



# 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.*

**March 2022**

## *Meet Your Livestream Team*

*Details on page 7*

**First United  
Methodist Church**

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





by Mary Giese,  
Director of  
Welcome

Hello, Friends, and  
welcome to some  
March Musings...  
Hmmm...

During a recent UMC Zoom training with people from several states, someone commented on the people from Minnesota. The response from a Minnesota participant was, "Minnesota, yes, we are the Frozen Chosen!" I had never heard that before and had to chuckle. I am not going to explore that anymore than to share it with you and let you decide what that means... if anything... Hmmm...

March—Isn't that the month you think about flying kites? Or was that in Kansas where I lived as a child? I do remember people telling me occasionally to, "go fly a kite!"... Hmmm...

Winter and ongoing COVID concerns keep us home much of the time, so I had the available time to sort through folders from over the years. I found a clipping from a business that talked about the different kinds of "bones" in every organization. There are wishbones, jawbones, lazybones, and backbones, and each have a description. You can pretty well determine the category just by the name.

—continued on page 5

## On the Journey With You

When the pandemic started at the end of March 2020, my mom and I knew that we wouldn't be able to be together much in order to protect our family and others during the pandemic. We had already started a tradition of spending time together at my parent's home several days a week doing a jigsaw puzzle. We loved doing it



together, so when the pandemic hit we tried to figure out how we could still do that while we were having to "shelter in our homes." We ended up getting my mom her

own iPad (I already had one), and we began FaceTiming each other regularly so we could see each other while each of us worked on a jigsaw puzzle from our own home. It worked great. We felt like we were in the same room. We have spent hundreds of hours puzzling together this way and continue it to this day. Being creative in how we connect together has given us the opportunity to be together even more often than we had before the pandemic. We need each other!

We all need people. The Christian faith is all about relationships. We need church for the sense of community it brings when we do church well. Together we support and help each other; walk the journey of life together; talk about questions, struggles, and

## 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](#)

Editor: [Bill Alexander](#)

Next First Family deadline: **March 16**

Submit to [connect@fumcduluth.com](mailto:connect@fumcduluth.com)



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



concerns, as well as joys and triumphs; and together reach out to others and make the world a better place. Jesus was all about loving relationships.

In our sermon series called, "Soul Reset," we talked about how we all need a space where we can be authentic and real. We need a place to share what's going on in our hearts and lives, including what we are struggling with. We need people who will remind us how deeply we need the grace and mercy of God. We need people who challenge, encourage, and help us to be our best selves. And we need people who can live out that grace for us! Do you have such a group of people? Several groups in this church do that for each other. We are offering an opportunity beginning Thursday, March 10, for you to experience such a group. Join me and others Thursdays at 10am on Zoom to come together simply to share what you are feeling, thinking, struggling with or celebrating or to receive feedback, be a part of others doing the same, and have a time of Scripture and prayer—an opportunity for life-saving community.

Just sign onto Zoom Thursday, March 10 at 10am (let me know if you need help with Zoom). The Zoom link is: [us02web.zoom.us/j/5446347519](https://us02web.zoom.us/j/5446347519). Meeting ID: 544 634 7519

If you are interested in a group like this but need it to take place in the evening, please let me know and if we get enough people, we can put together another group.

On the journey with you!  
~Pastor Jeanine

## Worship During March

Worship Sunday live at 10am in our Sanctuary or online on YouTube at 10am, or any time afterward on YouTube. If you have missed past worship services, you can see them all on [our YouTube channel](#) or simply by going to YouTube and searching "First United Methodist Church Duluth MN."

**March 6:** Holy Communion, leaders from Harbor House in Superior, will share about their United Methodist ministry

**March 13:** We are starting our Lenten sermon series (Lent is the six weeks before Easter when we walk with Jesus to the cross). The series is called, "Changing Our Minds." The sermon this Sunday is, "What Is Your Mindset?"

**March 20:** Two baptisms and "Changing Our Minds #2—Called to Suffer?"

**March 27:** "Changing Our Minds #3—Letting Go"

## Ash Wednesday— Four Opportunities to Worship

Wednesday, March 2, is Ash Wednesday, marking the beginning of the season of Lent. At an in-person worship service, you will receive the sign of the cross with ashes on your forehead or hand.

There are four opportunities for you to worship:

- Noon at Hillside UMC: Pastor Jeanine will lead the service along with Pastor Cynthia
- 5pm at FUMC: "Dirty Hands and Foreheads," an Ash Wednesday service for kids and families in the Three Brothers Chapel
- 7pm at FUMC: An Ash Wednesday service in our Sanctuary
- Livestream of the Ash Wednesday service on YouTube at 7pm or any time afterwards (a link will be available on our [Facebook page](#) and on the FUMC website, [FUMCduluth.com](https://www.fumcduluth.com))

A devotional booklet for each day of the Lenten season (Ash Wednesday to Easter) is available at church. You may also receive it electronically; email the church office ([info@fumcduluth.com](mailto:info@fumcduluth.com)) to ask for it.

