



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.

March 2020

Are you open to alternate perspectives?



Some of what you will find inside:

New Members

Steps For Justice

Scholarships

Youth News

Our 150th Anniversary

Fireside Art Gallery

Faith Forum

and much more!

**First United
Methodist Church**

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



Our First Family

I am overwhelmed by the outpouring of love and support I've received from this congregation! Thank you for the cards, your thoughts and prayers, phone calls, and texts as I continue on this cancer journey. I know that I'm not alone.

~Janet Yardley

Lighting the Church

A gift to light the church during the week of January 26 was made by Geoff Bell, in memory of Geoff and Velda's parents: Eddie, Dot, Bill, and Allison, and in celebration of Velda's birthday. The gift will also support the organ fund.

Longtime FUMC Member

Marlow Undlin died January 9 at the age of 90 in Faribault, MN. His wife Rose died in November of 2018. Services for both Marlow and Rose will be held at Fort Snelling National Cemetery at a later date. Cards may be sent to their niece, Joyce Chinander, 3545 Sea Mist Ave., Depoe Bay, OR 97341.

Thank You to everyone who supported the Super Bowl Bake Sale, both by baking treats and by buying them. Special thanks to Mary Wright, Barb Kim, and the youth of our church for providing lots of yummy treats! The sale made \$412, which will be shared by the Carol Donahue Music Scholarship fund

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On the Journey With You

During the season of Lent (the six Sundays before Easter where we prepare to more fully walk in the ways of Jesus), we will journey through a six-week sermon series on the book of Philippians. The story of the birth of the church at Philippi is told in the 16th chapter of the Book of Acts. There we learn that the Apostle Paul was on his second missionary trip planting churches and strengthening existing congregations in the Mediterranean world. He had traveling companions with him, helping with his work. As he headed toward the northwest to visit and encourage some little churches, God changed Paul's itinerary. Through a vision, God directed Paul to go in a different direction, ending up in the city of Philippi. When he arrived there, he had no idea why he was there or what he was supposed to do. At this time there was no church at Philippi, so Paul had no Christians to encourage or teach. He was simply waiting to see what God had planned for him.

On the Sabbath, Paul went down by the riverside, hoping to join a group gathered for prayer. He encountered a group of women and struck up a conversation with Lydia, a worshipper of God but not yet a follower of Christ. Lydia was a businesswoman who traded in expensive fabrics and clothing. As Paul talked with her, she trusted Jesus to be her Savior. She was the first believer in Philippi. Then her entire household responded to the gospel and were baptized with her.

As we read on in Acts 16, we learn that conflict soon arose. Paul, in Jesus' name, freed a slave girl from a spirit that had overtaken her and made her a source of wealth for her owner. As a result of freeing the girl from the spirit, Paul and his companion, Silas, were arrested, flogged, and thrown in jail. But again, the spirit was at work. Through Paul and Silas' witness, the jailor and his entire household were converted and baptized. What an interesting and

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First Family

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: **March 18**
Submit to connect@fumcduluth.com



fumcduluth.com

and the upcoming youth mission trip.

Dear FUMC family,

I want to express my gratitude for all of your prayers, care, and love during my hip surgery and recovery. I'm getting stronger each day and plan to be back to my usual vigor pretty soon! It is truly heartening to have a community of support like ours, and I feel so lucky to be a part of it. Many thanks, and see you all soon,
~Ann Gumpfer

150 Years of Ministry

First United Methodist Church celebrates 150 years of ministry in the Duluth community this year. Would you be interested in helping plan some kind of celebratory event to mark this occasion? It could be an outdoor worship service, a picnic, a special community project... creative ideas are welcome! If you'd like to serve on a short term team to plan such an event, please check in with Pastor Jeanine, Rev. MaryAnne, or one of our Lay Leaders, Cindy Hedlund or Jim Wheeler.

Financial Update

by Teri Tangen, Finance Team Chair

I am happy to report that 2019 was a good year for FUMC from a financial perspective. Because of your generous pledges, a balanced budget was put in place for 2019, and the year ended in the black, the positive. Due to the hard work of our Financial Team, which consists of Deb Fredrickson, Anne Gustafson, and the Finance Committee, we now have a

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remarkable beginning for a church. The conversion of a woman, then her household. The conversion of a Philippian jailer, then his household. And with this began the church at Philippi.

