



# 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.*

**August 2022**

There  
may be an  
abundance of things  
going on this summer...  
at FUMC and in your lives.  
But for right now, breathe  
and relax. Summers in  
Duluth are too  
valuable to  
miss.

**First United  
Methodist Church**

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





## Our First Family

### Thank you to Strikepoint

Thank you for your support in making Area 7's 2022 Festival a success! We are so honored to have had you as our featured ensemble! It was a wonderful concert and the tribute to Cindy was beautiful and heart-felt.

*~Area 7, Handbell Musicians of America, Board*

### Daniel Maddy Named POWER 30 Construction and Real Estate Lawyer



FUMC member Daniel Maddy, of the law firm Fryberger, Buchanan, Smith & Frederick, P.A., has been named recently as a POWER 30 Construction and Real Estate

Lawyer. POWER 30 is a feature in the law-focused independent newspaper *Minnesota Lawyer* that recognizes Minnesota lawyers who have shown leadership in real estate and construction law and have garnered a high level of respect from the bar. POWER 30 Lawyers have been chosen based on extensive interviews with eligible attorneys and a review of significant cases and their outcomes.

Congratulations, Dan! We're proud to call you one of our own!

## On the Journey With You

What a great time we had in our church parking lot on Monday, July 18 with Big Wave Dave and the Ripples and the Room at the Table food truck. We had several hundred people in our parking lot (about half from the congregation and half from the community) for food, music, dancing, and fun together. You can see pictures from that evening on page nine.

The church covered the cost of the band so that the free-will offering taken during the concert could all go to CHUM Food Shelf. The Food Shelf has already exceeded their budget because the need is so great. We raised \$2,825 for the Food Shelf at the concert. Because CHUM has wholesale partners, they can buy about \$7 worth of food with every \$1 we donate, so the night of the concert will actually provide \$19,775 worth of food. Wow! We made a difference and had a great time doing so.

It is so good when we can get together for fun and to do something good for others. Scripture says a lot about the importance of joining together in community:

- **Ecclesiastes 4:9-12** says, "Two are better than one, because they have a good return for their work: If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up! Also, if two lie down together, they will keep warm. But how can one keep warm alone? Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken."
- **In Matthew 18:20** Jesus reminds us, "Where two or three are gathered in my name, there am I among them."
- **In John 13:34** we read, "A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another."
- **1 Thessalonians 5:11** instructs, "Therefore encourage one another and build one another up, just as you are doing."

## 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: **August 17**  
Submit to [connect@fumcduluth.com](mailto:connect@fumcduluth.com)



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



It is good that we have church, which brings us together to support each other, to share life together, and to do good for the community and world. Keep coming together as church. We need each other, and the world needs us, too.

On the Journey With You,  
~Pastor Jeanine Alexander

## Worship in August

We worship in person in our Sanctuary every Sunday at 10am AND online on YouTube every Sunday morning at 10am. The service can also be watched anytime after 10am Sunday morning. The service on YouTube is a livestream of the service happening in the Sanctuary.

- **August 7** – Holy Communion.

Pastor Jeanine will preach on "Learning From Moses."

- **August 14** – Outdoor Worship (weather permitting... otherwise in the Sanctuary). Pastor Jeanine will be preaching a "Candy Bar" sermon, Tapestry is providing all the music, and there will be special treats afterwards.

- **August 21** – *Minnesota Teen and Adult Challenge* will be with us sharing stories of faith and recovery from addiction.

- **August 28** – Our seminary student, Kelby Werner, will be our guest preacher.

**Outdoor Worship**

**Sunday, August 14**

**10am**

**FUMC Parking Lot**

## New Tech for This Fall

*By Alex Flinner*

Well, it's that time of year again. School is approaching for many and this means a purchase of a new piece of technology. A computer will be what many are looking for, and picking that new machine can often be a bit of a struggle. Every year we are greeted with the latest and greatest, often coming with rather high price tags. This newest high-end tech can be great for those needing the extra horsepower to run as fast as possible. But for those looking to make a purchase and not break the bank, there are many good options available. Here are a few things to consider before buying:

1. Does it need to be portable?
2. What Operating System (OS) to get?
3. What specifications should it have?

Portability is often important for those who need to use their own machines to take notes, work on assignments between classes, or use on the go. There are three formats to choose from: desktops, laptops, and tablets (not all tablets are full computers). Portability often comes with extra cost and additional necessary accessories, including bags, protective shells or sleeves, and dongles (adapters) to be able to connect USB devices, wired networks, or displays.