## Forum With Alvaro Duran

Peace United Church of Christ, in partnership with United Theological Seminary, is hosting Alvaro Duran, theologian, church leader, and LGBTIQ+ advocate in El Salvador. He will speak at Peace on March 10 at 7pm.

As of now the plans are for this to be an in-person event, and we are checking about the possibility of livestreaming. We will share the link if it is livestreamed. All interested people from FUMC are invited to attend.

# From Our Faith Community Nurse

## *Helping Our Immune System During COVID and Always:*

Healthy strategies can help our immune systems function well. Sleep plays a critical role in the healthy functioning of our immune systems. Most people need 7-9 hours of good sleep each night. Getting too much or too little sleep is not as healthy as getting the right amount of sleep. During a deep sleep stage, the body repairs and regrows tissue, builds bone and muscle, and strengthens the immune system. Getting less sleep or non-quality sleep can adversely affect our immune system.



A critical strategy to sleeping well is to keep a regular sleep schedule, i.e. going to bed at the same time each evening and getting up at the same time each morning. This has been proven to result in feeling more alert and energized and building a strong immune system.

Our bodies act best when our internal clock is working well because of a regular routine. Playing catch-up on our sleep at different times of the day and night is not healthy for our immune system.

Do not sleep in on the weekends since this can upset up your internal clock; If you have to take a nap, try hard not to nap more than 15-20 minutes and only in the early afternoon, If you get tired right after dinner, instead of napping, find something stimulating that works for you such as going outside for a walk, taking a bike ride, weeding the garden, or calling a friend.

Research has shown that exposure to sunlight during morning hours aids in better sleep at night. It also leads to a lower stress level and less incidence of depression. Exposure to more natural light during the day and less light at night helps to keep our internal clock (circadian rhythm) working at its best for our immune system.

Develop a traditional ritual that relaxes you before bedtime. Meditation and deep breathing techniques can be a great relaxing bedtime ritual.

Research has shown that exercise also helps you fall asleep faster and have higher quality sleep. Moderate aerobic exercise increases the amount of slow-wave sleep (deep sleep). It is important to remember that exercise results in a release of endorphins that can keep us awake. Therefore, it is recommended that we exercise at a time of day that works for us but *no later than two hours before bedtime*. We need 30 minutes of exercise each day.

Melatonin use has been growing in our country. It is important to know that melatonin does not put you to sleep, but it does put you in "a state of quiet wakefulness" that is believed to promote sleep.

You can also help your body produce melatonin through sun exposure by going for a walk, weeding your garden, or opening a sunny window. Ask your health care provider if a trial dose of a melatonin supplement would help your sleep. Do not take it if you are pregnant or breastfeeding or have an autoimmune or seizure disorder or depression.

*All electronics should be switched off two hours prior to bedtime.*

Exposure to regular amounts of darkness at appropriate times keeps your internal clock and immune system on track.

Electronics have been shown to negatively impact growth, learning, mood, and creativity due to inadequate sleep. Electronics emit an artificial blue light that can suppress our sleep-inducing melatonin. Those special glasses to decrease blue light just are not adequate. I'm certain you have heard that TVs and other electronics should not be in any bedroom.

If we value our health, adapting to a healthier lifestyle, which includes all-important sleep, will bring big benefits.

The above information was provided by Nancy Lee Nelson, J.D., MPH, BAN, FCN

*John 10:10 "That you may have life and live it more abundantly..."*

Blessings, ~Linda Wiig





# Excellent Annual Meeting

On Tuesday, February 15 at 7pm, 56 people from our congregation gathered on Zoom for our annual meeting. We each shared who we are, how long we have been part of the congregation, and something we value about FUMC. We had people who haven't yet joined and people who have been part of the congregation for over 67 years.

- We looked at our membership rolls, giving thanks for our 24 new members. It feels good to have new members and new visitors in the midst of a pandemic. We prayed, and gave thanks, for the eleven members of our congregation who died last year. Sixteen people were taken off the membership rolls due to being inactive for many years or by their request (four moved and two transferred). Our current membership number (not including children younger than 9th grade) is 560.
- We enthusiastically renewed our annual affirmation of Kelby Werner and JoJo Coffin-Langdon's candidacies for ministry.
- Our worship attendance for 2021 (averaged on a 52-week basis) was 294 online (we were online mostly through the end of May); this assumes only one viewer per viewing device, but there is often more than one person watching on a single device and 67 inperson (we started inperson in June, and this divides the number by 52 weeks; the average in-person attendance June–December was 108). This makes for a total of at least an average of 361 participants each week. Online worship is enabling greater participation. In 2019 when we were in person only, our average weekly attendance was 263.
- A financial report was given by finance chair Teri Tangen. Teri thanked the congregation for their continued generosity. Our budget for 2021 was a balanced one, and we are ending the year in the black with an \$8,000 profit. This will benefit us in 2022, as we have an unbalanced budget with a projected loss of \$7,500. We are currently in a positive cashflow position, which is a very good place to be at this time of year. Teri said that she has been on the Finance Committee for nearly 10 years, and has never felt more positive about our financial position as she does right now. A copy of the year-end Profit and Loss Statemt is in the church office.
- We elected leadership: Catherine Reich, vice chair of the Foundation. Additional Foundation elections were: Richard Gurske, David Peterson, and Terry Wallin. Finance team: Bill Beasley. Secretary to the church council: Karen Jeannette (thank you Nancy Eaton for many years serving in that role so effectively). Additional lay delegate to annual conference: Elizabeth Nelson. Sue Marquardt was elected by the trustees as their new president. We need more people to serve on the trustees team and the nominations team. A new mission team and a new welcoming team are starting up.
- Pastor Jeanine gave an update on the situation of the Global United Methodist Church (see article in this newsletter).
- Lay leader Jim Wheeler thanked the congregation for their continued participation, support, and positive energy.

