



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.

Fall 2013 brings new ministries to FUMC

Wednesday fun-with-music group: Tapestry director Cynthia Coffin-Langdon will lead JAM, a fun-with-music small group for the peanut butter set, age 4 through grade 3.

Starting September 25, JAM will meet from 5:15-5:45pm on Wednesday nights. Through games, instruments, movement, and singing, kids will gain a solid foundation in music. Steady beat, matching pitch, reading musical notation and much, much more will all be incorporated through fun! Younger children are welcome to participate if accompanied by a parent.

Families and People Who Care: This year's Sunday school theme, "Make a Difference in the World," will find expression in a new ministry for First UMC families of all shapes, kinds, and sizes (including ones with no kids of their own).

Lay leader Bob Sherman had a vision for helping families connect to mission through easy, local, do-able projects that any family can complete. In this new ministry, families select an outreach project and volunteer directly with that organization or provide needed supplies.

While you're there, snap a photo of your family at the site and email a copy to Laura (disciple@fumcduluth.com). We'll share your photo on the church's Facebook page and on the Families and People Who Care bulletin board near Lakeview Social Hall. A suggestion list will go up September 15, so check it out on your way in to the potluck.

Prayer Shawl Ministry: If you enjoy knitting or crocheting and would like to use your skills to create prayer shawls, please consider joining a friendly group on the second Wednesday morning of each month for stitching, fellowship, and prayer-shawl making.

Our first meeting will be Wednesday, September 11 from 9:30 to 11:00am in the Fireside Lounge. All are welcome; you do NOT need to be an expert to participate.

We will share ideas and create beautiful products which, after being blessed, will be donated to members of our congregation who are hospitalized or recovering from illness.

For more information, contact Barbara Carlson (525-1380) or MaryAnne Korsch (343-8813).

**First United
Methodist Church**

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

September 2013



Pastor's Pen

Growing in Love

The purpose of the Church is the increase among [persons] of love of God and neighbor.

H. Richard Niebuhr, *The Purpose of the Church and Its Ministry*

Our First Family

Baptisms

• Elijah John Nielson, son of Lesley Caldwell & Dustin Nielson on August 11

• Donovan "Donnie" David Meese, son of Stacey Meese on August 25

Marriage: Tim Robinson & Gary Lundstrom, on August 1

Hospitalizations: Janet Bye, Irv St. John, Linda Rau, Emily Sapyta

Church Lighting

• August 18-24: Carol and Jerry Norling in memory of Tim Norling, to benefit Loaves & Fishes

• August 25-31: Annette Nygard in honor of her wonderful sisters Alice, Ruth, Sue, Susan and Nancy, to benefit the Parish Nurse Fund

• September 1-7: Tina Farrell in memory of her sister Jan Stelman on the first anniversary of her death, to benefit the Youth Fund

• September 8-14: Robert Ballou in memory of Barbara Ballou, to benefit the Damiano Center

Thank you: For the cards,
continued next page

The United Methodist Church, in its official documents, has said that the mission of the Church is "to make disciples of Jesus Christ for the transformation of the world." What does it mean to be a disciple of Jesus Christ? What qualities or characteristics constitute the heart of being a disciple? Here I think the definition of the purpose of the Church offered by the twentieth-century theologian H. Richard Niebuhr is of help.

Disciples of Jesus Christ love God and love their neighbors, and their lives are committed to growing in such love. The purpose of the Church, the mission of the Church, the reason the Church exists, is to make disciples of Jesus Christ – that is, to help people connect more deeply with God, with others, and with the work of God's love in the world.

There have been a couple of times when, as your pastor, I have tried to succinctly summarize what I consider to be important qualities of discipleship, qualities that reflect the journey of love we are on as followers of Jesus. I have tried to capture understandings of God, Jesus, and love that seem to fit who we are as a congregation. What distinguishes congregations is just how they understand God, Jesus, discipleship, and love. Congregations that teach about eternal fires of hell for those who don't believe have particular understandings of God, Jesus, discipleship, and love. As I continue on my own journey of discipleship, I think being a disciple of Jesus has something to do with being thoughtful, passionate, and compassionate. I think it has something to do with being joyful, genuine, gentle, generous, and concerned for justice.

