

February  
2018

# First Family

## ***First United Methodist Church – The Coppertop***

**Mission:** *To be a place where we welcome all people, are guided by the teachings and unconditional love of Jesus, and are inspired to participate as faithful Disciples of Christ.*

**Vision:** *To be a fully-inclusive Christ-centered Body of faith vitally engaged in ministries seeking justice and wholeness for our community.*

### **New Member Informational Classes**

This class is for anyone who would like to learn more about FUMC – The Coppertop. It is a time with the pastors. A class is required if you intend to join. Childcare and snacks are provided. Sign up on the table in the common area, call the church office or e-mail pastor Jeanine ([pastor@fumcduluth.com](mailto:pastor@fumcduluth.com)).

Upcoming classes to pick from:

- ⇒ Sunday, February 25<sup>th</sup>  
11:30 am-1 pm
- ⇒ Sunday, March 18<sup>th</sup>  
5:00-6:30 pm
- ⇒ Sunday, April 22<sup>nd</sup>  
11:30 am-1 pm
- ⇒ Sunday, May 20<sup>th</sup>  
11:30 am-1 pm

**First United  
Methodist Church**

**230 E. Skyline Parkway  
Duluth, MN 55811**

MUSIC AT THE COPPERTOP

**Make a Joyful  
NOISE**

**MARCH 4 - 3:00 pm**

And a joyful noise it will be when all the forces of FUMC music come together in concert on Sunday, March 4 at 3:00 p.m. This concert will feature your favorite singers, ringers, and instrumentalists from First UMC's music groups: Tapestry, the Sanctuary Choir, all handbell ensembles from Ringtones to Strikepoint, JAM and the Peanut Butter Band, and various instruments including organ, piano, strings, brass and woodwinds.

One of the joys of FUMC's music program is variety and you'll hear plenty of that at this concert. You'll hear everything from Tapestry's unrestrained singing to the charm of JAM and the Peanut Band, our youngest music group. The concert will include plenty of favorites such as arrangements of "How Can I Keep From Singing," "On Eagle's Wings," and "Precious Lord, Take My Hand," as well as brand-new compositions.

A free-will offering will be taken, and proceeds of the concert will go to FUMC's Capital Campaign which includes money for refurbishment of our Austin pipe organ which will be 50 years old this year!

You won't want to miss this concert. Come, and bring your friends.

***Psalm 100: Make a joyful noise to the Lord, all the earth.  
Worship the Lord with gladness; come into his presence with singing.***



## Our First Family

### Hospitalizations:

Dorothy Anway, Lee Ball and Dick Peterson

### Baptisms:

Jan. 14—Finn Patrick Klocke born Dec. 20, 2016, son of Brian & Kelle Klocke

Jan. 22—Lily Insoon Geissler born April 22, 2017, daughter of Jody & Emily Geissler and Zoe Hana Kibler born Aug. 24, 2017, daughter of Chris & Carrie Kibler

### Church Lighting:

Jan. 28-Feb. 3 in memory of Bill Wolden's birthday from Marlys Wolden and Cindy & Scott Hedlund to benefit the Capital Campaign.

Feb. 4-10 from Bud Hanson in memory of Eleanor "Ellie" Hanson who passed away on Feb. 6, 2006 to benefit the Capital Campaign.

### Thank you:

*Thanks to the Prayer Shawl Ministry knitters for providing a nice, cozy shawl with pretty fringe. I am enjoying it so much.*

~ Shirley Mitchell

### Attendance:

Dec 31	209	Jan 21	282
Jan 7	236	Jan 28	212
Jan 14	208		

# On the journey with you

## We Need to Worship

I love worship at our church. The music is outstanding and of a wide variety, the liturgical art is beautiful, the congregational energy excellent! It is so good to be together.

We need to worship. Worship provides us the opportunity to pause in the midst of our daily living, giving our souls a chance to catch up with us. Worship gives us spiritual nutrients so that we can better live out our faith all week long. Worship reminds us that forever and always we belong to God, and it focuses us on the meaning and purpose of life. Worship helps us get ourselves out of the center of our focus and focus on God and what it means to partner with God in this world.

I hope you make it a priority to be in worship each Sunday. It is important to your spiritual health. It is important to your church, and your pastors, that you be there.

