



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 2021

Some of the
information you
can find inside:

Pastor's Column
Bible Study
Updates
Parking Lot Social
Our Musicians
Gardens

**First United
Methodist Church**

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



*"Spring work
is going on
with joyful
enthusiasm."*

—John Muir



Our First Family

Lighting Our Church

Members of the Sanctuary Choir made generous gifts in memory of two musical singers. The church will be lighted the week of April 11 in memory of Roger Downs, and that gift will also benefit the music sound system. The church will be lighted the week of April 18 in memory of Dave Miller, and that gift will also purchase music for the Sanctuary Choir.

Thank You from the Downs family for all of your prayers, cards, and calls of support during Roger's illness and passing. The cards and calls were certainly bright spots in his days and so appreciated.
~Sue, Matt, and Elissa Downs

Thank You From Johanna and Rebecca Gruskin

Johanna and Rebecca would like to extend a special thank you to our wonderful church community for so generously supporting their benefit concert last month. They are thrilled to announce that, with the church community's support, they were able to fund all of Elvis's coursework for his Diploma in Clinical Medicine at Tanzania's St. John College of Health Science! Elvis and his family are blessed by your generosity for making his dream of becoming a doctor come true.

On the Journey With You

I can hardly wait to see you in person, and I believe it will happen soon. We will be having an in-person parking lot gathering following online worship on Sunday, April 25, where we will provide coffee and donuts from 11:15-12:30pm. Please plan to come, wear masks (except when eating/drinking), and make sure to keep physical distance. If for some reason the weather is bad that day, we will move it to May 2.

All during Lent we have been studying Scriptures about agape love (self-giving, "focused on the other" kind of love) and Bishop Curry's book, *Love is The Way—Holding on to Hope in Troubling Times*.

Here are some quotes to remind you of what we have been reflecting on together:

- The way of love is the only way to freedom.
- The way of love is how we stay decent during indecent times.
- Love creates room and space for others, "the other," to be.
- Our job isn't to tell anybody how they should work out their relationship with the living God. Our job is to love and, in the case of Christians, to witness to the way of love that came to us from Jesus' teachings.
- There is a universal hunger at the heart of every human being: to love and be loved. It connects all people of faith, hope, and good will.
- Love is someone protesting anything that hurts or harms the children of God.
- Love is a commitment to seek the good and to work for the good and welfare of others.
- To switch on God's GPS, ask yourself a question: Is this just about me, or is it about we? Does this decision serve only my unenlightened self-interest, or does it somehow serve the greater good? And if the answer is "me me me, and only me," you don't do it. It's that simple. Me or we.
- Selfishness is the opposite of love... and it is the most destructive force in all the cosmos.

First Family

First United Methodist Church

230 E. Skyline Parkway, Duluth, MN 55811
218-727-5021 Info@fumcduluth.com

Pastor: [Jeanine Alexander](#)
Editor: [Bill Alexander](#)

Next First Family deadline: **April 21**
Submit to connect@fumcduluth.com



fumcduluth.com

- Where selfishness excludes, love makes room and includes. Where selfishness puts down, love lifts up. Where selfishness hurts and harms, love helps and heals. Where selfishness enslaves, love sets free and liberates.
- Where true love is found, God is there.
- There is a simple way to connect to the divine, anytime you feel like it. If God is love, and love is an action, you've only got to get out there and do it. You've got to get out there and receive it.
- Become part of a community of people who want to give and receive love, to liberate themselves from the tyranny of self to look outward. If you are a part of a loving community (like the church), you can rest in God's hands anytime you need to.
- Church should be an opinionated, politically-engaged people, always debating or fussing about something, and always extending a hand, or even a wallet, when someone needs it, even if you disagree on issues with that someone.
- Listen NOT so we can better argue but so we can better love.
- Dreams are love's visions—the boundless faith that the world can be remade to look more like what God hoped for creation.
- The only people who have ever changed the world or anything for the good have been those who dared to dream of an alternative reality, another possibility than the one that confronts us day by day.
- The God who is love created every human child in God's image, of infinite worth and dignity. And it is our love that recognizes and affirms this value of the human person in attitudes and actions that lead to compassionate living.

May we know that we are loved, and may we love well together... and may our loving change the world!

On the journey with you!

