

First Family

*We welcome all people... are guided by the teachings
and unconditional love of Jesus... are inspired
to participate as faithful disciples of Christ.*

February 2023

First United Methodist Church

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

On the Journey With You

On Wednesday, February 22, we begin the season of Lent. Each year Ash Wednesday marks the beginning of Lent by focusing our hearts on repentance and prayer, through personal and communal confession. Here are some things helpful for you to know:

- Ash Wednesday marks the beginning of Lent and is always 46 days before Easter Sunday.
- Lent is a 40-day season (not counting Sundays). The 40-day period represents Christ's time of temptation in the wilderness, where he fasted and where Satan tempted him.
- The season of Lent is a time set aside each year for marking an intentional season of focus on Christ's life, ministry, sacrifice, and resurrection.
- On Ash Wednesday we are reminded of our mortality (from dust you have come and to dust you shall return... from God you have come and to God you shall return) and marked with the sign of the cross.
- Some people give up, or take on, something for Lent to help them focus on their spiritual life. A devotional booklet for each day in the season of Lent (Ash Wednesday–Easter) will be available for you at church. It contains a short scripture, prayer, and reflection for each day. You may also receive it electronically instead. Email the church office and ask for it at: info@fumcduluth.com.

We will worship together on Ash Wednesday (later in this newsletter you will see the four options for worship that day). At the Ash Wednesday services, we will kickoff our sermon series that will take place each Sunday during Lent. It is a study of the parables (stories) Jesus told. It is called, "Jesus Taught Us..." During the weeks of Lent, we will learn that:

- "Jesus Taught Us... LOVE WINS
- "Jesus Taught Us...FORGIVENESS FREES AND SAVES

First Family

First United Methodist Church

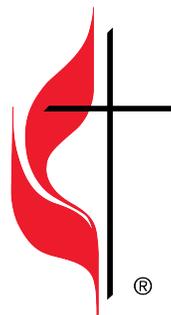
230 E. Skyline Parkway, Duluth, MN 55811
218-727-5021 Info@fumcduluth.com

Pastor: [Jeanine Alexander](#)

Editor: [Bill Alexander](#)

Next First Family deadline: **February 15**

Submit to connect@fumcduluth.com



fumcduluth.com

• "Jesus Taught Us... DON'T LOOSE HEART

• "Jesus Taught Us... THE POWER OF HUMILITY

• "Jesus Taught Us... DON'T OVERREACT

• "Jesus Taught Us... FOLLOW ME

• and finally on Easter, "Jesus Taught Us... HOW TO FIND RESURRECTION and LIFE!"

I hope tha you will take seriously the journey of Lent and that we will grow together in this important season.

On the journey with you,
~Pastor Jeanine

Advent/Christmas Giving Update

Item Donations:

Blessing Bags – Boxes of items were filled to include in the blessing bags (food, gloves, socks, hygiene items, and much more)

CHUM Street Outreach – We made several trips, each time bringing many boxes filled with items for people who live outdoors (including tents, blankets, sleeping bags, gift cards, warm socks, hats, mittens, coats, hygiene items, and more).

Financial Giving \$5,087 total

- \$1,590 to mission ministry of FUMC
- \$530 to hospital in the Philippines
- \$2,437 to Stepping On Up
- \$530 to CHUM Outreach

Well done, church! Thank you for sharing love and care during Advent and Christmas, as well as all year round.

Worship in February

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.

- February 5: Holy Communion and Being Created Anew #5 – Dealing With Criticism
- February 12: “Lord I Believe... Help My Unbelief”
- February 19: “Coming Face-to-Face With God”
- February 22: Ash Wednesday (Noon at Hillside UMC; 7pm in the Sanctuary at First UMC; Livestream at 7pm on YouTube or anytime afterwards) Intro to the Lenten Sermon series, “Jesus Taught Us...”
- February 26: Baptism and "Jesus Taught Us... Love Wins"

Annual Meeting/Church Conference

We will be having our annual meeting to elect leadership, take action on membership, hear the financial report, hear an update on the United Methodist Church, and have a time of connection on **Sunday, February 12 at 11:15am following worship**. We will meet in Lakeview Social Hall over donuts and coffee. All church members and friends are invited to participate. If you cannot come in person and would like the information emailed or mailed to you, please let the office know.

