



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.

December 2018



Christmas Eve Worship Services Monday, December 24, 2018

4:00pm

Christmas Eve Family Service

Experience the familiar hymns and Scriptures. There will be a time in the service especially for children, as well as music by Tapestry and the organ. This is an interactive, meaningful service for everyone and will end with candlelight singing of *Silent Night*.

10:00pm

Candlelight Service

This service includes the Sanctuary Choir, Extollers (our alumni handbell massed choir), Scripture, Christmas carols, and a message of hope and life. This is a sacred and meaningful time of welcoming Christ in our midst, ending with candlelight singing of *Silent Night*.

**First United
Methodist Church**

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



Our First Family

Thank You for Interfaith Service

Dear Choir Directors and instrumentalists, Thank you so much for sharing your music at the Interfaith Thanksgiving Service.

~Velda

Thank you all for a wonderful service last night! It was truly a joy to be there, and I'm always blown away by the musical talent in our midst. I don't have emails for the music ministers, so please pass along my appreciation. I'm also pleased to report that the offering totaled \$3,048! That is a testament to generosity and depth of spirit. We at CHUM are very grateful. The cider and treats went over big at breakfast this morning. Remember, if you're ever wondering what to do with leftovers after events, CHUM shelter might be an answer.

~Lee Stuart

Executive Director, CHUM

Church Lighting

A gift to light the church the week of November 11 was given by Tina Farrell in memory of her dear sister, Elizabeth Stelman, whose birthday was November 11.

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On the Journey With You

Many years ago, God looked down upon the world in profound sorrow. Humanity, God's greatest creation, was in trouble and they didn't even seem to know it. Instead of embracing peace, generosity, inclusivity, understanding, and love, humanity embraced conflict, materialism, arrogance, and indifference.

So God became a baby born to poor parents in an obscure village. His first home was a stable where the animals lived. How could the One who so dramatically changed the world have arrived in such humble means? How could the One who offers us salvation and eternal life come into the world as a helpless being?

Scripture gives us great insight in Philippians 2:5-11:

"Our attitude should be the same as that of Christ Jesus: Who being in the very nature God, did not consider equality with God something to be grasped, but made himself nothing, taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, he humbled himself and became obedient to death—even death on a cross. Therefore God exalted him to the highest place and gave him the name that is above every name, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father."

In the birth of Christ was born a power that could overcome self-centeredness, war, hatred, division, and greed with a self-giving, all-encompassing, humble love. In the birth of Christ was born a power that could free us to love people as they are, to get to know who they are inside, to go to the poorest, most desolate places and find love and hope—find God even there, perhaps especially there.

Christmas Blessings, ~Pastor Jeanine

First Family

First United Methodist Church

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Pastor: Jeanine Alexander
Editor: Bill Alexander

Next First Family Deadline: **December 19**
Submit to connect@fumcduluth.com



fumcduluth.com

Thank You from Cynthia Coffin- Langdon

A HUGE thank you to all the people at the Coppertop for the beautiful robe, all the cards, and your presence at my ordination service. Thank you AGAIN for everything. I am truly blessed and honored to serve this congregation. and I am so very lucky and privileged to know all of you.

~Cynthia Coffin-Langdon

Messages to Strikepoint

Thank you for your gift of music! It was a blessing to be in the audience at Bethehem Lutheran Church. I recently joined the House of Hope bell choir in St. Paul. You provided ample inspiration to ring forth! Peace,

~John Brentnall, St. Paul

Sitting here listening to the "Reflections" album, which I do to help with positive thinking, and realized how in the world have I not followed you on FB yet...

~Eric Schlef, Kansas, on Facebook

Extoller Invitation

If you are, or have ever been, involved in our handbell program and will be in town on Christmas Eve, you are invited to join us for Extollers, our reunion massed bell choir. There will be a single rehearsal on December 24 from 9:30-11am. We will then play for the 10pm candlelight service. Please contact Bill Alexander, bill@strikepoint.com.

Family News

Children's Activities:

The children's ministry team finished "MAD Props" with a bang. So fun! We now continue with "Space Ninjas vs. Pirate Squirrels." Make sure you check the bulletin each week for questions that you can ask your children about what they have been learning in Sunday School. Children, Youth & Family Ministries announcements are found on the back page of the announcements bulletin insert. Busy parents can hang it on their refrigerator or bulletin board.