The mission of the Church is to make disciples of Jesus Christ so that the world is different, transformed. Disciples of Jesus Christ love God and neighbor, and are growing in that love. Growing in love means being thoughtful – engaging our gifts for thinking and reflection so that we can be more genuine human beings. Growing in love means being passionate about justice and joyful on the journey. Growing in love means being compassionate – working for justice, being gentle with self, others and the earth, displaying generosity including generosity of spirit.

So how are we doing? Is our church helping us be these kinds of people? Our Church Council has also been reflecting some on these

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218/727-5021

www.fumcduluth.com info@fumcduluth.com

Pastor: Dr. David Bard

Next First Family deadline: Sept 20, 2013

Submit to office or to editor at cnd.alexander@gmail.com

Our First Family, continued

prayers, love and support that we have experienced from the FUMC family, we are deeply grateful. We give thanks for your kindness, encouragement, and open loving hearts. *Anne and Dave Miller*

A reminder from UMW:

Fall approaches, school starts, and the soup season is upon us. Remember that those Campbells labels and General Mills coupons are valuable to the school children of the Red Bird Mission in eastern Kentucky. Clipped coupons, whole labels or boxtops are welcome in the box at the Welcome Center. Our scissors are sharp, and your help is appreciated.

Wednesday Night Meals

resume September 18. Meals will be served beginning at 5:45. Sign up in the office for your group to take a turn at serving a meal for about 40 people. It's a lot of fun, so join the action!

Filmmakers James Campbell and Michael Salesman will be at FUMC on September 8 to film crowd scenes for their movie based on *The Prophet* by Kahlil Gibran. They are looking for extras and a few people interested in one- or two-line speaking parts. Meet in the Lakeview Social Hall after the service. For information and release forms, please e-mail jamescampbellcreations@gmail.com.

More thanks: Thank you so much for having the Minnetonka United Methodist Church youth group at your church for our mission trip to Duluth. It was a blessing to stay in your beautiful church. We had a great chance to bond and worship there. *Haley Mathison, MUMC summer intern*

Celebratory Worship and Potluck

Come celebrate the fall season on Sunday, September 15 through music-packed worship and a potluck meal to follow.

In a quandary as to what to bring for the dinner? Here is a suggestion:

- Last names A-J: hot dish/main dish
- Last names K-S: salad/vegetable/side dish
- Last name T-Z: dessert

This is only a suggestion, so please feel free to bring what you wish. More importantly, come and enjoy the food and company!

New time for Discovery, Exploration, Faith Forum

Faith formation classes for all ages will meet at 9am this year, beginning Sunday, September 22.

That includes Discovery for the very young, Discovery Zone for older elementary kids, and Exploration for middle school and high school students. Exploration for grades 6-8 will split into a boys group and a girls group this year. Confirmation classes will start in January.

Faith Forum, the adult education offering, will be kicking off a fall series on ways to work toward inner peace. Those classes will meet in the Fireside Lounge.

Youth director resigns due to move

Youth director Brianna Ostoff has accepted a position with the Burnsville Community Education District and is moving to the Twin Cities. Pastor David and the Staff-Parish Relations Committee accepted her resignation with regret, effective August 15. We are grateful for Brianna's three-year ministry with us and wish her all the best.

Youth Group for Middle and High School youth will still begin meeting Wednesday, September 18, at 6:30pm.

Child care provider Anne Rawlins has also resigned her position at First UMC to take a new full-time job. We send her off with gratitude for her work with our children.

Growing in Love, continued

questions, and that is leading us to formulate a "church covenant." The covenant is intended to help us be more intentional in our discipleship journey. It is intended to help us define what it means to be on the discipleship journey together here at First UMC. It is intended to help us know what to expect of ourselves and each other as members and friends of this congregation.

