



# 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.*

**December 2021**

*Love came down at Christmas,  
Love all lovely, Love Divine,  
Love was born at Christmas,  
Star and Angels gave the sign.*

**First United  
Methodist Church**

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

*Photo by Valeria Boltneva*



## Our First Family

**Thank you** to everyone who sent cards, messages, and gifts for our recent wedding. Thanks also to FUMC for a lovely reception/meet-and-greet on a gorgeous October day! We appreciate you all!  
~Mike and Rob Goodlet-Meijer



## Angels on Wheels

Did you know the church on the hill has volunteers who like to drive and are using their skill to help others? The Barnidges are recipients of these angels as they take Marilew to be with Bob for part of his day at Bayshore rehab center.

His recovery is slow and it is stressful not knowing what you will find each day, so these angels bring relief from some of that stress. We are so blessed to belong to a church that responds so willingly to the needs of others and thank all who have sent cards, called, and above all prayed for us.  
We are truly blessed!  
~ The Barnidges

## On the Journey With You

I have good friends, Ken and Marion, who lived near me when I lived in Maple Grove, MN. They were in their mid 80s—several decades older than me, but we shared a special bond.

In addition to being their friend, I was also their pastor. One day many years ago, I went to visit Ken in the hospital. As the three of us were visiting, the doctor came into the room to talk about his condition. I was going to leave so they could have their privacy, but Ken and Marion encouraged me to stay.

The doctor told Ken that he was in almost complete heart failure. Ken asked what that meant, and the doctor told him that he might have a year of life left, but that his heart was so bad he could die at any moment and he needed to prepare. They talked a bit more, and then the doctor left.

I stood in that room trying to figure out what to say to offer comfort to these dear friends who had been married for more than 60 years. I was still trying to form words when Ken said, “Let’s join hands in prayer and thank God for the wonderful life I’ve had, and give God thanks for whatever time I have left.”

And we prayed together... and cried together... and in the midst of it, there was a deep spirit of thanksgiving to God. God was clearly present in that room. There was joy and peace in that room in a time which could have been filled only with grief and despair.

Ken knew what it meant to give thanks in all circumstances. And his attitude of gratitude brought him peace—that peace that Scripture promises which transcends all human understanding because it is not dependent upon our circumstances, but is a gift from God.

Ken’s spirit was made well because of his thankful heart. He lived almost eight years after that day in the hospital room. I wonder if it was his thankful heart that kept his physical heart beating much longer than doctors thought possible.

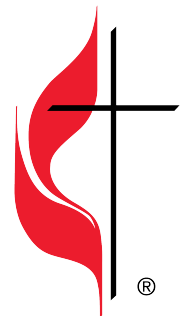
## First Family

### First United Methodist Church

230 E. Skyline Parkway, Duluth, MN 55811  
218-727-5021 [Info@fumcduluth.com](mailto:Info@fumcduluth.com)

Pastor: [Jeanine Alexander](#)  
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Next First Family deadline: **December 15**  
Submit to [connect@fumcduluth.com](mailto:connect@fumcduluth.com)



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

Friends in Christ, we are in the season of Advent, preparing to welcome anew the presence of Jesus Christ into our midst. This Christmas, may we offer God the beautiful gift of thankful hearts; may we recognize what is beautiful all around us; may we treasure each moment we have; and in so doing might we find, and offer, the peace that the Christ Child came to bring.

Christmas Blessings,  
~Pastor Jeanine

## Enjoy Scones for the Holidays

The Carol M. Donahue Music Scholarship Committee will have scones for sale on December 12 after worship. Pre-ordering will be available through December 5 in addition to your purchase on Sunday, December 12. Scone varieties: White Chocolate Raspberry - \$17/dozen; Orange Cranberry, Dark Chocolate Cranberry, and Lemon Poppyseed, all \$15/dozen. The proceeds will go to the Carol M. Donahue Music Student Scholarship Fund of FUMC. Checks and monetary gifts can be made payable to the Music Scholarship Fund.

Thank you, ~Carol Donahue

## Advent Bible Study and Meditation Zoom

Join us Thursday, December 2, and Thursday, December 16, from 10–11am on Zoom for a study of Advent/Christmas Scripture and a time for spiritual meditation. Pastor Jeanine Alexander will lead the Scripture time, and Marian Flammang will lead the meditation exercises. No preparation is needed. This is an opportunity to prepare your heart, mind, and soul for Christmas. Come to one or both of the sessions.

