



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.

January 2022

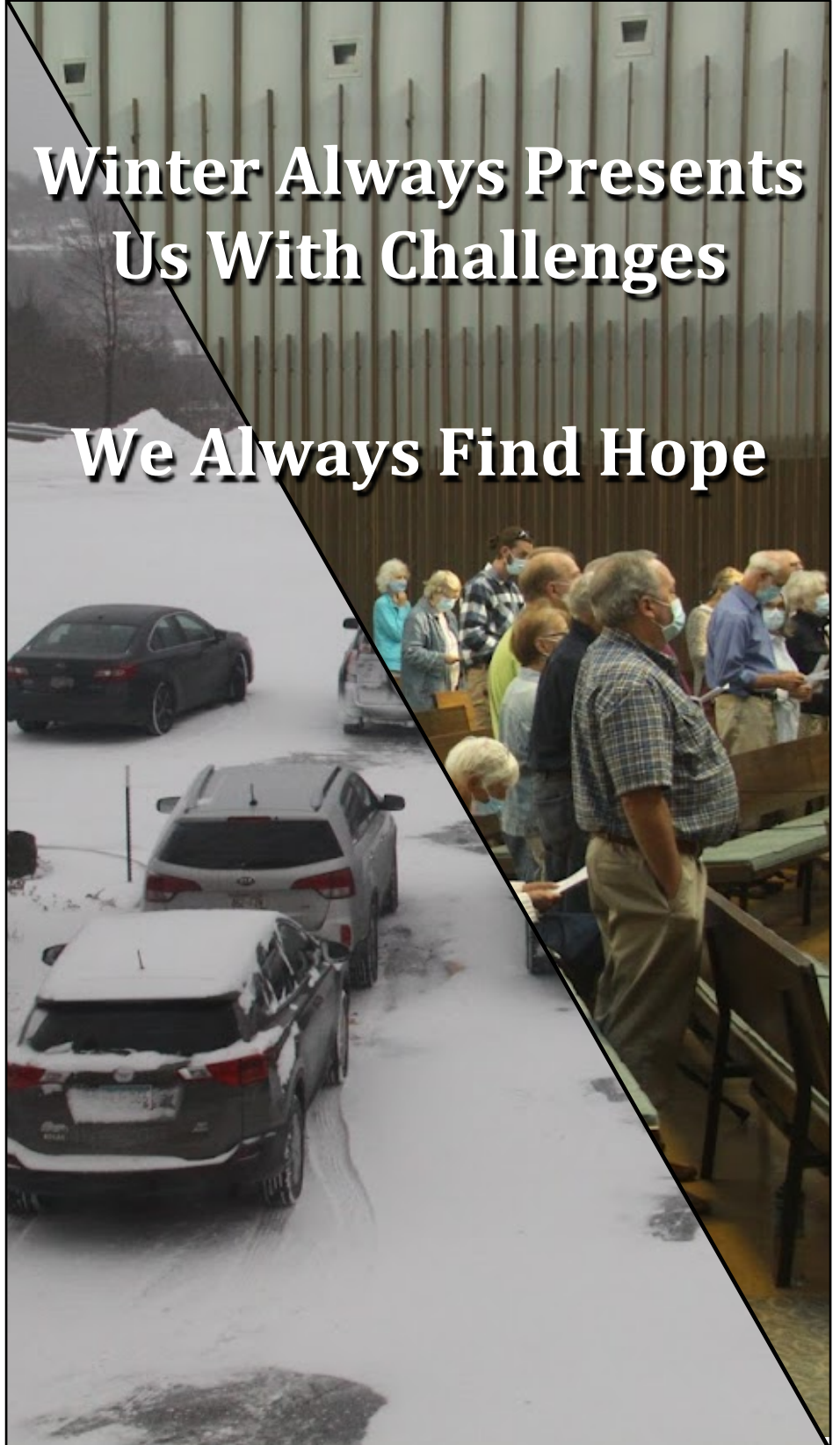


Winter Always Presents Us With Challenges

We Always Find Hope

**First United
Methodist Church**

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





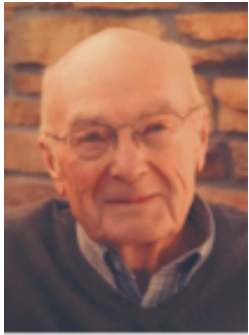
Our First Family

Baptized on December 26



Avery Kay Trout was born on December 17, 2020. Her parents are Tyler and Emily Trout. Her grandparents are Terry and Patty Wallin, and her great-grandparents are Peg and Dick Wallin.