Soon Paul left Philippi to continue his travels, but on two other occasions he returned. Three times he visited Philippi, and he came to love the Philippians. He says that every time he thinks of his friends in Philippi, he's filled with joy. He gives them instructions for living in the footsteps of Christ in his letter. They are instructions that we need to listen to and live out today as well.

As most of you know, we are in a time of division and conflict in the Global United Methodist Church. I believe that something new is about to be birthed, that God is among us and at work in this challenging time. The instructions, insights, and encouragement we receive this Lent in our study of the letter to the Philippians will guide us as a global church, as First UMC, and in our individual journeys.

Here is a week-by-week glimpse of where we will be going:

Sunday, March 1	Finding Our Way: A Solid Foundation 1st Sunday of Lent Scripture: Philippians 1:1-11
Sunday, March 8	Finding Our Way: Perseverance When Life is Tough 2nd Sunday of Lent Scripture: Philippians 1:12-20
Sunday, March 15	Finding Our Way: Love Changes Everything 3rd Sunday of Lent Scripture: Philippians 2:1-11
Sunday, March 22	Finding Our Way: Attitude in Action 4th Sunday of Lent Scripture: Philippians 2:12-30
Sunday, March 29	Finding Our Way: Pressing Forward 5th Sunday of Lent Scripture: Philippians 3:1-4:1
Sunday, April 5	Finding Our Way: Finding Peace and Contentment Palm/Passion Sunday Scripture: Philippians 4:2-23

Please plan to be in church each Sunday morning, and feel free to invite others. On the journey with you!

~Pastor Jeanine

Bring Food for Food Shelf on Communion Sundays

Every communion Sunday (typically the first Sunday of the month) we are asking you to bring a donation of food (or monetary donation) for the CHUM food shelf. That way when we come to the communion table to be fed spiritually, we are also feeding others who are physically hungry. The food shelf cart will be available for donations. If you make a financial donation, please note "food shelf" in the check memo or envelope, and make checks out to FUMC. Thank you for loving our neighbors in need.

The Minnesota FoodShare March Campaign begins on March 1 and runs until April 12. CHUM's goal is to exceed our 2019 campaign results of \$130,000 and 50,000 pounds of food. Both food and financial donations can be brought to church. Remember: for every \$1 donated, the Food Shelf has vendors which allow them to purchase \$7 worth of food.

New Member Class March 1

Are you interested in joining the church? Come to this 90-minute session, at **11:30am in the Fireside Lounge**, for basic information about this congregation, our ministries, and the specifics about the membership process. This is the only class required in order to join the church.

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Mission and Social Justice

Idea-Sharing Opportunity on March 2

Are you interested in social justice projects but stretched for time? If so, we will be conducting an "open discussion opportunity" on Monday, March 2, at 6 pm to explore short-term projects for our church members' participation. (An excellent example is the fantastic success we had for the Advent project providing supplies for CHUM.)

Come and help us look at mission projects or social justice activities anywhere from an hour of commitment to something a bit longer. We all want to do more; let's find meaningful projects that fit our capacities. If you are interested in topics as diverse as mission trips, immigration issues, racial justice, feeding the poor, etc., please come and share your ideas and concerns. Then we will make a game plan to proceed in the most workable way.

If you are not able to come on March 2, you are welcome to submit ideas/suggestions to Karen Alseth at kadal319@msn.com or directly to Pastor Jeanine.

Steps for Justice

Submitted by Jean Walsh

"The journey of a thousand miles begins with a single step."

Chinese Proverb

- **Send Postcards to Prevent Gun Violence:** The Minnesota House passed two measures last session on criminal background checks and red flag laws. Write to our MN Senate leaders, asking them to bring these to a vote in the Senate this session. Postcards are available in the church office.
 - **Sunday a.m. Coffee Cups:** We are able to use china instead of plastic or Styrofoam® because a small group of dedicated members stays an extra 30 minutes after church and takes dirty cups to the kitchen, runs them through the dishwasher, and brings them back upstairs. They could use some help. Sign up to sub (contact Liz Taylor) or simply step up any Sunday and offer to help. More hands equals more fun, in less time. Families: what a great opportunity to teach your children how to care for the Earth and for each other. And what kid doesn't love elevators and The Lift?
 - **Listen to the APM Podcast "In the Dark: Season Two":** An investigative journalism team from Minnesota reports on Curtis Flowers, a black Mississippian tried six times for the same crime. As a result of the podcast, the case was taken last fall to the Supreme Court. The podcast just won the prestigious duPont Award.
 - **Microbeads:** using cosmetics or personal care items that contain microplastics can put the ocean, ourselves, and our children at risk. Learn more at www.beatthemicrobead.org.
- Source: *How to Give Up Plastic; a Guide to Changing the World, One Plastic Bottle at a Time* by Will McCallum

CHUM Annual Meeting

March 5 is the CHUM Annual Meeting at Asbury United Methodist Church, 6:30-8:15pm. You are invited to attend along with Tim Zager, our CHUM representative, and Pastor Jeanine. Please talk to one of them and/or respond to the RSVP form: Visit www.chumduluth.org, then click on the RSVP link.