Join Zoom meeting: [us02web.zoom.us/j/915188407](https://us02web.zoom.us/j/915188407)

Meeting ID: 915 188 407

## Worship in December

**December 5** – The 2nd Sunday in Advent – John Cole, new director of CHUM, will be with us.

**December 12** – The 3rd Sunday in Advent – Lessons and Carols with the choir and more

**December 19** – The 4th Sunday of Advent – Our annual children's Christmas Pageant

### December 24

#### **4pm in-person Christmas Eve Candlelight Worship**

This service will include a special children's message, will be livestreamed, and can be watched at 4pm and any time after.

#### **10pm in-person Christmas Eve Candlelight Worship**

This service will include and the Sanctuary Choir and Extollers, our reunion handbell ensemble made up of past and present ringers who have been a part of our handbell ministry.

**December 26** – Worship that will include Christmas hymns

## Christmas Giving and Receiving

If you have any need this season, please let Pastor Jeanine know so your church can help. You are beloved and we want to offer you loving help, care and encouragement. As we reflect on God's gift of Jesus Christ, please join in the spirit of giving. There are many ways you may choose to give. Here are some options to help you decide:

- **Advent/Christmas Giving Project:** This year for Advent we will be giving to people using the Churches United In Ministry (CHUM) shelter, Food Shelf, and transitional housing. Watch your mail and email for more information.
- **Special end-of-year financial giving:** Because we want to continue being a blessing to our community and beyond, we need to make certain that our congregational financial obligations are met so we can continue for many years blessing members, friends of our congregation, the community, and beyond. It's about mission and ministry—both now and in the future.
- **Gift cards** for Pastor Jeanine to distribute to those needing encouragement and help.
- **Pray for people in our congregation, community, and world...** send notes... make phone calls.

## Youth News

Thank you to everyone who bought Terri Lynn Nuts to help support the youth program!

### Senior High Bentleyville Fun!

Hey all 9-12 graders, let's get together and catch up on how everyone is doing. You are all invited to Bentleyville on Sunday, December 5 from 7-9pm to hang out, see the lights, goof around, and, yes, get a gift from your church! Need a little extra cash for the holidays? Come on down and you will get a little swag bag from church that includes a \$10 gift card to Target. Here are the details:

Meet at Coppertop parking lot at 7pm Sunday, December 5. We will carpool to Bentleyville and stay until closing at 9pm. Parents can pick you up at the Bentleyville entrance at 9pm (the road between the DECC and Bentleyville; no parking required). Bring a friend! Text Pastor Cynthia at 218-260-3114 if you know you are coming.

### Youth Group and Confirmation December Lineup

December is a fun month for us! Check out the calendar of events:

- **Wednesday, December 1** – Confirmation Class
- **Wednesday, December 8** – Youth Group
- **Tuesday, December 14** – Decorate Christmas cookies for Loaves & Fishes House, plus games and discussion
- **Wednesday, December 15** – Youth Group Christmas Party— Bring a white elephant gift for a game (something under \$10)
- **Sunday, December 19** – Video Christmas Pageant at Church

*There are no Wednesday activities December 22 and 29.*

## From the Welcome Desk

*Welcoming new people to our church family is one of my favorite things to do, and I am delighted to share information about our newest members with you. Please watch for these folks, get acquainted with them, and invite them to join you in different activities. Below are a few things they shared. ~Mary Giese*

### Phyllis Durand



Phyllis was born and raised in Duluth; was widowed a few years ago and has three children, seven grandchildren, and five great-grandchildren. She has somewhat of a musical background. Over the years she has worked a variety of jobs and retired as a Pharmacy Tech. Phyllis is Carol Donahue's

sister, and friends keep her busy. She enjoys volunteering with the Cloquet Friends of the Library.



Larry, Nicole, Jamie, and Roxann

### Larry Ehresman

Larry is a para at Pike Lake Elementary School, is trained as an engineer, and puts that training to good use by building the sets for Proctor's high school plays. He is the father of Nicole and Jamie, and is a professional fisherman. Oh, and he has nine chickens.

### Nicole Ehresman

Nicole has four birds (you may have seen them in the children's sermon videos), she LOVES animals, and is studying welding at Lake Superior College. She is very musical and plays baritone saxophone in Mark Whitlock's community band. She has been dating Colton for three years.