—Welcome, continued from page 2

If we look at our First United Methodist Church, we will find a mixture of bones. I can only speak for myself, that I know I have all of those different bones and have used them all as well! One thing I am certain of is that we have a great amount of backbones in our church family, and I am grateful for every single one. Backbones do more than physical labor; they also are the knowledge and ideas and actions of a thriving organization. I think we have a bone builders group going. Should we add funny bones? Hmmm...

Here's an idea for you to consider: ***We have a new Welcome and Hospitality Team opportunity.*** We would like to invite you to join this important ministry at FUMC. Please contact Pastor Jeanine at [pastor@fumcduluth.com](mailto:pastor@fumcduluth.com) or Mary Giese at [welcome@fumcduluth.com](mailto:welcome@fumcduluth.com) for more information.

One final thought: Please invite someone to be our guest at church for in-person worship or to participate in online worship.

All are welcome! ~Mary Giese

## Roast Beef Dinner Canceled

As we continue to move through the pandemic, and in light of family circumstances, the Spring Roast Beef Dinner will be canceled this year. We will eagerly look forward to the **Fall Roast Beef Dinner on Thursday, October 6, 2022.** Please save this important date! Thank you.

# Update—What's Up With the United Methodist Church

The United Methodist Church is in a period where there will be some kind of split directly concerning LGBTQIA inclusion... and indirectly concerning interpretation of Scripture.

The coronavirus already has twice forced postponements of the assembly originally set for May 2020. The 2020 called session of General Conference has been postponed and now scheduled for August 29–September 6, 2022 in Minneapolis. This could still be difficult due to the worldwide nature of this meeting, vaccinations around the world, and getting visas. As of today, that meeting is scheduled to occur, with a final decision being made by March of 2022 by the General Commission.

The main piece of legislation for General Conference, regarding the split, is the Protocol of Reconciliation and Grace Through Separation. A group of leaders, comprising various constituencies of the Church (central conference bishops, traditionalists, centrists, and progressives), came together in an effort to reach a gracious and dignified resolution to the impasse, and agreed to a Protocol of Reconciliation and Grace Through Separation.

Annual Conferences or local churches that do not support full LGBTQIA inclusion may choose to separate from the UMC or join a new Methodist denomination. Under the Protocol, a traditionalist alternative denomination will be formed. Monetary resources from the UMC will be used to initially fund the denomination. A local church that affiliates with a Methodist denomination pursuant to the Protocol retains its assets and liabilities. The Annual Conference to which the local church belongs at the time of its separation will not exercise its trust clause and shall release such a local church from the provisions of any and all trust clauses. Such a local church, prior to its separation, shall be expected to maintain its connectional responsibilities through the date of separation. For a local church that separates, the property of such a local church will be subject to a lien in favor of Wesleyan on its assets in the amount of that local church's then-proportionate share of future unfunded pension liabilities. Pensions will be switching to a separate organization that will serve the UMC and the new conservative organization. Health is by conference and will be available for both organizations.

There are churches already leaving the denomination through the process outlined in 2019 (which involves paying pension liability, paying a certain amount of apportionments, and keeping their building).

The Wesleyan Covenant Association legally has the structure in  
page 6

place to begin a new conservative global Methodist church and is working to recruit churches to it.

The Minnesota Conference is living into the vision passed in 2019 of being the inclusive, love-filled church God has always called us to be. Take heart in who we are as a local congregation and the impact we have in our work. The Minnesota Annual Conference shares our commitment to inclusion.

## Lent Small-Group Thursdays

As described in Pastor Jeanine's column, join our Lenten Small-Group Thursdays:

### *Save the times and dates:*

March 10, 17, 24, and 31 at 10am on Zoom.

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

Meeting ID: 544 634 7519

**Note:** *If you are interested in a group like this but need it to take place in the evening, please let Pastor Jeanine know. And if we get enough people, we can put together a group.*



**Save the Date!**  
**CHUM Rhubarb Festival**  
**Saturday**  
**June 25, 2022**  
*Details Coming Soon!*



# Meet the Livestream Team

by Ann Gumpfer

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

This phrase is on our screens and in our bulletins at the end of every service. But who is the Livestream Team?

I’d been back at church in person for many months when I suddenly found myself homebound again for a bit—and grateful all over again for the unseen magic-makers that create our online services. It had me wondering: who is the Livestream Team (LST)? How did they learn to do all that camerawork and setup? Do they enjoy it? Are there others at church who’d be interested in learning about them, or even being trained as part of the LST themselves?

