



First Family

We welcome all people... are guided by the teachings and unconditional love of Jesus... are inspired to participate as faithful disciples of Christ.

July 2020



**June's Drive-In Worship was so much fun,
we want to do it again.**

A church service without leaving your car! Join us for a live worship service at 6:30pm on Wednesday, July 22, in the church parking lot. Stay in the safety of your car and tune your FM radio to 99.7 to listen to the music, Scripture, and message. The service will be for the whole family and will be about 30-40 minutes long. There will be interactive games with prizes! Bring your own beverage and food if you wish. Church pastors will be available to come to your car window for prayers, at your request, following the service.

Congratulations to our 2020 Confirmation Class



They did it! Aly Fairchild, Saige Mattson, Claudia Fezzey, and Parker Ahlers will be confirmed in a private outside service that will be filmed so we all can be witnesses to the ceremony at our online service Sunday, July 26. They have completed all the requirements of this two-year program, have joyfully proclaimed their faith, and will become members of FUMC.

**First United
Methodist Church**

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



Our First Family

Lighting Our Church

A gift to light the church was given by the 2X2 Couples' Club in honor of Judy LaTour to commemorate her June 11 birthday. An additional gift in her name was given to FUMC.

Every Thursday Zoom

Every Thursday at 10am, Pastor Jeanine hosts a Zoom meeting. This is a time to visit with one another, receive church updates, and share Scripture and prayer. Come anytime. Come once or come every week. This is an open and flexible opportunity for connection. Here is the link and meeting number:

Join Zoom Meeting:

zoom.us/j/915188407

Meeting ID: 915 188 407

NOTE: No meeting, Thursday, July 2.

Zoom Coffee Hour

On Sunday, July 19, immediately following worship, Rev. Charlotte Franz will join us so we can ask questions and talk about her sermon.

Connect with Rev. Franz on Zoom.

The link is:

umn.zoom.us/j/4107495307

Tapestry!

Tapestry is at it again! We haven't been able to meet in person, but we are still making music. Thanks to Alex Flinner and all his techie skills, we have recorded another song that will be played Sunday, July 26.

On the Journey With You

One of my favorite Scripture readings is Micah 6:8: We are asked the question, "What does the Lord require of us?" And we are given an answer, "To do justice, love mercy, and walk humbly with God." We have the opportunity before us in this time of COVID-19 and this time of seeking racial justice to examine our hearts, to challenge our assumptions and actions, and those of the broader society. We are being offered the privilege to do justice, love mercy, and walk humbly with God.

We are creating a Social Justice Action Committee focusing on racial justice and equality, so we can find ways we can respond to what is happening and help our congregation take action and make a difference. JoJo Coffin-Langdon is leading this effort and about 15 people have expressed interest. We need as many of you as feel called to help lead in this. Email JoJo if interested:

families@fumcduluth.com or talk with JoJo or me.

Some have asked how you can give financially to efforts for racial justice. We are taking a special offering for the work of New City Church in Minneapolis. It is the closest United Methodist church to the areas of damage and destruction that have left some of the most vulnerable people without businesses—without places of service like grocery stores and pharmacies. New City Church is helping meet daily needs: providing trauma care, offering micro loans, and taking steps for racial justice. They are making an immediate and profound difference. And we can help. Listen to their pastor, my colleague, Tyler Sit: [Play Video \(1:06\)](#).

We can make a difference—as we learn—as we do heart work—as we take big and small actions! We will do justice, love mercy, and walk humbly with God.

