



# 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 2016

## Pastor or Bishop? We'll know in two weeks

*from Pastor David Bard:*

The United Methodist Church is structured around a series of conferences. The annual meeting of the congregation is called a charge conference or church conference.

Every United Methodist Congregation is part of an annual conference. Our annual conference is the Minnesota Annual Conference, and as the name implies, we meet annually. This is where clergy are ordained, and where they hold their church membership in an annual conference. Clergy are generally appointed within the bounds of the conference where they are members.

Every four years, The United Methodist Church meets for General Conference. This is a global, representative gathering, and it is the top policy-making body for our denomination. You've already read much here about that gathering, which met in Portland in May. Then there are Jurisdictional Conferences.

Jurisdictional Conferences are part of The United Methodist Church in the United States. They are regional conferences – we are in the North Central Jurisdiction. While there are some jurisdictional

**At [www.ncjumc](http://www.ncjumc.com), the North Central Jurisdiction website, you can read biographies and statements from each of the candidates. Running vote tallies will be posted there during the conference.**

committees, and jurisdictional mission endeavors overseen by the jurisdictions, the primary purpose of Jurisdictional Conference is the election and assignment of bishops within the Jurisdiction.

Candidates for bishop must be ordained elders in good standing in The United Methodist Church, and any elder is eligible

for election. Typically, annual Conferences endorse a candidate, sometimes two, for consideration. Other groups may also endorse candidates. As you are aware, I have been endorsed by the Minnesota Conference as our candidate for bishop this year.

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**First United  
Methodist Church**

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



## Our First Family

Birth: Torsten Eric Draxten Lindquist, son of Jennifer Draxten and Christian Lindquist on June 12, 2016.

Hospitalizations: Barb Fermenich, Verna Porter, Marilew Barnidge, Amber Kling

Deaths: Liz Headley on May 31, 2016; Warren Tyacke on June 8, 2016

Church Lighting: June 26 - July 2, in memory of Liz Headley from Gloria Erickson to benefit CHUM.

# First Family



**First United  
Methodist Church**

230 E Skyline Parkway  
Duluth, MN 55811  
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info@fumcduluth.com

Pastor: Dr. David A. Bard

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

[fumcduluth.com](http://fumcduluth.com)

## Pastor's Pen

### Pastor or Bishop? *continued*

In 2016 four bishops will be elected because four bishops are retiring in our jurisdiction. Currently, fifteen candidates have declared their intention to be considered for the office of bishop. Most have an endorsement from a conference or other group, though not all. More of us will go home from jurisdictional conference not being elected than will be elected.

As you may imagine, this has been an interesting and emotionally intense time for me, my family, and for many of you here at First UMC. I appreciate your graciousness and your prayers, and am sorry for the kind of emotional roller coaster that is this process. In a few short days in July (12-16) I will find out if I am elected, and you will know whether or not I will continue as your pastor into the fall.

#### **Interim would be appointed**

Bishops are elected in July and begin their assignments September 1. This is a quick turnaround. In our conversations with our District Superintendent, Rev. Susan Nienaber, she has let us know that it would be her intention to work with our Bishop, Bruce Ough, to have an interim pastor appointed to First UMC for the remainder of this appointment year (to June 30, 2017) and work on a long-term appointment to begin July 1, 2017.

Going into Jurisdictional Conference, I have no way of knowing what the outcome might be. I believe I have some gifts that could serve the church well as a bishop in this challenging time in its life. All I can do is share my story, my vision for the church, and my understanding of my gifts and how they may be of help. Then people pray and vote.

#### **Our in-between time**

My emotions during this time have varied wildly. I love First UMC and what we continue to do together. There is no other place I would rather be pastor. Thinking of leaving brings a heaviness to my heart.

At the same time, I have always been committed to using my gifts wherever they may help the church, and the United Methodist Church is in a crucial time in its life. We will be different in four years, and perhaps I can help shape that future in an important way as a bishop. The United Methodist Church is in an in-between time.

And so am I, and so are we. Our in-between time is shorter, only a few more weeks. During this time I know you will be who you are – a gracious and caring community, a praying and compassionate community. Thank you for being you, and thanks be to God for God's Spirit of love and courage which accompanies us all along the way.

Grace and Peace,  
David

# Congratulations, Class of 2016

**Courtney Stabe**, Duluth Denfeld High School; **Hans Arvidson-Hicks, Stephanie Giuliani, Jacob Miles, Madeleine Monson-Geerts**, Duluth East High School, **Ross Erickson**, Salutatorian, Esko High School, **Luke Anderson, James Falk, Parker Hinnenkamp**, Hermantown High School; **Jon Hansen**, Marshall School

**Sarah Bard**, Doctor of Physical Therapy  
St. Catherine's University in St. Paul, Minnesota

**Laurie Hansen**, Bachelor of Science, Pre-Medicine  
The College of St. Scholastica, Duluth, Minnesota  
*Laurie will take the coming year to prepare for the MCAT exam and apply to medical schools.*

