



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.

July 2017

STRIKEPOINT

Fresh from a 10-day tour of
Colorado and the Wild West

Home Concert

Sunday, July 23 • 7:30pm

Register now for camp

Registration forms are available at church, at www.funcduluth.com, or on Faithful First Families (Coppertop) FB page.

Adventure Day Camp - July 24-27

Kids and youth completing kindergarten through 7th grade won't want to miss this annual summer camping experience offered by area United Methodist Churches. Swimming, canoeing/kayaking, games, crafts, stories, songs, and outdoor fun will fill Monday through Thursday, July 24-27. Kids will board buses and head out to Horace Johnson Boy Scout Camp for a full day of fun. Before and After care available for a small fee. Sibling camper discount.

Preschool VBS/My Family Toddler Camp - July 24-27

Camp is not just for big kids. Preschoolers and toddlers camp too! Toddlers and twos join their parents or care givers for Toddler Camp while Preschoolers (3 yrs through Pre-K) have VBS next door. The fun happens Monday through Thursday mornings, July 24-27 at First UMC.

**First United
Methodist Church**

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



Our First Family

Hospitalizations: Chuck Campbell, Barb Fermenich, Barb Bennett, Kevin Walsh, John LeFaive

Deaths: Jeff Johnson. Jeff's memorial service will be Tuesday, July 11 at 11 am at First UMC. Visitation, also at First UMC, is Monday, July 10, from 5 to 7 pm.

Janette Yaeger (Naomi Yaeger's mother), Ronald Bellefy (brother of Chris Bellefy), Carol Marshall (former member of FUMC)

Birth: Congratulations to first time great-grandmother Diane Bean and grandparents Marni & Dana Bach on the June 5th birth of Christopher Frances Phelan. Delighted (and somewhat astonished) parents are Melissa & Robert Phelan of Chicago.

The Rainbow Flag displayed in the narthex is a gift to FUMC from the people of Minnetonka UMC, Pastor Jeanine's former congregation. This upbeat symbol of welcome to people of all genders and sexual orientations is designed to stand up to weather and is suitable for outdoor display.

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On the journey with you

Running into Jesus

A friend and I were out to dinner when we ran into Jesus. He was a tall man in his 40's who was working for a group home. He and a woman had four developmentally and physically challenged young adults with them. With a beautiful, kind, relaxed way about him, he helped them get their food, encouraged them to help each other, laughed with them, teased them, and talked with them about what they would do when they got home. None of the four could talk much but that didn't stop him. He treated them with such kindness, dignity, and genuine care. I thought to myself, "*I want to be like him.*" It's always a blessing to run into Jesus!

One of the great blessings and profound responsibilities of being a Christian is that we are called to be Christ's very hands, feet, mouth, ears, etc. We are Christ's presence here on earth. What we do and say, how we treat others, matters.

Already at First UMC/The Coppertop I have felt the welcome of Christ. Through your texts, e-mails, Facebook posts, cards, and phone calls I have felt your open, warm welcome of me. What a blessing that is as I begin ministry here! I look forward to having the opportunity to bless and love you.

Isn't it exciting thinking about the great ministry God has in store for us? Just think about what we will learn from each other, teach each other, and do together in the coming years. We will bring to each other, and to the world, the presence of Christ. It is an exciting time!

Please know that I will delight in you and look forward to knowing you. Please attend a meet & greet, stop by church, give me a call, invite me to join you for coffee or lunch as we begin our exciting journey.

I am so thankful to be joining with you as we seek "*to welcome all people, to be guided by the teaching and unconditional love of Jesus, and to be inspired to participate as faithful disciples of Christ.*"

Blessings, Pastor Jeanine

First Family

First United Methodist Church

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

Pastor Jeanine Alexander

Next First Family deadline: **July 21**

Submit to connect@fumcduluth.com



fumcduluth.com

Our First Family, *continued*

Many thanks to all our 2017 Rhubarb Festival volunteers who chopped and stirred, baked and boxed countless pies and goodies. Every June, CHUM gets people spinning Duluth's rhubarb into gold for our neighbors in need. Could it be more fun?

Adult Bible Study meets in the Fireside Lounge each Wednesday in July from 4:30 to 6 pm. August will bring three meetings: on the 9th, 23rd and 30th. All are welcome to attend.

FUMC's Love Offering 2017: \$797.00. This is the one that goes to Annual Conference.