Ash Wednesday Services

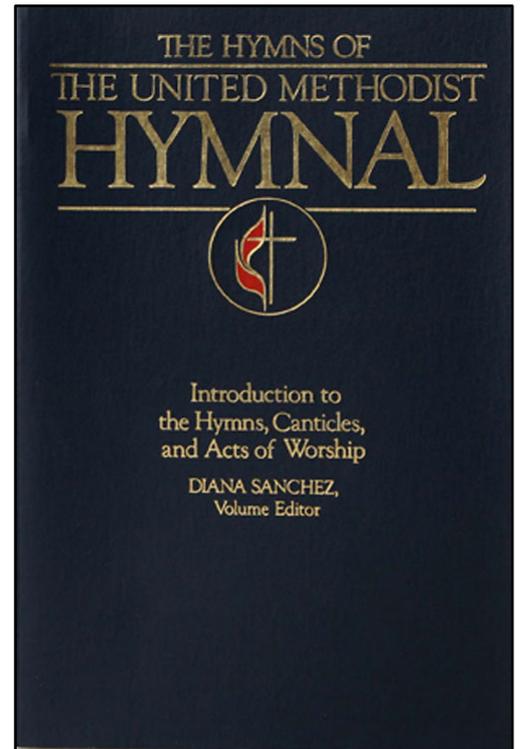
Ash Wednesday is Wednesday, February 22, and the beginning of the season of Lent. You will receive the sign of the cross on your forehead or hand with ashes from our January 1 Wesleyan Covenant Service. There are four opportunities for you to worship:

- Noon at Hillside UMC (Pastor Jeanine will lead the service along with Pastor Cynthia)
- 5pm Ash Wednesday service (“Dirty Hands and Foreheads”) for kids (and families) at FUMC
- 7pm in the Sanctuary at FUMC. This service will be livestreamed beginning 6:55pm on our YouTube channel or anytime afterwards (a link will be provided).

There will be a devotional booklet for each day in the season of Lent (Ash Wednesday to Easter) available at church. You may also receive it electronically instead. Email the church office and ask for it at: info@fumcduluth.com.

Music Notes

Charles Wesley – Writer of 6,500 Hymns!



Born in 1707, Charles Wesley became famous for the hymns he wrote and the movement he helped found with his older brother, John, which grew to become The United Methodist Church. While John became well known for his sermons and preaching, Charles was the creative force, often called “The Poet Laureate of Methodism.” Charles did not compose music, but he wrote the words for no less than 6,500 hymns during his lifetime. Our current United Methodist hymnal contains 51 of his hymns, as well as some additional poems and responses. Some of his best-known hymns are “Hark! the Herald Angels Sing,” “Christ the Lord Is Risen Today,” “Love Divine, All Loves Excelling,” “Come, Thou Long-Expected Jesus,” and “O For a Thousand Tongues to Sing.”

—continued on page 6

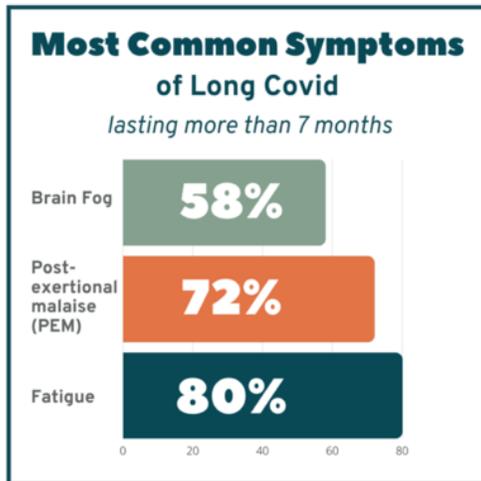
From Our Faith Community Nurse

Long COVID

Greetings to all in this new year with hopes that this year will be productive and healthful, and you will be able to practice care of yourself and sensitivity to the needs of others.

I just want to remind you that COVID will be with us for the long haul. People on the East Coast are experiencing a new variant that probably will be here in the not-too-distant future. It will be necessary to again take more precautions like masking in crowds. I hope that everyone is continuing to use sanitizer and not attend any function if you are sick.

