



# FIRST FAMILY

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

May 2021

## RETURNING TO IN-PERSON WORSHIP

### Just Some of What's Inside This Issue of First Family

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## First United Methodist Church

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



## Our First Family

**We would like to express a personal thank you** to each and every one of you who reached out to Tim, me, and my family these last several months in the wake of first losing Dad, and then Mom just five short months later. We received so many cards and heartwarming messages of condolence. Whether it was by snail mail, email, or social media, you all showed your love in action and once again demonstrated why you are the church family we consider our own.

In deepest gratitude,  
~Gary Lundstrom and Tim Robinson

### Dear musicians:

Thank you for the beautiful music at our Easter services. We appreciate you being so generous in sharing your time and talents to make these services special. The music was truly first-rate from the beginning of the services to the end.

We sure miss making music with you in person and look forward to a time (hopefully not too far away) when we can be together again.

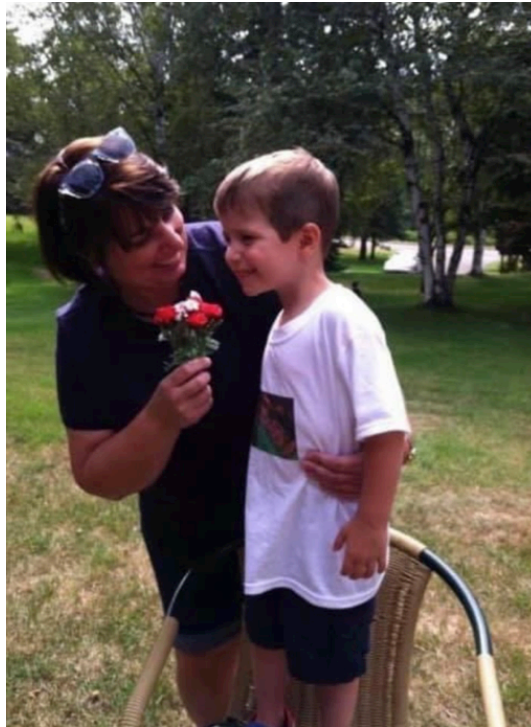
Easter blessings!  
~Velda, Bill, Mike, and Cynthia

**Congratulations** to Mike Goodlet and Rob Meijer who are engaged and planning to be married in September in Bayfield. They will be making their home together in Superior.

## On the Journey With You

Dear Friends,

The picture below is one of my favorite pictures of my nephew, Lincoln, and me. Eight years ago a relationship ended. I was feeling



sad and lonely, wondering if there would ever be anyone for me. Four-year-old Lincoln understood just a little bit about what was happening. He stood on a chair, called me over to him, handed me a bouquet of flowers, and asked me to marry him. This sweet, caring boy is now 12 years old. He has me wrapped around his finger. You know my story so you know things didn't end there for me. Since then Larry came into my life, a man of integrity, strength, family-focus, and love (and

incredibly handsome on top of all of that). He is a quality man like my cherished dad. On top of that, he has two awesome kids, and his sister has become my sister and close friend. So many blessings.

Cameron Trimble wrote a devotion about a friend who broke a bowl. Rather than throwing it out, she melted gold and put it back together. The streaks are beautiful. The artist's reflection of it was, "It's more beautiful for having been broken."

There is brokenness everywhere we look. I experienced brokenness at the end of a relationship. COVID-19 has brought forth its own kind of brokenness in so many ways. There are huge cracks

## First Family

### First United Methodist Church

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Next First Family deadline: **May 19**  
Submit to [connect@fumcduluth.com](mailto:connect@fumcduluth.com)



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in our institutions, our social order, our treatment of those most vulnerable. And yet God can take places of brokenness and bring forth healing, hope, new possibility, and even beauty.

Romans 8:28 says: "And we know that God makes all things to work together for good to those who love God, to those who are called according to God's purpose." Be careful here; this does not mean that God causes bad things in order to bring forth good. Not at all. God never causes the breaks and pain. But God can use all circumstances in our life to bring forth good, and even beauty.

That's the message of Easter! God takes the pain, defeat, and brokenness of death on a cross and transforms it into beauty and life through resurrection. God can, and will, do that for us, too. When we feel broken, hopeless, filled with cracks, let's ask God to help us see the new possibility God is creating.

On the journey with you!

~Pastor Jeanine

## Raising the Roof

An opportunity for you: RAISING THE ROOF: Do you want to make a difference in this world? Are you looking for a way to get re-involved at FUMC as we put COVID-19 behind us? Do you want to learn with a team of like-minded leaders and volunteers? Can you imagine working on a mission project that will be a tangible blessing for a family in the Northland? Would you like to invite your friends to church for mission and ministry?

If you answered "yes" to any of the above, it may be time for you to hear about a potential mission project in the works at the Coppertop. Your next opportunity may be on a leadership team to develop a housing project, from conception to driving the last nail—in a home built for somebody in need.

We're looking for planners, coordinators, fundraisers, and technical leaders who want to add "missionary" to their skill set.

If you're called to be a leader in this work, you'll be a part of the foundational planning and implementation of this project.

Our first meeting will be Monday, May 3, 3:45pm in Lakeview Social Hall (we will wear masks and practicing social distancing).

If you feel called to be a leader, please show up at the meeting and/or contact Ron Yardley [rgyardley@gmail.com](mailto:rgyardley@gmail.com) for details and an opportunity to Raise the Roof.

## Worship in May

Options for worship (see enclosed Q & A sheet for further information):

Worship online on our YouTube station at the 10am premiere or anytime after. Online worship will always be provided.

**May 2, 9, 16 and 23**—sign up to be one of a group of fifty-ish to watch the worship video in our Sanctuary.

**May 30 and beyond**—sign up to worship in the Sanctuary for live-worship that will also be streamed to our YouTube station.

### Sermon Series: How To Handle Challenging Times

**May 2, Confirmation**—#1: "Lift Your Spirit," Philippians 4:4-9.

We get to choose how we look at situations, events, and people. We can always turn toward God. Peace doesn't have to be dependent upon our circumstances.

**May 9, Mother's Day/Garden Sunday**—#2 "Handling Mistakes," John 8:31-36 and Psalm 32:1-5. The importance of admitting our mistakes/sins rather than justifying them. How to handle situations that don't seem fair without becoming a victim.