~Pastor Jeanine

Bible Study

Our weekly Bible study meeting, led by former FUMC member Lynn Millikan, resumed via Zoom beginning Wednesday, March 17 from 6:30–7:30pm. We will spend several weeks in the Gospel of Mark, starting with chapter 11, and then later in the spring will focus on another topic that will be chosen by the group. Lynn is an experienced and engaging teacher with a deep understanding of Biblical history and literature, having earned a seminary degree in theology. Zoom links are available for ALL who might want to join in the conversation. Contact MaryAnne Korsch (maryanne.korsch@gmail.com, or 218-343-8813) to join, and she will send you the Zoom link.



**First United Methodist
Hillside United Methodist**

Palm Sunday
March 28, 10:00am (online only)

Maundy Thursday/Good Friday Tenebrae
April 1, 7:00pm (online only)

Easter Sunrise Service
April 4, 6:45am (FUMC Parking Lot)

Easter Sunday
April 4, 10:00am (online only)

For links to online services, go to
FUMCduluth.com

Easter Offering

Every Easter we take a special Easter offering, and we will do so again. You are invited to make a special Easter gift. Half of the offering will be split between Myers-Wilkins Elementary School to help with special needs and support for the children (the school is in close proximity to our church) and St. Mark's African Methodist Episcopal Church in Duluth to help them have the resources to continue their online service and activities after they return to their physical building. Building relationships with our neighbors is so important. The other half of the offering will go to the general mission, ministry, and outreach of our congregation.

You may mail your gifts to the church. Please mark "Easter Offering" on the memo on your check or on the envelope. The church address is FUMC, 230 East Skyline Parkway, Duluth, MN 55811.

We also have an option to give electronically via the Internet. Click on the link below or copy and paste the URL into your browser: <https://onrealm.org/FirstUMCMN/give/now>

You can also give via text message by texting to 73256 and typing COPPERTOP in the message area. You then will be texted instructions.

If you have any questions about electronic giving, please email Sandy Smith at admin@fumcduluth.com.

In whatever way you give and express love during this season, know that the need is great, and together we can make a great difference!

Mission and Social Justice

Coming Soon

Racial Justice Action Committee Book Study



A Good Time for the Truth: Race in Minnesota (2016) is a collection of 16 essays by writers of color. Edited by Sun Yung Shin, these articles "challenge, discomfort, disorient, galvanize, and inspire." One of the whitest states in the USA, Minnesota struggles "with some of the nation's worst racial disparities. As its authors confront and consider the realities that lie beneath the numbers, this book provides an important tool to those who want to be part of closing those gaps."

Dr. Robin DiAngelo Talks on White Fragility

Referring to the defensiveness white people show when talking about race, DiAngelo writes, "White fragility is characterized by emotions such as anger, fear, and guilt, and by behaviors including argumentation and silence," which serve to reinforce "white racial equilibrium."

If you missed our 2020 book study, check out the links below to hear Dr. DiAngelo explain why it's so hard for white people to talk about racism.

<https://www.npr.org/2020/0> (11 minutes)

Ari Shapiro's interview with Robin DiAngelo, PhD, Critical Racial and Social Justice Education

<https://youtu.be/45ey4jgoxeU> (83 minutes)

Dr. DiAngelo reads from her book, explains white fragility and discusses how white people can develop their capacity to engage more constructively across race.

The cost of the book is \$18.95. We have two copies for the FUMC library, but if you would like for us to get the book for you, please connect with Jojo Coffin-Langdon: 218-251-4388.

Meetings will be the 1st and 3rd Mondays beginning on April 19 at 8:00pm and will continue through June.

"The plague of racism is insidious, entering into our minds as smoothly and quietly and invisibly as floating air-borne microbes enter our bodies to find lifelong purchase in our bloodstream."

~Maya Angelou

Parking Lot Social

Following our online worship on Sunday, April 25, there will be a Parking Lot Social with donuts, coffee, and visiting in the church parking lot. It will begin at 11:15am and go until 12:30pm. In case of bad weather, we will do Sunday, May 2.

Please plan to wear masks in the parking lot to ensure everyone is safe. It will be GREAT to get together in person!

COVID-19 Update

A letter updating you on our process of re-opening, timeline, and details was sent out last week. The church council met to discuss these issues after the deadline date of this newsletter. Worship will be fully online the month of April (as it has been for the past year). The church is currently open for gatherings of ten people or fewer. Call Sandy in the church office (218-727-5021) to reserve space if you want to meet on site. Masks and social distancing are required for any in-person time at the church building.

