



# 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.*

November 2015

## Coppertop Craft & Bake Sale

Saturday, Nov. 7  
9am-2:30pm

- More than 60 area crafters
- Bakery and gourmet foods
- Used book sale
- Nam Ly's egg rolls
- Sloppy Joe lunch
- Parking at Mn/DOT with shuttle service



**First United  
Methodist Church**

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

*Proceeds benefit local and world-wide mission projects*

**Sponsored by FUMC United Methodist Women**



## Grief & Gratitude

*The work of the mature person is to carry grief in one hand and gratitude in the other and to be stretched by them. How much sorrow can I hold? That's how much gratitude I can give. If I carry only grief, I'll bend toward cynicism and despair. If I have only gratitude, I'll become saccharine and won't develop much compassion for other people's suffering. Grief keeps the heart fluid and soft, which helps make compassion possible. (Francis Weller, **The Sun**, October 2015)*

### Our First Family

**Hospitalizations:** Lowell Fermenich, Roger Downs, Carolyn Glibbery, Mike Donahue, Mary Anne Houx, Sandy Hansen

**New Members:** Laurie Beth Burg and Mary Beth Brown on October 4, 2015

**Gift to light the church** for the weeks of October 18-31 given by the Wolden Family in loving memory of Bill Wolden

**Sound technicians and projectionists needed:** If you would like to operate our sound system or run the projection for Sunday morning worship, please contact Velda Bell at music@fumcduluth.com or 727-5021. Training is provided. Both youth and adults are welcome.

**Do you wear a hearing aid?** If so, our new Hearing Induction Loop may work with your hearing aid to enhance your audio experience at church. For more information, see Nick Gosen, our sound technician, or Allen Anway, our lead usher.

**Applications** for the Lennon-Berini Scholarship are available at the Welcome Center and at fumcduluth.com. This \$1,000 scholarship is open to members of First UMC of Duluth who have completed at least two years of college and are pursuing a career in a people-centered career. Apply by November 30.

**T**he month of November is framed by grief and gratitude. We open the month with All Saints' Day. This year, All Saints' Day falls on a Sunday, so we will share communion and remember those of our members who have died since the last All Saints' Sunday. Any time we remember friends who have died, it brings to mind and heart others who are no longer with us. There is grief.

There is also gratitude. As we remember those who are no longer with us, we think of all they contributed to our lives. We think of the legacies they left. For our church, we are grateful for the dedicated work of so many who worked to help our church be the place it is today.

There are those from Chester Park UMC who moved their church to the Chester Park neighborhood early in the twentieth century to reach new people with the good news of God's love in Jesus Christ. When their ministry in that neighborhood needed to take a new direction, the church merged with First UMC.

At First UMC we remember all those who sustained a vital ministry for Jesus Christ downtown, and then, to continue that vital ministry, worked so hard to make the trip up the hill, building the Coppertop building and using it as a place to offer hope and healing from the Skyline. Today we have the joy and privilege of building on these wonderful legacies.

In each of our lives, we recall people who have helped make us the people we are, people whose support and encouragement made a difference in our lives. Some of these special people have died. We grieve. We are grateful.

*continued next page*

## 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: **Dec 4**

Submit to connect@fumcduluth.com



**fumcduluth.com**

## Grief, Gratitude, *continued*

The month winds down with the celebration of the Thanksgiving holiday, a day when gratitude predominates, a day for gathering with family to say thanks to them and thanks to God for all the good gifts of life.

Together as a community of faith we are helping each other be the kind of people who are maturing in Jesus Christ, people who carry grief in one hand and gratitude in the other and are stretched by them. Together, we seek to be open to God's Spirit in ways that keep our hearts soft and fluid, always growing.

May this November be a deep heart journey for us all. May it be a time when our thanksgiving runs deep.

Grace and Peace As We  
Journey Together,  
*David*



## Charge Conference

At 6 pm Tuesday, November 10, the First UMC Church Council will meet together as a Charge Conference to approve pastoral compensation for 2016. The Council's November meeting will immediately follow the charge conference.

