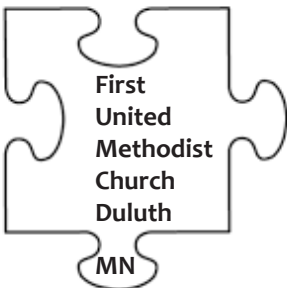


# Find your fit at First



2016-17

# Adults

## Education

**Wednesday Night Bible Study:** Lynn Millikan leads this study group, currently discussing the book of James. You may join in any time. Wednesdays 5:30pm, Fireside Lounge

**Faith Forum:** This weekly class for adults and older teens explores Bible concepts in today's terms. The fall series is "Digging into the Old Testament." See schedule at [www.fumcduluth.com](http://www.fumcduluth.com). Sundays 9am, Fireside Lounge

**Parent2Parent:** This Wednesday night parenting group meets from 5:00 to 5:30pm, while kids are at JAM practice.

## Study and Fellowship Groups

**First and Ten** men's group meets for discussion, support, organizing shared projects, and fun. Mondays 7pm, Fireside Lounge or Study

**Men's Study Group** discusses a chapter at a time from a selected book. All are welcome. Tuesdays 8am, Fireside Lounge

**Men's Church League Bowling:** It's great exercise, and our bowling team needs you! Tuesdays 6:45 to 9pm Country Lanes, 2327 Mtn Shadow Drive. See Dave Grant.

**Loud Laughing Ladies** read interesting and challenging books, and laugh their way through them. Newcomers willing to laugh are always welcome, whether or not they've read the book. 2nd & 4th Tuesdays 2pm, Fireside Lounge

**Faithfully Fit** meets Thursdays at 9am for gentle exercise and fellowship, and always concludes with tea. Led by Linda Wiig.

**United Methodist Women** seeks to give women an opportunity, through work and study, to better the lives of women and children. Four circles meet monthly; find times at [www.fumcduluth.com](http://www.fumcduluth.com).

# Children & Youth

## Sunday Family Faith Time

Family-oriented groups allow you a bit of time with your kids to share your values and your faith in a fun and interactive way. Ministries vary week to week; each Sunday is self-contained, so you can come as your schedule allows.

Be sure to check the monthly schedule for your favorite ministries and then leave the harried week behind for an hour of fun and quality time with your family.

### Weekly

- *Bible Playtime* with Early Childhood teachers. 9 & 10am, Toddler Room
- *Discovery* for preschool – kindergarten with Early Childhood teachers. 9am, Room 105
- *Worship with Wee Wonder* (3 years – kindergarteners) 10am, Sanctuary, then Study
- *Family Prayer Stations*: This area will especially appeal to elementary students, youth, and adults. Bible study at 9am, followed by self-directed stations. Room 112

### First and Third Sundays

- *Little Disciples* for families with infants, toddlers, twos, led by Laura Stahl. 9:30am, Toddler Room

### Monthly

- *Family Ministry Special Events*: Meaningful family fun, such as Trunk or Treat and Advent Creativity Workshop. Usually 4th Sundays. 11am, location depends on activity. Find a schedule of these events at [www.fumcduluth.com](http://www.fumcduluth.com)

## Wednesday Night Youth Groups

*Wednesdays following the school calendar*

- Explorers, a new group for 1st-4th graders, focuses on Bible skills in a kid-friendly, fun way. 5:30-6pm
- Youth Group for 5th-12th graders, meets at 6:30 and then does some split activities before concluding activities as a large group, ending by 7:30pm. Led by Youth Director Cynthia Coffin-Langdon with assistance from Laura Stahl
- Ringtones handbell choir for grades 4-8, 5:15pm, Bell Room
- Class Ring handbell choir for grades 8-12, 7:45pm, Bell Room

## Worship Force

*Sunday morning service opportunities for children and youth*

- Hello Team: Trained elementary students (minimum first grade) welcome and aid worshippers coming to the sanctuary

- Gatherers: Trained pairs of adult & student (minimum third grade) collect Sunday offering during worship, gather recyclable materials and straighten worship materials after worship

- Acolytes: Trained candle lighters and extinguishers (minimum fourth grade)

