



# 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.*

April 2020

*Hope and Healing  
Grace and Love  
Flexibility and Strength*



## First United Methodist Church

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

### *Online Services During Holy Week*

**Palm Sunday: Hillside, Hope, and First, 10am**

**Maundy Thursday: Hosted by Hillside UMC, 6pm**

**Good Friday: Hosted by Hope UMC, 7pm**

**Easter Sunday: Hillside, Hope, and First, 10am**

Go to [fumcduluth.com](http://fumcduluth.com) for links



## Our First Family

### Lighting the Church

A gift to light the church for the week of March 1 was given by Nancy Eaton in memory of Joyce and Jim Eaton. The gift will also support FUMC's music program.

**A gift** to light the church for the week of March 8 was given by the church staff in memory of Dorothy Aubut, Sharon Alexander's mother and Pastor Jeanine's grandmother. The gift will also support FUMC's lay pastor program.

### From Our Director of Welcome

Hello Church Friends,

Reaching out to you today from the Welcome Desk at church. I'm looking forward to when we will all be back at church, welcoming each other and all newcomers and visitors to FUMC.

When you arrive at church, you will notice some changes in the Atrium and Narthex for our Coffee Time following worship. Coffee/tea and donuts are now located on the west wall of the Narthex. You can pick up your treats and go into the Chapel to sit and visit or, if you prefer, go into the Atrium and mingle there where there is seating and open areas. Of course the wonderful tall tables are a perfect place to set a cup of coffee and to rest on an elbow while you visit.

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## On the Journey With You

Most of you know Larry, my very wise and insightful boyfriend. I was sharing with him some of my feelings of stress over constantly needing to make decisions, learn new social media formats, and create systems for the church during this COVID-19 season. I shared with him how I wanted to do my very best to keep our congregation connected and have every single person feel the love and care of the church. He listened to all I said and then commented, "Honey, nothing is really all that crucial right now except keeping this virus from spreading and killing people." I was frustrated at first because everything we are doing as a church is for a reason and is genuinely important. But as I thought about it, I realized he is right. The most important thing is encouraging people to stay safe for themselves and for others.

Surely we want to reach out to people with cards, phone calls, texts, and emails. Providing some kind of worship opportunity each week is helpful and important. Providing opportunities for people to check in and learn and grow is a lovely thing to do. But none of this stuff is worth getting stressed over or overwhelmed about. I'm sure you have your own list of things that are causing you stress and concern, too. All of us have changes to adjust to, learning and work to do. And yet we don't need to be anxious or overwhelmed. We can do our best, knowing that the best thing we can truly do is stay home as much as possible and keep the virus from spreading and slow it down.

Scripture tells us in Philippians 4:6-7: "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus." Let's be calm, wise in our decision making, prayerful for others and ourselves, and allow God's peace to work in us and through us.

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## First Family

### First United Methodist Church

230 E. Skyline Parkway, Duluth, MN 55811  
218-727-5021 [Info@fumcduluth.com](mailto:Info@fumcduluth.com)

Pastor: Jeanine Alexander  
Editor: Bill Alexander

Next First Family Deadline: **April 15**  
Submit to [connect@fumcduluth.com](mailto:connect@fumcduluth.com)



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



The most important thing right now is keeping people safe and healthy—especially the most vulnerable among us. And it seems scientists, health officials, governors, and other trusted leaders are telling us how—stay home as much as possible, stay safe, and be kind. Let's live out love this way.

On the journey with you,  
~Pastor Jeanine

## During COVID-19

- If you want someone to check in with you, or know someone who does, let Pastor Jeanine, Linda Wiig, or any staff member know. Same is true if you need grocery shopping or prescription pick up done for you. Let us be the church for you and with you.

- If you need food or other resources, please let us know. Zoom Conferencing is now available to us so we can connect with each other and see each other's faces. So far it is being used by confirmation classes, Sunday School, children's music, men's group, and team meetings. See staff members of these areas for further information about how to connect.

- Pastor Jeanine is offering a 30-minute connection time on Zoom video conferencing for anyone who wants to participate. It will be on Thursdays at 10am starting April 2. To participate from a computer, you will simply need to click on the link Pastor Jeanine will e-mail you. To participate using an iPad or smartphone, you will need to download the Zoom app. If you want to participate, please send Pastor Jeanine an

email at [pastor@fumcduluth.com](mailto:pastor@fumcduluth.com) and let her know. She will then send you the information you need to join in. There will be a check in time (sharing what is going well for you and areas of struggle or concern), Scripture, and prayer.