I checked in with the team members and here’s what I found out about these wonderful volunteers. (And, spoiler alert, they are looking for more Livestreamers!)



Alex Flinner, FUMC’s technical coordinator, puts it this way: “The LST is so important! The streams wouldn’t be anywhere near as finished as they are without the team. Some Sundays are pretty calm—

set up the camera and, switch them on and off occasionally, and some Sundays we’re filming this group over here, then that group over there, moving all around the church.”

Bill Alexander, who leapt into the breach during the first wave of the COVID-19 pandemic—spending untold hours every week, traveling to people’s yards, helping them set up cameras and mics and editing raw footage into a watchable video—says this about the LST: “They are an invaluable part of our streaming services. We’d love to have a few more people involved.”

What does the LST do?

- They show up at church a little early to go over the tasks for that Sunday and get any special instructions.
- Some folks set up the tripods and cameras, often moving around during the service to film the sermon, Tapestry, choir, bells, etc.
- One person sits at the projector, advancing the slides or videos we see on the wall at the front of the church, coordinating with Pastor Jeanine to know when to advance the slides or show a video, and turning the closed captioning on and off for accessibility.

The technology staff do the hard parts: Alex or Peter Jordan (our Technical Intern) switch between the video feeds to produce the livestream that we see online, and Tommy Kishida—longtime FUMC member, high school senior, and newly installed Sound Technician—runs the sound board: switching between mics, controlling volumes, and making sure the livestream audience is hearing what’s happening in the Sanctuary. They also (with patience and enthusiasm!) teach the volunteers.

I asked some of our LST volunteers to share their experience; here’s what they shared:

Sue and Mike Marquardt joined at the same time and are glad to be a part of making church accessible to more people. Sue notes, “We’ve reached so many people who can’t be in church because of bad weather or illness, or members who’ve moved across the country or are away at college, or who have family members at FUMC. Mike’s mom has started to watch so she can see her grandson play bells.” The Marquardts were asked to join the team when it was being assembled and decided it was “a way that we could help serve our church.”

Sue had no background in media, and although Mike was in the AV Club in high school, everything in the tech world has changed since then! Mike says it’s been interesting to learn a system that is all wireless and connected.

Sue adds, “Alex is awesome in terms of teaching and being helpful, so it’s not hard. (The staff) will show you how to set up tripods, balance them,

*—continued on next page*

—Livestream Team, from previous page

focus, and zoom in or out to capture the right shot.” Sue’s even discovered a few new camera angles that are now incorporated into the livestream.

Naomi Yaeger shares, “I decided to volunteer for the Live Stream Team because I am taking classes at Fond du Lac Tribal and Community College in multimedia production, also known as digital storytelling. I thought it would be a way for me to learn real-world experience and also as a way to give back to my church. It is a gift that is not financial.”

Kyle Harriss often runs the projector. “It’s kind of a family affair,” he observes, since Alex is his son-in-law, but he also enjoys hanging out with the rest of the team and finds them very supportive of each other. “We have a lot of fun together!”

Tommy has helped with many tasks, before being primarily at the sound board. He reflects that, “As a musician, it’s cool to learn how to livestream, something more people are doing from home.” He encourages others to bring a friend and take this opportunity to learn, adding, “You can get into it as much as you want.”

Peter, who is involved with many technology projects happening at FUMC, remarks that his job is very rewarding. “We get people coming up to the booth after every service thanking us.” And to newcomers: “It’s really fun! If you’re even slightly interested in learning new things about technology, come join us.”

The LST all agree they’d like to welcome some new faces. As Sue puts it, “If life gets back to some semblance of normal, people will still sometimes be out of town, at the cabin, or on vacation!” If a team member has car trouble or gets sick, or just has other things they want to do during the service, it can be a bit of a scramble to adjust. Having a few more folks on the team also means less time commitment for everyone—and more church members finding camaraderie and having fun behind the scenes.

If you are interested serving your church community while learning or sharpening your technology skills, and enjoy being more active during the service, the LST may be for you. Teenagers are welcome—and most already have more phone, video, and camera skills than the rest of us “digital immigrants” (otherwise known as adults).

Alex reassures us that specific skills are not needed: “Instruction is always available—as much as you need to feel comfortable.” And he or another staff member is always around to help if there’s a snafu!

Let Alex or the church office know if you have an interest or want more information, and the Livestream Team will welcome you!

## 41st Annual Minnesota Foodshare March



The CHUM Food Shelf is participating in the 41st annual Minnesota Foodshare March Campaign, the goal of which is a Minnesota where

all residents have access to healthy food and no one suffers from hunger. The Food Shelf provides as much fresh, healthy, and nutritious food as possible to their clients, and at the same time supports local businesses.

Last summer, as part of a partnership with our local Community Supported Agriculture Guild, almost 6,000 pounds of farm-fresh produce was distributed. This year CHUM plans to expand this program by purchasing 70 CSA shares each week. Your support during the March Foodshare Campaign means your donated dollars will be turned into 20,000 pounds of fresh produce grown by local farmers.

