



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.



Roast Beef Dinner

Wednesday, **Oct. 16** at the Coppertop
First United Methodist Church, 230 E Skyline Parkway

**Dine in, carry out, or
drive through • 4:30-7pm**

Adults: \$12 Children under 12: \$6

*Roast beef, mashed potatoes & gravy, corn,
cole slaw, roll, and homemade apple pie*



There's still time to sign up to help, put up posters, sell tickets. Check in at the table in the narthex Sunday.

**First United
Methodist Church**

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

October 2013



Congregational Covenant

Our First Family

Deaths: Hope E. Williams on September 18, 2013, at age 92; Betty Datka on September 19, 2013, at age 96

Birth: Lucas James, born Aug 16, 2013 to Mike Moe and Elena Von Ende. Brian and Carrie Moe are grandparents; Dick and Linda Peterson are great-grandparents.

Church Lighting for Sept 29 – Oct 5 honors the marriage of Tim Robinson and Gary Lundstrom, from their friends at FUMC. Part of the donation will go to Sanctuary sound system improvements.

Bible Study for Parents: This 9am group (same time as Discovery and Exploration) is designed for parents who would like to connect with the Bible and with each other. The group will look at the same scriptures that will be the focus in worship and will also connect with each other about parenting joys and concerns.

Veteran parent Joanna Regnier joyfully leads this drop-in, drop-out group, designed to serve the busy schedules of today's families.

Freshly baked pumpkin pies will be available in the kitchen

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In the fall of 2011, many of us read the book *Take This Bread* by Sara Miles. It is the story of Sara's journey to faith, and her journey linking faith with food. As she grew in her relationship to Jesus, Sara Miles became deeply involved in food sharing ministries at her church, St. Gregory of Nyssa Episcopal Church in San Francisco.

Curious about this congregation, I checked out its website, and discovered there a document called a "Members Agreement." The Members Agreement spelled out the shared commitments of members of that congregation. It delineated what they might expect of each other in that community of faith.

I began to ask: "What might such a member agreement look like here at First UMC?" "Would such a document be useful to us?" I brought a copy of the St. Gregory agreement and my questions to the church council that winter. We thought it might be a helpful task to work on such an agreement for First UMC. Over the next few months—which included our merger with Chester Park UMC, so that this Membership Agreement would now be a document for the "new" First United Methodist Church—we thought, prayed and edited. The results are to be found in this newsletter.

What, finally, is this? This covenant represents our best thinking about the meaning of membership here at First United Methodist Church. This is a covenant, not a contract. It puts before each of us and all of us a set of mutual expectations. It is meant to be a document of mutual encouragement.

It is just as important to know what this is not, as well as what it is. This covenant is not a juridical document. It is not meant to be something we scold each other with. No one will be making check marks in the office indicating "poor membership." As has always been the case, no one will be removed from our membership rolls unless they have developed a consistent pattern of non-participation.

Why even put a membership covenant on paper? We are on a journey here, a journey of faith in our individual lives, and a shared journey as a congregation. It is helpful to have some picture of what our life, and our life together can be like. As I wrote last month: *The covenant is intended to help us be more intentional in our discipleship journey. It is intended to help us define what it means to be on the discipleship journey together here at First UMC. It is intended to help us know what to expect of*

continued next page

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230 E. Skyline Parkway
Duluth, MN 55811

218/727-5021

Pastor: Dr. David Bard

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Next First Family deadline: October 25, 2013

Submit to office or to editor at cnd.alexander@gmail.com

Our First Family, continued

Tuesday, October 1, priced at \$10 each to help the CHUM food shelf. CSS students under the guidance of Debi King and LeAnn House will use canned pumpkin donated to the food shelf to make pies in our kitchen.

Last year's event raised over \$1,000 for the food shelf, and CHUM can buy food for an average of 22 cents a pound. The sale starts at 1pm (to give the pies time to cool), although we'll sell them at any time until they're gone.

Costume Sunday, Trunk or Treat, and BYOP pumpkin carving are coming up October 27. Wear your favorite church-friendly Halloween costume to church, then offer wrapped treats or stickers from your car in the west parking lot from 11:30–noon. When you're done with Trunk or Treat, come inside to carve the pumpkin you've brought. It's family and congregational fun for everyone!

