



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.

February 2019



**First United
Methodist Church**

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

***Don't Let February
Get You Down***

***Embrace Winter and Wrap
Yourself in the Magnificence***



Our First Family

Super Bowl Bake Sale

Sunday, February 3, before and after the worship service.
The Super Bowl and our annual bake sale are coming up quickly! Bakers are needed to bring their best goodies to sell. Eaters are needed to buy goodies to munch during the game! All proceeds will be divided between the Carol Donahue Music Scholarship fund and the pipe organ repair fund. Watching the game will be much more fun with yummy treats made by our church's wonderful bakers. Please plan to participate by baking and eating!

Val Walker to Retire



Val Walker, executive director of the Minnesota United Methodist Foundation, announced her

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On the Journey With You

God is love. Love is God. Whenever you feel love, that is God. Whenever you show love to someone else, God is there, and you are showing that person that God loves them too. When you give a Valentine to someone, you are showing them love. Because God is Love, you are also showing them God and how much God loves them. Whenever you give yourself some love, like taking care of yourself by eating good healthy food, taking a bath, maybe buying yourself something new... just think... God is right there with you, loving you.

God loves us sooooo much! God calls us friends. God calls us family. God calls us beloved. Do you know what it means to be God's beloved? It means that God has claimed you. God wants you. God celebrates you. God knows your heart. God knows exactly how many hairs are on your head.

A story about love:

Every Valentine's Day, John gave Sue a bouquet of flowers and a note that always said the same five words: "My love for you grows." He did this for all the 46 years they were married. Then, sadly, John died. And as Valentine's Day rolled around, Sue knew not to expect anything. But when a bouquet arrived with a note from John, Sue, heartbroken and angry, called the florist to report the cruel trick. The florist assured the widow it wasn't a mistake. "Before he passed away, your husband prepaid for many years and asked us to guarantee that you'd continue getting bouquets every Valentine's Day." When she hung up the phone, she read the attached card that said: "My love for you is eternal."

My friends, you are so loved. Do you know that the pastors and staff at the Coppertop think of you often, pray for you, and love you? We do! This February, especially on Valentine's Day, we hope you

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First United Methodist Church

230 E. Skyline Parkway, Duluth, MN 55811
218-727-5021 Info@fumcduluth.com

Pastor: Jeanine Alexander
Editor: Bill Alexander

Next First Family Deadline: **February 20**
Submit to connect@fumcduluth.com



fumcduluth.com

—Journey, continued from page 2

remember that we love you. Go out and show others you love them too! Because remember, wherever God is, there is love. By loving, we are bringing God to others. And I hope that you remember that God is right there loving you, every day, all the days of this life and the next. God's love for you is eternal.

You are beloved.

With much love,
~Cynthia Coffin-Langdon

—Our First Family, from page 2

intention to retire beginning June 30. Walker has headed the Foundation for the past 14 years, during which time she turned what was a small ministry into a full-service foundation that provides fund development programs for the Minnesota Conference, local churches, and individuals. The Foundation board has begun a search for the organization's next executive director.

Val is a former member of FUMC, widow of former pastor Tom Walker, and was instrumental in our recent capital campaign.

*Courtesy of MNConnect, MN Conference
UMC Communications*

Church Lighting

A gift to light the church in memory of Jean Merry, during the week of her birthday (February 24-March 2), was given by the 2X2s.

Family News

Youth Group February and March

Have you read the *Divergent* trilogy? Seen the movies? If you have, you will know this trilogy is exciting young adult literature. In *Divergent* we are introduced to a future world divided up into five factions: Dauntless (The Brave), Candor (The Honest), Erudite (The Intelligent), Amity (The Peaceful), and Abnegation (The Selfless). Each faction represents a different way of living life. The people of this post-apocalyptic society believe that all five factions are needed in order to live a peaceful existence. Over the next six weeks in Youth Group, we're going to look at each one of these factions and see what they have to tell us about our faith. You won't want to miss a week! We will end the series with a movie night. Invite your friends! Youth Group, for grades 6-12, meets Wednesdays, 6:30-7:30pm, led by Pastor Cynthia.



"Now faith is confidence in what we hope for and assurance about what we do not see." - Hebrews 11:1

All-Church Winter Camping Retreat

March 1-2. There will be lots of time to sit around the fire and chat, worship, journal, read, play board games and do children's activities and family activities. Sleeping will be camp style, on bunk beds, and there will be wonderful home-cooked meals and a sauna! There are snowshoes available to use, and you are welcome to bring cross-country skis. \$42 per person; children under 4 are free. We need 18 paying people to make it a go! Sign up in the Narthex by February 14. Questions? See Jojo Coffin-Langdon, 218-251-4388.

