



# 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.*

May 2015

**DINNER AT THE COPPERTOP**



**THURSDAY, APRIL 30TH  
4:30-7:00 P.M.**

## *Spring* **ROAST BEEF** *Dinner*

**ADULTS: \$12  
CHILDREN  
UNDER 12: \$6**

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

**DINE IN,  
CARRY OUT,  
OR DRIVE THROUGH**

**First United  
Methodist Church**

230 E. Skyline Parkway  
Duluth, MN 55811  
[www.fumcduluth.com](http://www.fumcduluth.com)



## Our First Family

**Death:** Dorothy Hallsten, born 1919, died April 21, 2015

**Hospitalizations:** June Kreutzkamp, Jean Kuusisto, Willis Beasley

**Church Lighting:**

- April 19-25, sponsored by Jim and Ann Wheeler to benefit YMCA's Mentor Duluth
- April 26-May 2, sponsored by Jim and Ann Wheeler to benefit CHUM

**Had enough winter?** You will be able to dig into dirt soon! The FUMC Garden Committee is enlisting additional interested volunteers for the upcoming garden season. All aspects of experience from beginners to Master Gardeners will be embraced.

Design teams, shoppers, planters, weeders, watering teams – you name it, we can use your help. Gone for a few weeks in the summer? No problem! Even a short-term commitment would help.

Look for us at church May 3 or call Mary Giese 624-5138 or Marlene Bowen 729-6526 anytime throughout the next growing season. We will never turn you away.

**A little UMW history:** On March 23, 1869, six women gathered at Fremont Methodist Episcopal Church in Boston and organized the Women's Foreign  
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## The Extraordinary in the Ordinary

Through the generosity of others, Julie and I recently attended a performance of *Jesus Christ Superstar* at the Duluth Playhouse. Among the cast members was a young woman who has attended church here while she has gone to school, and another for whom I was her pastor when I served churches on the Iron Range. Both did a wonderful job, as did the entire cast.

In the program notes, the play's director noted that when the musical was first performed, it was met by picket lines and accusations of "blasphemous and outrageous." I was a young person when the play first came out, and I have vague recollections of some of the concerns raised.

The story of Jesus is told in a unique way. Jesus' humanity is emphasized, and the mind of Judas is plumbed for thoughts and questions. The play leaves many questions about Jesus unanswered, and that apparently left many Christians uncomfortable. Shouldn't the story of Jesus be told only with affirmations, including the affirmation of his divine status?

Watching the musical, having read the director's notes, I began to ponder. Questions are not the problem, I think. One reason given by younger people for their disengagement from the church is that they don't believe their questions have a place. I find that sad, and I find it sad because I don't think the opposite of faith is doubt, I think the opposite of faith is indifference.

Yes, *Jesus Christ Superstar* leaves those who see it with many questions. I wonder how many people who see the play in the future will find it terribly confusing because they don't really know the story of Jesus at all.

The opposite of faith isn't questioning or doubting, it is indifference, lack of engagement. This is the way I approach confirmation. During confirmation we tell the stories of Jesus, and of the Bible, and of the Christian faith. There is some important information to impart. My goal in confirmation, however, isn't to get confirmands to agree to a particular set of beliefs, but rather

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## First Family

### First United Methodist Church

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

Pastor: Dr. David A. Bard



Next First Family deadline: **May 22**  
Submit to connect@fumcduluth.com

fumcduluth.com

That I may know him ....



## Pastor's Pen, continued

to move them toward deeper engagement with the God of Jesus Christ.

The fundamental Christian commitment is to stay engaged with Jesus, to keep asking what it may mean to be a follower of Jesus as we live our lives. Asking that question does not preclude asking all kinds of other questions about the nature of God, about how we know what we know about Jesus, about how prayer works, about the successes and failings of the church.

In a few places in the musical, we hear people singing, "Jesus Christ, superstar, do you think you're who they say you are?" For Christians the more interesting question is, "Who do you think Jesus is, and what does it matter?" Staying engaged with that question, even as we ask many others, is at the heart of Christian faith.

