



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.



Holy Week and Easter Worship

Palm Sunday: Hosanna! Children and youth of all ages are invited to participate in the palm parade at the start of worship on April 13, Palm Sunday. Gather in the narthex (back of the sanctuary) at 10am to line up for the parade and get your palm branches.

Maundy Thursday: Ruby's Pantry falls on Maundy Thursday this year, so there will be no worship service. Instead, we will worship through service.

Prayer Vigil: First family members will provide an unbroken web of prayer from Thursday at 8pm—about the time Jesus might have gone to the garden of Gethsemane—until Friday noon, the time of his death. 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 April.

Good Friday: We'll have the traditional worship at noon in the Three Brothers Chapel. In addition, we'll gather in the sanctuary at 7pm for worship with communion.

Easter Sunday: Identical worship services will be offered at 9:30 and 11am. Faith formation classes will take a week off, but kids can join a "Symbols of Easter" Egg Hunt from 9-9:30 in Lakeview Social Hall.

Also in April: *Help, Thanks, Wow*

We are encouraging congregation members and friends to read during Lent *Help, Thanks, Wow*, Anne Lamott's small book on prayer. We would also like to encourage people to get together to discuss the book. You may do this with any you group you choose and by April 1 there will be a discussion guide available in the church office.

We would also like to provide a couple of opportunities for discussion on Sunday mornings. On both April 6 and 13, from 11:30am to noon in the Three Brothers Chapel, there will be a discussion of the book. Any who have read it are invited to join these brief conversations.

**First United
Methodist Church**

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

April 2014



Pastor's Pen

The Center of Easter

The power of Christ's life and love still walk the earth, if only we learn to recognize it. Gary Wills

Our First Family

Hospitalizations: Tom Ling, Marlene Berntsen, Sue Curelli, Bill Wolden, Luella Dettmann, Diane Bean

Death: Warren Berg, father of Lisa Blade

Church Lighting

• March 9-15 from June Kreutzkamp in memory of her husband, A. Dean Hendrickson, to benefit the Parish Nurse Program

• March 23-30 from Mary Beamish & David Christensen in memory of Mary's aunt, Jean Noren, to benefit the CHUM Backpack program

Thank you so much for the many prayers and cards and your ongoing support through my recent surgery and continuing cancer journey. The beautiful prayer shawl warms my body, centers my spirit, and fills my heart with the warmth of your love. It is difficult to convey the depth of my gratitude for all you have given and continue to give. It helps so much and lightens the journey. Thanks!

—LeAnn House

continued next page

With the turn of the calendar to the month of April, we anticipate the arrival of Easter. This year, Easter is relatively late on the calendar. Even so, with all the snow we've had, I would be surprised if it were all gone by the time we celebrate this most important day in the Christian year.

Easter is the most important celebration in the Christian year, but what is the center of Easter for our lives? Is the heart of the Easter message a word about life after death? I believe Easter speaks to us of life after death, and for many this is important. It may be especially important for those of us who have had to confront death in a very real way recently. Yet there are many religious and philosophical traditions that speak to us of life after death. We may not be convinced by those other perspectives, but there are other ways to consider life after death besides the Christian way.

What seems more central about Easter to our lives is a message about this life. We can know Jesus as a living presence in our lives even now. There is something about Jesus that makes him more than a figure of history. We know him as a present reality. He is the face of God for us, a living face. In the words of Gary Wills, the power of Jesus' life and love still walks the earth. This is a unique message of our faith.

While our faith assures us that God's love is stronger than death, it also lets us know we have someone who walks with us even in the dying process. We have someone who is with us to celebrate our joys, and to share our defeats. We have someone with us who inspires us to be our best—to do good, to create beauty, to do justice—and who offers us forgiveness when we don't live up even to our own expectations of ourselves.

Jesus is the face of God for us, and his death did not end his presence with us. The power of Jesus' life and love still walks the earth, and still walks with us. This is the heart of Easter. It is the heart of the Christian faith. May the hope and joy of Easter fill your hearts this year.