Welcome New Members!



We welcome new members, Dan and Joan Hendershot. Dan likes the outdoors, fishing, and camping, and he enjoys traveling. Joan likes traveling, working in her clay studio, and selling at art fairs.

Introduce yourselves when you see Dan and Joan at church or around town.



Family News

Children's Ministries

by Jojo Coffin-Langdon

Have you decided to give something up for Lent? Or perhaps pick up a new habit? Sometimes this is known as Feasting or Fasting. I have decided to start a new way of doing a personal Bible study each week (Feasting!). Join me if you'd like! I will read lectionary texts, ponder them, pray about them, study, and see what new things in Scripture I can learn. I'll let you know how it's been going for me next month. I would also love to hear about your Lenten journey. Share it with me! 218-251-4388 or families@gmail.com.

Please join us in March. Here are some things we are doing!

- 1 Communion and celebrate March birthdays
- 15 All-church snow tubing, \$15 per person for two hours. Join us for a potluck after church (taco themed), 12-2pm at Spirit Mountain. Sixth graders and above do not need a parent to attend. Just register with Jojo or Cynthia Coffin-Langdon! Sign up at church.
- 29 Bag It Sale—Children's Ministry will again sell reusable canvas bags decorated by our children and mesh reusable bags for produce! Bring your money to church and support Family Ministries!

March Birthdays— Please join me in saying happy birthday to the youth and children celebrating this month:

Elaina Mattson	3/12/2003	Tony Buck	3/11/2014
Thomas Racette	3/29/2004	Sophie Hawkins	3/31/2014
Charlotte Kovaleski	3/08/2005	Jax Allen Jokins	3/05/2014
Emily Sapyta	3/19/2005	Calem Huyck	3/29/2015
William Carolan	3/14/2011	Liam Hedlund	3/17/2017
Ella Davis	3/03/2013		

Coppertop Youth News

by Cynthia Coffin-Langdon

Tubing!

Let's go tubing Sunday, March 15. Stay after church for tacos and then head to Spirit Mountain for tubing from 12-2pm. Only \$15 per person for two hours! Just let Jojo or Cynthia Coffin-Langdon know and sign up at church.



Bag It Sale, Sunday, March 29

Reduce, Reuse, Recycle. In April, stores will start charging five

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From Our Faith Community Nurse

At a recent Faith Community meeting, we were introduced to Dr. Jason Buffington, a family medicine/lifestyle medicine physician at Essentia Health West Duluth and at Hermantown Essentia Health Wellness Center.

He explained that a lifestyle physician is specially trained in healthy lifestyle factors, such as nutrition, sleep, stress management, exercise, substance abuse, and building healthy relationships. They educate and empower patients with tools to change their behaviors and take control of their health.

Lifestyle medicine uses science-based, therapeutic lifestyle changes for the prevention, treatment, and reversal of chronic diseases, rather than just relying on medications. Unhealthy lifestyle choices are responsible for 80-90% of chronic diseases, which is why lifestyle medicine can be the best and most effective treatment.

The six main tenets of lifestyle medicine are:

- Nutrition (whole foods, plant-based diet)
- Exercise/movement
- Sleep
- Tobacco cessation, moderation of alcohol, and minimization of other toxin exposure
- Healthy relationships
- Stress management

Nutrition is the top of the list when it comes to promoting a healthy lifestyle. Most of the calories in a typical American diet come from processed foods (55%). We also eat 200 lbs of meat and 40 lbs of cheese per year. Consuming animal protein can lead to inflammation.

Say, for instance, you have high cholesterol and you decide to eat lower cholesterol food. What would you choose: steak, or chicken? Actually, chicken and steak are very close in their cholesterol content, and chicken is one of the most polluted foods; its white meat does not decrease your cholesterol. Beans and legumes are the best foods for almost everyone.