On Sunday, May 10, we will be celebrating the willingness of five young women to engage questions about the meaning of Jesus for their lives. I hope you will be there for the celebration, and I hope you will find it a time to ask again what following Jesus means for your life. The opposite of faith isn't doubts and questions. It is indifference.

Grace and Peace,  
David

## Music at the Coppertop: 'Organ Plus'

This Sunday afternoon concert will explore music composed for organ with other instruments. Both of First United Methodist's pipe organs will be heard: the sanctuary instrument built by Austin Organs in 1968 and the chapel organ built in 1995 by local organ builder Dan Jaeckel.

Featured organists Velda Graham Bell, Parker Hinnenkamp, LeAnn House and Josh Peterson will be joined by strings, trumpet, timpani, recorder and even bagpipes!

The concert starts at 3 pm in the sanctuary. A free-will offering for our music ministries will be received.

## Roast Beef Dinner

Our Spring dinner is coming up Thursday, April 30. Get roast beef, mashed potatoes and gravy, apple pie, and more, served continuously from 4:30 to 7 pm. Dine in, take out, or drive through, and feed a friend or two!

**Tickets** are available in the narthex. Get some for your household and take a package of 10 to sell to friends and neighbors. \$12 adults, \$6 children

**Volunteer Sign-Up** - We all know it's the volunteers that make our Roast Beef Dinners a success. This semi-annual event gets everybody working together! Look over the options in the narthex to find the job for you.

- Sunday, April 26 – Cookie Baking Day  
Volunteers needed after worship service until 1 pm
- Wednesday, April 29 – Pie Baking and Set-Up Day  
Volunteers needed 9 am through 3 pm
- Thursday, April 30 – Dinner Day  
Volunteers needed 7:30 am through 9 pm

With the help and energy of all our awesome, hard-working volunteers, we are looking forward to another successful dinner.

## Our First Family, *continued*

Missionary Society, a UMW predecessor. They raised money to send a doctor, Clara Swain, and a teacher Isabella Thoburn, to India to serve the women of that nation. What a wonderful surprise those six women would receive if they could see the map of UMW missions around the globe that is on display in our narthex! *Lee Ball*

**Birth:** Kent and Mary Giese announce the birth of their great-granddaughter, Kendolyn Marie. She was born April 12 to John and Heather DeVries, Grand Rapids and welcomed home by her big sister Gracelyn, 17 months old. And yes, Kendalyn was named after Great-Grandpa Kent.

New on the website: [First Family photo gallery](#)

## Schedule Changes

### • Faith and Film now May 3

Given the busy church schedule for April 26, we have moved the April/May Faith and Film to **Sunday, May 3**. We will be watching the film *The Hundred Foot Journey*, which stars Helen Mirren. Mirren plays a chef at a well-regarded French restaurant who is upset that an immigrant is opening an Indian restaurant a mere 100 feet from her own. It is a film about dreams and about differences being bridged. The film is rated PG and will roll at 6:30 pm in the movie room downstairs.

### • Roadside clean-up May 16

Given the nice weather we have been experiencing, our spring Roadside Clean-up has been moved ahead a couple of weeks from the previously announced date. We will meet for the clean-up at 10 am on Saturday morning, May 16. We meet at the corner of Maple Grove and Midway Roads. All volunteers are welcome as we seek to keep God's good creation a little cleaner.

## May 10 is Confirmation Sunday

Last year our confirmation class was all young men. This year we will be celebrating completion of confirmation for a class entirely comprised of young women.

This year's confirmation class is Sannah Arvidson-Hicks, Elise Hintzman, Shelby Johnson, Nakiah Lanthier, and Josie Peterson. On Sunday May 10 we will celebrate this important time in the journey of faith of each of these young women. Confirmation is a wonderful celebration not just for the confirmands, but for our entire congregation.

## Capital Campaign Update

As was announced in our last First Family, the Church Council has voted to enter into an agreement with the Minnesota United Methodist Foundation to conduct a capital campaign. Val Walker, Executive Director of the Foundation, will be our chief campaign consultant.

