



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.

February 2022



First United Methodist Church

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



Our First Family

Deaths In Our Congregation

Mary Kidder

passed away on January 14, 2022.

Martha Jean Caligiuri

passed away on January 15, 2022.

We give thanks for these beloved ones of God. We will miss them even as we entrust them into God's eternal care.

The daily prayers used by many UMW members (including me) have a prayer for Monday which begins with prayers for families, and one of those families is the family of the church. Following the death of Bob, my beloved husband of 63 years, I realized when I came to the Monday prayer what it means to be a part of a church family. So many came to his celebration of life, and thank you for the cards and calls received, the memorial gifts given to our church in his name, the continued support from Pastor Jeanine, my "angels," and so many of you who are remembering to check up on me. I am so happy to be able to pray for you each Monday and often more than that. You are one of the many blessings I find in my new role in life. Keep it up, FUMC family—you are a blessing to so many. Thank you... Peace...

~Marilew Barnidge

On the Journey With You

Author Kate DiCamillo tells about a time she was standing in the grocery store checkout line, and a small boy walked past her—once, twice, three times. When he came back the fourth time, he was holding his mother's hand. "That's her," he said. He pointed at Kate. "Don't point, honey," said his mother. And then to Kate she said, "My son's class is reading *The Tale of Despereaux*. He thinks that you're the author of that book." "I'm the writer!" she said. "Oh," the mother replied. "How lovely. Is it okay if he asks you a question?" "Absolutely," Kate said. "Go ahead, honey," she said to the boy. The child looked up at her and said, "What I want to know is will it be okay? Will the mouse be okay?" "Yes," Kate told him. "Oh," he said. "Good. Now I can relax my heart." "Yes," she said again. "You can."

I don't know about you, but I think this is a great explanation of why some of us don't mind "spoilers"—they allow us to relax our heart so we can more calmly enjoy the story. Sometimes when I'm reading, or listening to an audiobook, I read parts of the end of it just so I can relax while experiencing the rest of it. It lets me better focus and enjoy the experience.

The good news about our faith is that we have a wonderful "spoiler." We are told by Jesus that no matter what happens, we are not alone, for God is with us—"Lo I am with you, even until the end of the age" (Matthew 28:20). We are told that "when we pass through the waters, God will be with us; and when we pass through the rivers, they will not sweep over us. When we walk through the fire, we will not be burned; the flames will not set us ablaze" (Isaiah 43:2). And we are promised that the God who walks with us, seeing us through all the challenging moments in life, is the resurrection and life, and if we trust in God, though one day we will physically die, yet we still shall live (John 11:25). Our faith is an interesting mix of mountaintop experiences, ordinary days, and times when we walk through the valley of the shadow of death. But in it all, we have a wonderful "spoiler." All is well, because God is good, God walks with

First Family

First United Methodist Church

230 E. Skyline Parkway, Duluth, MN 55811
218-727-5021 Info@fumcduluth.com

Pastor: [Jeanine Alexander](#)

Editor: [Bill Alexander](#)

Next First Family deadline: **February 16**

Submit to connect@fumcduluth.com



fumcduluth.com

us, and ultimately all will be well with our souls. And so our hearts can relax... and we can find joy, meaning, and purpose in the journey.

On the journey with you,
~Pastor Jeanine

Worship in February

We will finish the sermon series "Soul Reset." A soul reset is an invitation to slow down—to take stock of what we have given our hearts, time, and work to. 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.

- **February 6:** Holy Communion and Soul Reset #5 – Life in Crisis
- **February 13:** Soul Reset# 6 – Living in the Light
- **February 20:** Believing Is Seeing
- **February 27:** Choosing the Path of Faith Sharing

Scholarship Thank You

The December Holiday Scone Sale was a success for the Carol M. Donahue Student Music Scholarship of FUMC. Our profits for the scholarship fund amounted to \$1,300, allowing us to award scholarships to four new students from our church and the Arrowhead Region. Much appreciation for your scone purchases and donations to the Carol M. Donahue Student Scholarship Fund of FUMC.

Sincerely, Carol Donahue
Scholarship Committee:
Sarah Sapyta, Jennifer Mattson,
Barb Lindgren

Current COVID Surge Plan

We will continue to offer in-person and quality livestream worship on YouTube, encouraging people to participate online, and for those in-person, intentional social distancing and constant masking (we have a very large Sanctuary so are able to be safely spaced).

We will encourage adult team meetings and groups to meet online. When groups meet in person, intentional social distancing and constant masking should be maintained.

