



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.

October 2016

Fall Roast Beef Dinner

Thursday, Oct 13

4:30-7:00 pm

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



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

DINE IN
CARRY OUT
DRIVE THROUGH

**First United
Methodist Church**

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

First United Methodist Church
the Coppertop

230 E Skyline Parkway

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Our First Family

Deaths: Robert "Bob" Ballou on September 23, 2016; Harald Fegraeus on September 25, 2016

Marriage: Jennifer Draxten & Christian Lindquist on September 23, 2016

Wednesday Night Meal Sign-up! Calling on all helpers! Wouldn't you or your group like to have fun, maybe meet new people, eat, help prepare, or clean up after the meal? Did you say "Sure, count me in"? A sign-up sheet is in the office and food prep ideas with proven recipes are available from Linda Wiig.

Pumpkin Pies: LeAnn House, Debi King, and a crew of CSS students and faculty will spend the morning of October 5 in our kitchen, turning canned pumpkin from the CHUM Food Shelf into pies. They will sell the pies for \$12 apiece from 1 to 5pm Wednesday with all proceeds benefitting CHUM.

Thank you to all who participated in making the dinner/auction a success. We made \$6,000 to benefit the Capital Campaign.

Beth Bard, MD has accepted a position with Essentia Health in Duluth, starting in Sept 2017.

For What It's Worth

What's your twinkle quotient?

By now, I suspect that most churches in the Duluth area are well into the new church year. Church schools, Bible studies, fellowship groups, and youth groups are operating at top speed. Walls and floors are shining from top to bottom in anticipation of visitors visiting. Choirs and bands, bells and pianists are busy practicing and performing on a regular basis. Usher and greeters are making sure their duties are being fulfilled and fulfilled well.

What comes next? After we have cleaned the church, practiced what needs practicing, prepared for what needs preparation, what comes next?

What comes next? We do! You! Me! All of us! We also need to get ready to be the church.

A father asked his daughter why she liked her Sunday school teacher so much. She answered, "Because her eyes twinkle like she's laughing inside all the time."

How many people or visitors can tell by looking at our faces that we are Christians? What does the person sitting next to you in church see in your face? Does your face shine because you know Jesus is Lord? Does your face glow because you know the end of this life is only the beginning of a new life? Does your face reflect the warmth and love of Jesus? Does your face smile because you know the joy of the Lord?

What does your face look like? Does it match your faith? Can others tell by looking at you that you are Christian?

Every Sunday people are watching us, especially those new to our church family. They are looking for evidence that we care and love people as much as Jesus does. They are looking into our hearts and into our faces, wanting to see the Lord in our hearts. Is he there?

So, what does a Christian look like?

Christians should look like us or we them. They should look like how the laughing Sunday school teacher looked to the little girl who saw the twinkle in her eye.

If we are truly filled with Christ's joy, we should also have a twinkle in our eyes.

continued

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First United Methodist Church

230 E Skyline Parkway, Duluth, MN 55811
218/727-5021 info@fumcduluth.com

Interim Pastor: Rev. Rick Fossum

Next First Family deadline: **Oct 21**

Submit to connect@fumcduluth.com



fumcduluth.com

Faith Forum digs in

"Digging into the Old Testament" is the theme for this fall's Faith Forum. Each week a new presenter links biblical themes to life in today's world. Faith Forum meets on Sunday mornings at 9 am in the Fireside Lounge. Adults and older teens are welcome to attend any or all of the presentations.

Here's the schedule for October.