Pastor Jeanine will be on Facebook Live twice during the week at 8pm. See her Facebook page and the [church facebook page](#) for more information.

## Worship During COVID-19

Although there is no in-person worship until at least May 10, and possibly longer, we WILL have worship every Sunday. The format and location will vary, but the time will always be 10am. Each week you will receive a link to the video or livestream and an order of worship. These will be sent via e-mail and posted on the church Facebook page and [website](#). When possible we will livestream from church; when needed we will prepare a video in advance and release it for 10am Sunday morning worship. We may even have worship from the living rooms of our pastors! This is a great time to be church outside the doors of the church.

## A Reminder of Our Policies During COVID-19

In response to Bishop Ough's directives, to our own call to keep people safe and do our part in keeping COVID-19 from spreading, and to the encouragement and orders from our governor, these are the actions our congregation will take until further notice:

- **No in-person worship.** We will do livestreaming worship Sundays at 10am and will send you links later in the week so you can connect. Manuscript sermons will be available by e-mail and mail for those who cannot do livestream.
- **No in-person small group meetings or gatherings** in our church buildings. The church office will be closed during this time, although staff may be occasionally working in the building.
- **No funerals/memorial services** will take place in the building. We will do outdoor graveside services and will schedule funerals and memorial services after the COVID-19 urgency has been resolved.
- **Staff will be paid and will be working**, most from their own homes. As of Wednesday, March 18, they will not do in-person groups or meetings but will be available for phone, text, and social media interaction. They also will be guiding the congregation in ways to minister to the congregation and community during this time of social distancing. We will do everything possible to offer hourly employees opportunities to work, although the work may be outside of their specific position description.

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# From Our Faith Community Nurse

Greetings to All!

The new stay-at-home order came through just as I write this. I hope that this finds you all well and staying home except for health and safety or outdoor activities, the purchase of necessary supplies and services, the care of others, or relocating to ensure safety. Those of you who are essential workers or venturing out for only the aforementioned tasks, please adhere to all recommendations to stay as safe as possible. Keep your six-foot distance and wash your hands for 20 seconds. This vigorous 20 seconds with soap will actually destroy the virus. This is a most difficult time for all of us as we navigate our new norm. Many of us are facing multifaceted challenges during this pandemic, and it takes all of us to prepare and follow guidelines that our state government and state and county health departments deem necessary. Hotline numbers to learn more about resources include St. Louis County Health Department: 218-625-3600, Douglas County Health Department: 715-395-1304, Essentia Health: 1-833-494-0836, and St. Luke's: 218-249-420. If you google W.H.O., it will have the most up-to-date and accurate information for the world situation and guidelines. When listening to the radio, reading the paper, or listening to our national government speakers, please keep in mind the source of information. Our health care leaders and scientists are trying hard to keep us updated with reliable information.

There will be a single point of contact for all geographic areas with current lists of available resources. A community webpage with St. Louis County coronavirus information is being developed that will include an ever-evolving and up-to-date list of resources in the categories listed below ([prod@stlouiscountymn.gov](mailto:prod@stlouiscountymn.gov)):

- Food
- Mental health resources (online, virtual, telehealth, etc.)
- Shelter
- Cleaning & other necessities and supplies
- Need to quarantine or isolate
- Resources for kids while not in school
- Medication
- Communication
- Transportation
- Homelessness resources

The American Red Cross has a site to help you prepare an emergency family plan:

<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/make-a-plan.html>

Please see the emergency contact list on the Red Cross site, and keep it on hand. Having this as a resource for family members and discussing it with them is a good idea in case the need arises.

Remember that 80% of people who contract the virus will recover and have mild symptoms—some will not have any symptoms. About 15% will require hospitalization and 5% ICU. These last two percentages will be more than we can handle at the present time. The Health Department suspects that there are ten times the number of people that would test positive if we had enough testing. As of today (3/25), there were 278 confirmed cases. This stay-at-home order is to push out the time of peak infection so that ICU beds are available, to increase hospital bed capacity, to increase testing, to get more protective gear, and to get new



data.

The young and old who have underlying conditions such as asthma, diabetes, heart problems, and other lung ailments, as well as those in treatment for cancer, are more susceptible to getting sicker from this virus. We must all be vigilant.