Note of Thanks: Thank you very much for providing the use of the FUMC bus this summer for the CHUM family enrichment program. Having access to transportation for the participating families allowed us to visit many of the local parks, beaches, and attractions in Duluth.

Our summer program serves families who are experiencing homelessness and poverty. Our goal is to provide opportunities for memorable summertime experiences, while also building learning readiness. Thank you for your contribution toward our success in meeting these goals.
Melissa Starr for CHUM

Coppertop Craft and Bake Sale

9am - 2:30pm Saturday, November 9*

All proceeds of this United Methodist Women (UMW) event go to world, national, and local mission work. Here's how you can help:

- Donate items for the Gourmet and Bakery Room, such as snack mixes, cookies, bars, muffins, pies, candy, preserves, sweet breads, or regular breads. Please, no machine-made bread. If you don't bake, consider donating flour, sugar, butter, or chocolate chips.
- Donate pop for the luncheon. Cartons of pop may be dropped off in the church kitchen, labeled "Craft Sale."
- Donate books for the book sale. Bring them to the church library by November 5, marked "UMW Sale." Please, no textbooks, magazines, or old encyclopedias.
- Make a cash donation. Bring or mail your donation to the church office marked "UMW Craft Sale."

Mark your calendar and come to the bazaar on Saturday, November 9*, 9am - 2:30pm. This is a great hands-on ministry of our church.

** What?! I thought it was always the first Saturday in November! Ach, no, liebchen, it is the first Saturday of the firearms deer hunting season, which this year falls on the second Saturday of November. See you on November 9!*

Calendar Quicknotes

Roadside cleanup for the fall has been scheduled for Saturday morning, October 26, beginning at 10am. We will be cleaning up our section of Maple Grove Road one mile east and one mile west of Midway Road. Bags and vests provided. Please bring gloves and come with appropriate dress for the task. New volunteers are welcome.

Church council will next meet on Tuesday, October 1 at 7pm.

Congregational Covenant, continued

ourselves and each other as members and friends of this congregation.

How will this covenant be used? I hope you will keep a copy for yourself, for your own spiritual growth. I hope you will use this covenant as a tool for prayer, prayer that we might continue to grow as the community we describe ourselves to be.

I will use this covenant from time to time in my preaching. I will use this covenant in new member classes.

It is my hope that you will receive this Member Covenant in a gracious and prayerful spirit. I welcome your thoughts about the document. It is not etched in stone. The church council will review it periodically, and it will guide our work regularly.

We are on a journey together. It is my joy and privilege to share this journey with you as your pastor.

Grace and Peace,
David

First United Methodist Church, Duluth

Congregational Covenant

Reverence, Refuge, Resource

First United Methodist Church is an inclusive, Christ-centered community of faith, a worshipping community that seeks to honor God (*reverence*) by welcoming, loving, encouraging, and serving others. We meet people where they are in their spiritual journey.

We are a Reconciling Congregation, and all persons, without regard to race, sexual orientation, economic condition, or religious background, are invited to participate in our ministries and programs, and to become members of our congregation.

We offer *refuge* to all who enter from what can be a mean-spirited, judgmental, uncertain world. In this sheltering place, acceptance, gratefulness, and laughter abound.

We are a *resource* for life's journey, offering thoughtful engagement with Scripture and Christian tradition, thoughtful conversation and reflection, and meaningful friendship. We seek to link Christian spirituality with concern for justice and the wellbeing of our community and all creation.

The Covenant

When persons join First United Methodist Church they pledge to support the church through their prayers, presence, gifts, service, and witness. This covenant shapes our life and work together in support of those commitments. We welcome people to join this covenant, to join us in this journey, even when they choose not to officially become members of the congregation.

In brief, we pledge:

- To seek to love our neighbors in the spirit of Jesus.
- To follow the Scripture's guidance by sharing what God gives us – time, money, skills, and other resources.
- To give all newcomers the joyous welcome of Christ.
- To celebrate our friendship in Christ together in worship, and to share the joy of our faith and community by inviting others to these celebrations.
- To support the growth of a thoughtful, passionate, compassionate faith in all who come to First UMC. We understand that the journey of faith is enhanced by the wholesome use of spiritual disciplines such as regular prayer, Scripture reading, study, participation in small groups, and acts of compassion and justice.
- To support the mission of First UMC **to welcome all people, to be guided by the teaching and unconditional love of Jesus, and to inspire all to live as faithful disciples of Jesus Christ.**
- To pray regularly for our church, its mission, its members, its leaders, and its staff.