We plan to publish this covenant in the October newsletter. The hope is that this work will help us as we seek to grow in love, as we continue on the discipleship journey together. It is a tool, but only a tool. The fundamental questions remain: how is our church helping us grow in love of God and others? Are we growing a thoughtful, passionate and compassionate Christian faith? Are there stronger evidences of joy, genuineness, gentleness, generosity and justice?

Grace and Peace,
David

Mental Health First Aid class here

from Linda Wiig, Parish Nurse

September 10 is World Suicide Prevention Day. Minnesota's suicide rate for 2011 was 684, a significant rise over the previous year. The majority of people completing suicide were in the 25 to 64 age bracket. Many of the prevention targets have not been in this age bracket, instead focusing on youth and those over 65.

We all must challenge stereotypes. We must educate ourselves, and we must seek help and talk and listen. The stigma of mental illness is a major barrier to all who need help.

This month you have two opportunities to educate yourself.

Mental Health First Aid Training for adults is an interactive 12-hour course that will be offered here at church from 9am-4pm **September 25 and 26**. This course presents an overview of mental illness and presents risk factors and warning signs of mental health problems. Cost is \$135 per person.

Youth First Aid will be presented at UMD from 8am-5pm September 21. Cost of this session will be \$135 or two people for \$230.

I have taken the Adult course and found it very valuable. The intended audience really is everyone. If you are interested in this opportunity, contact me and some of the cost can be deferred.



Another way to answer questions you may have on mental health is to go to the NAMI website. NAMI is the nation's largest grassroots mental health organization, dedicated to building better lives for the millions of Americans affected by mental illness.

If you ever need help in a crisis situation you may phone 1-800-273-8255 (TALK) and you will be connected to a counselor in our area.

A suicide fact sheet will be available at the Welcome Center.

Let us pray for all of those who are having problems with mental health. Pray, too, that we might be compassionate and supporting to those who hurt, and help them to seek treatment.

Listening Nonjudgmentally *It may seem simple, but the ability to listen and have a meaningful conversation with an individual requires skill and patience. It is important to make an individual feel respected, accepted, and understood. Mental Health First Aid teaches individuals to use a set of verbal and nonverbal skills to engage in appropriate conversation – such as open body posture, comfortable eye contact, and other listening strategies.* — from Mental Health First Aid Strategies

Fall Faith Forum: Paths to Inner Peace

Inner peacefulness – peace of mind – is, without a doubt, one of the most important characteristics sought by all humans. Without inner peace, everything else seems to fade in importance and life does not have much flavor.

Scripture describes this quality as the “peace that passes all understanding.” It is an inner feeling of contentment with how things are going at the moment.

Inner peacefulness is elusive – one moment it is here, and then, for reasons known or unknown, it vanishes for a time. How to retain an inner sense of peacefulness over long stretches of time is one of life's most enduring quests.

The Fall Faith Forum series is intended to help participants consider several essentials which, taken as a whole, can help us on the path to inner peacefulness.

Faith Forum will begin **Sunday, September 22, at 9am** (note the change of time) in the **Fireside Lounge**. Each session will conclude at 9:45, in time for the worship service.

A brochure about the entire fall series will be available at worship on September 15 and at the Welcome Center thereafter.

Coming down the road

October

6th: Communion
16th: Roast Beef Dinner
17th: Ruby's Pantry
20th: Faith & Film “42”
26th: Roadside clean-up
27th: Trunk or Treat

November

9th: Coppertop Country Fair
12th-16th: Picture taking for new church directory



Ruby's Pantry

Ruby's Pantry for this month will be on Thursday, September 19. 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.

This meaningful community outreach touches many lives and makes a difference to those volunteering as well as to those who come for food.