CHUM’s goal for March 2022 is to raise \$200,000 and 50,000 pounds of food to stock the Food Shelf. Donations of both money and food are needed, but CHUM can do much more with monetary donations. For every \$1 donated, CHUM can buy \$7 worth of food at the Second Harvest Food Bank.

Please consider supporting the March Campaign. A cart for food donations will be available by the Sanctuary on Sundays and outside



the church office door during the week. For a monetary donation, indicate "Food Shelf" on your check, or choose "Food Shelf" from the dropdown menu on our eGiving page on the church website (fumcduluth.com). Thank you for helping to feed our hungry neighbors.

## CHUM Needs...



### Volunteers:

- Folks to offer hospitality and assistance at the Warming Center in Lincoln Park
- Landscapers and gardeners to plant and maintain raised beds and CHUM outdoor spaces
- Groups and individuals to help pack food boxes at the Downtown Food Shelf, Mondays, Tuesdays, and Thursdays from 10am to noon

In addition to that list:

The CHUM Outreach Program needs **gift cards** for gas or propane in \$20 increments. (Holiday, Kwik Trip, Menard's)

**Houseplants** for indoor spaces at St. Francis Apartments and transplants (vegetables, flowers) in the spring for landscaping and garden beds.

**Employees!** CHUM is hiring at the St. Francis Apartments, Steve O'Neil Apartments, Warming Center, Food Shelf, and CHUM Office, and they also need a Chaplain for Northeast Regional Corrections Center.

Contact CHUM at 218-720-6521 or 102 W. 2nd St. if you are interested or have questions.

# Children, Youth, and Family News

## March Youth News

**CEREAL!** March is Food Share Month and the youth need to do their part. Every Wednesday, please bring a box (or bag) of cereal to donate to the Food Shelf. The person who brings in the most for the month of March gets a prize!

### Here is our schedule for March:

**Wednesday, March 2** – Ash Wednesday, Confirmation, 6-8pm

**Friday, March 4** – Confirmation Retreat

**Sunday, March 5** – Mission Event at Church, 1-5pm

**Wednesday, March 9** – Youth Group, Hunger and Thirst Games  
bring cereal every week

**Wednesday, March 16** – Youth Group – bring cereal

**Wednesday, March 23** – Youth Group – bring cereal

**Wednesday, March 30** – Youth Group – bring cereal

## Save the Dates!

Graduation Sunday – Sunday, May 22

Summer Mission Trip – June 21-23

*Happy Birthday to Emily Sapyta on the 19th,  
and Thomas Racette on the 29th.*

*~Pastor Cynthia Coffin-Langdon*

## Children and Family Ministry

Sunday School for all kids begins again on February 27 and continues every Sunday after that! Sunday School begins right after the Children's Message and goes until after church is done. Pick up your children from the Kids Club (downstairs in the Hillside Room) before 11am or wait until 11am and we will bring them up to the Tween's Room (across from Lakeview Social Hall).

### Wednesday Church Schedule

Kids Club (Grades K-2), Tweens (3rd-5th grade), Youth Group (6th-8th grade), and Confirmation (ages 12-14).

### Schedule for Children, Youth, and Families

*Join us! We are having so much fun!*

**5-6pm** – "Kid's Club" Meet downstairs in the Hillside Room. We will start with music with Cynthia for 15 minutes, then games, followed by a Christian message.

—*Children, Youth, Family News, from previous page*

**5–6pm – RingJam Rehearsal** (3rd–5th grade) Start out in the Bell Room and end in the Chapel. This time will be 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 numbers go down).

**6:30–7:30pm – Tweens** (3rd-5th grade) – Room 112 (Tweens Room) We will have games, fun, a lesson, and a chance to connect as 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. The first Wednesday of the month will be confirmation with Pastor Jeanine and Pastor Cynthia. The other weeks there will be fun and games, team building, and always a lesson for your soul.

**March 2, 5–5:45pm – Special Wednesday Evening – "Dirty Hands and Foreheads"** in the Chapel – This is a special 45 minutes for kids to learn about what Ash Wednesday is all about. You will not want to miss this! Especially for kids 5th grade and under.

Any questions or comments, please call or text Jojo, 218-251-4388

***Help me say Happy Birthday to:***

*William Carolan, 3/14/2011*

*Ella Davis, 3/03/2013*

*Astrid Huyck, 3/29/2015*

*Liam Hedlund, 3/17/2017*

*~Jojo Coffin-Langdon*

## Family News



Recent sledding event

## Teaching Middle School During a Pandemic

What is it like teaching middle school during a pandemic? It is difficult. It is stressful. It is exhausting. When COVID entered the US in January of 2020, none of us could imagine the changes we would be making. As an eighth-grade algebra teacher at Ordean East Middle School with 29 years of experience, I can honestly say the past two years have been two of my most difficult.



In mid-March 2020, Duluth Public Schools moved to distance learning. Secondary teachers had two weeks to learn Google Classroom and begin creating packets of work for our students. Instruction needed to be equitable, as not every student had a Chromebook or internet. We also needed to take into account that our students might be taking care of younger family members while parents worked. We were instructed to design lessons, assignments, and assessments where students would spend no more than three hours per day (total) learning—which broke down into 36 minutes per class per day.