### Jamie Ehresman

Jamie is a sophomore at Proctor High School and is involved in volleyball, Nordic skiing, and track. She loves snowmobiling, four-wheeling, boating, and fishing. Jamie is also learning to drive.

### Roxann Smith

Roxann is Larry Ehresman's sister and aunt to Nicole and Jamie, and helped Larry raise the girls. She was raised in Indiana and moved to Minnesota 15 years ago. Roxann lives in Grand Rapids and works in human resources at Grand Itasca Hospital. She likes to fish, swim, and travel. Roxann has two grown sons, one in Indianapolis and the other in Florida.

### Linn Montavon



Linn lives in Milwaukee and participates in church, primarily online. Linn is an English teacher at Milwaukee Excellence Charter School, enjoys painting, baking, reading, writing, and singing, and has a cat named Arthur.

### Rhonda Montavon



Rhonda is going to school at UWS and is studying psychology to be a counselor. She enjoys acrylic painting, singing (FUMC choir), and theater. She lives in Superior and has four children (including Linn) and a cat named Winston, who is very spoiled and very loved.

### Sue Wollack



Sue is trustworthy and friendly and loves to make people laugh with her quirky sense of humor. She enjoys being outdoors and puttering in perennial gardens. Sue shares, "I am grateful for the life I live and all those who have touched my life."

*We are happy to welcome, by reinstatement of membership, the following people and encourage you to seek them out and welcome them back to our FUMC family.*

### Jean and Chuck Conner



Chuck is retired from Northwest Airlines and Jean is retired from the University of Minnesota-Duluth. They have three children, four

grandchildren, and a yellow Labrador named Bud. They love traveling and spending time at the cabin. The picture is Jean and Chuck with their family.

### Lee Cutler



Lee is the Political Field Organizer for the North East Area Labor Council. He has also worked on several political campaigns, most recently as Duluth City Councilor Renee Van

Nett's re-election campaign manager. He's very active in local theater and is a proud cat dad to his black cat named "Lynda from HR."

## Scones for Sale December 12

*White Raspberry \$17/dozen  
Orange Cranberry \$15/dozen  
Dark Chocolate Cranberry \$15/dozen  
Lemon Poppyseed \$15/dozen*



**Pre-orders  
November 21-December 5**

*Scones made by Paul Sapyta*

Proceeds to the Carol M. Donahue Music Scholarship Fund of FUMC

Bring some  
**STRIKEPOINT**  
home for the holidays!



# Music Notes

## Merry Christmas!

As we move into the beautiful and meaningful seasons of Advent and Christmas, we are reminded of music's ability to touch our hearts. Music can often express ideas and events that the spoken word just can't quite convey. We hope our musical offerings during this holiday time will touch your heart and make this season come alive for you.

## Duluth Superior Symphony Orchestra's Holiday Spectacular

Saturday, December 4, 7pm

Duluth Entertainment Convention Center (DECC ), 350 Harbor Dr., Duluth, MN

Our own handbell ensemble Strikepoint will perform with the DSSO on a number of Christmas arrangements. If you can't make it to the DECC, there will also be a video option available.

This is a ticketed event. You may purchase tickets at the DSSO's website at [dssocommunity.org/event/holiday-spectacular/](https://dssocommunity.org/event/holiday-spectacular/)

## A Felgemaker Christmas Organ Concert

Sunday, December 5, 3pm

Sacred Heart Music Center, 201 W. 4th St., Duluth, MN

The Friends of the Felgemaker will perform a Christmas organ concert on the historic Felgemaker pipe organ at 3pm on Sunday, December 5 at Sacred Heart Music Center. The event is free with a suggested donation of \$15. Area organists will perform including our own organist, Velda Graham Bell. Guest musicians include the Duluth Shape Note Singers.

## FUMC Festival of Lessons and Carols

Sunday, December 12, 10am worship service

You don't want to miss our annual Lessons and Carols Service held during the morning worship service on December 12. This very special service tells the story of Christ's birth through Scripture readings and music offered by FUMC's Sanctuary Choir, soloists, flute, violin, piano, and organ.

## Twin Ports Wind Orchestra's Holiday Concert

Sunday, December 12, 7pm

First United Methodist Church

Please join the Twin Ports Wind Orchestra Brass for a concert of inspiring seasonal favorites, warmth, and good cheer. Held in our Sanctuary and conducted by FUMC's Dr. Mark Whitlock, the TPWO

brass section will perform a variety of your favorite Christmas music. Freewill donation.