Oct. 2: Randy Millikan Am I my brother's keeper? We will explore the element of choice and how we handle it. Gen. 4, Cain and Abel

Oct. 9: Dick Wallin What is the power of a new beginning? What can we learn about second chances? Gen. 5-7, Noah and the Flood

Oct. 16: Jack Harris We'll learn about the loss of hope and the origin of Islam. Gen. 16 and 21, Hagar/Ishmael & Isaac/Rebekah

Oct. 23: Sarah Maddy What does it mean to be obedient to God? Gen. 12 and 16, Abram/Sarai (Abraham/Sarah)

Oct. 30: Anne Miller We'll learn more about the value of perseverance and patience. Gen. 25 to 27, Jacob and Esau, Leah and Rachel

Twinkle, continued

In his autobiography, Abel Stevens, an early Methodist circuit rider, has a section on "Religious Cheerfulness." He says the gospel "favors a happy and even joyful temper." He goes on, "A negative, somber spirit is not only foreign to religion, but generally hostile to it."

Is your faith in Jesus Christ revealed in your face? When Moses came down from Mt. Sinai with the tablets of the Ten Commandments, his face glowed so much from being in the presence of the Lord that, at first, the Israelites were afraid of him.

I don't know if my face glows because I am a Christian, but I do know that I'm never alone. I know that I always have someone willing to show me a better way. I know I am not afraid of this life or the life to come. I know Jesus will have the last words.

I hope my face matches how I feel on the inside.

At 50, someone said, everyone gets the face they deserve. That may be true, but if we should find an unhappy face staring back at us from the mirror, it does not have to stay that way. In Christ, we can find a joy that will change how we look on both the inside and outside.

I hope this year we will see joy twinkling from the eyes and faces of our Sunday school teachers and students, choir directors and singers, ushers and greeters, bellringers and kitchen workers, pastors and the persons sitting next to us in our pews.

So, once again, what would that little girl see in your eyes?
Together with you in Christ,

FUMC Fall Women's Retreat

Friday-Sunday October 7, 8 & 9 at Camp Amnicon, WI

All women are welcome at the fall women's retreat for fun, fellowship and delicious food! No formal program, but bring supplies to knit or sew hats, socks & mittens for our neighbors in need.

Come for a day or stay the entire weekend! Please sign up in the church office. Get details from Jessie Skumatz, 218-590-2287, or Joanna Nelson, 218-428-7182.

Young Adults Ministry Forming- Oct 2, Oct 9

Young adults college age through 30-ish are invited to join after worship conversations about what you want from church. Some are interested in having a group of peers but what does that mean to you – social, service, study, outreach, mission, other??

Bring your coffee, donut, and ideas to the Upper Nursery/ Study after worship on Sundays, Oct 2 and 9.

Quick Look at October

- 2: Cookie Baking for RBD
- 5: Pumpkin pies for sale, 1-5 pm, \$12 for CHUM
- 7-9: Fall Women's Retreat, Camp Amnicon
- 13: Fall Roast Beef Dinner 4:30-7 pm/ \$12 adults, \$6 children under 12
- 20: Ruby's Pantry
- 30: Costume Sunday; Trunk or Treat; BYOPumpkin Carving

Sunday morning drivers needed

Once a month FUMC volunteers pick up folks who need a ride to church, making it possible for those who do not drive to join us for Sunday worship. If you are looking for an easy way to serve, please consider joining our team of friendly drivers.

FUMC Driver Meeting Sunday, Oct 16, in the chapel at 11:15. This is an informal opportunity to check in with other drivers, ask questions, offer suggestions, and share information. All who are interested in this key outreach ministry are welcome to come and learn more.

Dinner/Auction Thanks

Thank you to all who participated to help make the Capital Campaign Dinner and Auction on September 16 a success! We raised \$6,000 for capital campaign projects.

We sold 86 tickets for dinner. Over 50 people were involved in helping us prepare for the event. We had a nice variety in the 45 auction items that were donated. We also enjoyed 15 desserts that made the dessert auction a delicious and delightful way to end a lovely evening.

You can follow updates regarding the capital campaign projects and fundraising on the bulletin board outside the kitchen by the East Door. You can always make a contribution to the capital campaign at the church office or by using the pew envelopes on Sunday morning.



Costume Sunday

Wear a church-friendly costume on Sunday, Oct 30 to join in the Halloween fun. If you don't like to dress up, consider bringing an interesting prop to portray your chosen character or concept. Consider characters or themes from the Bible.