Grace and Peace,

David

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230 E. Skyline Parkway
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Pastor: Dr. David Bard

Next First Family deadline: April 18, 2014

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

Hopeful Earth Conference here

The Minnesota Conference Church and Society Ministry Team will be holding an event here at First UMC on Saturday, April 26, from 9am to 3pm.

The Hopeful Earth Conference aims to equip United Methodists for sustainable church practices that place God's creation at the heart of Christian life.

Get connected with other United Methodists (and other Christians) who share a concern for creation. Choose from workshops on worship, faith formation, mission/activism, and facilities management. You will leave this event inspired, energized, and ready to make a difference!

To register, go to minnesotaumc.org and click on Events. Cost is \$15, with lunch included.

Our First Family, continued

Easter Lilies: You are invited to sponsor a lily in memory, appreciation, or honor of an individual or group for \$10. We will be using the silk flowers from Chester Park. This year's donations will go to defray our higher than anticipated heating costs for the winter that refuses to end.

The Care Transitions Program will start in April for those of you who are discharged from St. Luke's with a chronic condition. For an explanation of the program, please refer to the last newsletter.

Help still needed: techy person to transfer VHS shows to DVD format. See Laura Stahl.

Million Meal Marathon

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 www.minnesotaumc.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.

Trustees seek input on improvements

With the sale of the Chester Park building and property, the Trustees are prioritizing capital needs for the future. They invite your suggestions. If you have ideas for capital improvements for their consideration, please write a proposal and bring it to the church office.

The Trustees cannot guarantee that every idea will be funded, but this is a time to consider such projects. Thank you for your input. The deadline for ideas to be received is April 15.

More drivers needed for Sundays

Our Sunday morning bus ministry has expanded, and on many Sunday mornings two drivers are needed, one to drive the church bus and one willing to pick up a person or two in their own vehicle. If you are interested in helping, or would like more information, please contact Bob MacLean or let us know in the church office. Thank you for giving this important ministry your prayerful consideration.

Long winter taking toll on our budget

A long, cold, snowy winter has placed stress on our annual budget. With higher heating costs due to both the severe cold and the increasing price of natural gas, and with higher snow removal expenses, we are not where we would like to be financially at this time of year.

If you are able to give a little extra, we would appreciate this. One opportunity to do so will be through the special Easter offering, which will be shared between the church budget and our pledge for Imagine No Malaria.

Discovery Sundays

Miracles and Compassions of Jesus

During Discovery time in April, children will learn about Holy Week and Easter (Matthew 21:1-11; 27:32-66; 28:1-10).

The final week of Jesus' life is a roller coaster of emotions and events.

There's joy and triumph as Jesus enters into Jerusalem to celebrate Passover; the quiet, moving Seder meal with his disciples; the agonizing prayer alone in Gethsemane; and Jesus' arrest, trial, beating and death. Discovery Bible study will help kids unpack this emotional story.

There will be no Discovery on Easter Sunday, when worship services are scheduled for 9:30 and 11am. Kids are invited, though, to a "Symbols of Easter" Egg Hunt from 9-9:30 in Lakeview Social Hall.

On April 27 the focus shifts to the final rotation, **the Lord's Prayer** (Matthew 6:5-15).

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 Discovery to explore these themes and ask their own questions.

Jesus' Prayer

Loving God, Sacred One, blessed be your name. May your kingdom come, your dream arrive, your purpose prevail, on earth as in heaven. Give us today our daily bread. Forgive us the wrong we have done, as we forgive those who have wronged us. Help us steer clear of temptation, and protect us from evil. We trust you in this, for the kingdom, its power and its beauty, are yours forever.

Helping Lent grow to Easter

See great photos of this on the FUMCDuluth facebook page

On March 9 our Discovery Kids made the Lenten/Easter Garden for the sanctuary and individual ones for their homes. Each week they add something to their gardens at home as part of their family activity. You can follow along as these additions are also made to the garden on the communion table.

