



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.*

September 2022

*What is it you can't see?
What is it you need to
explore once the fog lifts?
Find your passion at FUMC.*

*The fog comes
on little cat feet.*

*It sits looking
over harbor and city
on silent haunches
and then moves on.*

—Carl Sandburg

**First United
Methodist Church**

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



Our First Family

Thank You

We would like to say thank you for the gift card we won for Room At The Table. The food truck is parked next to The Garden Canal Park, across Lake Ave S. from the public parking lot, 1½ blocks before the bridge. They have the best smash burgers! They are great! They are quick, hot, and delicious. Try 'em.

~The Kims

Lighting the Church

The 2x2s group will be lighting the church the week of September 25 in memory of Richard Peterson.

The 2x2s group will also be lighting the church the week of October 2 in honor of the 60th anniversary of the 2x2s group.

Thank You

I would like to thank the Loud Laughing Ladies for trying handbells as a group experience. They committed to three rehearsals in late August, where they learned about handbells and how to produce all the different sounds and techniques. A few of the Ladies were learning music notation for the first time. They capped it all off by sharing at the August 21 Sunday service.

~Bill Alexander



On the Journey With You

August was a fun and exciting month in our church with lots of things happening. Here are three highlights that had special meaning to me:

1. Long time church members Carrie, Corbin, Will, and Tommy Smyth moved to Chicago in August.

Corbin got a great new job at Northwestern University. The family will be closer to Tommy's college and family. We will miss them so much! Please pray for all of them in this transition. Included is a picture the family on their last day in worship.



2. Lee Ball was in worship with us at our outdoor service, the first time she was



able to attend an in-person worship in years (because of COVID). We celebrated her 95th birthday. Lee has been so instrumental in our church and conference for decades. Included is a picture of Lee, her daughter Leslie, and me.

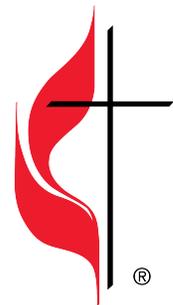
First Family

First United Methodist Church

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

Pastor: [Jeanine Alexander](#)
Editor: [Bill Alexander](#)

Next First Family deadline: **September 21**
Submit to connect@fumcduluth.com



fumcduluth.com

3. Our Outdoor Worship and Picnic was wonderful! The band was AMAZING... the food was great... the attendance excellent... the worship inspiring... the joy of being together outstanding. People really stepped up to make this happen, including (please forgive me if I miss any names):

- **Tapestry and directors:** Leah and Corey Hulst, Steve Mattson, Terry Larson, Bailey Fazzio, Andrea Flinner, Ron Yardley, Jana Picotte, Riley Hinnenkamp, and David Craig
- **Sound and livestream:** Alex Flinner, Sue Marquardt, Tommy Kishida, and Peter Jordan
- **Ushering, Welcome, and Liturgy:** Allen Anway, Mary Giese, Mike Donahue, Wes and Marlene Berntsen, and Shane LeClaire
- **Food, drinks, and setup/take-down:** Sandy Smith; Linda Wiig; Pastor Jeanine; Larry, Marg, Nicole, and Jamie Ehresman; Roxann Ehresman Smith; Linda Soyring; Mike and Jacob Marquardt; Claudia Fezzey; Jesse Bale; Rhonda Montavon; John Meredith; Jacob Ginocchio; Catherine Reich; JoJo, Cynthia, and Kiki Coffin-Langdon... and others.

That's over 40 people who gave of themselves to make this the



special event it was. We really need all of us stepping up to do ministry to make our ministry and mission vibrant, effective, and amazing. Thank you to all who helped, and all who came. Included are pictures from this great event!



From Our Faith Community Nurse

To Treat or Not to Treat? A Decision Guide



When faced with a medical decision, how are you able to come to an understanding of your condition and what options you have in treating or not treating the condition?

The best way, of course, is shared communication between you and

your health care provider. This communication needs to include:

- How the untreated condition is expected to develop
- The procedures involved in each treatment option
- The potential benefits—including their likelihoods—of each treatment option
- The side effects and potential harms—including their severity and their associated likelihoods—of each treatment option
- Screening or diagnostic tests—and what treatments are available if results indicate their need

Communication like this will help families and individuals make decisions when there is more than one reasonable option, or when options have no clear advantage. Decision aids such as the one found at Ottawa Personal Decision Guide will help people to clarify decisions. If you are not able to search this aid, I do have copies in the office. There is a guide for one person or two persons.

Patient Decision Aids are to help people make tough healthcare decisions if there are multiple options or uncertain outcomes. Everyone has different values and spiritual needs which will impact decisions based on whether benefits of treatment outweigh harms that could occur. Using a decision aid will also help the person's health care provider communicate more effectively and thoroughly.

Also, prayerful decision is always helpful. If we have put our trust in Christ, he abides in us and enables us to be stronger.

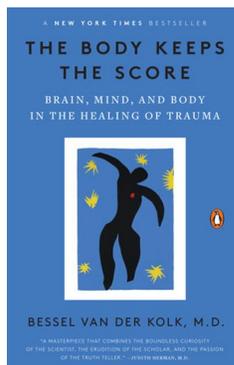
Blessings, ~Linda Wiig

Technical Intern Departing

At the end of August, a familiar face from the Sunday Livestream Team will be heading to the Twin Cities. Our technical intern, Peter Jordan, will be heading to the University of Minnesota Twin Cities to begin a degree in data science. Peter began as a technical intern in November 2021 and has helped keep devices updated, filled in on sound board, video mixed the livestream, and has helped with other tech projects around the building. Good luck, and learn lots!

~Alex Flinner, Technical Coordinator

Stepping On Up to Host Book Club



Stepping On Up Duluth will be hosting a book club at St. Paul's Episcopal Church. They are encouraging pre-registration by filling out the form on this site: tfaforms.com/5003252

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma

Wednesdays at either noon or 4:30pm
Sep 7, Sep 21, Oct 5, Oct 19, Nov 2, Nov 16.

Faith Forum Returns

Faith Forum will begin its fall session Sunday, **September 25**, from 9:00–9:45am in Fireside Lounge. All are welcome to this lively gathering where we share our faith journey, challenge ourselves with new perspectives on difficult questions, and learn more about our community. To start us off, on **September 25**, some of our wise elders will share their thoughts on the history of FUMC, including the sixty-year-old church group 2x2s, which will be honored during the 10am service. Special guests will be Corinne and Paul VanBuren.