Sanitizing your living areas is a must, especially if you have a person working outside of the home or who is immunosuppressed. It has been shown in a recent study that this new virus can live on plastics and steel for two to three days. Anyone in your household who has flu-like symptoms, has come in contact with someone known to have the virus, has traveled to a place where many cases have been reported, or has tested positive for the COVID-19 virus must isolate themselves in another part of the house for at least 14 days. The house areas must be sanitized, including door handles, countertops, bathrooms, and light switches. When using sanitizers, they must remain on the surface you are cleaning for a period of time without you wiping it off. Sanitizers with 70% alcohol should remain on for 30 seconds, hydrogen peroxide can be used but must remain on for a minute, and bleach is not the best as it needs to remain on for 10 minutes.

To help us all get through this period of time, use your phone to call friends. Don't travel. Make up a routine schedule. If you have children at home, laugh, play games, pray, do yoga, find a new hobby, invent a game, take a walk, but no playing on Duluth Parks playground equipment. Remember your church is here to help. If you know of someone who needs contacting, let any of us on staff know who that might be. We will get through this. Be safe.

*Gracious God, give us wisdom in this time of uncertainty.*

*Guide us by Your Holy Spirit that we may do Your will.*

*May we look to You, God, for strength and assuredness.*

*We pray for our health care workers, those who keep us supplied with food and medicines, and all essential persons who are working.*

*We pray for those who are sick, lonely, in pain, afraid, or grieving: may they look to You for love and compassion.*

*May we who are able help those in need in ways that we can, keeping their safety and ours in mind.*

*Amen*

## **FUMC Financial Update**

Greetings to my Church family and friends! I pray you are staying safe and are healthy. There are times that I feel like I am living in a bad dream and all that is going on in the world is not reality. But no... the pandemic is truly happening. As you, I am human and have my weak moments of strong emotions: feeling afraid for my daughter, who is a nurse; feeling very sad that I cannot spend time with my grandsons, other family members, or friends; and worrying about financials.

On Sunday I received two strong reminders that although all my feelings are warranted and understandable, I do still have power. Both my morning devotional reading and our FUMC Facebook Live service reminded me that I, with the help of God, have the power to choose how I will react to that over

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# Rummage Sale Postponed

For the safety of our community in light of COVID-19, we have made the difficult decision to postpone the church rummage sale. We look forward to rescheduling at the appropriate time.

## 2020 Spring Roast Beef Dinner Is Canceled/ Postponed

With a heavy heart, the 2020 Spring Roast Beef Dinner set for April 23, 2020 is canceled/postponed.

The Spring Roast Beef Dinner was budgeted to contribute \$5,000.00 to our ministry budget. We are looking for ideas for an alternative fund raiser. If you have any ideas, please email Cindy Hedlund at [schedlund@gmail.com](mailto:schedlund@gmail.com).

Thank you to all of you who already said yes to volunteering to help at the dinner. We will take a rain check! We appreciate, love, and miss all of you.

Please stay healthy!  
~Cindy and Scott Hedlund

### Combined Online Easter Holy Week Worship

**First United Methodist  
(the Coppertop)  
Hillside United Methodist  
Hope United Methodist**

Palm Sunday	All 3 Churches, 10am
Maundy Thursday	Hillside UMC, 6pm
Good Friday	Hope UMC, 7pm
Easter	All 3 Churches, 10am



For links to all services, go to:  
[FUMCduluth.com](http://FUMCduluth.com)



—Our First Family, continued from page 2

These changes were made to make access to all areas easier for everyone. When we are at church, please watch for newcomers and visitors, and invite them to have coffee and get acquainted with you and others.

Two areas need welcoming volunteers, and I invite you to sign up at the Welcome Desk in the Narthex or contact Mary Giese at [welcome@fumcduluth.com](mailto:welcome@fumcduluth.com).

- Would you please consider helping host the Coffee Time? We need two or three people each Sunday to oversee the coffee area, then clean up and reset the coffee service.
- The Welcome Desk is looking for volunteers to help greet visitors before and after Sunday worship. A friendly face and a welcome smile are the only qualifications needed for this fun opportunity.

While we are home these next weeks, enjoying a cup of coffee or tea, please think about who you might be having coffee with at church, and send up a positive thought or a prayer for their well-being. See you in church, and blessings to all.