Sunday, April 6: Add a piece of egg shell, reminding us of God as giver of life who desires our respect for living things. As a family, go outside to listen for spring songbirds or look for signs of wildlife.

Sunday, April 13: Add a leaf from a palm branch, reminding us of God as giver of laughter and joy and Jesus' entering Jerusalem to "Hosanna! Hosanna!" Tell favorite family jokes and enjoy your laughter.

Good Friday, April 18: Add three stick crosses, reminding us of Jesus' death on the cross. Roll the large stone to cover the entrance of the tomb. Family members can draw or use Play Dough to show their faces when they were very sad, and then share about that sad time.

Easter Sunday, April 20: Roll the large stone to the side of the tomb. Decorate and add the Jesus figure, reminding us that Jesus rose from death and lives in our hearts every day.

For your family activity, make Resurrection Rolls (allrecipes.com/recipe/resurrection-rolls). In this recipe a marshmallow in the middle melts in the oven and disappears, leaving behind only its sweet taste. As you taste the empty sweetness, remember that the tomb was empty because Jesus came back to life.

Kids doing well in Bible Sleuth Challenges

The Achievement Chart of Bible Sleuth Challenges is filling up! Discovery Kids are collecting prizes as they conquer each of four levels of challenges and learn more about their bibles.

All older elementary children, tweens and teens are welcome to tackle these challenges this spring and during the summer months. Parents and friends are welcome to guide, mentor, and support

the kids as they build their Bible study skills.

Laura will continue to collect Bible Sleuth Challenges and bestow the appropriate prize for each level achieved throughout the spring and summer.

Bible Sleuth Achievements

Level 3: Lindsay Johnson

Level 2: Eli Redpenning, Mayson Whitlock

Level 1: Drew Stein, Annika Swanson, Maya Swanson

April at FUMC

Ruby's Pantry this month will be April 17, Maundy Thursday. 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.

We will not have a worship service on this evening and hope you will consider helping distribute food a form of holy week worship.

First and Ten men's group will meet on April 14 and 28.

Faith and Film this month will be about balancing environment and economic development. It is not a documentary, but rather a drama entitled *Promised Land*.

Matt Damon stars as a corporate representative sent to a farming community to seek mineral rights. Frances McDormand and John Krasinski also star in this R-rated film.

Film rolls at 6:30pm on Sunday, April 27. Popcorn provided.

Coming in 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: Love Offering

18: Faith and Film, *The Butler*

20: CHUM Assembly

28-30: Minnesota UMC Annual Conference

It's Humor Month!

Laughing with Linda

What's so funny about April? Some date April Fools Day as starting from when the Gregorian Calendar took effect in 1582, changing New Year's Day from April 1 to January 1. People who forgot about the new date were mocked and called April Fools. But Chaucer had already referred to the foolishness on what people thought was the 32nd day of March (or April 1) in his 14th-century masterpiece, *Canterbury Tales*. And other cultures have recorded even earlier traditions of April pranks, jokes, and gags. Evidently fools have been around a long time!

Humor improves vision.

Things always look better after a good laugh. —*Larry Wilde*

A robust laugh improves your mood and your health. The physical act of laughing helps you stay alert and makes it easier to cope. We need to admit that we are human and be able to laugh at ourselves. People who can take work seriously, but also not themselves, can have the joy of knowing that the kingdom is theirs! The average American laughs 15 times a day—which is good, as it has been said that humor is the hole that lets the hot air out of a stuffed shirt.

Laughter relaxes the whole body. A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.

Laughter boosts the immune system. Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.

Laughter triggers the release of endorphins, the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.

Laughter protects the heart. Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.

Laughter and humor help you stay emotionally healthy.

So smile at yourself in the morning in a mirror. Make a list of your blessings, and when you hear laughter in a room move toward it—laughter is contagious. Make a joke box or put affirmations to yourself in a box and pull one out each day.