**May 16**—#3 "Dealing With Fear," Matthew 14:22-33.

Learning to replace our fear with confidence in God. Using our fear to help us. Moving from fear to hope and power.

**May 23, Pentecost**—#4 "Un-Limit Ourselves," II Corinthians 5:15-20. How to handle life when things are different than they once were. Dealing with change in positive ways.

**May 30 - Memorial Weekend**—#5 "Cast Our Cares Upon Jesus," Matthew 25:14-18. What can we do when worry hits us? What are the really important things to set our attention on? How can we better live one day at a time, trusting God to sustain us?



# Annual Conference COVID Update

*Our Annual Conference provides COVID-19 safety guidance for us using zones. We are currently in the orange zone. We use conference guidance to inform and guide our policies. Here is information on the orange zone:*

## **Businesses can open with some restrictions.**

*People are still encouraged to limit movement to essential needs, and remote work is still urged. Infection rates are high.*

**What we recommend:**



## **Worship and life events:**

- Churches are encouraged to worship online and/or through drive-up worship services—in which people gather in a parking lot without ever leaving their vehicles and with each vehicle at least six feet away from others. (For drive-up worship, people typically tune in by rolling down their windows or through an FM radio station.)
- Indoor and outdoor worship services, weddings, and funerals of up to 50 people are permitted, provided that family units are at least six feet apart and attendees wear masks (however, building capacity must not exceed 50 percent). No food or drinks may be served.
- Wedding and funeral receptions with food and drinks are limited to two households (10 people max) indoors and three households (15 people max) outdoors, per the Office of Gov. Tim Walz.
- Worship services should be livestreamed as much as possible to allow greater participation.

## **Small groups and faith formation:**

- Groups should continue to meet virtually as much as possible, and pastoral care visits should still be done by phone or online as much as possible.
- Small groups of up to 10 people are permitted to gather in person in large, open areas—preferably outdoors—if everyone is wearing a mask, there is a minimum of six feet between each person, and the gathering area is thoroughly sanitized after each gathering (with special attention to common areas like restrooms). Small groups gathering in a church building should not sing, as singing spreads aerosols that carry the virus a substantial distance.
- High-risk individuals (those over age 60 and/or with underlying health conditions) should continue to stay home and be given options to participate in the life of the church through virtual means.

# Family News

## **Summer Day Mission Trip**

6th-12th graders are invited to a day of service and fun Tuesday, June 15. We will leave at 6am to head down to Coon Rapids, MN, to pack food bags at the Feed My Starving Children facility. After four hours of packing food, we will then head over to Bunker Beach Water Park for loads of fun! The park closes at 7pm, which will get us back to Duluth by 10pm. A full day packed with service and fun. Cost: \$20. Will need one adult chaperone/driver per every four kids. To sign up and reserve your spot, please email Cynthia Coffin-Langdon at [pastorcynthiac@gmail.com](mailto:pastorcynthiac@gmail.com). Deadline is June 1.

## **Save the Date**

Adventure Day Camp will be July 13-16 from 10–3pm. More details to come. Open to kids finishing kindergarten through 6th grade. 7th-12th graders; we need counselors! Email Cynthia or Jojo for more information.

## **Children and Family Ministry**

Every week we have online Sunday School. Check it out!

Tweens' (grade 3-5) last meeting will be on May 5, 6-7pm at church, **not** on Zoom.

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

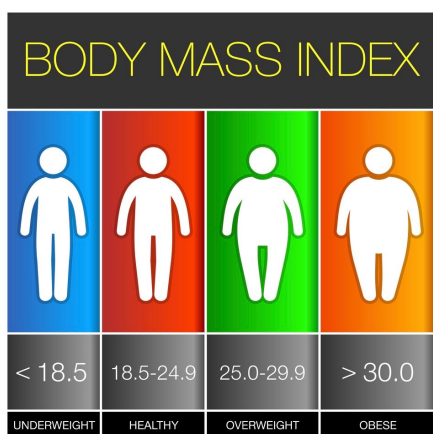
- July 13-16, Adventure Day Camp—stay tuned for location
- August 27–29, Family Camp at Camp Amnicon

Contact Jojo Coffin-Langdon with questions/comments, 218-251-4388.

# From Our Faith Community Nurse

Greetings! Spring is really here and inviting us to get out and enjoy our great outdoors—a time to recreate, walk, and enjoy the woods, lakes, and the exercise we can now get as we have more freedom from COVID-19 outdoors as we follow appropriate distancing.

I thought I'd talk about our lack of exercise and increased eating during this epidemic. Have you heard that a weight gain of 29 pounds has been experienced by many people over this past year? Since 2019, at least 13 states have more than 35% of their population classified as obese. Minnesota was at 30% obese and 35% overweight. If measured again since the epidemic, I would imagine it's even greater.



People who are in the category of obese have a Body Mass Index (BMI) reading of greater than 30. And being overweight is indicated by a BMI between 25 to 29.9. You can consult a BMI chart that compares your weight to your height. Or another way to estimate if you are overweight is the hip to waist ratio: measure your hips and waist at their widest points, then divide your waist by your hip

measurement. Men should lose some of those pounds if the ratio is 1.0 or higher and women if their ratio is .85 or higher.

Also, excessive abdominal fat places you at greater risk for developing obesity-related conditions, such as Type 2 Diabetes, high blood pressure, and coronary artery disease.

As reported by the CDC:

- Obesity is linked to impaired immune function.
- Obesity decreases lung capacity and reserve, and can make ventilation more difficult.
- A study of COVID-19 cases suggests that risks of hospitalization, intensive care unit admission, invasive mechanical ventilation, and death are higher with increasing BMI.
- The increased risk for hospitalization or death was particularly pronounced in those under age 65.

More than 900,000 adult COVID-19 hospitalizations occurred in the United States between the beginning of the pandemic and November 18, 2020. Models estimate that 271,800 (30.2%) of these hospitalizations were attributed to obesity.

