme."

I think of the novel *The Shipping News*, the story of a man named Quoyale whose very name connotes a life tied up in knots. It ends with hope, new life, new vision – moments in all colors, brilliancies, wonderful sounds heard, sunsets seen. What else might be possible?

That's the message at the heart of Easter: hope, possibility, new life, new vision, springtime for our souls, a little bit of springtime for the world. Because of the resurrection, there is always hope, even when life feels all drizzly and gray.

Because of the resurrection, we trust that one day, hope and history will rhyme perfectly, and until then, we work to help it rhyme sometimes. Because of the resurrection, hope is as lasting as faith and love.

Hope is at the heart of Easter. Who of us in our day and time can't use a little bit more hope?

Join us as we celebrate this hopeful day. Bring a friend who might also need a little hope, or even a lot of hope.

Grace and Peace.
David

Living Into the Difficult: Race, Diversity, and Duluth for All

On Saturday, March 12, you are invited to join Dr. Melanie Harris, AME pastor and Professor of Religion and Ethics, and Dr. Jennifer Harvey, Professor of Religion and American Baptist pastor, as we are guided into a racial justice analysis of our community and the ways we are called to be about the work of healing as people of faith. The event, at Peace UCC, will begin at 8:30 am with a fellowship time and conclude at 4:30 pm. First UMC is one of the sponsoring congregations for this event.

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.

Lent: 'Challenging Emotions'

During the Lenten season, Pastor David's sermons are focusing 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 the remaining Sundays of Lent:

March 6: Jousting with Jealousy

March 13: Tackling Turmoil

March 20: Grappling with Grief

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 our donors specify, instead of on administrative or fundraising costs.

We will take the One Great Hour of Sharing offering on Sunday, March 13.

This month at First UMC

Quick Look at March

6: Worship with Communion

8: Church Council, 6 pm

12: Living Into the Difficult: Race, Diversity and Duluth for All, Workshop at Peace UCC, 8:30 am

13: One Great Hour of Sharing

13: Soup Luncheon for Donahue Scholarship

17: Ruby's Pantry

20: Palm/Passion Sunday

24: Maundy Thursday Worship, 7 pm

24-25: Holy Week Prayer Vigil

25: Good Friday Worship, Noon

26: Clayton, Jackson, McGhie dinner (Duluth community event)

27: Easter Sunday, worship at 9 and 11

Coming in April

3: Worship with Communion

12: Church Council

15: Game Night

21: Ruby's Pantry

24: Faith and Film, "The Way"

29: Spring Roast Beef Dinner

Wednesday Bible Study

Our Wednesday evening Bible Study continues to meet at 5:30 pm 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.

Faith Forum

"Life Lessons: What Can the Bible Teach Us About..."

The winter/spring Faith Forum series is using Biblical texts to help us think about important life topics. Each presenter makes use of passages from the Bible to help us consider life lessons. Faith Forum is every Sunday morning at 9 am in the Fireside Lounge.

March 6: Tolerance, Laurie Ash; **March 13:** Grace, Kate Campbell;

March 20: Hope, Allen Anway; **March 27:** No Faith Forum, Easter Sunday; **April 3:** Troubles, Cindy Hedlund.

Church Council

First UMC Church Council will meet Tuesday, March 8 at 6 pm.

Ruby's Pantry

Ruby's Pantry for February will be Thursday March 17. 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 on Facebook at <https://www.facebook.com/rubyspantrycoppertop>.

Faith and Film

There will be no Faith and Film night in March. Faith and Film will resume in April, on the 24th, with a showing and discussion of "The Way" starring Martin Sheen. More information in next month's *First Family*.

First and Ten

The First and Ten Men's Group will meet on March 14 and 28. 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*.

Confirmation

Confirmation for eighth and ninth grade youth continues each Sunday morning at 8:45 am in the Club Wesley Room on the social hall level of the church. Pastor David and Julie Bard are teaching the class. Please contact them with any questions.

CHUM 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.

Last year we easily exceeded our 70 basket goal, so we are going for 100 this year. Donations can be brought to the church office or placed in the Easter Basket at the Welcome Center.

Here is what is needed: 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).

Exploring monarchs

An event in Lakeview Social Hall on Saturday, May 21 will explore the world of Monarch butterflies.

Hear a guest speaker from the U of M, get free milkweed seeds and plants, have your face painted, and watch a PBS video on monarch butterflies.