Cooking classes are offered at the Wellness Center on Sundays emphasizing whole grains, fruits, vegetables, and legumes.

Chronic diseases have become more of an issue than ever before. If we can help ourselves by modifying the foods we put in our bodies, we can decrease medicines we take and sometimes actually be rid of them, not to mention other many benefits.

To get more antioxidants and good fats from roasted nuts and seeds, you can bake them yourselves at 160 degrees for 15 to 20 minutes. Store-bought varieties are often heated above 175 degrees, which changes the vitamins and oils.

Eating apples can improve cholesterol levels in as little as six months. According to a study from Florida State University, women who consumed a half cup of dried apples (which equals two fresh) every day had a 23 percent drop in their LDL cholesterol levels. Just remember that apples should be organic, unless you know the grower or you grow them yourselves without pesticides.

We all need to take better care of ourselves and embrace stewardship of our bodies.

~Blessings, Linda Wiig

Annual Meeting Follow-up

During our annual meeting on February 23, Pastor Jeanine and our leaders updated us on what is happening in the Global UMC and what may happen at General Conference. If you missed that meeting or want to hear the information again, there are two opportunities for you—both in the Fireside Lounge (upper level by the office):

Sunday, March 22

During Faith Forum 9-9:45am

Thursday, March 19

10-11:00am

cents per plastic bag. This will help shift Duluth toward a culture of reuse, and at the same time keep plastic out of area streams and Lake Superior.

To help us all reduce and reuse, Children and Youth Ministry will sell reusable canvas bags decorated by our children and youth, and mesh reusable bags for produce. Bring your money to church on Sunday, March 29 and support Family Ministries and our summer mission trip to San Diego!

Confirmation Retreat

Confirmants, remember to keep Friday, March 13, and Saturday, March 14, free on your calendar. We have a fun retreat planned, with outside speakers and guests joining us as we decide how to spend our \$2,000 outreach grant.



A loving and inclusive statewide event for youth of all orientations and identities in the name of Christ.

Friday, April 17–Saturday, April 18 at Lake Harriet UMC in Minneapolis.

7-12 Graders are invited, and the cost is only \$20!

Join Pastor Cynthia in the Cities for this event. Awesome speakers, spoken word, music, games, food, and a safe place for youth of all orientations and identities. We will leave right after school on Friday and be back by 11pm on Saturday. Expect a lot of fun and conversation at the intersection of spirituality, sexuality, and identity. Email or text Cynthia for more info: pastorcynthiac1@gmail.com 218-260-3114. RSVP by Easter!

Clayton Jackson McGhie Memorial Events

Clayton Jackson McGhie Memorial events will commemorate the 100th anniversary of the lynchings in Duluth. CHUM is encouraging congregations to participate to the fullest extent possible. For some, it may be a painful experience, yet we owe it to ourselves to acknowledge what happened, recognize the continuing pain it causes in our community, and commit to taking steps to address and heal that pain. Thank you for your bold leadership in this work.

- **Sunday, March 8** at 2pm; “And They Lynched Him on a Tree,” a concert at College of St. Scholastica’s Mitchell Auditorium featuring works by William Grant Still and the world premiere of Jean Perrault’s “We Three Kings.” Stay for refreshments and talk with co-conductors Josh Aerie and Jean Perrault, the Gichigami Piano Trio, and orchestra/chorus members. Doors open at 1pm. EventBrite pre-registration at claytonjacksonmcghie.org/2020 is recommended. Suggested donation of \$15, but open to all.

- **Sunday, March 29** from 2-4pm; Book signing at Zenith Bookstore, 318 N Central Ave., featuring Michael Fedo (author of *The Lynchings in Duluth*) and Warren Read (author of *The Lyncher in Me*). Profits from the books sold at this event will go to Clayton Jackson McGhie Memorial, Inc., for the 2020 events.

- **Thursday, April 16** at 7pm; A Reader's Theater performance at Lincoln Park Middle School, 3215 W 3rd St, featuring community and student performers, will remember and honor Elias Clayton, Elmer Jackson, and Isaac McGhie in the historical context of racism, then and today. A talkback will follow the performance. EventBrite pre-registration at claytonjacksonmcghie.org/2020 is recommended.

—financial Update from page 3

financial statement that provides a clear and understandable picture of our financial position. We also completed an internal financial audit. I want to thank Anita Zager for assisting us with the audit.