*Purpose, Place, People: Promise for the Future*

## What happens under our roof? Our building use as a ministry

Over 38 of our own First United Methodist Church (FUMC) groups meet together weekly or monthly to worship, study, work and play. More than 28 community groups meet daily (Nursery School), weekly and monthly, from Ruby's Pantry and AA to an Alzheimer's Support Group and LSS supervised visits. Some organizations pay a fee and some we consider an extension of our outreach.

Over the past 12 months we have hosted over 40 major events including funerals, weddings, food drives, blood drives, health clinics, concerts, the UMW Craft & Bake Sale, Roast Beef Dinners, and other unique opportunities for outreach.

Out of all of these activities, more than 15 are directly related to music. FUMC continues a legacy of supporting the importance of music and how it enhances the faith of our members of all ages.

With lessons, rehearsals, scholarships, worship services, and concerts, the number of participants has always been renewed from one generation to the next. For over 30 years Bill and Cindy Alexander have directed as many as seven bell choirs, and several second-generation handbell musicians ring in this year's groups.

Our organists have been members of the Arrowhead Chapter of the American Guild of Organists that award scholarships to organ students from the area. Our current organist Velda Bell and organist emeritus Carol Donahue each tutor two scholarship winners.

Of the Twin Ports' nine scholarship winners, two—Parker Hinnenkamp and Joshua Peterson—are members of our church. This is an amazing and wonderful gift to future worship leaders, however they may be dispersed through the world.

To learn more about our organs and about the needed restoration, please join us after worship on November 1 in the sanctuary balcony, where Velda will be available to answer your questions.

Can we count the "seeds" of faith that have been planted by our music leaders over the years?

To be good stewards and continue the ministry from the Coppertop, we need to support our staff and programming with our annual pledges. And to keep our building ready for outreach in the future, we need to pledge to the three year Capital Campaign as generously as we can.

Our combined Annual Budget and Three Year Capital Campaigns are progressing and moving toward a celebration Sunday on November 22. Please come and help us bless all the ways our members share their gifts with our Coppertop Community.

## New hearing loop works with your hearing aid to yield crystal clear sound

Today's digital hearing aids effectively enhance hearing in conversational settings. Yet, for many people with hearing loss, the sound becomes inaudible and unclear when live speakers or recorded broadcasts are at a distance, there is room noise, and when room acoustics cause reverberation of sound.

A hearing loop electromagnetically transfers sound signals directly to hearing aids and cochlear implants equipped with a telecoil (t-coil) receiver, already built into most hearing aids and cochlear implants. When the receiver is turned on, the hearing aid receives only the sounds coming directly from a microphone, not the background cacophony. This gives a crystal clear sound and eliminates frustrations caused by the sound quality, static, and interference of a hearing aid alone.

To use a hearing loop, you flip on the t-switch on the



hearing aid or cochlear implant to activate the telecoil. If your hearing aid doesn't

have a telecoil, you will need a headset plugged into a loop receiver to achieve the same effect. Our system has three available for you to use. See Nick Gosen, our sound technician, or Allen Anway, our lead usher.

# Can you hear me now?

*from Linda Wiig, Parish Nurse*

Did you know that over half of the people who need hearing aids don't wear them? Several factors may contribute to that, including denial about hearing loss and having hearing aids that aren't adjusted correctly. But one of the common reasons people don't wear their hearing aids is that they feel embarrassed and self-conscious about them.

How many ads for hearing aids have you seen that point out how the hearing aid is so small no one has to know you're wearing it? Why does it matter if anyone can see it? The message is that hearing loss is something to hide, something to be ashamed of. In Great Britain, where their National Health Service pays for hearing aids, a little under half the people who could benefit from hearing aids do so.

Anyone can have hearing loss. If you do, you're not alone. In fact, you're in the company of nearly 46 million Americans. If you're experiencing hearing loss, pay attention to your whole health. The more we learn about hearing loss, the more we discover that it frequently co-exists with other health conditions.

Today's hearing aids help people with hearing loss better hear sounds and people from all directions, and they are better now at filtering out noise. Many sit discreetly and comfortably inside the ear canal and out of sight, and many are wireless, so they can interface easily with other high-tech devices like smartphones, home entertainment systems, conference-room speakerphones, and *hearing loops* like the one recently installed in our sanctuary. Some are even waterproof; and others are rechargeable.

Unfortunately, many insurance policies do not cover the cost, and neither does Medicare.

