



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.

May 2022

Cherish the little things

**First United
Methodist Church**

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

Photo by lilartsy from Pexels



Our First Family

We wish to thank you for your condolences, prayers, memorials, and cards in the passing of our son, Paul. Thank you, too, for the comforting prayer shawls that are so helpful at this time. We very much appreciate the lighting of the church as well. We are so grateful for your kindness. Memorials will go to FUMC. Your support has been immeasurable through this journey. Blessings to you all,
~Young and Barb Kim

A gift to light the church for the week of April 24 was given by Barbara and Robert Bennett, in memory of Jean Caligiuri. Their gift will also support the Garden Committee. The Bennetts are also lighting the church for the week of May 1, in memory of Betty Halverson. This gift will support FUMC's music department.

Grad Recognition May 22

At the Sunday, May 22, 10am worship service, we will be honoring all high school and post-secondary school graduates. If you graduated this year or are graduating this year, please let the church office, Pastor Jeanine, or Youth Pastor Cynthia Coffin-Langdon know so we can celebrate you. Please let us know what school you are graduating from.

On the Journey With You

I have been reading a good amount of poetry recently. It is a healing balm for my soul, inspiration for the day, hope in the midst of trying times, and faith deepening. One of the poets I love is Mary Oliver. One of her poems has a very different feel from most of her work. It is called "Of The Empire." Ponder her words:

"We will be known as a culture that feared death and adored power, that tried to vanquish insecurity for the few and cared little for the penury of the many. We will be known as a culture that taught and rewarded the amassing of things, that spoke little if at all about the quality of life for people (other people), for dogs, for rivers. All the world, in our eyes, they will say, was a commodity. And they will say that this structure was held together politically, which it was, and they will say also that our politics was no more than an apparatus to accommodate the feelings of the heart, and that the heart, in those days, was small, and hard, and full of meanness."

© 2008 by Mary Oliver

Mary Oliver wrote this in 2008. Don't her words seem even more true today than they did 14 years ago? So very convicting and true. There is much happening in the world for which we need to mourn, ponder our culpability, and determine what we can do individually and as a church.

As you sit with this poem, ponder it, decide what changes you can, and will, be a part of. Also ponder words from Scripture found in Micah 6:6-8:

"With what shall I come before the Lord and bow down before the exalted God? Shall I come before him with burnt offerings, with calves a year old? Will the Lord be pleased with thousands of rams, with ten thousand rivers of olive oil? Shall I offer my firstborn for my transgression, the fruit of my body for the sin of

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First United Methodist Church

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Next First Family deadline: **May 15**

Submit to connect@fumcduluth.com



fumcduluth.com

my soul? He has shown you, O people, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God."

May we find ways ourselves, and ways to encourage all the people of the world, to act justly, to love mercy, and to walk humbly with God.

On the journey with you!
~Pastor Jeanine

Special Giving

Thank you for your wonderful, generous giving to special needs in the past month, which included:

- CHUM - \$260
- CHUM Food Shelf - \$1,000
- UMCOR for Ukraine - \$1,958
- Easter Offering (split between Harbor House, The Annual Conference Love Offering, and the mission/ministry of our congregation) - \$2,870

In addition to the financial giving, you filled five huge bins with supplies for Harbor House, and we have delivered 185 lbs of food to the Food Shelf, with more ready to be delivered.

Way to be, church! Way to share God's love! Thank you!

Roadside Cleanup

FUMC has a long-standing commitment to maintain a two-mile stretch of Maple Grove Road. Twice a year, we ask for your help to beautify a small part of our world. Please mark May 21 from 12-2pm on your calendars and contact Bill Alexander at bill@strikepoint.com to reserve your lovely yellow vest.

Worship in May

There are three ways to participate in worship: 10am live in our Sanctuary on Sundays, 10am livestream on Sundays as worship is taking place, or anytime afterwards on YouTube. At this time, we are encouraging masks but not requiring them, except for when singing. There are coffee and doughnuts in Lakeview Social Hall after worship every Sunday.

May 1 – Holy Communion (remember to bring food or money for the Food Shelf) *Myth Busters Revisited – "Everything Happens for a Reason."*

There is truth to this phrase. It can bring comfort, but it can also keep us from deep care and can cause pain and confusion.

May 8 – Mother's Day/Garden Sunday *Myth Busters Revisited – "God Helps Those Who Help Themselves."*

God calls us to take an active role in our own lives. At the same time, through God's people, God helps those who cannot help themselves.