Bob Barnidge passed away on



December 14, 2021. Continued prayers for Marilew. Please feel free to reach out to her with cards and gestures of love and care.

Many thanks to all the musicians



who participated in this year's beautiful Advent services, Lessons and Carols service,

and Christmas Eve services. Your music helped bring the Christmas story alive again in fresh and new ways. We so appreciate your dedication to the music program at FUMC.

With gratitude,
~Velda, Mike, Bill, Cynthia, Leah, and Corey
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On the Journey With You

I have several random thoughts floating through my mind and decided I will share them for this start-of-the-year pastor's column. Maybe one or more of them will speak to your heart.

1. My dad had a birthday last month. A church member dropped off a card and cupcakes for him. That delighted me and brought joy to my spirit. Doesn't it feel amazing when someone does something good (or says something affirming) for your child or parent or someone you love? For me, I feel more blessed when someone does something kind and loving for a loved one than when they do it for me. When we want to show love and bless someone, sometimes the best thing we can do is think about who/what they love and bless that person or organization. Perhaps it works the same in showing God's love—loving and caring for the people and things God loves is the best way to worship and honor God.

2. I was shopping at Kohl's. The lines were long. A gentleman at the register was very slowly writing out a check for his purchases. The young woman behind him was obviously getting frustrated with the time he was taking. Her mother calmly said to her, "Honey, pretend he is your granddad. Would you want someone getting frustrated with him if he was slow?" And I watched how that changed the young woman's attitude and level of patience. When we get frustrated with someone in line going slowly, or driving slowly—when we find ourselves getting irritated with a noisy or misbehaving child—let's think of how we would want a loved one in the same situation treated. It changes everything when we think that way, doesn't it?

3. In December Mark Whitlock asked me to be the narrator for the Twin Ports Brass Orchestra Holiday Concert. I thought that meant reading something before or after a song or two, so I agreed to do so. Then he sent me an email with pages of music, and it became clear to me that I would be narrating while the music was being

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Next First Family deadline: January 19

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played. A sense of panic filled me. I barely read music and wasn't sure how I would pull this off. I talked with my Nicole, and she said to find the songs on YouTube and listen to them. That helped. Then I talked with Mark. He told me that I would be standing near him and he would direct me, pointing to me each time I was to read. We had a couple of practices. I have never watched anyone more intently than I did Mark during that concert. I was totally dependent upon him for cues as to when to read. It worked well and it was exhilarating. It was so fun! It was something I hadn't done before, and doing this new thing brought fun and joy to my soul. I was reminded in this experience of the importance of taking risks and trying new things. I also learned how important it is to lean on others and trust them to help and guide. I hope you try new things in this coming year, and trust God and others to help and guide you.

4. Finally, I had a beautiful and life-giving visit with a friend last month. She shared this poem with me, by Mary Oliver, and it touched me. I thought it might also bless you.

"The Gift" by Mary Oliver

Be still, my soul, and steadfast.
Earth and heaven both are still
watching,

Though time is draining from the clock
And your walk, that was confident and
quick, has become slow.

So, be slow if you must, but let the
heart still play its true part.

Love still as once you loved, deeply
and without patience.

Let God and the world know you are
grateful

That the gift has been given.

On the journey with you,
~Pastor Jeanine

Worship in January

On **Sunday, January 2**, The Minnesota Conference of the United Methodist Church will be supplying our worship video. The service will stream on our YouTube channel at 10am, will have Bishop David Bard preaching, and will offer Holy Communion.

Sermon Series to start the year—*Soul Reset*

A soul reset is an invitation to slow down—to take stock of where we have given our hearts, time, and work. Together we will take a journey of setting down the burdens of hurry, worry, and the urgent; and taking up the kind of meaningful and free living that Jesus offers all who are willing to accept it.