Thank you to those of you who are remembering to deposit "Labels for Education" in the collection box in the atrium.

You'll want to make sure to catch **Strikepoint's home concert** at 7:30 pm July 23. There'll be lots of great new pieces and a couple of old favorites (think bubbles!)

Sign up in the church office for the **August 15 blood drive**. Your donations of blood are always needed. Thank you.

Janet Bye has moved. Her new address is
Glenn Tower Apartments, #243
1011 Feltl Ct.
Hopkins MN 55343

MN Annual Conference 2017

Our task for the coming year, as members of the United Methodist Church and the Minnesota Annual Conference, is to "**Encounter the Spirit and Live Expectantly.**" Bishop Bruce Ough opened the 2017 Annual Conference on this theme for all Methodists, and it resonated through the halls of St. Cloud's River's Edge Convention Center.

The Minnesota Annual Conference of 2017 gathered June 20-22 to learn about church mission, and "why we exist," as expressed by our guest speaker, Rev. Junius Dotson. The "why" brings us to the Acts 2 people, growing our own relationship with Christ and building roads that lead to the transformation of the world by growing people for Christ.

Our members representing First United Methodist were lay leaders Cindy Hedlund and Carol Donahue, member Brandon Veale, and Deacon MaryAnne Korsch. During the convention, our new Pastor Jeanine Alexander received a special award for her service at Minnetonka UMC, having increased worship attendance from 220 to 350 over a five year period. This brought grand applause and thanks from the convention delegates, as well as setting the stage for us to "Encounter the Spirit and Live Expectantly."

The key sessions included daily worship with emphasis on remembering our baptisms, thanking God for what we've accomplished together, and praying for the Holy Spirit to break through in our churches. The guest speaker, Rev. Junius B. Dotson, former pastor of a 3,500 member multi-campus church, provided lessons of the "how" and "why" of evangelism.

Other sessions, titled Acts 2 Talks (Ted Talks), provided vision of how and where God might be creating Pentecost afresh in today's world. Several mini workshops highlighted various ministries, topics, and how the Acts 2 church is being "birthed," healing a broken world, and how you can make an impact.

The final session, "Celebration of Life in Ministry," was a worship service celebrating those who have died over the past year, those retiring, those being ordained and commissioned, and newly licensed local pastors.

This was a week of renewal, prayer, and direction. Thank you for trusting and sending us as representatives of First United Methodist Church.

Sermon Series – Mythbusters

Please join us at 10 am Sunday mornings for a sermon series exploring commonly used Christian clichés that are sometimes helpful, and often not so helpful (even painful).

July 9	Everything Happens for a Reason
July 16	God Helps Those Who Help Themselves
July 23	God Won't Give You More Than You Can Handle
July 30	Love the Sinner, Hate the Sin
Aug 6	God Said It, I Believe It, That Settles It

How can I help?

Our annual Luncheon and Communion Service for those who are unable to make it to church will be on Thursday, August 10, beginning with the service at 11:30. The Nurture committee along with Lay Pastors and other volunteers help to make this a most enjoyable afternoon. If you would like to help serve food, attend the service, or possibly provide a ride, give Linda Wiig a call. Thanks!

Wildfire Meal

On Monday evening, July 10, First UMC will host the Wildfire Mission group from Faith UMC in Superior. Wildfire has offered youth groups in the Upper Midwest an opportunity to connect with each other and to be in mission together.

For a number of years, area United Methodist Churches have helped make this event happen by hosting the group for an evening meal. We will be serving barbecued roast beef sandwiches.

If you can help prepare, serve, or clean up, please sign up in the church office or speak to Linda Wiig.

Snacks needed for July 27

Thursday, July 27 is First UMC Day at Adventure Day Camp. Our church is asked to provide the snack. The following ingredients are needed: vanilla pudding, graham crackers, stick pretzels, and grapes (halved). We will need enough for 70 snacks. Please don't bring the grapes before July 24. Thank you for your support of this ministry.

Capital Projects Update

New funds raised since first of the year from new contributions, Easter offering, pie sale, and organ recital total \$6,319. Remaining amount to be raised by 12/31/18 is \$71,093. Accelerated payments received since March: \$23,500. Thank you!

Tuck-pointing is proceeding as planned. We should realize significant savings in labor costs, as they were able to begin their work early in the construction season.

