



# 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](http://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 help people, eat, help prepare, or clean up after the meal? Did you say "Sure, count me in"? A sign-up sheet is available in the church office.

**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 going to the Capital Campaign.

**Thank you** to all who participated in making the dinner/auction a success. We appreciate your support of 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 windows are being cleaned and decorated. Usher and greeters are making sure that everyone is comfortable and that the service runs smoothly. 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."

Are we 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 with Him? Do you look like you are the Lord?

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

Do you look like Jesus? Do you look like the 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.

Let's hope we all have a twinkle in our eyes. continued

## First Family

### 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](mailto:connect@fumcduluth.com)



[fumcduluth.com](http://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** + j .....i š® ©«® š» «±°°đi 2š`±j «Ĉ  
-j ®j 2j ®ª op šª Ÿ-šª op fi j a · °« · lšœ» šª Ÿi -š± žj šª šª Ÿ  
Rachel

# Twinkle, continued

Eª dŸ š±«» Ÿ fš-đµ° > j ...i 2j a- šª j š®µ! j °«ŸŸ° °œŸŸ rider, has a section on “Religious Cheerfulness.” He says the gospel Ÿ²«® š`đš-Ÿµšª Ÿj 2j a |«µ± ...i ©-j ® fi j f«j -ª°° a j fš°Ÿj · somber spirit is not only foreign to religion, but generally hostile to it.”

E j µ±®šŸŸª Ÿ Ÿj -±`· đŸŸ°® 2j šj ŸŸµ±®šœŸ + đj a · Moses came down from Mt. Sinai with the tablets of the Ten Commandments, his face glowed so much from being in the presence «Ĉ°đj ž«ŸŸ° đš° š° Ÿ°° đj E Ÿj Ÿj -3 j ® ššŸŸª «ĈªŸ° ·

I don’t know if my face glows because I am a Christian, but I do šª«³ °đš° E°ª j 2j ®šªª j lšª«³ °đš° lšª šµ-đš²j -«©jª j ³ ŸŸŸŸ to show me a better way. I know I am not afraid of this life or the life °«œ©j lšª«³ Ÿj -±-³ ŸŸđš²j °đj -š°³ «ŸŸ ·

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

°° -«©jªª j -šŸŸj 2j ®µª j fj °°đj ŸœŸ°đj µŸj -j ®j ( đš° ©šµ> j °®j > ±°Ÿ³ j -đª± ŸŸŸª ±ª đš-ŸµšœŸ-šœŸŸ Ÿššš°±-®©°°đj ©Ÿ®®ŸŸŸj -ª«° đš²j °«-°šµ° đš°³ šµ Eª · đŸŸ°³ j œª · ŸŸŸŸ |«µ° đš°³ ŸŸœšª fj đª³ ³ j ««šªª > «°đ°đj ŸŸŸj šª Ÿª«±°-side.

Eª«-j °đŸ µj š®³ j ³ ŸŸŸŸ j |«µ³ ŸŸŸŸŸ®©°°đj j µj -šª ŸœŸŸ 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 Ÿ°đj °œ±®œ «ĈŸŸ fi ° Ÿj °šŸŸ from Jessie Skumatz, 218-590-2287, or Joanna Nelson, 218-428-7182.

# Young Adults Ministry Forming- Oct 2, Oct 9

Young adults college age °đ®±Ÿª Ÿ đš® ŸŸŸŸ Ÿª « · |«Ÿ šĈj ®³ «® đŸŸª²j ®š°Ÿªª · about what you want from church. Some are interested in đš²Ÿ ŸŸŸŸ±-ŸĈ-j ® > ±°³ đš° does that mean to you – social, -j ®ŸŸ -°±Ÿµ «±®šœ® ©ŸŸªª · 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 ..... (®š° - #š±©-šŸŸj šœŸŸŸŸ

# Sunday morning drivers needed

Once a month FUMC need a ride to church, making it possible for those who do worship. If you are looking for FUMC Driver Meeting Sunday, Oct 16, in the chapel at 11:15. This is an informal opportunity 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 We sold 86 tickets for dinner. auction items that were donated. that made the dessert auction a delicious and delightful way to

You can follow updates regarding the capital campaign the bulletin board outside the kitchen by the East Door. You can always make a contribution to the capital campaign at the morning.



# October 30

## Costume Sunday

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

## 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 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

**FUMC Operating Budget**  
Year-to-Date August 31, 2016

	Actual	Budget
<b>Income</b>		
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
<b>Expense</b>		
Total Expense	<u>\$394,301.29</u>	<u>\$388,219.02</u>
<b>Net Income</b>	<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 First Methodist staff members who worked with Duluth youth, particularly in the Central Hillside area.

To commemorate their work a scholarship fund

Subsequent 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 completed at least two years of college, and (3) be pursuing a people-centered career. Application forms are on the church's website—and must be fully completed and turned into the 2016. The scholarships will be awarded during 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.

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 resources. It is a center where you can get the appropriate care you may situation.

This training, offered from 6:30 to 8pm at the Inn on Lake Superior, is 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 \$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

Clean hands--wash thoroughly with soap and water, much preferred skin, and if you touch that area then touch your eyes, nose or mouth you will

Cough and contact with droplets on surfaces.

Control

or runny nose, headaches, fatigue, and sore throat. Children may experience 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

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#### 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

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#### 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