Here are some additional resources for you:

—continued next page

First Family

First United Methodist Church

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Pastor: [Jeanine Alexander](#)

Editor: [Bill Alexander](#)

Next First Family deadline: **July 15**

Submit to connect@fumcduluth.com



fumcduluth.com

Dismantling racism: A service of lament

As part of The United Methodist Church's "Dismantling Racism: Pressing On to Freedom" initiative, church leaders on Wednesday conducted a virtual service of lament, inviting United Methodists across the connection to join in a time of repentance, communion, and commitment as the church examines racial injustice. Part of this powerful service was filmed in Minneapolis, with Bishop Ough and some Twin Cities clergy, just a few blocks from the George Floyd memorial. The liturgy for this service is available and can be adapted and used in local churches' worship services. [Watch worship service.](#)

Pressing on to freedom: July 1 town hall: The Council of Bishops, the General Commission on Religion and Race, the General Board of Church and Society, and United Methodist Women will host a town hall conversation on Wednesday, July 1, at noon CDT. Participants will take a deep dive into the true (and sometimes suppressed!) history of the United States and The United Methodist Church [Learn more.](#)

Standing against racism: Rev. Rich Zeck.

This video is the second in a weekly series of reflections following the death of George Floyd and the renewed call to end racism. In it, Rev. Rich Zeck, who serves Brooklyn UMC in Brooklyn Center, MN, talks about hearing personal accounts of racism from the men of color in his congregation, his firm belief that God is with us, and feeling called to stand in his discomfort as he ministers to neighbors and helps rebuild. [Watch video.](#)

DACA decision brings joy, but battle not over: About 650,000 young people can sleep a little easier with the Supreme Court decision to continue the Deferred Action for Childhood Arrivals, a program that lets young, undocumented immigrants live, work, and study in the U.S. without fear of deportation. However, the decision is not a permanent solution for citizenship. [Read article.](#)

On the journey with you!

~ Pastor Jeanine

Worship In July

During July we will continue to worship online on YouTube every Sunday morning at 10am. The service can be watched any time after 10am Sunday morning, but we encourage as many of us as possible to watch together at 10am as a community of faith.

- **July 5** – All nine Twin Port UMC churches will worship together on this laity-led Sunday
- **July 12** – Holy Communion. Have juice (or something to drink) and bread (or something to eat) available at worship time so we can join together for this sacred meal.
- **July 19** – Rev. Charlotte Franz is preaching on awakening to the ways in which "the other" are treated, and learning the lessons taught by the brown-skinned Jesus.
- **July 26** – Confirmation Sunday

Each weekend Pastor Jeanine will send you the link to worship. If you don't get that email, there are four other ways you can get to our worship video:

- Go to our church webpage. You will find the link on the homepage in the red and blue "Online Worship" box: fumcduluth.com
- Go to YouTube.com and search for First United Methodist Church Duluth Minnesota and it will come up (you can also find past services there). If you "Subscribe" to the channel, you can receive notices and reminders, and it's easy to find us from your own YouTube account.
- Click on our YouTube channel to see all of our available online worship services. [Here is the link:](#)
- Go the [FUMC's Facebook Page](#). There will always be a link there as well.



From Our Director of Welcome

Welcome Center



a Minnesota Reconciling Congregation

fumcduluth.com

We, FUMC, the Coppertop, are a church with a welcome for everybody, always. That has never been more important than right now during this unprecedented and challenging time. Our church staff is doing a fantastic job of finding ways for us all to be part of the church during these times, to help us grow in our own faith, and to keep reaching new people.

I have heard that our Sunday morning online service has had people from all over tuning in and being blessed by what they see and hear. In fact, as I hear about someone from a specific location, I am marking a map to see how far our reach can go. I started with MN, WI, KS, MO, TX, and now FL. With technology we could be global! Please let me know what you have heard and we'll track it together.

Pastor Jeanine received a note in the mail recently, and when she shared it with the staff, I asked her permission to share it with everyone.

Dear Pastor Alexander,

Three weeks ago I “stumbled” across your YouTube video. I say stumbled because I wasn’t specifically looking for FUMC Duluth but for my local church here in Florida. But it has been a blessing to see your services and especially to hear your sermons.

I watched - you were receiving three families into membership and I had a “connection” to all three:

- A woman was joining who had come to the Duluth area to look for agates along the North Shore. I’ve been a rockhound forever!
- A family with six teenage children (Lord give them strength!). The father was born in Dubuque, Iowa, and so was I!
- An engaged couple who are geologists. Now I am not a geologist but a mineral processing engineer so we are in the same profession.