January 9: Soul Reset # 1- How Is It With Your Soul?

January 16: Soul Reset # 2- When Depression Hits ...

January 23: Soul Reset # 3 - It's Not All on Me

January 30: Soul Reset #4 - Being Nourished

February 6: Soul Reset # 5 - Life in Crisis

February 13: Soul Reset # 6 - Living in the Light

All Church Conference

On Tuesday, February 15, at 7pm, we will have our annual church conference meeting over Zoom for the following purposes:

- Deal with membership roles
- Receive a financial update
- Approve candidates for ordained ministry
- Elect leadership
- Update on the current situation in the UMC

The meeting will take about an hour. It is of interest to members and friends of the congregation. Everyone has a voice, and members have a voice and a vote.

Join the Zoom meeting:

<https://us02web.zoom.us/j/5446347519>

Meeting ID: 544 634 7519

Estimate of Giving/Pledges Update

Thank you to everyone who has already turned in their estimate of giving for 2022 so we can plan financially for our ministry and mission! Thank you also to everyone who has turned in their participation survey so we can keep track and take good care of everyone. If you haven't yet done so, please put your card/form in the offering plate or bring/send them to the church office (230 E. Skyline Parkway, Duluth, MN 55811).

Additional cards are available at church. We need the participation of everyone.

FUMC Has a Ministry Place for YOU

There are several open and new ministry areas.



- **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** – this team will not have meetings but will provide help when we have large events with set-up and take-down of chairs and tables
- **Finance Team** – to oversee and plan for the finances of our congregation. This involves a monthly meeting.
- **FUMC Foundation** – to oversee and use the great resource of our Foundation. This is a quarterly meeting commitment. An orientation of the Foundation and its resources will be held January 11 at 5pm on Zoom. Please attend to learn more: Join Zoom Meeting us02web.zoom.us/j/5446347519 Meeting ID: 544 634 7519
- **Trustees** – to care for, maintain, and improve our facility. Meetings are once per month plus special projects.

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

Bazaar Update

A huge thank you goes out to our United Methodist Women (UMW) and our congregation. Due to COVID-19, we were once again unable to hold our annual bazaar. Thanks to pickle sales and donations, we have raised over \$1,150. Combined with money already in the UMW funds, the local charitable end-of-year giving for UMW is as follows:

- Domiano Center - \$300
- Harbor House - \$350
- Life House - \$300
- Safe Haven Shelter - \$350
- Second Harvest Northern Lakes Food Bank - \$350
- Union Gospel Mission - \$300

Well done, UMW and FUMC!

Communion Sundays—Bring Food for the Food Shelf

Starting January 2, every Communion Sunday (typically the first Sunday of the month) we are asking you to bring a donation of food (or a monetary donation) for the CHUM Food Shelf. That way, when we come to the communion table to be fed spiritually, we are also feeding others who are physically hungry. The Food Shelf cart will be available to hold donations. If you make a financial donation, please note "Food Shelf" in the check memo or envelope, and make checks out to FUMC. If you choose to [give online](#), under the pledged giving option, type "Food Shelf" in the memo line. Thank you for loving our neighbors in need.

Refugee For 50 Minutes

On Sunday, January 16 at 11:15am in the East Lounge, Khalil (Haji) Dokhanchi, UWS Professor, will present an interactive exhibit ***Refugee for 50 Minutes: From Afghanistan to Germany***. The exhibit was originally designed and presented by Haji's Political Science students to teach the UWS students and their community about:

- **LEGAL DEFINITION OF REFUGEES:** How does international law define refugees?
- **REFUGEE LEGAL PROTECTIONS:** What kind of rights are we legally obligated to offer to refugees?
- **PUSH FACTORS:** Why do refugees leave?
- **PULL FACTORS:** Why do certain countries look more attractive than others to refugees?
- **REFUGEE EXPERIENCE:** How do refugees travel thousands of miles (opportunities and threats)?
- **REFUGEE STATUS DETERMINATION:** How are refugees recognized as refugees?
- **REFUGEE RESETTLEMENT:** What types of problems and prospects do refugees face when they try to resettle?