Our 2020 Stewardship Drive was a great success. With your generous financial commitment, a well-thought-out and balanced 2020 budget, and our clear and understandable financial statements, we can confidently move forward into the year with enthusiasm and excitement to carry out our mission and ministry goals.

I want to again thank you, the Church Family, for your financial support. Because of your commitment, we can be about our mission and ministry. We have a great financial team, and I look forward to working together in 2020.

If anyone has any specific questions, please feel free to get in touch with me or any of the other Finance Committee members. The financial reports are available in the church office if you want to see them.

Ardath Gibson Scholarship

If you are a university student studying physical science, nursing, or business, or a high school student planning to do so in the next academic (2020-21) year, You are invited to apply for the Ardath Gibson Scholarship. This Scholarship is open to members of FUMC and their family members who are studying in the above fields.

Ardath Gibson (1915-2012) was a long-time member of the United Methodist Church and of First United Methodist Church, Duluth. As a trail-blazer in many ways, including being a graduate of the Minneapolis Business College, Ardath believed in the importance of education. Her interests in business and the sciences led her to endow a scholarship for students in these areas.

If you would like a scholarship application form, please contact Geoff Bell at ggbell@d.umn.edu. Applications will be accepted through March 15. You may either submit them to the church office or email them to Geoff. If you have questions, either email Geoff or phone him at 218-724-5492.

The Ardath Gibson Scholarship Committee
Allen Anway
Geoff Bell
Carrie Moe
Becky Peterson

Faith Forum Continues

Many Sundays we are using the “Living the Questions” curriculum, a progressive look at faith and life. It includes 20-minute video segments with leading voices of faith, stories illustrating aspects of an evolving faith, and spiritual practices and disciplines. Videos are followed by class reflection/discussion. On other Sundays there will be forums on special topics. If you want to present a forum, or arrange one, please talk with Pastor Jeanine.

Migrants # 1	March 1, 2020	Charlotte Frantz
Migrants # 2	March 8, 2020	Charlotte Frantz
How We Can Participate in General Conference	March 15, 2020	Jan Russell & Rev. MaryAnne
What is happening in the UMC/What will happen at General Conference (a repeat of the presentation at our annual meeting)	March 22, 2020	Pastor Jeanine
Living The Questions # 7 – Out into the World: Challenges facing progressive Christians	March 29, 2020	Pastor Jeanine

Fireside Art Gallery

We're excited to report that, since September 2018, our lovely Fireside Lounge has hosted works of original art created by members of FUMC. Karen Buell's gorgeous fiber art pieces, Cecelia Riehl's exquisite rosemaling, and breathtaking photography by Steve Mattson and Allen Anway have graced the walls. Currently displayed are beautiful watercolors by Barb Hakala. Next up, Verna Porter will be sharing some of David Porter's photography—we are looking forward to that! We hope everyone has a chance to stop in to see your fellow First Church folks' art!

We are continually delighted with the talent and skill of so many in our First Church family. We listen to each other sing and play instruments, help each other cook and sew, drive and minister, work with children, and contribute in so many ways—and now we invite you to share your visual art with us. Through some generous donations, we've been able to purchase an unobtrusive and flexible hanging system that works for many styles of artwork.

The Gallery is open to members and close affiliates of FUMC; the artist is invited (not required) to share a bit about their work at a Faith Forum. We can help set up the display and give more details about dates, etc., so please contact us (or quietly tell us about someone you know who might need a little nudge of encouragement)!

Karen Buell, 218-464-1250

kdbuell2@charter.net

Jean Walsh, 218-310-4397

jmbwalsh@gmail.com

Ann Gumper, 218-340-8014

agumper@gmail.com

Submitted by Ann Gumper, on behalf of the Fireside Art Gallery

What are Personal Pronouns and Why Do They Matter?

In English, whether we realize it or not, people frequently refer to us using pronouns when speaking about us. When speaking of a singular human in the third person, these pronouns can have a gender implied such as “he” to refer to a man/boy or “she” to refer to a woman/girl. These associations are not always accurate or helpful.

Often, people make assumptions about the gender of another person based on the person’s appearance or name. These assumptions aren’t always correct, and the act of making an assumption (even if correct) sends a potentially harmful message that people have to look a certain way to demonstrate the gender that they are or are not.