May 15 – Baptism and Bishop David Bard Preaching

May 22 – Graduate Sunday and Celebration Sunday *Myth Busters Revisited – "Love the Sinner, Hate the Sin."*

We are called to show non-judgmental love for all people. The sin Jesus consistently denounces is religious hypocrisy.

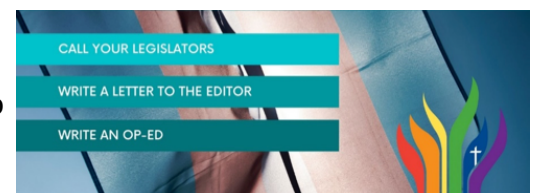
May 29 – Memorial Weekend *Myth Busters Revisited – "God Said It... I Believe It... That Settles It."*

There are verses in the Bible that don't seem to make sense. Our challenge is to seek God's message in the midst of it.

Anti-Transgender Legislation in Minnesota

During the 2022 legislative session, dozens of states will consider legislation related to LGBTQ discrimination. Some bills will seek to advance the comprehensive nondiscrimination laws that LGBTQ people so sorely need, while others will almost certainly attempt to single out and target LGBTQ people for unfair and unequal treatment. Freedom for All Americans is tracking each relevant bill in their 2022 Legislative Tracker, in partnership with the Equality Federation.

For a list of six anti-transgender bills and policies filed in our state, go to freedomforallamericans.org/legislative-tracker/anti-transgender-legislation. Scroll to the map at the bottom of the page and click on Minnesota.



From Our Faith Community Nurse

We just celebrated Earth Day on April 22, and I wish it were more celebratory. Our environment is undergoing radical change, according to the most recent edition of *Minnesota Medicine, Health Professionals for a Healthy Climate*. Formed in 2015 and made up of physicians, nurses, and allied healthcare providers who add their voices to the public debate on clean energy and climate change, their main purpose is to educate and share information on the urgency of involvement. Most of this article contains excerpts from articles found in this publication.

We are all aware of the erratic weather changes we have experienced just this past year—fires, floods, ice storms, increased heat, drought (then mega rains), more frequent tornados, etc. Remember the smoke last summer from the fires? Many people with breathing problems were affected. Climate change impacts water quality, air quality, food systems, and all aspects of our mental and physical health.

Vector-borne diseases like Lyme, anaplasmosis, babesiosis, and West Nile Virus are being reported much more frequently, due in part to warmer temperatures throughout Minnesota.

After the winter we've had, it's hard to believe that globally the last five years have been the hottest on record. The goal is to keep our earth at 1.5 degrees centigrade above pre-industrial levels, and we are already at 1.2 degrees. "If our cumulative 'carbon budget' were a pie, we've already eaten five of the six pieces, and all are squabbling over the rest." If you are more than 30 years old, more than 40% of the total carbon ever burned by humankind has been since your birth. If climate change isn't addressed now, it will cause widespread devastation of agricultural regions, flooding of coastal areas, climate refugees, and more methane (which is more destructive than CO₂) in the atmosphere from melting tundra.

Another area of concern in our state is our water quality. Kelly Morrison, MD OB/GYN, serves on the Climate Action Caucus in the House, which comprises legislators who are very concerned about climate change. As she notes, "Lake Superior has 11% of the world's fresh water. The idea of doing copper-sulfide mining in our state is a big threat to our water supply. We already know that 10% of babies born on the North Shore have an unhealthy level of mercury in their blood when they are born. Heavy metals leach into water from this type of mining."

"Sulfide-Ore Mining and Human Health" in *Minnesota Medicine* March/April 2022" is an excellent article which explains the proposed mines and where they are located, along with the potential impact of human health, animal health, and the health of the forests and wetlands. It points out that the environmental review process for sulfide-ore mining projects has been shown to

fail repeatedly. Fourteen copper mines which had been in operation for more than five years, representing 89% of the U.S copper production in 2010, all had accidental releases or pipeline spills causing water impairment and acid mine drainage. None of these mines were in water-rich environments like ours. Water and soil impairment will last for centuries. The article calls for independent scientific scrutiny regarding the effects of acid mine drainage on the people living downstream, keeping in mind fetuses, infants, and children are most vulnerable to toxic methylmercury. The Lake Superior Band of Chippewa are guaranteed by treaty to hunt, fish, and gather wild rice—the impact of land and water degradation would have a spiritual, economic, social, and cultural impact on them. Another impact would be the rise in cost of health care due to potential human health impairments. Another major concern is the ecosystem damage to the St. Louis River, its estuary, and Lake Superior.

A copy of this article will be available in the church office for your information.