What does that mean for us? Explanation and Development

• We share Christ's mission of service to the world, and we ask the Church's support for loving our neighbors in the spirit of Jesus and finding ways to serve them. We support members individually serving the community outside the church, and we support having projects available for members to work on together. We will share our experience of service with one another in a variety of settings, including during Discipleship Moments at our worship services.

• Sharing is a joy of friendship and God gives generously to us so that we can enjoy giving generously in return. By giving gifts to relieve the needy, to better the lives of others, to establish justice, and to spread

continues

the Gospel, we are sharing with God. Following Scripture's guidance, we intend to share what God gives us – time, money, skills, and other resources – for the purposes to which God draws us. We ask the church's support as we seek to grow in gratitude and generosity. As an important part of our giving we pledge to support First United Methodist Church, and will inform the administrative associate of the specific amount. We ask the church to tell us periodically how our pledge stands.

- We pledge to give all newcomers the joyous welcome of Christ. All who so desire may choose to become members of our congregation. Members and friends alike help us continue to grow in being a place of reverence, refuge, and resource.

- We will celebrate our friendship in Christ together at worship on Sundays and at other appropriate times. We will share the joy of our faith and community by inviting others to these celebrations.

- Because God is drawing everyone into deeper friendship, we support the growth of a thoughtful, passionate and compassionate faith in all who come to First UMC. We understand that the journey of faith is enhanced by the wholesome use of spiritual disciplines such as regular prayer, Scripture reading, study, participation in small groups, and acts of compassion and justice. We will share our gifts for small group leadership in response to God's Spirit. We ask the Church's support in furthering our journey of faith.

- We will take responsibility for the guidance and direction of the church. We support its mission **to welcome all people, to be guided by the teaching and unconditional love of Jesus, and to inspire all to live as faithful disciples of Jesus Christ.** We understand that First UMC is a reconciling congregation committed to inclusivity, compassion, and justice in the name of Jesus.

- We will participate in the annual selection of our Church Council and will support the Council in directing the work of First United Methodist Church. We will pray regularly for our church, its mission, its members, its leaders, and its staff.

This shared covenant supports the commitments made when one becomes a member of First United Methodist Church—commitments to support the church through prayers, presence, gifts, service, and witness. We welcome people to join this covenant, to join us in this journey, even when they choose not to officially become members of the congregation. Together, as members and friends of First UMC, we will support and pray for one another as we seek to fulfill our covenant commitments.

If a time comes when we no longer believe First UMC is deepening our relationship with God or enhancing our faith, we will notify the pastor of our intention to leave the membership of the church. The pastor, in turn, makes a commitment to help members find new Christian communities of faith if they desire to change their church membership.

September 2013

Seminar Program Trip for Youth

Planning is underway for a trip this spring or early summer for youth in grades 8-12.

United Methodist Seminars on National & International Affairs is a cooperative program of the Women's Division of the General Board of Global Ministries (GBGM) and the General Board of Church & Society (GBCS).

It is a unique experiential public policy program that "enables (youth) to acquire a global education in light of biblical and theological reflections." Check out a wide range of seminar experiences at new.gb-gm-umc.org/umw/learn/seminars/

The seminar program is offered in two locations.

- New York City: A trip with the NY Seminar Program will look at the issues from global and local perspectives. Groups visit the United Nations (UN) and learn how the United Methodist Church and other faith bodies work with the UN here and around the world.

- Washington DC: A trip to Washington DC usually includes speaking with UM leaders and advocates of peace and conciliation efforts. Groups usually meet with their Congressperson or Senator's office.

Questions?

Kaelene Arvidson-Hicks at 218-355-8910 (cell), 218-525-5212 (home), Kaelene.arvids@gmail.com

Laura Stahl 218-727-5021 (w) or 218-269-5598 (text), disciple@fumcduluth.com, Facebook Laura Morgan Stahl

Apply now for Lennon-Berini scholarship

This annual scholarship commemorates the work of two outstanding men, John Lennon and Joe Berini, who were staff members of First Methodist Church in the 1950s. They reached out and touched the lives of hundreds of youth living primarily in Duluth's Central Hillside area.