Our Confirmation Retreat was half outdoors, tubing, and half on Zoom, and planned with great creativity.

On Wednesday, January 26 and Wednesday, February 2, in-person children and youth programs will take a break. Individual leaders of groups will contact participants to let them know how continued engagement will occur. We will notify you when in-person groups will resume.

There was no Sunday School through the end of January. We will notify you when in-person groups will resume. Special activity bags will be provided to the kids in worship as well as the usual children's message in worship.

There will be no Wednesday or Sunday nursery care through the first week of February. We will notify you when nursery care will resume.

We are continuing our "no eating in the building" policy (because masks need to be on at all times).

We are doing our best! Are we doing it perfectly? We surely are not. Are we trying to help contain the spread, care for the vulnerable, and care for those working in hospitals? Absolutely! Your continued patience is requested. Thank you for doing all you can to create a physically and emotionally safe church environment.

If you have questions or concerns, please contact our church council chairs Scott Hedlund and Ron Berkeland, or Pastor Jeanine.

All-Church Conference

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

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

The meeting will take about an hour and is for all members and friends of the congregation. Everyone has a voice; members have a voice and a vote.

Click to join the Zoom Meeting: us02web.zoom.us/j/5446347519
Meeting ID: 544 634 7519

From Our Faith Community Nurse

Pastors Jeanine and Cynthia are delivering a sermon series entitled "How Is It With Your Soul?" It is important to genuinely ask that question of yourself during this ongoing pandemic. This pandemic has led to many jogs in our everyday lives: jobs lost, kiddos not in school, friends and family being afflicted with COVID-19, not to mention deaths, lack of socializing, isolation, the spread of false information, and the overburdened health system, to name just a few of those jogs. It's no wonder people feel depressed, experience grief, and feel overwhelmed to the point many will cover up their feelings and say they are "fine."

Our bodies are designed to be healthy, and each of us needs to listen to our body. You are the best one to discern how you are feeling and how it is with your soul. We need to be honest with ourselves.

Many people have the ability to work from home, which is nice, but can be isolating or very stressful if you are helping your children with online learning too. Distractions affect your work, and paying attention gets harder after being at home for a year or two. People may actually miss the office routine or the irritating person that sits next to them, or the comradery of their fellow workers. Many of you may also be laid off from work, have suffered a job loss, or have not been able to find a job. Stressors build and build.

So what to do? Establish another routine. Being a flexible person is helpful, but if that is not your personality, finding a way to be adaptable is key—having a morning ritual, an after-work ritual, or before-supper ritual would be helpful. Try to schedule blocks of time and schedule times in between projects. Set goals; have a regular time to socialize via Zoom, Google, or phone calls. These suggestions will help with stressors. Other things you can do for yourself are to schedule a routine exercise time, practice relaxation, or meditate. Just the simple act of deep breathing is very relaxing and can provide healing. Your breathing should be deep, slow, and quiet. Breathe in through your nose and exhale through pursed lips, lengthening your exhaling as you go along. By breathing deeply, more oxygen gets to your lungs and your blood, which will make your body work more efficiently, slowing your heart rate and lowering your blood pressure, and thereby decreasing your stress. You also may try to have a prayer routine for what needs to be accomplished for the day. Just maybe a renewal of your relationship with God is needed. *"As the deer pants for streams of water, so my soul pants for you, my God. My soul thirsts for God, for the living God. When can I go and meet with God?" (Psalm 42:1-2)*

Blessings to All, ~Linda Wiig

Nomination Needs... 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 – to provide help when we have large set-ups and take-downs of chairs and tables. This team will not have meetings.



Finance Team – to oversee and plan for the finances of our congregation. This involves a monthly meeting.

The Foundation – to oversee and use the great resource of our Foundation. This is a quarterly meeting commitment.

The 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).

**WE ARE
VOLUNTEER
POWERED!**

Advent/Christmas Giving Update

CHUM shelter and Food Shelf: \$3,699

Steve O'Neil Apartments bus passes: \$521 (174 passes)

Gift cards to bless people: \$550

Special Christmas offering to bless FUMC Ministries: \$2,750

Total special financial giving: \$7,520

Plus three truckloads of donations to CHUM Food Shelf and shelter and Steve O'Neil Apartments. Well done! Well done! People are blessed because of you! Thank you!

Communion Sundays—Bring Food for the Food Shelf

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](#), select "Food Shelf" under the "Fund" dropdown menu. Thank you for loving our neighbors in need.