On **October 2**, Andrea Gelb from Temple Israel will share her thoughts on the history and meaning of Rosh Hashanah. This year the Jewish New Year celebration begins at sundown on September 25.

Wednesday Online Bible Study Taught by Lynn Millikan

This in-depth Bible study meets every Wednesday at 6:30pm on Zoom and is taught by Biblical scholar Lynn Millikan. For more information, contact MaryAnne Korsch,

maryanne.korsch@gmail.com or

Lynn Millikan,

millikan.lynn@gmail.com

Join Zoom Meeting:

[us02web.zoom.us/j/87622239029?](https://us02web.zoom.us/j/87622239029?pwd=YUoyZE1sZ2dwVTRzSE9RTVQ5MU1sQT09)

[pwd=YUoyZE1sZ2dwVTRzSE9RTVQ5](https://us02web.zoom.us/j/87622239029?pwd=YUoyZE1sZ2dwVTRzSE9RTVQ5MU1sQT09)

[MU1sQT09](https://us02web.zoom.us/j/87622239029?pwd=YUoyZE1sZ2dwVTRzSE9RTVQ5MU1sQT09)

Meeting ID: 876 2223 9029

Passcode: 675928

Prayer at the Fair

Leslie Ball, daughter of our own Lee Ball, leads worship at the Minnesota State fair and has been doing so for years.

This is a great way to start your Sundays at the Great Minnesota Get-Together! Prayer at the Fair happens both Sunday mornings on August 28 and September 4 from 9:15–9:45am.

Kick-Off Sunday September 11

Root beer floats and celebrating the start of a new church year

We're also welcoming Derek Bromme, our new choir director

Seniors' Lunch and Fellowship

Save the date: Tuesday, September 13 at 11am

For: All seniors 65+ (or anyone who considers themselves a senior)

- Hosts: Pastor Jeanine and Larry, Mary Giese, Linda Wiig, and Rhonda Montavon
- Where: Lakeview Social Hall at church
- What will we do:
 - Eat a light meal together and reminisce
 - Share (bring an object, any object, that is important to you)
 - Fun game(s)
 - Pastor Jeanine will update us on the United Methodist Church, present and future
 - Maybe some singing....

Sign up by Tuesday, September 6 (so we have enough food).

Please RSVP at the church office (there is a sign-up sheet there), call the office (218-727-5021), or email Pastor Jeanine at

pastor@fumcduluth.com to sign up. Let us know if you need a ride.

Worship in September

This fall we will continue to 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.

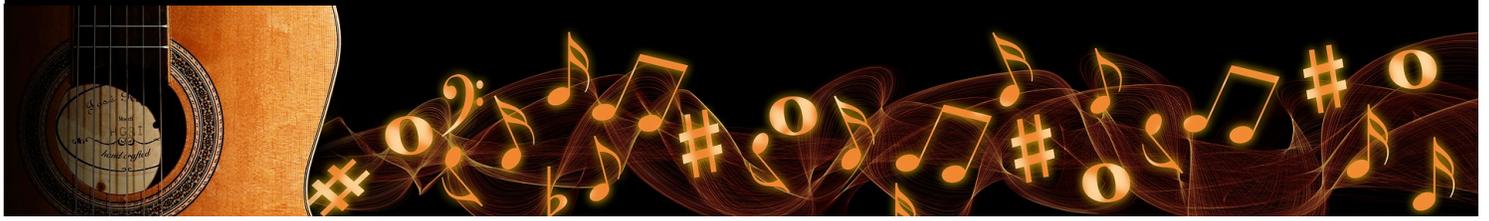
- **September 4 – Holy Communion.** We will pray for students, teachers, and staff beginning school.
- **September 11 – Kick-Off Sunday.** We will start a sermon series on “The Lord’s Prayer,” reflecting on the question, “To Whom Do We Pray?” Many of our music groups will participate. A root beer float social after worship welcome our new choir director, Derek Bromme.
- **September 18 –** We will continue our sermon series on “The Lord’s Prayer,” reflecting on the question, “Whose will be done?”
- **September 25 –** We will celebrate the 60th anniversary of our 2x2s group. We will continue our sermon series on “The Lord’s Prayer,” reflecting on the question, “What is our daily bread?”

Faith Forums Need Speakers

Look for Adult Forums happening on Sunday mornings at 9am. It will be a 45-minute experience before worship. If you would like to lead a forum or invite a speaker, please let Jean Walsh or Shelley Gruskin know so they can schedule and advertise it. Forums begin Sunday, September 25 and meet in the Fireside Lounge.

Music Notes

MUSIC at FUMC – We Welcome YOU!



Our music program is varied and offers outstanding music opportunities for participants of all ages and levels of experience. Rehearsals will start up again soon, and new members are always welcome! If you have questions, please feel free to contact our Director of Music Ministries Velda Graham Bell (music@fumcduluth.com or 218-393-4006) or the individual director of a particular group.

Sanctuary Choir

Wednesday rehearsals began August 31 in the East Lounge from 5:15-6:15pm. Adults, including high school students, are most welcome!



*Welcome to our new Sanctuary Choir Director,
Derek Bromme*

Children's Music

- **Kids Club Music** (2nd grade and younger). Wednesday rehearsals in the Hillside Room from 5:00-5:20pm starting September 21.
- **JAM** (3rd-5th grade singing/drumming group). Wednesday rehearsals in the Chapel from 5:40-6:05pm beginning September 21.



*Cynthia Coffin-Langdon,
Director of Children's Music*

Handbell Ensembles

- **Cast in Bronze (adults)**. Wednesday rehearsals from 6:30-7:30pm begin September 7.
- **Class Ring (high school)**. Wednesday rehearsals from 7:45-8:45pm begin September 14.
- **Ringtones (3rd-5th grade)**. Wednesday rehearsals from 5:00-5:40pm begin September 21.
- **Strikepoint (auditioned concert and touring ensemble)**. Sunday rehearsals from 11:30am-2:30pm begin September 11.



*Bill Alexander,
Director of Handbell Ministries*

Tapestry Band

Wednesday rehearsals begin on September 7 in the Sanctuary from 7:00-8:00pm. Tapestry enjoys giving a new twist to tunes and is open to most genres of music. Vocalists and/or instrumentalists are welcome to talk to Leah or Corey about short-term stints or fill-in opportunities, if that fits your schedule better.