It was a unique feeling the first time. But your sermon on “LOVE” was the highlight of the hour. Breaking it down in the eight bullet points really brought home my shortcomings - especially “patience.”

I could go on about why your broadcast is special - the children's time with Jojo (she really is special!), the music, the prayers offered up by the other pastors. It really is a wonderful experience.

I look forward to seeing you again soon.

THANKS, Mike Elliott

What a wonderful positive message! Who might you invite to join us for Sunday online service, or come for our Drive-In church? We have a great opportunity to share all that FUMC, the Coppertop, has to offer. Our building may be closed right now, but “Church” will never be closed.

~Mary Giese, welcome@fumcduluth.com

Family News

Social Justice Action Committee (SJAC) Youth Needed and Wanted!

We are starting this committee specifically for this time, how we as individuals and as a congregation respond to racism in our society. It will be an action-based group. What things can we do right now that will bring justice to people of color? How can we stand in solidarity and do no harm? These are the things we will explore. **We really need young voices!** All are welcome. Please email or text [Pastor Cynthia](#) or [Jojo Coffin-Langdon](#) if you are interested.

'Mocking July 22, 7:30pm

Looking for a safe event to “hang” with your friends? 9-12th graders, bring your hammock to Brighton Beach on Wednesday, July 22, after our outdoor worship service in the FUMC parking lot for an evening of 'mocking, chatting, and throwing rocks in the lake.

Pastor Cynthia will pay, and take pre-orders, for Starbucks. Gotta sign up to reserve your spot! Bring a friend. Don't have a hammock? We have extras! Text Cynthia at 218-260-3114 to sign up.

Camping Fun July 12-14

7-12th graders, we are headed to Wascott, WI for two nights of camping on the property of Tom and Linda Wiig on Persons Lake. Swimming, kayaking, campfires, games, and more. Due to health

Garden Tour—Coming Soon!

By Geoff Bell

Hi all!

I had several responses to my request for gardens to tour in the first (maybe annual) FUMC garden tour. The general “rules” are as follows:

- The garden tour will run from July 6–17, Monday–Friday only, from 10am–2pm and 5–8pm daily.
- People may, or may not, be home when you visit. If they are, feel free to say “Hi!” After all, one big reason for the tour is to build community!
- We don't guarantee the gardens will be perfect. If you see something that looks like a weed, it's probably some exotic plant you've never heard of... unless you're visiting my garden, in which case, it probably is a weed!
- Please wear masks when touring gardens, and please maintain physical distancing—six feet minimum apart!
- If you are walking through gardens, remember that many surfaces are uneven. If you use a cane or walker, you may find many of our gardens hard to visit.

Here are the gardens that will be available to tour:

- **FUMC, 230 E Skyline Parkway.** Our church volunteers are working hard during COVID-19 to ensure the church's gardens are in great shape!
- **Geoff and Velda Bell, 1417 Vermilion Rd.** Some of their gardens are viewable from the street, so if you're mobility-limited, these are good gardens to see. You can also tour their small backyard garden if you don't mind walking.
- **Geoff and Velda's neighbors, Tom and Katie Voller-Berdan 1423 Vermilion Rd,** also invite you to tour their gardens.
- **Chris and Jeanne Carroll, 1025 E Skyline Parkway (at Denny Dr).** Park on Denny to visit this one! Jeanne advises that this involves lots of stairs, but if you're mobility-limited, you may be able to see some of the gardens from the street.
- **Nancy Eaton, 20 W Toledo St.** Nancy has beautiful gardens, some of which are visible from the street and side alley, and some you'll need to walk through.
- **Kent and Mary Giese, 4620 W 8th St.** Mary tells me their most resplendent gardens are in the backyard. You may be able to park behind their place in the alley next to their garage if you want to minimize walking.
- **Jean Walsh, 2714 E 2nd St.** Jean requests you view her gardens from outside her fence, as many of her plants seem to be breaking on touch.