~Mary Giese, Director of Welcome and Hospitality

## Emily Sapyta Top Science Student

At the 68th Northeast Regional Science Fair competition held February 1, Cloquet freshman Emily Sapyta earned top honors in her category of Biochemistry. She was awarded a first place, qualifying her for the Tri-State Junior Science and Humanities Symposium in Minneapolis in March. In addition, she was one of two students selected to compete in June in the Genius Olympiad in Rochester, NY, along with 1,600 other students from 76 countries, and was one of four students selected to compete in the Regeneron

International Science and Engineering Fair in Anaheim, CA, in May along with 1,700 students from 80 countries. Emily was also recognized with a regional award by the Stockholm Junior Water Prize, with an option to apply to attend this gathering in late summer by submitting her written work. At the Northeast Regional Fair, 119 students from 16 different schools entered 106 different projects.



# Family News

## Children's Ministry

Last month I said that for Lent my new discipline was taking on something new, and that new thing would be reading Scripture, particularly lectionary Scripture. And I want you all to know that started off AMAZINGLY! I was diligent and God was blessing me. March was National Women's Month, and I started it off by researching all the amazing women of the Bible. I remember thinking we always hear about Father Abraham, Moses, David, Paul... but what about Sara, Hagar, Deborah, Anna, Ruth? They are our great Mothers of the Bible as well. Look them up; there are some incredible stories in there! If you need some drama in your life, look to the Bible! It's in there.

Then COVID-19 came and our world was turned upside down. Remember "Fasting or Feasting?" Initially I chose Feasting, which is adding something to my life. Now I am Fasting. We have all lost so much in this. We have had to give up how we work, live, socialize, play, worship, and spend time with our family. This is a lot at once, and it is completely okay to be feeling whatever it is you are feeling. The introverts are not okay if they have a family, the extroverts are not okay as they are ONLY with their family. God is in this, too. God did not create it, God doesn't want it, but God is here. God sees you! God loves you. We will learn together, and we will grow. Please keep connecting with each other, the family of God, in any way that you can!

Write some cards, especially to the older members of the congregation; they are often alone and isolated. I could send you a list with names and addresses! Draw pictures, maybe start a new pen pal relationship! If you personally need any help, please let Cynthia and I know, we are here for you and your family!

## Sunday School—Live at Five

Materials for the week will be posted on Faithful First Family's Facebook page. There will be a coloring sheet to print out and a packet with activities for you to do with your family. Remember they are missing their faith instruction too! I will read a Bible story lesson at 5pm every Sunday night, and we will talk about the story and things of faith and do a little lesson, but mostly this is a time for kids to talk and connect with each other. Our Children's Ministry staff will be present as much as possible as well. If you know of other kids that would benefit, let us know; we can invite them too. <https://umn.zoom.us/j/4107495307> If you are on a computer, you won't need anything else; if you are using a tablet or phone, please download the Zoom app and do the set-up.

## Jam Live at Five—Zoom

Every Wednesday night at 5pm, Cynthia will lead a JAM music session on Facebook Live. This is a half hour of singing all the songs we have learned over the years in JAM and JAM JR. We will also have a short message from our Children and Families Minister Jojo during this time. Kids of all ages are welcome and encouraged to join in! Just go to <https://umn.zoom.us/j/4107495307>. If you are on a computer, you won't need anything else; if you are using a tablet or phone please download the Zoom app and do the set-up.

## Tweens Wednesdays!

If you are 3rd grade and older, you are welcome to check in with Jana and Anna on Zoom at 6:30pm on Wednesdays! You will be able to chat and see each other virtually. We will send parents the link.

## Youth Ministries

Confirmation 6:30pm on Wednesdays via FaceTime.

We have not forgotten about our Youth. We are texting them regularly and will meet with them on a

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Facetime call Wednesday nights at 6:30! Parents, don't make them eat dinner or do chores at that time! :)

## Senior High Youth Check-in Sundays at 9pm

10th-12th graders, how are you doing? Let's connect with each other Sunday nights at 9pm. This is a just time for you to talk with peers, hear an inspirational quote or Bible verse related to the times from Pastor Cynthia, and have a safe place just to process all that's going on. We miss you and care about you! Join Cynthia and friends on Facetime or ZOOM. Just text Cynthia at 218-260-3114 and she will get you the link. Blessings!

If we can help you in any way, connect with us! We love you and miss seeing all your faces up close and in person!

