



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.

Spring Roast Beef Dinner

Wednesday, May 7, 4:30pm - 7pm

Opportunities to help Feel free to choose more than one!

Before/after worship on Sundays:

- Sign up to volunteer
- Buy your tickets or pick some up to take & sell

New: Now buy tickets with your credit or debit card!

Sunday, May 4 is Cookie Day

- After worship until 2pm: Bake chocolate chip cookies to sell during the dinner.
- Earlier that week: Make cookie dough and bring Sunday, May 4. Pick up chocolate chip cookie recipe and make a double batch.

Tuesday, May 6 is Pie Day

- | | | |
|-------------------------|---------------|-------------------------------------|
| 9am-noon | • Peel apples | • Set tables/make table decorations |
| 9am-3pm (Come any time) | | • Bake pies |

Wednesday, May 7 is Dinner Day

- 7:30am-11am: Trim beef, prepare food, wash dishes
- Noon-4pm kitchen help: Cut meat, make potatoes and gravy, set the tables with pickles, bread and butter, put out signs outside
- 4pm-6pm and new shift 6pm-9pm: Kitchen help to cut meat and make potatoes, gravy, and corn. Dining room servers, plate fillers, carry out/drive thru runners and fillers, youth runners; cooks, dishwashers, traffic controllers, greeters.
- 7pm-9pm: Clean up dining room, drive thru area, pie room, and kitchen, wash dishes, sweep and mop all floors

If you show up at a different time, we will find a job for you!

Other ways to help out:

- **Sell tickets** to family, friends, and co-workers, or treat your staff or your helpful neighbors. Get packs of 10 at the sign-up table.
- **Post flyers** around your work (available at volunteer sign-up table)
- **Use Facebook/email** to invite friends to dinner

All volunteers:

- Please park on the day care side of building.
- *This is a fundraiser.* Please purchase a ticket in advance or at the door and enjoy the meal before or after your shift. (Youth only enjoy the dinner compliments of FUMC.)

First United Methodist Church

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

May 2014



Our First Family

Hospitalizations: Kristi Brown, Wauneta Averill, Irene Najjar

Death: Larry Villars on April 7, 2014. Condolences to spouse Patti and mother-in-law E. Darlene Brown.

Baptisms: Quinnlyn Hill, daughter of Bryan & Kelli Hill, April 20; Emily Walker, daughter of Felicia & Dan Walker, April 27

New members joining April 27: Felicia Walker (daughter Emily), Brian & Kelli Klocke (daughter Madeline), Ariel Johnson

Graduates: Do you know someone from our First family who will be graduating from high school, college, or grad school this year? Please call (727-5021) or email (info@fumcduluth.com) the church office with your information by Wednesday, May 14.

Graduates will be recognized in worship Sunday, June 1, and in the next First Family.

Save the Date: Adventure Day Camp and FUMC Preschool Camp are coming up July 28-31.

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First United Methodist Church
230 E. Skyline Parkway
Duluth, MN 55811

Pastor's Pen

Help, Wow, and especially Thanks

It happens every so often that Holy Week and the newsletter deadline coincide. It happened this year.

Here are my priorities for writing at such times: (1) Easter sermon, (2) Good Friday and/or Maundy Thursday sermons, (3) newsletter. So I went into Thursday night's prayer vigil without yet having written my newsletter article, and not even sure what I wanted to say. Truth be told, I still had work to do on my Easter sermon.

My experience at the prayer vigil, however, is something I want to share with you—and no, my first prayer that night was not "God, please give me something to write about for the newsletter."

Julie and I took the midnight to 1 a.m. prayer vigil time. I began that time with twenty minutes of meditative prayer. Then I moved into a different mode. I brought our new church directory with me and I was going to use that to pray for you and for us all. My intention was to pray for each person and each family that they would experience well-being and growth in their lives.

