

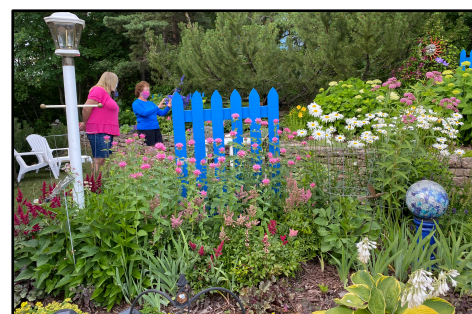


# First Family

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

August 2020

## Gardens Grow Community Story Inside



**First United  
Methodist Church**

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



## On the Journey With You

Last month beloved church member Tom Wheeler passed on to eternal life. Although he had been living in Arizona, he was able to participate in our men's Friday morning group by Zoom. He was thankful for that interaction. He and I had coffee when he was in Duluth and would often share emails back and forth.

Every year Tom sent out a "Whence Wisdom" note to those he loved. It was his annual compilation of meaningful sayings, definitions, and questions. As we miss his earthly presence, it feels fitting to share some with you:

- All the happiness in the world comes from the desire for happiness for others.
- Champions are not built out of winning, but the struggles it takes to get there.
- Admit when you are wrong. The older we get, the more frequently we have the opportunity.
- The public interest depends on private virtue.
- Laughter = the tangible evidence of hope.
- Love and Courage = life's most important qualities.
- "What now?" is a better question than "what if?"
- Do we learn more from sound or silence?
- The time it takes to complain is time away from resolving the issue.
- If you get something for free, you're the product.
- We don't choose the way we die; we do have a big say in the way we live.
- Seeing ourselves clearly is the project of a lifetime.
- If you can—do! If you have—give!
- Love = the thing that lasts.

May God bless the memory of Tom! May his impact live on.

On the journey with you! ~Pastor Jeanine

## Our First Family

### A donation to light the church

was given in memory of Betty Bodin by the 2x2s

Betty and Bob Bodin were founders of the 2x2s, and Betty spent a lot of her time in nursing. The second half of the donation will appropriately go to the FUMC parish nurse fund.

### Mark Overland

Former church member Mark Overland died of a heart attack on Monday, April 6. Mark



directed our choir as a substitute and rotated with other directors for one year on a volunteer basis in the 1990s. Mark also sang in the Men's Quartet, along with Robert Campaign, Al Merry, Mark Ankarlo, and Mike Akervick, for several years.

Mark was known throughout the Duluth area as the Denfeld High School choir director, and many first got to know him from his time working at Hawley Music.

His wife Cathy reports that a memorial will be scheduled in the future when circumstances allow.

## First Family

### First United Methodist Church

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Editor: [Bill Alexander](#)

Next First Family deadline: **August 19**

Submit to [connect@fumcduluth.com](mailto:connect@fumcduluth.com)



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



## Every Thursday Zoom Meeting

Every Thursday at 10am, Pastor Jeanine will host a Zoom meeting. This will be a time to visit with one another, hear church updates, and participate in the sharing of Scripture and prayer. Come any time, come once, or come every week to this open and flexible opportunity for connection. Here is the link and meeting number to join the meeting:

<https://zoom.us/j/915188407>

Meeting ID: 915 188 407

## CHUM Backpack Project

We are going to participate in the Backpack Project again. This project provides backpacks and all the needed supplies to children whose families can't afford them. This year, due to the pandemic, we will do it a bit differently. Instead of donating supplies, we are asking for donations of \$12, which will provide a backpack and supplies for one child. Can you sponsor a backpack, or several? Let's have a goal to sponsor 200+ backpacks and make a huge difference in the lives of children. Let's really bless them in their time of pandemic.

I know some of you will be disappointed about not being able to shop for the items yourself, but out of an abundance of caution we feel this is the best way this year. Please send your donations to church and mark your gift "Backpack Project." You can also give your gift electronically directly from our [website](#).

## Worship in August

Out of an abundance of caution/care, and wanting to do no harm, we will not return to in-person worship until we feel it would be safe and healthy to do so. Thanks for being flexible and keeping worship a priority.

During August 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. Please make worship a summer soul destination.

**August 2**—The sermon is called, "Holy Ground." We will reflect on how wherever we are can be holy and sacred. We will share together in 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.

**August 9**—The sermon is called, "If the Church Were Christian." We will reflect on what it looks like to actually follow in the footsteps of Jesus.