## 2020 Graduates

Who is graduating this year? High school or college, we want to make sure we have your name so we can celebrate with you and give you a gift from the Church. Please email or text Cynthia if you are graduating or know someone who is.

Cynthia Coffin-Langdon,  
218-260-3114  
[pastorcynthiacf@gmail.com](mailto:pastorcynthiacf@gmail.com)  
Jojo Coffin-Langdon,  
218-251-4388  
[families@fumcduluth.com](mailto:families@fumcduluth.com)

# Music Notes

## Music for Your Spirit

Music is such an important part of our lives. It touches our souls and can express what we can't put into words. Music can help us forget our troubles, remind us of something that brings a pleasant memory, or give us hope and courage. It expresses our love for God and for others.

During these uncertain times, it's hard to keep our spirits up. Can music help us cope? We think so. Coppertop's music staff have put together a few pieces of music that we hope will lift your spirits. Here we go (in no particular order):

### Velda's List:

This arrangement of the spiritual "**Ain't No Grave**" performed by the Wartburg College Choir of Waverly, Iowa, is just amazing. Minnesota Public Radio posted their performance on their Choral Stream recently. To quote MPR: "You have to see the Wartburg Choir's can't-miss performance of *Ain't No Grave*, featuring one of the most powerful moments in choral music. You'll know it when you see it—that's right, see it." The arrangement uses American Sign Language.  
<https://www.youtube.com/watch?v=WiV3gI1cGHM>

Stacy Carolan and I were ready to play a noon recital at the Coppertop on March 18, which unfortunately needed to be canceled. Take a listen to one of the pieces planned for our program, which is recorded here at St. John the Divine in New York City. "**Prayer of St. Gregory**" by Alan Hovhaness begins with calm gentle string chords, over which a slow trumpet melody gradually unfolds itself. Hovhaness described this piece as "a prayer in darkness."  
<https://www.youtube.com/watch?v=Fc6SVi3esr8>

### Michael's List:

As you listen to "**It Is Well With My Soul**," hear the beauty of the voices, the Velda-like precision of the organ, and the calming spirit of the text. Our souls may not feel well right now. Our trust, when put in both science and in God, can help us to feel well.  
<https://youtu.be/tyPEohF6qq8>

One of my favorite aspects about this recording of "**Elijah Rock**" is the excitement and musicianship brought by high school singers! I think about all those "lasts" that the high schoolers won't get to do and am sad, but then I think of experiences they HAVE had with music and am overjoyed that they had them. Those experiences lead to professional musicians, to community choirs, and to CHURCH choirs!  
<https://youtu.be/7N40DeRKz8I>

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## Bill's List:

My first experience with Puccini's "**Nessun Dorma**" (from *Turandot*) actually came from a former student of mine. I was working with his Minnesota Music Listening Contest team, preparing them for the state contest. As we approached the contest, he brought me a CD as a gift to thank me. He thought I would truly love and appreciate *Turandot*, especially with Luciano Pavarotti singing the part. It has become one of the pieces of music that can emotionally twist me in practically any direction my brain believes I need to go. It makes me smile and it makes me cry, but it always makes me breathe with the expanding emotion and makes me stand a bit taller.

<https://www.youtube.com/watch?v=cWc7vYignTs>

I know a lot of you are expecting a handbell piece to be on this list, and I certainly have a lengthy list of inspiring and spiritually uplifting pieces to offer, but I'm going to offer a more unusual selection. During this time of emotional and physical isolation, it is important to remember that we need each other to be whole. We need each other for strength and security. We're fortunate enough to live in a time where we can stay connected through technology. The piece on my list is from the distant past... way back in 1980! Smile, sing, and dance along to "**Everybody Needs Somebody to Love**" from the Blues Brothers movie.

<https://www.youtube.com/watch?v=EHV0zs0kVGg>

## Cynthia's List:

Right now I need a lot of reminders and reassurance that everything is going to be all right. Bob Marley's reggae rhythm and smooth voice help me calm my spirit and focus on the things I am in control of and not all that is out of my hands. Take a listen to "**Three Little Birds**" by Bob Marley.

<https://www.youtube.com/watch?v=e3nar3xoJ7A&feature=youtu.be>

And then there is my favorite hymn of all time, "**Come Thou Fount of Every Blessing**." I find myself humming this tune when I am at the grocery store and get caught up in the stress buying and hoarding mentality. The third verse says, "Prone to wander, Lord I feel it, / Prone to leave the God I love. / Here's my heart, Lord, take and seal it, / Seal it for Thy courts above." When my mind can't stop thinking and I get myself all wound up in worry, I sing that verse. I again am reassured that God has my heart and will help me look outward and see my fellow human beings that are doing amazing things and also see those that I can support during this time. This particular arrangement is absolutely beautiful and interwoven with another familiar folk tune, "Kingsfold."