It started off well enough, but before long, while I continued to pray for well-being and growth, I could not help but pray prayers of deep gratitude for you all. Often a picture or a name (I do not just pray for people who had their picture taken) would bring back some delightful memory, and caused a smile to burst across my face. I have decided smiling can be a wonderful form of praying. There were times when my heart broke when I recalled people going through difficult times, and thought about people who are no longer with us.

My feelings of gratitude for all of you, and for what we have been doing together as a church for eight and a half years as we have sought to follow Jesus, were a wonderful part of my prayer vigil.

The frosting on the cake came as I then reached into the prayer request box. There I discovered a number of heartfelt requests for others and was privileged to pray for those persons. As I unfolded one sheet, though, I was very moved. It simply said, "Pastor David." Thank you all for your prayers, and for the church we are creating here together.

This month will be yet another special time in our life together as we welcome young people into a new relationship to the church through confirmation. I don't want to say we will welcome them into the church, because they are already a part of us, but we do welcome

continued next page

218/727-5021

Pastor: Dr. David Bard

www.fumcduluth.com info@fumcduluth.com

Next First Family deadline: May 23, 2014

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

Pastor's Pen, continued

them into a new relationship as they confirm their faith and make decisions about church membership.

Confirmation Sunday will be May 11 and this year's ninth grade confirmation class includes **Drew Adamec, Robbie Blade, Jeremy Flaherty, Oscar Flaherty, and Joshua Peterson**. As you continue in praying for each other and for our church, please include these young men in your prayers and plan to celebrate with them May 11.

Grace and Peace,
David

Our First Family, continued

Happy Spring! The FUMC gardens are amazingly free from snow... at least for the next few hours! That means it's time to get organized for the upcoming garden season.

A spring cleanup, followed by a garden planning meeting, will begin at 4:30pm Wednesday, May 14. We'll work until about 6pm, and then meet and have a bite to eat.

Please bring your garden tools (rakes, shovels, gloves, buckets, etc) and be ready to work and share ideas.

Summer Music: It's hard to believe, but summer is coming soon. If you would like to provide special music during the summer months, please contact Velda Bell at music@fumcduluth.com or 724-5492.

Student Volunteer Hours: Does your child's school require volunteer hours? Check with Laura Stahl to schedule church volunteer hours this summer.

Notes from our Lay Leader

What are your hopes and dreams for FUMC?

by MaryAnne Korsch

In my new role as FUMC's Lay Leader, this is a question I will be posing to various groups and individuals in the next few weeks.

As a congregation, we have a rich heritage of worship, music, education, and outreach to uphold. We are blessed with people of immense talent, vision, and dedication. Our church leadership is dedicated to serving the congregation and the community in the name of Christ. There is so much to celebrate!

We are also called to continually grow in our faith and in our service. What ideas do you have about what this might look like? Are you involved in a small group — a committee, a circle, a musical ensemble — that has an idea about how we can deepen our work as a congregation? Do you have a vision of a project that could help us increase our faith and serve our community?

All voices are important in this conversation, whether you are a long-time member or have just joined recently. I would love to hear from you and learn about your ideas for growth. Watch the weekly bulletins for a way to share your feedback in this important process. Or contact me directly through email at maryanne.korsch@gmail.com.

Let your voice be heard as we plan the future in ministry of First United Methodist Church of Duluth.

Join the Million Meal Marathon here

Minnesota United Methodists are joining together to package a million meals through Feed My Starving Children.

Feed My Starving Children provides life-saving meals to people who need them most all over the world, from countries affected by natural disaster to places enduring economic despair. To send these meals, 80% of this year's Minnesota Conference Love Offering will go to Feed My Starving Children.

First UMC will be hosting one of three mobile packing sites for this effort on May 16-17. You are encouraged to volunteer for this effort, and are strongly encouraged to sign up for the first shift (Friday 4-6pm) or the last shift (Saturday 4-6pm). These will be the set up and take down shifts, and it is hoped that First UMC will provide the backbone of these efforts.