**August 16**—The theme is still in the works.

**August 23**—The sermon is called, "Is God on Our Side?" We will reflect on the polarization in society and what we as a church can do about it.

**August 30**—Pastoral intern Kelby Werner's last Sunday on staff. We will commission him and thank him. The sermon title is, "Living in God's Sandbox." We will reflect on our role as earthkeepers.

Each weekend Pastor Jeanine sends you the link to worship. If ever you don't get that email, there are 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: <https://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: <https://www.youtube.com/channel/UCA47ISATrU5yV7xJ8b4cWww>
- Go the FUMC's Facebook Page. There will always be a link there as well. <https://www.facebook.com/FUMCDuluth/>

# Gardens Grow Community

by Geoff Bell

The first-ever FUMC garden tour has now officially wrapped up, and a good time was had by all who participated! It was a good way to reconnect with each other safely. By my count, at least a dozen of us took the opportunity to visit with one another.

For me personally, some of the highlights were:

- Watching Allen Anway taking pictures with his “new-old camera.”
- Learning from Kent and Mary Giese how to help monarch butterflies migrate and hatch. Did you know their yard is an official monarch way-station?!
- Exploring Jeanne and Chris Carroll’s “secret bridge.”
- Seeing how Jean Walsh has successfully integrated vegetables and flowers in the same garden.
- Helping Nancy Eaton prep her garden for showing off.
- Seeing all of you who took time to visit with Velda and me!

Thanks to everyone who participated. I’ve heard a lot of positive comments about it, so maybe this will end up the “First Annual...” (pun intended). There are some pictures of the event on the front cover (thanks to Anne Gustafson for sharing her pics with me). Enjoy!



## Mission and Social Justice

### A Delightful Way to Be Introduced to Endangered Species

By Naomi Yaeger, UMC EarthKeeper

Children running around outdoors, chasing frogs. That’s what I call a happy childhood—time spent outside examining frogs, or hearing birds, or running on the beach. Did you ever find a turtle or a frog as a child? Do you think your great-grandchildren will be chasing the same species of turtles or frogs?

On a rainy afternoon, my husband and I went to the Great Lakes Aquarium to see an exhibit by Duluth artist Adam Swanson. This exhibit focuses on some of the 45 endangered species in Minnesota. His whimsical paintings are broad, colorful, acrylic brushstrokes on plywood. The exhibit, “The Mirrors,” includes 14 paintings about some of the more than 45 state- and federally-listed endangered and threatened animals of Minnesota. Adam said in an email, “I tried to create colorful, engaging snapshots of our unsung neighbors. Animals who have existed in our region for millions of years.”

If just viewing “The Mirrors,” the exhibit at the Aquarium is free to the public. Each work is titled and some information given.

Examining one painting I wondered why the woman was wearing a turtle like a backpack and if Adam intended the turtle to look like a backpack. In another painting I questioned if the lynx saw the boy at the campfire and if the boy was aware of him. “Would a lynx harm a child?” In an audio recording, Adam says that, according to National Geographic, there are no known cases of a lynx harming a human.



Viewing this exhibit, I learned more about endangered species. This exhibit will be up at the Great Lakes Aquarium until the end of August. A reception will be scheduled.

I learned a lot via the Aquarium’s website, which has photos of some paintings and audio to describe the paintings, along with a few words from Adam. Visit <https://glaquarium.org/the-mirrors/selected-works-fromthe-mirror/> to learn more and hear Adam’s voice.



## Craft and Bake Sale Canceled

It is with sad hearts that the decision to cancel the Coppertop Craft and Bake Sale has been made.

The United Methodist Women thank you for giving your time and talent to make this a yearly success. The organizations that receive funds from the sale will not be seeing those gifts at a time when they are so needed. This will be the first time in history that what was called the "Bazaar" has been canceled by the women who have been in charge for many years. It indeed has a long history of ice, sleet, and snow storms, so we hope this will be the only time a virus has so changed how we live. We look forward with hope to a new tomorrow where we will all be together again as a church and community working to make the world a better place. God's blessings to all.

Take care and be safe.

## Alternative to In-Person Voting

If you are looking for a safe alternative to in-person voting, you may want to look into Minnesota's absentee ballot application. It's easy to use, and you can get a response of acceptance or rejection within an hour or so. There is also a link to request a paper application for those without a computer. The address is included at this website: <https://mnvotes.sos.state.mn.us/ABRegistration/ABRegistrationStep1.aspx>

## Children's Ministry

Due to the rise in Covid in the Duluth area, FUMC has determined that we cannot host an in-person, interactive activity and guarantee we are all safe. This is so hard! You are loved, and your children are loved!

