



# 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.*

May 2020

**Innovation and flexibility  
have made us stronger...**

**Compassion and grace  
have allowed us to grow.**



Pastor Jeanine Alexander welcoming hundreds of people attending church via our online worship services

***Inside this issue of First Family,  
you will find:***

- Information on our church and community
- Stories that will lift your heart
- Links to favorite hymns
- Information on new ways of giving
- Opportunities to help your neighbors and the planet

***And many other articles and stories from  
your church family.***

**First United  
Methodist Church**

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



## Our First Family

### Steve Knight

Former FUMC member Steve Knight died April 14, from complications following a lung transplant last spring. Cards of love and sympathy may be sent to Jean Knight, 2840 Laurel St. S., Cambridge, MN 55008.

### Ardath Gibson Scholarship

The Ardath Gibson Scholarship Committee is delighted to announce that the 2020 winner of the Scholarship is First's own Anne Gustafson! Please join us in congratulating Anne!

Anne is currently pursuing a master's degree in leadership at United Theological Seminary in the Twin Cities, focusing on the business and financial aspects of church leadership. Therefore, not only is her area of studies within the purview of the scholarship, but she will also be able to use her knowledge to directly benefit all of us at FUMC!

Congratulations, Anne!

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

## On the Journey With You

Dear Friends,

What a season of life we are in. I never imagined that we wouldn't be together for worship and that we would be "sheltering in place." I want to make sure you know that your church loves you and cares about you. Parish Nurse Linda Wiig and I are making calls; sending cards, emails, and texts to people in the congregation; and have organized others in our congregation to do so as well. If you would like a connection, we want to make sure that happens, so please let me know ([pastor@fumcduluth.com](mailto:pastor@fumcduluth.com)). We are e-mailing and mailing weekly sermons to people who can't get our YouTube worship, so please let us know if you would like to receive your sermons that way. If you have a pastoral need, PLEASE call me at 763-443-0570.

One day our church will be open, and we will be able to gather together again. But for now, let's find ways to reach out to others, for their sake and our own, and find ways to bless people. Staying home as much as possible is a way we are loving and caring for others.

Many of you love the song "On Eagle's Wings." Jan Michael Joncas wrote that beautiful song. He has written a song about this time of COVID-19 using Psalm 23 as its inspiration. It is called, "Shelter Me." I'm including the link to the song, and the words for your reflection:

<https://www.youtube.com/watch?v=T0HtIDdY-fM>

Here are the complete lyrics to "Shelter Me," by Father Joncas:

*1. Shepherd and sheep, my God and I/ to fresh green fields you led my steps in days gone by/ You gave me rest by quiet springs/ and filled my soul with peace your loving presence brings.*

REFRAIN:

*O shelter me, O shelter me/ The way ahead is dark and difficult to*

—continued on next page

## First Family

### First United Methodist Church

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

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Editor: Bill Alexander

Next First Family Deadline: **May 20**  
Submit to [connect@fumcduluth.com](mailto:connect@fumcduluth.com)



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



—Journey, from page 2

*see/ O shelter me, O shelter me/ All  
will be well if only you will shelter  
me.*

*2. Yet now I tread a different way/  
Death dogs my path with stealthy  
steps from day to day/ I cannot find  
your peaceful place/ But dwell in  
dreary darkness, longing for your  
face.*

REFRAIN

*3. I will look back in days to come/  
and realize your faithfulness has led  
me home/ Within your house I'll find  
my peace/ trusting that in your  
mercy you have sheltered me.*

REFRAIN

(©2020. The Jan Michael Joncas  
Trust. All rights reserved.)

As we are sheltered in our homes,  
may we pray for God to shelter all  
of us. May we see and experience  
God even in this dark and difficult  
time... and may we help others do  
the same.

On the journey with you!  
~Pastor Jeanine

**eGiving**  
NOW AVAILABLE



We are pleased to announce that  
our online giving is active and  
available!

You can securely give via the  
internet at [https://onrealm.org/  
FirstUMCMN/give/now](https://onrealm.org/FirstUMCMN/give/now)  
or by texting COPPERTOP to  
73256.

If you have any questions please  
contact [Anne Gustafson](#).