**MaryAnne Korsch**, Master of Arts in Religious Leadership  
United Theological Seminary of the Twin Cities  
*MaryAnne graduated with emphases in United Methodist Studies and Pastoral Care and Counseling. On June 22, she was commissioned as a Provisional Deacon by Bishop Bruce Ough at the Minnesota Annual Conference session in St. Cloud. She has accepted a four-month chaplain residency at Park Nicollet Methodist Hospital in St. Louis Park for the summer.*

**Jonathan Lanthier**, Doctor of Pharmacy with High Distinction  
University of Minnesota Minneapolis

**McCall Lemmons**, Bachelor of Arts in Integrated Elementary and Special Education, University of Minnesota Duluth

**Maria Regnier**, Certified Cosmetologist  
Regency Beauty Institute, Duluth, Minnesota

## Rhubarb Festival Pie Baking

Thank you to all those who have worked so diligently preparing and baking rhubarb pies and other delicious rhubarb delicacies for the CHUM Rhubarb Festival. You are all amazing and appreciated. Special thanks to LeAnn House and Debi King for again coordinating these efforts. Look for totals soon on what we made for the festival and on what CHUM raised for its work.

## Capital Campaign and Building Projects Update

As of May we have \$440,420 pledged towards our capital campaign. This reflects a recent additional gift dedicated towards the Floor Refurbishment project.

The floors are scheduled for work over the 4<sup>th</sup> of July weekend. The Sanctuary roof has been completed and work continues on the office roof.

Our pledged funds and those received show that tuckpointing could proceed in 2017.

Please SAVE the DATE for Friday, September 16 for a special fundraising dinner.

Your gifts and pledges are always welcome. You may use the special pew envelopes or stop by and visit with Paula Davidson in the church office about your gift.

Project updates can be followed on the bulletin board near the East Entrance across from the Kitchen. Thank you for helping us towards our goal!

## FUMC Operating Budget

Year-to-Date May 31, 2016

	Actual	Budget
<b>Income</b>		
Envelope/Plate Giving	\$176,666.36	\$166,156.45
Other Operating Income	<u>62,244.18</u>	<u>58,120.97</u>
Total Income	\$238,910.54	\$224,287.42
<b>Expense</b>		
Total Expense	<u>\$246,063.52</u>	<u>\$242,639.90</u>
<b>Net Income</b>	<u>(\$ 7,152.98)</u>	<u>(\$ 18,349.48)</u>

All taxes, apportionments and payables YTD have been paid.

## Bible Study

A six-week Bible study on the New Testament letter of Galatians began on Tuesday, June 7. Upcoming meetings of the study group will be on Tuesday evenings July 5, 19 and 26 at 5pm in the Fireside Lounge.

## Songfest Worship on July 17

Worship on July 17 will be different, but hopefully not in the Minnesota “well, that’s different” way. This will be a worship service filled with music. The entire worship service will be music and prayers, and you will have an opportunity to help select some of the songs. You will not want to miss this special worship occasion.

## Adventure Day Camp

Adventure Day Camp will be held July 25-28 at Camp Horace Johnson on Island Lake, north of Duluth. Registration forms for campers are available in the church office.

Many First UMC members are already offering help and support for the week. Our church will be “Church of the Day” on Monday, July 25. Pastor David will be at the camp to help provide leadership.

We also need help in providing a snack. We’ll be providing 35 bananas, 10 pounds of grapes, and 70 clear plastic cups, along with napkins and drinking cups. If you can help provide any of these items, please sign up in the church office. Thank you.

## CHUM Backpack Project

There are 800-900 Duluth children whose families cannot afford the supplies for starting school. You can help!

Last year First UMC provided 58 filled backpacks to Duluth Public Schools through CHUM. This year we already have seven empty backpacks donated. We’d like to fill all of those and add more toward the effort.

Luckily, July and August are the best times to buy school supplies at their lowest prices. Drop your donations of these items in the bin by the Welcome Center in the Atrium or at Laura Stahl’s office.

Don’t want to do the shopping? Your check to “FUMC,” memo “CHUM Backpacks” will be used to fill the remaining needs or add another backpack to our load.

*Most needed: Backpacks, 3-ring binders, and pocket folders.*

### Elementary School Supplies

- 1 backpack
- 3 notebooks, WIDE ruled
- 1 pair of children’s scissors
- 6 pencils (sharpened or not, colorful is great)
- 1 box of markers
- 1 (24 ct) box of crayons
- 2 glue sticks
- 3 pocket folders

### Upper Grade Backpack Supplies

- 1 backpack (larger ones with multi compartments)
- 6 pencils (sharpened or not)
- 3 pens (any color of ink)
- 1 3-ring binder
- 1 pack of loose-leaf paper (COLLEGE ruled)
- 3 notebooks, COLLEGE ruled
- 3 pocket folders

## Monday meal for Wildfire mission group

Wildfire is a youth mission camp organized by Faith UMC in Superior. Youth groups from all over the upper Midwest, though primarily from Wisconsin, come to work in the Duluth-Superior area. They also worship and play together, deepening their relationships with each other and with Jesus Christ.

Local congregations have been providing evening meals for Wildfire for a number of years. This year, First UMC will again provide the Monday evening meal for the group, and we could use your help.