Unfortunately, Long COVID is affecting between 10–30% of people who had a COVID infection. Long COVID is defined as persisting for four weeks after the initial infection, but symptoms may not appear for weeks or months. People who were hospitalized show a greater tendency to experience Long COVID, but those who may have been asymptomatic can also develop it. Long COVID is not one condition; it represents many potentially overlapping problems, probably with different biological causes and different sets of risk factors and outcomes.



Symptoms vary, but those most reported include fatigue and weakness, change in smell and taste, shortness of breath, cough, headache, sleep problems, and brain fog. Long COVID can affect nearly every organ system and hinder an individual's ability to work, attend school, participate in community life, and engage in normal everyday activities. Long COVID can affect anyone regardless of race, age, gender,

or baseline health status. Symptoms can be mild or very debilitating. A person with certain symptoms can improve, but other symptoms can persist.

Researchers are trying to figure out why Long COVID happens. One thing they agree on is that there is persistent inflammation.

Thus far, women are more likely than men to experience Long COVID. People with chronic disease, those who are unvaccinated, and communities that face health disparities are more likely to experience adverse effects of Long COVID.

There is no single test that can diagnose Long COVID itself, but doctors may order tests to better understand symptoms or to rule

out other possible causes.

Currently there is no cure for Long COVID, but health care providers may be able to help reduce or manage symptoms through rehabilitation services, medications, and coordinated care.

For more in-depth information, please see covid.gov/longcovid. There are clinics that treat Long COVID, and these clinics would have the most experience in treatments. Also the website health.longcovid@state.mn.us has good information.

Let's strive to live with joy and hope and see God active in our everyday lives, and not just surviving from one crisis to the next. Let us pray that better outcomes of this pandemic will ensue and a cure will be found.

Blessings,

February Faith Forum

Faith Forum Topics for February Fireside Lounge, 9 to 9:45am

- **February 5:** "Sustainability and Community Action," led by Annika Frazer
- **February 12:** "Love Your Block: Pride in Small Scale Projects." Guest speaker JhonRae Reeves
- **February 19:** Find out what and where "The Hole" is when Charley Korsch takes us on a guided tour of the church's lowest level. Meet in Fireside Lounge.
- **February 26:** Pat Miller shares her thoughts and experiences with photography. Her work will be on display in Fireside Lounge.

Martin Luther King, Jr. Day

On Monday, January 15, the MLK breakfast was held in Lakeview Social Hall at FUMC. Our pastor welcomed the community on behalf of our congregation, and our Sustainability Team provided compostable items and directions for composting and recycling. JoJo Coffin-Langdon was part of the MLK planning team.

Later in the day, there was a community gathering where members of our congregation participated in the choir and band.

We are thankful for the opportunities we had to participate in these important events. Please enjoy the photos taken to commemorate the event.



CHUM Shelter Expansion FAQ

What is going on?

At the end of 2022, there was a bill passed in Congress to direct funds to programs and infrastructure all around the United States. Long story short, CHUM received a grant for \$2 million to expand their shelter.

CHUM plans to add two levels on top of their existing building so that they may extend their services to more individuals.

Why does CHUM need a bigger shelter in Duluth?

A bigger shelter is needed in Duluth because they cannot provide shelter for everyone experiencing homelessness right now. There are only 155 shelter beds in Duluth—80 of them are in CHUM's shelter, yet they have over 150 people who stay there every night. People are sleeping on the floor, on chairs, under tables, or on anything they can find.

“O For a Thousand Tongues to Sing” has traditionally been the opening hymn in Methodist hymnals throughout the world since the time of Wesley’s Collection of Hymns for the “Use of the People Called Methodists” in 1780. Charles Wesley wrote “O For a Thousand Tongues to Sing” in 1739 to commemorate his conversion on May 21, 1738, and it was originally published with the title “For the Anniversary Day of One’s Conversion.”

Taking quantity and quality into consideration, Charles Wesley is often considered the greatest hymn-writer of all ages. Charles’ faith was communicated through the hymns he wrote, and those hymns have inspired people for nearly 300 years. Early Methodists took their hymnals home during the week, and hymns became daily devotions. What a great idea for a daily devotional!