We "hear" with our brain, not with our ears. When we have a hearing loss, the connections in the brain that respond to sound become reorganized.

Arthur Wingfield, Brandeis University Professor of Neuroscience, has been studying cognitive aging and the relationship between memory and hearing acuity. He says unaddressed hearing loss not only affects the listener's ability to "hear" the sound accurately, but it also affects higher-level cognitive function. Specifically, it interferes with the listener's ability to accurately process auditory information and make sense of it.

If you have even a mild hearing loss it would be important to treat it to improve your memory ability and not miss out on important conversations or messages (like David's sermons!). Our new sound system with its hearing loop also has new hearing assistive devices for you to use. I think I may try one out just to prepare for the probable inevitable!

*Romans 10:17: So then faith [cometh] by hearing, and hearing by the word of God.*

Peace to you and good hearing.

## Faith Forum presentations continue

This Fall's Faith Forum series is about "Faith at Work." It has been a wonderful series of presentations as we have asked a number of people to share with us about a time when faith kicked in and made a difference for them in their work.

Here is the schedule for the coming weeks:

November 1: Natalie Zeleznikar

November 8: Dan Bergeland

November 15: Jennifer Boyson

November 22: Phil Strom

November 29: Dr. Tom Wiig

December 6: Sanford (Sandy) Hoff

December 13: Darren Danielson

## Lennon-Berini Scholarship reminder

This scholarship, exclusively for students who are members of First United Methodist Church, is presented annually in December. Each scholarship presented this year will be for \$1000.

The application form, available in the church office and at [fumcduluth.com](http://fumcduluth.com), must be fully completed along with recommendations and transcripts and returned to the church office no later than November 30.

In addition to being a member of FUMC, candidates must have completed two years of college and be pursuing a people-centered career.

The scholarships will be awarded during the worship service on December 27.

## Roast Beef Dinner one for the books

# They just keep getting better

Six hundred pounds of beef with all the fixings flew out of the FUMC kitchen October 22 in the biggest, fastest Roast Beef Dinner yet. By 6:30, all the meat and all of the pies were gone, and the dinner shut down 30 minutes early.

The goal had been to serve 700 guests, but in fact, 900 dinners were served in that shortened time. And for the first time, revenues broke the five-figure mark that night at \$11,010, with some ticket money still to be turned in and cookies to be sold on Sunday.

"The drive thru rocked, serving over 500 dinners," Cindy Hedlund reported Friday. "The dining room was a whirlwind! We had to use the volunteer overflow room to serve guests dinner."

"We could not have done this without our hardworking volunteers," she continued. "Our awesome volunteer crew gets better and better each time we do a dinner." In all, 121 volunteers pitched in over three days, "plus all the prayer warriors," Cindy noted

She thanked the volunteers for their "time, energy, prayers, and smiles to support FUMC ministries through this history-making dinner." Now it's time to relax a little, Cindy said — "until April 28, 2016, when we do it all again."

Fall 2015	\$11,010 gross	900	121
Fall 2014	\$4,773.09	750	109
Fall 2013	\$4,662.26	692	140

We rocked it!

## Carol M. Donahue Music Scholarships

First United Methodist's Carol M. Donahue Music Scholarships have been awarded for 2015-16.

The three recipients are all returning for their second year of the music scholarships. Elise Hintzman is continuing her vocal music studies with Tanya Moore of the UWS Music Conservatory and Benjamin Hintzman is studying piano with Alexander Sandor of UWS. Wyatt Okstad of Proctor, a member at St. Lawrence, is studying piano with Mary Wright of FUMC. All three students will be sharing their talents in our worship services during the year.

Looking forward to other music scholarship activities, the committee has set January 31 as an after-worship "soup lunch" gathering and fundraiser. Mark your calendars for this opportunity to spend time with friends and pass on the gift of music.

This music scholarship is offered twice each year, in January and September. Applications forms for the new year are now available in the church office and the Welcome Center kiosk in the atrium.

These scholarships are available to students 12-18 years who live in the Arrowhead Region and are making music as an instrumentalist or vocalist.