Mark your calendars! If you have any questions, please contact Liz Taylor through the church office (218-727-5021).

Family, Children, and Youth

Join Us for Children's Ministry Activities!

Sunday School is every Sunday right after the Children's Message until after worship is done. Pick up your children from the Hillside Room (Kids Club space), lower level, before 11am, or wait until 11am and children's ministry staff will bring them to Room #112 (Tweens Room, across from Lakeview Social Hall).

Wednesday Church Schedule

Kids Club (Grades K-3) - Tweens (3rd-5th grade), Youth Group (6th-8th grade) and Confirmation (ages 12-14).

- **5-6pm - Kids Club** (2nd grade and under) - Meet in the Hillside Room (new Kids Club location). We will start with music with Pastor Cynthia for 15 minutes and then have games and a Christian message.
- **5-6pm RingJAM rehearsal** (3rd-5th grade) - Start out in the Bell Room and end in the Chapel. This is a combination of Ringtones and JAM with both handbells and drumming.
- **6-6:30pm Dinner** - bring your own dinner. Families can eat inside the church in separate rooms until COVID-19 numbers go down.
- **6:30-7:30pm Tweens** (3rd-5th grade) Room #112/Tweens Room - We will have games, fun, always a lesson, and a chance to connect as a community. This is much like youth group but just for the younger audience.
- **6:30-7:30pm Youth Group/Confirmation** - Room #113 (Youth Room). This is for 6th grade and older and is held the first Wednesday of the month. Confirmation will be with Pastor Jeanine and Pastor Cynthia. The other weeks Youth Group will have fun and games, team building, and always a lesson for your soul.

Bowling!

On Sunday, January 9 at 11:30am, help ring in the new year by bowling with your church family! Skyline Lanes, 4894 Miller Trunk Highway. *All families are welcome!*

Martin Luther King Weekend Activities

Due to the precautions for preventing further COVID-19 spread, both of the following MLK events will take place via Zoom with a livestream to Facebook. There will not be an in-person march this year. More information will be coming on duluthnaacp.org and the [Duluth NAACP Facebook page](#).

- **Virtual Community Reading** of "Letter From a Birmingham Jail" will be held Sunday, January 16 at 4pm.
- **Virtual Rally** featuring a documentary produced by Jeremy Gardner of DanSan Creatives on the theme of "Dr. King's Words Into Action: Black Empowerment Across the Generations" will be held on Monday, January 17 at 11am.

Confirmation and Youth Group Schedule for January

- January 5 - Confirmation (Wednesday)
- January 12 - Youth Group (Wednesday)
- January 16-17 - Confirmation Retreat (Sunday/Monday)
- January 19 - Youth Group (Wednesday)
- January 26 - Youth Group (Wednesday)

Thank You to Everyone who bought Terri Lynn nuts this year! Just over \$400 was raised for our youth to go on a mission trip this summer. Thank you again and we hope you enjoy your goodies.

~Pastor Cynthia

From Our Faith Community Nurse

Greetings Everyone,

It is my hope that all had a safe, peaceful, and blessed Christmas. At this time, I am reminded of the incredible star that the wise men followed from their eastern homeland to Jerusalem and on to Bethlehem. I can't help but wonder what exactly did they see; for I believe that they were led by some phenomenon in the sky. In



remembering the star, keep that bright light within you and share outwardly as we continue to help each other during these trying times.

Here is one way that you can help: begin collecting unused,

unopened medical supplies. These supplies will be transported to the Philippines by Gina Diaz and St. Scholastica's nursing students for use at the Methodist-run Mary Johnston Hospital. They will also be used by the Methodist Global Health Ministries in the US and other parts of the world. If you or family members or friends no longer have a need for some of these supplies, bring them to church and place them in the labeled box by the office.

Supplies needed by Methodist Global Health Ministries and the Philippine Project:

- 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, Q-tip applicators
- Lubricating jelly
- Disinfectant sponges, swabs
- Cotton twin or hospital size flat bed sheets, cotton bed protectors
- Transfer belts
- Ace™ bandages, BandAids™, 4x4's, 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 of any type
- Stethoscopes, blood pressure cuffs

Thank you so much!