As a student, OS is often suggested or required by the school or degree. While much software now has Apple (Mac) or PC (Windows) versions available, some applications are still OS dependent. For those looking for the cheapest option, Chrome OS machines can be good for the day-to-day but fall short with more specialized applications (photo and video editors, games, etc.). If not specified by school or work, the choice of OS may be more influenced by what you have used in the past or other devices in your family tech ecosystem. If you are looking for a machine to run with specific software, check the software's website for recommended requirements. Avoid just meeting the minimum requirements.

Specifications to look for on a machine intended for general day-to-day use:

- CPU (computer's brain) – Within two generations of newest available (I'd recommend i5 Intel 10th Gen or better, AMD Ryzen 5 Gen 2 or better)
- RAM (memory for active applications) – 8 GB or better... more if editing video regularly
- Storage (HDD [slowest], SSD [fast], or NVME [fastest]) – 256 GB or larger (500 GB+ if storing many videos or pictures)
- Graphics (integrated or dedicated video processing) – Integrated often covers day-to-day uses well; dedicated is more for gaming, video and photo editing, and other professional software (ex. CAD [Computer-Aided Design]).

—continued on next page



—Tech, continued from page 3

These days, laptops and desktops can have similar specifications and be within a couple hundred dollars or less of each other. Other items that could be handy include a backlit keyboard, built-in webcam and mic, or a larger screen. Upgrade paths do exist for many machines only a couple years old and may delay the need to purchase a new machine. PCs tend to be the easiest to upgrade and Apple products the hardest. There are a few places around town that can do these upgrades, or they can be good DIY projects as well (do the research before you take apart the machine; YouTube may even have a teardown video of your specific model).

Don't sweat the selection too much, ask a few questions before buying (including about education discounts for hardware and software), and enjoy your new devices!

## Thank You for a Successful Rhubarb Festival

The 17th annual CHUM Rhubarb Festival is in the books. It was a great day of food, music, fun, games, and Rhubarbara! The weather cooperated, every single pie, brat, jar of jam, crisp, scone, glass of juice, and burrito was sold. Hundreds of volunteers worked throughout the day to make everything move smoothly.

It would be impossible to list all the volunteers who made this day possible. All are appreciated, and CHUM is so grateful for all you do. A special thanks to Rhubarbara; Ted Schick, the Master of Ceremonies for the day; as well as the terrific music from the Randy Lee Ensemble, the Deviled Eggs, the Brothers Burn Mountain, and the Fish Heads. We raised nearly \$70,000 for CHUM programs and services!

Thank you also to the event sponsors!

Mark your calendars for the 18th CHUM Rhubarb Festival on **June 24, 2023.**

## From Our Faith Community Nurse

As we age, we need to focus on adjusting to normal aging changes. One change is in sleep patterns, which is a partial result of the aging process. Sleep disturbances affect 36% to 69% of older adults. Emotional or physical factors can also play a part. Another cause could be unresolved grief.

While you may think falls are a normal part of aging, this is not the case. Falls can occur anytime, anyplace, and to anyone while doing everyday tasks. I can attest to this. I recently experienced a fall while going down the stairs at home with my arms full, and I slipped on the bottom stair. So do not carry anything with arms completely full down the stairs. This is one way to reduce the risk of falling. Other ways are to know your medications and review them with your pharmacist or health care provider. Have your vision checked regularly. Older individuals are prone to cataracts. Limit alcohol, and get adequate calcium and Vitamin D. Avoid getting up quickly from lying down or sitting; blood pressure takes time to adjust.

One of the most important activities to do is exercise. I know that I really need more after the worst of COVID. It has been shown that tai chi is one of the best exercises that you can do to improve balance. Doing tai chi twice a week for one hour greatly decreases the risk of falling. Tai chi uses a series of slow, flowing motions and deep breathing. The gradual shifting of weight increases participants' strength, flexibility, range of motion, and reflexes.

It is also important to keep your home free from clutter—install hand rails and have good lighting throughout your home.

Watch for a date in October when I will present a program on the risk of falling, and we will learn some tai chi.

Also coming up in September, a luncheon and program for seniors will be held in the Lakeview Social Hall on Tuesday, September 13 at 11am. Invitations will be sent.