December 2 is our Advent workshop, held during Sunday School. All children need to be picked up in Lakeview Social Hall after worship.

December 8: Christmas Pageant practice and birthday party for Jesus! Everyone in the pageant needs to be there from 10am-12pm

- 10-10:30am: Speaking parts only
- 10:30-11:30: Everyone
- 11:30-12:00: Birthday party for Jesus with Birthday CAKE!

We will need lots of help. Please let me know if you are able to stay and help out.

December 9 is our Christmas Pageant, during worship.

December 19: Christmas caroling for the whole family at Viewcrest Health Center. All people of the church are invited and WANTED!

Parents' Activities:

December 16 is our Shop 'til You Drop Event. Leave the kids with the children's ministry team and Youth Group while you shop. Kids will play games, make a present for two people they are close to, and watch movies. Suggested donation: \$25 for one child, \$35 for two or more. Bring your own lunch. Registration is required by December 12.

Looking ahead:

All-Church Winter Camping at Camp Amnicon on March 1. \$42 per person; children under four free; includes lodging and three meals. There will be lots of time to sit around the fire and chat. There will be children's activities so parents have some time alone, and there will be family activities!

Let's Go Caroling!

Wednesday, December 19, 6:30-7:30pm

Viewcrest Health Center, 3111 Church Place

Everyone, all ages, is invited to come Christmas caroling! We will wander the halls at Viewcrest Health Center and sing carols to the residents there. Cynthia will have her guitar and song sheets to hand out. We are also inviting our friends from Hillside UMC to join us, so we will have a nice-sized group. Meet downstairs in Lakeview Social Hall at 6:15pm Wednesday, December 19 and we will carpool to Viewcrest.

Early Morning Food Drive

FUMC will host the WDIO-TV/ Second Harvest Northern Lakes Food Bank holiday "Have a Heart" food drive on Friday, December 7. Bring non-perishable food items or cash donations to the West Parking Lot between 6am and 9am.

FUMC College Ministry

Join pastor Jeanine and Jojo after church on Sunday, December 2, for a free lunch. This month will be Chinese food. This is a great way to get to know each other, support one another, and be a faith community to each other!



Holiday Music in December

Twin Ports Wind Orchestra's Holiday Concert, Sunday, December 9 at 7pm, First United Methodist Church. The brass from the TPWO will present a holiday concert called "Happy Holidays from Around the World." FUMC member Dr. Mark Whitlock directs.

Arrowhead Chorale Concert with Strikepoint, Friday, December 14, 7:30pm, and Sunday, December 16 at 3pm, The Duluth Depot Great Hall. The Arrowhead Chorale teams up with Strikepoint for a holiday concert called "Holiday Traditions: A Scandinavian Christmas."

Lessons and Carols Service, Sunday, December 16, 10am worship service. The story of Christ's birth will be told through Scripture readings and music offered by the Sanctuary Choir, Tapestry, Cast in Bronze, and a variety of instruments.

United Campus Ministry

UCM is a ministry at UMD that represents the Methodist, Presbyterian, and United Church of Christ denominations. If you know a college student in need of a faith community, UCM is there for you. Please have students connect with Jojo Coffin-Langdon (218-251-4388). UCM meets twice a week on a regular basis: Monday nights for Dollar Dinners, and Thursdays at noon for Coffee & Christ, where we meet for coffee, prayer, conversation, and a mid-week devotional. We ask that you prayerfully consider a monetary gift to keep the ministry of UCM vibrant. We also would appreciate any donations of Keurig pods (coffee, hot chocolate, or tea) for our Coffee & Christ times. You should see the cardboard box designated for your donations. As always, your prayers are needed and appreciated. Any questions, please connect with Jojo, UCMDuluth@gmail.com.

Youth News

Wednesday Night Youth Group 6:30-7:30pm

December 5 - 1st Wednesday Worship in chapel
December 12 - Christmas activity
December 19 - Christmas Caroling at Viewcrest Health Center
December 26 - NO YOUTH GROUP

Saturday, December 8

Rehearsal for the Christmas Pageant and birthday party for Jesus, 10-12pm at church. Lunch and cake!