**We appreciate your generous gifts  
to our Church!**

## A Look at Worship in May

by Pastor Jeanine Alexander

Through the end of May, and probably longer, we will be worshipping as we have been the past weeks, with our worship recorded and played on YouTube at 10am, Sunday mornings, where we all gather and worship together online. This has been working very well. We are getting lots of people in the community and beyond who are also joining us in worship, so this has had the blessing of reaching more new people as well as blessing our congregation. For those who can't watch it but can get email, I email them the sermons. For those who don't have email, I mail them the sermons. If you know someone who needs a sermon emailed or mailed to them, please let me know.

As you know, Hope and Hillside UMCs are joining with us, both because they don't have the resources to do this on their own and because we are a part of the same Methodist mission. I hope you are enjoying this joining together.

As we make decisions about slowly moving toward re-opening, we will consider the advice of the Governor's office and MN Bishop when determining the timeline. If either recommends continued closure, we will do so. Your church leadership team will make decisions thoughtfully and prayerfully with your well-being at the heart of the decision making. I will personally be taking a conservative approach, leaning toward opening more slowly than some churches might. Our church council is meeting by Zoom conferencing on Tuesday, May 5th, and will work on policy and guidelines. We will communicate with you as we know more. I anticipate that we will continue livestreaming worship for people in their homes even after we return to full, in-person worship. We want to make sure everyone can make the best decisions for themselves and still be able to fully worship with their church.

### Here are the sermon topics and Scriptures for May:

- **May 3 Communion** *HOPE Is Walking With Us*  
Luke 24:13-32

God comes to us in a special way when we are hurting, feeling uncertain, and needing reminders of life.

- **May 10 Mother's Day** *Ready... Fire... Aim*  
John 17:20-26

How do we keep from missing the mark when it comes to our relationships with God, our families and loved ones, the church, and ourselves?

—continued on page 4

• **May 17** *You're Nobody 'Til Somebody Loves You*

I Corinthians 13

God is the ultimate SOMEONE whose love gives our lives meaning and worth.

• **May 24 Memorial Weekend** *How Awesome Is This Place*

Genesis 28:1-17

Sometimes we struggle alone, when we could have the support, wisdom and love of God and God's people, helping us through.

• **May 31 Pentecost** *Breathe on Us, Breath of God*

Acts 2:1-11, 41-42

Have you opened yourself to the Spirit of God, who brings God's redeeming love? That's the question Peter raised with the crowds many years ago... and that's the question we are faced with on this Pentecost Sunday, 2020.

## Garden Sunday

### May 10

Have you ever heard the old saying, "Spring has sprung, the grass has riz, I wonder where the flowers is?" Well, you won't have to wonder much longer, because the church



gardens are awakening and getting ready to be glorious again this summer.

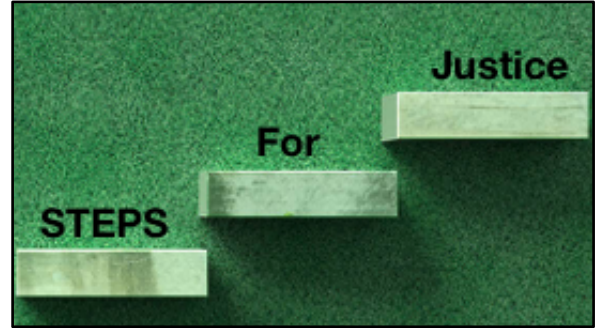
Garden Sunday is May 10. We

—continued on page 6

## Mission and Social Justice

### Steps for Justice by Jean Walsh

As you plan your garden this year, consider plants that attract and feed pollinators. Check these out:



- [gardeners.com](http://gardeners.com) "Attracting Butterflies, Hummingbirds, and Other Pollinators"
- [xerces.org](http://xerces.org) "Pollinator-Friendly Native Plant Lists"
- [fs.fed.us](http://fs.fed.us) "Attracting Pollinators to Your Garden"

With extra time at home, listen to or watch programs that open minds and hearts to other cultures' living reality. Here's an (unpreviewed) list of suggestions my friends came up with:

**Podcasts:** "1619"

**Movies:** "Lion," "Selma," "The Help," "Hidden Figures," "Skin," "The Namesake," "Driving Miss Daisy," "Coco" (family friendly Disney), "Parasite," 4-part Netflix "Unorthodox."