Our water is precious and must be protected to protect overall public health. How much water is being used? Where can we get safe water? And what are we doing to the land which has effects on water quality? If a well is unsafe, where will water be obtainable?

Another problem for water, wildlife, and vegetation, not to mention human health, is the Huber Plant proposed for Cohasset to manufacture oriented strand board. The company wants the right to drain and fill many wetlands, including those along the Mississippi River, which provide habitat and are

crucial to preventing flooding.

We all need to be cognizant of what types of manufacturing are being proposed for our state and the impacts they could have on the health of us all. Our involvement is crucial. We must be aware and take action, individually and collectively to provide a healthy environment for our children and those yet to come. Write our legislators, peacefully protest, join a climate-concerned group, read, join our sustainability group, eat less meat, and be stewards.

Interestingly, Virgil wrote in *The Georgics*, written between 36 and 29 BCE:

"...before we plow an unfamiliar patch

It is well to be informed about the winds,

About the variations in the sky,
The native traits and habits of the place,

What each locale permits, and what denies."

Blessings, ~Linda Wiig

Dr. Dorothy Anway Memorial Scholarship

Tasneem Aidabi, a freshman at UW-Superior majoring in mathematics, received a \$1,325 memorial scholarship from the Duluth Branch of the American



Association of University Women and family and friends of the Anway family. The scholarship was presented by Dr. Allen Anway to Tasneem on April 4.

Children, Youth, and Family News

Youth Ministries

Mission Trip – June 21-23, 2022

This is for anyone going into 7th-12th grades – cost \$110. (See Cynthia about a grant that will reduce your cost) Note: the deadline for signing up has passed, but if you missed this announcement and want to go, please contact [Cynthia](#) to see if it is still possible.

We will be packing food (perhaps for Ukraine), doing yard work, hosting Bingo for people living at a shelter, and spending time with homeless youth doing yard work and other tasks. We will also be going to a water park, a Twins game, and another fun activity. All for \$110?! That will cover transportation, lodging, tickets to the Twins game, water park, and most of the meals. Can't beat that! We will stay the night at a church in the Cities, and have devotions and group games. Want to give your teen an experience they won't forget? This is it! Get them serving and thinking of others, all the while becoming better friends with other church kids and reflecting on their own faith journey.

Ways for everyone to participate in the Summer Mission Trip

- *Buying Shares* – The youth who are going on the mission trip will be selling shares Sundays in May. Shares are \$25 each. Buying a share will get you a handwritten postcard from a youth and bragging rights for helping fund this trip!

- *Donate a fun prize for Bingo winners* – One of our activities is to host a Bingo night at the Emma Norton Shelter. Some suggestions are:

bottles of body lotion or large bathroom towels. I'm sure you could come up with something even better!

Youth Group Schedule – Wednesdays 6:30-7:30pm

May 4 – Confirmation

May 11 – Youth Group

May 18 – Picnic for all! (watch for more details in emails)

Senior High Get-together – Sunday, May 1, 4-6pm

9th–12th graders are invited to dinner and mini golf at Famous Dave's/Adventure Zone in Canal Park on Sunday, May 1 from 4–6 pm. We will play a round of golf and then eat at Famous Dave's. Church pays! Bring a friend. RSVP to [Cynthia](#) by noon on May 1.

Graduation Sunday – May 22, 2022

We are so excited for and proud of the high school seniors this year. We will celebrate and honor them at church Sunday morning, May 22 at 10am during the regular worship service. After church, the graduates are invited to stay for lunch, games with prizes, and good fellowship time with the other graduates.

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We will also honor anyone graduating from college or any post-secondary program. If you or someone you know is graduating, please contact [Cynthia](#) so we don't miss them! Thank you!

Thank you to Maya Swanson and Maleeah Langdon-Larson for loading and bringing 185 pounds of food to the CHUM Food Shelf!

Summer dates to put on your calendar:

- **Vacation Bible School – July 18–22.** We will need teen counselors to play with and guide the elementary kids this week. 6th–12th graders are invited to volunteer! Text or email [Cynthia](#) if you can help!
- **Camping at Amnicon – August 19–20.**

We will camp in platform tents, play games, have a campfire, swim in the river, make forts, and tell spooky stories. Text or email [Cynthia](#) if you would like to go.

Family Ministries

All-Church Camp – August 19–20, 3–5:30pm

Join us for an all-church retreat at Camp Amnicon. All ages are welcome. We will be staying in tents that have real beds and mattresses. You bring sleeping bags, etc. Meal provided, singing, and a camp fire! Lots of down-time to read, play, and wonder. The cost will be about \$50 per person (meals included). Family rates are available. Contact [Jojo](#) for info and registration, 218-251-4388.