Connecting with Nature

Winter is a splendid time to explore creeks and rivers that are inaccessible other seasons. Walk or snowshoe up Amity Creek. The well-trodden path is solid, but one can frequently see and hear the rushing water. A good place to start is the first bridge on Seven Bridges Road, just above Superior Street near 59th Avenue East.

For a more adventurous outing, hike or snowshoe up the Sucker River. If traveling from Duluth, take 61 towards Two Harbors and turn left at Homestead Road. Turn left at the next intersection on Old North Shore Road. and drive down to the dead end. Bring your cameras.

Youth, Children, and Family News

Youth Group and Confirmation – 6:30-7:30pm Wednesday Nights

Wednesday, February 1 – Confirmation

Wednesday, February 8 – Youth Group – working on stoles/big group game

Wednesday, February 15 – Youth Group – ARK night (Acts of Random Kindness)

Wednesday, February 22 – Ash Wednesday – The youth and Confirmation class will help lead the service. (6–8pm)

Super Bowl Trivia!

On Sunday, February 12, after the Super Bowl, Pastor Cynthia will host an online Super Bowl Trivia Kahoot game via Zoom at 9pm. All questions will be related to the football game, the players, the halftime show, and the commercials. You don’t want to pass up this fun event and chance to win cash, gift cards, and food! This is for middle school, high school, and college ages.

*Happy Birthday to Sawyer Johnson, Grace Abbott,
and Avery Collins!*

All-Church Winter Camp

March 24–25, All-Church Winter Camp.

We will be staying at the lodge at Camp Amnicon, where there is a beautiful fireplace, plenty of time to be together, games playing, puzzles, vespers, and singing around the fireplace with Cynthia and her guitar. This is always a wonderful time! The cost is \$40 per individual or \$100 per family of four. There will be opportunities for saunas and snowshoeing through the beautiful trails overlooking Lake Superior. Contact Jojo (218-251-4388) to register (Responsible children fifth grade and older can come unaccompanied w/o an adult.)

Black History Month

from Religion and Race UMC

No matter your culture or racial background, Black history is EVERYONE’s story. Here are 29 ways you, your family, and your congregation can celebrate and participate in Black History Month.

- Patronize a local or online Black-owned business.
- Attend church, Bible study, or worship at an historically Black church and experience the Gospel from another vantage point.



- Sing hymns or songs during worship by a composer from the African diaspora. Include the history of the song or hymn in the church bulletin or on your website.
- Attend or co-host a Black history or Black culture event in your community, in partnership with a Black congregation.
- Take a church family field trip to a Black history site or museum in your area.
- Learn more about “Black Harry” Hosier (c. 1750-1806), an African-American Methodist preacher and evangelist.
- Research other Black United Methodist leaders from our church’s heritage.
- Fearlessly learn more about how racism has and still affects Black people around the world, and start confronting racism.
- Donate to a Black nonprofit or empowerment organization in your community.
- Watch a film by and about the heritage and lives of Black people. (Titles to consider: *Antwone Fisher*, *Malcolm X*, *If Beale Street Could Talk*, *Hidden Figures*, *The Hate U Give*, and *One Night in Miami*.)
- Watch and discuss documentaries about the Civil Rights movement and other series on the challenges and triumphs of Black people. (Suggestions: *Eyes on the Prize*, and Henry Louis Gates’ recent series *The Black Church: This Is Our Story. This Is Our Song*.)
- Visit a landmark about the lives of local Black heroes in your area.
- Read a contemporary book by a Black author.
- Read a story featuring a Black hero to your children, grandchildren, or to a local school class.
- Seek out and talk with a Black elder (75 or older) in your community about their experience .
- Study one of the 54 nations on the continent of Africa, including the language, culture, and current events.
- Donate to one of the 12 United Methodist-related historically Black colleges and universities in the United States and Zimbabwe.
- Learn about an unsung hero of Black history.
- Attend shows featuring local Black artists, actors, poets, local musicians, or dancers.
- Explore the breadth of Black music, from jazz to hip-hop, and gospel to southern African folk songs.
- Call out racism and prejudice aimed at Black people and other People of Color in your church and community.
- Learn about “colorism” and how it plays out in our society.
- Learn more about the Black UMC caucus, Black Methodists for

Church Renewal.