Curbing the obesity problem includes healthy eating, regular

physical activity, and balancing the calories you consume with the calories your body uses. We need to keep track of what we eat, types of foods, and portion sizes. We all know what we should eat; veggies, lean meat or tofu, grains, nuts, and low-fat milk (or substitute for those lactose intolerant) etc. Read food labels and look for added sugars that you don't want to consume. Limit packaged snacks. Eat slowly, enjoy your food, and chew well.

Decreasing your calorie intake by 500 calories a day should enable you to lose about a pound a week. A daily brisk walk is one way to help you feel better, function better, sleep better, and decrease anxiety. That brisk walking can maintain your muscles and bones as you get older and boost your balance, too. Above all, keep hydrated—drink that water! Try for five to six glasses a day, as long as your health provider says that's okay. If you're just starting out, try for 150 minutes of walking in a week and gradually increase. Get a partner, set goals, meet them, and set new goals. You can throw in lifting weights; if you don't have any, use food cans.

Healing our food and exercise habits and tending to our spiritual needs is a way of practicing wholeness by attending to our bodily needs. We can ask God to help us make healthy choices each day. I, for one, will be keeping track of what I'm eating and the minutes I'm walking each week, and I plan to lose that weight I've gained over this COVID-19 time. I'll let you know how I'm doing. Will you join in?

Blessings, ~Linda Wiig



# Returning to In-Person Worship

## *What You Need to Know*

### **Q – When will we return to in-person worship?**

A – In-person worship for a limited number of congregants (starting with about 50 people, per Bishop Bard/Minnesota annual conference) will be available starting May 2.

**May 2, 9, 16 and 23** we will play the recorded worship video in the Sanctuary. Starting **May 30**, we will livestream worship from the Sanctuary (it will be live in the Sanctuary).

### **Q – Do I need to sign up in advance to attend in-person worship?**

A – At least for the Sundays in May, we are asking you to sign up in order to attend in person. This will help us ensure proper physical distancing and safety. Please sign up by 10am the Friday before the service you wish to attend. You can only sign up for one week at a time, to make sure everyone has an opportunity. We will let you know if spots are filled, and then you will have first option the next week. **To sign up:**

- Call the church office at 218-727-5021.
- Email the church office at [info@fumcduluth.com](mailto:info@fumcduluth.com).
- Sign up online at <https://forms.gle/KmQr9hmYiQh2yhn4A>.

### **Q – I enjoy worship online. Will online worship continue to be offered?**

A – Yes, we will continue to share worship on YouTube at 10am on Sunday, and worship can also be watched anytime afterwards. Through May 23 it will continue to be pre-recorded worship. Starting May 30 the worship will be live and streamed from the Sanctuary.

### **Q – What safety protocols will be in place to help keep us safe and healthy?**

A – Masks must be worn by all attendees. Some worship leaders will not be masked while leading worship. There will be sanitizing stations. Everyone is expected to maintain social distance guidelines (can only sit with your family unit or pod with which you have been together during COVID). Volunteers will be there to direct you to your seats.

### **Q – Do I have to be vaccinated to attend in-person worship?**

A – You do not need to be vaccinated to attend; however, we encourage vaccinations for your safety and that of others.

### **Q – Will there be coffee hour or time for us to congregate before or after worship?**

A – Following worship you will be dismissed row by row. We ask that you do not congregate in any area of the building, before or after worship, to greet and converse with others. Feel free to socialize outdoors before and after worship. When possible we will provide coffee/donuts. Feel free to bring lawn chairs and enjoy outdoor fellowship (we will

have a limited number of chairs available).

**Q – What will be different when we come back to worship?**

A – As always we will strive to provide a meaningful worship service, but some things will be different. For example:

- The first four Sundays in May we will be showing the pre-recorded worship video in the Sanctuary.
- We will all be wearing masks and maintaining physical distancing.
- Only a limited number of worshippers will be in the Sanctuary (starting at about 50).
- Hymnals and Bibles will not be available in the pews (you may bring your own).
- Communal singing will be limited to light singing/humming while wearing masks.
- Bulletins will be placed in each pew.
- Video cameras and other tech equipment will be in use to support our online presence.
- Children will not come forward for the Children's Message, but we will usually have one.
- For contact tracing we will collect names and phone numbers of all worshippers and will take a picture of the seating arrangements.

**Q – Will Sunday School/Children's Church be available?**

A – No, not at this time. Children and youth will need to remain with their families during the entire service. Family groups must stay together. Our staff will provide crayons and coloring sheets for children. Online Sunday School will continue through May 23.

**Q – Will the Nursery be available for infants and small children?**

A – The Nursery will not be staffed at this time. The limited space in the Nursery prevents us from offering appropriate physical distancing. Infants and young children are welcome in worship, and we will have designated areas where they can move around some (it is okay if they are a bit noisy). Up to two families can be in the Nursery together, and we can arrange worship viewing space in Lakeview Social Hall (reserve with JoJo by email at [families@fumcduluth.com](mailto:families@fumcduluth.com) or text at 218-251-4388 by Friday at 10am).

**Q – How will the offering be taken?**

A – We will not pass the plates at this time. Instead there will be offering plates at the back of the Sanctuary and two at the front of the Sanctuary, where you can place your financial support of the church.

**Q – Will communion be offered?**

A – Yes, we will continue to offer communion, but it will be individual portions and not a common loaf and cup.

***We are very excited to be offering in-person worship opportunities again after more than a year apart. Before attending, please consider your vaccination status and health situation, and make the best/right decision for both you and others. Online worship via YouTube will continue to be available for those not ready or able to attend church in person.***



## From the Welcome Desk

### Anticipation is half the fun!

A friend once told me she doesn't like surprises because anticipation is half of the fun when you are looking forward to something.

We are anticipating the re-opening of our church building for services, meetings, and events. We anticipate that things will be back to normal. I don't know about you, but I don't think most things we knew as normal will ever be the same again after this year of a global pandemic.

As we do anticipate the re-opening of our church building, one thing is certain and normal: we are "the Church with a welcome for everybody, always." Please anticipate that, going forward, you will have opportunities to get involved and choose for yourself. We will need Sunday morning greeters and smiling faces at the Welcome Desk to greet visitors and members alike. Coffee time hosts, ushers, Sunday drivers, gardeners, and lawn mowers will all be needed. Maybe joining one of the UMW Circles, or the Friday Morning Men's Group, or becoming part of the music program is something you have thought about. And trust me: there are many more things to anticipate.