Annual Winter Women's Retreat

March 8-10—Save this weekend for rollicking, relaxation, and recreation in body and soul at Camp Amnicon. Pastor Jeanine will lead the program on Saturday. Details coming soon!

Remaining Discussions on General Conference Outcomes

We are offering several opportunities for you to learn more and have discussion about the upcoming General Conference and the possible outcomes concerning inclusivity in the UMC. You are invited to attend one or more of these remaining sessions:

- Sunday, February 17, 11:30am— as part of our annual meeting (led by pastors and church leaders)
- Sunday, February 24, the 9am Faith Forum (led by Pastor Jeanine)
- Sunday, March 10, the 9am Faith Forum—this forum will take place after the General Conference decision has been made (led by pastors and church leaders)

Dementia-Friendly Worship Service

A dementia-friendly worship service will be held on March 17, 11am at Hillside UMC. This 30-minute service in the sanctuary will include familiar hymns and scripture readings, prayer, and communion. Fellowship in the lower level social hall at 10:30 precedes the service. Please join us for an uplifting experience! For more information, contact Hillside UMC, 218-727-4257 or hillsideumc@callta.com.

Mission and Social Justice

Sustainability Campaign

Below is the new banner for our practicing sustainability campaign! Thank you to Peter and Wendy Williamson for donating the sign, and Megan Hanson, UMD student, who created the banner.

FYI:

- The plastic tablecloths, plastic silverware, and polystyrene cups have been replaced with vinyl tablecloths and compostable silverware, cups, and plates.
- Food is being composted.

Thank you, Church, for your commitment, learning, and practicing to be more sustainable.



Prayer Shawl Ministry

Our Prayer Shawl Ministry Team has been faithfully stitching shawls that serve as a tangible reminder of God's presence and love for anyone who could benefit. Lay pastors bring them to members during their regular visits, but the shawls are available to anyone (not necessarily a member of the church). If you have a friend, family member, neighbor, or co-worker who is moving through a difficult time, you are welcome to bring them a shawl to let them know of God's love and support. Please see Linda Wiig or MaryAnne Korsch if you would like to choose an appropriate shawl for someone you care about.

Wednesday Night Meal Schedule

The February Host schedule for the Wednesday Night Meals is below. Any church group or group of individuals is welcome to prepare and host a meal; just sign up in the church office or contact Marlys Wolden (728-3024) or Mike Donahue (879-3456, mpcmdonahue@msn.com).

February 13 is in need of a host group, and there are many other open dates for 2019. Meal Coordinators John Edwards and Rhonda Montavon are there to assist any group in the meal preparation.

- February 6: FUMC Foundation
- February 13: **Open, Need a Host**
- February 20: No Meal, Duluth Schools Winter Break
- February 27: Music Groups

Worship, Sunday at 10am



We will continue a very important five-week sermon series, rethinking the Prodigal story. Join us for the final installment.
• **February 3**— "Welcome Home: Invited to the Banquet"
If you missed the first sermons in this sermon series, you can listen to them at fumcduluth.com/sermons.

Church Conference

Our Church Conference will be held on Sunday, February 17, at 11:30am (after worship). The Conference is for the purpose of approving our membership report, electing leadership, receiving information about the 2018 and 2019 budget results, receiving information about capital campaign status, and an update on the upcoming General Conference and how we as a congregation will respond. Everyone is welcome and encouraged to attend.

Faith Forum Continues

This winter's Faith Forum programs feature presenters who have selected a special hymn. They will then use creative ways to tell that hymn's story and how it has touched their hearts.

Feb. 3	Hymn: "I Love to Tell the Story"	Ron Yardley
Feb. 10	Hymn: "Lift Up Your Voice and Sing"	Lee Ball
Feb. 17	Hymn: "This Is My Song"	Tim Robinson
Feb. 24	The United Methodist World: What's Happening?	Pastor Jeanine Alexander
Mar. 3	Hymn: "I Was There to Hear Your Borne Cry"	Kevin Peterson
Mar. 10	The United Methodist World: What Happened?	Pastor Jeanine Alexander



Dementia-Friendly Duluth Seeks Victory Chorus Members

Led by music professionals, the Victory Chorus features people living with dementia, their care partners, loved ones, and volunteer singers, all making beautiful music together. The Victory Chorus performance will take place the last week.

Each participant will be paired with, and sing alongside, a Victory Chorus volunteer singer for rehearsals and performances. All participants must have a care partner attend each rehearsal. Care partners may be volunteer singers, helpers, or just be present during rehearsals and the final performance.