- Subscribe to and learn from Black media and the Black press.
- Engage in positive, supportive conversations about Black history and culture on social media.
- Learn the lyrics to “Lift Ev’ry Voice and Sing.”
- Read Dr. King’s “Letter From a Birmingham Jail.” The letter can be found here: Letter from Birmingham Jail (csuchico.edu)
- Read a biography of an influential Black figure, such as Nelson Mandela, Malcolm X, Shirley Chisolm, Kobe Bryant, Michelle Obama, Archbishop Desmond Tutu, Justice Thurgood Marshall, and the Rev. Joseph Lowery.
- Register and vote.
- Talk to Jojo about joining the Racial Justice Action Committee! (218-251-4388)

All-Church Potluck and Games

February 25, 11:30–2:30 – Bring your favorite family game, play pickleball or ping pong, or join in somebody else’s game! Everybody should bring

a dish to share and there will be plenty to go around! We



haven’t done an old-fashioned potluck in a very long time! Come have some fun with us. We will all pitch in to help set up and take down. Talk to Jojo for more information (218-251-4388).

Children’s Ministries

No programming Wednesday, February 22. Winter break!

Meet and Worship With Bishop Lanette Across MN, Including FUMC

By Christa Meland

“I want to be where our people are, hear their hopes and dreams for our conference, and see the places they live, love, and worship,” said Bishop Lanette Plambeck, who began her assignment as resident bishop for the Dakotas-Minnesota Episcopal Area on Jan. 1.



That’s precisely what our new bishop hopes to do at a series of upcoming gatherings in each district. Minnesota United Methodists are invited to [choose a location](#) and come to meet Bishop Lanette, hear some of her story, worship together, enjoy warm hospitality and good conversation, and leave with a renewed sense of hope for the future.

“There is a misperception that ‘the conference’ is a building and certain staff positions,” said Bishop Lanette. “The truth is every single United Methodist lay person and clergy, including those in extension ministry, are the Minnesota Annual Conference. I’m getting out to meet the conference. In order to lead a people, you need to know the people... I’m excited to be in the places where the United Methodist Church is engaged across the state—sharing and showing the love of Jesus.”

Many bishops begin their assignment with an official installation service; elements of such a service will be woven into the Episcopal Address at the 2023 Annual Conference. But Bishop Lanette is eager to get to know Minnesota United Methodists before then.

Bishop Lanette began onboarding Nov. 13 after being elected Nov. 2 at the North Central Jurisdictional Conference in Fort Wayne, Indiana. She said her initial weeks have been both inspirational and revelatory.

The upcoming gatherings will include a time for Bishop Lanette to share about herself and to answer questions from attendees. What does she most want Minnesota United Methodists to know?

“I want people to know that I love Jesus and the United Methodist Church,” she said. “I want to assure them I am committed to leading in a way where all are welcome and wanted. I want Minnesota

United Methodists to see how my life and leadership are deeply rooted in the Wesleyan Way. I also want to listen deeply for their hurts, pains, and celebrations and also to hear how we are growing as disciples of Jesus and transforming the world.”

Sabrina Tapia Contreras, who [joined the conference earlier this month](#) as Director of Racial Justice and Equity, will attend as many gatherings as she is able so that she, too, has an opportunity to meet the clergy and laity she’ll be working with.

The past few years have been challenging, to say the least: from the global pandemic that impacted mission and ministry to the deep divisions in our world, country, and church, there’s been much to discourage us. More than ever, we need community—and the hope and encouragement that comes from being together and looking to the future. That’s precisely what these gatherings will offer.



“When we gather together, we have the assurance that we are not alone in this and that, best of all, God is with us,” Bishop Lanette said. “So come. Worship. Connect. Pray. And be emboldened. I am very much looking forward to meeting the people I already love.”