Family News – Confirmation

Confirmation Retreat

We have a new confirmation program that is a two-year experiential learning journey. Sunday, January 16 was one of our retreats. It was supposed to be in person, but because of the COVID, surge we had to do much on Zoom.



It started out with tubing at Spirit Mountain. Then we had a Zoom time together for several hours. We played a Martin Luther King, Jr., game led by Cynthia Coffin-Langdon. Haji Dokhanchi, political science teacher at University Wisconsin-Superior, led an interactive activity with the kids called "Refugee for 50 minutes." They learned so much! We talked about how Jesus was a refugee and how we are called to show hospitality to strangers. Haji gave them action ideas.

Then a children/family psychologist, Marian Flammang, joined us for spiritual meditation/relaxation exercises. She taught the kids breath prayers, led a guided meditation using Harry Potter imagery, and led a chanting exercise—all to help the kids calm down and learn how to handle stress. We ended in prayer.

The kids were fantastic! Thank you for giving our young people the opportunity to grow their faith in God and their relationships with each other.



COVID-19: Do You Have the Virus?

I personally know of many individuals who have tested with Rapid COVID test kits, thinking they have a cold, only to find that they are positive for COVID-19. It just shows that the Omicron variant can affect the vaccinated as well as those who are not vaccinated. However, the vaccinated do not become as sick and are less likely to need hospitalization. The kits are easy to use as long as you follow the directions completely. Order kits via [COVIDtests.gov](https://www.covidtests.gov). A phone number will be available shortly for ordering as well. Each address can receive four individual antigen tests at no cost, which will be shipped by the end of January. Kits have been in short supply locally, so keep checking with the local pharmacies. Use these at-home tests if you or someone in your household has symptoms or has been exposed to a COVID-positive person. Symptoms are similar to the common cold, so if you experience cold symptoms, it's a good time to use an at-home test. These tests are more accurate if you do have symptoms.

If your at-home test is positive, notify your health care provider, who can then recommend a PCR test or another at-home test. If you are immunocompromised, over 65, have underlying medical conditions, and have a lab-verified positive test (PCR), you may qualify for monoclonal antibodies or other treatment which will offer further protection. Some treatments must be given as soon as possible.

If you know you have spent at least 15 minutes in close contact with a COVID-positive person, a PCR test will be very accurate even without symptoms. Get tested at least five days after exposure, but test right away if you have any symptoms. Remember that you can be shedding virus two days prior to developing symptoms, thereby exposing others to the virus. New CDC guidelines say you should stay home after known exposure for five days IF you are not fully vaccinated. You should wear a close-fitting mask, like an N95, or double mask with a surgical mask and cloth on top. Continue to watch for symptoms through day ten. If you get symptoms, isolate and test.

The CDC also says if you are up-to-date on vaccinations and were exposed, you do not need to stay home unless you develop symptoms. Watch for symptoms for 10 days after you were exposed. Wear an N95 mask while at home, around family, and in public; avoid crowds; don't travel; and keep your distance.

You can find more information at health.state.mn.us or the COVID-19 hotline: 833-431-2053, M-F, 9am to 7pm; and Saturday, 10am to 6pm.

Keep masking, distancing, washing hands, and sanitizing hands if you can't wash. All of you have been doing a wonderful job of keeping yourselves and others safe. Thank you for your diligence and prayers. ~Linda Wiig, FUMC Faith Community Nurse

Youth News

Due to the COVID surge, we are unsure of what we can and can't offer. Look for emails and texts from Cynthia to inform you of current information.

For now, here is what is planned:

- **Wednesday, February 2-** Confirmation on Zoom
- **Wednesday, February 9 and 16-** Youth Group will do something... online or outside or something! Keep your 6:30-7:30pm time open!
- **Sunday, February 13-** Senior High Youth ONLY (9-12). Free Valentine Eve dinner and outside bonfire at the church parking lot from 5-6pm.
- **Wednesday, February 23-** NO Youth Group. Winter Break

Remember, Youth Group is open to anyone in 6th-12th grade.

How Can I Help?

From communications coordinator and editor, Bill Alexander

We often get questions asking, "How can I help?" There are certainly many things individuals can do to help the life, mission, and everyday operations of our church, but speaking from experience, I can say that in most cases our church staff are reluctant to ask for help—not wanting to over-burden our congregation members. Personally speaking, I am at this church and doing the things that I do because someone directly asked me. I didn't answer an ad to direct some handbell choir.