Remember you can always make a contribution to the capital campaign by using offering envelopes in the pews. Mark the line "Building Fund." The Trustees proceed on projects as funds become available. Still on the list: upper windows, restroom updates, organ refurbishment, parking lot resurfacing, and trustees' building endowment. The project list is posted on the office window and the bulletin board outside the library.

New trustee for Lennon-Berini Fund

On May 23, 2017, Dick Wallin transferred all responsibility for the Lennon-Berini Scholarship Fund to Terrance R. Wallin, a life-long member of First United Methodist Church. Dick has been the President/Trustee of the Fund since it was transferred to him by Joseph R. Berini on September 10, 2007.

In making the transfer Dick commented, "It has indeed been a rewarding pleasure to annually award scholarships to deserving FUMC members." The transfer of leadership for the Fund is in accordance with the Fund's Policy Statements that were approved by the church's Administrative Council which include: "Should the President/Trustee of the Fund at some time choose to no longer serve in that capacity, he may transfer the responsibility to another First United Methodist Church member."

In addition to being a faithful FUMC member, Terry knew Joseph Berini personally, his three children were recipients of the scholarship, and he looks forward to carrying on the legacy of John Lennon and Joseph Berini.

FUMC Operating Budget Year-to-Date May 31, 2017

	Actual	Budget
Income		
Envelope/Plate Giving	\$161,917.34	\$169,531.45
Other Operating Income	<u>76,871.13</u>	<u>83,729.14</u>
Total Income	\$238,788.47	\$253,260.59
Expense		
Total Expense	<u>\$248,870.62</u>	<u>\$247,325.05</u>
Net Income	<u>(\$ 10,082.15)</u>	<u>\$ 5,935.54</u>

All apportionments, taxes, and payables YTD have been paid.

New bell choir!

Our handbell program is gearing up to start a whole new batch of young and beginning handbell musicians this fall. If you have one or more of these aspiring ringers in your family, we want to hear from you!

Preferred ages are 3rd grade through 6th grade, but motivated 2nd graders are welcome. Knowing something about music is helpful, but not necessary. We will teach music notation, rhythm reading, and always move toward working together, responsibility, trust, and musicality.

Contact Bill Alexander at 218-729-8434 or the church office at 218-727-5021.

Youth to Amnicon

Hey all youth out there! 6-12th graders, we need you! We will be traveling out to Camp Amnicon July 12-13. We will leave from the Coppertop at 3 pm on July 12 and return on the 13th at 3 pm as well. Twenty-four hours of craziness!

Cost is \$15 but scholarships are available. Flashlight tag, capture the flag, s'mores and singing by the camp fire, canoeing, catching fireflies, praying, swimming, building sand castles and forts out of drift wood! This will be a great time! Let's grow closer to God and each other!!! For more info connect with Cynthia via email: Tevyjr@aol.com.

Looking ahead to August, we will be hanging out at Canal Park with Pastor Jeanine! Let's ride some crazy bikes together and grab some ice cream. Aug 12—save the date!!

Essentia Oils and Aromatherapy

from Linda Wiiiig, Parish Nurse

Good Summer to All! First, I would like all you Blood Donors and prospective ones to mark your calendars for Tuesday, August 15, when our next blood drive will take place from 3 to 6 pm. Tuesday is Market Day, too, from 4 to 7 in the parking lot and all who give blood can take advantage of their time after donating to peruse the offerings! Watch for a sign-up sheet the middle of July.

I recently attended a refresher on essential oils and thought I would clue you in on a couple of these oils used in aromatherapy. Plants which have been found to be fortuitous are used to achieve certain effects in the body. Only the essential oil of the plant is used which could be from inside the plant's roots, wood, leaves, flowers, or fruit.

In aromatherapy, inhalation, application, and baths are the principal methods used to enter the body. All essential oils are powerful concentrated substances. They are normally diluted with a carrier oil or lotion to facilitate application and to ensure against a skin reaction. Carrier oils such as sweet almond, grape, and safflower are light and commonly used.

Essential oil of Sandalwood has a very calming and soothing effect, and so is beneficial to relieve anxiety and tension. It's used with massage, in baths, and in vaporizers. It can also be used to relieve insomnia and as an antiseptic.