Please send me suggestions for next month: [jmbwalsh@gmail.com](mailto:jmbwalsh@gmail.com)

Think before you spend. Where does your money go? Who is it helping? Please, now more than ever, consider supporting small businesses, local businesses rather than international corporations. *Sojourner's* editor Jim Wallis suggests applying Matthew 25 on many moral issues. Matthew 25:40: "Truly I tell you, just as you did it to one of the least of my family, you did it to me."

Reduce the use of plastic: stay the course. Laura Krumwiede reports that at least one area grocery store discourages the use of reusable bags. Undeterred, she wheeled her groceries in a cart to the parking lot where she transferred her groceries to her own sustainable bags. Thank you, Laura!

"We can live according to an ethic whereby we are not driven, controlled, anxious, frantic or greedy, precisely because we are at home and at peace to care about others as we have been cared for." *Walter Brueggemann*

# Together, We Will Get Through This

By Teri Tange, Finance Committee

Together, as we continue with our Stay At Home orders, we also continue to use creative ways to stay connected, meet the needs of others, and continue to provide as much help as we can to those who are giving so much of themselves to keep us healthy and safe. To that, I say thank you! Thanks to each and every one of you who is doing your part to social distance, to reach out in help to others, and to keep supporting the church with your prayers, financial gifts, and service. You are greatly needed during this difficult time and are greatly appreciated. As the chair of the Finance Committee, I want to say thank you for your continued gifts to the church. For the church to continue with its ministry and mission work, it is very important that the monthly giving continues to be made.

Together we can get through this!  
Together we can make a difference!

## There Are Three Ways To Give



By Mail

By Texting

COPPERTOP to  
73256

Online at: <https://onrealm.org/FirstUMCMN/give/now>



## Family News

### Children's Ministry

#### Sunday School

We no longer meet for Live at Five; instead we have recorded a Sunday School story, with lessons and questions for children. There are also hands-on things to do on our Faithful First Families Facebook page. If you don't have access and would like access, please let me know. Materials for the week will be posted on Faithful First Family's Facebook page. There is also a Google doc filled with fun things to do that go along with the lesson!

#### 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 app and do the set up. Try to make time for our kids' spiritual development. I know there are so many things to do, and this might just feel like one more thing. But **YOU** are your children's best spiritual teacher!

#### Tweens Wednesdays!

If you are in 3rd grade or 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. Here is the link! <https://us04web.zoom.us/j/296203540>

#### Adventure Day Camp—Save the Date

We are tentatively planning Day Camp this summer for August 3-6. We will make decisions of what/how/where this may look like as new information and guidelines come from our Governor and Bishop. Questions or concerns? Please talk to Jojo or Cynthia Coffin-Langdon.

Stay connected everyone! We love you, and miss you soooo much!!! 218-251-4388 [families@fumcduluth.com](mailto:families@fumcduluth.com)

### Youth Ministry

#### Confirmation 6:30pm on Wednesdays

We have not forgotten about our youth. We are texting them regularly and have been meeting with them Wednesday nights via Zoom. Confirmation officially ends in May, but we will still do our

—continued on page 10



celebrate our 30+ volunteers who help with this Gardening Ministry Team. We invite and welcome all gardening skill levels to join us. Please contact Marlene Bowen 729-6526 or [rmbowen73@gmail.com](mailto:rmbowen73@gmail.com) with questions or for information. We are very aware of the coronavirus and social distancing and will work together—apart—safely, following guidelines.

Our Mother's Day geranium sale will be different this year. Please contact Laura Krumwiede, 728-5723, if you would like to purchase a plant. Payment of \$20 can be made at pick-up Tuesday, May 19, at church. May 19 at 9am is also our clean-up day to prepare the gardens for planting in June. Those who may wish to send a financial support gift for the gardens can send a check to the church and write Gardens on the memo line.

100+ geraniums have been resting in the windows of the lower level all winter and will be planted in some of the 11 garden spots on Tuesday, June 2, starting at 9am (raindate June 3). The annuals planting day is Thursday, June 4, at 9am (raindate June 5). Mark your calendar and come if you can, bring your own garden equipment and face mask, etc., as needed.