Thanks to all who opened their gardens for us to view! If you've got any questions, call Geoff Bell at 218-393-9719 or email him at ggbell@d.umn.edu. Remember, this is a fun event, not a contest!

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From Our Faith Community Nurse

Greetings to everyone! I write this just after our first parking lot church service on Wednesday, June 24. The weather was glorious, as well as the gardens. It was certainly fun: there were door prizes, elements for communion were handed out, copies of *First Family*, bags of children's activities, and copies of *The Upper Room* were available. But the big bonus was being able to see so many people in person and have at least a brief conversation.

During our time together, distancing and the wearing of masks continued. I hope that all of you continue to practice these guidelines, as they do work! Masks are essential to protect others, and it has been shown that wearing a mask can even help to protect you, especially if you get too close to someone who is talking to you. Dr. Fauci now says that asymptomatic people carry as much of the virus as those who are symptomatic.

I know that some of you are also having a hard time getting through this time of Covid. Loss of family members, social isolation, not being able to visit friends and family members in extended care facilities, children's summer activities curtailed, and loss of jobs. All this takes a toll, but a couple of ways to stay connected are to pick up the phone or write a few cards.

Another way to help alleviate stress is to practice mindful deep breathing. You as an individual or as a whole family can practice deep breathing techniques. Mindful deep breathing is a great way to help your peace of mind. Take a few deep breaths, in through your nose and out through your mouth while pursing your lips. Place your hands on your belly and roll your shoulders back. Get comfortable. Inhale and fill yourself up from your belly to your shoulders, then relax your jaw and shoulders, pull your belly button up, and exhale. You can place your hands on your belly and feel how your belly feels as you inhale and exhale. Pay attention to the sensations you feel as you breathe. Feel how your abdominal muscles relax. When you inhale, count to five, and exhale counting to ten. As you get more comfortable, you will be able to spend more time in this relaxed state.

As you breathe you want to become more mindful, more aware and present in the moment. Being mindful helps cultivate a healthier mindset, in other words, being able to move through unproductive judgmental habits. Thich Nhat Hanh, a Zen Master, teaches mindfulness to people of all faiths as a practice of compassion. One of his breathing exercises uses a mantra as one breathes: "Breathing in, I know I'm breathing in, I'm breathing in the breath of God now; Breathing out, I know I'm breathing out; Breathing in, I know my breath goes deep; Breathing out, my breath goes slowly; Breathing in, I feel calm; Breathing out, I feel at ease; Breathing in, I smile; Breathing out, I release; and dwell in the present moment and I feel it is good."

I hope you can practice deep breathing and being mindful. There are a number of studies that have demonstrated how mindfulness practice can help to reduce stress, back pain, eating disorders, and improve attention in old age. You can access more information online or consult books by Ellen J. Langer, Jon Kabat-Zinn, or E. Bach, among others.

Let us all remember that prayer is the first point of action. Let God know your concerns, and/or contact Pastor Jeanine if you are in need of a pastoral prayer. If you have a loved one in a hospital or care facility, contact the chaplaincy service to inform them.

Please everyone, be safe, but also enjoy God's creation during this time of summer.

~Blessings, Linda

guidelines, each youth must have their own tent or hammock to sleep in.

Only take the first 13 kids that sign up will be able to go. Email: families@fumcduluth.com or text Cynthia at 218-260-3114 by July 10 to reserve your spot. Cost: \$25 per youth.

Children's Ministry Adventure Day Camp

Unfortunately, Adventure Day Camp this summer has been canceled. The ADC team didn't take the decision lightly, but believes the risk is too high to have a large group of children gathered in one place. It would have been too difficult to physically distance, and the camp itself has no running water. We hope to plan a great one next summer!

However!!!