## Arrowhead Chorale Concert

Saturday, December 11 at 7:30pm,

and Sunday, December 12 at 3pm

Duluth Depot, 506 W. Michigan St.

Strikepoint joins the Chorale for this special holiday event. Tickets: \$25 for adults and \$10 for Students.

## Christmas Eve Services

Friday, December, 24, 4pm and

10pm

Everyone looks forward to our meaningful Christmas Eve services each year. As always, we will have the chance to sing our favorite Christmas carols, and both services, will end with a beautiful candelighting ceremony and the singing of "Silent Night." Pastor Jeanine will preach at both services and the 4pm service will include a special Children's Message from Jojo Coffin-Langdon, our Director of Children's Ministries. Music will be led by Tapestry and our organist at the 4pm service. The Sanctuary Choir, Extollers (our reunion bell choir), various soloists, and our organist will present music at the 10pm candlelight service.

## Thank You From Strikepoint



It has been a very long pandemic and it has been hard on so many people and groups, including Strikepoint.

The loss of two summer tours and all of 2020's Christmas concerts has taken its toll. We would like to thank all of you who supported Strikepoint throughout the past 18 months. Look for us soon with the DSSO and the Arrowhead Chorale.

First United Methodist Church  
230 E Skyline Parkway Duluth, MN

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## CHRISTMAS AT THE COPPERTOP

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## FESTIVAL OF NINE LESSONS AND CAROLS

Sunday, December 12, 2021  
10:00 am worship service

Discover the beauty of this traditional service of nine lessons and carols during the morning worship service at First United Methodist Church. The story of Christ's birth will be told through scripture readings and music offered by First United Methodist's Sanctuary Choir, soloists, flute, violin, piano and organ.

# A Time for Advent Reflection

An Advent time for reflection, meditation, and checking in will be held on Tuesday, December 7 from 9-9:45pm on Zoom.

It is being held late in the evening to allow parents of young children to put their kids to bed before participating. There will be opportunities to connect with each other, have a time of reflection with Pastor Jeanine, and find inner healing and wholeness through meditation exercises with Marian Flammang.

# Ruby's Pantry Receives Award

Ruby's Pantry Coppertop is a recipient of the 2021 Love Offering from the Minnesota Conference of the United Methodist Church. We are absolutely thrilled to have been chosen. The \$3,400 gift will help us to do a better job of getting food to our neighbors. Thank you.

We are looking into some lighting improvements for the parking lot and changes in signage, among other things.

We at Ruby's Pantry Coppertop wish to thank everyone who contributed to the Love Offering, and are so grateful for the kindness of our Minnesota friends and neighbors. Our group has been blessed.

We invite you to come to our next distribution on Thursday, December 16. You may pick up food at our drive-through for a \$22 donation. You may also join our volunteers who do all the work to make distribution happen. Blessings, ~Sue, Tony, Linda, Brian, Pam, Tina, and Barb

# Steps to Justice



Put your money to work for justice. When you buy organic, you guarantee more farmers can grow healthy, safe food. When you buy fair trade, you provide living wages and fight poverty. When you buy from a business owned by women or people of color, you help build an inclusive economy. When you bank with a community bank or credit union, you are more likely not to be funding fossil fuel projects. [umcreationjustice.org](http://umcreationjustice.org)

**Use plant-based, compostable poop bags.** You want to be a good neighbor and pick up your dog's poop. But the usual plastic bag lasts and lasts and lasts in a landfill. When it does finally break down, it becomes harmful microplastics. Here's an alternative: you can be a good neighbor to the Earth.

**Turn the engine off while you wait.** Are you regularly in a queue to pick up a child from school?

Fluctuating temperatures can entice you to turn on the engine to run the air conditioner or crank up the heat.

Emissions from idling cars, however, send particulates into the air, which research has shown negatively affects the cognitive development and performance of children.



**Care for creation with a home energy audit.** Prepare your home for colder weather, save money, and stay comfortable. Take this practical step toward understanding your energy usage and a more sustainable home. Upgrade to LED light bulbs, test for air leaks at exterior doors, and get help determining which updates you can make. To schedule an audit, go to [ecolibrum3.org/energyaudit](http://ecolibrum3.org/energyaudit)

Learn more at [mnipl.org/take-action/be-a-climate-justice-household](http://mnipl.org/take-action/be-a-climate-justice-household).