## Quick Look at November

- 1:** All Saint's Sunday, Communion
- 3:** Election Day, Please take time to vote
- 7:** Coppertop Craft and Bake Sale
- 8:** Area UM Youth bowling, Incline Station, 4-6pm
- 10:** Church Council and Charge Conference
- 10:** CHUM Fall Assembly, Glen Avon Presbyterian, 6:30-8:30
- 11:** CHUM education events, Glen Avon Presbyterian, 10am
- 12:** Harbor House Making a Difference Event, UWS, 5:30pm
- 19:** Ruby's Pantry
- 22:** Advent Creativity Workshop for all, after worship
- 22:** Faith and Film, "The Theory of Everything," 6:30pm
- 24:** Interfaith Thanksgiving Worship Service, 7pm Temple Israel
- 29:** Beginning of Advent

### Faith and Film

November Faith and Film will be Sunday evening, November 22. We will meet at 6:30 in the Movie Room on the lower level of the building to view the film "The Theory of Everything." This biopic of physicist Stephen Hawking is a moving story of the power of determination and love. The movie is rated PG-13.

## UMW Coppertop Craft & Bake Sale

Saturday, Nov 7, 9am to 2:30pm

**Readers:** Now is the time to cull your home library of all those fabulous books you have already read. Please leave your donated books in the church library in boxes or bags marked "Book Sale."

Especially popular are fiction, romance, mysteries, children's books, and cookbooks. *Please don't bring old magazines, textbooks or encyclopedias, as these often don't sell and have to be recycled.*

**Bakers & Cooks:** Choose something to make for our Gourmet Room and Bakery—preserves, pickles, snack mixes, candy, cookies, bars, sweet breads, caramel corn, trail mixes, muffins—whatever you like to make. Trays will be available in the kitchen for bakery goods.

**Also needed:** Pop in cans for lunch counter. Drop off in church kitchen.

## Coming Up in Worship

### Remember: All Saint's Sunday November 1

On Sunday, November 1—All Saints Day—we will remember with gratitude, those from our congregation who have died in the year since last All Saint's Sunday. This is a time of tender joy and remembering for us all. It is a time when we hold grief in one hand and gratitude in the other.

### Rejoice: Annual and Capital Campaign Celebration November 22

On Sunday, November 22, we will mark the end of our combined Annual and Capital Campaign, **Purpose, Place, People – A Promise for the Future** We will offer special prayers for all pledges received to date and celebrate together. Please plan to join us for worship that morning and plan to stay for a time of community celebration following worship.

### Reconnect: Interfaith Thanksgiving Worship Service

This year's Interfaith Thanksgiving Worship Service, a wonderful annual tradition in our community, will be Tuesday, November 25, 7pm at Temple Israel.

### Advent Creativity Workshop Nov 22

Individuals and families will enjoy getting messy after worship in Lakeview Social Hall as they create unique advent wreaths and Christmas cards, ornaments and decorations for home or for gifts.

Pick up some devotional materials to use at home during this holy season. Advent candles will be available for purchase; all other items are free.



# Notes for November

## Wednesday Bible Study

Our Wednesday evening Bible Study continues at 5:30pm each week, lasting until 6:15pm. We will be studying the Gospel of Luke, and our plan at this time is to discuss a chapter a week. You are welcome to come any week you like.

## Ruby's Pantry

With the holidays just around the corner, food received through Ruby's Pantry becomes even more important. Ruby's Pantry this month will be Thursday, November 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.

Ruby's Pantry Coppertop is on Facebook at <https://www.facebook.com/rubyspantrycoppertop>. Like our page.

## Nominations

The Nominations Committee has begun its work. The committee will continue to meet regularly as we work to discern who might serve in some of the many elected leadership positions in our church. Please keep the committee in your prayers.

## Area Youth Bowling Event

Area United Methodist youth are invited to come bowling at the Incline Station on Sunday afternoon, November 8. This is the first of a number of events scheduled for United Methodist youth across the Twin Ports, all coordinated by the Twin Ports United Methodist Ministries. If you are interested in attending this event (open to youth from grades 5-12), please contact Pastor David or Youth Ministry Director Jordan Duncan.