We will still have fun activities that same week, MWF, August 3, 5, and 7, with the theme of "Love Your Neighbor!" There will be a lesson of faith each time we gather. Cost is \$5 per person. Kids K-5th grade can be dropped off, or parents are welcome to stay for the fun. Preschoolers are welcome to come join the activities with a parent. We will do our very best to maintain physical distance, and will sanitize between activities (however, we recognize that this is difficult with kids, so this is a personal decision). We need to limit our group to 15, so register with [Jojo](#) early!

• August 3, 12:30-2:30pm, Chalk and Water Fun

Meet in the parking lot at FUMC, wear swimsuits, put on sunscreen, and bring a towel.

• August 5, 10am-12pm

Meet at Lester River pavilion area and have running shoes ready; we will do fun outside games, soccer, kickball, and play on the playground (juice boxes and pre-packaged snacks will be provided).

• August 7, 12-3pm, Park Point Beach

Come for a picnic (bring your own food). We will have sand toys, or you can bring your own. Look out for our sand castle battle!

Contact Jojo to register at families@fumcduluth.com.

Celebrating the Baptism of Micheal Flinner

On Sunday, June 28, we celebrated the baptism of Michael Flinner, son of Andrea and Alex Flinner. We filmed the ceremony with just family and showed the video on our online worship service June 28.

Michael's parents got to put water from the Jordan River on his forehead. Through baptism, we receive the free gift of God's love and grace placed within this family called church. It is a commitment to teach and raise our children in the faith tradition of our church. And the church community commits to sharing their faith stories and looking after our children as they grow. Even in this time of physical distancing and so many restrictions, we are being creative to meet the needs of our faith community! If you are considering baptism for your little one, email or text [Jojo](#) or [Pastor Jeanine](#), and we will figure out a way to make it happen.

July In-Person Visits

Jojo looks forward to stopping by Sunday School households in July and August (if you'll have her for a little bit, checking in with the kids in your midst!). Physically distant, of course, and outside!

Drive-In Movie at the Coppertop!

July 17 at 9:30ish (when it's dark)

Now that we know we can transmit to your radio, there is no limit to the things we will try! Let's do a movie night from the comfort of your own car! It might be kinda late for the youngest, but what fun to pull up in your car in your PJs and watch a movie on the screen while you listen in on your radio! This will be our first time testing this out! BYOP (bring your own popcorn)! We will take G-rated movie requests. Ask your kids and text Jojo. 218-251-4388.





First United Methodist Church

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fumcduluth.com

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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Enjoy Parks, but Leave No Trace by Naomi Yaeger, UMC EarthKeeper

My husband, Terry, and I enjoy "hiking" our neighborhood and city parks now during this pandemic more than we ever had. We take our dog with us. We have enjoyed watching nature change from brown to colorful flowering and lush green.

On social media, some complained that the City had taken the trash cans away from the dog park. Everyone worried that with no garbage cans, the dog park would become full of dog doo.

Then the City of Duluth announced it would not have trash cans at many city parks.

If you plan to go out to public or private beaches this summer or anywhere outdoors, consider the Leave No Trace (LNT) ethics created for those hiking and camping in the backcountry.

The Leave No Trace Seven Principles

- Plan Ahead and Prepare
- Travel and Camp on Durable Surfaces
- Dispose of Waste Properly
- Leave What You Find
- Minimize Campfire Impacts
- Respect Wildlife
- Be Considerate of Other Visitors

©1999 by the Leave No Trace Center for Outdoor Ethics: www.LNT.org.

Here are some ways we practice LNT:

When hiking with my husband and our dog, we take two or three poop bags and bring the full bags back to our household trash cans. This spring, when some trails were muddy and wet, we took alternate paths. During this pandemic, we bring our masks; if we meet fellow hikers or cyclists on the trail, we cover our mouths and noses with our masks.

Coinciding with the Leave No Trace ethics is the Pack It In/Pack It Out activity philosophy.

This summer, the City of Duluth Parks and Recreation staff ask your support in cleaning up after yourself and collecting trash left behind by other visitors by throwing it away in your home trash cans.

Hope to see you on the trails, but not any sign you were there. Happy trails!