If you know someone in our community who might be interested in participating, please invite them to be a part of the Victory Chorus! Contact Beth Kaiser, 218-343-8145 or vcjoybethk@gmail.com.

Rehearsal Schedule:

Unitarian Church
835 W College Street

Sunday afternoons from
1:30-3:30, February 3-May 5

Strikepoint Selected to Perform at National Directors Seminar

Strikepoint, FUMC's concert touring handbell ensemble, has been selected to perform for the Handbell Musicians of America. The ensemble auditioned for the opportunity to share their talents for this national event. They will be playing alongside their handbell friends from Minneapolis, the Bells of the Lakes, and will present a concert unlike anything the Seminar has ever witnessed. The two ensembles, highly recognized throughout the country, will be playing pieces created for two distinct and separate handbell groups with separate parts. They will also play pieces from their own individual concert repertoires.

This year's Seminar will be held in St. Louis, MO. Strikepoint and Bells of the Lakes have been placed in the most prominent venue and time slot, the closing concert, drawing hundreds of handbell directors and composers from around the country and world.

Our families, friends, and communities will have two opportunities to see this concert before the July 20 Seminar performance. The first, in Duluth at FUMC on Saturday, June 15; and the second, in Minneapolis, on June 16.

Bells of the Lakes is directed by Bill Mathis, and Strikepoint is led by Bill Alexander.



Bill Alexander



Strikepoint, FUMC, Duluth



Bells of the Lakes, Minneapolis



Bill Mathis

7 Spiritual Practices for the New Year

1

Try praying at different times

during the day. You may notice that you pray differently at different times of the day.

2

Laughter and rejoicing

need to be a part of our faith life. Think of something funny that has happened, and thank God for giving us humor in our lives.

3

Loving yourself is the first step in “Love your neighbor as yourself.” Spend a few minutes writing about what it means to love yourself. Remember that God loves you.

Cultivating our faith life is an important part of wellness. Here are a few ways to gain new perspective of yourself, others and God throughout the year.



4

Meditation or listening

is a part of our faith life that we often neglect. Consider taking five minutes to sit quietly and breathe. Try to quiet your inner voice and just listen.

5

Go for a prayerful walk

and remember that all of creation belongs to God, though it can be easy to forget that. The air you breathe and the ground you walk on belong to God.

6

Pray a movement prayer.

Stretch out your arms. Touch your toes. Stretch your neck. Feel the brilliance in God's creation and the way that your body is put together.

7

Thankfulness comes in a variety of forms. Each day make a list of everything that you encounter for which you are thankful. At the end of the day, incorporate the list into a prayer.

Visit *Church Health Reader* for more healthy flyers: chreader.org
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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

9:00 am High School Hangout - CW
10:00 am Worship - S
10:15 am Sunday School - TBC, Classrooms
11:30 am Strikepoint - Bell Room
3:30 pm T'ai Chi - Rm 104
7:00 pm Eating Disorders Anonymous - Lib

Mondays

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

Tuesdays

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

Wednesdays

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

Thursdays

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

Fridays

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

Saturdays

9:00 am T'ai Chi - Rm 104

One Time & Day by Day

Tuesday, February 5

10:00 am Writers Group - Lib

Wednesday, February 6

9:30 am UMW Board Meeting - Lib

Thursday, February 7

5:15 pm Trustees - FSL

Saturday, Feb 9

9:00 am Community Healing Circle - TBC

Sunday, February 10

11:30 am New Members Class - Jeanine's Office

Monday, February 11

7:00 pm Priscilla Circle - FSL

Tuesday, February 12

10:00 am Writers Group - Lib
2:00 pm Loud Laughing Ladies - FSL

Wednesday, February 13

9:30 am Prayer Shawl Ministry

Thursday, February 14

Valentine's Day

1:00 pm Deborah Circle
6:30 pm Amateur Radio Operators - LSH

Sunday, February 17

11:30 am Church Conference - S

Monday, February 18

President's Day

10:00 am Rachel Circle - FSL

Wednesday, February 20

9:00 am Scrabble - Lib
9:30 am Naomi Circle - FSL

Thursday, February 21

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

Monday, February 25

5:30 pm Ruby's Pantry Steering Committee Meeting - FSL
6:30 pm Duluth Monarch Buddies - Lib

Tuesday, February 26

2:00 pm Loud Laughing Ladies - FSL
6:00 pm Quilters Guild - LSH

Thursday, February 28

5:30 pm Finance - Lib

Calendar may change.

Check www.fumcduluth.com for updates.