Food packing will take place in four two-hour shifts on Friday night and Saturday. You are welcome to sign up for any of these shifts as well. Go to wwwminnesotamc.org to find out more about the effort and to sign up. Click on the Million Meal Marathon icon. To register for a shift, find our Duluth site listing and click.

Minnesota Annual Conference

*Unleashing Fearless,
Spirit-Led Churches*

The Minnesota Conference of The United Methodist Church will meet in St. Cloud May 28-30. This year the conference will

- celebrate what we can do as the body of Christ through mission and action
- take part in packing meals to fight world hunger as we work toward our Million Meals Marathon goal of 1 million meals for children
- consider legislation and elect representatives for the 2016 General and Jurisdictional Conferences.

Pastor David attends as a clergy member of the Conference. Dale Stahl is our elected lay member of the conference, and Mary Anne Korsch will be attending as a candidate for ordained ministry. Please pray for the conference as we gather.

Love Offering

Each year, the Minnesota Conference invites Minnesota United Methodists to share in a Love Offering. The offering is taken in May and presented when the Conference meets later in the month.

We will take the Love Offering here at First on May 18.

This year's Love Offering will be focused on raising funds to pay for the shipping of the meals packaged during the Million Meal Marathon; 80% of the offering will go to that cause.

Of the remainder, 10% will go to Project Ag Grad and 10% to Volunteers in Mission.

CHUM News & Events

Rhubarb Festival

June 28 and the CHUM Rhubarb Festival are fast approaching. You should soon be hearing about pie baking, and we look forward to having new persons lend a hand with this wonderful project this year.

CHUM is also asking congregations to consider providing a basket for a bucket raffle. Baskets can be themed and should be valued at \$50 or more. If you have an idea for a basket, please contact Pastor David or one of our members who are active in CHUM as delegates or committee members: Bob Higgins, Diane Bean, or Kevin Walsh.

Finally, CHUM will be recruiting more volunteers to help coordinate and work at the Festival this year. Please consider lending a hand to make this significant CHUM fund-raiser a success.

CHUM Assembly

The CHUM Assembly will next meet on Tuesday, May 20 at St. Mary's Star of the Sea Catholic Church, beginning at 6:30pm. The meeting will focus on updating CHUM congregations on the work progressing on the Steve O'Neil apartments and the role individuals and congregations can play to keep this project moving forward. While delegates are expected at these assembly meetings, any CHUM congregation member is welcome to attend.

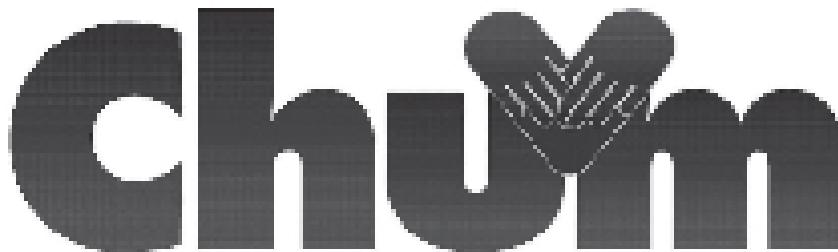
Gabriel Project

Each year as a part of Grandma's Marathon, the Gabriel Project, an emergency needs funds operated through CHUM raises funds to support its work.

In 2013 the Gabriel Project helped 678 households with things like emergency supplies (diapers, clothing, hygiene products), medial co-pays, utilities, transportation, housing deposits, and identification. The total cost of this help was just over \$20,000.

First UMC budgets \$200 a month for this work, but additional support is always welcome and the marathon fundraiser is a good time to give. If you would like to help support the Gabriel Fund you can simply put a check in the offering or contact the office to see how you might contribute.

CHUM is people of faith working together to provide basic necessities, foster stable lives, and organize for a just and compassionate community.