You have time to think about these things, as we are following our MN Conference guidelines and will re-open one step at a time.

Anticipate the possibilities going forward!

We'll be waiting for you with great anticipation!

~Mary Giese, Director of Welcome

## Roadside Cleanup May 15, 12:00-2:00pm

FUMC sponsors one of the Saint Louis County Roadside Cleanup locations and twice a year, in the spring and fall, schedules a time to make our community a little nicer.

Our cleanup area is a two-mile stretch of Maple Grove Road, from Lindahl Road to Solway Road.

We always need more help to make the workload a little lighter. Please contact [Bill Alexander](#) if you are able to help.

You should dress for the weather, bring gloves, and wear footwear suitable for walking in ditches. Also, please bring your own personal protection equipment as you think appropriate. We will certainly be socially distant! **Meet us at the Faith Baptist Church parking lot at Midway and Maple Grove roads.** We will supply beautiful yellow vests and stylish garbage bags.

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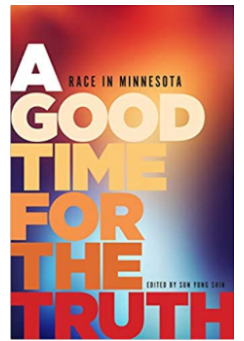
## Intercessory Prayer at FUMC

If anyone would like a quiet place to join together as people of God to just pray, the Three Brothers Chapel will be open Sunday nights from 7:30–8:30pm. There will be candles to light and opportunity to kneel and pray (or sit, pace, whatever you need). Quiet music will play in the background to help you center yourself.

Contact Jojo Coffin-Langdon at 218-251-4388 for additional information.

## 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. We have two copies of the book for the FUMC library, but if you would like to join and would like for us to get you the book, the price is \$18.95. Please connect with Jojo Coffin-Langdon at 218-251-4388. Meetings will be held the 3rd Monday of the month, beginning May 17 at 8pm.



## Congratulations, Confirmands!

Congratulations to our ten young people who will confirm their faith and be welcomed into church membership on Sunday, May 2:

Grace Adele Abbott  
Abbi Jo Adamec  
McKenzie Mae Ball  
Izy Renz Fairchild  
Niklas Joseph Jeannette  
Olive Louise Jeannette  
Kiana Alice Langdon-Larson  
Sofia Jean Orman  
Bella Maxine Serck  
Ella Katheryn Walker

## FUMC Rummage Sale in August

If conditions allow, we plan on having a church rummage sale on Friday, August 20, 3-6pm and Saturday, August 21, 8am-2pm. Proceeds will go towards trustee projects. We will need volunteers ready to help throughout the week, beginning after worship Sunday, August 15, through cleanup and takedown on the afternoon of Saturday August 21. We will need people August 15- 20 to receive, sort, and set up donated items. On August 20 and 21, the sale days, we need help with sales, cleanup, and hauling at the end of the day. We will need lots of help from folks of all ages. Please look at your calendars and let us know if you can help that week.

Look for updates in the June *First Family*.

We cannot accept any donations before August 15. Please email to volunteer. Anita Zager, [anitazager@gmail.com](mailto:anitazager@gmail.com) or Jeanne Carroll, [jcarroll7403@gmail.com](mailto:jcarroll7403@gmail.com)

## The Church Garden Ministry Is a Wonderful and Fun Group.



We appreciate volunteers for all spring work dates and hope that new and experienced people will come and help. Contact Marlene Bowen at 218-729-6526 to be added to the volunteer list, or just come on a work day.

There is still time to purchase geraniums from the Garden Group for \$20. Contact Laura Krumwiede at 218-728-5723 for selection. Pick-up date for geraniums is on Tuesday, May 18 at church from 9-11am.

**Tuesday May 18**, is our cleanup day to prep gardens for planting. Start time is 9am. The rain date is Thursday, May 20.

**Tuesday June 1**, is Geraniums Planting Day. The start time is 9am. The rain date will be Wednesday, June 2.

**Thursday, June 3**, we will plant the summer annuals, starting at 9am, with a rain date of Friday, June 4.

Please bring your own well-marked tools and a snack/beverage for yourself. With all the outdoor church-sponsored activities planned for this summer, we look forward to sharing and enjoying the gardens with everyone.

~The Garden Group

# Strikepoint Part of SpringForwardMN Fundraising Campaign



You may be used to seeing donation requests from many nonprofit organizations in November, as part of the annual Minnesota Give to the Max Day. This year [GiveMN](#) (Give to the Max Day's sponsoring organization) is hosting SpringForwardMN, a statewide giving campaign to help Minnesota nonprofits power what comes next. SpringForwardMN is running from May 1-11.

Strikepoint is hoping you all will pay particular attention to this, as they continue to raise funds to purchase some very large bells (or, as Strikepoint calls them, VLBs). These very large, very low aluminum bells will add musical versatility to Strikepoint's concerts. Each bell costs approximately \$5,500, comes in its own (equally large) case, and can be purchased individually. Strikepoint has targeted two or three that would be good initial purchases.



There are several ways to help Strikepoint purchase these VLBs:

- Go to [givemn.org](#) and search for "Strikepoint."
- Send a check to Strikepoint at church (230 E. Skyline Parkway, Duluth, MN 55811).
- Donate through [FUMC's eGiving](#) link on the homepage: [fumcduluth.com](#) with "Strikepoint VLB" in the memo space.

Strikepoint director [Bill Alexander](#) would be happy to discuss donation options with you! All donors will be gratefully acknowledged in concert programs.

***"For the healing of the nations, Lord, we pray  
with one accord; for a just and equal sharing  
of the things that Earth affords; to a life of love  
in action, help us rise and pledge our word."***

**"For the Healing of the Nations"  
Words by Fred Kaan © 1968 Hope Publishing Company  
The United Methodist Hymnal, No. 428**

## EarthKeepers

**Racial Justice Is Part of the  
Environmental Movement**  
*by UMC EarthKeeper Naomi  
Yaeger*

Within the last year, many environmental groups have worked harder to include people of color in their organizations, and to be allies to people of color.