Join the Church Softball Team!

All United Methodist members and friends are eligible to play. Sign up by holding up your camera to the QR code below and click the website that appears! Ages 10 and older are able to play. Games are Tuesdays in June and July. For more information, contact Team Manager Jojo at 218-251-4388 or families@fumcduluth.com.



Children/Family Ministry

- **May 1** – May Pajama and Movie Day in Sunday School.
- **May 18** – Last Wednesday night (BBQ). No need to bring dinner on this day.
- **July 18–22** – Vacation Bible School, \$50 per person, \$40 for each additional child. 9–3pm with extended care as an option.
- August 19–20** – Camp Amnicon. All are welcome! (3rd grade and older welcome without parents) Contact [Jojo](#) with questions or comments: 218-251-4388.

It's Garden Time!

by Mary Giese, Director of Welcome

Has anyone ever told you anticipation is half the fun? The Garden Group here at FUMC is anticipating a fantastic spring and summer of fun, digging in the dirt, planting, and tending to the 12 garden spots around the church. While we wait with anticipation for the growing season, we are also looking for individuals, couples, and families to get involved by volunteering to tend to the gardens occasionally this summer.



You can contact Marlene Bowen at 729-6526 or Mary Giese at 624-5138 for more information or to say, "Please count me in!" When the

kiddos come along, we invite and encourage them to add welcoming chalk art drawings for guests and visitors to see along with the flowers.

Garden Sunday is May 8, and that

is also Mother's Day. We have kept over 100 geraniums in the windows of the lower level, and I know they are anticipating getting outdoors into sunshine and rain.

The Garden Group will take orders for geraniums on May 8, and you will be able to pick them up on Tuesday, May 17 on our garden clean-up day or by contacting Laura Krumwiede at 728-5723. Cost of each geranium is \$20, and you will have a choice of colors. We thank you for considering this as the proceeds go into the garden fund to purchase other plants to beautify our church grounds.

All work days are scheduled for 9am, and we ask you to bring your own well-marked tools and a snack, if you choose.

Dates for the Garden Group calendar:

- **Sunday, May 8**, Garden Sunday and geranium order day.
- **Tuesday, May 17**, Garden clean-up day.
- **Thursday, May 19**, Rain date for clean-up if needed.
- **Tuesday, May 31**, Geranium planting day.
- **Thursday, June 2**, Planting annuals day.
- **Friday, June 3**, Rain date for planting annuals, if needed.

FUMC has three large events planned for the parking lot this summer, and we want the gardens to be a welcoming invitation for all to come back time and time again.

When summer company comes, invite them to church and then to enjoy the gardens and the view as well.

We look forward to seeing you in the gardens!

Music Notes

Good/Bad News from Mike Goodlet-Meijer



After 11 years with us, Mike Goodlet-Meijer has resigned his position as our Sanctuary Choir Director. Both the choir and the church have been blessed by his leadership. He has been kind, patient, understanding, creative, and full of good humor. The list could go on.

Mike will be retiring from his teaching position in Maple, WI, at the end of the school year, and he and his husband, Rob, will be moving to Florida in June. We will miss you, Mike, but we wish you and Rob all the best. We're sure there is a choir in Florida that will

flourish under your leadership. During our worship service on May 22, we will all have a chance to thank Mike and celebrate his ministry.

A search committee has been formed to identify and hire a new Sanctuary Choir Director. Members of the committee are Pat Miller (chair), Velda Bell, Tom Wiig, Mary Whitlock, Riley Hinnenkamp, and Nancy Eaton. If you know of someone who might be interested in this position, please forward them the job posting or have them contact Velda at music@fumcduluth.com or 218-727-5021. The job posting is listed on page 8 of this issue of *First Family* and also on our church website and Facebook page.

Music Celebration Sunday

We are blessed to have so many musicians in our church who give generously of their time and talents Sunday after Sunday. We really can't thank you enough! Your music lifts our spirits and helps us express our faith. During the worship service on May 22, we will have a chance to celebrate our church musicians. Many of our music groups will participate, including Tapestry, Strikepoint, Sanctuary Choir, Cast in Bronze, and Class Ring. It will be a morning of praising God with music.

Summer Music

During the summer months, our music groups take a break, and I look for musicians who are willing to provide special music for our Sunday worship services. If you would like to share your musical

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talents with our congregation this summer, please contact Velda Bell at music@fumcduluth.com or 218-727-5021.