Intercessory Prayer

If anyone would like a quiet place to join together as people of God to just pray, the Sanctuary and Three Brothers Chapel will be open Sunday nights from 7:30-8:30pm. There will be candles to light and opportunity to kneel, pray, or sit... whatever you need. Quiet music will play in the background to help you center. This will begin April 11. Contact Jojo Coffin-Langdon at 218-251-4388 for more information.

Children and Family Ministry

Hi everyone! Remember, we have Sunday School material each week! Links are always in Pastor Jeanine's email and in the comments section of our online church service. It's fun! Encourage your kids to watch it when you are watching church right after the Children's Message (or any time; you can set up the link for them). In Sunday School we have a little video from our Whirl curriculum. Pastor Cynthia teaches a song, and Pastor Jojo does a lesson for the kids. Sometimes there's a video on a craft they can make as well. Don't feel like you have to be an expert on the Bible! It's okay to let your kids know that you don't know what to think about whatever story they are learning about, and it's good to ask questions about the Bible and our faith. Our kids will take their cues from YOU!

Stay tuned for some spring/summer fun that we are able to have this year in a safe way!

- **April 11, 12-1:30pm:** Spring picnic for those involved in Family Ministry at Holy Rosary Playground (2802 E 4th St, Duluth). Bring a picnic and picnic blanket, and we will have lunch and time to play outside and run around together!
- **July 16-19:** Adventure Day Camp.
- **August 27-29:** Family Camp at Camp Amnicon

Contact [Jojo Coffin-Langdon](#) or at 218-251-4388 with questions or comments.



Palm Parade Participants

Holy Week

**March 28, 10:00am
Palm/Passion Sunday
online**

It include a palm procession that
was recorded in our church
Sanctuary

**Thursday, April 1, 7:00pm
Maundy Thursday/Good
Friday Service online.**

This powerful service starts with
the Last Supper and ends at the
cross.

Join us for the premiere or watch it
any time before Easter.

**Easter Sunrise Service
April 4, 6:45am
FUMC Parking Lot,**

A short, in-person, outdoor service
overlooking Lake Superior.
Please wear a mask for the safety of
everyone.

**Easter Sunday Worship
April 4, 10:00am online**

Please join us for the premiere or
watch it any time afterwards. It
includes our choir singing a virtual
version of the *Hallelujah Chorus*.

[FUMC YouTube Channel](#)

From Our Faith Community Nurse

Greetings and Happy Spring! Spring brings joy to my heart for new beginnings, new growth, and hope for all. It's been a long hard winter dealing with the COVID pandemic, people out of work, people sequestered at home, children's schooling disrupted, and deaths. But more people are getting vaccinated, some children are able to attend school in person, some restrictions are being lifted, and we can be cautiously optimistic. In order to get back to more normalcy, please, when you get the chance, get the vaccine and continue to be vigilant.

Since Spring has sprung, I imagine that many of us just want to get outside and enjoy more freedom and fresh air. With our wanderings in our great outdoors, you must take precautions, as we have had a number of days above 34 degrees and that means **Ticks!** Yes, tick season is upon us and they have been spotted.

I don't need to tell you that we live and recreate in a Lyme-endemic area. Over half the ticks are infected with Lyme. Campsites, golf courses, back yards, parks, the forest, etc., are all areas of exposure, especially to school-aged kids. Lyme infections can cause significant illness for some, producing serious and chronic symptoms. An individual's symptoms can vary in intensity, come and go, disappear entirely, or progress. Therefore, it makes it difficult to recognize the infection and to diagnose, as lab tests aren't always reliable.

Early disease will appear within 2–30 days of a bite, and only 20% of people develop a rash at the site of the bite. The rash is usually solid colored. Fever, muscle and joint pains, headaches, fatigue, sore throat, and flu symptoms can also appear. Flu symptoms in the summer is a good indicator of Lyme.

Late Lyme develops weeks or years after a bite. All of the above symptoms can appear, including sleep and/or concentration difficulties, meningitis, facial nerve palsy, mood swings, generalized pain, and debilitating fatigue. If a child develops a facial palsy, there's a high probability it's due to Lyme.

Prevention:

- Avoid ticks—don't sit on fallen logs, don't run through tall grasses, stay on paths, clear away brush and fallen leaves, and don't feed deer.
- Use insecticides and repellents. Permethrin can be applied to clothing, bags, tents, and other gear BUT NOT SKIN. It will remain effective for 2–6 weeks through multiple washings. If you put the permethrin-treated materials in a HOT dryer for 15 minutes, it will kill the ticks.