Thank you, and blessings to you,

~Linda Wiig





## Youth News

### Camping at Camp

#### Amnicon – August 19-20

You're not going to want to miss this fun, 24-hour camping experience. We will camp in platform tents, play games, have campfires, swim in the river, make forts, and tell spooky stories. The cost per person is \$40 to cover food and transportation. Scholarships are available. Text or email [Cynthia](#) if you would like to go. **The deadline to register and pay is Sunday, August 7.**

### Save the Date!

#### Back to School Lock-in – September 10-11

All middle school and high school kids are invited to a fun lock-in beginning at 7pm Saturday and ending with worship on Sunday morning at 10am. Put the date on your calendar! If any adults would like to volunteer, we will need help with transportation.

## Ways You Can Help Spread the Word

Have you ever been to the FUMC [Facebook page](#), the [website](#), the [YouTube Channel](#), read [First Family](#), the e-newsletter, or even the Sunday service [bulletin](#)? We assume at least one of these because you're reading this. A great deal of time, care, professionalism, and resources go into each edition with the hope that it will bring you information, connection, or... joy.

You can help us and others by "liking," commenting, subscribing, sharing, or inviting others to participate at FUMC. It really makes an impact on our church community.

## From the Welcome Desk

### Welcome Charlie Orsak and Marian Flammang



On Sunday, July 10, we welcomed and received new members, Charlie Orsak and Marian Flammang. They were asked to share three things they wanted the congregation to know about them, and Charlie shared this: "I am a retired child psychologist. My post-retirement callings include climate change advocacy (especially how it affects children) and all manner of outdoor pursuits (especially cycling, at least that is until I figure out what I want to do when I grow up)." Marian's three things are: Marian is a retired psychologist. Upon retirement she had two goals: The first goal was to read the whole Bible. The second goal was to become more proficient with personal computer use. Marian proudly completed reading the Bible in May 2022, but her personal computer use is not proficient yet. However, she has progressed to the point where her family does not laugh as much at her questions.

I enjoyed their "three things" so much, and asked them to tell us more. Charlie was born and raised in Colorado Springs, Colorado. Marian was born in Louisiana and raised in mid-eastern Ohio. They met and fell in love with each other, as well as the North Country, in the late 1970s. Charlie was working for the Bald Eagle Outdoor Center in Bemidji, and Marian for the Chippewa National Forest in Cass Lake. Love of canoeing led them to work at the Canadian Outward Bound School for a few years. Desires to pursue advanced degrees in psychology led them to work and education in the San Francisco Bay area of California and in Eastern Washington state.

Life became settled and fulfilling in the early 1990s with realizing their two dreams of being able to work and live in the Duluth area, as well as the birth of their daughter, Emma. Emma shares their love for the North Country and outdoor pursuits while she follows in her parent's footsteps of using her 20s to explore career options. She recently rode her bike 100 miles on the Munger Trail.

In the winter of 2020, during the height of pre-vaccine COVID-19, Marian and Charlie began searching for a church and community that showed a strong Christian response to the multitudes of those who were in great need. They also sought a church that was inclusive for all and strong in its responses to environmental and social concerns. Of course, a church also needed to fulfill their spiritual needs for growth and learning through worship, sermons,

—continued page 6



—Welcome, continued from page 5  
and teachings.

With the miracle of technology (FUMC's excellent website and YouTube postings), Marian and Charlie were able to discern that FUMC was probably a good fit for them. However, they had questions and needed to experience the spiritual community.

About a year ago, after the church opened up again, they attended a new member class. Marian and Charlie proudly hold the record for asking the most questions ever during a new member class. Undaunted, Pastor Jeanine and her team answered all questions. And they continue to welcome questions, even when Mary Giese has to research the answers and get back to them.

Marian and Charlie would like to express their gratitude to Pastor Jeanine, the staff, and congregation of FUMC for welcoming them. "We appreciate the openness you've shown through allowing us to become involved in so many of your excellent established ministries. We feel blessed and have grown considerably as Christians over the past two years through our worship and service at FUMC. We are looking forward to the next year and the opportunities for spiritual growth which will come our way."

When you see them at church, please add your welcome to this lovely couple. Remember, *we are the church with a welcome for everybody, always.*