The first scholarships of \$150 each were awarded in 1985, and have continued to be awarded annually with the amount steadily increasing to the present \$1500 each as the result of some generous contributions.

To qualify, an applicant must be a member of Duluth's First United Methodist Church, have completed at least two years of college, and be pursuing a people-centered career such as social work, nursing, teaching, counseling, medicine, or Christian education.

Application forms, now available in the church office and online at fumcduluth.com, must be fully completed and turned into the church office by 3pm on Friday, November 22. The scholarships will be awarded during a worship service in December.

Coming in November

- 3 All Saints Sunday worship
- 9 Coppertop Craft/Bake Sale
- 12 CHUM Fall Assembly, FUMC
- 12-16 Directory Photos taken
- 15 Harbor House Crisis Shelter Fundraiser, Clyde Iron
- 21 Ruby's Pantry
- 24 Faith and Film, *Lincoln*
- 26 Community Interfaith Thanksgiving service



Fall: please don't!

by *Linda Wiig, Parish Nurse*

Did you know that over 1.6 million people (not just seniors) per year visit the ER due to a fall? I have heard from a number of our seniors and seen the effects of recent falls.

- Falls are the leading cause of injury death among older adults.
- Over 95% of hip fractures in older adults are caused by falls.
- One out of three adults age 65 and older falls each year, but less than half talk to their healthcare provider about it.

There are steps we all can take to keep ourselves safer. Exercise is one of the most important ways to lower your chances of falling. It also improves your balance and coordination.

An exercise class is held at church every Thursday morning at 9am in the East Lounge. Emphasis is on low impact, gentle stretching, balance, eye/hand coordination, improving strength, and incorporating Tai Chi forms. A time for tea and devotions after exercise is the highlight of this class and an encouragement to spur you on to more activity during the remaining week. We also solve world problems and actually have fun!

To improve balance and prevent those trips, slips and falls:

- Begin a regular exercise program that is right for you. Always check with your health care provider prior to the start of regular exercise. If you have not been exercising at all, make one change, stick with it, and go on to adding another.

Exercise three times per week incorporating balance exercises. Walk backwards, sideways, on your toes, on your heels; stand from a seated position (but not too fast).

Use weights or cans for weights at least twice a week to strengthen muscles.

- Women, remember you have a tendency to stand with your feet too close together! Consciously keep your feet almost shoulder length apart while standing.

- Know the side effects of your medications. Talk to your doctor or pharmacist.

- Have your vision tested at least once per year, and make certain you have your living space well lit, including hallways and stairs.

Pick up a flyer on the Welcome Center that highlights four things you can do to prevent falls. Soon we will be dealing with ice and snow, so remember the proper footwear and assistive devices. Please ask for help during inclement weather if you must travel out.

Let's have a safer fall and winter. Please remember your flu vaccinations as that time approaches. Peace to everyone and God's blessings.

New opportunities for kids and families

Wednesday fun-with-music group: Tapestry director Cynthia Coffin-Langdon leads JAM & the Peanut Butter Band for age 4 through grade 3 on Wednesday nights from 5:15-5:45pm.

Through games, instruments, movement, and singing, kids can gain a solid foundation in music. Steady beat, matching pitch, reading musical notation and much, much more will all be incorporated through fun!

Kids serving in worship: Kids can be worship leaders, too! Children and youth of any age can be ushers and greeters. Flame-handling acolytes must be 4th grade & up; 5th-graders and up can be Scripture readers. Watch for more info from Laura Stahl.

Faith Forum for October

9am Sundays, Fireside Lounge

6 Dr. Allen Anway: Our Creative Powers. Learn how to use your creative powers when you feel the need to change your circumstances.

13 Ron Robb: Eastern Philosophies. Explore how Taoist and Zen Buddhist philosophies might contribute to your quest for inner peacefulness.

20 Mary Anne Korsch: The Power of Habit. Learn how habits are formed, how they can be changed, and how they may contribute to our sense of well-being.