We welcome your justice-oriented ideas, news, and notice of upcoming events. Please share them with Sarah Maddy, [shmaddy@outlook.com](mailto:shmaddy@outlook.com).

# A Call to Grace



Delegates and church leaders urge The United Methodist Church to "A Call to Grace."

A wide coalition is urging The United Methodist Church to live out its values of grace and reconciliation by allowing congregations the option to exit the denomination now—

—continued on next page



something that can be achieved at the local level and is not dependent on General Conference legislation. “A Call to Grace,” released Nov 1, 2021, includes signatures from a broad array of rank-and-file church members, General and Jurisdictional Conference delegates, denominational leaders, and many in the Reconciling movement.

The postponement of General Conference has been a disappointment for many, but a “love your neighbor” approach to COVID-19 safety remains a priority. While still undecided, the conference scheduled for August 2022 is at risk due to health concerns and world-wide travel restrictions. “A Call to Grace” offers an alternative option that overcomes the continued and unavoidable delays. [acalltoGrace.com/press-release](https://acalltoGrace.com/press-release)

It appears likely that the General Conference scheduled for August-September 2022 may be postponed again as COVID-19 continues to spread globally and many continue to suffer from inequitable distribution of vaccines.

Waiting on General Conference legislative solutions is no longer the only way forward. Continued delay in making decisions about the future of The United Methodist Church hurts our mission and is especially harmful to our LGBTQIA+ siblings who are caught up in this conflict.

Now is the time to focus on strategies for a gracious exit that can be enacted at the annual conference, central conference, and jurisdictional levels. We call on bishops, conference leaders, and all United Methodists to join us in this effort.

[Paraphrased from “A Call to Grace”]

[acalltoGrace.com/?mc\\_cid=0dcb1ef0fe&mc\\_eid=2dc4860238](https://acalltoGrace.com/?mc_cid=0dcb1ef0fe&mc_eid=2dc4860238)

[umnews.org/en/news/group-seeks-bishops-grace-in-church-exits](https://umnews.org/en/news/group-seeks-bishops-grace-in-church-exits)

### **Bishops offer framework for inclusive church**

During its November 2-5 online meeting, the Council of Bishops approved “A Narrative for the Continuing United Methodist Church,” outlining a vision for the church where all will have a home. Hear from six bishops in a four-minute video message, including these words from Bishop LaTrelle Easterling of the UMC Baltimore-Washington Conference:

“We cannot transform the world if we have not been transformed by the renewing of our lives. An ethos of exclusion is not of God. The beloved community loves all, welcomes all, and serves all. That is the future of the United Methodist Church.”

[umnews.org/en/news/bishops-offer-framework-for-inclusive-church](https://umnews.org/en/news/bishops-offer-framework-for-inclusive-church)

## **Sustainability**

### **NexTrex<sup>®</sup> Plastic Bag and Film Recycling**

#### **More than just plastic bags are recyclable!**

FUMC and the Duluth Lions Club have joined to recycle plastic film to make community park benches. Drop off your clean, dry plastic film and bags in the big brown collection bin in the church Atrium during church office hours or when you come to church on Sundays.

The Sustainability Committee has supplied a detailed list of items that can and cannot be accepted (see page 10), or go to [recycle.trex.com/view/educate](https://recycle.trex.com/view/educate).

# PLASTIC BAGS AND FILM RECYCLING

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



## PLUS

- Plastic films labeled with #2 or #4 recycling symbol (polyethylene films)
  - Ice bags
  - Wood pellet bags
  - Salt bags

## Don't see your item?

Try these tests to see if your plastic is recyclable polyethylene or not.

- See if the package will stretch when you pull it. If yes, it can be.
- Is the package shiny or does it make a crinkly/crunchy sound in your hand? If yes, do NOT recycle in the bin.



## DO NOT INCLUDE THESE ITEMS IN NEXTREX® PROGRAMS



## OR THESE

- Degradable/compostable bags or film packaging
- Pre-washed salad mixed bags
- Pet food bags
- Hot dog or meat wrap packaging
- Six-pack rings
- PPE- Gloves, mask, or protective wear
- Pool covers
- Silage and hay bags
- Backyard ice rinks
- Vinyl shower curtains or tablecloths
- Bedding or linen packaging
- Shiny, crinkly films like floral wrap
- Lamination film

# Sustainability Practice: Kitchen Composting

## Composting Protects the Climate

Food scraps in landfills generate methane, a greenhouse gas with a global warming potential 84 times more potent than CO<sub>2</sub> in the short term. But when converted into compost and applied to the land, compost sequesters carbon, strengthens soil, promotes healthy plant growth, and reduces the need for pesticides and synthetic fertilizers.