<https://www.youtube.com/watch?v=9Z3pjXmNq2g>

which I have no control. I can choose my attitude and I can choose my actions.

Therefore, as I continue to work through my emotions, I choose to ask God for strength to make a difference. Together we can make a big difference, for WE are the Church! We are the hands and feet of God in the world. Our church, because of our collective prayers, presence, gifts, service, and witness, makes a difference in our community and the world. Our gifts are needed now more than ever.

For the ministry of the church to continue to reach all the people in need, we must continue to support it with our prayers, electronic presence, and financial gifts. We ask, if possible, that you continue to send your monthly donations to the church. There are three ways for you to do this: 1) mail your donation to the church, 2) set up your donation as an automatic withdrawal out of your account, or 3) send donations to the church by an electronic transaction via a new online giving link on our website.

Please know that your Finance Team is diligently watching over our church's financials and the impact the pandemic is having on it. If you ever have any questions, please touch base with me or Anne Gustafson. Also, know we are all praying for the safety, health, and well-being of our church family, our community, and the world. God bless.

~Teri Tangen

[teri.tangen@gmail.com](mailto:teri.tangen@gmail.com)

Plan on hearing from Pastor Jeanine and other staff and leaders via e-mail, letter, and social media during this time. Pastor Jeanine can be reached at this [email address](#) or 763-443-0570 (cell). If you need a check-in or care during this time, please let Pastor Jeanine, or any staff member, know, so we can follow up. Also, please share with us names of those to whom we want to offer special care and attention.

Praying with you and for you.  
Wash your hands • Observe social distancing (being especially careful of the elderly and those with health concerns) • Stay spiritually grounded (pray, sing, read, exercise, eat right...) • Check in with others through calls, mail, email, etc.

**We can make a real difference in saving lives. Let's do our part.**



We look forward, with anticipation, to the time when we can again stroll through our church building with loved ones.

## Earthkeepers

### Hand-washing With Soap and Water Is Effective to Prevent COVID-19.

By Naomi Yaeger  
UMC Earthkeeper



With a public health nurse as my mom, hand-washing was emphasized as I grew up. My husband grew up on a farm. If I tell him, "Dinner is ready; go wash your hands," he gets up and washes his hands. In her elder years, my mom served the church as a "Sunday School Grandma." Her biggest duties? Taking the little ones to the

bathroom. One of my friend's little boys so thoroughly washed his hands that she asked him, "Where did you learn to wash your hands like that?" "My Sunday School Grandma," he answered.

According to the CDC, a person is most likely to contract COVID-19 from aerosol transmittal, which means by droplets coming into contact with another person. This is why social distancing and washing your hands are important.

To keep you safe from COVID-19, the CDC recommends washing your hands with soap and water. Why is plain old soap and water the most effective way to prevent viruses? There are three reasons:

1. Washing with soap and water removes visible dirt and mucus.
2. Using soap decreases surface tension, breaking the glue-like interaction between the virus and your skin.
3. The outer casing of the virus is made of lipids, which are fats. Soap dissolves fat.

According to *The Guardian*, "The soap not only loosens the 'glue' between the virus and the skin, but also the Velcro-like interactions that hold the proteins, lipids, and RNA in the virus together." ([theguardian.com, "The Science of Soap: Here's How It Kills the Coronavirus"](https://www.theguardian.com/science/2020/apr/08/the-science-of-soap-how-it-kills-the-coronavirus))

Hand sanitizer cannot penetrate mucus. You would have to literally soak your hands in alcohol-based hand sanitizer for it to be as effective, though hand sanitizer is recommended if you don't have anything else or if you washed your hands but need to touch a door handle to arrive at your destination. As Australian professor of chemistry Pall Thorardson wrote, "You can't, for any price, get a drug for the corona virus... but your grandmother's bar of soap kills it."