In September 2020, secondary schools continued distance learning online. With the help of grants, we were able to supply students with Chromebooks and WiFi hotspots. We changed learning platforms from Google Classroom to Canvas and spent the first two weeks of the school year learning how to deliver instruction virtually. In April 2021, secondary schools finally had students back in the



classroom (hybrid/part time) and then full time. In September 2021, we returned to “normal” in-person learning. Over the past two years, the only constant we have had is change.

Here are some of the things I learned:

- to use Google Classroom and Canvas
- to create Google Forms
- to create Google slides, insert photos, videos, links, and GIFs
- to create and caption videos
- to schedule and facilitate Google Meets
- to assign and “collect” homework online
- to create and grade assessments online
- how essential it was to have a well-functioning team of district 8th grade math teachers to plan, divide the work, bounce ideas off, and share resources with
- to teach “asynchronously” and “synchronously” during the same day
- the phrase “you’re on mute” would become a regular part of my daily vocabulary
- the importance of humor
- to find and incorporate “brain breaks” and Social Emotional Learning lessons within my courses
- that affirmations I put on my computer monitor, “I can do hard things,” “I am competent,” “I’ve got this!” actually helped
- how the support and friendship of my colleagues and building administrators was key
- to use Desmos, an online math practice/teaching site effectively to schedule virtual parent/teacher conferences
- that even seasoned teachers break down and cry...
- buying my own second computer monitor and an XP Pen would be a game changer in terms of making my teaching life easier
- while it’s challenging to learn 150+ new names/faces in a normal school year, it is exponentially harder when everyone is wearing a mask
- to use Classwize to monitor student internet use during class
- that I can say “pull your mask up,” “over your nose,” or point to my nose a million times every day
- I need to give my students (and myself) grace
- that my “Lo, I am with you always” button would bring me comfort and strength
- that my faith helped me through and I know there are easier times ahead

The pandemic has been a difficult time for everyone. Educators are only one group affected. We all grieve the loss of “normal” and long for its return.

Humbly,  
~Suzanne Marquardt

## Sustainability

### What’s Happening With Sustainability?

**Plastic Recycling:** Daryl Harper reports that since September our church has collected 187.3 lb. of plastic to be upcycled into benches and decks. In the last nine weeks that averaged 9.8 lb. per week. Place all clean stretchable plastic in the brown chest in the atrium.

**FUMC Compost Bin:** The “Organic Food” bin is located behind the church across from the fenced-in playground. It is for the daycare and church members. Out of safety concerns for the children, please use the drive-up option after 6pm weekdays, or anytime on weekends. Or you can park and walk your compost to the bin.

**Days for Girls Work Day**—March 6, 1–5pm in Lakeview Social Hall. Participants (all skill levels) will prepare reusable sanitary supplies for girls in El Salvador who have to miss school due to a lack of menstrual supplies. Sign up in the office and pick up an information sheet with more details.

**Solar Panels:** Bob Krumweide reports that Bret Pence of Minnesota Interfaith Power and Light (MNIPL) has been very helpful in guiding and suggesting a course of action for any solar panel installation we might choose to implement. Bret suggested that the church do an energy audit with Minnesota Power to include electricity and gas so that we have some idea of where we can get the best return on our investment. The audit will also allow the church to qualify for energy rebates for

—continued on next page

improvements made in the future. Bob is gathering the information needed for the energy audit (gas and electric), and he will file the application in the near future.

The Trustees support the installation of solar panels if we don't damage the roof or damage the architecture of the building. Bob has made contact with the solar installer who has been working with MNIPL, and he is willing to give us input and recommendations at no cost. We could work with him (REAL Solar) to install the panels if we go forward. REAL Solar is fully certified for solar installations and has worked with MNIPL on their solar installations.

**Medical Waste Reduction:** Thanks to those of you who have already donated unused medical supplies. Thus far we have received many supplies including over 300 boxes of face masks, face shields, and isolation gowns from HH Impex, LLC, thanks to Cindy Hedlund who informed the owner of the company that this project was taking place. Other items, such as dressing supplies and ambulatory aids, have been donated by congregation members. Gina Diaz, nursing instructor at CSS, has been able to fill two boxes of supplies to be shipped to Manila, Philippines, to provide the Mary Johnston Hospital, a Methodist affiliated hospital/clinic, with needed equipment.

Donated supplies will be taken to the ELCA Global Health Ministries warehouse in St. Paul. Shipping containers will be packed, and each month a container will be shipped to one of the following countries: Cameroon, Tanzania, Zimbabwe, Madagascar, or Liberia. One container costs \$21,000 to ship door to door. The collection area sits outside the office with a list of supplies that can be accepted. If you have an item that is not on the list, please check with Parish Nurse Linda Wiig.

**The Sustainability Team** meets the second Sunday of the month, after the worship service. New members are needed and welcome. Please join us Sunday, March 13 at 11:15-ish in the East Lounge. We hope to meet in person, but will meet by Zoom if necessary. Let the office know if you are interested, and you will get a Zoom link, if that's the route we need to go.