Sunday, December 9

Youth & Kids' Christmas Pageant

We need:

- Acting/speaking parts in the play
- Special music—Do you play an instrument or sing? Want to do something for the prelude this Sunday?
- Greeters/Ushers—hand out bulletins, take offering
- Help small children in program—be a guide for the animals, angels, and shepherds in the nativity scene

Double worship reflection credits for Confirmands this Sunday!

Special Services in December

December 2, 10am worship

First week of Advent.

December 9, 10am worship

Second week of Advent and the children's pageant.

December 16, 10am worship

Third week of Advent. Lessons and Carols Service.

December 23, 10am worship

Fourth week of Advent.

December 24, Christmas Eve

4pm Family Service and 10pm Candlelight Service.

December 30, 10am worship

This service will focus on starting the New Year with spiritual life and help. Come and prepare your spirits for 2019.

Estimates of Financial Giving

Thank you to everyone who has turned in "estimate of financial giving" cards and "time and talent sheets" for 2019. The participation has been wonderful so far. If you haven't turned yours in yet, please do so as soon as you are able. It will enable us to better plan for our mission and ministry in 2019.

Consider Giving Gift Cards

Gift cards are needed to assist those in need over the holiday season. Especially helpful are gift cards for gas and food. Please give these gifts to Pastor Jeanine, who will distribute them.

Roast Beef Dinner Summary

The 2018 fall Roast Beef Dinner's profit was \$4,196.63. This is a little higher than the fall of 2017 (\$4071.23) but less than last spring, which was the day of the Husky Refinery explosion, allowing us to do a lot of mission work. Good job!

We served 70 fewer paid dinners this fall compared to last fall. Our expenses were good this year: beef was \$3.98/lb compared to last fall at \$5.83/lb; we then increased the price of the dinner to \$13.00 for the spring 2018. We lowered it back to \$12.00 per dinner for this fall. This year was one of the chilliest nights we have had for the dinner. We appreciate the outdoor crew and hope they have warmed up!

Guests remarked that the apple crisp, coleslaw, and beef were the best yet!

As many say, the dinner runs like a well oiled machine. We would not be able to accomplish this without doing what we like to do: to serve others!

Thank you for your passion in this important ministry for the community.

Blessed by your love and service to the Lord,

~Cindy and Scott Hedlund

Scouting for Food Is Another Huge Success for CHUM

Hundreds of Boy Scouts, drivers, food sorters, and area grocery stores teamed up for another successful Scouting for Food drive. Thanks to these volunteers and all our generous neighbors and friends, the CHUM Food Shelf took in 6,184 pounds of food and over \$1000 in cash on a single day!

These donations will be put on the shelf immediately, as supplies were running low, and will be utilized by our neighbors in need this holiday season.

Special thanks go to Super One Foods, Whole Foods Co-Op, and Mt. Royal Market. If you didn't get a chance to donate, please visit one of these fine stores and donate while you are there. Every dollar and can of food makes a difference.

Stretching Food Stamps During the Holidays

As holidays approach, the CHUM Food Shelf reminds us how tight life is on food stamps. 76% of food stamps are used by households with children, 11.9% by households with a disabled family member, and 10% by households with senior citizens, according to SNAP to Health (a virtual town hall where all members of the community can convene to discuss the current state of nutrition and health in the United States). The holidays are an uneasy time, stretching already limited resources.

"The reality is," says Scott Van Daele, CHUM's Director of Distributive Services, "that benefits are enough to last to about mid-month. Those depending on food stamps have to plan well and cobble together resources to complete the holiday table for their families." One 65-year-old semi-retired matriarch, who started using SNAP benefits when her husband passed away, offered her tips: "You have to balance what you would have to use," she said. "You say, 'Well I've got this big occasion coming up so now I have to factor in a turkey, which may be \$20, and then you have to have all the trimmings.'" She also seeks out food shelf distributions to complete her holiday table.

According to reports, food stamp distributions are based on a bare-bones household budget developed by the U.S. Department of Agriculture. "It currently determines that a man between the ages of 19 and 50 would spend \$42.80 on food weekly. A woman in the same range would spend \$37.90, and a family of four with two preschool-aged children would spend \$129.40."

Van Daele noted that the food pantries and soup kitchens have to be ready when holidays like Thanksgiving approach. Items like fresh or canned fruits and vegetables are always in high demand, and the holiday season is no different.