27 Scott Lyons: The Evil Factor. Inner peacefulness can be jarred by the evil in the world around us. Learn how professional peacekeepers maintain an inner peace in their work.

More this month at First UMC

Imagine No Malaria: We continue to move toward our three-year, \$20,000 goal in support of this United Methodist initiative. (For more information about this project see www.imagenomalaria.org). The proceeds from this fall's nut sale will be dedicated to this project. This is a great product and your purchases support a great cause. Order forms are available at fumcduluth.com under News & Events.

Ruby's Pantry will next be held on Thursday, October 17. 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. This meaningful community outreach touches many lives, and makes a difference, not only to those who come for food, but also to those volunteering.

Confirmation classes for eighth- and ninth-graders will begin in January 2014. We will use the format we utilized last year, with weekly confirmation classes beginning January 12, 2014. Classes will begin at 8:45am. More information about the confirmation program will be sent to youth and parents later this fall.

Faith and Film for October will be on October 20 and we will watch together *42*, the acclaimed biopic of Jackie Robinson. Film rolls at 6:30pm.

The Nominations Committee will begin meeting on Thursday, October 10 at 6:30pm. An e-mail reminder will be sent to members.

October Quick View

- 1 Church Council, 7pm
- 6 World Communion Sunday
- 10 Nominations Committee, 6:30pm
- 16 Roast Beef Dinner
- 17 Ruby's Pantry
- 20 Teen Driver Sunday during worship
- 20 Faith and Film, *42*
- 26 Roadside Clean-up, 10am
- 27 Costume Sunday, Trunk-or-Treat, BYOP following worship



FUMC Operating Budget

Year-to-Date August 31, 2013

	Actual	Budget
Income		
Envelope/Plate Giving	\$246,602.14	\$237,700.00
Other Operating Income	<u>146,473.20</u>	<u>104,255.42</u>
Total Income	\$393,075.34	\$341,955.42
Expense		
Total Expense	<u>\$427,642.62</u>	<u>\$364,970.76</u>
Net Income	<u>(\$ 34,567.28)</u>	<u>(\$ 23,015.34)</u>

All taxes are paid YTD for 2013.

Three apportionment payments are being held.



First United Methodist Church

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

EVERY WEEK

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

Saturdays

9:00am T'ai Chi - LSH we (TBC 10/26)

Sundays

9:00am Discovery & Exploration - LL
Parent Bible Study - St
Faith Forum - FSL
10:00am Worship - S
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

> Except 10/16: Roast Beef Dinner

5:15pm Ringtones - BR
JAM & PB Band - 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 10/17)

Fridays

9:00am Alcoholics Anonymous - TBC

CHANGES and ADDITIONS

Sunday, September 29

6:30pm Faith & Film - FSL

Tuesday, October 1

8:30am Pie Baking/Sale - K
7:00pm Church Council - FSL

Wednesday, October 2

9:30am UMW Board - EL

Thursday, October 3

6:30pm Donahue Schol Auditions - S

Tuesday, October 8

2:00pm Loud, Laughing Ladies - FSL

Wednesday, October 9

9:30am Prayer Shawl Group - FSL

Thursday, October 10

1:00am Deborah Circle - Westwood
6:30pm Nominations Committee - FSL

Saturday, October 12

9:00am Reiki Healing for All - TBC

Monday, October 14

6:00pm SPRC - Lib
7:00pm Priscilla Circle - FSL

Tuesday, October 15

9:00am Roast Beef Dinner Prep

Wednesday, October 16

9:00am Roast Beef Dinner Prep
4:30pm Roast Beef Dinner - LSH

Thursday, October 17

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

Monday, October 21

10:00am Rachel Circle - FSL
4:00pm FUMC Foundation - FSL
5:30pm Ruby's Committee - Lib

Tuesday, October 22

2:00pm Loud, Laughing Ladies - FSL

Thursday, October 24

5:45pm Finance Committee - St

Saturday, October 26

9:00am Birth & Baby Fair - LSH

Sunday, October 27

Costume Sunday
11:30am Trunk or Treat - W Parking Lot
Noon BYOP Pumpkin Carving - LSH
6:30pm Faith & Film - FSL

Monday, October 28

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