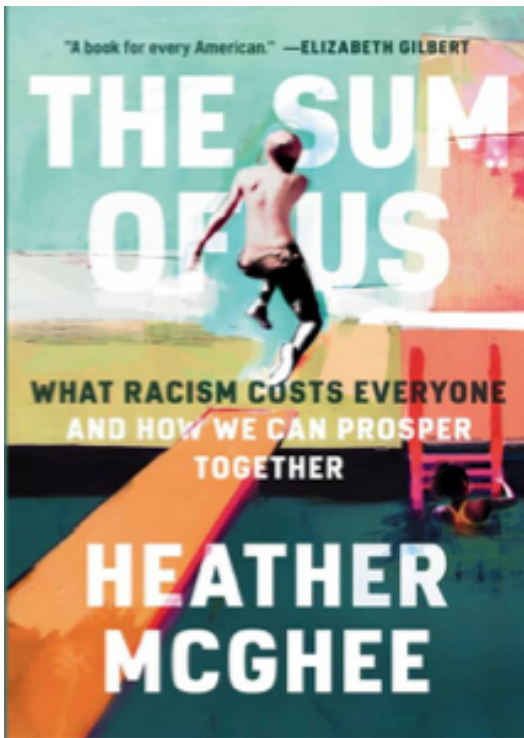


Sam Grant is executive director of [MN350.org](#), the Minnesota affiliate of the international climate activist group [350.org](#). According to the *New York Times*, "He was among the first climate activists to call for the prosecution of the police officers implicated in the killing of George Floyd. A few days later, leaders of national and international groups issued their own statements of solidarity, including the heads of Greenpeace and the Natural Resources Defense Council, followed by the World Wildlife Fund and the World Resources Institute." Grant told the *Times*, "Police violence is an aspect of a broader pattern of structural violence, which the climate crisis is a manifestation of. Healing structural violence is actually in the best interest of all human beings."

The latest email from Greenpeace reads, "Fighting for a green and peaceful future includes speaking out against the unjust, racist, and systemic violence facing Black and Brown people in the US."

In July 2020, the Sierra Club stated that the club must examine the role

it played in “perpetuating white supremacy.” Early members and board members were vocal advocates for white supremacy.



Heather McGhee is the author of the book *The Sum of Us: What Racism Costs Everyone and How We Can Prosper Together*.

In a *Times* interview, McGhee said, “An anti-racist climate movement should be led by a real multiracial coalition that endorses environmental justice principles and its goals should seek to uplift the most vulnerable. That means the creation of green jobs, rather than cap-and-trade policies that allow companies to keep polluting in communities of color as they have been able to do for decades.”

### John 13:34

“A new command I give you: Love one another. As I have loved you, so you must love one another.”

Would you like to become a commissioned EarthKeeper? Visit <https://umcmmission.org/EarthKeepers> to learn more.

## Steps to Justice

How do we help tip this world towards justice? Inch by inch, step by step, voice by voice.

Taking a cue from Peace United Church of Christ, Coppertop Justice Ministry advocates offer simple steps to build a more just and joyful world:



1. Reduce your electricity use. Read your monthly electric bill to find the total number of Kilowatt-hours you used. Make a game of finding ways to use less next month. If your number goes down, reward yourself with a walk in the woods, a local treat, or a carbon-free celebration.

2. Learn how Duluthians are reducing greenhouse gas emissions. Check out Duluth Citizens’ Climate Action Plan at <https://www.ecolibrium3.org/duluthclimateaction>.

3. Share your views on proposed gun legislation. Two bills to expand Brady background checks passed in the US House on March 11 and now go to the Senate. Find details at <https://www.bradyunited.org/>. Representative Pete Stauber voted no. Senators Amy Klobuchar and Tina Smith support these bills. Call or email their offices to let them know what you think.

- Sen. Amy Klobuchar: 202-224-3244, <https://www.klobuchar.senate.gov/public/index.cfm/email-amy>
- Sen. Tina Smith: 202-224-5641, <https://www.smith.senate.gov/share-your-opinion>
- Rep. Pete Stauber 202-225-6211, <https://stauber.house.gov/contact/email-me>

All are welcome at Coppertop Justice Ministry meetings, and we are eager to hear from you. Racial Justice Action Committee meets at 8pm on the third Monday of the month. Contact Jojo Coffin-Langdon at [families@fumcduluth.com](mailto:families@fumcduluth.com) for a Zoom link. The Sustainability Group has just finished a book study and is not meeting regularly at this time, but you can get on the list for email updates and meeting information by contacting Jean Walsh at [jmbwalsh@gmail.com](mailto:jmbwalsh@gmail.com).

We welcome your justice-oriented news and notice of upcoming events. To meet the *First Family* deadline, send information to Jean Walsh or Sarah Maddy, [shmaddy@outlook.com](mailto:shmaddy@outlook.com), by the third Monday of the month. Short notice items can be announced in Pastor Jeanine’s weekly email, [pastor@fumcduluth.com](mailto:pastor@fumcduluth.com).



# Imagining the Future by Seeing the Present and Facing the Mess

by Geoff Bell

A group of us from the Sustainability Committee recently completed our reading of the wonderful book *Active Hope: How to face the mess we're in without going crazy*, by Joanna Macy and Chris Johnston. In the book, they encouraged us to develop a vision of the future we want. I tried my hand at it, and here goes: ***Imagine you're reading the lead article in the May 2050 issue of First Family***, now edited by Liam Carolan. Enjoy!

Of course, it all really took off in 2025, although none of us realized it then. And it started in—of all places—our parking lot. You long-time members will remember that Sunday in October when Preston Hedlund drove into the parking lot in that fancy new self-driving car of his. It was the first one in Duluth, but as you remember, most of us soon abandoned our private cars in favor of the fancy new technology that allowed us to call up our Uber or Lyft and be driven right to our destination! By 2030, it was pretty common to have these ride-share cars drop people off at the church's front doors, and as you remember, by 2035, the parking lots were pretty much empty despite our record attendance.