The finest quality sandalwood oil comes from East India from mature trees. It is also one of the oils mentioned in the Bible as King Solomon was told by God to build the furniture from the wood in the great temple and so the aroma filled the temple.

Now in the summer an essential oil that one could use as an insect repellent is Tea Tree oil. It is also used as a disinfectant, and it's hypoallergenic, non-toxic, and anti-fungal. It can be used in compresses, foot and hand baths, mouthwashes, inhalation, and in vaporizers.

The history of Tea Tree is that its leaves were used by Captain Cook and his men for tea in Australia. The tree kept the name that they gave it. The indigenous Aborigines have long used Tea Tree poultices to cleanse and heal wounds and ulcers.

Essential oils are powerful, so observe some precautions. Never take essential oils internally on your own initiative. Do not get the oils in your eyes. If you are prone to allergic reactions, always test by placing one drop of carrier oil already mixed to the proper dilution with the essential oil behind your ear and wait 12 hours. If no reaction occurs you should be good to go.

If you want to learn more about essential oils and their benefits, a good book is *Aromatherapy for Common Ailments* by Shirley Price. A local resource for essential oils and information is Superior Essential Wellness.

Everyone have a safe and happy summer.



First United Methodist Church

First Family (USPS 349-210) is published monthly by First United Methodist Church, 230 E Skyline Pkwy, Duluth MN 55811-2799. Periodicals postage is paid at Duluth MN 55806.

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

Weekly

Our regular schedule

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

Sundays

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

Mondays

- Noon Gamblers Anonymous - St
- 3:00pm Spirit Yoga - TBC
- 4:30pm Spirit Yoga - TBC
- 7:00pm Whole Birth Yoga - TBC

Tuesdays

- 4:00pm Farmers Market - East Lot
- 6:00pm Gamblers Anonymous - St
- 6:00pm Moms' Yoga - TBC

Wednesdays

- 5:30pm Bible Study - FSL

Thursdays

- 9:00am Faithfully Fit - EL
- 6:00pm T'ai Chi - LSH we
(except 7/20 CW)

Fridays

- 8:00am Men's Study Group - FSL
- 9:00am Alcoholics Anonymous - TBC

Saturdays

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

Day by Day Monthly & one-time

**For information on Meet & Greets contact the office at 727-5021*

Friday, July 7

- 6:30pm Meet & Greet*
Doug & Karen Buell

Saturday, July 8

- 2:00pm Meet & Greet*
Ann Gumpfer & Mark Harvey

Sunday, July 9

- 6:00pm Meet & Greet*
Jeanne & Chris Carroll

Monday, July 10

- 4:00pm Wildfire Dinner - LSH, K

Tuesday, July 11

- 2:00pm Loud, Laughing Ladies - FSL
- 5:00pm Church Council/Capital
Campaign Potluck - LSH se

Wednesday, July 12

- 3:00pm Youth to Camp Amnicon
- 6:00pm Meet & Greet*
Mary & Kent Giese

Thursday July, 13

- 2:00pm Meet & Greet*
Richard Gurske
- 6:00pm Meet & Greet* Jesse Singer &
Stephanie Balmer

Friday, July 14

- 6:30pm Meet & Greet*
Bob & Laura Krumwiede

Saturday, July 15

- 6:00pm Meet & Greet*
Carol & Mike Donahue

Sunday, July 16

- 4:00pm Meet & Greet*
Laura & Dale Stahl

Tuesday, July 18

- 2:00pm Meet & Greet*
Dan & Karen Morgan

Wednesday, July 19

- 6:00pm Meet & Greet*
Cindy & Scott Hedlund

Thursday, July 20

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

Friday, July 21

- 6:00pm Meet & Greet*
Dorothy & Allen Anway

Sunday, July 23

- 7:30pm Strikepoint Homecoming
Concert - S

Monday, July 24-27

- 8:30am Adventure Day Camp
- Camp Horace Johnson
- 9:00pm Vacation Bible School - L Nur

Tuesday, July 25

- 3:00 pm Meet & Greet*
Peg & Dick Wallin

Wednesday, July 26

- 3:00pm Meet & Greet*
Rik & Bob Higgins

Thursday, July 27

- 6:30pm Meet & Greet*
Ron Berkeland

Saturday, July 28

- 4:00pm Meet & Greet*
Steve & Jenna Mattson

Sunday, July 29

- 4:00pm Meet & Greet*
2X2s Couples Club - FSL