Remember to smile and laugh—it does your body good.

—**Linda Wiig, Parish Nurse**

Q: What do you call a fake noodle? A: An Impasta ... Q: What do you get from a pampered cow? A: Spoiled milk. ... Q: What do you get when you cross fish and an elephant? A: Swimming trunks. ... Q: Why do fish live in salt water? A: Because pepper makes them sneeze!

'Let's have dinner and talk about death' *

Do you have a health directive or a healthcare durable power of attorney? Are you 40 or 50 or older? Are you younger? Do you have a will? Have you had any type of conversation with your family about your wishes?

An advance health care directive, also called an advance directive, is a legal document stating how you would like to be treated at the end of your life.

In order to complete an advance health care directive you must identify the types of treatments you do and do not want at the end of your life and name someone who will make sure that your health care wishes are followed

Every state has its own advance directive forms, and Wisconsin and Minnesota forms are different from each other. In some states, the living will and health care power of attorney



forms are combined into a single document; in other states, the forms are separate.

Once you've completed your state's forms and gotten them signed, they are legally binding, though you may revoke or amend them at any time. Some progress is being made so that all states will have a uniform document, but that is not yet the case.

Websites for The Conversations Project (theconversationproject.org), Five Wishes (5wishes.org), and National Healthcare Decisions Day (www.nhdd.org) have good information for you

to read. (National Healthcare Decisions Day is April 16.)

Please have conversations before a crisis situation arises. People naturally want to live, but making a plan and having the conversation before the stress of having to make a decision under duress is much more beneficial.

When families have made decisions before loved ones become too incapacitated to make their own feelings known, the care of that individual becomes much better.

Families have less suffering, the person is much more likely to die at home as they wish, they have better pain control, and family members exhibit less depression six months after their loved one has died.

End of Life conversations and health care directives will be topics for future Faith Forums in the fall.

If you have questions prior to this time, please see parish nurse Linda Wiig. She can refer you to other resources and provide you with a health directive form and a series of questions to begin the conversation.

* from a campaign of the Conversations Project

What do people want for the ends of their lives?

60% of people say that making sure their family is not burdened by tough decisions is "extremely important"

56% have not communicated their end-of-life wishes

Source: Survey of Californians by the California HealthCare Foundation (2012)

70% of people say they prefer to die at home

70% die in a hospital, nursing home, or long-term care facility

Source: Centers for Disease Control (2005)

80% of people say that if seriously ill, they would want to talk to their doctor about end-of-life care

7% report having had an end-of-life conversation with their doctor

Source: Survey of Californians by the California HealthCare Foundation (2012)

82% of people say it's important to put their wishes in writing

23% have actually done it

Source: Survey of Californians by the California HealthCare Foundation (2012)

As a gift to your loved ones

Please have these conversations before a crisis situation arises.

Apps for Life

The Winter/Spring Faith Forum series uses the parables of Jesus as a doorway into some aspect of life. Rather than working with a strictly interpretive model, the presenters will use the parable to explore a particular life topic. The series promises to delight the heart and tease the imagination as we use some of the parables of Jesus to open our lives to God's Spirit in new ways. Faith Forum meets at 9 am in the Fireside Lounge.

April 6: Diane Bean on goal setting, Matthew 25:14-30. Personal talents – we all have them. We may lose them if we don't use them to help others.

April 13: Mark Whitlock on family, Matthew 18:15-17. Faith and child-like qualities, including a sense of wonder and trust.

April 27: Barb Hakala on love, Matthew 18:12-14. Shepherd and sheep tell us something about God's love for us, and the delight God takes in us.

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?

Notes from Family Ministry

The group baby photo taken in mid-February will be presented to the congregation on Sunday, April 6. Families with babies born in 2013 will be in worship, giving the congregation an opportunity to meet and greet children from the Class of 2031 and the Class of 2032.