*Corey and Leah Hulst,
Tapestry Co-Directors*

From the Choir Director

Sing With a Joyful Noise!

You may have noticed that I did not say "Sing with a gorgeous, perfect voice without ever missing notes." My name is Derek Bromme and I am the new choir director at FUMC. I am hoping to inspire and grow our choir. To do that, I need you. I will pick music I love that will hopefully inspire you so that together we can bring glory to God through music. Don't be afraid if you don't sing well. Don't worry about the time commitment to the choir. I will take you as often as you can be there. The only question I want you to ask yourself is, "Do I love to sing?" If the answer is "yes," then join the choir. We rehearse Wednesday evenings from 5:15-6:15pm and sing most services during the school year. You can reach out to Velda or myself with any questions. My email is dbromme@css.edu. I'm hoping to get so many new members, we won't have a big enough space to rehearse.

~Derek Bromme

Handbells Are FUN!

People often tell me how much fun playing handbells seems to be, but that it looks intimidating and impossible for them to ever learn to play. My answer to the first part is, "They're absolutely fun to play... almost addictive." Some of the happiest moments of my life have been attributed to my association with bells. To the second part—everyone can play bells and can walk out of their first rehearsal having played music. The difference between beginners and groups like Strikepoint is only time and experience. Each plays music, just at different levels of difficulty.

A couple of weeks ago, The Loud Laughing Ladies, a book group at FUMC, decided they would like to try bells. There were a few that appeared apprehensive, but by the time Sunday came around, they were ready to share what they had learned. The selection was relatively easy, but it was music, and they played quite well.

This fall, I'm looking to add people to all our groups, especially grades 3–12. I hope you will consider contacting me for more information.

~Bill Alexander, bill@strikepoint.com

Family News

Children/Family Ministry

by Jojo Coffin-Langdon

I'm getting ready for a new year in Family Ministries. As hard as it is to end the summer, I'm always excited and ready to start things up at church again. As usual, we have programming for all ages happening on Sundays and Wednesdays. Please reach out to find out more, anytime, 218-251-4388. Blessings.

~Jojo

- **September 10 – 4th and 5th graders are invited to join the Youth Group in their lock-in** from 7pm-11am. Teens, 6th grade and older, will stay all night and go to church the next day.
- **September 11 – Kick-off Sunday and Blessing of the Backpacks.** Bring your backpack this Sunday and lay it on the communion table before church. During Children's Time, you will put your backpack on and we will say a blessing and go to our first Sunday School of the season. During church we have Sunday School for kids ages kindergarten–5th grade. For kids younger than kindergarten, we have a fun, interactive nursery.
- **September 14 – Wednesday night activities.** **See the note about the *Coppertop Sampler*.** This is a perfect night that parents stay with their kids and see what FUMC has to offer, not only for families but also for adults. After this, evening activities will continue as usual:
 - 5-5:15pm – **Jam Jr.** Music for everyone, 2nd grade and under.
 - 5-5:40pm – **Ringtones** (handbells) 3rd-5th grade. Meet in the Bell Room. *Beginning September 21.*
 - 5:15-6pm – **Kids Club.** A time for your kids to have a Christian education message and then lots of time to play. Meet in Kids Club (Hillside Room, lowest level).
 - 5:40-6:05 – **Jam** 3rd-5th graders (drums and singing). Meet in the Chapel.
 - 6-6:30 – **Dinner for all** – at this time, please keep bringing your own dinner.
 - 6:30-7:30 – **Tweens** 3-5th grade.
 - 6:30-7:30 – **Confirmation/Youth Group**
 - 7:45-8:45 – **Class Ring** (handbells) 5th-12th

—continued on page 12

in their ninth decade of life. I love visiting with them and learning more personal history and church history, too. There are many of us who are in between being a fresh senior and an experienced senior, and all are welcome to come and share a time of food and fellowship with others. You will find more information about the event below in this newsletter, and you are invited to register with the church office for the **Seniors' Lunch and Fellowship**, Tuesday, September 13.

Speaking of events, all of FUMC's outdoor events this summer were made even more special because of the beauty of the gardens. A round of applause and thanks to all the gardeners and to those maintaining the grounds. Now it's coming to the end of the gardening season and all are welcome to come and help save the geraniums!

On Tuesday, September 20 at 9am (rain date September 22), we will lift, trim, and pot the geraniums and place them throughout the lower level of the building for the winter months. Next spring we will bring them out to beautify the gardens once again. Tuesday, October 18, at 9am

(rain date October 20), is garden clean-up day and many hands are needed to put the gardens to bed for the winter. If you would like to be added to the Garden Group, please contact Mary at welcome@fumcduluth.com.

Remember, we are the church with a welcome for everybody, always.
~Mary Giese, Director of Welcoming and Hospitality



Sunflowers on west entrance wall at church, planted by Laura Krumwiede in support of Ukraine. Photo by Jeanne Carroll

Seniors' Lunch and Fellowship
Tues., Sept. 13 • 11am
Lakeview Social Hall

RSVP by Tuesday, September 6
Sign up in the office, call the office 218-727-5021
or email Pastor Jeanine (pastor@fumcduluth.com)
Let us know if you need a ride!

For seniors
65 and older,
or anyone who
considers themselves
a senior!

Enjoy a light meal together
Reminisce • Play fun games
Bring an object important to
you to talk about • Sing
Pastor Jeanine will update us
on the United Methodist Church,
present and future

**2022 FALL Roast Beef Dinner
THURSDAY, October 6, 2022
4:30pm-6:30pm**

Sign up to volunteer—Go to this link:

signupgenius.com/go/10C0F4CA8A82CA4FFC61-fall1
or call church office at (218) 727-5021

Due to COVID-19 Safety Guidelines:

- The dinner will be 100% DRIVE-THROUGH!
- We will not be making chocolate chip cookies or cutting apples (apples will come pre-sliced from supplier)
- Masks will be optional to wear in the church building but gloves will need to be worn when in the church building. (This may change depending on the status of COVID-19 closer to the dinner date.)
- We prefer that food be eaten outside or in cars (not in the building).
- Tickets will not be sold in advance.
- Volunteers should signup online at this link or call church office (218) 727-5021:
signupgenius.com/go/10C0F4CA8A82CA4FFC61-fall1

Opportunities to help:

Wednesday, October 5, 9am-noon—Apple Crisp Day

- Bake apple crisp
- Put foil in to-go containers

Thursday, October 6, all day—Dinner Day

- 7:30-10:30am - trim beef, prepare coleslaw, wash dishes
- 10:30-4:00pm - wash dishes, put rolls in bags, prepare drive-through outside, and help where needed
- 1:00-4:00pm - cut apple crisp and put in to-go containers
- 2-6:30pm - meat cutter, potato maker, gravy maker, corn maker, dishwashers
- 3:30-5:30pm - deliver meals
- 3:30-5:30pm - serving line crew - 1st shift
- 5:30-7:30pm - serving line crew - 2nd shift
- 3:30-6:30pm - directing traffic
- 3:45-6:30pm - drive-through order takers, car delivery volunteers, youth runners
- 4:00-6:30pm - dishwashers
- 6:30-8:30pm - dishwashers
- 6:30-8:30pm - cleanup crews: kitchen, drive-through serving area inside and outside, volunteer room, roast beef dinner closet organization

If you show up at different times, we will find a job for you!