The gatherings (four of which will be livestreamed for those unable to attend in person) will take place at:

- Alexandria UMC (2210 6th Ave E, Alexandria): Saturday, Feb. 11, 2-4 p.m.
- Mankato: Hilltop UMC (108 S Manitou Dr, Mankato): Sunday, Feb. 12, 2-4 p.m. (livestreamed)
- Woodbury: The Grove UMC (7465 Steepleview Rd, Woodbury): Saturday, Feb. 18, 9:30-11:30 a.m. (livestreamed)
- Rochester: Evangel UMC (2645 Broadway Ave N, Rochester): Saturday, Feb. 18, 2-4 p.m.
- Duluth: First UMC (230 E Skyline Pkwy, Duluth): Saturday, Feb. 25, 2-4 p.m. (livestreamed)
- Plymouth: Messiah UMC (17805 County Road 6, Plymouth): Sunday, Feb. 26, 2-4 p.m. (livestreamed)

Register for a Gathering

mnumc-reg.brapp.com/BishopsGatherings

Talkin' Trash at the 'Top!

You have a personal interest in reducing the waste you send to landfill. It's not all about "saving the planet"—it's also about saving you money!

Here's the problem: All "garbage" in the Twin Ports area is sent to the Moccasin Mike landfill in Superior. The landfill is getting full, and the next closest landfill we can use is in the Twin Cities. If we have to start hauling garbage to the Cities, your waste hauling bill will almost certainly go up. Moreover, while there are plans to open a new landfill in the area, the MPCA has not permitted a new landfill in Minnesota since 1993, and any new landfill faces a bunch of new hurdles (*Duluth News Tribune*).

However, there is some good news! The current landfill was originally slated to be closed in 2022, but because you and your neighbors are recycling and composting, the current landfill will remain open until the mid-2020s! (*interview with Sam Lobby, WLSSD, January 16, 2023*)

What can you do to further extend the life of our local landfill? Here are some tips.

Reuse, recycle, and compost:

- Recycle and compost wherever possible. Even with our progress, 20% of all remaining "garbage" is compostable (*Sam Lobby, WLSSD, January 16, 2023*). Imagine, that's like hauling your bin to the street only four weeks out of five!
- Bring your compost to the bin behind FUMC. (Geoff's tip—to avoid smelling up your kitchen,

store the waste in your freezer and bring it when you come to worship.)

- If you are disposing of something usable, take it to the WLSSD reuse site on Rice Lake Road. People in need can help themselves for free, diverting your "junk" from the landfill.

Hazardous waste:

- Keep hazardous waste out of your garbage! If you change your lawnmower's oil and put the old oil in the garbage, it'll leach out of the landfill and make its way into Lake Superior—our water supply! Instead, take it and all hazardous waste to WLSSD on 27th Ave West.

Plastics:

- Save your "stretchy" plastic and bring it to FUMC. We're working with the Lions Club to send the plastic to Trex and upcycle it into decking. For every 500 lbs the Lions sends them, the Lions get a new park bench to give to a Duluth care home. It's a win-win-win! Questions about what Trex accepts? See nextrex.com/view/educate#materials1.

Resource guides:

- If you want details of what to dispose where and how, see wlssd.com/disposal-guide.
- Here's a link to a handy-dandy printout you can post on your fridge: wlssd.com/wp-content/uploads/2015/08/WLSSD-hhw-guide-2015.pdf

We can all do more to save the environment and reduce our costs. In this day and age, that's a win all around!

~Geoff Bell

From the Welcome Desk

by Mary Giese, Director of Welcoming and Hospitality



Last month we shared what our Fine Arts Committee does. This month we share about those that form the team.

Tina Farrell, Chair, shared that she was invited by Sue Kurth and Barb Lindgren to work with the Fine Arts Committee when she was dating Steve 16 years ago (a lovely way to welcome someone new). The very next year she became the chair, and Steve's wife.

Over the years, the Fine Arts Committee members and volunteers have included Bob Higgins, Dick and Linda Peterson, David Grant, Liz and Jim Taylor, Tina and Steve Farrell, Sue and Todd Kurth, Barb and Karl Lindgren, Jan and Keith Ball, Adair Ballavance, Karen and Dan Morgan, Chuck and Kate Campbell, Linda Rau, and many others.

Some Fine Arts items are purchased with memorial or honor donations, and those gifts are appreciated. Tina shared her gratitude to the team by saying thank you to all her little elves, and that she cannot do it alone—it takes all of them working together. When you see any of the Fine Arts people, please share a thank you with them.

The Indoor Plant Care Team

Ardath Gibson was a delightful plant care lady and trained Peter and Wendy Williamson in 2005 on how to take over the care of the Atrium and Sanctuary plants. They agreed they would try it for a couple of years, but not to a long-term commitment!