Using someone’s correct personal pronouns is a way to respect them and create an inclusive environment, just as using a person’s name can be a way to respect them. Just as it can be offensive or even harassing to make up a nickname for someone and call them that nickname against their will, it can be offensive or harassing to guess at someone’s pronouns and refer to them using those pronouns if that is not how that person wants to be known. Or, worse, actively choosing to ignore the pronouns someone has stated that they go by could imply the oppressive notion that intersex, transgender, nonbinary, and gender nonconforming people do not or should not exist.

When we refer to “personal” pronouns, we don’t mean that these pronouns are necessarily private information (generally they are not); we mean that they are pronouns referring to a unique and individual person.

Hopefully you now have a fundamental understanding about why pronouns matter. If you’d like to know more and to hear stories from trans and gender nonconforming people about their lived experiences with pronouns, please check out some of the videos and links in the resources section of this website, www.mypronouns.org, or talk to Jojo (218-251-4388). Your questions and comments are welcome.

Used by permission. Shige Sakurai is the author of *MyPronouns.org*

2020 Spring Roast Beef Dinner

THURSDAY, April 23, 2020

4:30pm–6:30pm

Sign up to volunteer after/before worship beginning Sunday, March 15, 2020
Tickets will be available for sale and/or to take sell

Opportunities to help:

Sunday, March 29, EARLY DATE Before and after worship- 8am-noon—Cookie Day

Bake chocolate chip cookies to sell during the dinner

We will also need cookie dough made before baking. Our chocolate chip cookie recipe is available to take home: make a triple batch, bring the dough on Sunday, March 29, and leave in the kitchen refrigerator to bake.

Wednesday, April 22, 9am-noon—Apple Crisp Day

Peel apples

Set tables

Bake apple crisp (9am-2pm)

Thursday, April 23, all day—Dinner Day

7:30-9:30am—trim beef and wash dishes

9:30-11:30am—prepare coleslaw, gravy, and coffee

Noon-4:30pm—set the tables with pickles and bread; fill coleslaw cups and butter; prepare the drive-thru serving area with bags and rolls; fill waters and coffee pots

2-4:30pm—cut apple crisp and put on tables

2-7pm—meat cutter, potato maker, gravy maker, corn maker, dishwashers

4-7pm—dining room servers, plate fillers, carry-out/drive-thru runners and fillers, cooks, dishwashers, traffic controllers, greeters, and youth runners

3-7pm—drive-thru servers, prepare delivery meals, and clean up in the drive-thru room

7-10pm—cleanup crews: dining room, drive-thru area, pie room, kitchen, dishwashers; sweeping and mopping of all floors; putting away decorations and tables

If you show up at different times, we will find a job for you!

Other ways to help out:

Sell dinner tickets—take 10 tickets and sell to family, friends, and co-workers, or treat your staff or your helpful neighbors

Flyers—post flyers around your work (available at volunteer sign-up table)

Facebook/email—invite friends to dinner via Facebook and email

Prayers—pray for a God-filled successful event

This is a fundraiser. Please purchase a ticket in advance or at the door and enjoy the meal before or after your shift. (Youth enjoy the dinner compliments of FUMC.)

Something for everyone—ALL ages can participate! **Childcare is provided from 4-9pm** (Sign up at volunteer sign-up tables.)

All volunteers: **please park on the day-care side of the building or at the MN DOT parking lot, and walk over (if you are volunteering between 3:30-7pm)**

Reminder Postcard

When signing up to volunteer, you can bring a reminder postcard home or have one mailed to you. You can fill out the postcard with your address and bring a stamp (or money for one), and we will mail it closer to the date.

Donations Needed for 100 forks and knives (costing around \$265), for the cost of dinner for our youth and our community service volunteers who help with dinner (20 at \$12 is \$240). If interested, please contact Cindy Hedlund 218-348-2634, or write a check to FUMC with “for roast beef dinner donation” and put in the offering plate, or give to the church office. This will cost about \$505.

Thank you! **Cindy Hedlund, 218-348-2634 (cell) text or call or schedlund@gmail.com**

Strikepoint's General Conference Times Announced

Strikepoint has learned that they will be playing for the morning worship service on Saturday, May 9, at the UMC General Conference, being held at the Minneapolis Convention Center. They have also been asked to present a lunchtime concert.

Paul Douglas to Speak on Climate Action

Paul Douglas, Minnesota Meteorologist and contributor to PBS and The Minneapolis Star Tribune, will be in Duluth on Saturday, April 4, to present "A Christian Case for Climate Action." The event will be at FUMC in the Sanctuary, noon-1:30pm. It is free and open to the public. Presented by the Lake Superior Network of Minnesota Interfaith Power and Light, an interfaith coalition working to address climate change. For questions, please contact Bret Pence at bretpence@mnipl.org or 218-343-2527.