If you can come on July 18 to help prepare and serve the meal and/or clean up, your help would be deeply appreciated. Meal preparation will begin at 4 pm. The meal is served at 5:30 pm, and we will clean up as quickly as we can. Thank you for considering this opportunity to serve.

## Thank you from Cindy

My heartfelt appreciation goes out to everyone who helped with the benefit event held June 4 on my behalf.

Some of you donated items to the silent auction; others came hours early to set it up. Some shared their gifts of music, and the musicians of Tapestry, the Sanctuary Choir, and Cast in Bronze made and served three kinds of chili. Some organized; others did the dishes.

Hundreds of people showed their support by coming out on a dreary, foggy day (on the plus side, it was perfect for chili). While not everyone there came from church, a lot of you did. Thank you for coming, and for your touching words in the guest book, in cards, or in conversation.

The cumulative effect was overwhelming, and humbling. I went home that night with muscles tired from smiling and a heart full of love.

You are my family. Thank you for one of the most remarkable days of my life.

*Cindy Alexander*

## Shiny Paper

First UMC continues its shiny paper collection. Our Finance Committee has been coordinating this project; 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. All proceeds from the shiny paper collection support the ministries of First UMC through its budget.

## Stressed? Try the *Prune Face*

*Linda Wiig, Parish Nurse*

I hope your summer is going along nicely, but times can still be stressful so I thought I would give you three very easy ten-second exercises that could help ease your tension *and* also make you laugh. Ha Ha!

First, the *Silent Scream* is a good family exercise. While standing, wave your arms, flex your fingers, and open your mouth wide—wider—and then let it all out...but no sound. You can even make a game of it with your kiddos.

Second is the *Prune Face*, which is similar to the Lion Pose in Yoga. Close your eyes tight, purse your lips, and then scrunch your whole face toward your nose as though you have smelled something awful. Hold this face for the count of 6.

On the count of seven, quickly pop open your eyes and your mouth, stick out your tongue and make a “paah” sound. You can do this by yourself or in front of a mirror or with your children. It helps to relieve those stress lines on your forehead!

Third is the *Tongue Touch*. While continuing whatever you are doing, touch the tip of your tongue to the roof of your mouth, hold for several seconds, and then release. This is good for loosening tight jaw muscles.

If you’ve tried all the above and nothing has worked, go outdoors and walk, but leave your phone behind. It’s been shown that if you have a phone with you, even one that’s turned off, this is still very distracting, and you will not gain the full benefit of your walk.

You could start a running program. A good website for all you first-timers is “Couch to 5K.” If you do not have the motivation for this running program, get a nice couch, a cool cloth to cover your eyes, and meditate. Or listen to soothing music.

- Blood drive enthusiasts! Our next opportunity to help meet the never-ending need for blood will be August 18, a Tuesday, from 3 to 6 pm. This is a great way to help many in need. Thanks in advance!

- Our library has two copies of a new book entitled “What Did You Say?” This book is written by a pharmacist, Monique Hammond, who suddenly lost the hearing in one ear. She writes about her personal struggle to cope and shares a wealth of information about the causes of and types of hearing loss, audiology tests, listening devices, support groups and organizations, and resources.

I met her last week and she was very pleased and impressed that we had installed a loop system in the sanctuary. She will be listing our church on a web site indicating that we have this system, which will be of benefit to those who require hearing assistive devices for church services.

Please have a safe and enjoyable summer! Blessings to all,

Linda



# 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.

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## Weekly Our regular schedule

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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

- 9:50am 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
- 6:00pm Gamblers Anonymous - St
- 6:00pm Moms' Yoga - TBC
- 5:00pm Bible Study - FSL (except 7/12)

### Thursdays

- 9:00am Faithfully Fit - EL
- 6:00pm T'ai Chi - LSH we  
(except 7/21 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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### Monday, July 4

Building closed for Independence Day

### Wednesday, July 6

6:00pm 50th Anniversary Com - FSL

### Thursday, July 7

5:30pm Capital Campaign Com - Lib

### Tuesday, July 12

2:00pm Loud, Laughing Ladies - FSL

### Thursday, July 14

1:00pm Alzheimers Care Givers - Lib

### Tuesday, July 19

4:00pm FUMC Foundation - FSL

### Thursday, July 21

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

### Monday, July 25

- 8:00am Adventure Day Camp  
- Island Lake
- 9:00am Vacation Bible School  
- 105, L Nur, MR
- 9:00am Toddler Camp

### Tuesday, July 26

- 8:00am Adventure Day Camp  
- Island Lake
- 9:00am Vacation Bible School  
- 105, L Nur, MR

9:00am Toddler Camp

2:00pm Loud, Laughing Ladies - FSL

### Wednesday, July 27

- 8:00am Adventure Day Camp  
- Island Lake
- 9:00am Vacation Bible School  
- 105, L Nur, MR
- 9:00am Toddler Camp

### Thursday, July 28

- 8:00am Adventure Day Camp  
- Island Lake
- 9:00am Vacation Bible School  
- 105, L Nur, MR
- 9:00am Toddler Camp