- Wee Wonder Teen Team: Trained teen leaders aid adult leaders in the Wee Wonder ministry (minimum sixth grade)

- Projection Team: Trained teen leaders (minimum sixth grade) use computer projection system to display song lyrics, prayers and worship aids during worship



# Work & Service

## Outreach

**Ruby's Pantry:** Volunteers are needed each month to help at Ruby's Pantry, our food distribution ministry held on the third Thursday of the month. Choose from registration/welcome, unloading truck, traffic control, bulk food repackaging, food distribution, carry-out, box recycling, clean-up and other tasks. This event runs from 3 pm unloading time to 8 pm clean up. Come and go as you have time; even an hour of help is appreciated.

## In the Kitchen

**Wednesday Night Meals:** During the school year, FUMC volunteers prepare, serve and clean up a simple weekly supper for all comers. Small groups within the church take turns in the kitchen providing a meal for the musicians, students, families, and individuals participating in Wednesday Night Ministries. Get some friends together and sign up in the church office for the Wednesday of your choice. Menu suggestions and recipes available.



**Roast Beef Dinners:** Spring and fall, we all pitch in to make and serve as as many as 700 roast beef dinners, complete with homemade apple pie. There's even a drive-through! This is a fundraiser for the work of the church, and it's also one big ol' work party for 130 or so volunteers over three days. Our fall Roast Beef Dinner will be October 13. You can sign up to help or buy tickets Sundays before and after church.

**Rhubarb:** In about six work days each June, FUMC makes hundreds of pies plus scones and candy for the CHUM Rhurbarb Festival. Watch for announcements of work days.

# Care Ministries

## Prayer Shawl Ministry

Prayer shawls wrap, enfold, surround, and comfort the recipients as a tangible symbol of love and care. Stitchers meet on the second Wednesday of each month at 9:30am in the Fireside Lounge. Newcomers are always welcome.



## Prayer Chain

Prayer Chain prays as requested for church members, their families, and others who seek God's healing and understanding love. Ask in the office to join the team or request a prayer.

## Prayer Team

FUMC's Prayer Team prays daily for the work of our church in this community, as well as the wider Church throughout the world. Each Sunday morning at 9:50am the team meets for five minutes in the Three Brothers Chapel to pray for the worship service and all in attendance each week. You are most welcome to join in prayer on any Sunday.

## Care Team

Care Team visits and shares the comfort of the Christian faith with those in homes, nursing centers, and hospitals through listening, talking, and praying. The Congregational Care ministry also provides meals at times of emergencies and loss.

## Lay Pastors

Lay Pastors minister to members who are ill, homebound, or in need. Speak to Linda Wiig if you are interested in becoming a Lay Pastor.

## Sunday Drivers

Drivers use their own vehicles or the church bus to bring non-drivers to worship. Volunteer in the office and be greeted with great rejoicing!

# Music Ministries

**JAM and the Peanut Butter Band** for grades K and up, 5pm  
**JAM Junior** for toddlers through K and their parents, 5:30pm

Led by Cynthia Coffin-Langdon, these programs give kids a solid musical foundation through games, instruments, movement, and singing. Three Brothers Chapel

## **Sanctuary Choir**

Led by Mike Goodlet

There is room in the choir for all voices. You will enjoy being a part of this light-hearted mob that occasionally strikes just the right chord to spark inspiration. Wednesdays, 5:45pm, East Lounge

## **Tapestry**

Led by Cynthia Coffin-Langdon

Tapestry is a contemporary worship band with keyboard, guitars, bass, drums, and singers, often joined by other instrumentalists. Tapestry leads congregational singing as well as providing anthems and special music. Wednesdays, 7:30pm, Sanctuary

## **Handbells**

Led by Bill Alexander

Handbell musicians of all ages build friendships, work toward musical excellence, and share their time and talents in worship and outreach. Our handbell musicians take pride in making a significant worship contribution. Want to chime in? Openings do occur.

Wednesday nights in the Bell Room:

- Ringtones, grades 4-8, 5:15-6pm
- Cast in Bronze, Adults, 6:45-7:45pm
- Class Ring, grades 8-12, 7:45-8:45pm