Paul Douglas

*A Christian Case
for Climate Action*



Saturday, April 4 Noon – 1:30 p.m.

**First United Methodist Church
(The "Coppertop")**

230 E Skyline Parkway, Duluth

Join us for a presentation by one of Minnesota's best-known and respected meteorologists, who believes that it is our personal responsibility to protect God's creation for today and for future generations.

Followed by an opportunity to purchase a copy of Paul's recent book *Caring for Creation: The Evangelical's Guide to Climate Change and a Healthy Environment*, have it signed, and enjoy some light refreshments

Sponsored by Lake Superior Network of Minnesota Interfaith Power and Light working for *Interfaith Action on Climate Change*

Supported by: First United Methodist Church (The "Coppertop"), Gloria Dei Lutheran Church, Pilgrim Congregational Church (UCC), and St. Paul's Episcopal Church



Church Rummage Sale

Start saving your gently used but no longer needed items for the Church Rummage Sale on Saturday, May 2. (No adult clothing, mattresses, box springs, textbooks, or electronics, please!) All items must be clean and in good condition. You may bring things to church beginning after worship on April 26 and throughout that week. People are needed during the week to receive and arrange donated items, and on Friday and Saturday to help with the sale and check out. At least four pickup trucks and/or trailers will be needed late Saturday afternoon. To volunteer for the sale, contact Anita Zager at anitazager@gmail.com.

Earthkeepers

Beware What You Wear

By Naomi Yaeger,
Earthkeeper UMC

I'm sure you've probably noticed that closets are smaller in old houses. Did you know that the apparel market has grown exponentially since 1960? In fact, fashion is the second biggest polluter of clear water according to "Fashion Revolution," a global coalition of more than 75 countries calling for a total supply chain reform in the clothing industry.

According to Elizabeth Cline, author of *Overdressed*, Americans buy one out of five garments made in the world. The number of garments purchased each year by the average consumer increased by 60 percent just from 2000 to 2014, but shoppers kept them half as long.

In Green America's "Toxic Textiles"

—continued on next page

they found that the apparel industry uses around 43 million tons of chemicals to turn raw materials into textiles this year. Workers who interact with these chemicals are not always provided with safety information or protective equipment.

Fashion Revolution is a social action movement that started in 2013 just before the Bangladesh Rana Plaza factory building collapse, which injured 2,500 workers and killed at least 1,124. The Rana Plaza factory placed a spotlight on working conditions for garment workers. Cracks had been noticed in the multi-use building the day before, and residents in apartments in the first floor were urged to abandon their units, but garment workers were told to get back to work.

You can help worker safety by contacting your favorite apparel company and asking them what kinds of safeguards they have in place for the people who create their clothing. Learn more by subscribing to Source My Garment: www.sourcemygarment.com. Another good source is a movie, *The True Cost*: www.truecostmovie.com.

*Information taken from GreenAmerica *Unraveling the Fashion Industry*.



Loud Laughing Ladies, creating carry-bags for CHUM Food Shelf.



The Arrowhead Chapter of the American Guild of Organists

Lenten Organ Recitals 2020

Wednesdays 12:15-12:45 p.m.

Freewill donations accepted for our Student Organ Scholarship Fund

March 4

Samuel Black

First Presbyterian Church
300 E. 2nd St., Duluth
Aeolian-Skinner organ (1950) 29 ranks

March 11

Thomas Hamilton

St. Paul's Episcopal Church
1710 E. Superior St., Duluth
Möller organ (1956) 34 ranks

March 18

Velda Bell, with Stacy Carolan, trumpet

First United Methodist Church
230 E. Skyline Parkway, Duluth
Austin organ (1968/1982) 55 ranks

March 25

**Rachael Kresha & Karen Sande,
with Kristin Sande, violin**

First Lutheran Church
1100 E. Superior St., Duluth
Jaeckel organ (2011) 72 ranks

April 1

Brian Kapp

St. Michael's Catholic Church
4901 E. Superior St., Duluth
Schantz/Hoppe organ (1957/2016) 26 ranks

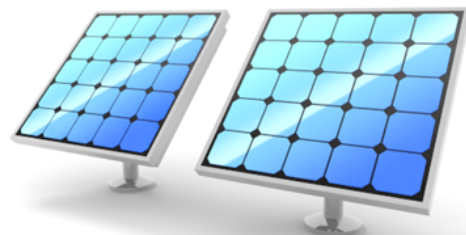
Raffle tickets will be sold at each recital for "Dinner for Eight" at Dr. Vicky and Terry Anderson's home. Winner will be drawn at the final recital on April 1.