- Volunteer anytime between 3 and 8pm
- Clean up helpers needed 6:30-8pm
- Box recyclers needed 4-6pm or 6-8pm
- Food re-packagers needed 3-5pm and 6-7pm

Kids who serve

Kids can be worship leaders, too! Children and youth of any age can be ushers and greeters. Flame-handling acolytes must be 4th grade & up; 5th-graders and up can be Scripture readers. Watch for more information soon from Laura Stahl.

Kids in third grade and up can also be worship leaders through the handbell program. See Bill or Cindy Alexander.

Time to sign up for Beef Dinner jobs

The Fall Roast Beef Dinner is coming up Wednesday, October 16, from 4:30 - 7pm. You can sign up to volunteer beginning September 15 after worship. Last spring nearly 300 volunteers helped out, and there was plenty for everyone to do. Here are some of the tasks, with dates and times to choose from.

Sunday, October 13: **Cookie Day**

> after worship until 2pm

Bake chocolate chip cookies to sell during the dinner

Tuesday, October 15: **Pie Day**

> 9am-noon: Peel apples, set tables/make table decorations

> 9am-3pm: Bake pies

Wednesday, October 16: **Dinner Day**

> 7:30am-noon: trim beef, prepare food, wash dishes

> Noon-4pm: cut meat, make potatoes and gravy, set the tables with pickles, bread, and butter, put out signs outside

> 4pm-7pm: meat cutter, potato maker, gravy maker, corn maker, dining room servers, plate fillers, carry out/drive thru runners and fillers, cooks, dishwashers, traffic controllers, greeters, and youth runners

> 7pm-9pm: clean up dining room, drive-through, kitchen, dishes

If you show up at a different time, we will find a job for you!

Other ways to help out

- Sell dinner tickets: take 10 tickets and sell to family, friends, and co-workers, or treat your staff or your helpful neighbors
- Flyers: post flyers around your work (available after church Sept 15)
- Social media: invite friends to dinner via facebook and email

Summer communion service blesses those who can't often attend church

Our Summer Communion Service was held August 13, beginning with Pastor David Bard's service at 11:30am in the Three Brothers Chapel. This service is offered each year for those who are homebound or in assisted living or memory care situations. MaryAnne Korsch played piano, and Linda Wiig assisted with communion. The service went very well, and Pastor Bard's message was just right.

After the service a sandwich loaf luncheon with fresh fruit, veggie chips, fruit pie (including gluten free), lemonade and coffee was served in the narthex. The ten homebound guests and another twenty family members, friends, helpers, drivers, and service participants were able to stay and visit as long as they wished.

Thank you to all who helped with this meaningful event for our special friends. *Barb Kim*

Church Council

The church council will next meet on Tuesday, September 10, at 7pm in the Fireside Lounge.

Work morning planned for area UM men

On Saturday morning, September 28, men from Duluth-Superior area United Methodist churches are invited to gather for work, fellowship, and food.

We will meet at 9am at Noah's Arc Day Care, 1625 N. 59th Street, Superior. From there we will form work teams to care for needed upkeep and repair at Harbor House Crisis Shelter sites. Among the projects: paint a newly remodeled kitchen, mud and tape a basement ceiling, replace missing shingles, remove and replace with new drywall two areas of bathroom ceiling, minor electrical work.

The precise projects will be determined, in part, by the number of men available. Materials for each project are provided, but *tools will be needed* – so come prepared with your best equipment.

Following the work projects we will enjoy lunch together, beginning with a brief devotion. Contact Pastor David at 727-5021 or pastor@fumcduluth.com to sign up or get more information. Sign-up deadline is September 23.

'No problem' retreat weekend on tap for FUMC men

You've never been to a men's retreat? No problem—we're going to make it easy for you.

Don't like to pay? No problem—there's no charge.

Sleeping on the ground isn't your thing? No problem—we've got some campers lined up.

Work on weekends? Snore really loud? Leery of "male closeness syndrome" and might want to bail?

No problem—this retreat is just 25 miles from church, so you

can come and go as you please.