## What is WLSSD Compostable?

All foods: cooked, raw, frozen, and spoiled

Bones: meat, fish, poultry

Carcasses: turkey and chicken

Egg shells

Pits and peelings: vegetables and fruits

All fats (only small amounts of grease)

Coffee grounds and filters

Tea bags

Flowers and plant cuttings

Paper napkins without glitter

Compostable dinnerware (\*BPI)

Compostable glasses and cups (\*BPI)

No liquids, please!

*\*Biodegradable Products Institute certified*

Line a container of your choice with a biodegradable kitchen compost bag to collect the above items for composting. FUMC has a large bin out back for our members marked "FOOD WASTE" in which you may drop off your bag(s). Public Drop Sites can be found at [wlssd.com](http://wlssd.com).

HINT: The bags can be stored in a freezer until a trip to a Drop Site is feasible.

Continuing to protect God's Creation...

## Thank You for Giving

Thank you for your generous giving of time, talents, gifts, service, and witness in 2021. If you wish to check on the status of your financial giving, feel free to call the church office, 218-727-5021, or email [admin@fumcduluth.com](mailto:admin@fumcduluth.com) and check with Sandy Smith, our Director of Operations. Thanks also to everyone who has made estimate of giving pledges for 2022 and turned in your participation survey. If you have yet to do so, we have additional pledge cards and surveys at church. Call or email us and we will get them to you. Thank you for the wonderful ways you share the love of God. We are blessed to be a part of FUMC, and our community and world are better because we are here.

# Faith Forum

The final 2021 Faith Forum session will be:

**December 5:** John Cole, New director of CHUM

Faith Forum will start up again on **January 16**, with Linda Wiig and Gina Diaz sharing about a church initiative to reduce and repurpose medical supplies.

Guest David Tryggestad will share insights on **January 23**.

Faith Forum will take place on Sunday mornings before the worship service, from 9-9:45am in the East Lounge.

## CHUM Holiday Concert

**December 3, 7:30 to 9pm**  
**AND**

**December 4, 7:30 to 9pm**

**The Cathedral of  
Our Lady of the Rosary  
2801 E Fourth Street, Duluth**



The College of St. Scholastica Choral Ensembles present their annual Christmas concert, reflecting on the

season through song. This program, the first concert with CSS's new Director of Choral Activities, Richard Carrick, will fill you with hope and welcome you into the Christmas spirit. A freewill offering will be taken to benefit CHUM.

General admission \$15. Tickets: [thecollegeofstscholastica.ticketspice.com/o-holy-night](http://thecollegeofstscholastica.ticketspice.com/o-holy-night)

# EarthKeepers

By Naomi Yaeger  
commissioned United Methodist EarthKeeper

## How to Have a Green Christmas

Make Christmas sustainable by determining what is important to you. When I was a child, it was all about the special gifts we got. Also it was the anticipation and excitement. Mom said she didn't fancy herself a cook, but I remember all the special treats we had at Christmas. Of course we had to have a Christmas tree. Decorating it was fun. Decorating the house with Mom was fun. As a young mother active in a group of stay-at-home mothers, I learned that some mothers didn't like decorating. It stressed them. I suggest just placing a poinsettia on a table; you can call that good.

I must admit as a child it may have been the gifts. But now I think it's the special feelings. As a low-income woman, I cried on Christmas Day when I dropped and broke a Mr. Coffee maker that my teenage brother gave me. It was partly because we were so poor and partly because my teenage brother thought enough to figure out what I really wanted.

### **Here are some tips for a Green Christmas:**

- Give experiences rather than things, like tickets to concerts or shows or museums
- Attending a candlelight service on Christmas Eve is an experience
- Look for locally made gifts
- Choose gifts made from recycled sources
- Give "old" gold jewelry. The production of new gold involves the use of toxic chemicals.
- Used gifts used to be considered taboo. One woman gave a friend a pair of earrings that the friend admired. That way she knew her friend would like them.
- Gifts of social service and animal welfare

The United Methodist arm of charitable giving to those in need is the General Board of Global Ministries (GBGM). There are several projects within the GBGM; each one is called an advance and has a number. You can do an internet search and pick a project that has special meaning to you. [advance.umcmmission.org](http://advance.umcmmission.org)

Local wildlife shelters provide another opportunity for gift-giving through donor "adoption" programs. Check out Wildwoods [wildwoodsrehab.org/](http://wildwoodsrehab.org/) or Animal Allies [animalallies.net](http://animalallies.net).