Interested in Residential Solar Power?

The Minnesota Interfaith Power and Light (MNIPL) non-profit group is trying to arrange a group buy for residential solar power

generation with a fully bonded and licensed installer. MNIPL is scheduling informational meetings for anyone who has an interest in learning more about the

costs and payoffs of these installations. There are no commitments made by attending the meetings. The installer can analyze specific addresses for viability. Anyone who is interested should send their contact information to Bob Krumwiede (rkrumwiede@chartermi.net), and he will forward that information to the coordinator of this event.





First United Methodist Church

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POSTMASTER: Please send address changes to First Family, 230 E. Skyline Parkway, Duluth, MN 55811-2799.

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 Faith Forum - FSL
 - 9:00am Nursery - Rm 106
 - 10:00am Worship - S
 - 10:15am Sunday School - Rm 105 & 112
 - 11:30am Strikepoint - BR

Mondays

 - Noon Gamblers Anonymous - Lib
 - 3:30pm Spirit Yoga - TBC
 - 5:30pm Whole Birth Yoga - TBC
 - 6:30pm Sinfonia - LSH
 - 8:00pm Eating Disorders Anonymous - Lib

- Tuesdays**

 - 5:00pm T'ai Chi - Rm 105
 - 6:00pm Gamblers Anonymous - Lib
 - 6:30pm Mama Yoga - TBC

- Wednesday Evening Activities**

 - 4:15pm Child Care - Rm 106
 - 5:00pm JAM - TBC
 - 5:15pm Dinner - LSH
 - 5:30pm JAM Jr. - TBC
 - 5:30pm Bible Explorers - Rm 105
 - 5:30pm Ringtones - BR
 - 5:45pm Sanctuary Choir - EL
 - 6:30pm Tweens - Rm 112
 - 6:30pm Confirmation - FSL
 - 6:30pm Tapestry - S
 - 6:45pm Cast in Bronze - BR
 - 7:45pm Class Ring - BR

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

- Thursdays**

 - 9:00am Faithfully Fit - EL
 - 5:00pm T'ai Chi - LSH

Fridays

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

One Time & Day-by-Day

- Tuesday, March 3**

Election Day

 - 7:00am Voting - LSH
 - 10:00am Writers Group - Lib

- Wednesday, March 4**

 - 10:00am UMW - Lib

- Thursday, March 5**

 - 5:15pm Trustees - FSL
 - 6:00pm Blue Star Mothers - EL

- Saturday, March 8**

Daylight Saving Time

 - 11:30am Sustainability - Lib

- Monday, March 9**

 - 6:30pm Priscilla Circle - FSL

- Tuesday, March 10**

 - 10:00am Writers Group - Lib
 - 2:00pm Loud Laughing Ladies - FSL
 - 4:00pm Foundation - Lib

- Wednesday, March 11**

 - 9:30am Prayer Shawl Ministry - FSL

- Thursday, March 12**

 - 10:00am Christ in Crisis Book Study - FSL
 - 6:00pm Christ in Crisis Book Study - FSL
 - 6:30pm Amateur Radio Operators - LSH

- Saturday, March 13**

 - 9:00am Reiki Community Healing Circle - TBC

- Monday, March 16**

 - 10:00am Rachel Circle - FSL

- Tuesday, March 17**

St. Patrick's Day

 - 7:00pm Council - EL

- Wednesday, March 18**

 - 9:00am Scrabble - Lib
 - 9:30am Naomi Circle - FSL
 - 12:15pm Lenten Organ Recital - S
 - 1:00pm Rummage Sale Meeting - Lib

- Thursday, March 19**

 - 4:00pm Ruby's Pantry

- Monday, March 23**

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

- Tuesday, March 24**

 - 2:00pm Loud Laughing Ladies - FSL

- Thursday, March 26**

 - 5:30pm Finance Committee - Lib

- Monday, March 30**

 - 6:30pm Duluth Monarch Buddies - Lib
 - 8:00pm Eating Disorders Anonymous - FSL

- Tuesday, March 31**

 - 6:00pm Quilters Guild - LSH

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