A Steering Committee has been formed. Members are Karen Alseth, Mike Donahue, Mary Hansen, Steve Hansen, Daryl Harper, Linda Harper, Scott Hedlund, Mary Anne Korsch, Teri Tangen, Jim Wheeler, Anita Zager, and staff members Paula Davidson and Pastor David.

The Steering Committee will be meeting over the next few months to get ready for the campaign, which will begin in September. The Steering Committee and the Church Council ask for your prayers as this important endeavor moves forward.

## Evening Bible Study on Philippians

On Wednesday evenings, Pastor David is leading a Bible Study on the New Testament book of Philippians. The study is held in the Fireside Lounge from 5:30 to 6:15 pm. This gives participants time to head down for the Wednesday dinner if they choose to do so. The Philippians study will meet weekly through May 20. You are welcome to join in even if you have missed a session or two.

## FUMC Operating Budget

Year-to-Date March 31, 2015

	Actual	Budget
<b>Income</b>		
Envelope/Plate Giving	\$102,956.16	\$ 94,382.25
Other Operating Income	<u>30,269.08</u>	<u>41,654.73</u>
Total Income	\$133,225.24	\$136,036.98
<b>Expense</b>		
Total Expense	<u>\$150,501.89</u>	<u>\$142,459.20</u>
<b>Net Income</b>	<u>(\$ 17,276.65)</u>	<u>(\$ 6,422.22)</u>

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

## CHUM Easter Basket Project

Eighty-nine Easter baskets (19 more than the original goal!) were placed with clients of CHUM Food Shelf on Wednesday, April 1.

Food Shelf clients were thrilled to choose Easter grass, a Children's Bible, and a stuffed character to add to the variety of baskets filled with candy and plastic eggs. Thanks to Linda Wiig and Kelle and Maddie Klocke for distributing smiles and baskets.

Check out the photos on Facebook at First United Methodist Church, Duluth (The Coppertop).



## This month at FUMC

The First UMC **Church Council** will meet Tuesday, May 12, beginning at 6 pm in the Fireside Lounge. Please note the time change for Council meetings.

**Ruby's Pantry** will be held on Thursday, May 21. Volunteers are needed to greet our guests, prepare food for distribution, and share the food with them. You may volunteer anytime between 3 p.m. and 8 p.m. and can come for as little as an hour to help out. Ruby's Pantry Coppertop is now on Facebook. Like the page at [facebook.com/rubyspantrycoppertop](https://facebook.com/rubyspantrycoppertop).

**The First and Ten Men's Group** will meet for its final time this spring on May 11. We will enjoy a meal out together, place to be determined.

## Faith Forum: What a Character

This winter/spring the Faith Forum series is entitled, "What a Character." Each week a different presenter shares something of the story of one of the characters from the New Testament, using that character's story to discuss contemporary issues of faith and life.

**May 3:** Mark Whitlock on Mark

**May 10:** Dick Wallin on John the Apostle

**May 17:** Mary Anne Korsch on Martha

**May 24:** Bob MacLean on Pontius Pilate

**May 31:** David Bard on Peter

## How are you sleeping?

*Linda Wiig, Parish Nurse*

In honor of national Better Sleep Month, here is information from the Better Sleep Council.

Refreshing sleep is of huge importance when staying healthy. Poor sleep can disrupt our lives. As with diet and exercise, sleep is crucial to our physical, emotional, and mental health.

Inadequate sleep can lead to an increase in blood pressure and stress hormone production; the body can become stressed when it does not get enough sleep. The release of stress hormones make it harder to sleep, perpetuating an unhealthy sleep cycle. When this occurs it can result in reduced concentration, mood swings, irritability, and a weakened immune system.

In a 2008 survey conducted by the Better Sleep Council, nearly two out of three respondents reported impaired sleep due to stress. One third of Americans experience poor sleep at least one night per week, and 16 percent are diagnosed with stress-induced insomnia. Over 40 percent of survey participants stated they were irritable due to sleep deprivation.

In addition, a phenomenon called "driving while drowsy" has been implicated in nearly one out of every six fatal auto accidents, according to the AAA Foundation for Traffic Safety.

Poor sleep may even be linked to serious problems including narcolepsy, insomnia, restless leg syndrome and sleep apnea.