Our beautiful gardens are a gift to our church family, the community, and all visitors who may come. We invite you to come and wander among the memorial gardens, perhaps sit for a few minutes of reflection and let God's creation give you peace.

We thank you for your prayers, your presence, and your gifts of support, physical or otherwise.

~The Garden Team

## From the Welcome Desk

### Who Is Welcome?

By Mary Giese, Director of Welcoming and Hospitality

Are you needing something positive to think about during this coronavirus time of "Safe-at-home" or "Stay-at-home?" I was Googling John Wesley's thoughts about welcome, and the website



for Wesley United Methodist Church in Winona, MN, was listed in the search. On their welcome page, I found a wonderful reminder for all of us to think about. Because it fits us here at Duluth FUMC, I put that in place of "Wesley UMC," but certainly give them credit for the following:

We love all people unconditionally, and we mean ALL! Jesus encourages us to love God and our neighbor, and warns us not to judge. Therefore,

Duluth's First United Methodist Church welcomes all the same people that God welcomes...

God welcomes little children and old folks.  
God welcomes healthy people and sick people.  
God welcomes happy people and sad people.  
God welcomes rich people and poor people.  
God welcomes male and female, straight and otherwise.  
God welcomes people of all races and cultures.  
God welcomes people of all nations and people with no nation.  
God welcomes Republicans and Democrats and Independents.  
God welcomes the faithful and the doubtful.  
God welcomes saints and sinners.

Now that you have read who all God welcomes, I invite and encourage you to go back through each line and bring to mind those you know and love who fit each category. Take a minute to name them and say a prayer or hold a positive thought for them. As we prepare for worship each Sunday at home online—or in the future, back in our Sanctuary—please welcome others to take part in all that we and the good Lord have to offer at First United Methodist Church, the Coppertop.



# Music Notes

## “O Come, Let Us Sing Unto the Lord”

Well, I miss you. I miss the choir anthems, Tapestry’s music, the ringing of handbells, JAM and the Peanut Butter Band... but most of all, I miss our congregational singing. Don’t get me wrong, I absolutely love all the music offerings in our worship services, but there’s something about a full church singing “Christ the Lord Is Risen Today” that gives me goosebumps and speaks to my soul. I’ve been thinking a lot about this in recent weeks, so I decided I’d use this article as an opportunity to list some of my favorite hymns. It was a little hard to decide on my “favorites,” but here is my list:

### **O Come, O Come, Emmanuel (UMH #211)**

This is one of the older hymns in our hymnal. Portions of the original Latin text date back to the Ninth Century, and the haunting chant melody has its roots as far back as 15th-Century France. The pairing of this melody with a translation of the original Latin text happened in the mid-1800s. The season of Advent isn’t complete for me unless we sing this on at least one Sunday. This selection is a modern arrangement for cello and piano of this beautiful Advent hymn:

<https://www.youtube.com/watch?v=iO7ySn-Swwc>

### **He Is Born (*Il est né*) (UMH #228)**

This French carol is one of my favorite Christmas carols. The overall feeling is one of exuberance and delight. It is just plain fun to sing and play. Here are two versions, one for choir and one for organ:

<https://www.youtube.com/watch?v=-UxTjv9rLmE>

<https://www.youtube.com/watch?v=0pIN1vASj5k>

### **Praise to the Lord, the Almighty (UMH #139)**

This hymn from the 1800s is from the German Lutheran chorale tradition. It has special meaning to me because it is one of the first hymns I learned to play on the organ when I was a teenager. My old hymnal still has my first organ teacher’s fingering and pedaling marks. This lively arrangement is by F. Melius Christiansen, and sung by the Luther Nordic Choir of Luther College:

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

### **For All the Saints (UMH #711)**

I love singing this hymn, especially on All Saints’ Sunday. The English composer, Ralph Vaughan Williams, composed the soaring and majestic tune now commonly sung to these lyrics. The tune is considered one of the finest hymn tunes of the Twentieth Century. This recording is from the Choir of King’s College, Cambridge:

<https://www.youtube.com/watch?v=1OaBgaMcOvM>

### **Come and Find the Quiet Center (TFWS #2128)**

I find this hymn text especially meaningful. Written by New Zealand hymnwriter Shirley Erena Murray and published in 1992, the text speaks about finding peace in the midst of chaos, and then challenges us to draw strength from that peace:

<https://www.youtube.com/watch?v=7jukLcHj3BA>

### **We Are Called (TFWS #2172)**

Written by Minnesota composer David Haas, this hymn is a wonderful setting of Micah 6:8, which calls us to

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walk with God humbly, doing justice, loving mercy, and serving one another. I did not know this hymn before starting my job at the Coppertop, but it has become one of my favorites in large part because of the way our congregation sings it with such commitment and integrity.

<https://www.youtube.com/watch?v=5DCzqHV-Xns>

~Velda Graham Bell, Director of Music Ministries/Organist

## ZOOM, by Golly!

For every choir rehearsal I am in charge of, whether it be middle schoolers, high schoolers, college students, community, or church members, I let the singers begin with about 5-10 minutes of plain old social time. That is not always a popular practice for my colleagues or for some choir members, but I think it is important for developing trust and relationships with the singers that then leads to a more personal experience with the music.

Lately our choir has been using their full rehearsal time for just that. Every Wednesday during what would be our regularly scheduled rehearsal time, we still meet via the popular meeting site Zoom. However, since it is difficult to sing together with this or any app, we simply use the time to check in on each other, address joys and concerns, and just have some connection, even if from afar.

Now for the title of this article. I chose that title because of a song that popped into my head when trying to describe what we are doing as a choir. "Zum Gali Gali" is a traditional Hebrew song relating to the formation of the State of Israel. The English roughly translates "The pioneer is meant for work/Work is meant for the pioneer." Isn't it amazing that a song with those lyrics (that until I researched I did not know) would be the one to come to mind? In this difficult time, we are still here to work for others and to discover and explore, pioneering if you will, new ways of bringing love and compassion to each other.

Here is a link to a fun arrangement of Zum Gali Gali. Choir... I will see you at our next ZOOM meeting, by golly!

<https://www.youtube.com/watch?v=82Ht1xHLqd0>

~Mike Goodlet, Sanctuary Choir Director

## Strikepoint Carries On While Apart

While social distancing has taken its toll on our handbell musicians, our concert ensemble, Strikepoint, has kept in touch and continued to plan for the future. Many events were canceled or postponed for the group, including this year's summer tour, but many remain and many are already rescheduled. One of the really big cancellations

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## Roadside Cleanup

FUMC is hosting our biannual Roadside Cleanup on **Saturday, May 16**. A group of volunteers, which could include you, will meet at the Faith Baptist Church parking lot (on the corner of Maple Grove and Midway Roads) at noon. It normally lasts until 2pm.

Bring gloves, boots, PPE, and dress for the weather. We are naturally socially distant (sometimes a mile apart) and are offered the opportunity to make a difference.

FUMC has an on-going commitment to St. Louis County and the planet to help keep this two-mile stretch of Maple Grove Road clean of litter and better for everyone.

If you're tired of staying at home, please email [Bill Alexander](mailto:Bill.Alexander@fumc.org). We will supply the beautiful yellow vests and colorfully black trash bags! We hope you can join us! Reserve your vest today!