I'm starting a short column simply listing things or projects where we could use some assistance. Some items may be huge, but many will

No Room at the Inn

Living Unsheltered in Duluth

by Sarah Maddy

As people of God, we long for a world where all people thrive. We are distressed by the unmet needs of people around us:

Places to live

- 284 people were unsheltered in St. Louis County in January 2020.
- 588 people checked into the Warming Center at some point over the last winter.
- There are currently 155 shelter beds in Duluth, which includes 47 domestic violence shelter beds.
- All Duluth shelters are routinely at or beyond capacity.

Hope, healing, and recovery

- Unsheltered people struggling with mental illness and substance abuse need access to safe and readily available care.
- We need more street outreach workers to build trusting relationships with unsheltered people and connect them to services when they are ready to get help.

As people of hope, we are responding with “Stepping on Up”

- A \$32.2 million plan to bring 300 new transitional and permanent housing units to the Northland as soon as 2025.
- Authored by CHUM, the American Indian Community Housing Organization, the Human Development Center, Lifehouse, Loaves and Fishes, Lutheran Social Service of Minnesota, Safe Haven, and the Salvation Army.
- “What we’re trying to do is put the resources, the structure and systems in place to build a capacity, so that when a person does become homeless, there’s a way to exit out of it as quickly as possible,” says John Cole, CHUM Executive Director.



After Cole spoke about “Stepping on Up” at an FUMC Faith Forum, I joined a group of government officials, outreach workers, service providers, members of the business community, and people of faith on a bus tour in the Twin

Cities. We saw how shared access to kitchen and bathroom facilities, storage for personal belongings, and tiny home communities are filling gaps for unsheltered residents.

On January 14, the group met via Zoom to share impressions and express their commitment to moving forward. I was joined by Dr. Ryan Jagim of Gloria Dei Lutheran Church and Rev. Pat Benson of

St. Paul’s Episcopal Church in stepping up to include more people of faith. I invite you to join us in taking action to bring hope and shelter to our people living outdoors. Call me at 218-260-9851.



Music Notes

Corey and Leah Hulst hired as Tapestry Co-Directors



Leah and Corey Hulst have been members of our worship band, Tapestry, for many years and most recently stepped in as interim directors when we had a need. They have now agreed to be permanent directors of Tapestry and were offered the position effective January 15. We are thrilled that they have agreed to continue sharing their strong leadership and musical gifts with our congregation. Thank you, Corey and Leah, for taking on this important leadership role in our music program.

Introducing Two New Tech Staff

I would like to welcome and introduce Tommy Kishida as our new Sound Technician, and Peter Jordan as our Technical Intern. Peter and Tommy are familiar faces around the church: Peter was our



Tommy Kishida

Sound Technician prior to the pandemic, and Tommy has been an active member and performer in Class Ring and Strikepoint. Tommy has been tackling the task of learning how to use our Sound System and learning new ways to listen to sound. As a Technical Intern, Peter is learning about and helping with additional elements of our technical

systems beyond the Sanctuary sound system. He has been helping as part of the Livestream Team and will be assisting with maintaining and upgrading other technical elements in our building in the months to come.

Congratulations to you both on your new positions!

~Alex Flinner, Technical Coordinator



Peter Jordan

Lenten Midday Organ Recitals

The Arrowhead Chapter of the American Guild of Organists will be sponsoring Lenten midday organ recitals on Wednesdays from 12:15-12:45pm.

Our very own Velda Graham Bell will present the first recital of the series beginning on March 9.

- **March 9** - Velda Graham Bell, First United Methodist Church, 230 E. Skyline Parkway, Duluth
- **March 16** - Karen Sande with Kristin Sande, violin, First Lutheran Church, 1100 E. Superior St, Duluth
- **March 23** - Rosemary Guiney, Holy Spirit Catholic Church, 227 3rd St, Two Harbors
- **March 30** - Rachael Kresha, Cathedral of Christ the King, 1410 Baxter Ave, Superior
- **April 6** - David Tryggstad with Jennifer Campbell, soprano, Cathedral of Our Lady of the Rosary, 2801 E 4th St, Duluth

Strikepoint Commissions Two Pieces of Music

Neal Topliff, an original member of Strikepoint in the 1980s, was commissioned by the ensemble to create a handbell version of one of his piano pieces, "Above the Clouds," in memory of Cindy Alexander. Funds for the project are from memorials donated following her death in 2018. "We knew we wanted to do something like this with memorials, but finding the right inspiration took time," states director Bill Alexander. Neal sent a recording to Bill, which started the