If you need help this holiday season or you know someone who does, please contact our SNAP Outreach Coordinators at 218-740-2490 for resources.



From Our Faith Community Nurse

The holiday season is supposed to be a time full of joy, parties, and gatherings with friends and families. But the holidays can be a difficult time for many people dealing with grief, loneliness, illnesses of all kinds, economic concerns, mental health issues, separation from family members, and relationship issues like separation or divorce.

The holidays are a time of bringing people together in community. We know that one in four families sitting in the pews is living with someone who has a mental illness. Many are suffering in silence and are afraid to share their pain with others. While some people experience temporary periods of depression like the "holiday blues" or Seasonal Affective Disorder, many live with mental illness every day.

Prior to a large gathering of family and friends, plan ahead by letting any potentially sensitive people know what the situation is. This is a wonderful opportunity to help erase the stigma and shame too often associated with mental illness. You can help people find ways to be relaxed yet respectful of any special needs. Someone living with a mental illness can feel further disconnected from others if people ignore or avoid them.

Set realistic goals and be flexible. The holidays are about love and caring for one another. We would all do better to let go of the image of the "perfect" holiday and focus on accepting ourselves and our loved ones without judging, criticizing, or advising.

For anyone who is struggling, hearing the familiar stories of our faith, singing familiar hymns, and participating in religious rituals can bring comfort. It can be a time of reconnecting with our faith and spirituality. A special effort to encourage families to invite their loved ones to be part of special services can be very helpful.

This information is provided by the Rev. Susan Gregg-Schroeder, Coordinator of Mental Health Ministries.

Blood Drive

Blood is essential for life: it carries oxygen and nutrients throughout the body, fights infections, and helps heal wounds. Everyone has this self-generating resource that can be generously given to others—when and where it is needed most. Accidents happen 24/7, cardiac surgery goes on frequently, and other types of surgery depend on having a supply of blood to save lives.

So please consider giving the Gift of Life during our winter Blood Drive. This is a time when blood supplies are low, and everyone that can donate is very much needed. Our drive will be on Tuesday, December 11 from 2:30 to 6pm. You can sign up in

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the church office, or in the Narthex before or after church.

If you have questions, please see me. Your donation will take about 45 minutes and even less time if you fill out the health questionnaire online on the day of donation. Just bring a picture ID and your well-hydrated self. Juice and cookies are always provided after your gift.

Have a blessed holiday season and give thanks to God for family, friends, and the ability for worship.

~Linda Wiig



FUMC hosted Duluth's Interfaith Thanksgiving Worship Service on Tuesday, November 20. Congregants and musicians from thirteen faith communities filled our sanctuary with music, readings, prayers, and thanksgiving. Proceeds from an offering totaling \$3,448 went to support CHUM. FUMC was represented by our clergy, Strikepoint, the Sanctuary Choir, Velda Bell, and numerous instrumentalists.

Friends of the Felgemaker

The Friends of the Felgemaker Organ Committee announces a Holiday Concert on Sunday, December 2 at 3pm at Sacred Heart Music Center, 201 West 4th Street. This concert will feature young musicians from the community, including organ students; the Duluth East High School Sterling Strings Chamber Orchestra and Choralaires Chamber Choir; and **Class Ring, First United Methodist's high school handbell choir**. There will also be an opportunity for the audience to sing holiday carols led by David Tryggstad, Resident Organist at Sacred Heart Music Center. Suggested donation of \$10; proceeds benefit the Music Center and its historic Felgemaker pipe organ.

For more information:
Karen Sande, 218-724-0576
jknsande@charter.net

THE FRIENDS OF THE FELGEMAKER
PRESENT

4th Annual Holiday Concert at Sacred Heart Music Center Sunday, December 2nd 3 pm



Featuring:

- Organ scholarship students:
Sam Brenner; Anna Carlson; Max Hahn; Lilian Kimber; Luke Sailstad
- Class Ring, youth handbell choir from First United Methodist Church
- Duluth East High School Sterling Strings
- Duluth East High School Choralaires
- Christmas caroling led by Resident Organist, Rev. Dr. David Tryggstad, on the Felgemaker pipe organ

**Sacred Heart Music Center
201 West 4th Street, Duluth, MN**

\$10 suggested donation. Concert parking is available at the Damiano Center across the street. Accessible entrance is on 2nd Avenue.