Here is a preview of the sermons coming up in February:

- ⇒ **February 4** – We finish up our “Getting Real” sermon series. We will be dealing with criticism – how to handle it in healthy, life-giving ways.
- ⇒ **February 11** – We will focus on “The Marks Of A Christian Life.”
- ⇒ **February 18** – We begin our Lenten sermon series called “*Under Construction*.” This week we will look at how we are designed for discipleship and reflect on how ready we are to be molded and shaped by God.
- ⇒ **February 25** is the second in our “*Under Construction*” sermon series. This week we will explore what greatness looks like and how greatness comes through serving.

(cont'd)

## First Family

### First United Methodist Church

230 E Skyline Parkway, Duluth, MN 55811

218-727-5021      info@fumcduluth.com

Pastor Jeanine Alexander

Next First Family deadline: February 20

Submit to admin@fumcduluth.com



## ***We Need to Worship, (continued)***

If you need to miss worship, or you want to listen to a sermon again, you can find them on our web site at <https://fumcduluth.com/coppertop-sermons/>. If there are topics you would like to hear sermons on, please let me know.

Looking forward to seeing you in worship. On the journey with you,

*Pastor Jeanine*

## **Staff Transitions**

### **Retirement of Paula Davidson, FUMC's Administrative Associate**

In Paula's own words – "It is with regret that I announce that I will be retiring effective February 14, 2018. I have substantial health concerns at this time and need more personal time to deal with them. I will be available to provide any information or insights I may have to this transition as needed."

We will have a reception for Paula following worship on Sunday, February 18. There will be a basket for cards for those who wish to bring a card. Nancy Eaton will be our interim Administrative Associate while our SPRC (Staff Parish Relations Committee) prepares for the hiring process.

### **John LeFaive leaves as FUMC's Building Engineer**

After reviewing the documentation provided to us by John LeFaive from his medical providers, he and the church have agreed that he is no longer able to carry out the duties of his position effective January 31, 2018. We are very thankful for John's many years of dedicated service and will be finding ways to thank him. Please be watching for information. With John's leaving we are in need of people with a boiler's license to do a brief daily inspection of our boilers. If you have a boiler's license, or know someone who does, please let Pastor Jeanine know.

## **First Friday Early Breakfast Club at Uncle Louie's**

The First Friday Early Breakfast Club is an all inclusive group of men from FUMC who can't make the other Men's groups time slots work with schedules. We meet at 6:45-8:00 am at Uncle Louie's Cafe on 4th St in Duluth. Topics of conversation tend to center on discussion of kid's activities, challenges of parenting (or grandparenting) and the craziness of being an active adult male in today's society. But, being an all inclusive group, any topic is fair game! There is no formal invitation that goes out and we don't take attendance. All are welcome and if you can come and go at any time during this time slot, you're welcome to join us. Please come and join us and bring a friend! See you the first Friday!

## **Rummage Sale**

The Capital Campaign Committee is organizing a spring Rummage Sale on Sat., May 5 and asks you to think about what you might donate (*no clothing*). We will not be able to accept donations until the week of the sale, but if you think it might sell, please don't give or throw it away.

## **Living Simply Class**

How are we doing at living a life that truly reflects what we believe about caring for one another and for our earthly home? Might we benefit from simplifying our lives?

*A Different Way: Living Simply in a Complex World* is a discussion course which helps us to examine how the choices we make reflect the values we hold and identify real change we should make in our lives, communities, and the broader world. The course involves six sessions and utilizes a text and discussion guide.

A group of FUMC folks just finished the course and will continue to meet and discuss how we can live simply and more responsibly. If you're interested in learning about the course and whether you might like to participate, join us after worship on February 18.

## February is Love Your Heart Month

*from Linda Wiig, Parish Nurse*

Greetings everyone! Now that we are in February, I always talk about our hearts since it is known as Love Your Heart Month. Many of you may not know that blood pressure guidelines were revamped this last November. A normal reading of 120 or less over 80 or less is accepted now, and anything above is considered elevated. 120-129/80 or less is elevated and lifestyle changes are recommended. High blood pressure is considered 130-139/80-90 which is known as Stage 1. Lifestyle changes as well as reassessing blood pressure in 3 to 6 months and possible medication. Stage 2 hypertension is a value over 140/90. Lifestyle changes, medications as well as monthly follow ups are needed to get your blood pressure under control.