Not a fan of charred weenies? How do hush puppies and fish with campfire-baked apple pie grab you?

I know what you're thinking, but there will be electricity, user-friendly plumbing, and running water. And this is a drive-in site: you can park and walk right up to the campfire.

Your argument is compelling—especially the part about the pie. But what's the catch?

First & Ten Men's Group

The First and Ten men's group will convene for its initial fall meeting at 7pm on Monday, September 16. We will check in with each other and make plans for the fall.

Men are encouraged to participate in the FUMC men's retreat September 20-22 and the Twin Ports United Methodist men's event on September 28.

First and Ten will meet for a second time at 7pm September 30 for a social event to be determined.

"The main purpose is to get to know each other and the opportunities that we have to be a part of FUMC," explains planner Ron Yardley.

In addition to time for boating, fishing, hiking, or napping, the weekend will offer a small work project and sample sessions of our two men's groups.

The night will bring discussions, stories, suggestions, jokes, and snack food around a campfire. Ron promises "nobody will have to hold a stone to talk, although 'long winded' folks may have to wear a bark collar after the second offense."

The retreat will be held September 21, 22, and 23 at the end of the Carroll Trail just above Island Lake on the Rice Lake Road.

For full details, link to the FUMC blog through the church website, fumcduluth.com, and scroll down a couple of entries. You could also call Ron at 218-393-6041.

It seems to be 'Man Month' here at First

Men from First United Methodist Church have the opportunity this month to grow well and truly tired of each other—and yet not grow weary in doing good.

In September, the men's group First and Ten resumes with two meetings. The Tuesday Morning Men's Group kept rolling all summer and also continues.

An area-wide opportunity to help out at crisis shelters in Superior comes up September 28, coordinated by Pastor David Bard.

And on September 21-23, a close-to-home men's retreat offers an easy way to test the waters of men's fellowship and service, including a small service project and sample sessions of both First and Ten and the Tuesday group.

Donate to campus ministry's 50¢ sale

We need your stuff! United Campus Ministry is having a 50¢ sale on Saturday, September 28 at Hope United Methodist Church. We are selling anything and everything for just 50¢.

All items will be accepted **except clothing.**

Please bring your items to Hope UMC any time before the sale. All funds raised will go to UCM and its ministry on the UMD campus.

Hope UMC is also having its third annual book sale on the same day. Drop off books you don't want at the church any time, and don't forget to come back to the sale from 9am-2pm September 28 and buy more.

Hope is located near the UMD campus at 301 W. St. Marie Street. You know Cynthia Coffin-Langdon, campus minister with UCM, as the leader of FUMC's worship band, Tapestry.

Ready for Discovery

This introduction to Sunday school for families with children born in 2010 will be held Wednesday, September 11, from 5-6 pm.

Ready for Discovery will provide parents with tools they need, including resources, support, and prayer.

The three-year-old participants will receive their very own new Spark Story Bible and, with help from the whole family, decorate a tote to carry it in.

Families will also tour the Discovery and Wee Wonder classrooms.

Child care will be available for younger siblings.

Shorts & Sweets

Youth trip next year?

Families who have youth in grades 8-12 and interested adults will want to stay for a few minutes after worship on Sunday, September 15 to weigh in on the details of a planned spring or summer youth trip. Reservations for the conference and housing will need to be made in early fall for this once-in-a-lifetime experience. If you cannot attend this meeting, please contact Laura Stahl (727-5021, disciple@fumcduluth.com, FB: Laura Morgan Stahl).

Faith & Film

Our 2013-2014 Faith & Film series will begin Sunday evening, September 29 with "Parental Guidance," starring Billy Crystal, Bette Midler, and Marissa Tomei. This warm and funny movie, rated PG, is about relationships – between adult children and parents, grandchildren and grandparents, spouses. Film rolls at 6:30; popcorn provided.

