

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.

April 2023

ALLELUIA!
HE HAS
RISEN

HE IS
RISEN
INDEED!

**First United
Methodist Church**

230 E. Skyline Parkway
Duluth, MN 55811

Photo by Doug Buell



Our First Family

A gift to light the church for the week of March 19 was made by MaryAnne and Charley Korsch in celebration of the 69th wedding anniversary of Barbara and Richard Carlson. The gift will also support the Memorial Gardens.

Congratulations to Will and Kate Montz on the birth of their new baby, Mica James.



Happy birthday to Millie Nimmo (right), who turned 100!



On the Journey With You



We have surely had an abundance of snow this season. This picture of my 17-year-old dog, Dooley, was taken outside of my deck door. I do not think there is any chance he will be able to escape. No need to have him on a leash right now, which he loves.

I hope you are well in the midst of this wintry weather. I hope those who are able are assisting those needing extra help with the snow, and that those who need the extra help are getting it and receiving it in a spirit of joy.

I had an especially hard time clearing my driveway after a recent storm. My snowblower was only partially working, which made the work significantly harder and take a much longer time (Note: Larry has since fixed my snowblower—very thankful for him). I had worked hours one day clearing the driveway. The next day when the plow cleaned our street, I had a pile over four feet tall and four feet wide of hard snow and ice chunks in front of my driveway. I was already tired, and this looked like an impossible task, especially in light of my only partially-functioning snowblower.

After my initial panic, I decided to at least give it a try. I thought to myself, “Slow and steady and you can do this.” And after some time working on it, I was making surprisingly good progress. When I broke through to the other side, I was thinking I would actually be able to accomplish this monstrous task. Then, my wonderful neighbor came over with his much larger, well-functioning snowblower. He told me to knock the snow down and then he snowblowed it. I was so relieved and thankful for his help. We finished my driveway in no time. Then we went and did the front of his driveway in the same way. We finished that rather quickly, too.

There were important lessons to be learned that day. When a task is before us that seems so huge that it is intimidating and

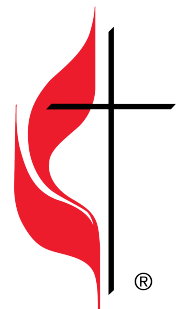
First Family

First United Methodist Church

230 E. Skyline Parkway, Duluth, MN 55811
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Pastor: [Jeanine Alexander](#)
Editor: [Bill Alexander](#)

Next First Family deadline: **April 19**
Submit to connect@fumcduluth.com



fumcduluth.com

overwhelming, a good course of action is to calmly go at it in a slow and steady manner. It works for clearing a driveway of mounds of snow, and it works for other tasks and relationships in life, too. As I was working fairly calmly in a slow and steady manner, I was reminded of these verses from Scripture:

- **Isaiah 40:31** – "But those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary; they will walk and not be faint."
- **2 Chronicles 15:7** – "But as for you, be strong and do not give up, for your work will be rewarded."
- **Romans 12:12** – "Rejoice in hope, be patient in tribulation, be constant in prayer."

There was another important life lesson I was reminded of that snowy day. When my neighbor and I worked together on clearing the mounds of snow from our driveways, we accomplished the work in far less time than if we both worked alone. And it was so much more rewarding, and even fun, doing it together. Scripture talks about this truth, too:

- **Psalms 133:1** – "How good and pleasant it is when God's people live (and work) together in unity!"
- **Ecclesiastes 4:9-12** – "Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them 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."
- **Proverbs 27:17** – "As iron sharpens iron, so one person sharpens another."

As winter hopefully comes to a close, may Scripture guide us in everything we experience and do and say.

On the journey with you,
~Pastor Jeanine

Editor's note: *Jeanine's beloved dog, Dooley, passed away on Tuesday, March 21. Our heartfelt condolences to Jeanine and her family. Dooley was a good companion and dear friend.*

Sunday Worship in April

There are three ways to participate in worship: 10am live in our Sanctuary on Sundays, 10am livestream on Sundays as worship is taking place, and anytime afterwards on YouTube.

April 2: Palm Passion Sunday

The children will lead us in a palm parade to begin the Holy Week journey. We will celebrate Holy Communion. The sermon is the fifth in our series about the parables of Jesus called "Jesus Taught Us... Follow Me."

April 9: Easter

- Contemporary Easter Sunrise Worship with Tapestry in the Sanctuary at 7am. See page 5.
- Worship in person or online at 10am. We are hoping to see as many people as possible at the in person worship. The sermon finishes up our study of Jesus' parables, "Jesus Taught Us... How to Find Resurrection and Life."