*"My job now is to try and help people understand every one of us makes a difference. And cumulatively, wise choices in how we act each day can begin to change the world." ~Jane Goodall*

## Unsheltered Crisis: Celebrating God's Gift of Creative Thinking



In January a coalition of Stepping On Up representatives took a firsthand look at some

creative Twin Cities responses to the immediate need for safe shelter:

- **Settled** - Tiny-home villages on land owned by churches and faith-based groups. Dubbed "sacred settlements," the villages incorporate "missionals"—people who are not adversely affected by homelessness—to live among the group and aid in developing a sense of community as formerly unsheltered folks reacclimate to secure, sheltered living. [settled.org/sacred\\_settlement/model](https://settled.org/sacred_settlement/model)

- **Avivo Village** (1900 Chicago Ave., Minneapolis) - 100 single-unit dwellings inside a staffed warehouse. Residents share bathrooms, showers, and meals, but they are able to shut and lock their doors in a dormitory-style apartment. Designed to combat trust issues by presenting people with built-in autonomy. [avivomn.org](https://avivomn.org)

- **Envision Community** - An unfolding plan for microhomes and a common house for 24-30 people. [envisioncommunitymn.org](https://envisioncommunitymn.org)

- **DID Storage Facility** - Bins for people to store personal items at the Minneapolis Transit Center, operated and staffed by the Downtown Improvement District. Provides a free, secure place for people to leave things, freeing them to move around the city without carrying all their belongings. [mprnews.org/story/2020/03/05/mppls-](https://mprnews.org/story/2020/03/05/mppls-)





[program-helps-take-some-of-the-load-off-being-homeless](#)

## Case Study: Madison, Wisconsin

CHUM and our partner providers who created Stepping On Up Duluth have looked at plans implemented by cities across the country, and one of these is right here in the Midwest. PBS Wisconsin offers a [four-minute news report](#) detailing a response in Madison, Wisconsin.

## Designated areas for tent living could ease Duluth shelter shortage

Stepping On Up advocates are aiming to create low-cost units that are private, dignified, harm reducing, small scale, and culturally specific. One place to start could be *designated areas for tent living*. This idea could move our city closer to preliminary Stepping On Up goals:

- Provide basic shelter from the elements through the summer and fall months
- Address pressing concerns around neighborhood/park safety and sanitation
- Allow for in-reach and continuous access to services
- Reduce harm caused by substance abuse
- Decrease violence and calls for emergency services

[steppingonupduluth.org/5-year-plan](http://steppingonupduluth.org/5-year-plan)

## United Methodist congregations respond with immediacy

From June to December 2021, Park Hill UMC-Denver members pitched 40 fishing huts on the church's parking lot as part of the city's "Safe Outdoors Spaces" program for people experiencing homelessness.

Park Hill UMC is one of a number of United Methodist congregations who have discovered that inviting people without housing to rest and recharge



*Photo by Colorado Village Collaborative*

on church property is a cogent way to put their faith into action.

[umc.org/en/content/united-methodist-church-parking-lots-double-as-safe-spaces?mc\\_cid=c03f5a1610&mc\\_eid=2dc4860238](https://umc.org/en/content/united-methodist-church-parking-lots-double-as-safe-spaces?mc_cid=c03f5a1610&mc_eid=2dc4860238)

We are blessed with abilities to think creatively and see our world from one another's eyes. May God embolden our prayers and move us to action on behalf of our neighbors living in places unfit for human habitation.

# "Why Should I Fill Out a Connect Card?"

Each week Pastor Jeanine asks people in the congregation and online viewers to fill out a Connect Card. The printed and online bulletins and the pastor's weekly email also ask that. But why?

We used to sign in on the attendance pads found in the pews. In the early days of COVID, it was thought that the virus could be transmitted on surfaces so the pads were removed. While that seems less of a problem now, using the individual Connect Cards allows the church to let people know of ministry opportunities and church needs on the back of the card. If you are looking for a way to help your church, this is how you can find out what is most needed each week. The opportunities change regularly, so please look often.

Connect Cards are also used to record your attendance in worship. The church keeps track of attendance for several reasons. Statistics are reported each year to the Annual Conference. Our membership rolls are reviewed at the annual meeting and people who have not been attending for some time are contacted to see if they still want to be a part of the church or should be removed. If church staff see that someone who had been attending regularly is now not coming, we can check in with that person to see if they're all right or need something from the church.

PLEASE fill out the Connect Cards! If not every week (although that would be preferred!), then at least on a regular basis. Worship leaders and

—continued on next page

—connect cards, from previous page

musicians—this means you, too. Connect Cards and pens are found on the tall tables in the Narthex (with the bulletins) and can be placed in the offering plates by the entrance to the Sanctuary or at the front. A link to an online version is sent in the pastor's weekly email and is on our YouTube page. Thank you for your help in this!

