



First United Methodist Church
Sunday, January 30, 2022

Prelude *Trio in G Minor: 1. Soave ma non adagio 2. Vivace 3. Largo 4. Allegro* Georg Philipp Telemann
Shelley Gruskin, recorder; Johanna Gruskin, flute;
Rebecca Peterson, cello; Velda Graham Bell, organ

Welcome and Announcements Pastor Jeanine Alexander

* Call to Worship Millie Carolan

One: Summoned by love.

All: **Beckoned by grace.**

One: Called to receive hope.

All: **Welcomed into peace.**

One: Ushered into silence.

All: **Gentled into awe.**

One: Blessed with joy.

All: **We are gathered in the presence of God! Guide us, great Jehovah!**

* Hymn *Guide Me, O Thou Great Jehovah* UM Hymnal #127

Children's Message Jojo Coffin-Langdon, director of family ministries

Anthem *Fantasy on "Hyfrydol"* Hal H. Hopson
Class Ring; Bill Alexander, director

Morning Prayer Pastor Jeanine Alexander

Unison Prayer: **Gracious and loving God, thank you for hearing our prayers. We thank you for the gift of sabbath worship and rest in our lives. Help us to take time each day and each week to simply enjoy your goodness. Reset our hearts and give us the wisdom to set apart time for play, for rest and for recreation. We commit to this journey of seeking wholeness and abundant life that can be found only in you. Amen.**

Prayers of Concern and Celebration

Jesus' Prayer – retranslation from the Aramaic

O Breathing Life, your Name shines everywhere! Release a space to plant your Presence here. Imagine your possibilities now. Embody your desire in every light and form. Grow through us this moment's bread and wisdom. Untie the knots of failure binding us, as we release the strands we hold of others' faults. Help us not forget our Source, Yet free us from not being in the Present. From you arises every Vision, Power and Song from gathering to gathering. May our future actions grow from here! Amen!

Scripture Readings Noah Neilsen

Matthew 11:28-30

Jesus said, "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

1 Kings 19:5-9

Then Elijah lay down under the bush and fell asleep. All at once, an angel touched him and said, “Get up and eat.” He looked around and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again. The angel of the Lord came back a second time and touched him and said, “Get up and eat, for the journey is too much for you.” So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God. There he went into a cave and spent the night. And the word of the Lord came to him, “What are you doing here, Elijah?”

Anthem	<i>The King of Love My Shepherd Is</i>	Kevin Hildebrand
	Sanctuary Choir; Michael Goodlet-Meijer, director; Johanna Gruskin, flute	
Offering		Pastor Jeanine Alexander
Doxology	<i>Praise God, from Whom All Blessings Flow</i> <i>Praise God, from whom all blessings flow;</i> <i>praise God, all creatures here below;</i> <i>praise God above, ye heavenly host;</i> <i>Creator, Christ and Holy Ghost. Amen</i>	UM Hymnal #95
Sermon	<i>Take Care of Yourself: Soul Reset #4</i>	Pastor Jeanine Alexander
* Hymn	<i>The Trees of the Field</i>	The Faith We Sing #2279, sing twice
Benediction		Pastor Jeanine Alexander
Postlude	<i>Days of Elijah</i>	Robin Mark
	Tapestry; Leah and Corey Hulst, directors	

* *Please stand as you are comfortable.*



Announcements

*Please fill out the Connect Cards each week. They are replacing the attendance pads formerly found in the pews. Keeping attendance and making sure the church has your current contact information is an important part of church records. **On the back of the card,** is a list of ministry opportunities, places where your help can make a difference! These will change often, so check them each week and please sign up where you can.*

***Visitors:** Welcome to First United Methodist Church. We are so glad you are worshipping with us today! Please stop by the Welcome Desk in the Narthex; we have a packet and small gift for first-time visitors.*

*Join us for **Faith Forum** Sunday mornings 9:00-9:45 in the East Lounge. Next Sunday, February 6, we will hear from elementary and secondary teachers on what it's like to teach during a pandemic. Come hear their stories and share yours.*

Next Sunday we will celebrate Holy Communion. There will be individually packaged communion elements available. If you're worshipping at home, please have something to eat and drink with you.

Feeding others in body as we are fed in spirit. This year, every Communion Sunday (typically the first Sunday of the month), we are asking you to bring a donation of food or money for the CHUM Food Shelf. In this way, when we come to the communion table to be fed spiritually, we are also feeding those who are physically hungry. The Food Shelf cart will be available to hold donations. If you make a financial gift, please note "Food Shelf" in the check memo and make checks out to FUMC. Thank you for loving our neighbors in need!

Our Annual Meeting will take place on Tuesday, February 15 at 7 pm on Zoom, at the beginning of the Church Council meeting. We will elect leadership, take action on membership, hear the financial report, and have an update on our COVID-19 policy. All FUMC members and friends are invited to participate. The Zoom link is: <https://us02web.zoom.us/j/5446347519>

*Join your fellow hockey fans on Saturday, February 12 at 3 pm at Amsoil Arena when the Lady Bulldogs meet St. Thomas. Tickets are only \$4 each **if purchased in advance through Richard Gurske**. Tickets will be available at the table in the Atrium today and next Sunday, February 6. Let's go, Bulldogs!*

*FUMC is joining forces with a local chapter of Days for Girls, who prepare and distribute sustainable menstrual health supplies to girls who otherwise may miss days of school. On **Sunday, March 6** (snow date is March 13), members of our church will gather in Lakeview Social Hall from 1:00-5:00 pm to prepare flannel liners for girls in El Salvador. Volunteer help of all skill levels and ages is needed, as well as donations of material. An article in February's *First Family* will have more information. To sign up or to ask questions, please contact Jean Walsh (218-310-4397 or jmbwalsh@gmail.com) or the church office (218-727-5021).*

FUMC has a ministry place for YOU. There are several open or new ministry areas needing your help:

Hospitality Team – to focus on welcoming for the church and community and all church/community food events.

Mission Team – to plan, organize and implement the mission and outreach of our congregation.

Set-up/Take-down Team – to provide help when we have large set-up and take-downs of chairs and tables. This team will not have meetings.

Finance Team – to oversee and plan the finances of our congregations. There are monthly meetings.

FUMC Foundation – to oversee and use the great resources of our Foundation. There is a quarterly meeting commitment. An orientation to the Foundation and its resources will be held January 11 at 5 pm on Zoom. Please attend to learn more: <https://us02web.zoom.us/j/5446347519>

Meeting ID: 544 634 7519

Trustees – to care for, maintain and improve our facility. Meetings are once a month, plus special projects.

If you have an interest in any of these ministry areas, please contact Pastor Jeanine, Cindy Hedlund (lay leader) or Mary Giese (director of welcome).

Thank you to Alex Flinner, Tommy Kishida and the Livestream Team for making the online service possible.

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***Ways to give to support your church:** give online at fumcduluth.com OR text COPPERTOP to 73256 OR mail to FUMC, 230 E. Skyline Parkway, Duluth, MN 55811*