Food • Shelter • Dignity • Hope

May 2014

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Quick look at May

- 4:** Communion Sunday
- 7:** Roast Beef Dinner
- 11:** Confirmation, Mother's Day
- 13:** Church Council
- 15:** Ruby's Pantry
- 16-17:** Million Meal Marathon
- 18:**
 - Final day for Discovery; Help, Thanks, Wow, Amen! family event at 9am
 - Final day for Sunday morning Faith Formation for the spring
 - Love Offering
 - Faith and Film, "The Butler"
- 20:** CHUM Assembly at St. Mary Star of the Sea
- 28-30:** Minnesota Conference of The United Methodist Church

Coming in June

- 1:** Communion Sunday, Graduate recognition, Choir sings Gospel Mass
- 3:** Church council (tentative)
- 10-14:** United Nations Seminar for youth
- 19:** Ruby's Pantry
- 21:** Roadside clean-up (tentative)
- 28:** CHUM Rhubarb Festival

What's Up at First?

Winter/Spring Faith Forum Apps for Life

May 18 is the last class for the Faith Forum series using parables to explore a particular life topic and open our lives to God's Spirit. Faith Forum meets at 9am in the Fireside Lounge, and all are, as always, welcome to attend.

May 4: Teri Tangen, on Wealth, Luke 12:15-21. We love to collect and enjoy things, but excessive focus on things seems to lead us in the wrong direction.

May 11: Dick Wallin, on Persistence, Luke 18:1-18. Are our prayers always answered? We will discuss the place of persistence in prayer.

May 18: David Bard, on Judgment, Matthew 25:31-46. How do we think about the quality of the life we are living? What finally matters most?

Confirmation will wrap up this month. May 4 at 9am will be a meeting with those being confirmed and their parents. May 11 is confirmation Sunday.

Ruby's Pantry for this month will be Thursday, May 15. 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. If you have never had an opportunity to help with Ruby's Pantry, this would be a great month to give it a try. We hope we can promise no snow!

First and Ten Men's Group will meet on May 19. More details will be forthcoming. The group will also look at a summer service project.

The **Faith and Film** feature for May will be "The Butler," a fascinating look at an African-American who works on the White House service staff. While based on a true story, this is a work of fiction, but one that nevertheless sheds light on race relations in the United States in the past decades. The film, rated PG-13, is also fine entertainment and stars Forrest Whitaker and Oprah Winfrey. Film roles at 6:30pm on Sunday, May 18. Popcorn provided.

Roadside Clean Up : With a late spring and a busy May schedule, a tentative date for our roadside cleanup will be June 21. Look for more information next newsletter.

Did you know ...

Volunteers like ours who help with the Adopt a Highway program pick up more than 100 dump truck loads of litter annually, saving the state an estimated \$6 million?

Volunteer groups adopt a two-mile stretch of highway for a minimum of two years, picking up litter on both sides of the road as needed from spring through fall. The FUMC segment is on Maple Grove Road a mile each side of Midway.



Growing for a Cause

Volunteers are being sought to grow produce for families in need, through a program beginning here in Northeast Minnesota called Growing for a Cause. Starter plants, compost and training will be provided to you — all you need is the place to grow the produce.

Farmer Doug and Extension Ag Educator Bob Olen will offer a training session on Wednesday, May 7 at 5:30 pm at the Second Harvest Northern Lakes Food Bank. To RSVP, email heather@northernlakesfoodbank.org or call 727-5653 ext. 116.

UMW Spring Luncheon

UMW invites all FUMC women to a luncheon on Wednesday, May 14. Registration begins at 10:30am. Doug Buell, who took the candid photographs for the new FUMC directory, will speak and show more pictures.

Lunch featuring the famous Chester Park sandwich loaf and apricot dessert will be served following the program; a free will offering will be accepted. Please sign up in the church office by Friday, May 9.

Who's in charge of your health?

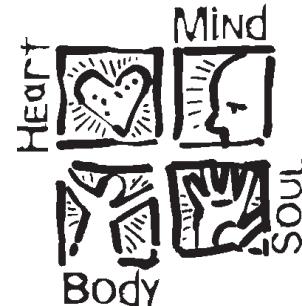
The matter of health can be challenging, but there are ways to make it easier. To start, it is important to learn about the things you can and can't control.