Sanctuary Choir Director position available

First United Methodist Church (the Coppertop) is seeking a positive and enthusiastic Sanctuary Choir Director to join our music staff and lead our 20+ voice choir (including four tenors!). We're looking for someone who enjoys directing a variety of musical styles, ranging from classical anthems to gospel to more contemporary music.

First UMC is a socially progressive congregation welcoming all people. We offer a blended worship service that regularly features our vocal choir, our worship band, our organist, and at least one of our four handbell choirs. We have a vibrant musical heritage and are excited about the important role of music in our future!

The choir sings nine months of the year with occasional Sundays off and scheduling is flexible. Candidates must have a BA or BS in music, or equivalent experience. The salaried position will commence the beginning or the middle of August and we will review applications as soon as they arrive, but no later than June 1.

Interested applicants should submit a resume and references electronically or by mail to: Velda Bell, Director of Music Ministries, First United Methodist Church, 230 E. Skyline Parkway, Duluth, MN 55811 or music@fumcduluth.com. Visit our website at fumcduluth.com for more information about our church community.

Cast in Bronze at Handbell Festival

FUMC's adult handbell ensemble, Cast in Bronze, will be attending the Area 7 Handbell Musicians of America (HMA) Handbell Festival being held this June at the DECC. Area 7 is one of twelve regional handbell sections of HMA. Area 7 is comprised of MN, WI, ND, SD, and Manitoba. The festival is held every other year throughout the Area.

Cast in Bronze members will play in the massed group and in the Coppers Division. They will also play a solo piece in a concert for their handbell peers.

Our own Bill Alexander will be one of the festival's massed ringing conductors, directing all the attendees as one combined choir.

You are invited to attend the closing concert, which is open to the public, on Sunday, June 12 at 1:30pm at the DECC.

Save the Date!

Monday, July 18, 6:30pm

Big Wave Dave and the Ripples

Make plans now to attend this huge event, right here in the FUMC parking lot.



STRIKEPOINT

Two Concert Opportunities

After missing two years of concert tours, STRIKEPOINT IS BACK!

Mark your calendars for these two events

**Friday, June 10, 7:30pm
DECC Symphony Hall**

Opening concert of the Area 7 Handbell Musicians of America Handbell Festival-Open to the public

**Saturday, July 16, 7:00pm
Strikepoint's 2022 Summer Tour**

Homecoming Concert, FUMC Sanctuary

All Are Invited to Join the Handbell Polishing Party

On Saturday, June 4 from 4-7pm, we will be attempting something never tried before at FUMC. We are going to polish, repair, and adjust all 19 octaves of our four sets of bronze handbells! That's 233 bells!

To pull this off, we are going to need about twenty volunteers. There will of course be handbell musicians there, but we are going to have to reach out to our congregation for additional help. Did we mention there will be pizza provided? You don't have to have experience. Everything will be demonstrated. Older kids are invited to help as well.

We are getting all the bells ready for concerts, tours, and the Area 7 Handbell Festival, where all four sets are being used.

If you are interested and willing to help, please contact the church office, 218-727-5021, or Bill Alexander, bill@strikepoint.com.

From the Duluth News Tribune's Bygones Column

News Tribune, April 6, 1922

"An illuminated cross, donated by a member of the congregation, will be installed and dedicated this Sunday at Duluth's First Methodist Church. The cross will be suspended in front of the organ and will be used in connection with worship services."

We have been looking for a photo of this cross. If you have one or know where to locate a picture of this from the 3rd Street Church, please contact the (current) church office.

Rhubarb Pie and Crisp Baking Schedule

The CHUM Rhubarb Festival is on June 25 this year, and we need volunteers throughout the month of June to help with the Coppertop's contribution to the bake sale. This is a major community event for CHUM, and there are many opportunities to help. This year the festival will be held at Holy Rosary. We are looking for volunteers to help gather rhubarb, clean and chop rhubarb, clean strawberries, make pies and crisps, wash dishes, bake, box, and transport pies and crisps. Please check out the schedule below and email anitazager@gmail.com to let her know what you would like to do and when. Ask a friend to join you. It's always fun. Debbi King and Anita Zager will be kitchen leaders. If you can't help in the kitchen, you can make a cash donation towards ingredients.

Rhubarb

You can drop off fresh rhubarb at the church beginning Sunday, June 5, or email Anita and someone can pick it for you!