First United Methodist Church

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Our Regular Weekly Schedule

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 High School Hangout - CW
- 10:00am Worship - S
- 10:15 am Sunday School - TBC, Classrooms
- 11:30am Strikepoint - BR
- 3:30pm T'ai Chi - 104
- 7:00pm Eating Disorders Anonymous - Lib

Mondays

- Noon Gamblers Anonymous - Lib
- 3:30pm Spirit Yoga - TBC
- 5:00pm Downbeats - EL
- 7:00pm Whole Birth Yoga - TBC

Tuesdays

- 5:00pm T'ai Chi - 104
- 6:00pm Gamblers Anonymous - Lib
- 6:00pm Mama Yoga - TBC

Wednesdays

- 4:15pm Child Care - Lower Nursery
- 5:00pm JAM & PB band - TBC
- 5:15pm Supper - Kitchen and LSH
- 5:30pm JAM Jr. - TBC
- 5:30pm Ringtones - Bell Room
- 5:45pm Sanctuary Choir - EL
- 6:00pm Bible Study - 104
- 6:30pm Confirmation and Youth Group - FSL
- 6:30pm Tweens - 112
- 6:45pm Cast in Bronze - Bell Room
- 7:30pm Tapestry - Sanctuary
- 7:45pm Class Ring - Bell Room

Thursdays

- 9:00am Faithfully Fit - EL
- 6:00pm T'ai Chi - 104

Fridays

- 8:00am Men's Study Group - FSL
- 9:00am Alcoholics Anonymous - TBC

Saturdays

- 9:00am T'ai Chi - 104

One Time & Day by Day

Sunday, December 2

- Advent Workshop during Sunday School
- 11:00 am Wreath Pick-up - Narthex
- 11:30 am College Student Lunch
- 3:00 pm Holiday Concert at Sacred Heart Music Center

Tuesday, December 4

- 10:00 am Writers Group - Lib

Wednesday, December 5

- 9:30 am UMW Board Meeting - Lib
- 6:30 pm Wednesday Worship - TBC

Thursday, December 6

- 5:15 pm Trustees - FSL

Friday, December 7

- 5:00 am Have a Heart, Help a Neighbor food drive - parking lot

Saturday, December 8

- 8:00 am Breakfast with Santa - LSH
- 10:00 am Christmas Pageant Practice - S
- 11:30 am Children's Birthday Party for Jesus - Narthex

Sunday, December 9

- 10:00 am Christmas Pageant - S
- 11:00 am Wreath Pick-up - Narthex
- 7:00 pm Twin Ports Wind Orchestra Concert - S

Monday, December 10

- 7:00 pm Priscilla Circle - FSL

Tuesday, December 11

- 10:00 am Writers Group - Lib
- 2:00 pm Loud Laughing Ladies - FSL
- 2:30 pm Blood Drive - parking lot

Wednesday, December 12

- 9:30 am Prayer Shawl Ministry - FSL

Thursday, December 13

- 1:00 pm Deborah Circle - FSL
- 5:00 pm Finance - Lib
- 6:30 pm Amateur Radio Operators - LSH

Friday, December 14

- 7:30 pm Arrowhead Chorale Christmas Concert with Strikepoint - The Duluth Depot Great Hall

Sunday, December 16

- 10:00 am Lessons and Carols Service - S
- 11:15 am Shop 'til You Drop - LSH
- 3:00 pm Arrowhead Chorale Christmas Concert with Strikepoint - The Duluth Depot Great Hall

Monday, December 17

- 10:00 am Rachel Circle - FSL
- 7:00pm Downbeats Family & Friends Concert - LSH

Tuesday, December 18

- 7:00 pm Council - EL

Wednesday, December 19

- 9:00 am Scrabble - Lib
- 6:30 pm Christmas caroling

Thursday, December 20

- 4:00 pm Ruby's Pantry
- 6:00 pm Blue Star Mothers - FSL

Friday, December 21

- 3:00 pm UNS Holiday Concert - LSH

Monday, December 24-Christmas Eve

- 9:30 am Extollers Rehearsal - S
- 4:00 pm Christmas Eve FamilyWorship - S
- 10:00 pm Candlelight Worship - S

Tuesday, December 25-Christmas Day

Church Closed

Calendar may change—check www.fumcduluth.com for updates.