**Sunday Worship Online Attendance -**

Please sign in each week when you worship online. Think of this as the online attendance pad! Keeping attendance and making sure the church has your current contact information is an important part of the church records. This form includes a list of volunteer opportunities, places where your help can make a difference! These opportunities will change often, so check them out each week and please sign up where you can.

connect@fumcduluth.com (not shared)  
[Switch account](#)

\* Required

First and last name(s) \*

Your answer

I'm Attending Worship \*

☐ Online - Live at 10am

☐ Online - Later

☐ In-Person

I am: \*

☐ a Member/Regular Attendee

☐ a Visitor

Does the church need to update your contact information? Please let us know your address, phone and email, if they have changed.

Your answer

[Next](#) [Clear form](#)

Never submit passwords through Google Forms.

This form was created inside of First United Methodist Church of Duluth.  
[Report Abuse](#)

Google Forms

## Lenten Midday Organ Recitals

The Arrowhead Chapter of the American Guild of Organists will be sponsoring Lenten midday organ recitals on Wednesdays from 12:15-12:45. Our very own Velda Graham Bell will present the first recital of the series beginning on

page 14

March 9. She will be joined by Shelley Gruskin on recorder, Rebecca Peterson on cello and Emma Rustan on vocals and guitar. Both our Austin and Jaeckel pipe organs will be used.

A free-will offering will be taken at these recitals for the Arrowhead Chapter's Organ Scholarship Fund which provides scholarships for young people to study the organ. Youth from our congregation have been recipients of these valuable scholarships, including Parker Hinnenkamp, Josh Peterson, and Ben Hintzman.

There will also be a raffle taken at each recital, with the winner receiving a free meal prepared by Room at the Table Catering: Chef Paul Sapyta and Kevin Peterson will prepare a catered dinner for six with your choice of menu, date, and time.

**March 9** – Velda Graham Bell with Shelley Gruskin, recorder; Rebecca Peterson, cello; and Emma Rustan, vocals/guitar, at 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 with Austin Engelhardt, baritone; 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

## Something New for Lent



You've always heard it said, "What are you giving up for Lent?" But this year, do something different: TRY SOMETHING NEW FOR LENT! Our Sanctuary Choir director, Mike Goodlet-Meijer, invites you to *join the*

*choir for Lent!* You don't have to be a trained singer—in fact, if you sing in the shower, you're our kind of person! We've got great people who are able and more than willing to help you "learn the ropes," and we always have a lot of fun! You are invited to come to most or all of the six Wednesday choir rehearsals and sing in church on the six Sundays in Lent, culminating with our joyful Easter Sunday singing! After that, you can continue singing with us if you want to (and we bet you will!), but there are "no strings attached" to this offer!

Our choir rehearses on Wednesdays from 5:15-6:15pm and prior to Sunday worship from 9-9:30am. If you're interested, contact Mike at [mgoodletmeijer@gmail.com](mailto:mgoodletmeijer@gmail.com) or 218-409-3479. We're excited about having you join us!





THE ARROWHEAD CHAPTER OF THE AMERICAN GUILD OF ORGANISTS

# LENTEN RECITALS

**WEDNESDAYS @ 12:15**

**March 9**

Velda Graham Bell, organ

Shelley Gruskin, recorder

Rebecca Peterson, cello

Emma Rustan, vocals and guitar

**First United Methodist Church, 230 E. Skyline Pkwy, Duluth**

**March 16**

Karen Hanson Sande, organ

Kristin Sande, violin

**First Lutheran Church, 1100 E. Superior St, Duluth**

**March 23**

Rosemary Guiney, organ

Austin Engelhardt, baritone

**Holy Spirit Catholic Church, 227 3rd St, Two Harbors**

**March 30** - Rachael Kresha, organ

**Cathedral of Christ the King, 1410 Baxter Ave, Superior**

**April 6** - David Tryggestad, organ

Jennifer Campbell, soprano

**Cathedral of Our Lady of the Rosary, 2801 E 4th St, Duluth**

Donations gratefully accepted. All proceeds go to the Arrowhead AGO scholarship fund.





## **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 3**

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

## **Ministry Team**

**Pastor Jeanine Alexander**

[pastor@fumcduluth.com](mailto:pastor@fumcduluth.com)

**Sandy Smith**

Office and Finance Manager

[admin@fumcduluth.com](mailto:admin@fumcduluth.com)

**Pastor Cynthia Coffin-Langdon**

Director of Youth Ministries

[PastorCynthiaCL@gmail.com](mailto:PastorCynthiaCL@gmail.com)

**Jojo Coffin-Langdon**

Director of Children and Family Ministries

[families@fumcduluth.com](mailto:families@fumcduluth.com)

**Linda Wiig**

Faith Community Nurse

[nurse@fumcduluth.com](mailto:nurse@fumcduluth.com)

**Bill Alexander**

Communications Director

[connect@fumcduluth.com](mailto:connect@fumcduluth.com)

**Mary Giese**

Director of Welcoming and Hospitality

[welcome@fumcduluth.com](mailto:welcome@fumcduluth.com)

**Velda Graham Bell**

Director of Music Ministries

[music@fumcduluth.com](mailto:music@fumcduluth.com)