T-shirts, books about monarchs, art activities and projects, and nectar-rich flowers will all be available.

Carolyn Schroeder and Kent & Mary Giese, FUMC members who belong to the

Duluth Monarch Buddies, tell us to expect lots and lots of fun. See one of them if you are interested in joining this new local group.



Health Notes: Weighty Thoughts

Linda Wiig, Parish Nurse

A 2007 report by the International Food Information Council indicates that 66% of Americans are concerned with their weight and that 56% are actively trying to lose weight. A government report from 2006 shows that 66% of adults in the US are either overweight or obese. Basically being overweight usually means that you are consuming more calories than you burn. Sure, genetics play a role as do medications, and the environment and culture, but more often than not it's self-control and overeating that cause the weight gain.

It's now March. Did you make a resolution to lose weight? Have you lost hope in your weight loss efforts? Do you lack self-control in your eating or are you an emotional eater? Did you start a new exercise program that you feel is not working for you and you are no longer doing the program? The power of positive thinking is enormous. If you have a defeatist attitude and you continue a negative attitude, your chances at being effective plummet.

Many people's eating habits and weight are related to how they handle stress and strong emotions. In fact, a 2006 survey conducted by the American Psychological Association showed that 31% of women and 19% of men are "comfort eaters." I'm in this category!

A passage in John says: I am the bread of life. Whoever comes to me will never be hungry again. Whoever believes in me will never be thirsty. John 6:35

When we continue to turn to food to cope with stress and emotions it becomes a habit. When we're stressed or upset, God does not want us to go to the refrigerator! He wants us to go to Him to meet what really may be a spiritual or emotional need. When we need a place of security or safety He wants to be that place for us.

What do we do? Find a quiet spot, read, meditate, go for a walk outside and be awed by the beauty, get rid of sweet snacks and processed foods, call a friend and laugh together.

Stand in front of a mirror and say, "I like myself, and I can do this." Practice positive self talk—it will do your body good!

FUMC Operating Budget

Year-to-Date January 31, 2016

	Actual	Budget
Income		
Envelope/Plate Giving	\$ 37,422.33	\$ 32,771.29
Other Operating Income	<u>3,851.00</u>	<u>8,711.92</u>
Total Income	\$ 41,273.33	\$ 41,483.21
Expense		
Total Expense	<u>\$ 44,712.19</u>	<u>\$ 48,527.38</u>
Net Income	<u>(\$ 3,438.86)</u>	<u>(\$ 7,044.17)</u>

All taxes and payables YTD have been paid.



First United Methodist Church

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

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
10:15am Wee Wonder - 105
11:00am Family Ministries - TBA (4th Sunday)
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 & the PB 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

6:30pm BeTwixt
7:30pm Sanctuary Choir - EL
7:40pm Class Ring - BR

Thursdays

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

Fridays

9:00am Alcoholics Anonymous - TBC

Saturdays

9:00am T'ai Chi - LSH we

Day by Day Monthly & one-time

Wednesday, March 2

9:30am UMW Board Meeting - Lib

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

8:00pm Prayer Vigil - TBC

Tuesday, March 8

2:00pm Loud, Laughing Ladies - FSL

Wednesday, March 16
9:30am Naomi Circle - FSL

Friday, March 25

7:00am Prayer Vigil - S
12:00pm Good Friday Service - TBC

Wednesday, March 9

9:30am Prayer Shawl Ministry - FSL

Thursday, March 17
4:00pm Ruby's Pantry - LSH, S

Saturday, March 26

9:00am Circle of Hope Sale - LSH

Thursday, March 10

1:00pm Alzheimers Caregivers - Lib

Monday, March 21
10:00am Rachel Circle - FSL
5:00pm Trustees - FSL

Sunday, March 27

9:00am Easter Worship - S
10:00am Mini-Scramble - 105, MR
11:00am Easter Worship - S

Saturday, March 12

9:00am Community Healing Circle - TBC

Tuesday, March 22
2:00pm Loud, Laughing Ladies - FSL

Monday, March 28

7:00pm First & Ten - FSL

Sunday, March 13

11:30am Lunch for Donahue Scholarship
4:30pm Toning Circle - TBC

Thursday, March 24
5:00pm Finance Committee - St
7:00pm Maundy Thursday Worship - S

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

Monday, March 14