Some of you who have high blood pressure are to follow your health care providers recommendations and with your input a health plan of action. Your doctor can help you determine target blood pressure and heart rate ranges which will help you to live a more productive life and avoid a stroke or heart attack.

Some of you may be monitoring your blood pressure at home and at varying times of day or blood pressure fluctuates. Your blood pressure is typically at its lowest right after waking up and tends to vary by up to 30 percent throughout the day. This is a result of hormone changes, activity level, and eating. When taking your blood pressure, remember to breathe because holding your breath can raise your reading. An example blood pressure check routine may be to take two to three readings (in the seated position, while resting) both in the morning and night, over a period of one week. Sit comfortably in a chair, don't have your legs crossed, have the upper arm at the level of your heart, and take readings after you have been sitting for 10 minutes. Your doctor will want you to take your pressure in the same arm that has the highest reading as your pressure can be different in your arms. By taking consistent readings, it's easier to see if the treatment your doctor prescribed is working as directed.

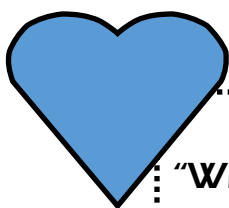
Of course, regular physical activity is an important part of long-term blood pressure control. Exercise conditions the heart and improves the health of blood vessels. It also will help you manage your weight, lower your stress, and make you feel good. However, you should make sure to clear your exercise program with your doctor.

According to the American Heart Association, healthy people should get 150 minutes of moderate-intensity exercise per week – that's 30 minutes a day, five days a week. Examples of moderate-intensity forms of exercise include brisk walking, gardening, water aerobics, playing tennis (doubles), and ballroom dancing.

Remember that you can incorporate exercise into your daily life – walking up that flight of stairs or that three block walk to the store can make a difference.

**What is important is to work out a plan designed for you, have the courage and fortitude to carry through, and ask God for help. Your goal is to incorporate changes in your life to help your heart, to feel better, and to make your heart happy as well as those you love.**

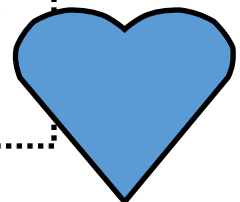
Shalom, *Linda*



**As Willa Cather has stated,**

**“Where there is great love there are always miracles.”**

**So be with those you love and be kind to yourself.**



## Sunday Drivers

Did you know that every Sunday people from our congregation pick up people who need a ride to church? We are needing two additional drivers. Drivers typically drive one Sunday per month. If God is nudging you to participate in this ministry, please let Pastor Jeanine or Rev. MaryAnne know and they will connect you with Karl Lindgren who organizes this very important ministry ... which blesses people greatly!

## Wednesday Meals

Every Wednesday from 5:15-6:30 pm, about 60 people from our congregation eat a warm meal as part of their participation in our music programs, Bible studies, youth, and children's ministries... and some just come for a warm meal and fellowship. We need people/groups of people to sign up to either prepare a meal or help with a meal. These meals bless so many people in our church from our young families to our elderly, and everyone in between. If you would be interested in helping make this happen, please contact Linda Wiig at [nurse@fumcduluth.com](mailto:nurse@fumcduluth.com).

## Winter Women's Retreat: March 2-4

Please mark your calendar for the annual FUMC Women's Retreat at Camp Amnicon. You can come for all or just part of the weekend. Topic: *Experiencing God's Presence Through Play*. Cost: Full weekend (2 nights, 5 meals) \$100; 1 night with 3 meals \$60; 3 meals (no overnight) \$45. Plan on coming to this fun, inspiring and laughter-filled time of renewal. Please sign up in the office. Any questions, call Anne Miller at 525-1555.

## February is Black History Month

In celebration of Black History Month, our Sanctuary Choir will be singing spirituals during each Sunday worship service in February. You'll hear beautiful arrangements of "Witness," "Somebody's Knocking at Your Door," "Lay Up Your Treasures in Heaven," "City Called Heaven," and "Soon Ah Will Be Done." Thank you Sanctuary Choir for sharing your gift of music with us!

## Potluck & All Church Meeting—Feb. 11th

Please plan to stay after church on Sunday, February 11 for our annual church conference. Pastor Jeanine will share what she learned at the meet-and-greets in her first months with us... we will take yearly action on church membership... we will have an update on our capital campaign progress... and we will vote on the merging/absorption of Lester Park UMC and their request to come to First UMC.