Monday, June 6 – Chopping, 1-4pm or 6-8pm

Tuesday, June 7 – Assembling pies and crisps, 9am-1pm

Monday, June 13 – Chopping, 1-4pm or 6-8pm

Tuesday, June 14 – Assembling pies and crisps, 9am-1pm

Monday, June 20 – Chopping, 1-4pm or 6-8pm

Tuesday, June 21 – Assembling pies and crisps, 9am-1pm

Thursday, June 23 – Make and bake, all day – Paul Sapyta helping

Friday, June 24 – Baking/Boxing Only, 9am-1pm, transport late afternoon after 3:00? **Needed, a strong person who can lift trays in and out of the ovens and another to help transport boxes.

Saturday, June 25 – Early morning transport of remaining baked goods.



Harm Reduction Model

by Catherine M. Reich, PhD LP

How do we as Christians respond to the addiction epidemic?

Approximately 100,306 Americans died from an overdose in 2021, and it's believed that 60 million Americans are currently struggling with some degree of problematic alcohol or drug use. Although many mental health therapies are successful at reducing or curing conditions like depression, the predominant model to treat substance use—the abstinence-only model—has had a high failure rate. A newer approach—harm reduction—is more effective than these past attempts, but it is sometimes misunderstood by the public.

The abstinence-only model is based on harmful myths and assumptions. As a clinical psychologist, I would never say to a depressed client, “You must agree to not be depressed while we work together, and only then will I agree to help you.” Yet, abstinence has often been required by programs meant to help with recovery from addiction. For some individuals, abstinence may be their goal and they may be ready for this. However, through scientific research we now understand that an abstinence-only mandate can be harmful and get in the way of recovery for some users. Why? People change when they are ready to change. When someone is contemplating change but not yet ready, they are typically stuck between the negative consequences of the substance (e.g., negative health effects, family conflict) versus the positive effects of the substance. Although positive effects can include the pleasant physical effects and sensations brought on with the substance use, a mixture of psychological and social factors can play a profound role in substance use. In other words, the substance helps the person in some manner that is difficult to just give up without an alternative. For example, the substance use might help dull painful emotions associated with reminders of traumatic events.

Working through an underlying mental health condition that is driving the substance use or learning alternative coping skills to manage difficult emotions might be needed before abstinence is realistic.

The goal of the harm reduction model is to meet the individual “where they are” in their

readiness for change. Instead of demanding the user stops altogether, this model emphasizes helping people lessen some of the most dangerous risks (e.g., providing clean needles to lessen the risk of contracting HIV), while providing the resources needed to address the underlying problems driving the addiction. It is a social justice approach that respects the individual, empowers them with choices, and seeks to improve their quality of life.

Harm reduction strategies are easily accepted in non-substance context like seatbelts, sunscreen, and helmets. Stigma about addiction, such as the belief “addicts” are weak, lazy, or immoral, can lead to judgments, demands, criticism, and lectures about abstinence that ultimately backfire and drive the person away. As Andrew Tatarsky, a leader in the harm reduction movement, once said, “How can we shift our culture of stigma to one of compassion, such that people who struggled with problematic substance use would feel inspired to reach out for help at the point that they become concerned, rather than feel like they need to go into hiding?” As Christians, we can embrace our mission of hope in healing in our community by shifting our own thinking from one of stigma and judgment—“Why are they addicted? Why won’t they just quit?”—to one of compassion and support—“Why are they in pain? What might I do to help with that suffering?”

Learn more about the harm reduction model at: harmreduction.org/about-us/principles-of-harm-reduction.



Ruby's Pantry-Coppertop

"Ruby's Pop-Up Pantry" is held the 3rd Thursday of each month at FUMC from 4:30-6pm.



Please note that the donation has been

increased to \$25 beginning in May, due to inflation and the rising cost of transportation.

For a \$25 donation (cash only, no EBT or checks at this time), participants receive an abundant amount of food. This is a drive-through distribution. Use the parking lot entrance off Skyline Parkway. Please follow directions from the friendly parking lot crew. Arrive with an empty trunk, so volunteers can load at least two boxes of food into your vehicle. If you can bring in two empty boxes to exchange, that would be appreciated.

There are no income or residency requirements to participate in Ruby's Pantry—just a want or need to stretch your grocery dollars. There is no typical food share. We usually have a preliminary food list the day before distribution. Like us on Facebook to receive updates at facebook.com/rubyspantrycoppertop.

Interested in volunteering? Visit www.rubyspantry.org or call First United Methodist at 727-5021. Volunteers are needed throughout the afternoon and evening of the distribution day. Currently, all volunteers are masking to protect guests and volunteers.