CHUM is a local faith-based social service agency [chumduluth.org/contributions.htm](http://chumduluth.org/contributions.htm)

For more information, visit [umcmmission.org/EarthKeepers](http://umcmmission.org/EarthKeepers).

## Race Matters



Rev. Dr. Ron Bell talks racism and issues a challenge to the church. Rev. Bell, who serves Camphor Memorial UMC in St. Paul, was a "truth-teller" at the virtual North Central Jurisdictional Conference on November 10-11. He powerfully talked about when he knew race mattered, and issued a challenge to the church. Watch this two-minute video to see what he had to say. When did you first realize that race matters? [Watch video.](#)

Live links are available in the online version of *First Family* on the FUMC website: [fumcduluth.com](http://fumcduluth.com)

## Did You Know?

Did you know that the FUMC website gets about 2,000 visitors a month, accessing about 3,000 pages?

Did you know that the FUMC Facebook page now has 705 "likes" and 759 people following the page?

Did you know that our YouTube channel, bringing you our streamed church services, just crossed the 300 subscribers line and typically receives well over 200 weekly device views: That's over 300 people!

We just thought you should know.



**Peer Recovery Support** is now available for people using CHUM Street Outreach, Emergency Shelter, Family Shelter, Drop-in Center, Warming Centers, Steve O'Neil Apartments, and the new St. Francis Apartments. A part-time Peer Recovery Specialist with Recovery Alliance Duluth connects clients seeking recovery with peers who have walked a similar path. As mentors and coaches, peers help clients establish new

social networks of recovery and provide hope that recovery is attainable. Made possible through a \$25,000 grant from the Medica Foundation, peer recovery services offer people an extended hand with support based on trust, respect, and acceptance of where they are in life. Thank you, Medica!

### **Make the Most of Your Donation This Holiday Season and HAVE FUN!**

As we approach the holiday season, our hearts and minds are focused on charity, giving back, and the thought of coming together to do something special for our friends and neighbors in need.

### **Easy tips for giving to CHUM Food Shelf:**

- Call (218) 727-2391 to ask which food items are currently needed.
- These pantry staples are always needed: canned fruit, canned vegetables, dry pasta, soups and stews, canned tomatoes, canned proteins, peanut butter, rice, and cereal.
- Steer clear of items in glass jars, dry baking items, condiments, candy, potato chips, and snacks. These can be difficult to store and difficult to give away equitably.
- Food Shelf donations are accepted Monday-Friday mornings (8:30am to 12:30pm).
- Remember that food is great, but we can do so much more with cash—we can currently purchase \$7 worth of food for every \$1 donated.

***Please drop off food at church or CHUM Food Shelf, 120 N 1st Ave West, Duluth***

### **Items needed at the Drop-In Center:**

- New adult socks and underwear
- Working cell phones with chargers
- Sonic alarms
- Handwarmers
- Heavy winter boots
- Heavy winter jackets
- Double-knit or fleece-lined hats
- One-size knit gloves
- Gel pens
- Adult coloring books
- Candles
- Batteries
- Non-perishable microwaveable meals
- Snack-sized bags of chips
- Instant oatmeal packets
- Disposable bowls, plates, and flatware
- Paper towels
- Gas cards

***Please drop off items at church or CHUM Office, 102 West 2nd Street, Duluth.***

Warm jackets, hats, gloves/mittens, new socks and underwear are distributed when available. No other clothing items are accepted at CHUM, but we encourage people with clothing to donate it to the Damiano Center's Clothing Exchange!

**Tax-deductible charitable donations:** [givemn.org/organization/Chum](http://givemn.org/organization/Chum)

or mail to CHUM Office, 102 West 2nd Street, Duluth MN 55802

*CHUM clients and staff greatly appreciate all your love and attention during the holiday season!*

# From Our Faith Community Nurse

## Repurposing Medical Supplies

A new ministry opportunity is coming your way. Our church congregation is invited to collect and bring to church unused, unopened medical supplies to be repurposed for others in need. People who have had recent hospitalizations or have had a recent death in the family or a friend's family usually have supplies that are no longer useful to them. Through a relationship with Global Health Ministries in St. Paul, these supplies, which are listed below, will be used through that program or the College of St. Scholastica's nursing mission.

