



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 2019

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**First United
Methodist
Church**

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



Our First Family

Thank you to Linda Rau, Nancy Eaton, and Sue Downs for cleaning, organizing, and labeling the church office's copier/supply storage room.

Thank you to Dick Carlson for his five years of outstanding programming for Faith Forum. The great variety of speakers left us with something to ponder every Sunday.

Thank you to the spring Garden Cleanup volunteers: Alice Bubacz, Mary and Kent Giese, Linda and Daryl Harper, Carolyn Schroeder, Laura and Bob Krumwiede, Karen Morgan, Linda and Laura Hauschildt, Nancy Westman, Jim Hill, Pam and Tom Brown, and Marlene and Randy Bowen.

Congratulations to Mary Wright. St. Luke's Hospital's newsletter recently thanked her for 40 years of volunteering!

Thank you and gratitude to those who helped make the Strikepoint and Bells of the Lakes concert happen on June 15: Velda and Geoff Bell, Bret Pedersen, Jeanine Alexander, Michael Hintzman, Anne Gustafson, Steve and Saige Mattson, Linda and Dick Peterson, MaryAnne and Charley Korsch, Anita Fraundorf, Alex Flinner, Chris Robinson, Kyle Harriss, and Sue, Mike, and Jake Marquardt.

On the Journey With You

Seven people from our church were at the Minnesota Annual Conference meeting in St. Cloud, where all the MN United Methodist Churches were represented by both clergy and laity. Attending from among us were Cindy Hedlund, Chuck Campbell, Kelby Werner, JoJo Coffin-Langdon (campus ministry), Rev. Cynthia Coffin-Langdon (Hillside UMC), Rev. MaryAnne, and Pastor Jeanine.

Annual Conference Highlights

Theme: Drawing on John 4:1-26, the theme of the 2019 Annual Conference was "Dare to Reach: Love Boldly!" At our gathering, we explored ways in which Jesus calls us to step out of our comfort zone and reach those around us with the love of God in ways beyond our imagination. We learned about and discussed the importance of sharing our collective story of how God's love quenches our thirst and claims us, and of inviting everyone to drink from the well so that their thirst may be quenched.

Missional Report: We started our Annual Conference by celebrating a variety of Holy Spirit breakthroughs in our midst—ways in which Minnesota United Methodists are daring to reach new people and love boldly. A few examples: the small congregation of Lydia Zion UMC in Jordan started a new bilingual worship service to welcome Hispanic people in its community, resulting in several new professions of faith; many churches are spreading the gospel by offering online worship and seeing fruits from their efforts; and Simpson UMC in Minneapolis is closing its doors and donating its property to Simpson Housing Services, which will build a new state-of-the-art facility to serve the homeless.

Inclusive Vision: After spending much of Wednesday discussing the United Methodist Church's changing landscape and engaging in respectful conversations, Annual Conference members voted 491-86 to adopt a vision for Minnesota that names a commitment

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First United Methodist Church

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Pastor: Jeanine Alexander
Editor: Bill Alexander

Next First Family Deadline: **July 17**
Submit to connect@fumcduluth.com



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to the full inclusion of LGBTQIA+ people in the life of the church. The vision states, “We are called to be faithful to the example of Jesus’ ministry to and with all persons,” which expresses a commitment to center marginalized voices and vows to affirm each clergy person’s prayerful discernment about whether to officiate same-sex weddings. Separately, members voted 446-108, to adopt a resolution formally recognizing that the Traditional Plan approved at the February 2019 special session “does great harm to the witness of The United Methodist Church.”

Other Key Votes: Several other key decisions were made as well. Annual Conference members elected 12 delegates to represent them at the 2020 General and Jurisdictional Conferences, approved a flat 2020 budget, adopted a resolution supporting campus ministry, and decided to send two petitions on to the 2020 General Conference for consideration. One of the petitions would amend The Book of Discipline so that complaints can only be filed against clergy from within their own annual conferences, and the other would allow licensed local pastors who have met minimum requirements to serve as clergy delegates to General and Jurisdictional or Central Conferences.

Bishop’s Episcopal Address:

Pointing to the story of Jesus’ conversation with a Samaritan woman told in John 4, Bishop Ough delivered a powerful Episcopal Address in which he reminded us that to reach new

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Outdoor Worship and Children's Activities

Come for the outdoor worship service at 6pm on July 10 in the church parking lot, and stay for children’s games and fun from 7-8pm.