A Declaration on the Russian World



Icon: Gathering of the twelve Apostles, church of Zoodokos Pigi (Life-giving Spring), Vyzitsa, Pelion, Greece;

Photo: Damaged Ukrainian church in the village of Bobryk, Kyiv region (twitter.com/nextatv)

"A Declaration on the Russian World (*Russkii Mir*)," published March 13, describes how Russian world ideology is being used by President Vladimir Putin and Patriarch Kirill of Moscow as a principal justification for the invasion of Ukraine. In the declaration, Russian world ideology is described this way:

"The teaching states that there is a transnational Russian sphere or civilization, called Holy Russia or Holy Rus, which includes Russia, Ukraine, and Belarus (and sometimes Moldova and Kazakhstan), as well as ethnic Russians and Russian-speaking people throughout the world. It holds that this 'Russian world' has a common political centre (Moscow), a common spiritual centre (Kyiv as the 'mother of all Rus'), a common language (Russian), a common church (the Russian Orthodox Church, Moscow Patriarchate), and a common patriarch (the Patriarch of Moscow), who works in 'symphony' with a common president/national leader (Putin) to govern this Russian world, as well as upholding a common distinctive spirituality, morality, and culture.

"Against this 'Russian world' (so the teaching goes) stands the corrupt West, led by the United States and Western European nations, which has capitulated to 'liberalism', 'globalization', 'Christianophobia', 'homosexual rights promoted in gay parades,' and 'militant secularism.'"

The authors point to scripture* in condemnation of Russian world ideology. While I know many people shun political discourse at church, there is value in examining our actions to promote democracy, equality, and civil rights in the context of the tenets of

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—declaration, continued from page 11

our faith: peace, love, mercy, truth, inclusion, and justice.

God of Compassion, give us the courage to act against violence and oppression. Help us to recognize the presence of evil when ideology is used for domination. Keep our focus on serving people in need, providing for people in crisis, and welcoming people who have been left out.

Public Orthodoxy is a publication of the Orthodox Christian Studies Center of Fordham University

*John 18:36; Matthew 22:21; Galatians 3:28; Matthew 5:43-45; Matthew 9:13; cf. Hosea 6:6 and Isaiah 1:11-17.

publicorthodoxy.org/2022/03/13/a-declaration-on-the-russian-world-russkii-mir-teaching

CHUM Announces Honors

The St. Louis County Board recognized more than 35 local agencies during Public Health Week for their responses to the COVID-19 pandemic. CHUM received two Public Health Partnership Awards for the Warming Center and the Steve O'Neil Apartments. CHUM staffed and operated the Isolation and Quarantine sites and worked closely with public health and human services staff to coordinate vaccination and testing sites, education, and outreach at the warming shelter and Steve O'Neil Apartments. Congratulations to all the honorees. You can read more [here](#) or watch a [video](#) of the full board meeting.

Minnesota FoodShare March Campaign a Success!



Congratulations! CHUM made it through another Minnesota FoodShare campaign, and they couldn't be happier with the community response. Everyone from schools, hospitals, businesses, community organizations, congregations, and more put in the extra effort to raise as much money and food as possible to keep the Food Shelf operating for many months. They are still tabulating the final numbers and will share them when they become available. The best news is, CHUM paid for all their Community Supported Agriculture shares! A big thank you from CHUM!

Neighbors Living Unsheltered in Duluth

The Warming Center has closed, and CHUM is collecting tents and sleeping bags for our neighbors experiencing homelessness. They have returned to living outdoors because there is nowhere else to go.

How can you help? Visit SteppingOnUpDuluth.org and explore the options. View the [video](#) to learn about the five-year plan to address the homeless crisis. Read the [fact sheet](#) to learn about Phase I, and contact the Mayor or your City Councilor to express your concerns and invite their leadership. Get others involved by gathering folks to view the video and explore ways you can offer support.

In Duluth, Authorized Outdoor Living Zones are on land owned by an individual, congregation, institution, or business. Let CHUM know of your interest [by email](#), and together explore how your land might temporarily serve as a site for an Authorized Outdoor Living Zone.

Other ways you can help:

- Temporary use of land large enough to hold 10 tents spaced 15 feet apart, with room for porta-potties and dumpster, including access for the trucks that deliver and service them
- Adopt an AOLZ by providing basic needs and support on a regular basis (meals, hygiene kits, etc.)
- Join a small delegation to meet with your Council member
- Volunteer your time
- Donate supplies.

Fill out a [Supporter Profile](#) to let CHUM know what gifts, skills, and wisdom you have to share.