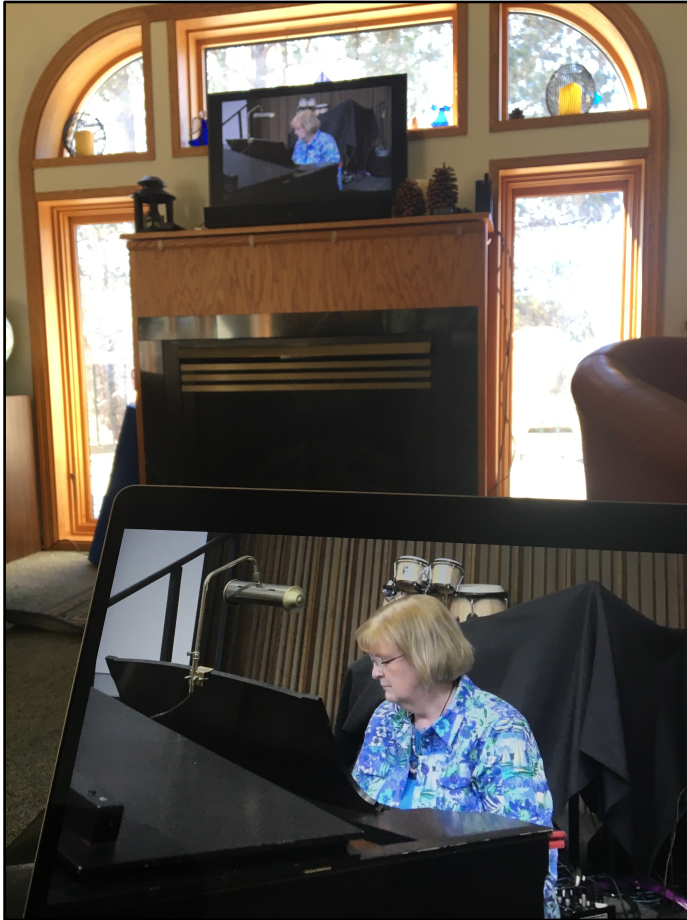
~Bill Alexander, director of cleaning up stuff



# Hundreds Attending FUMC Online Worship Services

by Bill Alexander, Director of Communications

Every Sunday morning for the past month, people, many still in their pajamas, have been grabbing their coffee mugs, snacks, or breakfasts, and gathering with their families in front of TVs, computers, iPads, and phones, to "go to church."



Together with Hillside and Hope United Methodist Churches, we have been able to produce a beautiful and meaningful service by combining video, shot at each of the churches by FUMC staff, and by collecting video from others, including musicians, church members, and clergy. The clips are put together and uploaded to our new YouTube channel, where the finished product sits patiently, counting down the hours, minutes, and seconds to 10am on Sunday morning.

When Sunday morning finally arrives, our church family not only watches, but participates in responsive readings, singing hymns, and is also able to chat in real time with their friends. Some send prayer requests, some comment on how wonderful a song may be, and others are just happy to be able to welcome others to our online service.

As administrator of the YouTube channel, I'm able to view the statistics for each service. If you have wondered how many people are tuning in, the numbers surprised me. If only one person per device were watching, and only watching at the live 10am time, there would be more attending than an average in-person church service... even for Easter! We know there are many more than that. Just the Coffin-Langdon household

brings the average up! On top of that, people are viewing long after Sunday is done... at least doubling our numbers. We are truly bringing church out into the community. Thank you!

If you haven't found us yet, there are quite a few ways to connect. You can find links to the services and Sunday bulletins:

- On our website: [www.fumcduluth.com](http://www.fumcduluth.com)
- On our Facebook page: <https://www.facebook.com/FUMCDuluth/>
- Pastor Jeanine's direct email messages
- Searching our YouTube channel: First United Methodist Church, Duluth, MN <https://www.youtube.com/channel/UCA47ISATrUsvV7xJ8b4cWww>

Here's how you can help:

- Watch our Church Service, "Like" and "Subscribe"
- Visit our Facebook page and "Like"
- Share links to videos and other events with your friends and family
- Invite others to join us

*Let's Be Together~Online!*

6:30pm check-ins for any middle/high school youth who want to connect. Jojo and Cynthia will lead the discussion. Parents, don't make them eat dinner or do chores at that time!

## Graduates 2020

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

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director of bio-imaging at the Smithsonian's Research Center. She specializes in human health as it relates to the environment.

In the article, the authors speak of the Earth Optimism Summit held in 2017, where many conservation scientists from around the world and supporters shared success, inspired hope, and motivated action. It also pointed out that many people fail to recognize the relevance of environmental issues to human health and well-being.

Planetary health is human health. Diseases which have caused many deaths have included zika, ebola, avian influenza, yellow fever, MERS, SARS, and novel coronavirus. Globalization has shown that disease can spread all over the world within 24 hours. Industrialization, increased contact with animals of the tropical forests due to clearing, densely populated urban areas, warming of the planet (which can increase mosquitos' ranges which carry pathogens), and decrease of biodiversity all contribute to degradation of health. The health of humans, the planet, and all creatures is intertwined.