Student volunteer hours: Does your child's school require volunteer hours? Check with Laura Stahl to schedule church volunteer hours over holiday breaks, after school, or in the summer. Rather do community service agency volunteering? Laura and the church staff can help you find an opportunity right here in Duluth and surrounding communities.

Summer camps: As you plan your summer activities, take time to review the many camp options offered by the Minnesota Annual Conference. Camping Ministries offers summer camps for kids and families, as well as year-round opportunities for adults and special interest groups. Camp brochures are available from Laura, and can be found at the Welcome Center after Easter. Financial support from First UMC may be available to offset your costs.

Sure sign of spring: UMW luncheon posters up

After this long winter, let's think spring! The Duluth Area UMW Spring Luncheon will be held Thursday, May 1, at Hillside UMC, 1801 Piedmont Avenue, Duluth.

Registration will begin at 10:30am. At 11am Diane Bean of FUMC will be speaking on the Romani People; lunch will follow the program.

Cost is \$8, and reservations are needed by Friday, April 25. Please call and leave a message with the Hillside church office, 727-4257, or with Carolyn Dahl, 727-6342.

FUMC Operating Budget

Year-to-Date February 28, 2014

	Actual	Budget
Income		
Envelope/Plate Giving	\$ 64,311.60	\$ 63,875.00
Other Operating Income	<u>9,649.08</u>	<u>21,077.70</u>
Total Income	\$ 73,960.68	\$ 84,952.70
Expense		
Total Expense	<u>\$105,729.03</u>	<u>\$ 96,359.78</u>
Net Income	(<u>\$ 31,768.35</u>)	(<u>\$ 11,407.08</u>)

All taxes are paid for 2014. Two apportionment checks are being held. Expenses have been impacted by a 59% increase in utility costs in January & February due to cold weather, a major repair to the bus, and increased costs for snow removal and sanding. Facility rentals are also down due to fewer bookings and some weather-related cancellations.



First United Methodist Church

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Weekly Our regular schedule

Sundays

- 8:45am Confirmation - CW
- 9:00am Exploration & Discovery - LL
- 9:00am Faith Forum - FSL
- 10:00am Worship - S
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
- 5:15pm Ringtones - BR
- 5:15pm JAM - EL
- 5:45pm Supper - LSH se
- 6:00pm Tapestry - S
- 6:30pm Cast In Bronze - BR
- 6:30pm 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 4/17)

Fridays

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

Saturdays

- 9:00am T'ai Chi - LSH we

Day by Day Monthly and one-time events

Wednesday, April 2

- 9:30am UMW Board Meeting - Lib

Saturday, April 5

- 9:00am Birth & Baby Fair - LL

Sunday, April 6

- 11:30am Anne Lamotte book study - TBC
- 12:00pm SPRC - Lib

Tuesday, April 8

- 2:00pm Loud, Laughing Ladies - FSL
- 7:00pm Church Council - FSL

Wednesday, April 9

- 10:00am Prayer Shawl Ministry - FSL

Thursday, April 10

- 1:00pm Deborah Circle - FSL

Saturday, April 12

- 9:00am Community Reiki - TBC

Sunday, April 13 Palm Sunday

- 11:30am Anne Lamotte book study - TBC
- 4:00pm Cellist of Sarejavo Concert - S

Monday, April 14

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

Wednesday, April 16

- 9:30am Naomi Circle - FSL

Thursday, April 17

- 4:00pm Ruby's Pantry - S, LSH
- 8:00pm Prayer vigil begins

Friday, April 18

- Noon Good Friday Worship - TBC
- 7:00pm Good Friday Worship - S

Sunday, April 20

- 9:30am Easter Worship - S
- 11:00am Easter Worship - S
- No faith formation classes

Monday, April 21

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

Thursday, April 24

- 5:45pm Finance Committee - St

Saturday, April 26

- 9:00am Hopeful Earth Seminar - L

Sunday, April 27

- 6:30pm Faith & Film, 'Promised Land'

Monday, April 28

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

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