Part of learning how to take charge of your health involves understanding your risk factors for different diseases. Risk factors are things in your life that increase your chances of getting a certain disease. Some risk factors are beyond your control. You may be born with them or exposed to them through no fault of your own. If you know you are predisposed to a disease or have a chronic condition, you can greatly improve the quality of your life by learning what you can do to decrease the chance of actually getting the disease or how to manage a chronic condition.

Two copies of a book that contains information about living with chronic diseases have been placed in our library. "Living a Healthy Life with Chronic Conditions" contains strategies to deal with chronic illness and suggestions for managing emotions, setting goals, and managing medications, among other topics.

Risk factors you can control include

- what you eat
- how much physical activity you get
- whether you use tobacco
- how much alcohol you drink
- whether you use illegal drugs
- whether you use your seatbelt



In fact, it has been estimated that almost 35 percent of all early deaths in the U.S. in 2000 could have been avoided by changing just three behaviors: stopping smoking, eating less red meat, and increasing consumption of fruits and vegetables.

We all need to take more charge of our own health. Go to your health provider armed with health information about you and your family and questions you have written down to remember to ask. When you don't understand something, ask for clarification. If you get home and don't remember something, call the office or look up your e health record.

An excellent resource for women is www.womenshealth.gov.

For those of you who are not up to Zumba yet, Faithfully Fit continues to meet in the East Lounge on Thursdays at 9am for an hour of stretching, balance exercises, upper body weights, eye-hand coordination (this is very popular), and laughter, concluding with devotions and tea. We are even known to do some tai chi and karate moves! Everyone is invited to join.

Peace to you all,
Linda Wiig, Parish Nurse

Ministry to Children and Families: Got ideas for summer?

Help, Thanks, Wow, Amen!

Discovery year to close with family event

Amen: a word uttered to close a prayer. At this May 18 event, students, families and leaders will say "amen" to the Discovery and Exploration school year by focusing on interactive and engaging prayer crafts and tools.

Taking inspiration from the congregational book read *Help, Thanks, Wow* by Anne Lamott, kids and families will play prayer games, use their literary and artistic skills to create prayers, and explore prayer tools like prayer beads, prayer boxes, and mandalas.

Join the fun in Lakeview Social Hall at 9am May 18.

One Great Hour of Sharing Bake Sale and Offering

Thanks to the generosity of First UMC folks, our offering and bake sale donations for One Great Hour of Sharing totaled \$1,251.80!

One Great Hour of Sharing is an annual collection that covers the administrative costs of UMCOR, the United Methodist Committee on Relief.

That means that all other contributions to UMCOR go directly to disaster relief — 100 percent goes to the project specified by the donor.

UMCOR receives no World Service or other apportionment funds, so without the special offerings and other gifts, UMCOR would not exist.

You can learn more and search for your favorite projects at www.umcor.org.

Mission: Family Fun

The summer of 2013 was the inaugural year for Mission: Family Fun. Family activities included Skyline bowling, a scavenger hunt and picnic, Vertical Endeavors, King's Sunny Cove Farm, and food packing at Second Harvest. Mission projects supported the Backpack Program and socks and dental supplies for CHUM, Animal Allies, and the Duluth Schools Kids Closet.

Laura would like your help in choosing this year's dates, times, mission projects, and family outing activities. Please go to <http://doodle.com/uakpe8xax8mce6ub> to enter your available date and time preferences in the survey. You are encouraged to enter mission ideas and economical family outing ideas for the Duluth area. We're hoping for one Mission: Family Fun event each week in the early summer. Thanks for sharing your creative ideas!

Discovery Sundays

On April 27 Discovery's focus shifts to the final rotation, "The Lord's Prayer." What was Jesus saying in this prayer? Is it still relevant to us today? How might this prayer be a model for our own time alone with God?

All children are invited to bring their questions to Discovery as we explore these themes.