An article I recently read featured a lady in Nebraska who, with the help of a mycologist, "built" (that is, grew) a canoe from mushrooms which was able to be paddled across a lake with three persons being transported. After this "watering" of the canoe, it began to grow more mushrooms! The wonderful thing is that it was completely biodegradable. IKEA and other companies are beginning to use mushroom derivatives as packing material to replace those pesky foam peanuts. And of course, the material is completely biodegradable. But, when forests are trashed, we lose different types of mushrooms and plants which both could have the potential for curing disease and lessening our reliance on non-biodegradable products.

Did you know that the most recent data (2016-2018) from the American Lung Association says that 45% of the American population is now breathing dirty air due to increased particulate matter in the air and ozone depletion? Harvard released a study which indicated that people exposed to particulate matter in the air have a 15% increase in mortality due to COVID-19.

One good to come from this pandemic is that air quality has improved, and in some places water is cleaner. Will we be more cognizant of the positive effect on the environment and not take for granted clean, safe, healthy air and water? The Clean Air Act and safeguards for rivers and streams must not be dismantled.

As we continue to follow our governor's advice to remain vigilant about social distancing, washing our hands, and wearing masks, let's try to be as diligent about the environment too, as we know that human

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## From Our Faith Community Nurse

Greetings to all!

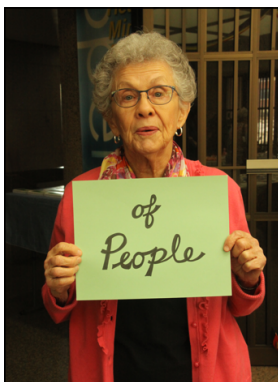
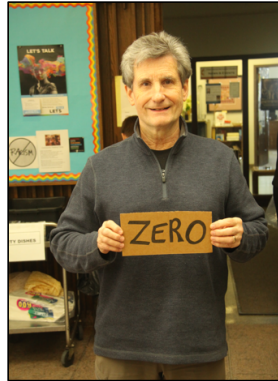
As I'm writing this, it is officially Earth Day, the 50th Anniversary.

In the spirit of God's creation and our celebration of the Earth, I will intertwine care of the Earth and care of our health.

I came across an article written in a Smithsonian magazine from 2017 by Dr. Daniel Lucey and Sabrina Sholts. Dr. Lucey is an infectious disease/public health physician and a research associate in anthropology at the Smithsonian's National Museum of Natural History (NMNH). He has worked on the frontlines of emerging viral pan-epidemics starting back in 1982-1985 with AIDS in San Francisco. Sabrina Sholts is a curator in anthropology at the NMNH and is



# You Have the *Power!*



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## First United Methodist Church

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—*Strikepoint, continued from 8 page*  
was playing for the United Methodist General Conference. We are pleased to say that they have extended the invitation for August or September 2021! One of the other events that was to feature Strikepoint was the Area 7 Handbell Festival, as the opening concert for the three-day event. Area 7 rescheduled for the summer of 2022 and wants Strikepoint to be there, too.

Look for a big Strikepoint event of some kind to be held shortly after they are allowed to return to rehearsals. Also look to see them with the DSSO and the Arrowhead Chorale, and also presenting their own Christmas Concert, all in December.

~*Bill Alexander, Handbells*



## 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.

**Pastor Jeanine Alexander**

[pastor@fumcduluth.com](mailto:pastor@fumcduluth.com)

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—*Community Nurse, from page 10*

impact does affect the health of our bodies as well as the creatures with whom we share God's creation.

I applaud everyone who has followed the guidelines during this time of crisis, and I commend all who are health workers, bus and truck drivers, hospital environmental crews, grocery crews, day care staff, mask makers, clergy, those of you calling people and sending cards, and those of you volunteering to lend a helping hand.

I'd like to share a couple of light-hearted sayings, as everyone knows laughter is the best medicine:

- Because of the huge increase in deliveries, Fed-Ex and UPS have joined forces, and are now Fed-UP.
- I stepped on my scale this morning and it said: Please use social distancing; one person at a time!

I pray that you all stay healthy, exercise, walk, stay connected as best as you can, pray for yourself and others, and take five minutes at least and rest in God's loving arms.

Blessings,

~*Linda Wiig*