On Wednesday, August 21, from 2-5pm, we’ll head to Park Point for a day of fun. Join us any time to swim and play on the beach in front of the Pavilion. From 5-6pm we’ll meet for a community potluck by the gazebos in front of the Pavilion (watch for signs and balloons). From 6-7pm we will have worship, and from 7-8pm you can join in an all-church kickball game on the field!

Summer Sunday School With Jana

There will be Sunday School for kids going into 3rd grade and younger during worship every other week.

Dates: July 14 and 28, August 11 and 25.

Day Camp Counselors Needed

Want to make a difference in a young person’s life? Join the team of youth counselors for Adventure Day Camp at Boy Scout Landing or VBS at the Coppertop, July 15-18, 9am-3pm. You will guide kids around camp to the different stations: games, crafts, swimming, stories, and canoeing. This is a great opportunity to serve, make a difference, grow in your own faith, and hang with friends.

There is a mandatory training session on Sunday evening, July 14. CPR training included!

Contact: Rev. Cynthia Coffin-Langdon,
pastorcynthiacl@gmail.com, 218-260-3114

Camp Amnicon Youth Retreat July 19-20

Let’s go camping! Youth 6-12 grade and friends are invited to experience God in the great outdoors and camp in platform tents. There will be campfires, singing, games, food, hiking, swimming, and canoeing out on Lake Superior! Cost is \$40, with scholarships available.

Contact: Rev. Cynthia Coffin-Langdon,
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Contagious Creativity

Saturday, July 13, 2-6:45pm; St. Scholastica Monastery—For children entering grades 7 and 8. Hand-painted cookies, Boca Painting, Catch the Dragon’s Tail, and more! Cost: \$20 (scholarships available). To register: www.retreatduluth.org/contagious-creativity

Save the Dates

July 28, 2pm

Joint 90th birthday party for Beva Lee Wunderlich and Diane Bean at the Pines I on St. Marie.

November 9, 9am-2:30pm

Coppertop Craft, Bake, and Book Sale

Northern Lights Music Festival

The Northern Lights Music Festival will return to our Sanctuary on Tuesday, July 9 at 11am. FUMC has had the pleasure of hosting this event for several years. The program features young people sharing their musical talents and is open to the public. There is no charge for this event.

Strikepoint to Play Homecoming Concert at FUMC July 26

As the final event of their annual summer tour, Strikepoint will play a homecoming concert at FUMC on July 26 at 7pm. The concert is free and open to the public. There will be a freewill offering taken to assist the Strikepoint and FUMC handbell programs through the next season.

This year's ten-day tour will take Strikepoint from Escanaba, MI to Kenosha, WI; Evansville, IN; St. Louis, MO (to perform for the National Handbell Directors Seminar); Fort Dodge, IA; Rochester, MN; Alexandria, MN; Walker, MN; and Duluth.

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people, we must cross boundaries, remove barriers, and overcome fears to enter into conversations that we or someone else believes should never take place. He reminded us that each of us has a God story, and each of us is God's intended evangel to at least one other person. "Go to the well," he said, "tell everyone you can where they can find the living water."

Teaching Sessions With Mark Teasdale: Rev. Dr. Mark Teasdale, the E. Stanley Jones Associate Professor of Evangelism at Garrett-Evangelical Theological Seminary and author of the book *Evangelism for Non-Evangelists*, delivered two teaching sessions in which he reminded us that we have what it takes to be evangelists. Effective evangelism is about fully-formed Christians sharing with others the goodness of God that we've experienced and where we see God at work in our lives. We must be faithful to the teachings of the Christian tradition and contextually aware—meaning we listen to those around us to find out how God is already at work in their lives and ensure that what we're sharing is meaningful to them. "You can do the work of evangelism, and the Holy Spirit is right there beside you to transform the lives of those God puts before you," he told us.

Sermon by Rev. Bill Eaves: Rev. Bill Eaves, this year's conference preacher, delivered a moving sermon in which he said he believes the kind of church the world needs today is a "both/and" church. We can listen deeply to our scriptures, study them with the best tools available to us, and work for the liberation of our LGBTQ neighbors. We can put our full trust in Jesus and follow His word, and at the same time stand up against injustice and oppression in whatever forms they present themselves. He pointed to former NFL players Tim Tebow and Colin Kaepernick, known for two very different ways they have lived out their Christian faith, to illustrate his point.

Recognizing Those Entering New Phases of Life and Ministry: At a Celebration of Life in Ministry worship service Tuesday evening, hundreds of Minnesota United Methodists gathered to remember 28 friends and colleagues who have died over the past year, honor 20 retiring clergy, and celebrate four people being ordained, one person being restored for the work of an elder, 26 newly-licensed local pastors, and two licensed local pastors finishing their course of study. Thanks be to God for this group of dedicated leaders!