Other ways to help:

- Flyers—post flyers around your work (available at church office)
- Facebook/email/word-of-mouth—invite friends to dinner via Facebook, email, word-of-mouth
- Prayers—pray for a God-filled successful event

This is a fundraiser. Please purchase a meal before or after your shift. (Youth enjoy the dinner compliments of FUMC)

Something for everyone—ALL ages can participate!

All volunteers: Please park on the east (daycare) side of the building.

Thank you!

Cindy Hedlund, 218-348-2634 text or call or schedlund@gmail.com
or church office at 218 727-5021.



First United Methodist

THE COPPERTOP CHURCH DULUTH, MN



THURSDAY, OCTOBER 6TH
4:30-6:30PM



Fall Roast Beef Dinner

Roast Beef, Mashed Potatoes & Gravy, Corn, Coleslaw, Dinner Roll and Homemade Apple Crisp!

All Meals
\$12 each



THURSDAY OCTOBER 6 4:30 - 6:30

FIRST UNITED METHODIST CHURCH
230 E SKYLINE PARKWAY

(218) 727-5021
WWW.FUMCDULUTH.COM

graders. Meet in Bell Room.

- **October 8 – Parents' Night Out.** From 6:30-8:30pm. Parents, let's hang out, get to know each other, support one another, and play some games. We will meet at Duluth Cider. You can drop your kids off in the Kids Club at 6:30pm for free childcare!
- **October 30 – Trunk or Treat.** Plan on staying after church for Trunk or Treating from 11:30am to 12:30pm.

Coppertop Youth News

by Cynthia Coffin-Langdon

- **Saturday, September 3 – Pride Booth,** Bayfront Festival Park, 11am–5pm.

There are many churches in Duluth and Superior that celebrate and love the LGBTQIA+ community. Coppertop is one of them! Together, we have a booth at the Pride Festival with stickers and candy. If you are coming to the Festival this year, please stop by. Tell your friends to stop by too!

- **September 10 – 11 – Back-to-School Lock-In.** All 6th-12th grade kids are invited to a church lock-in starting at 7pm and ending with worship on Sunday morning at 10am. Bring a friend! Please RSVP by Wednesday, September 7 with Cynthia. If any adults would like to volunteer, we will need help with transportation and breakfast. Please contact Cynthia if you can help! pastorcynthiac@gmail.com or 218-260-3114.

- **Wednesdays, September 14, 21, and 28 – Youth Group for 6th-12th grade,** 6:30-7:30pm. What is Youth Group? It's a fast-moving hour of building friendships, playing games, talking about important topics related to faith, and eating junk food. Friends are always welcome.

- **September 14 – Wednesday Night Sampler,** 5-6pm, Dinner from 6-6:30pm
Ever thought about playing bells or the drums, singing in the choir or Tapestry, going to Youth Group, tweens, or Kids Club? Here is your chance to check out all of our Wednesday night programs, risk-free! On Wednesday, September 14, we will have an open house with staff available to answer questions and show you the different groups. *See the table on the next page.*

- **Wednesday, September 21 – Confirmation Orientation,** 6pm, in person at the church OR Sunday, September 25 at 7pm, online. Our first class session will be Wednesday, October 5 at 6:30pm.

CHUM Update

Over 1,300 households are on the **Transitional Housing Waitlist** because they are homeless right now. There are only 155 shelter beds in Duluth among all the various providers. This is a serious issue, and CHUM has been developing a new five-year plan to address and hopefully solve this issue in Duluth.

Strategic Plan Retreat: The most recent part of this process was CHUM's all-staff retreat at the Unitarian Universalist Church here in Duluth. All staff gathered and discussed big questions about homelessness and what CHUM can do to help. After the question was presented, they broke into small groups and discussed it. It was incredible to see the solidarity in the answers to these questions.

Results of the Open Your Heart Summer Food Drive

CHUM saw a lot of success for their food drive this summer. They were able to raise over \$13,000! Some of this money was matched by the Open Your Heart Foundation. That means CHUM is now able to get a lot of the food they need for Thanksgiving meals!

Even though CHUM did see a lot of success, they still need as much help as they can get. This food drive, to help boost fall food, is not because they are ahead right now. There is still a great need during the summer months in our community, especially as kids home from school tend to overwhelm some household budgets.

There is still an opportunity to raise more support. They have raised almost enough for some of the food we need, but there are a lot more items that are needed.

The Food Shelf is in desperate need of cereal and peanut butter! Every week CHUM seems to be running short of something, but cereal and peanut butter have eluded them for months! These two items are staples for all of us, so please help if you are able. You can drop off donations at any time the Food Shelf is open.