Let's get together online, though, on August 5 via Zoom. We will have a chance for kids to talk and maybe sing and do a little devotional.

5-5:30pm: Pre-K through 2nd grade

5:30-6pm: 3rd-6th grade

My Zoom is <https://umn.zoom.us/my/jojocl>; My meeting code is 410-749-5307

~ Jojo Coffin-Langdon

## Social Justice Action Committee

We have started a committee whose sole/soul focus is to hold us accountable to a faithful/just response to our sisters and brothers of color. If you are interested in being a part of this group, please email Jojo at [Families@fumcduluth.com](mailto:Families@fumcduluth.com). Our first meeting was in July, but we will meet again August 24, 7pm. Even if you didn't make it to the first meeting, you can join at any time. Zoom <https://umn.zoom.us/my/jojocl>; my meeting code 410-749-5307.

## Book Club

Join us for an eight-week study on the book *White Fragility: Why It's So Hard For White People To Talk About Racism*, by Robin DiAngelo. The author explains:

"White Fragility is a state in which even a minimum amount of racial stress becomes intolerable, triggering a range of defensive moves. These moves include the outward display of emotions such as anger, fear, and guilt, and behaviors such as argumentation, silence, and leaving the stress-inducing situation. These behaviors, in turn, function to reinstate white racial equilibrium. This book explicates the dynamics of White Fragility and how we might build our capacity in the on-going work towards racial justice."

Please join us in this book study led by Jojo Coffin-Langdon. We will discuss via a private Facebook group and also live on Zoom. If you would like to join but do not have Facebook, you can surely participate in just the Zoom part of the discussion and still feel very connected and challenged. The book is hard to get, so if you are interested, buy it now! Jojo has three copies left, \$12.00. They are in a box outside the church office. This book study will start on July 20. [Sign up by clicking here](#). Include your email, and you will receive the schedule. Or connect with Jojo at 218-251-4388 or [Families@fumcduluth.com](mailto:Families@fumcduluth.com).

## Zoom Fellowship After Worship

Join your church family on Zoom for a fellowship hour immediately following worship on August 23. This will be a time for checking in with each other and discussing the sermon.

Zoom link: <https://umn.zoom.us/j/4107495307>

Meeting ID: 410 749 5307



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>

or via text message by texting "COPPERTOP" to 73256.

If you have any questions, please contact Anne Gustafson.

We appreciate your generous gifts to our Church!



Ruby's Pantry distribution is on **Thursday August 20**, in the Coppertop parking lot. For a \$20 cash donation, participants receive two large pre-packed boxes of food.

Please arrive after 3:30pm, wear a mask, and have room in your car for the food. For more information follow [Ruby's Pantry Coppertop](#) on Facebook or [fumcduluth.com](http://fumcduluth.com).

***We look forward to seeing you!***

## From Our Faith Community Nurse

Greetings to everyone! I hope this finds you safe and well. Now that we have a mask ordinance, here are some tips on how to breathe while wearing one.

Most of us, while wearing a mask, will breathe with our mouths open and use our upper chest muscles—this is very inefficient and can cause anxiety.

Julie Christiansen, a physical therapy assistant at Children's Minnesota, has some tips which I will share with you.

First, while wearing your mask, are you breathing with your mouth? Is your belly moving or just your upper chest? Place your hands on your stomach and slowly take a breath through your nose. Feel your belly and rib cage move outward, then exhale through your mouth. Practice this type of breathing during the day, and you may begin to be a more efficient breather.

Second, take breathing breaks. Find a place where it's safe to take off your mask and breathe, continuing to use the practiced way. Be mindful of how you breathe.

Third, if you can make masks or you purchase them, let your kids pick out the material and let them decorate the masks if they wish. If they will be attending school in person, have them practice breathing and wearing their masks while doing projects at home. Children should have several masks to choose from so the masks can be routinely laundered.

Do not put off medical care if you need it. By delaying, you may make matters worse and just increase your anxiety even more during this pandemic.

Many of us during this time have experienced loss, grief, loneliness, fear, depression, and stress. We need to find new ways of coping. We need to be deliberate in finding new routines and new activities, limiting our reading of bad news, being mindful, and reaching out for care.

Let's all remember to wear masks, wash hands, social distance, sanitize, and reassure ourselves that if we continue to practice these measures, we will flatten the curve. And on a positive note, first trials of a vaccine candidate have shown high antibody formation to the virus, and Dr. Fauci is optimistic that a vaccine could be in use by the end of the year. In Finland, they are using a breathalyzer test for COVID-19, which can yield results within a few minutes. Hopefully that will become available here, too.