Well, that shift led the church leaders to think seriously about what to do with those vacant parking lots. If memory is right, it was Alex Flinner (who was chairing the Trustees in place of his late father-in-Law Kyle) who first suggested the conversion plan. Of course, like any good church activity, it took years to get moving, but you all remember the thrill we experienced that first Sunday in June 2038 when we celebrated the conversion of what was the west parking lot into the community garden. It was a needed first step here in Duluth to provide members of the Coppertop Housing Co-op with access to fresh organic produce. Our garden club was thrilled beyond belief to see the asphalt being removed, taken to the reuse facility to be converted into those fancy new carbon sink machines, and replaced with rich compost that formed the garden beds.

Oh—but I've gotten ahead of myself. Once it was pretty clear that the east parking lot never had more than three or four cars on a Sunday because everyone was using one of the self-driving ride-share services, the plan actually became possible. As you remember, Elaina Mattson had graduated from her Sustainable Justice program at the Twin Cities campus, and after she married and returned to Duluth with her family, she took over our Social Justice committee and started moving us toward direct action. She always was a go-getter, so few of us were surprised when she secured funding to convert the east parking lot into the tiny community houses that became the Coppertop/AICHO Housing Co-op. And wow! Her skills

in negotiating with Minnesota Power allowed all those houses to have rooftop solar, given that they were so perfectly aligned for it, and then the new 6th Gen Solar Systems generated so much surplus power that it provided all the church's needs too. So of course, the obvious next step was to convert the old west lot into the community gardens to help feed the people in the Co-op.

What we didn't realize when we built the Co-op housing is that doing so allowed us to accomplish Kyle's long-time dream of having the first major air-conditioned church in Duluth. Although many of us laughed at him, installing the geothermal heating/cooling system powered by solar from the Co-op houses made it all possible. The only sad thing is Kyle never lived to see his dream come true.

And I did mention the crowds on Sundays! You all know that you'd better get here by 9:40 if you want any hope of getting a seat! That vibrancy not only reflects the outstanding sermons of Pastor Kelby, who took over as Pastor Jeanine's hand-picked successor in 2030, but also the "rep" we got increasingly in the '20s as a church that really "walked its talk." The "old people" started us along that path way back in the teens by forcing us to compost (that seems so antiquated now that all our waste gets composted right here to provide bionutrients for the community garden), which led to us being seen as leaders in the community. And of course, the work our social justice committee did in creating the FUMC Truth and Reconciliation Commission solidified our relationship with our Indigenous

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## Sustainability

## FUMC and the Duluth Lions Club to Take Plastic Off Your Hands

If you're like me, you've made a fair amount of progress on this "sustainability business:" you recycle your cans and bottles, you maybe compost your yard and/or household compost, and that sort of thing. However, you've probably also been stymied with all the "garbage plastic" you collect even without trying. You know the stuff—plastic bags from the store, including ones you put your veggies in and ones holding your bread, plastic wrapping around your latest electronic purchase, those "plastic pillows" protecting your latest Amazon purchase, and the list goes on and on!

So what can you do about this? Good news! Your church sustainability committee is partnering with the Duluth Lions Club to take all that plastic off your hands! We're going to collect it at church (when the building reopens, maybe soon), and then a representative of the Lions will collect it for us! What could be simpler?

"What are THEY going to do with all this plastic?" you ask. This is the COOL part. They take it to Cub and Cub in turn sends it off to Trex, the composite decking people, who turn it into new decking, actually UP-cycling your plastic waste! And in turn Trex will give the Lions club new plastic benches that they will distribute to worthy organizations here in the Twin Ports! It's a win/win/win!


**PLASTIC BAGS AND FILM RECYCLING**

**All plastic must be clean, dry and free of food residue.**



So while we encourage you to reduce your use of plastic wherever possible, now much of what you can't eliminate can be recycled. Here's the link with more information on what can and cannot be recycled as part of this program: <https://recycle.trex.com/view/educate>

Basically, all “stretchy” plastic (like bags and film) bearing the #2 or #4 recycle logo and that is free of contaminants is recyclable. The webpage gives LOTS more details.

A collage of various plastic items including bags, bottles, and containers. The items include a clear plastic bag, a blue plastic bottle, a white plastic bottle labeled 'Bath Tissue', a green and yellow box labeled 'Wet Wipes', a white plastic bag, a cardboard box with plastic lining, a clear plastic bag with a yellow label, a clear plastic bag with blue stripes, and a blue plastic bag.

If you have any questions about this, please contact one of us on the FUMC Sustainability Committee. You can also email me at [ggbell@d.umn.edu](mailto:ggbell@d.umn.edu). THANKS for helping us in this worthwhile project!

~Geoff Bell



—Future, continued from page 12

community and “paved the way” (excuse the pun) for the formal transfer of the parking lot to Indigenous ownership for development of the Co-op jointly with AICHO, that cemented our image as being in the vanguard of Indigenous-church relations in America. No wonder people come from all over the continent to see our model in action!

We celebrate the opening of these gardens as the latest step in First’s “healing the Earth on the Skyline.”

## Donations Needed for CHUM

Thank you to all who supported the CHUM Food Shelf during the March Foodshare drive. Your generosity resulted in \$1,455.00 and 457 pounds of food delivered to CHUM. But the Food Shelf’s need for donations continues. About 130 boxes of food are distributed every day the Food Shelf is open. These are the most needed items:

- Boxed cereal
- Macaroni and cheese
- Canned chili
- Canned beef stew
- Canned pork and beans
- Canned chicken noodle soup

- Peanut butter
- Canned pasta
- Canned baked beans
- Canned chunky soups

- Canned pears
- Canned pineapple
- Ramen noodles
- Spam

Donations are accepted from 10am–noon, Monday–Friday, at the downtown location: 120 N. 1st Ave. W.

Donations are also needed at other CHUM sites. Please call 218-720-6521 to schedule a drop-off at the CHUM office.

**Health Clinic:** new underwear, boxers, bras, socks, deodorant, tampons (no other clothing accepted)

**Outreach Services:** hand warmers, lip balm, candles, winter coats and boots, hats, gloves and scarves (no other clothing accepted)

**Family Shelter:** twin-sized bed sheets, comforters, and mattress protectors; silverware sets (including plastic); plates and bowls; household mops, brooms, dustpans, and trash cans; cupcake tins and cookie sheets; pots and pans; individual laundry detergent and dish soap

**Steve O’Neil Apartments:** new or gently-used vacuum cleaners

Thank you for helping our neighbors and our community!