- Picaridin is relatively new and is as effective as DEET in concentrations of 20%. It can be applied to gear, unbroken skin, fabrics, and is non-toxic for children.
- Oil of lemon eucalyptus has also proven effective in a concentration of 7.75%, is safe for all ages, and can be applied on all surfaces, just not broken skin.
- DEET, at least 30% concentration. The EPA says it's safe for kids, but Canada's Health Service has recommended not to use it on kids.
- Proper clothing: long sleeves and long pants tucked into socks if you are out in the woods.

Tick Checks are Vital

When you have been outdoors in high-infected areas, you must do a check of yourself and ask another to check your head and other parts of you that you cannot see. Deer ticks are small and can be easily missed. Check again one to two days later. Few ticks will pass on Lyme in less than 24 hours, but as time passes, and especially if the tick is fully engorged, you have a 94% chance of getting Lyme. If you find one attached, grab it as close to the skin as possible and pull straight out. Put it in a plastic bag to show your health provider. The deer ticks that carry the diseases are usually reddish in coloring, not like the white mantel of the dog tick.

Deer ticks can transmit other diseases such as anaplasmosis, babesiosis, and Powassan disease. So please be vigilant. There are 475,000 new cases of tick-related diseases each year. The treatment is to receive doxycycline for 21–28 days. If taken only for 10 days, there is a 36% treatment failure. It is recommended that all infected Minnesotans and Wisconsinites receive at least the 21-day treatment.

Most of this information has been provided by Elizabeth Maloney, M.D., president of Partnership of Tick-Borne Disease Education.

Coming Up: Information from the Arrowhead Agency on Aging

The Health Coaches for Hypertension Control program provides health screenings and eight weekly classes on topics such as blood pressure, nutrition, physical activity, stress management, and more. April 20–June 8; Tuesdays 10–11:30am via Zoom. Register by calling 218-999-9233, ext. 282. You qualify if you are 45 or older and have been diagnosed with high blood pressure.

As the weather continues to warm, we can again look forward to gathering outside, but remaining distanced. Please continue to observe recommended guidelines for safe gathering and get the vaccine, please.

Blessings and Peace to All,
~Linda Wiig

EarthKeepers

How can we make Earth Day engaging, the Sustainability Committee pondered.



"What are the EarthKeepers planning to do?" someone asked me. "We are not a cohesive group that all hang out together," I replied. Everyone seemed stunned. They thought EarthKeepers were a cohesive group. While it is important for EarthKeepers to network, each EarthKeeper has an individual project.

I completed EarthKeeper training in 2016 at a retreat. We reviewed Scripture with a new perspective. Many gave powerful testimonies about how they felt called to creation care as a ministry.

It was an extraordinarily meaningful time. A commissioning service took place in the same building which houses Global Ministries, with General Secretary Thomas Kemper leading the ceremony. My EarthKeeper project: teach people how to have an earth-friendly event. Everyone had a four-word motto. Mine was: "Duluth Doesn't Do It Dirty." (I know it's not four words, and it sounds nasty.) After Mom's death, I was too exhausted and "Didn't Do It (or anything) Dirty."

Now, my goal is to educate others through writing, photography, and videography. By reading this, you have partnered with me. Other FUMC EarthKeepers are Carol

—continued on next page

—EarthKeepers continued from page 7

Donahue, Chuck Campbell, and Kelby Werner.

Carol's project was a community vegetable garden at the church; she's taking a break. Chuck's idea was to "green up" the building, which he does through the Sustainability Committee. Kelby's long-term goal is ordination as a minister. He said, "A lot of EarthKeeper training is about how to approach people instead of just scaring people."

Here I Am, Lord is a song I felt was directed at me. I am called to journalism and creation care. Are you called to be an EarthKeeper? Contact me at 218-591-5277 or sun_dog_press@yahoo.com. Learn more at <https://umcmmission.org/EarthKeepers/>. Online training is May 7–22, 2021. Apply by April 12.

Isaiah 6:8

I heard the voice of the Lord saying, "Whom shall I send, and who will go for Us?" Then said I, "Here am I. Send me!"