**Potluck meal**—Following our meeting, we will share a potluck meal together in the Social Hall. Please bring a dish to share, if you can. To balance the menu, may we suggest:

- Last names A-L: bring a salad or side dish
- Last names M-S: bring an entrée, hotdish or casserole
- Last names T-Z: bring a dessert or snack

**Place settings**—To cut down on energy use for dishwashing, please bring your own plates and silverware.

**Help needed**—Please sign up in the narthex to help set up and clean up our meal.

## 2018 Offering Envelope Enhancement

Offering envelope books for 2018 are now available in the narthex. If you want to use envelopes and do not see a book with your name, please sign up for envelopes in the church office. We will prepare a book for you to pick up the next Sunday.

For your convenience, offering envelopes can be enhanced with Name of Fund stickers. Pick up a set of 50 stickers in the narthex to apply at home, or bring us your book and we will happily apply them for you in time for worship the following Sunday.

Also available are small envelopes addressed to the church that can be used to mail your offering when you are not able to attend worship. They are bundled in packages of 10. Please feel free to take as many as you need.

### Sundays at 9:00 a.m.—Fireside Lounge

#### Theme 1—Biblical Lessons for a Meaningful Life

- Feb. 11 Mark Whitlock  
*Unconditional Love: Can We Perfect It?*  
Psalms 5, 6 & 7
- Feb. 18 Shelley Gruskin  
*The Keys to the Kingdom: More Than a Novel?*  
Matthew 16:13-20

#### Theme 2—Breaking the Spending Habit

Introduced & hosted by Geoff Bell

- Feb. 25 Jean Walsh  
*The Case for Living Simply*
- Mar. 4 MaryAnne Korsch  
*Honoring the Sabbath: A Time to Rest*
- Mar. 11 Geoff Bell  
*Breaking the Spending Habit: What Matters Most?*

#### Theme 3—On Living a Christian Life: My Story\*

- Mar. 18 Karen Alseth
- Mar. 25 Jeanine Alexander
- Apr. 8 Linda Wiig
- Apr. 15 Laura Stahl
- Apr. 22 Lynn Millikan
- Apr. 29 Sannah Arvidson-Hicks
- May 6 Anita Zager
- May 13 Mike Goodlet
- May 20 LeAnn House
- May 27 Kelby Werner

\*On Living a Christian Life: My Story will be the presenter's version of what living a Christian life looks like, or should be, or can be.

### ...Better yet, bring your own mugs!

Coffee drinkers, feel free to borrow a traveling mug if you wish to leave church with a hot cup of coffee. Drop it off in the office on your next visit...or use it for a refill. Thanks to donations, mugs will be available near the coffee urns. (We could use some more traveling mugs. Drop them off in the church office. Thanks!)

FUMC switched to china cups when we realized that the Dixie cups we were using are 20% noncompostable plastic. We average about 50 cups each Sunday, which means that since April we've saved over 2,000 cups from the landfill! Find out more about the detrimental effects of single-use plastic. The 45 minute video "Bag It" will be shown in our church on Wednesday evening, March 14, and Sunday, March 18 right after worship. Seeing this film can change your life.

### UMCOR Treat Sale

#### Prep Day – February 25

Kids, youth, and families will measure, mix, cook, bake and create *irresistible treats* on this prep day to offer for UMCOR donation the next Sunday. Join the "messy church" fun at 9:00 am in the church kitchen on February 25. Treats will be sold after worship on Sunday, March 4.

### Sign Language Interpreter

As part of our commitment to inclusion, we have a Sign Language Interpreter at our 10:00 am worship service twice per month on the 1st & 3rd Sundays. Please let people in the deaf community know.

# Calendar — February 2018

## Weekly — Our regular schedule

This calendar includes only those events open to church members or the general public. Other events are scheduled in the building, but not listed.