~Mary Giese,  
Welcome Director

# United Methodist Bishop Firsts

*From the United Methodist Church, UMC.org*

## U.S. Ethnic Minorities

- The first Asian-American to be elected bishop was Wilbur Choy (Chinese-American) in 1972. He served in the Seattle and San Francisco Episcopal Areas before retirement.
- The first African-American bishop prior to the union was Francis Burns, elected in 1858 and assigned to Liberia.
- The first African-American bishops to serve in the United States were Robert E. Jones and Matthew W. Clair Sr., elected in 1920.
- The first African-American bishop to serve as president of the Council of Bishops was Prince Taylor. Bishop Taylor served as the president in 1965-1966.
- The first African-American bishop elected to the church after the 1968 union of The Methodist Church and The Evangelical United Brethren Church was Roy Nichols. Bishop Nichols served in the Pittsburgh and New York Episcopal Areas before retirement.
- The first African-American woman bishop was Leontine T.C. Kelly, elected in 1984.
- The first Hispanic-American to be elected was Elias Galvan in 1984.
- Bishop Elias Galvan was the first Hispanic ever to serve as president of the Council of Bishops (in 2001).
- The first Japanese-American to be elected was Roy Sano in 1984.
- The first Korean-American to be elected was Hae Jong Kim in 1992.

## Women

- The first woman to be elected was Marjorie Matthews in 1980. She served the Wisconsin Episcopal Area before retirement.
- The first African-American woman bishop was Leontine T.C. Kelly, elected in 1984.
- The first Latina bishop was Minerva Carcaño, elected in 2004.
- Rosemarie Wenner was the first woman bishop to be elected in the Central Conferences. She was elected bishop of the Germany Central Conference in 2005.
- Joaquina Filipe Nhanala was the first woman bishop to be elected in Africa. She was elected bishop of the Mozambique Central Conference in 2008. [Read about her election.](#)

## Worldwide

- Bishop Emilio de Carvalho (Angola) was the longest-serving bishop in the United Methodist Church. He was an active bishop from 1972 to 2000.
- Bishop de Carvalho was also the first African bishop to serve as President of the United Methodist Council of Bishops, from 1991 to 1992.
- Maputo, Mozambique, was the site of the first Council of Bishops meeting outside the United States, November 1-6, 2006.

# FUMC Mission Team Embraces New Community Outreach Ministry



Just as Coppertop people are feeding hungry families with Ruby's Pantry, caring for creation in gardening and sustainability groups, and sharing God's love through our many music ministries, a new group has come together in our church to address homelessness and mental health by Stepping On Up. FUMC is working closely with CHUM leaders and member churches to educate people about this ambitious plan and to build support in our community and congregations for **Stepping On Up Duluth**.

*Is this ministry calling you?*

## Join FUMC Stepping On Up Team

Next meeting: Tuesday, August 9, 11am, FUMC Library

All are welcome!

Contact Sarah Maddy, 218-260-9851, [shmaddy@outlook.com](mailto:shmaddy@outlook.com)

## How Can Our Congregation Best Serve Duluth's Unsheltered People?

### *Stepping On Up in a Nutshell*

#### **The Need:**

Duluth's shortage of housing causes long-term and chronic homelessness. Waitlists stretch to more than two years for subsidized housing. In addition, people experiencing mental illness and chronic homelessness face tremendous obstacles to transition from the streets or shelter into permanent, independent housing.

#### **The Vision:**

Creation of 300 new supportive housing units by 2026.

- ♥ Supportive housing with guidance toward harm-reduction based services, treatment and counseling, and basic life skills like cleaning and cooking.
- ♥ 300 low-cost units: private, dignified, culturally specific, and small scale to encourage community.



**The Response: Stepping On Up** – a bold, ambitious five-year plan devised in 2021 by a united body of service providers: AICHO, CHUM, Human Development Center, Life House, Loaves & Fishes, Lutheran Social Services, Safe Haven, The Salvation Army, and The Affordable Housing Coalition.

#### **Learn more:**

Video [youtu.be/dPQymBRSouo](https://youtu.be/dPQymBRSouo), Website [steppingonupduluth.org](https://steppingonupduluth.org)

## Duluth Community is Stepping On Up

### ***Phase 1: Safe Bay location chosen – staff needed***

For some people experiencing homelessness, a vehicle provides their only shelter. Safe Bay is a new, secure, overnight space for people to sleep in their cars with access to bathrooms and showers, garbage facilities, and people who can connect them to social services. This authorized overnight site will open as soon as overnight staff are hired and will stay open through October 15 when the Warming Center season begins. Staff and volunteers are needed. Job description and application available at: [steppingonupduluth.org/safe-bay-overnight-staff](https://steppingonupduluth.org/safe-bay-overnight-staff).