Minnesota Annual Conference of the United Methodist Church

The Minnesota Annual Conference: Who We Are

Our Mission

Making disciples of Jesus Christ for the transformation of the world.

Our Vision

For every congregation to become a vital expression of the scriptural imperatives to:

Grow in Love of God and Neighbor

*The Great Commandment
(Matthew 22:37-40, NIV)*

"Love the Lord your God with all your heart and with all your soul and with all your mind, and love your neighbor as yourself."

Reach New People

*The Great Commission
(Matthew 28:19-20, NIV)*

"Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit."

Heal a Broken World

*The Great Proclamation
(Luke 4:16-21, NIV)*

"The Spirit of the Lord is on me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free, to proclaim the year of the Lord's favor."

Our Values *(Moving Forward—A Vision, Item 100, as approved by the 2019 Minnesota Annual Conference Session)*

Rooted In Jesus

Jesus is our foundation, the One who teaches us to love our neighbor as ourselves, to love our enemies and welcome the stranger. Christ is the very embodiment of Love, Emmanuel—"God with us."

Grounded in Wesleyan Theology

Grace pervades our understanding of Christian faith and life. While the grace of God is undivided, it precedes salvation as "prevenient grace," continues in "justifying grace," and is brought to fruition in "sanctifying grace."

Inclusive of All Persons

We are committed to inclusiveness in all aspects of the life of the Church, by embracing the richness of diversity found in sexual orientation, race, physical or mental ability, national origin, marital status, gender identity, ethnicity, economic status, and age.

Engaged in the Work of Justice and Reconciliation

We are a Church created to participate in God's redemptive work in this world. We hold an unwavering commitment to the hard work of advocacy, justice, reconciliation and liberation.



**First United
Methodist**

The Coppertop Church on the Skyline
230 E. Skyline Parkway • Duluth

SUMMER AT FIRST

SAVE THE DATES!

JUNE

Blessing of the Animals
Wednesday, June 15 • 7pm

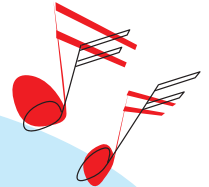
Bring your pet to receive a blessing.
The Superior Police Department
K-9s will be present to receive
a blessing also.



JULY

Big Wave Dave and the Ripples Concert
Monday, July 18 • 6:30pm
(Raindate: Monday, July 25)

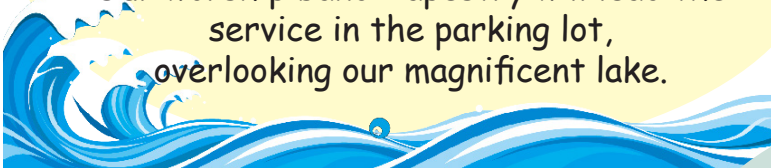
Join us for a rockin' concert in our
parking lot! A food truck will be onsite
for supper beginning at 5:30.



AUGUST

Outdoor Worship Service
Sunday, August 14 • 10am

Our worship band Tapestry will lead the
service in the parking lot,
overlooking our magnificent lake.



AUGUST

All Church Family Camp
Friday-Saturday, August 19-20

Time to relax and connect with God and
your church family at Camp Amnicon.
Email Jojo (families@fumcduluth.com)
for info & to register.



More details on all events
will be available soon.

SUMMER AT FIRST - KIDS' & TEENS' EDITION

SAVE THE DATES!

JUNE, JULY & AUGUST: FAITHFUL FRIDAYS

for kids entering grades K-5
June 10 & 24; July 8 & 22; August 26
9 - 11am

Bible stories, snacks, time to play and connect
with your church friends.
Call Jojo to sign up: 218-251-4388



JUNE: SUMMER MISSION TRIP

for teens entering grades 7-12
Tuesday-Thursday, June 21-23

We'll be packing food, doing yard work, spending time with homeless youth, and going to a waterpark and a Twins game. \$110 (see Cynthia about a grant that will reduce your cost). Signup deadline: **April 17** or email Pastor Cynthia (pastorcynthia@gmail.com) as soon as possible.



JULY: VACATION BIBLE SCHOOL

for kids entering grades 1-5
Monday-Friday. July 18-22 • 9am-3pm

Arts & crafts, Bible stories and outdoor games, plus field trips around the area! \$50 per child (\$10 discount for multiple children). Contact Jojo to register and pay (families@fumcduluth.com).

Teens: we need YOU to be counselors!
Contact Cynthia or Jojo.



More details on all events
will be available soon.



First United Methodist Church

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