April 16

We will explore ways God comes to us with music and liturgy with a sermon called, "Meeting Jesus on the Road."

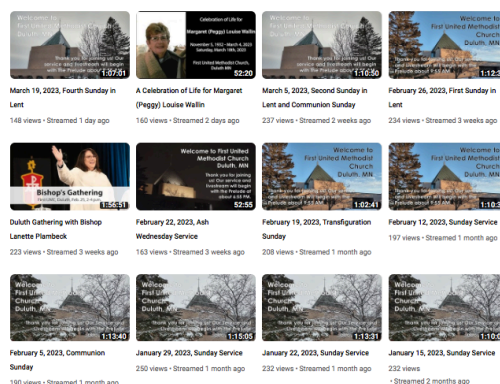
April 23: Caring for Creation Sunday

April 30: Confirmation Sunday

This will be a powerful and meaningful service as 14 of our young people affirm their faith and are confirmed.

Missed Past Worship?

If you have missed some worship services, you can still experience them by going to [our YouTube channel in this link](#) or simply



by going to YouTube and searching "First United Methodist Church Duluth MN." We are hearing of church and community members "binge watching" sermon series. How cool is that!

From Our Faith Community Nurse



Meditative Breath Prayer

Greetings! I thought I'd write about a prayer technique that some of you may already do, but many probably don't. It is one that can relieve anxiety and is easy to do. It's called the Breath Prayer and it allows you to make an intentional shift from those emotions that give you angst—in other words, a switch from an unhealthy place. God has breathed life into us and, therefore, a symbol of the Holy Spirit.

In doing the Breath Prayer, one should sit for a moment in silence, then take four deep breaths. Breathe slowly and deeply from your abdomen. Fill your lungs. This deep breathing begins to relax you.

Then think what name of God is most endearing to you, which brings you greater comfort—God, Jesus Christ, Father, Mother/Father God, Creator, Lord, or possibly Holy One.

Next, think what your greatest need is—peace, strength, healing, comfort, love, guidance, or forgiveness.

Then you combine your answers into a Breath Prayer for yourself.

Have your eyes closed, take several deep breaths, and focus on just your breathing.

Next, combine the God name you have chosen while breathing in with your request while breathing out.

An example would be: breathe in—"Lord"—breathe out—"help me to forgive." Another could be: breathe in—"Jesus, my savior"—breathe out—"the light of the world." This you could do four times, and after, take some normal breaths as you rest in God's presence, then repeat. If other thoughts arise, you acknowledge them and let them flow away.

This may take a little practice. Your God name may change until you have a good fit, and your need, of course, may change. Find what works the best for you, and take it to heart.

Blessings to all,
~Linda Wiig

Medical Equipment on Hand at Church to Borrow:

Walkers with front wheels, two walkers with brakes and seat, assortment of crutches, four-point cane, wedges, commode (can be used as a commode or shower chair), toilet seat riser.

If you are in need of any one of these items, just see me for availability.

Lent and Easter Giving

Financial Gifts: This year our Easter financial offering will be split two ways: Half will go to the ministry and mission of our congregation, and half to the ministry and mission of the Union Gospel Mission. Please mark "Easter Offering" on your check, on your giving envelope, or when you give online.

Giving of Needed Items: We will also be collecting items for the Union Gospel Mission to give to people in need:

- Hand and foot warmers
- Toiletries such as shampoo, conditioner, body wash, shaving gel, and razors
- Deodorant (both men's and women's)
- Menstrual products (tampons, pads, PH-safe wipes)
- Reusable shopping bags.

Food Shelf

Food Shelf supplies are low, and people are in deperate need of your help.

You can bring food and monetary donations for the Food Shelf to the church at any time. Every Communion Sunday (typically the first Sunday of the month), we bring donations to the Food Shelf so that while we are fed spiritually at Christ's table, we are feeding those who are physically hungry. We welcome food donations, but the CHUM Food Shelf can do much more with money. As a member of Second Harvest Food Bank, CHUM's money goes much farther than it would shopping at the supermarket. For every \$1 that is donated, CHUM can buy \$3 worth of food.

Ways to Financially Give to Your Church

You may mail your gifts to the church. Please mark "Easter Offering" on the memo on your check or on the envelope. The church address is FUMC, 230 East Skyline Parkway, Duluth, MN 55811.