Stay safe, everyone! If you would like the prayer chain to pray for you or others, you may contact the office, and Mike Donahue will place you on the prayer chain. You can also contact me.

Finally, if you are able, there is a need for blood, and you can either contact [Memorial Blood Center](#) or the [Red Cross](#) for a donation time.

~ Linda Wiig



# Garden Group Thank You



The Garden Group wants to thank all who participated in the Rhubarb Fundraiser on June 24. We were very happy to share the rhubarb, and the proceeds help with the gardens all around the church grounds.

We invite you to take time to wander through the church gardens and even sit for a few minutes on one of the benches. It's a great spot for a quiet lunch break or to meet friends for a social distancing visit. You might even see some sidewalk chalk art provided by kids that come with their parents when they volunteer in the gardens. That will make you smile!

Maintaining the gardens would not be possible without the help of the volunteers, and we thank each of you for your time and dedication to our gardening ministry group. Gardening is good for your soul, and we welcome anyone to come and join us.

Please contact Marlene Bowen (218-729-6526) or Laura Krumwiede (218-728-5723) for more information.

Leave your name and contact information if necessary. Thank you!

## Welcome New Members

*By Mary Giese*

**Jessica Fortney** grew up in Spicer, Minnesota, and works at Northern Bedrock Historic Preservation Corps here in Duluth.

Three things about Jessica:

- "I love historic architecture."
- "I enjoy hiking, especially the Superior Hiking Trail."
- "I enjoy just being outside."



We are all doing things differently during this pandemic, and when Jessica sent her picture, she said "I was celebrating camping-at-Home Day. I set up a tent in my kitchen and set up a site with a tiny tree, a bird, and my camp pillow."

We love her positive attitude!

### **Helen Smith Stone and Sam Stone**

Helen is originally from Windom, MN, and moved to Duluth in 1974. She has degrees from St. Cloud State, UMD, and the College of St. Scholastica, resulting in a fulfilling career in the field of

education for more than 35 years.



"I am the proud mother of a talented chef (son, Lane), enjoy all kinds of music, outdoor activities, cooking, photography, am a fiber artist/quilter, and am the president/founder of a local quilt guild."

Sam has a Bachelor of Science degree from UMD and taught science and driver's education in the Duluth Public School system for more than 35 years.

Helen and Sam got married on a sailboat in the Apostle Islands in the fall of 2001.

The picture was taken on the Dreamcatcher (the sailboat they got married on) in the Apostle Islands on one of their wedding anniversaries.



## First United Methodist Church

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

## Save the Date for August's Drive-In Worship Service



Mark **August 19 at 6:30pm** on your calendars. You will not want to miss the next outdoor drive-in worship service at FUMC's east parking lot. There promises to be games, music, Scripture, message, prizes, and horn-honking. All you have to do is drive up, park in a socially distant manner, and tune your radio to 99.7.

## Ministry Team

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### Secret Garden Tour of Duluth Monarch Butterfly Waystation Gardens

**Saturday, August 8, 2020  
10 a.m. – 2 p.m.**

This event is a self-driving tour of several Duluth *Certified Monarch Waystation Gardens* that feature a mix of milkweed, nectar and pollinator plants needed for the natural propagation and growth of Monarch butterflies.

Hosts will be at all sites to show the gardens and answer questions. Six to seven gardens are on the tour; some simple and others large and elaborate. These Monarch Waystations have been certified by Monarch Watch, a nonprofit education, conservation and research program based at the University of Kansas focusing on the Monarch butterfly, its habitat and its spectacular fall migration. There are about 64 Monarch Watch certified sites in Duluth.

#### How to take the tour:

On August 8 between 9 and 10 a.m., go to the east parking lot at the First United Methodist Church (the Coppertop Church), 230 E. Skyline Parkway.

Handouts with directions and garden information will be provided.

A \$10 donation per vehicle is requested to support the Duluth Monarch Buddies' planting projects, including along the Lakewalk and others around Duluth.

Social distancing applies; masks highly encouraged.

This tour is sponsored by *Duluth Monarch Buddies*, a nonprofit of Duluthians collaborating to restore Monarch habitat and to educate residents about the ecology of Monarchs and other pollinators. For more information contact: [duluthmonarchbuddies@gmail.com](mailto:duluthmonarchbuddies@gmail.com)