# Steps For Justice

By Jean Walsh

*The journey of a thousand miles  
begins with a single step.  
-Chinese Proverb*

**Read *Christ in Crisis* by Jim Wallis.** In his recently published book, Wallis, the editor of *Sojourner's*, argues that the American Church has become disconnected from the teachings of Jesus Christ. Two FUMC study groups recently completed discussions of the book. Participants found it "thought-provoking" and "transformative." Forty-five people purchased the book through the FUMC office, so it should be easy to find one to borrow. We can start another discussion group, if there is enough interest.

**Reduce, Reuse, THEN Recycle:** A message from Hartel Disposal:  
Did you ever wonder why the word "recycle" is last in this common phrase? It's not the best option! Consider these steps first:  
**REDUCE:** Always consider if you need a new item and how it's packaged before buying.  
**REUSE:** Repurpose what you can.  
**THEN RECYCLE:** Properly recycle so items can be turned back into new items. It's up to us to reduce, reuse, then recycle.

Now, more than ever, think about not wasting. Senior citizens can be a good source of wisdom and practice. As we are checking in with each other, especially older folks, find out what they do to be good stewards. Anyone whose parents grew up in the Depression/Dust Bowl/World War II knows how to economize, be resourceful, and make do. Today I learned I was not the only child whose mother taught us how to make do with one square of toilet paper!

## **We All Come From Somewhere: What's Your Story?**

You are invited to bring in a photo (photocopy recommended) of your ancestors and tell us, in a few sentences, where your family came from. Why did they migrate, what hardships did they face, etc.? Turn them into the church office. They will be displayed in the Narthex hallway between the office and Fireside Lounge. Let the storytelling begin!

## **Matthew 25: "Lord, when did we see you hungry..."**

Be attentive to, and creative about, tending to the most vulnerable among us, even as we practice social distancing. Facebook and websites have many ideas for "safe" giving. Pay attention to legislation that advocates for Jesus' preferential option for the poor.

## **From FUMC's Communications Director**

I don't often stray from behind the curtain of the technology and design of FUMC's communications. I am generally content to let others tell their stories and news and, like Cindy Alexander before me, hopefully present that information in a loving, caring, and easily understandable format.

I feel compelled to explain what I, and many others, do to provide you with the information you need.

### **First Family**

First Family is sent to every member family as well as anyone who requests it. We are able to give you in-depth information, delivered to your home.

**Beginning this month** and continuing until it is no longer necessary, you will only find First Family on our website.

### **FUMCduluth.com**

This is our website. Through it we are able to post vital information, including worship, staff, groups, missions, history, events, photos, sermons, and archives. In the past 30 days, there have been 3,500 pages viewed with 2,000 visits.

### **Facebook**

More than 600 people currently "like" our Facebook page and use it frequently. We are able to stream video, add photos, update information, and tell our story on an increasingly important platform.

### **Direct Emails**

Many of you receive emails from Pastor Jeanine with important weekly announcements.

### **Sunday Services Online and Zoom Meetings**

Our services are now all found online, and we are finding ways to meet with each other technologically.

I hope you are finding ways to keep in touch with us. We need each other, especially now.

~Bill Alexander



## First United Methodist Church

First Family (USPS 349-210) is published monthly by First United Methodist Church, 230 E. Skyline Parkway, Duluth, MN 55811-2799. Periodicals postage is paid at Duluth, MN 55806.

**Volume 54, Number 4**  
*Online Only Version*

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



## Ministry Team

If you are in need of assistance, these staff members are available to help. While the church building is closed, many are still able to work from home and keep the important missions of our church operating.

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Director of Music Ministries

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**The FUMC Blood Drive in April is canceled,  
but the need for blood is acute.**

**Urgent Need**



## You can help save lives

To limit the impact of COVID-19, Memorial Blood Centers (MBC) needs blood and platelet donors to help strengthen our blood supply and ensure hospital patients have access to blood today and in the immediate future. If you're feeling healthy and well, please do your part to protect our community's blood supply by donating at a donor center near you. All blood types are urgently needed, especially O- and O+.

Donating is a safe and easy process that is a vital part of community preparedness. MBC staff are trained in universal precautions to help prevent spreading germs. They practice social distancing and use hand sanitizer and disinfectant wipes to ensure a safe and comfortable experience for each donor. Donors are asked to self-screen before coming in to donate. Please access more information at [mbc.org](http://mbc.org) or call 844-213-5219. **Where:** • Duluth Donor Center, 5115 Burning Tree Plaza (Day times vary) • Superior Donor Center, Essentia Health St. Mary's Hospital, 3500 Tower Ave.