Bible Sleuth Challenges

The Achievement Chart of Bible Sleuth Challenges is filling up and Discovery Kids are collecting prizes as they conquer each of four levels. All older elementary children, tweens, and teens are welcome to tackle these challenges this spring and during the summer. Parents and friends are welcome to guide, mentor, and support the kids as they build their Bible study skills. Laura Stahl will continue to bestow prizes for each level achieved through the summer.

FUMC Operating Budget

Year-to-Date March 31, 2014

	Actual	Budget
Income		
Envelope/Plate Giving	\$ 95,995.02	\$ 95,937.50
Other Operating Income	<u>28,969.84</u>	<u>43,382.30</u>
Total Income	\$124,964.86	\$139,319.80
 Expense		
Total Expense	<u>\$158,936.78</u>	<u>\$144,539.67</u>
Net Income	<u>(\$ 33,971.92)</u>	<u>(\$ 5,129.87)</u>

All taxes are paid for 2014. Two apportionment checks are being held. Expenses have continued to be impacted by increased utility costs in the first quarter due to cold weather, major repairs to the bus, and increased costs for snow removal and sanding. Facility rentals are also down due to fewer bookings and weather related cancellations.



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

- 9:00am Faith Forum 4, 11, 18
9:00am Discovery, Exploratn 4, 11, 18
10:00am Worship - S
10:20am 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- thru 5/14
5:15pm Ringtones - BR - thru 5/14
5:15pm JAM - EL - 4/30
6:00pm Tapestry - S - 4/30, 5/14
6:30pm Cast In Bronze - 4/30, 5/14
6:30pm Youth Group - 4/30
7:30pm Sanctuary Choir - thru 5/28
7:40pm Class Ring - BR- thru 5/14

Thursdays

- 9:00am Faithfully Fit - EL
9:00am Zumba - LSH we
6:00pm T'ai Chi - LSH we (CW 5/15)

Fridays

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

Saturdays

- 9:00am T'ai Chi - LSH we (TBC 5/3 & 17)

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

Day by Day Monthly and one-time events

Thursday, May 1

- 7:00pm Couples Yoga - TBC

Saturday, May 3

- 9:00am Dulcimer Day in Duluth - LL

Sunday, May 4

- 9:00am Confirmation - CW
11:00am Donahue Schol Recital - TBC
11:00am RB Dinner Cookie Baking - K
3:00pm Toning the Divine Name - TBC

Tuesday, May 4

- 9:00am RB Dinner Prep - K, LSH, 112

Wednesday, May 7

- 9:00am RB Dinner Prep - K, LSH, 112
9:30am UMW Board Meeting - FSL
4:30pm **Roast Beef Dinner** - LSH
6:30pm 5Guys - BR
7:00pm Ringtones - BR
7:40pm Class Ring - BR
No other Wednesday Night Activities

Thursday, May 8

- 1:00pm Deborah Circle - FSL

Saturday, May 10

- 9:00am Reiki Healing - TBC

Monday, May 12

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

Tuesday, May 13

- 9:00am UMW Luncheon Prep - K, LSH
2:00pm Loud, Laughing Ladies - FSL
5:30pm Worship Committee - FSL
7:00pm Church Council - FSL

Wednesday, May 14

- 9:30am Prayer Shawl Ministry - FSL
9:30am UMW Luncheon Prep - K, LSH
10:30am UMW Luncheon - LSH

Thursday, May 15

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

Friday, May 16

- 9:00am Million Meals - LSH

Saturday, May 17

- 9:00am Million Meals - LSH

Sunday, May 18

- 9:00am Help, Thanks, Wow, Amen!
6:30pm Faith & Film: *The Butler*

Monday, May 19

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

Wednesday May 21

- 9:30am Naomi Circle - FSL

Thursday, May 22

- 5:45pm Finance Committee - St

Monday, May 26

- Office closed for Memorial Day

Wednesday, May 28

- 11:00am CHUM Summit - LL