Coppertop Wednesday Night Sampler

5:00-5:15pm 5:30-5:45pm	Kids Club with children's music, for kids 2nd grade and under (Hillside Room, lowest level)	Jojo Coffin-Langdon and Children's Ministry staff along with Cynthia Coffin-Langdon will be here to show off our kids music program and Kids Club.
5:15-5:30pm 5:45-6:00pm	Tweens for 3rd-5th graders, (Tweens Room)	Jojo Coffin-Langdon will be in the Tweens Room to talk about all Tweens. What is it like? What do we learn? We have lessons and games.
5:15-5:30pm 5:45-6:00pm	Youth Group/Confirmation for 6th-12th grade. (Youth Room)	Come to talk about Youth Group and Confirmation. We have lessons and play games.
5:00-5:15pm 5:15-5:30pm 5:30-5:45pm 5:45-6:00pm	Handbells: There are handbell groups for all ages, 3rd grade and older. Come in and see why everyone is having so much fun. (Bell Room #110)	Bill Alexander will talk about the bell program. He'll have 15-minute segments of time where you can play with the bells, find out a little about them, watch a short video of handbell groups in action, and walk out with a smile on your face.
5:15-5:30pm 5:45-6:00pm	JAM for 3-5th graders (Youth Room)	Cynthia Coffin-Langdon will talk about Jam: we play drums, sing, and play music games.
5:15-6:15pm	Sanctuary Choir (East Lounge)	Derek Bromme, our new choir director, welcomes you to the choir! sixth grade through adults are welcome to try it out. They'll be practicing when you arrive, so jump right in!
5:00-6:00pm	Tapestry (Sanctuary)	Tapestry directors Leah and Corey Hulst will greet you. You can try out how it feels to sing into the microphone or plug in your guitar and play a little. Maybe Tapestry is for you!
6:00-6:30pm	Dinner (Lakeview Social Hall)	Free for everyone!

2x2s Celebrating 60 Years!

To think it all started in 1962 with four couples. Christian Education Director Millie Archerd worked with the couples on getting other members. In 1965 the group was large enough to split into two groups so they could meet in homes. One group had children and the other did not. That helped facilitate the planning of activities and programs for future meetings of 2x2s. FUMC had nine couples groups at that time.

Our first meeting in the Fireside Lounge of the new church was December 2, 1966. Projects, programs, and activities started to happen! The 2x2s had many fundraisers over the years: pancake suppers, donut sales, bean soup mix, and spaghetti dinners, to name a few. The funds from these projects were spent on purchasing cribs and nursery furniture in 1967 for the nursery in this building. Library books were purchased in 1967 and 1970. Carpeting for three Sunday School rooms and the Chapel were added in 1972. When Rev. Tom Walker fell and was on crutches, the group purchased a cordless microphone for him to use. Contributing to other projects has been important over the years.

Our time and efforts have been “donated” many times over. It might have been painting a room, cleaning pews in the Sanctuary, cleaning the

kitchen, making meals to stock the freezer for the Care Team, helping to decorate tables or getting the Advent decorations in place, serving the reception for Dr. Win Haycock in 1991 or the reception for Dr. Marie-Louise Langlais, from Paris, when she presented an organ recital in 2003. For many years, the group tended to the Memorial Gardens and made valentines for shut-ins. It has been 24 years of ringing bells for the Salvation Army. And for the 40th Anniversary of the 2x2s, they chose 40 projects to complete during that year.

Of course there were many fun activities. Renting the gym and swimming pool at either Woodland or Morgan Park meant family night with the couples' children. The children grew up knowing each other and had the support and caring of many adults. There were bowling nights, a train ride on the Lake Superior & Mississippi Railroad with Fred Glibbery, boating the harbor with the Bennetts, the annual chicken fry, the annual garbage can stew with a “new can” housed with the O'Beys, progressive dinners, Christmas/New Year's celebrations in various homes with an exchange of handmade gifts by the members, and many tours.

We also did activities that helped us learn about our community. We visited the UMD Library to view the Ramseyer Northern Bible Society Museum Collection, Engwall Florist with Rod Saline, the

Train Museum, the UMD Planetarium, and had David Wheat talk and share his experience of being a POW for seven and a half years. Learning has been as important as having fun.

Anniversaries provide us with a time to look back on all the times and moments we have shared. We celebrate the good times, we celebrate and remember the members we have lost with their moving from Duluth, and we celebrate and honor the members who have passed away over the years. We honor them by



2x2s 50th Anniversary, 2012

lighting our church in their memory and celebrate 60 years of friendship, love, and support. Once a member, always a member! May the 2x2s carry on!



Lucius Woods 8/5/17

Rod O'Bey, Peg O'Bey, Dick Peterson, Young Kim, Barbara Bennett, Bob/Tom Bennett, Jan Laine, Linda Peterson, Judy LaTour, Pete LaTour

Notes from former members...

Hi! We moved to Duluth in 1987 and visited FUMC. Peter Ramstad called on us that week. He told us about the 2x2s, who warmly welcomed us. We so enjoyed this group those many years, even when Dave's memory was failing. They were so kind to him. Lasting friendships remain. Miss you all. Congratulations on 60 years!
~Verna Porter

Congratulations to a wonderful group of First UMC folks who had a vision long ago and have maintained meaningful relationships through the six decades! Some of the founders are missed, but their legacy is apparent. We are glad that 2x2s practices a welcoming spirit for those of us who are new.

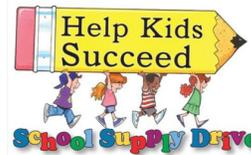
We appreciated the fellowship while attending plays, ringing bells for the Salvation Army "red kettles," helping cook Lenten suppers, making valentines, and of course all of the good eating we included before and after these events. The annual summer chicken picnic was always anticipated but not as much as the Christmas white elephant exchange! Humor is good! Congratulations friends!
~Paul and Sue Bosshardt

Connecting to Nature

Check out Superior's newest trail Makwa Ziibiins Makana/Bear Creek Trail. It's at 110 Moccasin Mike Road. Park in the Bear Creek parking lot, just behind the Douglas County Humane Society. The 2.25 mile trail connects to Wisconsin Point. Spectacular in spring with wildflowers, and in the fall with the colorful foliage.

~Jean Walsh

School Supply Drive



This year CHUM is not leading a backpack program, so FUMC will be sponsoring a school supply drive. This has been a long-standing and very much needed event and has been so successful in the past due to the wonderful generosity of our members.

Union Gospel Mission (led by FUMC member Karen Alseth) will partner with us. All supplies will be shelved at the Companies to Classrooms Duluth nonprofit free store for teachers that FUMC member Carolyn Schroeder manages. Companies to Classrooms serves teachers and students in 15 school districts (Alborn, Barnum, Carlton, Cloquet, Duluth, Esko, Floodwood, Hermantown, Maple, Proctor, Solon Springs, Superior, Two Harbors, Willow River, and Wrenshall). All supplies that are donated will get directly to the classrooms that need them the most.

The supply drive began Sunday, August 21 with donation boxes set up near the communion rail. The last Sunday to donate will be September 25.

Schools are in great need of our help, especially since the pandemic began. They will need to purchase extra cleaning supplies, hand sanitizer, masks, plexiglass dividers, etc.