Nuts and coffee fundraiser will help Imagine No Malaria

Place your order in September for the annual sale of Terri Lynn nuts and candy and Equal Exchange coffee and chocolate.

Previously this sale raised money for youth projects. This year, though, the proceeds will go toward First UMC's \$20k pledge* to help end malaria in sub-Saharan Africa. The United Nations, the NBA, and the Bill and Melinda Gates Foundation are among the other participants joining The United Methodist Church in this global project.

Why not invite a few co-workers or friends to join this good cause by placing an order? Products will arrive in early November in plenty of time for teacher and family Christmas gifts. Order forms will be available in September at church, through the First Family newsletter, and at fumcduluth.com.

** Our Imagine No Malaria pledge is due by the end of 2014. So far we have raised \$8,337.35. Let's bring it home!*

FUMC Operating Budget

Year-to-Date July 31, 2013

	Actual	Budget
Income		
Envelope/Plate Giving	\$215,757.48	\$208,200.00
Other Operating Income	<u>140,361.12</u>	<u>94,524.78</u>
Total Income	\$356,118.60	\$302,724.78
Expense		
Total Expense	<u>\$386,433.45</u>	<u>\$319,349.43</u>
Net Income	<u>(\$ 30,314.85)</u>	<u>(\$ 16,624.65)</u>

All taxes are paid YTD for 2013.

Two apportionment payments are being held.



First United Methodist Church

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EVERY WEEK

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 Discovery & Exploration (start 9/22)
Faith Forum - FSL (starts 9/22)
- 10:00am Worship - S
- 3:30pm T'ai Chi - LSH we

Mondays

- Noon Gamblers Anonymous - St
- 7:00pm First & Ten - St
Whole Birth Yoga - TBC

Tuesdays

- 8:00am Men's Study Group - FSL
- 6:00pm Gamblers Anonymous - St

Wednesdays

- 5:15pm Ringtones - BR (starts 9/18)
- 5:45pm Supper - LSH se (starts 9/18)
- 6:00pm Tapestry - S (starts 9/11)
- 6:30pm Cast In Bronze (starts 9/18)

- 6:30pm Youth Group (starts 9/18)
- 7:30pm Sanctuary Choir - TBC (starts 9/11)
- 7:40pm Class Ring - BR (starts 9/18)

Thursdays

- 9:00am Faithfully Fit - EL
- 6:00pm T'ai Chi - LSH we (CW 9/19)

Fridays

- 9:00am Alcoholics Anonymous - TBC

Saturdays

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

CHANGES and ADDITIONS

Sunday, September 8

- 11:30am Child/Worker Training - St
- Noon Disc/Explor Ldr Orientation - St
- 12:30pm Spark Online Orientation - TBC

Monday, September 9

- 6:00pm SPRC - Lib

Tuesday, September 10

- 7:00am Primary Election - LSH
- 2:00pm Loud, Laughing Ladies - FSL
- 7:00pm Church Council - FSL

Wednesday, September 11

- 9:30am Prayer Shawl Ministry - FSL
- 5:00pm Ready for Discovery - LSH se

Thursday, September 12

- 1:00pm Deborah Circle - FSL

Sunday, September 15

- 11:00am Community Potluck - LSH, K

Monday, September 16

- 10:00am Rachel Circle - FSL

Tuesday, September 17

- 6:00pm Child/Worker Training - FSL
- 6:30pm Disc/Explor Ldr Training - FSL
- 7:00pm Spark Online Orientation - TBC

Wednesday, September 18

- 9:30am Naomi Circle - FSL

Thursday, September 19

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

Monday, September 23

- 5:00pm Trustees - FSL
- 5:30pm Ruby's Committee - Lib

Tuesday, September 24

- 2:00pm Loud, Laughing Ladies - FSL

Wednesday, September 25

- 9:00am Mental Health 1st Aid

Thursday, September 26

- 9:00am Mental Health 1st Aid

Thursday, September 26

- 5:45pm Finance Committee - St