Gina Diaz, nursing faculty at the College of St. Scholastica, leads a group of nursing students each year to serve in Manila, the Philippines, to provide care at Mary Johnston Hospital, a Methodist affiliated hospital/clinic. Some collections will be used for their mission project, and the majority of supplies will be used to support the United Methodist's health programs throughout the world and in the United States. There are more than 300 United Methodist health facilities around the world which support programs targeting maternal child health, malaria, HIV/AIDS, disaster relief, and other health programs.

If you, or a friend of yours, no longer need medical supplies that you find on the list of acceptable items, please bring the articles to church to the collection box located outside the office. If the item has a shelf life, it is requested that at least one year remains until the expiration date. We will begin collecting in January. Allen Klingsporn, a Duluth resident who is on the Board of Global Health Ministries, will transport supplies to the collection location in St. Paul. These supplies will then be shipped to where they are needed.

List of supplies needed by Methodist Global Health Ministries and the Philippine Project are included here:

- PPE (Personal Protective Equipment)—gloves (not latex) especially in sizes M, L, and XL; eye protection; face shields; surgical and cloth masks; surgical gloves sizes 6.5 to 8.
- Syringes, 5 and 10 ml.
- Dressings and gauze, surgical sponges, and Q-tip applicators
- Lubricating jelly
- Disinfectant sponges and swabs
- Cotton twin, or hospital-size, flat sheets and cotton bed protectors
- Transfer belts
- Ace bandages, BandAids®, 4x4 butterfly closures, other dressings
- Suction or urinary catheters
- Nasal oxygen cannulas or masks
- Braces, slings, supports
- Wheelchairs, walkers, crutches
- Scrub/prep sponges, brushes, iodine

- Surgical tape, any type
- Stethoscopes, blood pressure cuffs

This mission is an outgrowth of the Sustainability Group, in hopes that the supplies will benefit many others in their healing process and to minimize the number of articles tossed away and finding their way into landfills.

I hope that everyone has a safe holiday season. Please wear masks, get your boosters, get COVID tested if you are exposed, and just be diligent to protect yourself and others. By doing so, you will be giving a great gift this time of year. God poured out His love for us in giving us Jesus, so let's love and protect one another.

Peace be with you,  
~Linda Wiig

## Thank You, CHUM Donors



CHUM was able to surpass their goal of \$50,000. They raised over \$51,000 to help the Outreach

Services Team led by Deb Holman.

CHUM would like to thank each and every one of their sponsors: from their presenting sponsor, North Shore Bank, to their shelter sponsors, Inter-City Oil and Radisson Hotel, and their street sponsors, CW Technology and Wipfli.

Thank you to all who donated to the fundraiser, and thank you to the auction donors. There were over 88 auction items this year, with 93 people bidding on the items.



## *Advent and Christmas Giving Project*

This year for our Advent and Christmas Giving Project we will again be giving to CHUM through three of their community sites: CHUM shelter (Week 1), Steve O'Neil Apartments (Week 2), and the CHUM Food Shelf (Week 3). Items urgently needed are listed below for each week.

### Week 1: December 5 (all for adults) - CHUM SHELTER

- Warm socks
- Hats
- Gloves
- Underwear
- Lip balm

### Week 2: December 12 - STEVE O'NEIL APARTMENTS

- House slippers with nonskid soles for men and women
- Financial donations for bus passes; mark them as Christmas Giving (\$3.00 provides 1 daily pass)

### Week 3: December 19 - CHUM FOOD SHELF

- Cereal
- Canned fruit
- Can openers to hand out

Please place your item donations on the steps at the front of the Sanctuary and we will sort them. Please give financial donations to the church office and label them for CHUM. You can bring your donations when you come to worship on Sunday or any time between 9am and 4pm M-F during Advent. Thank you for your love and generosity to our community!





## **First United Methodist Church**

First Family (**USPS 349-210**) is published monthly by First United Methodist Church, 230 E. Skyline Parkway, Duluth, MN 55811-2799. Periodicals postage is paid at Duluth, MN 55806.

### **Volume 55, Number 11**

Actual issues for 2021, online only and printed: Volume 55, Number 12

POSTMASTER: Please send address changes to First Family, 230 E. Skyline Parkway, Duluth, MN 55811-2799.

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