If you have any questions, please contact one of us. Let's make this school year the best ever!
~Karen Alseth, Jojo Coffin-Langdon, Carolyn Schroeder

Look for the Need/Don't Need list on the next page.



Location: 901 E. 11th Street

 c2cduluth@gmail.com

Mail: P.O. Box 3573, Duluth MN 55803

 Companies to Classrooms Duluth

 (218) 800-9810

 www.c2cduluth.org

Need

3-ring binders (only 1-1/2" to 2" sizes please - without lettering on front or spine)
Binder clips (metal, variety of sizes)
Bookends
Bookcases
Books - esp. preschool and early readers
Bulletin boards (any size)
Calculators (only hand-held solar & in good working order)
Cardstock (white & all colors)
Carpet samples (small size preferred for tiny kids)
Chairs (office type with wheels, in good condition, no side chairs please)
Clipboards
Colored pencils
Crayons - Crayola brand 24-count
Dry erase/wet erase markers, erasers, cleaner
Erasers
File cabinets (only 2 drawer & in good condition)
Filler paper (both wide-rule and college-rule)
Financial donations (tax deductible!)
Folders—2-pocket, all colors (no printing on front)
Glue sticks - Washable
Index cards (3x5, both lined and unlined)
Markers (Crayola washable, broad line)
Paper punches (single-hole and 3-hole punch)
Pencil boxes, pencil bags
Pocket charts
Post Its (with no printing/pictures)
Printer paper - reams of white
Puzzles (only wooden ones with all pieces)
Rubber bands (assorted sizes)
Rulers
Scissors (children's Fiskars, blunt or pointed; also adult scissors)
Spiral notebooks (college rule and wide rule)
Stacking trays for files/paper
Staplers, staples
Tape (Scotch tape, masking)
Tape dispensers
Tennis balls (used or new)
White boards (any size) & spray cleaner
White Out or Liquid Paper

Don't Need

Adding machines
Adult books (fiction & non-fiction)
Board games
Book covers (have plenty currently)
Bulletin board decorations or borders (have plenty)
Calendar pictures
Cassette tapes, CDs, DVDs, VHS tapes
Computers, keyboards, monitors, printers, printer cartridges, speakers, cords
Craft misc.
Electronics of any sort
Envelopes (have plenty currently)
File folders (have plenty currently)
Games, toys
Glue - liquid
Greeting cards
Hanging files (have plenty)
Highlighters (have plenty)
Holiday decorations
Household items (fabric, mugs, vases, plastic flowers, etc.)
Ink cartridges
Legal size folders, accordion files, hanging files
Overhead projectors
Page protectors (have plenty)
Paint
Paper clips (have plenty)
Pens and pencils (have plenty)
Posters (have plenty)
Puppets (due to possible insect/allergy issues)
Puzzles (boxes with cardboard pieces)
Stampers/stamp pads
Staple removers (have plenty)
Stickers
Storage containers for magazines/periodicals
Stuffed animals (see puppets above)
Teacher curriculum books
Textbooks
Tote bags, lunch boxes, knapsacks

Items that are especially needed.

8-03-22

Lennon-Berini Scholarship Winners Announced

The following applicants have received the Lennon-Berini Scholarship and were recognized and presented with checks for \$2,000 at the August 28 worship service.

Congratulations!

Anne Gustafson



Anne is a second year student at United Theological Seminary of the Twin Cities. Besides her studies, she enjoys being a part of the administration at Plymouth Congregational Church in Minneapolis. Her love is spending time with her adult children and their families.

Rhonda Montavon



Rhonda is a senior at the University of Wisconsin-Superior majoring in psychology with a minor in broadfield social studies. She enjoys running, nature walks, and spending time at her cabin in Wisconsin.

Riley Hinnenkamp



Riley is a junior at the University of Wisconsin-Superior majoring in music performance (vocal) and minoring in psychology. He loves composing music, photography, and golfing.

Benjamin Hintzman



Ben is a junior at Harvard College majoring in mathematics with a minor in music. He enjoys working with children and teaching. He also enjoys playing and listening to music, swimming, and spending time at the cabin with his family.

Kelby Werner



Kelby is a second-year student at Garrett-Evangelical Theological Seminary in Chicago, Illinois. He enjoys public speaking and writing, along with reading, playing video games, and designing board games.

Sustainability Team

What: A committee committed to caring for the Earth. We work to reduce FUMC's carbon footprint through church practices, policies, and initiatives. We strive to educate our church community on environmental issues.

Who: Any persons concerned about the environment and willing to work together as a community to achieve sustainable practices.

When/Where: Second Sunday of every month, starting October 9. We meet in the Fireside Lounge 15 minutes after the service ends—time to get coffee and donuts. Meetings are less than an hour.

All are welcome. Come with ideas.



What is Stepping On Up?

A plan for more housing with supportive services

This *News-Tribune* article is a quick read that outlines Stepping On Up: duluthnewstribune.com/news/local/duluth-nonprofits-look-to-create-sanctioned-outdoor-spaces-for-homeless-people-to-live

Who is involved?

Working together, AICHO, CHUM, Human Development Center, Life House, Loaves & Fishes, Lutheran Social Services, Safe Haven, The Salvation Army, and The Affordable Housing Coalition have ignited the entire Duluth community. Our mental health and social service providers, business owners, government leaders, street outreach workers, and faith communities are recognizing that people need more than shelter. For lasting change, we need housing with supportive services.

What does housing with supportive services look like?

The "New Model" is a pilot project in the Duluth Heights neighborhood for people with disabilities experiencing long-term homelessness. The result of extensive conversations between area homeless service providers and developers, it is intended to provide simple, dignified accommodations and encourage personal development and community. If successful, it could be replicated by a variety of agencies for a fraction of the cost of traditional apartment buildings.



Our city and county are stepping up.



Plouer Place
Sleeping Unit concept rendering by Carly Coulson

On July 26 the St. Louis County Board approved the use of \$1.6 million in American Rescue Plan funds toward 24 permanent housing units to be developed by One Roof Housing with supportive services provided by the Salvation Army. With the additional \$1.6 million approved by the Duluth City Council, development of the project can begin as soon as this fall.

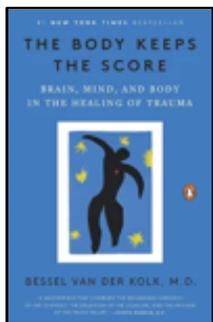
Our city councilors and county commissioners are supporting innovative responses to homelessness. Let them know how much we value investment in housing with supportive services!