Trunk or Treat /BYO Pumpkin Carving

Another fun year of Trunk or Treating in the west parking lot is planned for Sunday, Oct 30. This is a fun and safe way for your child and others to trick or treat. Trunk or Treat runs from 11:30 am to noon with Pumpkin Carving to follow. We encourage church families to bring their own pumpkin. Kid-friendly carving/scraping tools will be available but you are welcome to bring a sharp knife or electric carver if you want. Stick on decorations will be available for tiny fingers that cannot use a knife. Pumpkin donations welcome so we can offer a pumpkin for visiting neighborhood families to carve.

Trunk or Treat Upgrade! Can you help?

Trunk or Treat is getting upgraded this year! In an effort to engage neighborhood families a bit more, First UMC is planning to erect a tent for the light lunch and pumpkin-carving portion of the day. If you would like to help in this effort, contact Laura Stahl. Lunch preparers, tent hosts, parking lot hosts, trunk or treat car hosts, and donated pumpkins are all needed. Those with the "gift of gab" are also desired to visit with our neighborhood families.

FUMC Operating Budget

Year-to-Date August 31, 2016

	Actual	Budget
Income		
Envelope/Plate Giving	\$268,291.85	\$264,470.32
Other Operating Income	<u>110,238.31</u>	<u>97,238.10</u>
Total Income	\$378,530.16	\$361,708.42
Expense		
Total Expense	<u>\$394,301.29</u>	<u>\$388,219.02</u>
Net Income	<u>(\$ 15,771.13)</u>	<u>(\$ 26,510.60)</u>

FUMC to award \$1000 scholarships in 2016

In the 1950's two young men, John Lennon and Joe Berini, served as First Methodist staff members who worked with Duluth youth, particularly in the Central Hillside area. To commemorate their work a scholarship fund was developed in 1985.

Subsequent contributions have helped to sustain the Fund and allow for the presentation of 77 scholarships totaling \$69,190. The 2016 Lennon-Berini Scholarships will be \$1000 each.

The criteria for qualifying as an applicant are: (1) be a member of Duluth's First United Methodist Church, (2) have completed at least two years of college, and (3) be pursuing a people-centered career. Application forms are now available in the church office and on the church's website—and must be fully completed and turned into the church office by 3:00 p.m. on November 28, 2016. The scholarships will be awarded during the worship service on December 25.

From the Parish Nurse: Mental health, flu

Greetings and happy fall! Oct. 4-10 is National Mental Health Awareness week, and two seminars on the topic are scheduled in Duluth.

On Tuesday Oct. 4, Laura Nelchanicky-Booth will provide De-Escalation training relevant to working with people in ANY sort of crisis, whether it involves mental illness or not. This will also pertain to persons dealing with those with Dementia.

Nelchanicky-Booth is Clinical Director at Birchtree Center, an accredited, residential mental health center here in Duluth where adults in crisis go to find stability. Even a person not in a crisis may stop in and be referred to resources. It is a center where you can get the appropriate care you may need for yourself and it does not matter your financial or health insurance situation.

This training, offered from 6:30 to 8pm at the Inn on Lake Superior, is free but RSVP needs to happen for course materials and treats. Everyone will want a cookie! Let me know by Sunday, October 2 and I will add your name.

On Wednesday, Oct 5 a seminar on the Neuroscience of Mental Illness will be held at The Inn on Lake Superior beginning at 8:30 am. Deb Semmelroth, a retired Professor of Nursing at CSS now working at Birchtree, will lead a panel presentation on Suicide: Pre-vention and Post-vention. This seminar has a special congregational component. Registration is \$10 per individual or \$25 for three. See Linda if interested.

I know that many of you know that there is a crisis of bed shortages for those persons needing in-hospital care for mental health issues. Families are split because their loved one needs to be transported out of their community when care is needed due to the shortage. This is a major problem and so is the lack of health providers who can see people in a timely manner.