UMC EarthKeeper ~Naomi Yeager



TIP of the Month: Go on an Earth Day scavenger hunt with your family. Take a hike/walk in a park or just in the neighborhood. The area doesn't have to be big. Give each person, even the youngest, a list of 22 items in nature to find. Adapt the level of difficulty by age. Ask the youngest to find a rock, but older ones can find a rock the size of a fist or one that has red in it, for example. Create teams or just help each other. Have fun! Talk about God's good gift of nature.

Garden Group Looking to Spring



Hello Friends;

Not only am I privileged to welcome people to our building and grounds, but Kent and I are also members of a fantastic ministry group at church, the Gardeners! As I write this, it is mid-March, and outside the window is a hint of the days to come. Looks like spring but—you know the rest!

The Garden Group is anticipating the upcoming gardening season, when we can welcome church members and all visitors to our beautiful gardens. Last summer, I believe the gardens and the opportunity to wander and/or work in them was a great way to cope with COVID. Thankfully, our COVID concern may be less this summer, but we will still be mindful as we work together. Imagine outdoor drive-in worship and other activities among the gardens. Lovely!

One of the highlights in our gardens is the abundance of hardy geraniums we plant each year. Many of you remember Dorothy Ottinger, her love of flowers, and her passion for the church gardens. Dorothy designated a gift to the church garden fund at her passing, with a request for red geraniums in the entrance gardens. The Garden Group has been good stewards of her gift, and have kept more than 100 geraniums alive in the lower level windows of the church each winter since 2015. Memorial gifts and donations, large or small, are accepted, appreciated, and fund the ongoing upkeep of the gardens. We also sell geraniums each spring to help with annual plant purchases.

May 9 is Mother's Day, and also Garden Sunday. If you would like to purchase some geraniums (\$20 each) for yourself or as gifts, please contact Laura Krumwiede at 218-728-5723 (leave a message if

necessary). Payment can be made at time of pick-up on Tuesday, May 18 from 9am-11am during our annual gardens clean-up day, or make other arrangements with Laura. Checks for plants or a financial gift can be made to FUMC with "Gardens" in the memo line. We thank you for your consideration.

On Garden Sunday, we thank and celebrate our 30-plus volunteer gardeners. Many hands make light work, and new volunteers are always welcome. If you like to "play in the dirt with like-minded people," this is a great group to join. Our volunteers help plant and care for the gardens on a rotating basis.

Please contact Marlene Bowen at 218-729-6526 or rmbowen73@gmail.com to be added to the volunteer list. No special gardening skills are needed, and you choose the amount of time and commitment that's best for you.

Watch for the dates and times for spring planting in the May issue of First Family. All are welcome!

Thank you from the Garden Team leaders: Bowens, Harpers, Krumwiedes, Schroeders, and Gieses.

Meet the Musicians

In an effort to keep us all connected and to let you know who has made and continues to make that beautiful music for worship, we are launching a limited "Meet the Musicians" series. Our musicians have been asked a series of questions in order to share information with you so you can get a better glimpse into their lives! Maybe, just maybe, you will be so overjoyed with some responses that you will just HAVE to join us! (If that is the case, contact [Velda Bell](#).) Enjoy!

Mike Donahue



I was a tap dancer and singer in grade school, played the accordion in Jr. High, and participated in choirs at school and church all of my life. I've been a member of First UMC's Sanctuary Choir for well over 30 years.

Besides the church choir, I am part of the Hospitality Committee and church council. I have worked part-time at Fond du Lac Tribal and Community College for the past 19 years after retiring from a full-time teaching career of 34 years. I have recently done volunteer work in elementary schools and at Ruby's Pantry.

These groups provide food for my soul and keep my brain alive and well. I have always enjoyed singing, and the choir fills that need.

Besides many trips with our family as they grew in age and wisdom and traveling with Carol during our retirement, my musical highlights include the several cantatas the Choir has performed over the years, especially those under the direction of our current choir director, Mike Goodlet.

I look forward to singing in church in the near future and for years to come.

—continued on next page

Carol Donahue

I came to the FUMC choir from my home church, Our Savior's Lutheran, Duluth, where I sang in the choir as a teenager. I became their organist when I was 18 years old.

In August of 1986, FUMC hired me as their organist and director of music ministries: playing for the choir, arranging music for worship, and any other event that required music. For me it has been a delightful blessing to sing as a choir member the last nine years. Church music has been with me since I was in the 6th grade, playing for the Sunday School, and mostly, the part that speaks to my heart, mind, and soul.