## Neighborhood Forest Gives Trees to Kids with Help from Katie Strand GoFundMe



Katie Strand, daughter of Kay and Rollie Strand, created an educational video for the non-profit company Neighborhood Forest. They give kids their very own FREE TREE through schools, libraries, and youth groups. This year, thanks to some rockstar librarians, Neighborhood Forest went viral! They went from giving an average of 5,000 trees (2010-2020), to 18,500! Projections for 2022 are 40,000 or more FREE TREES for kids! Donations can be made via GoFundMe and trees can be ordered (for kids) for 2022 at the Neighborhood Forest website [NeighborhoodForest.org](https://NeighborhoodForest.org). Please thoughtfully consider making a contribution to this very worthy endeavor and share it with your community and network. It’s good for the child and good for the planet! <http://gofundme.com/f/neighborhood-forest>.





Exhale. Breathe. Like many of you, I feel as if I have been holding my breath for days as the trial of former Minneapolis police officer Derek Chauvin has been going on. Late Tuesday, the jury returned a verdict of guilty on all three counts for which Mr. Chauvin was on trial for the killing of George Floyd.

There is a measure of relief, breathing and sighing, and a profound sadness. No verdict can return a person from the dead. George Floyd is gone from the lives of his family and friends. The verdict represents the ability of a community to hold its law enforcement officers accountable. Such accountability is necessary, and I am heartbroken that such abuse of power and authority still occurs, with deadly consequences.

Good policing matters, and is needed. The violence continuing to plague our communities, whether in the all-too-common mass shootings of recent weeks or the uptick in the murder rate in too many of our cities, testifies to the need for high quality law enforcement—law enforcement that works with community leaders to strengthen relationships and build trust. Good policing is accountable policing, and fair policing. Good policing applies the law equitably to every person, no matter who they are or what they look like. Not only was the killing of George Floyd an instance of an abuse of power, it was another instance of inequity in the application of the law, and that inequity is part of broader racial inequities which still mar our common life in American society. The recent killing of Daunte Wright at the hands of law enforcement is another tragic and heart-rending example of both racial inequity and misuse of power. There is much work to be done, and today we breathe a little easier as we witness justice.

Breathe. I am thinking of a post-Easter text from the Gospel of John: “‘Peace be with you.’ When Jesus had said this, he breathed on them and said to them, ‘Receive the Holy Spirit’” (20: 21-22). Breathe. Receive breath, the breath of Jesus, the breath of the Holy Spirit. We need the Holy Spirit, the breath of Jesus for the continuing work of dismantling racial inequity, the work of justice, the work of peace, the work of reconciliation, the work of healing, the work of building Beloved Community, the work of love. Breathe, and recommit to the work described in Isaiah 58 of being repairers of the breach, menders of the walls, restorers of livable streets.

Breathe and pray. Breathe in fresh winds of God’s Spirit and allow God’s Spirit to pray with you, in you, and through you. Pray for Minneapolis. Pray for our country. Pray for our church and the work of racial reckoning. Pray for the Floyd family in their sustained grief as the death of their family member, George, was witnessed over and over again these past days. Pray for God’s healing grace. Pray for Derek Chauvin, who is being held accountable for his actions and who remains a person in need of God’s grace.

Breathe, work, pray. Come Holy Spirit.

*David A Bard*

Bishop David Bard  
Interim Bishop, Minnesota Conference

# Ways to Care for God's Creation

Pollinators, including bees, wasps, and butterflies, are crucial for growing more than one-third of the food we eat. They feed us—we need to feed them!

Pesticide use and loss of year-round food sources are causes for the declining pollinator

population. Plant flowers, trees, shrubs, perennials, vines, and herbs with the goal of feeding all year long those who feed us. Choose native plants when possible.

Go outside! Your own experience—and research—show that spending time in nature is healing. Look closely at seedlings sprouting, blossoms opening, and the renewal of green. Share your delight with family, especially children, and friends. Vow to do all you can to heal the earth, as well.

Safer-at-home practices have reduced global emissions by 25%, resulting in much cleaner air and waterways clearing appreciably. As restrictions are lifted, find ways to continue driving less so the planet isn't subjected to a rebound effect of increased emissions.

The Word of God leads us, and we can lead by our words. With the guidance of Scripture and our United Methodist Tradition, including our Social Principles, we can speak up for creation justice in our circles of influence (family, friends, congregation, work, school) and even outside our comfort zones. The Holy Spirit gives us the words we need. People listen to those they trust.

Yes, your choices to steer clear of single-use plastics matter! Keep up the good work. But your impact will be even greater when you urge your members of Congress (find them at [congress.gov](https://www.congress.gov)) to support the Break Free From Plastic Pollution Act.

## CHUM Warming Center Update

As of April 1, CHUM said goodbye to Warming Center guests for the last time this season. While they had the option of opening on an emergency basis until April 15 in the case of a severe weather event, the forecast said it was safe to do a deep clean and put supplies in storage.

The Duluth HRA secured funding for facilities at a permanent warming center in Lincoln Park. This is an exciting prospect for both Warming Center guests and staff, and will allow CHUM to respond

better to the critical personal needs of unsheltered people, including showers and storage, as is the new long-term homeless housing with CHUM acquiring the Duluth Inn. As CHUM celebrates these things, however, we need to remember that a Warming Center is an emergency response, not a solution, and the deep needs of our community demand continued and urgent action.

In March, an average of 57 people signed in every night to the Warming Center. Nearly half the days of the month, the Center reached capacity and had to turn people away. Over less than five months, 566 unique individuals signed in at the Rainbow Center and the Warming Center at CHUM (folks who didn't get a shelter bed but used the space as an overnight drop-in). This is far beyond anything that has been recorded to date by the HUD-mandated Point in Time Count, and more than double the more liberal estimate of 250 unsheltered Duluthians that CHUM and Loaves & Fishes have been using.

CHUM would like to thank those who made the Warming Center possible:

- The amazing Warming Center staff held the frontlines with compassion and a dedication to safety. Many of them are coming out of homelessness and addiction themselves, only to take one of the toughest jobs out there.
- Arlys and the rest of the Rainbow Center crew for being generous and patient hosts despite the wear and tear on their center.
- The Duluth HRA under Jill Keppers' leadership for making and maintaining a physical space that was safe for everyone, and especially to HRA maintenance for unplugging



toilets and filling soap canisters.