Via the internet: Click on the link from our website below or copy and paste the URL into your browser: onrealm.org/FirstUMCMN/give/now

Via text message: Text to 73256 and type "COPPERTOP" in the message area. You then will be texted instructions.

If you have any questions about electronic giving, please email Sandy Smith at admin@fumcduluth.com.

In whatever way you give and express love during this season, know that the need is great, and together we can make a great difference!

Welcome Back, Kelby!

Kelby Werner, church member, former intern, and now finishing up his second year at Garrett Theological Seminary, will be with us for a final summer internship. He will begin Memorial Weekend and will be with us through the end of August. He will participate with Pastor Jeanine and Rev. MaryAnne in all aspects of pastoral ministry.

This will be a great blessing to our congregation and will prepare him for next summer, when he will graduate from seminary and take his very first pastoral appointment.

New Furniture in Church Office

Stop in the church office to see our new conference table and chairs, purchased with a generous bequest from Barbara Carlson. There are also new chairs for the conference table in the Fireside Lounge; these replace the chairs donated by Richard Gurske that have served us well for many years. The chairs, along with the conference table formerly in the office, were given to a local company who was excited to have them for their team room.



Holy Week Guide

Palm Passion Sunday – April 2, 10am in person and on YouTube. It will include a palm procession as we begin our Holy Week journey.

Maundy Thursday Service – April 6, 7pm in person and on YouTube. The service will include Holy Communion (the Last Supper) and journey all the way to Jesus' death.

Good Friday Service – Friday, April 7, noon in our Chapel (in person only). This service will walk us through Jesus' death and the events of the last hours of his life.

Easter Sunrise Service – Sunday, April 9, 7am Contemporary Easter Sunrise Worship with Tapestry in the Sanctuary. Come early and watch the sunrise in the parking lot, where music will be playing. Coffee will be waiting for you just outside the Sanctuary in the Narthex.

Easter Worship – Sunday, April 9, 10am in person or livestreamed on YouTube. You can also watch any time afterwards. We will have coffee, donuts, and fruit available in Lakeview Social Hall from 9–9:45am.

Children's Ministries

April 2 – Palm Sunday. Come to church! This is fun for everyone! Children should meet in the Chapel before church to get their palm branches. We will have a palm branch processional around the church.

April 9 – Welcome to Easter at the Coppertop! We will have fun looking for Easter eggs and playing in the bounce house from 9:15–9:55am on Easter Sunday morning. Bring your own Easter baskets.

April 12– No programming on Wednesday, due to spring break.

Looking Ahead to Summer

- **June 21** at 5:30pm – **BBQ Picnic and playdate** at Lester Park Playground

- **July 17–21– Vacation Bible School** from 9-noon.

- **August 16 – All-Church Beach Day.** Beginning at 4pm for those who are able come to the beach to swim, play, and build sand castles. Then at **6pm, the All-Church Picnic** with beach volleyball, singing, and fun!



Youth News

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

Wednesday, April 5 – Youth Group
Wednesday, April 12 – NO Youth Group
Wednesday, April 19 – Confirmation (last regular meeting)
Wednesday, April 26 – Youth Group
Sunday, April 30 – Confirmation Sunday!

Ruby's Pantry Service Opportunity

Thursday, April 20 – Pastor Cynthia is calling any available teens to help at Ruby's Pantry after school. You must be at least 12 years old to volunteer. This is a great way to live out our faith, to serve our community, and to BE the church. We should be done by 7-ish. Please contact [Pastor Cynthia](#) if you can volunteer.

Happy Birthday to Claudia, Jamie, Lincoln, Pete, and August!



Photo from tubing on March 10 at Spirit Mountain.

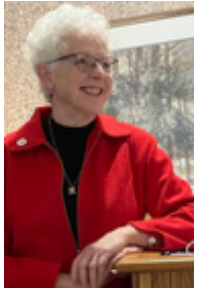
Summer Mission Trip

All 7th-12th graders are invited to participate in the summer mission trip, **June 13-15**. The details are still being worked out, but we are looking at going to Feed My Starving Children and Valley Fair as part of the trip. Cost will be \$150. There will be fundraising opportunities in the spring. **RSVP by April 9, Easter Sunday.** If you are interested in this, please talk to [Pastor Cynthia](#).