Love Offering: As of the end of Annual Conference, more than \$80,000 had been given to the 2019 Love Offering. The recipients of this year's offering are Lao Samphan Methodist Church in Laos (60%); the Volunteer Lawyers Network, which provides free civil legal services to low-income Minnesotans (20%); and Volunteers in Mission scholarships (20%). Thank you for your generosity!

Welcome to New Members

Welcome to FUMC's newest members who joined June 2

Sarah Lees:

Sarah lives in Duluth, works in the Cloquet School District and is engaged to be married at FUMC this summer. She enjoys singing, dancing, acting, and fitness activities. She appreciates that FUMC is an inclusive congregation.

John (Howie) and Barb Lundin:

Howie and Barb transferred their membership from Green Valley, Arizona UMC. Barb has worked in area retail businesses (Pam's Hallmark, Boyce Drug). Howie has been an independent businessman. Both Howie and Barb are now retired. They have been married for 35 years and are expecting their second great-grandchild this summer.

Victoria Panger:

Victoria is a life-long Duluthian. She works at HCL Technologies in Duluth as a Team Lead, providing technical support for online educators. She is interested in painting, crafting, knitting, and quilting. Her mother is our director of operations, Anne Gustafson.



The Legislature wrapped up May 25. Despite a divided legislature which ended with a special session, we made progress on several agenda items ! Here's an overview:

Families and Children:

• MFIP (Minnesota Family Investment Program):

Starting in 2020, MFIP Families will receive an additional \$100/month. This is the first increase since 1986.

• CCAP (Child Care Assistance Program):

Families experiencing homelessness are now eligible for child care assistance for up to 90 days as they look

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Wednesday
Summer
Worship

July 10, FUMC Parking Lot
August 21, Park Point

Join us for these special outdoor worship services, beginning at 6pm, followed by activities for youth at 7pm

STRIKEPOINT
Handbell Concert

Friday, July 26
7:00 pm

First United Methodist Church
230 E. Skyline Parkway • Duluth

Admission free • Suggested donation \$15



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for employment and housing. The applications for these families are also expedited and eligibility will be decided in five days.

Housing:

• FHPAP (Family Homeless Prevention and Assistance Program):

FHPAP received a base increase to \$3.5M. The FHPAP provides rental assistance funding to adults, youth, and families at risk of homelessness.

• ESP (Emergency Services Program) emergency shelters and homeless support programs like CHUM. This year the Department of Human Services received a \$3M one-time increase for ESP programs.

Bonding:

HIB (Housing Infrastructure Bonds) preserve federally-subsidized rental housing, help build permanent supportive housing, purchase land for community land trusts, and build and preserve senior housing. New this year— manufactured housing was added as an approved use of HIB money. HIB also received \$60M this session.

Food Insecurity:

Good Food Access:

The Good Food Access Fund brings fresh produce to parts of MN that lack access and resources to fresh food. This year the legislature funded this program at \$300,000 per year for the next four years.

There is a lot to celebrate, but there is also work left to do! Thank you for advocating with us, and we look forward to our next advocacy work.

~Liz Strohmayer

CHUM Director of Advocacy

From Our Faith Community Nurse

What's so great about laughter? Why laugh? Smile, it'll do your body good!

*"Laughter is a melody, a concert from the heart,
A tickling by the angels, creative living art,
Laughter heals and comforts, sometimes gently, sometimes bold,
Laughter is a freeing dance, performed within the soul."*

—Serene West

*"No matter how grouchy you're feeling,
You'll find the smile more or less healing.
It grows in a wreath
All around your front teeth,
Thus preserving the face from congealing."*

—Anthony Euwer

*"Genuine humor is always kindly and gracious.
It points out the weakness of humanity, but shows
No contempt and leaves no sting."*

—Anonymous

*"As it is not proper to cure the eyes without the head, nor the head
without the body,
So neither is it proper to cure the body without the soul."*

—Socrates

Research has shown that humor has great positive effects on your mind and body.

Humor exercises the lungs, increases oxygenation and nutrients to the cells, exercises the heart muscle, decreases tension, releases catecholemines (which have an anti-inflammatory effect), decreases cortisol levels, decreases immune dysfunction after stress, and increases "natural killer" cells that help prevent cancer. And there are even more positive effects!