- Mark and Carolyn for dedicated weekly volunteer shifts.
- Project Surviving COVID for holiday meals, survival gear, and always being on call for emergency socks and boots needs.
- DTA for free bus rides for CHUM's guests.
- Salvation Army staff for committing to one overnight a month to run the Warming Center.
- Lake Superior Community Health Center staff for tending to the acute medical needs of guests and supporting WC staff.
- St Louis County Public Health nurses and CHUM liaison Stephany for making sure folks were vaccinated and COVID safe.
- Rachelle, Bonnie, and Jim from SLC Adult Mental Health for connecting guests to resources and supporting WC staff.
- Deb Holman for being an absolute unicorn and the best and sometimes only advocate for people facing high barriers to housing.
- Lee Stuart for keeping the money flowing for the project and to SLC, Ordean, HRA, City of Duluth, and the CARES Act for providing that funding.
- All of you who donated winter gear and snacks, connected people in need to CHUM's services, and are working in whatever ways you can to end homelessness.

## Judicial Council Declines COB Request to Rule on Protocol Legislation

WASHINGTON, D. C. - The highest court in The United Methodist Church has exercised its discretion to decline a request by bishops to decide whether the plan for separation on the part of some in the church, known as the Protocol, is constitutional.

In its decision, released April 16, the Judicial Council denied jurisdiction in the case, noting there was no indication that the Protocol has been adopted by either the General Conference or the Council of Bishops (COB).

The COB does not adopt legislation, so the rationale of the Judicial Council raises questions about its decision not to exercise jurisdiction, since three annual conferences noted in the petition have submitted the Protocol as proposed legislation.

"It is, therefore, simply proposed legislation and stands in the same position for jurisdictional purposes as any other proposed legislation not duly adopted by either COB or the General Conference," the Judicial Council said.

The COB properly submitted its petition as permitted under Paragraph 2609.2, which authorizes the Judicial Council to address the constitutionality of proposed legislation.

The Judicial Council said there was no urgency to rule on the Protocol since it was one of numerous legislative plans submitted to the General Conference for consideration, could be amended, substituted, or even rejected, thus making it unlikely that it will be enacted in its current form.

Referring to its early decision, #1303, the court said taking an early action on the constitutionality of the Protocol could potentially place a constitutional seal of approval on one proposed legislative item.

"It would be improper for us to anticipate or engineer legislative outcomes. Until the General Conference has the opportunity to consider and act on all proposals, including the Protocol, we must avoid interfering with the legislative process through premature adjudication," the court said.

The Judicial Council also questioned the authorship and history of the proposed legislation for the Protocol, formally known as the Protocol of Reconciliation and Grace Through Separation.

The court said the Protocol was the work product of a select group of bishops, clergy, and lay persons who took it upon themselves to offer legislative solutions to the longstanding conflict over the role of LGBTQIA persons in the Church, and "who met secretly in undisclosed locations over a period of time."

*If you would like more information or would like to read the complete press release, go to [UnitedMethodistBishops.org](https://www.UMCBishops.org).*



# 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 running 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!

## Cindy Hedlund



**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?**

55 years of being in some singing group at church: Children's choir, youth choir, adult choir, contemporary group, Tapestry, Sanctuary Choir

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

Chancel Choir

**3. I enjoy these groups because:**

I like the choir director, Mike Goodlet, and his unstressful way of directing. We do not have to be good singers to be a part of the choir, just have fun!

**4. Some of my best memories include:**

Cantata at Chester Park, "Once Upon a Tree," with all the musicians, participants, and attendees for this special message.

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

I am honored to be part of a group with so many musical talents and a group with many different backgrounds in life. Thank you, Mike!

## Joanna Niemi



I joined the Sanctuary Choir about four years ago. It has been a joy to sing in a church choir again. The feeling I get after we sing an exceptional piece is good for the soul.

I grew up singing in my home church: "Jr. Choir" (kids) and as a college student in the "Sr. Choir." I missed it, so when my life commitments let up, I dove in headfirst.

"The Hallelujah Chorus" has been a favorite since high school. It was sung annually, and the alums got to join in—similar to what we do at church, having the congregation joining us.

I appreciate the friends I've made, and I look forward to singing in person with them again.

## MaryAnne Korsch



### ***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 started singing in the Sanctuary choir shortly after joining the church in 1980. Mark Ankarlo was the director at that time. Then Bill Alexander started an adult handbell group, and I became a bell ringer, including many seasons with Strikepoint. It's always been a joy to be on the piano bench, occasionally accompanying various ensembles and groups over the years. When Elizabeth Macaulay decided we needed a small band, I was all in.

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

Mostly now I'm on the piano bench with Tapestry. We are blessed with a dedicated and talented rhythm section that backs up our wonderful singers.

### ***3. I enjoy these groups because:***

Being part of a musical ensemble is a wonderful way to "make a joyful noise" in praise to God. Music can express such a wide variety of emotions and enrich our worship experiences. And the camaraderie is second to none. I deeply value the relationships that have been part of my life as a musician at FUMC.

### ***4. Some of my best memories include:***

Strikepoint tours all over the country and beyond, playing for audiences and getting to know other musicians — especially one raucous laughing session in a youth hostel in England—and enduring long rides in the church bus to and from Louisiana and Texas when the air conditioning was non-operational

Playing with Tapestry and leading worship at the Minnesota Annual Conference a few years ago

Singing in the choir at a community Thanksgiving service with singers and instrumentalists from many other congregations in Duluth

## **Free Summer Parking Lot Concerts**

This summer, FUMC will be sponsoring **three free parking lot concerts** for our congregation and our neighbors.

Keep watching our Facebook page, *First Family*, our website, Sunday bulletins and videos, and Pastor Jeanine's weekly emails for more information on these exciting events.

Along with the concerts, there will be a food truck, socializing, and fabulous local musicians.

**June 16 (rain date of June 23)**

**July 28 (rain date of July 29)**

**August 18 (rain date of August 25)**



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