Did you know that 250,000 to 500,000 people die each year from the flu and its complications? It's time to be getting those flu shots and taking steps to avoid getting the flu. Practice the 3 C's:

Clean hands--wash thoroughly with soap and water, much preferred over hand sanitizer. The flu virus can live a while on a surface, counter, or skin, and if you touch that area then touch your eyes, nose or mouth you will be exposed to flu.

Cough and sneeze into your sleeve as the flu virus is spread via the air and contact with droplets on surfaces.

Control your desire to go to work or school. Stay home if you have the flu. The general rule is stay home for another 24 hours after your fever is gone.

Flu symptoms can include body aches, fever of 100 to 102 degrees, stuffy or runny nose, headaches, fatigue, and sore throat. Children may experience nausea, vomiting and diarrhea. People with asthma and diabetes and congestive heart failure are more susceptible to complications.

It's important to practice preventive techniques even if you've had your flu shot. New strains of the flu virus can change or evolve so quickly that the strains in the yearly vaccine may not be as protective and the "bug" can slip into the body undetected by the immune system. So please protect yourself and others.



First United Methodist Church

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Weekly Our regular schedule

Sundays

9:00am Faith Forum - FSL
9:00am Family Faith Formation
- 112, 105, 106
9:50am Prayer Team - TBC
10:00am Worship - S
Wee Wonder - 105
3:30pm T'ai Chi - LSH we

Mondays

Noon Gamblers Anonymous - St
4:15pm Spirit Yoga - TBC
7:00pm Whole Birth Yoga - TBC

Tuesdays

8:00am Men's Study Group - FSL
5:00 pm Karate for Life - EL
6:00pm Gamblers Anonymous - St
6:00pm Moms'í Yoga - TBC

Wednesdays

4:45pm 5Guise - BR
Kid's Club Art - L Nur, MR
5:00pm JAM & PB Band - TBC
Parent2Parent - St
5:15pm Ringtones - BR
5:30pm Bible Study - FSL
Dinner - LSH se
Explorers - St
JAM Jr. - TBC
5:45pm Sanctuary Choir - EL
6:30pm Youth Group - CW, 112
Kid's Games - L Nur, MR
6:45pm Cast in Bronze - BR
7:30pm Tapestry - S
7:45pm Class Ring - BR

Thursdays

9:00am Faithfully Fit - EL
6:00pm T'ai Chi - LSH we
(except 10/20 CW)

Fridays

9:00am Alcoholics Anonymous - TBC

Saturdays

9:00am T'ai Chi - LSH we

Day by Day Monthly & one-time

Sunday, October 2

11:00am Cookie Baking - K

Wednesday, October 5

9:00am CHUM Pie Baking - K
9:30pm UMW Board Meeting - Lib

Thursday, October 6

5:00pm Trustees Meeting - FSL

Saturday, October 8

9:00am Community Reiki Circle - TBC

Monday, October 10

7:00pm Priscilla Circle - FSL

Tuesday, October 11

2:00pm Loud, Laughing Ladies - FSL

Wednesday, October 12

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

Thursday, October 13

7:30am RB Dinner Prep- K, CW, 112
1:00 pm Alzheimers Caregivers - Lib
4:30 pm Roast Beef Dinner

Sunday, October 16

10:30am Drivers Meeting - TBC

Monday, October 17

10:00am Rachel Circle - FSL
4:00pm FUMC Foundation - FSL

Wednesday, October 19

9:30am Naomi Circle - FSL

Thursday, October 20

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

Monday, October 24

5:00pm Priscilla Circle Baking - K

Tuesday, October 25

2:00pm Loud, Laughing Ladies - FSL

Thursday, October 27

5:00pm Finance Committee - FSL

Sunday, October 30

11:00am Trunk or Treat/Pumpkin
Carving - West Lot, EL

Monday, October 31

9:00am Rachel Circle Pickling - K