On the COVID-19 front, numbers continue to rise and hospitals and staff are stretched and struggling, which means care rationing could be in the not-too-distant future. We all must do our best to keep ourselves and others as safe as possible. We continue to do a good job at church. Thank you!

Again, please wear your masks when you are out in public. I continue to see so many people without masks everywhere I go. Below is a prayer written by Rev. Richard Bott, moderator of the Presbyterian Church of Canada:

Creator God, as I prepare to go into the world, help me to see the sacramental nature of wearing this cloth. Let it be a tangible and visible way of living love for my neighbors, as I love myself. Christ Jesus, since my lips will be covered, uncover my heart, that people would see my smile in the crinkles around my eyes. Since my voice will be muffled, help me to speak clearly, not only with my words, but with my actions. Holy Spirit, as the elastic touches my ears, remind me to listen carefully and caringly to all those I meet. May this simple piece of cloth be shield and banner, and may each breath that it holds be filled with your love. In your name and in that love, I pray.

If you are having questions about anything related to COVID-19, please consult these links:

Handy COVID -19 Testing Recommendations

health.state.mn.us/diseases/coronavirus/materials/testrecs.pdf

COVID: While Waiting for Results:

health.state.mn.us/diseases/coronavirus/waiting.pdf

Blessings, ~Linda Wiig

From the Welcome Desk

Happy New Year—Imagine the Possibilities!

The New Year brings new opportunities and possibilities, and **you are invited** to consider being part of a new hospitality committee at FUMC. The focus will be on providing welcome to people in our congregation and an invitation to the greater community. In addition, we will plan food needs for fellowship after worship, special all-church events, and more.

Do you have memories or ideas from past years or from other churches that you've belonged to that you could share? Many times an old idea can be a great pattern for the future. We want to be intentional in welcoming and inviting all to our church. If you would like to be part of this new team, please let [Pastor Jeanine](#) or [Mary Giese](#) know. You will be notified of our first meeting in January 2022.

Long-time members or new to the congregation, all are welcome to be part of this exciting opportunity.

~*Mary Giese*, Director of Welcoming and Hospitality

Coppertop Library

Now open during church activities on Wednesday evenings and Sunday mornings! Come in to do your homework, access the internet, read, or check out our collection of adult and children's books.

Gently-used couch needed—if you know someone looking to donate one, please contact Anita Zager.
anitazager@gmail.com.

CHUM Warming Center

CHUM is experiencing a surge of unsheltered community members at the Warming Center located at Rainbow Center, 211 N 3rd Ave E. They are at capacity, and you can help! Volunteers and donations of basic necessities are especially needed to support their guests.

Volunteers: At least two volunteers are needed every evening and every morning to help CHUM staff clean up, set up, serve coffee, and distribute clothing and hygiene supplies. Volunteer shifts are generally 2–2.5 hours.

Many of CHUM's guests live with high barriers to housing and shelter, including untreated mental illness and substance use disorder. Volunteers should come to the Warming Center with compassion, healthy boundaries, and an ability to adapt to changing needs. CHUM staff will always be present when volunteers are on-site.

Volunteer requirements:

- Must be over 18
- Must be fully vaccinated against COVID-19 and wear a mask when at the Warming Center
- Must take part in a volunteer orientation
- Weekly commitment preferred

If you have any questions, please contact [Joel Kilgour](#) at 218-340-4356. Click [here for a volunteer sign-up form](#).

Donations needed:

- Heavy winter gloves
- Hand warmers
- Heavy winter jackets
- Heavy winter boots
- Thick hats
- Thick socks

Strikepoint Is Back!



Strikepoint had the honor of playing with both the Duluth-Superior Symphony Orchestra and the Arrowhead Chorale this past month. After two years of pandemic-induced absence from concerts, it was unbelievably comforting to be back in front of an audience.

The concerts, with COVID restrictions in place, were held at the DECC Auditorium and the Great Hall at the Duluth Depot, filled with enthusiastic concert-goers warmly enjoying some much-needed Christmas music.



First United Methodist Church

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