Wendy shares that every plant has a story. Plants are living things that help clean the air for us, and they create a homey, welcome atmosphere. Some families have offered plants from a loved one's funeral as a gift. One of the plants used to be in their daughter Alicia's college dorm room. Alicia and family now live in England. It's nice to pause and remember where the plants came from each time they are tended.

A special thank you to Peter and Wendy, Jude Ling, Carrie Moe, and all others that help keep the Atrium a wonderful welcome spot for guests and members alike!

Remember, we are the church with a welcome for everybody, always!

~Mary Giese

CHUM Still Needs Our Help

Earlier last year CHUM made a plea to all of us.



Their food shelves were close to completely empty. And we all came through in a big way. In December CHUM received 50,000 pounds of food. This served almost 1,000 individuals (600 families) during the holiday season, which is already a very hard time for a lot of people. But this made a huge difference!

As CHUM moves into 2023, they are seeing the need for food growing in Duluth. In 2022 they served thousands of people and distributed over half a million pounds of food. The need last year was higher than that of previous years. And they expect that to continue. CHUM needs food and money to keep the Northland fed!

Here is what CHUM needs most right now:

- Coffee
- Canned chili
- Canned beef stew
- Canned pork and beans
- Canned baked beans
- SpaghettiOs®
- Canned ravioli
- Canned fruit
- Canned vegetables
- Ramen noodles
- Canned soups
- Canned chunky soups
- Spam®
- Canned tuna and chicken
- Peanut butter
- Macaroni and cheese
- Cereal
- Rice
- Boxed potatoes
- Canned and dry beans (any)
- Canned tomato products

—CHUM Shelter, from page 5

There are over 500 people who routinely sleep outside every night in Duluth. Expanding CHUM's shelter would mean providing beds for more individuals in the city.

Where did this start and where is it going?

Over 20 years ago, CHUM purchased the two-story building downtown that serves as their drop-in center and congregate shelter. Originally it was designed for 30 overnight guests, and now they have over 150 people staying every night. This space also provides bathrooms, showers, laundry facilities, a health and wellness office, a kitchen, staff offices, and guest storage space. The second floor is half as big and holds the women's shelter and the CHUM administration office. It's crowded!

Ten years ago Doug Zaun created a plan to expand CHUM's building due to the increased need for shelter beds. The plan is to extend the second floor to be the same size as the first floor and add an additional third floor to the building.

With the extra space, not only will CHUM have more beds, but it will also provide a space for people working on their mental health and sobriety. This will make our shelter more comfortable for people taking steps toward stability. Altogether this expansion will help CHUM serve more people in the community, and better serve those seeking stability and sobriety.

How much is this whole project going to cost?

\$4.3 million.

What can I do?

Simply get involved in the project and go to chumduluth.org/giving.

EarthKeeper

Show Love to Mother Earth on Valentine's Day

By Naomi Yaeger, UMC EarthKeeper

Valentine's Day is approaching. Is this a day you celebrate? If you are a child, maybe you have a party at school. My husband has fond memories of Valentine's Day parties during elementary school. For me, it has always been a fun day. My mother made it fun. Examples of how she made it fun are heart-shaped cookies frosted with pink or red icing, a heart-shaped cake, or some memorable food. Sometimes she gave me a unique pair of panties or tights even after I married.

The American Retailers Federation probably loves Valentine's Day, because last year Americans spent \$23.9 billion on gifts for partners, friends, and pets. Pets! Oh my! I think that's a little ridiculous. But it goes along with my point of making it a fun day even if you don't have a sweetheart.

The top five gifts consumers give are candy, greeting cards, flowers, an evening out, and jewelry.

Make your Valentine's Day fun. Make sure you are showing love to the earth also. Can you make something like a homemade card, cookies, or treat?

If you do purchase candy, look for candy that is wrapped sustainably. Can you recycle or compost the

wrapper? How much plastic is used to wrap the candy? With chocolate, look for Fair Trade chocolate. The industry has a history of using slave labor. If purchasing flowers, look for Fair Trade flowers. Who grows the flowers? Are they paid a fair wage? Are they exposed to toxic sprays while working?

I have included a couple of fair trade logos in this column for you to check before purchasing.





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