Where do we start?

As people of God, we are called to reach out to friends, family members, coworkers, and neighbors who are struggling. A deeper understanding of substance use disorder, trauma, and mental health can help.

- **Stepping On Up Community Education Series** – See next page for details
Many thanks to FUMC Technical Coordinator Alex Flinner for recording and editing sessions held in July.

Stepping On Up Book Club



The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma
by Bessel van der Kolk.
Wednesdays at either noon or 4:30 on September 7, September 21, October 5, October 19, November 2, and November 16 at St. Paul's Episcopal Church, 1710 E Superior St.

Pre-registration encouraged here: tfaforms.com/5003252

CHUM Street Outreach Program
provides support and survival services
to 150 people living outside:
\$60 per person per month
Your monthly donation saves lives.

Stepping
- Up -
ON

Join Us!

COMMUNITY EDUCATION SERIES

Understanding & Responding to Housing
Insecurity & Homelessness

FREE and Open to all – Doors Open 5:00 PM

Training from 5:30 to 7:30 PM, 2022

Snacks Provided (feel free to bring your own food)

Masks are Encouraged

DATE	PLACE	TOPIC
Sept 8	Lakeside Presbyterian 4430 McCulloch St	Trauma Informed Approach
Sept 22	Lakeside Presbyterian 4430 McCulloch St	Mental Health Crisis Response
Oct 6	First Covenant Church 2101 W 2 nd St.	Youth Homelessness
Oct 20	First Covenant Church 2101 W 2 nd St.	Human Trafficking & Sexual Violence
Nov 3	Twelve Holy Apostles Church 632 E 2 nd St.	Substance Use Recovery & Harm Reduction
Nov 17	Twelve Holy Apostles Church 632 E 2 nd St.	Understanding & De-escalating Conflict

Pre-Registration Encouraged at

<https://www.tfaforms.com/5004629>

Contact us for accessibility services

<https://steppingonupduluth.org>





Outdoor living zone in Portland, OR

The Vision



Example: Avivo Village (Minneapolis, MN)



St. Francis Apartments (Duluth)



You are here



On our way



We can do it!

Phase One (2021-22)

Immediate Response

Provision of Outdoor Villages

Phase Two (by 2023)

Transitional Response

Indoor Villages
100 units

Phase Three (by 2026)

Transformational Response

Toward Long-Term Housing
200 units

Did You Know?

- 1,300 Duluth households don't have permanent housing
- There are only 155 shelter beds in the city and waitlists for permanent housing are 1-2 years
- More than 70% of shelter residents live with a disability
- Federal support to Duluth for housing has decreased by more than \$2 million annually since 1997
- Average rent in Duluth increased by over \$100 last year
- Duluth needs 3,500 more affordable rental units

What Can I Do

1. **Attend** the fall information and conversations sessions
2. **Share your new knowledge** about homelessness with friends and neighbors
3. **Get involved** with a Stepping on Up subcommittee
4. **Volunteer** at the Chum, Loaves & Fishes, Lutheran Social Services, Life House, Safe Haven, Human Development Center, American Indian Community Housing Organization, Salvation Army
5. **Provide** Gas/Grocery cards to Stepping on Up



How Our Clothes Affect Workers and the World

By Naomi Yaeger



I love learning about why styles and fabrics received their names, because my mother sewed most of our clothing. Mom's sewing skills were a financial asset.

Nowadays, sewing costs more than clothes from a store because labor and fabric

have become so cheap.

Christians should know about our clothing because it impacts the environment. As we observe Labor Day, we should "see" the hands that produce our clothes.

Here are some points to ponder:

- Labor—The clothing industry is behind only sex trafficking and agriculture in the use of forced labor (slaves).
- Pollution—Toxic chemicals are used in the dyeing of textiles, which is the biggest contributor to water pollution.
- Plastic—Polyester is a form of plastic. Between 1980 and 2007, the amount of polyester produced annually increased from 5.8 million tons to 34 million tons. By 2025 that number is projected to nearly triple to 99.8 million tons. When your polyester clothes reach the end of their life, they take much more time to decompose than natural fibers.
- Sheer Amount—People buy 60% more clothes than 15 years ago!

As I write, I'm wearing a polyester shirt, pants, and socks—so I understand our love affair with polyester.

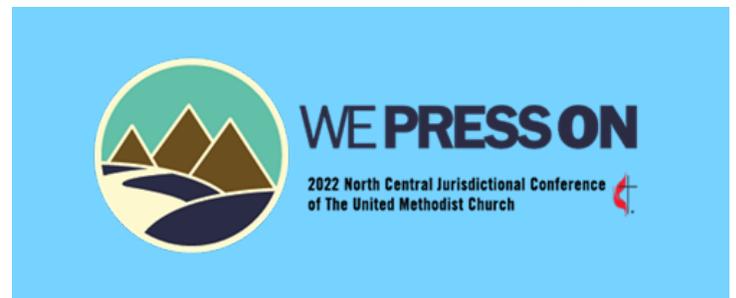
Five things you can do now

1. Ask questions: #whomademyclothes?

2. Wear/repair what you have.
3. Build a personal style—use accessories you already own, a signature color, or an accessory like a belt, tie, scarf, or even shoelaces. You don't have to purchase as many new clothes if your accessory is your signature.
4. Find alternative ways to be fashionable—be proud of what you already own, and be comfortable with what you have.
5. Support ethical producers.

Naomi Yaeger is a commissioned United Methodist EarthKeeper. Contact her at sun_dog_press@yahoo.com, phone or text (218) 591-5277. For more information, visit umcmission.org/EarthKeepers

NCJ Recommendation: Return to Nine Bishops



Over the past two years, Minnesota and the Dakotas have each been served by an interim bishop. Both of these bishops also serve and reside in other annual conferences: Bishop David Bard in Michigan, and Bishop Laurie Haller in Iowa. Delegates to the Special Called North Central Jurisdictional Conference (NCJ) in 2021 voted to reduce the number of active bishops from nine to eight. But the NCJ Committee on the Episcopacy is now recommending returning to nine active bishops in 2023 and going back to having the Dakotas and Minnesota served by one bishop as part of the same episcopal area, which NCJ delegates will be asked to vote on when they meet in November. The following press release provides background and explains the reasoning behind the recommendation: The North Central Jurisdiction (NCJ) will convene in Fort Wayne, Indiana, November 2-5, 2022 with the

—continued on page 22

theme We Press On. This Jurisdictional Conference will gather delegates (lay and clergy) from across Illinois (Northern Illinois, Illinois Great Rivers), Indiana, Iowa, Ohio (East Ohio and West Ohio), Michigan, Minnesota, North Dakota, South Dakota, and Wisconsin for a momentous time filled with worship and collective discernment regarding the election of episcopal leadership and receiving episcopal assignments.