We can all do with a little more selfcare. Here are some humor strategies you can entertain:

- Conduct a humor self-appraisal. Do you value humor? What makes you laugh? When and where do you laugh? Do you want a little more joy in your life?
- You can keep a humor journal—write down funny sayings
- Share cartoons, cards, or funny signs
- Record comedy shows
- Play charades or other funny games
- Look in a mirror and smile at yourself with positive self-talk

Thank you, ~Linda Wiig

Blood Drive

Please be advised that our Blood Drive will be Tuesday, August 13, 2:30-6pm.

Please mark you calendars.

Summertime usually means the need for blood increases.

~Linda Wiig

FUMC Softball Schedule

Stop by, support the team, and have a relaxing summer evening. All games are at Wheeler Field, 3501 Grand Ave.

July 2, 7:30pm

Field 1

vs. Concordia Lutheran Church

July 9, 6:30pm

Field 1

vs. St. James Catholic Church

July 16, 7:30pm

Field 4

vs. Gloria Dei Lutheran Church

July 23

Rain makeup game or playoffs

July 30

Playoffs

Position Open—Wednesday Night Meal Coordinator

5 hours (3-8pm), Wednesday nights during the school year (Sept. through May)—about 25 meals.

Exceptions are any fifth Wednesday (October 30 and April 29), when Paul Sapyta and his volunteers will prepare and serve the meal, Wednesdays when school is not in session, and Wednesdays of the weeks of the Roast Beef Dinner (October 10 and April 23).

\$12.00 per hour

Responsibilities include:

- plan the meal for up to 70 people
- purchase supplies for the meal
- prepare the meal (include dietary alternatives for gluten-free and vegetarian)
- clean up
- recruit 3-4 volunteers to help
- report to the Hospitality/Welcoming staff person

If you are interested in this paid position, please contact Mike Donahue at 218-879-3456 or mpcmdonahue@msn.com or the Hospitality/Welcoming staff person.

Greeters! Greeters! Greeters! Needed!

We need three greeters each Sunday to welcome our members and many visitors.

Please call Verna Porter, 218-728-4722, to be part of this important ministry.

Strikepoint Selected to Perform at 2020 Worldwide United Methodist General Conference

FUMC's concert handbell ensemble, Strikepoint, will be traveling to Minneapolis next May to play at the UMC General Conference. Director Bill Alexander decided this would be the time to send an application and audition video to the selection committee. "It's not often that something this big comes around," said Alexander of the Conference being in Minnesota. "The timing was right, and the group was excited to give it a try." They haven't been told what day or for what specific event they will be playing, but the UMC Conference Music Director and Organist, who delivered the great news, sounded excited about the possibility of playing something together with Strikepoint.



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
11:30am Strikepoint - BR
3:30pm T'ai Chi - Rm 104
7:00pm Eating Disorders Anon. - 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 - Rm 104
6:00pm Gamblers Anonymous - Lib
6:00pm Mama Yoga - TBC

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 - Rm 104

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

One Time & Day by Day

Tuesday, July 2

10:00am Writers Group - Lib
5:30pm Hospitality - FSL

Thursday, July 4

Independence Day
Church Closed

Tuesday, July 9

10:00am Writers Group - Lib
11:00am Northern Lights Music Festival - S
5:30pm SPRC - Lib

Wednesday, July 10

6:00pm Summer Worship - Parking Lot
7:00pm Youth & Kids' Activities

Thursday, July 11

5:15pm Trustees - FSL
6:30pm Amateur Radio Operators - LSH

Sunday, July 14

10:15am Sunday School - TBC, Classrooms
11:30am Sustainability - Lib

Monday, July 15

VBS & Adventure Day Camp

Tuesday, July 16

VBS & Adventure Day Camp
7:00pm Council - EL

Wednesday, July 17

VBS & Adventure Day Camp

Thursday, July 18

VBS & Adventure Day Camp
4:00pm Ruby's Pantry
6:00pm Blue Star Mothers - FSL

Friday, July 19

3:00pm Family Camp at Camp Amnicon
5:30pm Lees / Wetner Wedding Rehearsal - S

Saturday, July 20

4:00pm Lees / Wetner Wedding - S

Monday, July 22

5:30pm Ruby's Pantry Steering Committee Meeting - FSL

Tuesday, July 23

4:00pm Foundation - FSL

Friday, July 26

7:00pm Strikepoint Homecoming Concert - S

Sunday, July 28

10:15am Sunday School - TBC, Classrooms

Monday July 29 - Tuesday July 30

Anne Gustafson on vacation

S	Sanctuary
CW	Club Wesley
BR	Bell Room
Lib	Library
TBC	Three Brothers Chapel
EL	East Lounge
LSH	Lakeview Social Hall
FSL	Fireside Lounge