# FUMC July Concerts Were Fun and Inspiring

*Our Photo Album*

## Strikepoint Tour 2022



**Thank You!**



# Big Wave Dave and the Ripples

## July 18





# Music Notes

by Velda Graham Bell, Director of Music

## FUMC Music Rehearsals to Start Soon

Our music program is varied and offers outstanding music opportunities for participants of all ages and levels of experience. Rehearsals for our musical ensembles will start up again soon, and new members are always welcome! See the schedule below for more information. If you have questions, please feel free to contact our Director of Music Ministries, Velda Graham Bell, at [music@fumcduluth.com](mailto:music@fumcduluth.com), or the individual director of a particular group.

### Sanctuary Choir

Wednesday rehearsals are in the East Lounge from 5:15–6:15pm. Rehearsals begin August 31.

**Director: Derek Bromme** (218-590-0087 or [bromm008@d.umn.edu](mailto:bromm008@d.umn.edu))

### Tapestry Band

Wednesday rehearsals are in the Sanctuary from 7–8pm. Rehearsals start September 7.

**Co-Directors: Corey Hulst** (218-428-5520 or [chulst70@gmail.com](mailto:chulst70@gmail.com)) and **Leah Hulst** (218-428-9190 or [ljghulst@gmail.com](mailto:ljghulst@gmail.com))

### Kid's Club Music (children 2nd grade and younger)

Wednesday rehearsals are in the Hillside Room from 5–5:20pm and begin on September 14.

**Director: Cynthia Coffin-Langdon** (218-260-3114 or [PastorCynthiaCL@gmail.com](mailto:PastorCynthiaCL@gmail.com))

### JAM (3rd-5th graders singing/drumming group)

Wednesday rehearsals in the Chapel from 5:40–6:05pm beginning September 14.

**Director: Cynthia Coffin-Langdon** (218-260-3114 or [PastorCynthiaCL@gmail.com](mailto:PastorCynthiaCL@gmail.com))

### Handbell Ensembles

**Directed by Bill Alexander** (218-340-4100 or [bill@strikepoint.com](mailto:bill@strikepoint.com))

All rehearsals occur in the Bell Room.

- **Cast in Bronze** (adults)

Wednesday rehearsals, 6:30–7:30pm. Rehearsals start September 7.

- **Class Ring** (middle school through high school)

Wednesday rehearsals, 7:45–8:45pm. Rehearsals start September 14.

- **Ringtones** (3rd–5th grade).

Wednesday rehearsals, 5–5:40pm. Rehearsals start September 14.

- **Strikepoint** (auditioned concert and touring ensemble)

Sunday rehearsals. 11:30am–2:30pm. Rehearsals begin on September 18.

***We welcome YOU! There is joy to be shared through music!***

## Strikepoint Concert Tour a Huge Success

For the first time since 2019, Strikepoint was able to prepare and present a concert tour. Due to the continuing threat of COVID-19 and all its nasty variants, the group followed strict masking and testing guidelines whenever rehearsing, riding in the bus, and performing. Just one positive test would immediately end the tour. They also adopted a much different "hub and spoke" style of travel—they would drive to a concert site, play, and then travel home again to stay in their own homes. Not an entirely bad experience! The shorter eight-day, eight-concert tour brought Strikepoint to Hermantown, Brainerd, Cook, Grand Rapids, Grand Marais, Eau Claire, White Bear Lake, and back to Duluth. The audiences were terrific and the experience of once again being able to play music with their friends was priceless.



## All Church/Family Retreat to Camp Amnicon

August 19-20 – Come anytime after 3pm on Friday until 4pm on Saturday. Cost is \$40 per person (\$120 per family) and includes camp and three meals (dinner on Friday, and breakfast and lunch on Saturday). There are scholarships available. Just ask! Join us for time in Adizokan Village! "After a lovely ten-minute walk through a beautiful forest, you'll find yourself at this enchanting seasonal village. With real beds in sturdy canvas tents built up on wooden platforms, you get the unique opportunity to fall asleep listening to the waves on Lake Superior, while being comfortably protected from the bugs, wind, and rain." We will have times of singing with Cynthia leading music with her guitar around the fire, s'mores, time of prayer and devotions, and plenty of time to gather, play games, and connect. Bring your own sleeping bags, lamps, toiletries, swimsuits, etc. Food will be provided!

Pay church office or Jojo through Venmo (@Joanne-Coffin-Langdon).

5th graders and older may attend without an adult. The deadline to register is August 12.

Register electronically: [forms.gle/FRRfKq8GsnbWUFrt7](https://forms.gle/FRRfKq8GsnbWUFrt7)

# STRIKEPOINT

**Thank you for  
supporting us on our  
2022 Summer Tour**



**See you again,  
soon!**



***Strikepoint audiences are the best!***





## 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 8

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)