### Sundays

9:00am Faith Forum - FSL  
9:00am Family Faith Formation - 112, 105, 106, Lib, CW  
10:00am Worship - S  
Wee Wonder - 105  
3:30pm T'ai Chi - CW

### Mondays

Noon Gamblers Anonymous - St  
3:30pm Spirit Yoga - TBC  
7:00pm Whole Birth Yoga - TBC

### Tuesdays

5:00pm T'ai Chi - LSH we  
6:00pm Gamblers Anonymous - St  
6:00pm Mom's Yoga - TBC

### Wednesdays

4:15pm Child Care - L. Nur.  
4:30pm Bible Study - FSL  
5:00pm JAM & PB Band - TBC  
5:15pm Supper - LSH se  
5:30pm Ringtones - BR  
Explorers - 112  
JAM Jr. - TBC  
5:45pm Sanctuary Choir - EL  
6:30pm Youth Group - CW  
Confirmation - LSH we  
6:45pm Cast in Bronze - BR  
BTwixt - 112  
7:30pm Tapestry - S  
7:45pm Class Ring - BR

### Thursdays

9:00am Faithfully Fit - EL  
6:00pm T'ai Chi - LSH we

### Fridays

8:00am Men's Study Group - FSL  
9:00am Alcoholics Anonymous - TBC

### Saturdays

9:00am T'ai Chi - LSH we

## — Day by Day — Monthly & one-time

### Thursday, February 1

5:00pm Trustees - FSL

### Monday, February 5

6:30pm Organists Meeting - FSL

### Wednesday, February 7

9:30am UMW Board Meeting - Lib

### Thursday, February 8

1:00pm Deborah Circle - FSL

### Saturday, February 10

9:00am Community Healing Circle - TBC  
9:00am LGBT Elders - EL

### Sunday, February 11

11:30am All Church Meeting/Potluck - LSH

### Monday, February 12

7:00pm Priscilla Circle - FSL

### Tuesday, February 13

2:00pm Loud, Laughing Ladies - The Pines  
5:30pm SPRC - Lib

### Wednesday, February 14

9:30am Prayer Shawl Ministry - FSL  
7:00pm Ash Wednesday Worship - S

### Thursday, February 15

4:00pm Ruby's Pantry - S, LSH  
6:00pm Blue Star Mothers - FSL

### Monday, February 19

10:00am Rachel Circle - FSL  
5:30pm Ruby's Pantry Committee - FSL

### Wednesday, February 21

9:00am Naomi Circle - FSL

### Thursday, February 22

5:00pm Finance Committee - FSL

### Sunday, February 25

11:30am New Member Class - FSL

### Monday, February 26

6:30pm Monarch Buddies - Lib

### Tuesday, February 27

2:00pm Loud, Laughing Ladies - The Pines  
6:00pm Northern Lights Machine Quilters - LSH se

Calendar may change - check  
[www.fumcduluth.com](http://www.fumcduluth.com) for updates.

## Three Employment Opportunities at FUMC

- (1) Office Administration and Building Manager
- (2) Engineer with a boiler's license
- (3) Custodial

These positions can be part time, three-quarter time or full time depending on skills, experience and applicant availability. Please talk with Pastor Jeanine if you, or someone you know, is interested in any of these positions.

## Super Bowl Bake Sale

Thank you to Mary Wright and Barb Kim for organizing and providing much of the baked goods for the Super Bowl Bake Sale on Feb. 4. Proceeds will be split between the Carol Donahue Music Scholarship Fund and the Capital Campaign.

## Spring Roast Beef Dinner

Save the date — Thursday,  
April 26, 2018





## **First United Methodist Church**

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## **Ash Wednesday — February 14, 2018**

### **Ash Wednesday Service, 7:00 p.m.**

**Lent** is the season of the church year when we observe a time of preparation before Easter Resurrection. The Lenten season begins on Ash Wednesday and lasts for 40 days. It is a time of intentionally focusing our minds and hearts on Jesus Christ and striving to follow him.

During our Ash Wednesday service, there will be music, a message to focus us on our Lenten spiritual journey, and the imposition of ashes. Our confirmation youth will help lead the service. You will receive a **Lenten Devotional Book** with devotions for each day in Lent.

Please plan to attend this important service of spiritual formation. We will also launch our Lenten sermon series that night called “Under Construction.”

### ***Dirty Hands & Foreheads* – Ash Wednesday for our young ones**

#### **Wednesday, Feb 14, 5:00 pm**

JAM, JAM Jr, Explorers groups and interested families will enjoy an evening of interactive worship station fun for families with children on Ash Wednesday, February 14 from 5:00-5:45 pm in the Chapel. Explore and play as your child learns about Ash Wednesday and the Christian season of Lent.