## FUMC Operating Budget

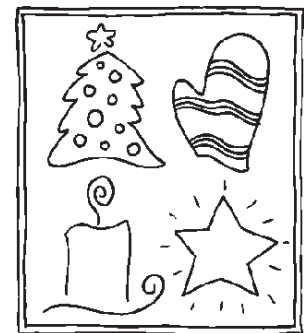
Year-to-Date September 30, 2015

	Actual	Budget
<b>Income</b>		
Envelope/Plate Giving	\$299,736.63	\$283,246.75
Other Operating Income	<u>116,653.17</u>	<u>125,064.19</u>
Total Income	\$416,389.80	\$408,310.94
<b>Expense</b>		
Total Expense	<u>\$427,126.33</u>	<u>\$427,377.57</u>
<b>Net Income</b>	<u>(\$ 10,736.53)</u>	<u>(\$ 19,066.63)</u>

All taxes and payables YTD have been paid. Two apportionments Yf \ 'lo g'e gf l' @ Z] f] ngd f [ ] k'Yj] 'Z] f \_'' ] d' 'gj' [Yk' 'Bgo management purposes.

## Shiny Paper

First UMC continues its shiny paper collection. Our Finance Committee has been coordinating this project and thanks to all those who have helped with it. Thanks, too, to all of you who have saved your paper and brought it to the church. Keep up the good work. We hope to make one more delivery in 2015.



## DECEMBER

## Coming in December

- 5: Hmong New Year Celebration at First UMC
- 6: Children and Youth Christmas Program during worship
- 9: Church Council, 7pm
- 11: Second Harvest "Have a Heart, Help a Neighbor" at First UMC
- 13: Service of Lessons and Carols during worship, with Sanctuary Choir, Tapestry, Class Ring, and Strikepoint, 10am
- 13: Christmas concert by brass and percussion from Twin Ports Wind Orchestra and Strikepoint, 3pm
- 17: Ruby's Pantry
- 24: Christmas Eve Worship, 4 pm and 10 pm



## 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

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#### Sundays

- 9:00am Faith Forum - FSL
- 9:00am Family Faith Sessions - 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
- 6:00pm Gamblers Anonymous - St
- 6:00 pm Mom's Yoga - TBC

#### Wednesdays

- 4:45pm 5Guise - BR
- 5:15pm Ringtones - BR  
Jam & the PB Band - EL
- 5:30pm Bible Study - FSL
- 5:45pm Wednesday Nt Mesl - LSH
- 6:15pm Tapestry - S
- 6:30pm Cast in Bronze - BR  
Youth Group - CW
- 7:30pm Sanctuary Choir - EL
- 7:40pm Class Ring - BR

#### Thursdays

- 9:00am Faithfully Fit - EL
- 6:00pm T'ai Chi - LSH

#### Fridays

- 9:00am Alcoholics Anonymous - TBC

#### Saturdays

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

### Day by Day Monthly & one-time

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#### Monday, November 2

- 9:00am Rachel Crcl Pickle Making - K

#### Tuesday, November 3

- 7:00am General Election Polls - LSH

#### Thursday, November 5

- 4:00pm Men making Sloppy Joes - K

#### Saturday, November 7

- 9:00am Coppertop Craft & Bake Sale

#### Monday, November 9

- 5:30pm SPRC - Lib
- 7:00pm First & Ten - FSL

#### Tuesday, November 10

- 10:00am RB Dinner Follow-up - FSL
- 2:00pm Loud, Laughing Ladies - FSL
- 6:00pm Charge Conference/  
Church Council - FSL

#### Wednesday, November 11

- 9:30am Prayer Shawl Ministry - FSL

#### Thursday, November 12

- 1:00pm Alzheimers Caregivers - Lib

#### Saturday, November 14

- 9:00am Reiki Healing Circle - TBC

#### Wednesday, November 18

- 9:30am Naomi Circle - FSL

#### Thursday, November 19

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

#### Sunday, November 22

- 11:00am Advent Workshop - LSH
- 6:30pm Faith & Film - MR

#### Monday, November 23

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

#### Tuesday, November 24

- 2:00pm Loud, Laughing Ladies - FSL
- 5:30pm Ruby's Pantry Committee - Lib

#### Thursday, November 26

Closed for Thanksgiving holiday

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

### Sunday, December 6

10:00am Noel Worship  
led by Children & Youth

### Sunday, December 13

10:00am Advent Worship  
Lessons & Carols