—continued on next page

Jewelry Fundraiser for Strikepoint

Local jewelry artist Tim Sheriff has donated an original-design necklace to Strikepoint to use as a fundraiser. The necklace, "Jacob's Ladder," is a sterling silver pendant with a Lake Superior beach stone, 14K gold angels ascending and descending, and a brilliant cubic zirconia representing heaven, all on an 18-inch sterling silver chain. Mr. Sheriff was inspired by Genesis 28:12, "And he dreamed, and behold a ladder set upon the earth, and the top of it reached to heaven; and behold the angels of God ascending and descending on it." This one-of-a-kind design is available from Strikepoint for \$200. For more information or to see the necklace in person, talk to Nancy Eaton or Bill Alexander.



Become a Senior Companion

Share your time and talents as a Lutheran Social Service Senior Companion.

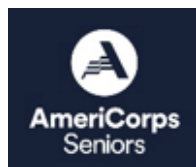


Lutheran Social Service of Minnesota has been serving our neighbors for over 156 years. You are invited to join our team as a Senior Companion volunteer. More than ever, people right in our community are in need of companionship, assistance with getting to medical appointments, errands, and completing small household tasks. You can make a difference by being a consistent, friendly visitor!

"I used to think I was a pretty darn good pool player. Well, my companion sure has taught me few new things!" Senior Companion Volunteer, Duluth.

You are matched with someone who shares your interests and complements your schedule. Adults 55 and older also receive an hourly stipend and mileage reimbursement.

Learn more and how to apply by calling Michelle at 218-525-2280 or email at michelle.miller@lssmn.org.



Save the Date

**March 6, 1pm–5pm in Lakeview Social Hall
(Snow date March 13, same time and place)**

FUMC is joining forces with a local chapter of Days for Girls (www.daysforgirls.org) who prepare and distribute sustainable menstrual health supplies for girls who miss days at school without these supplies. Specifically, our church will prepare flannel liners for girls in El Salvador.

We need volunteers to donate new, laundered. 100% cotton flannel. Prints should be dark and busy, with no animals, faces, or insects. The minimum size is 10" by 10".

On Sunday, March 6, we welcome volunteers of all skill levels, ages, and genders. Tasks include cutting, sewing, ironing, serging, and folding. We also need sergers and sewing machines. Instruction will be provided. Everyone will wear masks and social distance.

If you think you can attend for all or part of this activity, please contact the church office so we can adequately prepare the space. There will be outdoor snacks! Indicate if you will be bringing your own machines.

For more information or to RSVP, contact JeanWalsh 218-310-4397 or email at: jmbwalsh@gmail.com.

—continued from previous page

process of expanding it for handbells, cello, bass, and English horn. The second commission is from renowned handbell composer Hart Morris. Hart knew Cindy from Strikepoint's many tours and festival appearances, where they became good friends. Hart's piece took a completely different direction than either he or Bill had originally planned. It's a light-hearted bouncy composition titled "Strollin' Along." Unexpectedly, Mr. Morris turned down his commission fee, which would have been quite substantial, in honor of his friend, Cindy.

Look for these pieces to be premiered sometime this summer.

EarthKeeper

The Lord requires you to do “Environmental” justice

By Naomi Yaeger



This month’s column is about environmental racism. Have you heard of the term? The term wasn’t used back when Martin Luther King, Jr., was preaching, but he referred to what it means many times: pollution and harmful effects from environmental damage hurt people of minority groups or the powerless the most. Unfortunately, this is often allowed to happen because of who is at the table making political decisions.

After MLK Day, I watched “A Day of Racial Healing” on Youtube. They talked about environmental racism and how the Flint water supply would not have been polluted if it weren’t for environmental racism. Can you think of some other examples? One that comes to mind is Hurricane Katrina, which left many Blacks confined to the most flood-prone parts of New Orleans.

Dirty air is linked to asthma, kidney damage, heart disease, and cancer. Minorities who have a higher rate of these health disparities are also more likely to live in areas of polluted air. According to *Inside Climate News*, “Leading climate scientists, theologians, or environmental and climate justice activists today find much meaning and inspiration from what King wrote, said, or did.” Many reported that they see their work as a direct extension of King’s work.

Working for environmental justice isn’t just about fighting for trees or whales. It’s about fighting for everyone to have a clean environment where they are living, whether inner city or out in the wilderness.

“And what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?”