Thank you for the FUMC congregation!

Nancy Eaton

1. What musical groups have you been a part of over the years (and for how many years) at the Coppertop and/or Chester Park?



I joined the Sanctuary Choir in 1980, and I remember leaving rehearsal each week thinking, “this is the best thing that I’ve done for myself in a long time!” I sang in the Women’s Ensemble, most of the time with Annette Nygard, Sue Downs, and Ruth Lansing Brickell, and accompanied by MaryAnne Korsch. Other Ensemble members over the years included Joyce Lilyquist, Elizabeth Macaulay, and Mary Ankarlo. In 1981 I joined the adult bell choir, and in 1985 I joined Strikepoint, which became the next best thing I’ve done for myself. I’ve also played as a substitute in our high school and junior high bell choirs.

2. Of what group(s) are you currently a member?

Most of the above: Sanctuary Choir, Cast in Bronze (adult bell choir), and Strikepoint.

3. I enjoy these groups because:

Music is fun! Our musicians—and all our musical leaders—are wonderfully talented people. I have sung and rung with groups at other churches on occasion, and we are incredibly fortunate to have the music staff that we do!

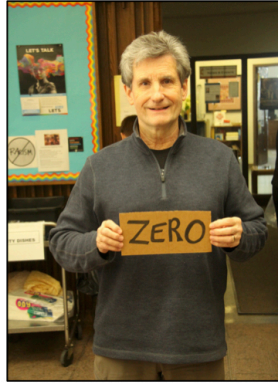
4. Some of my best memories include:

Oh, you don’t really want me to start listing 40 years of church music memories, do you?? Picnics and Christmas parties with the choir. Tours across the country and even the world with Strikepoint. Attending handbell festivals with our adult and teen bell choirs. These are all treasured experiences, along with so many others.

5. Anything else you’d like to add/include?

I have met some of my best friends in our church music groups. And each time a Strikepoint member leaves and someone new begins, the group dynamics shift and we form into a new family. It’s wondrous to observe and be a part of. If anyone is considering joining the choir, bell choir, or Tapestry, do it! You won’t regret it. Being part of a musical group is an experience that is larger than the sum of the musicians, and can be utterly magical.

You Have the *Power!*



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First United Methodist Church

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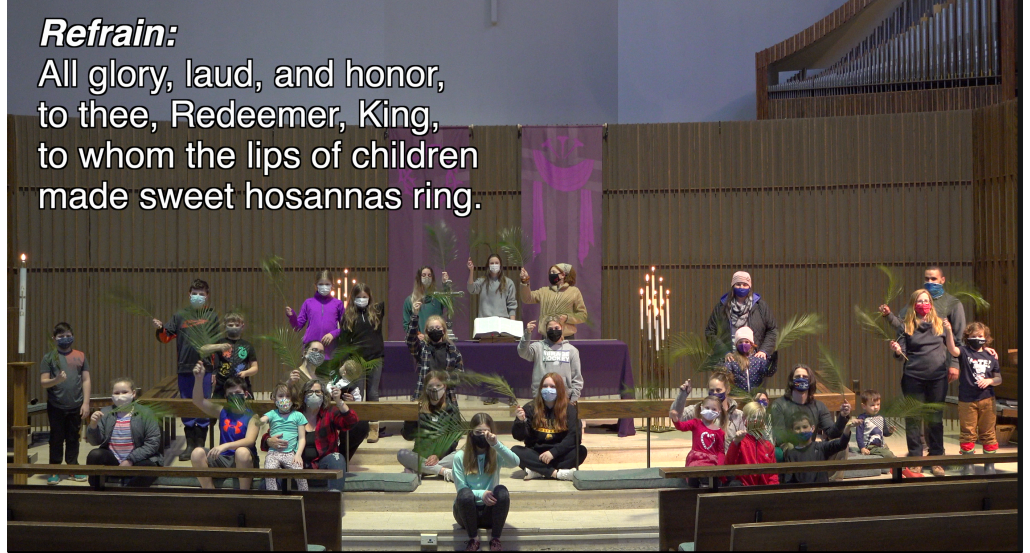
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Refrain:

All glory, laud, and honor,
to thee, Redeemer, King,
to whom the lips of children
made sweet hosannas ring.



Palm Parade (completely within our COVID-19 guidelines, and digitally manipulated), from Palm Sunday

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