Many people have heard that 8 hrs of sleep is good for you, but 6 hours of deep refreshing sleep is more beneficial than 8 hours of light interrupted sleep.

### Tips for getting Better Sleep:

- Establish a consistent sleep schedule by sleeping at the same time each day of the week (including weekends). Yes, it helps!
- It has been shown that teens should have a later start to their school day.
- Relax before sleeping. Prior to sleep, limit any stimulating activities such as exercise and work. Perform relaxing things such as reading a book or soak in a warm bath. Do not use your Kindle or computer or phone. Screen time inhibits falling asleep. No TV in the bedroom.
- Create an optimal sleeping environment. Your place of sleep should be **dark**, ventilated and of an appropriate temperature. Black out blinds are helpful. Ensure your bedding is of adequate quality and there is enough space in the bed if you share the bed with a partner (or a pet!).
- A healthy lifestyle consisting of exercise and a healthy diet can contribute towards better sleep (just not close to bedtime). Avoid alcohol, nicotine and caffeine close to bed time. Alcohol can disrupt your sleep pattern during the night.

May is usually very busy, so I hope that you can get adequate and restful sleep this month. Your days will be more productive and less stressful.



# First United Methodist Church

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## Weekly Our regular schedule

### Saturdays

9:00am T'ai Chi - LSH we

### Sundays

8:45am Confirmation - CW  
(thru 5/10/15)

9:00am Faith Forum - FSL

9:00am Discovery & Exploration - LL

9:50am Prayer Team - TBC

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

12:00pm Baby Sign & Sing - L Nur

1:00pm Baby Sign & Sing - L Nur

6:00pm Gamblers Anonymous - St

### Wednesdays

4:45pm 5Guise - BR (Thru 5/13)

5:15pm Ringtones - BR (Thru 5/13)

5:15pm JAM - EL (Thru 5/13)

5:45pm Supper - LSH se (Thru 5/13)

6:00pm Tapestry - S (Thru 5/20)

6:30pm Cast In Bronze (Thru 5/13)

6:30pm Youth Group - CW, 112

7:30pm Sanctuary Choir - (5/13 only)

7:40pm Class Ring - BR (Thru 5/13)

### Thursdays

9:00am Faithfully Fit - EL

9:00am Zumba - LSH we

6:00pm T'ai Chi - LSH we

### Fridays

9:00am Alcoholics Anonymous - TBC

## Day by Day Monthly & one-time events

### Saturday, May 2

9:00am Dulcimer Day in Duluth - LL

### Wednesday, May 6

9:30am UMW Board Meeting - Lib

### Saturday, May 9

8:00am Northland Organizing  
Rummage Sale - LSH

9:00am Reiki Healing - TBC

### Monday, May 11

5:30pm SPRC - Lib

7:00pm First & Ten - St

7:00pm Priscilla Circle - FSL

### Tuesday, May 12

2:30pm Loud, Laughing Ladies - FSL

6:00pm Church Council - FSL

### Wednesday, May 13

9:30am Prayer Shawl Ministry - FSL

### Thursday, May 14

1:00pm Deborah Circle - FSL

### Monday, May 18

10:00am Rachel Circle - FSL

5:00pm Trustees - FSL

6:00pm Capital Campaign - Lib

### Wednesday, May 20

9:30am Naomi Circle - FSL

### Thursday, May 21

4:00pm Ruby's Pantry - FSL

### Monday, May 25

**CLOSED FOR MEMORIAL DAY**

### Tuesday, May 26

2:30pm Loud, Laughing Ladies - FSL

### Thursday, May 28

5:00am Finance Committee - St

## Quick Look at May

- 3** • Communion Sunday
  - **New Date** for Faith and Film, 6:30 pm
- 10** • Confirmation Sunday and Mother's Day
- 12** • Church Council
- 16** • **New Date** for Roadside Clean-up  
(Earlier than previously announced)
- 21** • Ruby's Pantry
  - CHUM Assembly at Temple Israel, 7 pm
- 26-29** • Minnesota Annual Conference, UMC, St. Cloud