Micah 6:8 ESV

Sources for this article: healourcommunities.org, Flint Water Crisis: Environmental Racism at Work? morningsidecenter.org Morningside Center for Teaching Social Responsibility insideclimatenews.org Inspired by King’s Words.

This March, EarthKeeper training is offered.

See: [CreationCare.umcmission.org/events/75801](https://creationcare.umcmission.org/events/75801)

(Naomi is a commissioned United Methodist EarthKeeper. Contact her at sun_dog_press@yahoo.com, phone or text (218) 591-5277. For more information on EarthKeeper trainings in 2022, visit <https://umcmission.org/EarthKeepers/>)

Faith Forum



Faith Forum sessions will be held Sunday mornings before the worship service, 9-9:45am.

January 30: Tadd Johnson:
Overview of History of Federal Indian Policy

February 6: Elementary and Secondary Teachers: *What It’s Like Teaching During a Pandemic.* Come hear their stories and share yours.

February 13: *Post-Secondary Teaching in a Pandemic*

February 20: Tom Isbell, UMD Theater Professor: *Why Do We Tell the Stories We Tell*

February 27: *Front-Line Health Care Workers Share Their Stories*

March 6: Classie Dudley: *Being Uncomfortable With Racism.* Classie is president of the Duluth Chapter of the NAACP.

March 13: Marian Flammang and Charlie Orsak: *You Say Tomayto, I Say Tomahto: How to Make Difficult Conversations Easier.*

—how can I help?, from page 6

probably be fairly easy for most of us.

A few items to get us started:

- Like, share, re-post, respond, subscribe, friend, or comment on our social media platforms. Having just a single person share a Facebook post can often double the number of people who would see that post. Subscribing or liking one of our YouTube videos or streams leads to additional viewers.
- Join the Choir. You will be amazed not only what it will do for you, but by what the additional voices do for our congregation.
- Read the "Nomination Needs... A Ministry Place for YOU" column on page 4, then join. The more people involved, the easier the tasks.
- Let people know you appreciate them. There are so many herculean jobs being done at our church, most of them behind the scenes. It always makes people feel good to know they're appreciated.
- There HAD to be one directly from me: Our handbell program is in need of a qualified person to help design and possibly build and install storage systems for handbells and related equipment.

These are just a few. I hope that you are able to find something that interests you and enhances your life in at least some small way.

"It takes an awful lot of effort to make things look effortless."

Jacqueline Kennedy Onassis

Take care, ~Bill

From the Welcome Desk

Are you curious about our United Methodist Church denomination? I am not a high-tech person, but can manage to find websites and other sources by Googling, and I want to share a couple of great resources with you.



www.minnesotaumc.org

This is the official website of the Minnesota Annual Conference and is a wonderful source of information. In the menu there are sections about who we are, news from congregations all over the state, events, ideas for equipping congregations with everything from growth and vitality tools to systems and procedures, resources, suggested timely studies, messages from Bishop Bard, and much more. MNConnect is a weekly digest of timely items for Minnesota United Methodists.

www.umnews.org The UM News is your official source of comprehensive information and news about the United Methodist Church.



UM News Daily Digest: If you are curious about the bigger picture, the United Methodist News Service shares a Daily Digest. It includes Inspiration for Daily Living, "Ask the UMC—Have questions? We have answers." United Methodist News keeps you informed about breaking news that affects the church. UM News also provides features, commentaries, and photos highlighting the work of the church in every corner of the globe. The free weekly e-newsletter also includes news from annual conferences, United Methodist agencies, and other sources.

During these winter months when we are more apt to be indoors than outdoors, perhaps you will find time to explore and learn more, or be reminded of things, about our United Methodist Church denomination. If you have other resources you like to use, will you please reach out and share that information so we can pass that along as well? And please share an invitation to worship in person or worship at home via the internet with others.

I love being part of our open and welcoming church.
~Mary Giese



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 56, Number 2

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

Ministry Team

Pastor Jeanine Alexander

pastor@fumcduluth.com

Sandy Smith

Office and Finance Manager

admin@fumcduluth.com

Pastor Cynthia Coffin-Langdon

Director of Youth Ministries

PastorCynthiaCL@gmail.com

Jojo Coffin-Langdon

Director of Children and Family Ministries

families@fumcduluth.com

Linda Wiig

Faith Community Nurse

nurse@fumcduluth.com

Bill Alexander

Communications Director

connect@fumcduluth.com

Mary Giese

Director of Welcoming and Hospitality

welcome@fumcduluth.com

Velda Graham Bell

Director of Music Ministries

music@fumcduluth.com