During the [Special Called NCJ Conference in 2021](#), the delegates affirmed the recommendation from the Committee on Episcopacy to [reduce the number of active bishops](#) in the NCJ from nine to eight. This recommendation came from the NCJ Committee on Episcopacy, who, with the NCJ College of Bishops, had determined the prudence of anticipating a GCFA-announced reduction ahead of the 2020 General Conference. The recommendation was made prayerfully and proactively, using the data and information we had at that time.

However, as the NCJ has attempted to live out the experiment of reduced episcopal leadership, with Bishop Laurie Haller and Bishop David Bard assuming oversight of additional annual conferences for what has become a 24-month “interim,” multiple medical leaves among our bishops, the uncertainty triggered by the pre-General Conference launch of the Global Methodist Church, etc., we are finding such a reduction impractical at the present moment. We acknowledge that such a reduction will likely be both necessary and inevitable following the transitions facing the UMC in 2024. But for the present moment of transition and uncertainty, we believe this approved reduction will not now help our jurisdiction “press on” into the future.

We have been offered flexibility by the [recent Judicial Council ruling](#) and GCFA affirmation: “Absent General Conference action, the formula and number of bishops for each jurisdiction approved by the 2016 General Conference remain legally binding and effective until replaced by a new formula.”

Therefore, the NCJ Committee on the Episcopacy, after consultation with the NCJ College of Bishops, proposes the following:

- 1) The NCJ will reverse the decision of NCJ 2021, thereby returning the total number to nine active bishops, beginning January 1, 2023, until the next General Conference declares otherwise.
- 2) Additionally, the NCJ will be asked to reaffirm the Dakotas and Minnesota returning to a single episcopal area, being served by one (1) bishop.

These proposals are presented for the short-term, in order to help us navigate the uncertainty of the present time. We anticipate that the Jurisdictional Conference Session of 2024 may bring new developments and circumstances, including several mandatory episcopal retirements. We anticipate that a return to nine active bishops for the interim will provide greater “breathing room” to help prepare for those decisions at that time.

More information will be found after September 1 in the *Advance*. We encourage delegations to begin conversation regarding this important legislative recommendation. We encourage all United Methodists across the NCJ to begin praying for the conference, the delegates, and the important decisions that will be made in November.

Communion in the United Methodist Church

Theology and Beliefs

Do United Methodists believe the bread and wine become the body and blood of Christ?

In the Great Thanksgiving, we ask the Holy Spirit to be poured on us and on the gifts of bread and wine we offer. We ask for the Spirit's outpouring to make the bread and wine be for us the body and blood of Christ so we, who receive them, may be for the world the body of Christ redeemed by his blood. We believe God answers this prayer “Yes,” and the Spirit does all these things. Christ is really present here, and Christ's presence really changes us.

Practices

Why do many United Methodists use grape juice instead of wine?

Predecessor bodies of The United

Methodist Church were deeply involved in the Temperance Movement. Grape juice was originally invented by Thomas Welch, a Methodist, so Methodists and others would not need to use wine for communion. Today, United Methodists still commend, but do not require, abstinence, and may continue to use grape juice in communion out of pastoral concern for people who may have problems with alcohol.

Does the bread at Holy Communion need to be unleavened?

Either leavened (in witness to the resurrection) or unleavened (in witness to the cleansing power of the Holy Spirit) may be used.

If I cannot eat wheat, may I still receive communion?

Yes. United Methodist congregations are expected to provide alternatives for persons with celiac disease and other allergies. Even if they do not, the ancient Christian doctrine of concomitance means that a physical ability to receive in either kind (bread or cup, or even both!) does not alter the benefits of the sacrament when you present yourself to receive it.

When should the bread be broken?

As we note in the ritual in our hymnal, the bread is broken after the conclusion of the Great Thanksgiving, typically right after the Lord's Prayer. We do not break the bread to remember the words or re-enact the actions of Jesus. We break the bread because after we have completed our prayer of Thanksgiving and the Spirit has been poured out upon it and upon us, now we are ready to start giving it to others. What the pastor does in the "breaking" is to start the whole process of breaking that enables all present to receive.

Do I have to kneel to receive?

No. How you receive is up to you. Most congregations will offer several ways you may receive. You may stand and receive in a line, or you may kneel at a rail near the Lord's Table, or if you are unable to come forward, someone may bring you the blessed elements where you sit.

How may I receive?

The key word is that you receive rather than take the elements. They are given to you by servers. When you receive the bread, you may want to hold your hands out, with your left hand cupping and supporting your right hand. The server will say something to you about the bread as it is given to you. Before you eat it or hold it to proceed to the cup, you may say, "Amen," or, "Thanks be to God." When the cup is offered to you, the server will say some words to you about the cup. You may respond, "Amen," or, "Thanks be to God," and then either dip the bread into the cup (but not your fingers!) or drink from the cup. Most United Methodists tend to dip into the cup rather than

drink from it.

Who may receive?

As we say in our Invitation to the Table, "Christ our Lord invites to his table all who love him, who earnestly repent of their sin, and who seek to be at peace with one another." If you can say you do or have done these three things, you are welcome to receive. Additionally, all baptized Christians of any age (including infants) and any Christian denomination are welcome to the Lord's table. It is Christ's table. He welcomes all who are baptized in his name, and so do we. We affirm the historic Christian precedent that people are normally baptized prior to receiving communion. Yet, as our invitation notes, baptism is not required. If you come and are not yet baptized, we will encourage you toward baptism at your earliest convenience.

Who may preside?

In The United Methodist Church, a clergyperson presides at the Lord's table. Usually this is the appointed pastor of that local church. Ordained elders in The United Methodist Church are authorized to preside in any of our churches or anywhere communion may be celebrated. Bishops may at times authorize a deacon to preside in the context of their place of service. More often, however, deacons assist the presider rather than preside. We also authorize some clergy in denominations with whom we are in full communion according to the terms of our full communion agreements when they are visiting in our churches. Laypersons are not authorized to preside, but may assist an authorized presider.

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