From the Welcome Desk

by Mary Giese,

Director of Welcoming and Hospitality



FUMC Memorial Gardens... Summer really is coming, and today I share things you may not know about our gardens. In the church archives, there are wonderful pictures of the first gardens when the "new" church was built. Petunias in a cross design laid out and

carefully planted was a favorite. Bright red geraniums welcomed people as they came into the parking lot. Many couples and individuals worked long hours planning, planting, and maintaining the gardens, just as we do today. The plantings and



gardens have been enlarged, and red geraniums still greet you as you arrive. In 2015 a generous gift was shared in memory of long-time member Dorothy Ottinger. She loved red geraniums, and her wish to have them welcome everyone at the main parking lot entrance continues each year. This winter we have again cared for 120 geraniums in the lower-level windows, stretching that memorial gift yet again. Memorial donations and gifts, plant donations, and fundraisers help keep the gardens going, as it is not a budgeted item or program.

The Garden Group does a lot more things than planting. A few years ago slabs of exterior granite were repurposed into beautiful benches for the front platform entrance. In the winter the benches move to the Atrium to provide seating as well. The wonderful cedar benches in the gardens were made and donated by one of the garden guys, providing spots for guests and members to take a break, to

rest, and reflect. The beautiful teak bench in the lower level stairwell was saved and refurbished by another garden guy. Others repair signs, spread mulch, move rocks, and put up fencing to protect the perennial gardens. After such activities, we often find time to enjoy a visit, and a cup of coffee too!

This great group of volunteers invites and welcomes you to come and get involved. Singles, couples, families, youth—everyone is invited. Some of the Garden Group team are ready to "age out" and look forward to sitting on the benches!



Garden Sunday this year is on Mother's Day, May 14. We celebrate and thank those who are part of the Garden Group Team. Geraniums will be for sale, and the proceeds help us with the purchase of annual plants for the gardens. You may pre-order red, pink, white, or orange geraniums for \$20 each. Please call Laura Krumwiede at 218-728-5723 to order. Leave a message which includes your color choices, number of plants, and your phone number. Come and help with the gardens on the following dates:

- **Wednesday, May 31, 9am – Geranium Planting Day** (Rain date: Thursday, June 1, 9am)
- **Tuesday, June 6, 9am – Annuals and Dahlias Planting. 11am – Mulch Spreading.** (Rain date: Thursday, June 8, 9am). Men are invited and encouraged to come and help. Please bring your own well-marked tools.

Thank you for your consideration and support of the Church Memorial Gardens.

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

~Mary Giese

The FUMC Great Toilet Paper Challenge Results

by Geoff Bell

And now, the envelope please...!

Thanks to all of you for participating in the March 19 FUMC Great Toilet Paper Challenge! We had a total of 38 of you cast ballots. Every toilet paper brand received votes, although “Brand B” (Everspring from Target) received no first-place ballots. In case you remember which ones you voted for, here’s the key (along with where you can source the product):

Brand	Source	NRDC ranking	Price
Brand A: Green Forest	Mount Royal Market	A	\$31.97/12 rolls at Amazon
Brand B: Everspring	Target	A	\$12.99/24 rolls at Target.com
Brand C: Cottonelle Ultra Comfort	Almost anywhere	F	\$49.69/36 mega-rolls at Amazon
Brand D: Seventh Generation	Whole Foods Coop	A	\$33.19/48 count at Amazon
Brand E: Charmin Ultra Strong	Almost anywhere	F	\$32.63/24 mega-rolls at Amazon
Brand F: Who Gives a Crap?	Online only	A	\$38/24 rolls at Whogivesacrap.org

So, what do your answers tell us? Overall, **Cottonelle** was your preferred brand, receiving 18 1st place votes, as well as 26 overall votes. After that, while **Charmin** was marginally preferred to the others, voting was much closer. **Charmin** received seven 1st place votes, while **Green Forest**, **Seventh Generation**, and **Who Gives a Crap** each received four. In addition, and interestingly, while **Everspring** received no 1st place votes, it received a total of 20 votes (it was lots of people’s second or third choice) as compared to **Charmin’s** 24. Therefore, it seems that although people at the Coppertop prefer the main-line brands, many of you appreciate the feel of recycled products, particularly **Everspring** from Target, and to a lesser extent, **Seventh Generation** and **Who Gives a Crap**.

Importantly, one person formally voted “I cannot tell a difference,” and at least one other of you told us that informally. That is important—if you really cannot tell the difference, why not switch to an eco-friendlier option?

Thanks again for participating! Making small changes can produce a big difference.



Connect Cards: Why They're Important

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

Connect Cards replace the attendance pads that used to be found in each pew. Using the individual cards allows the church staff to list ministry opportunities and church needs on the back of the cards. If you are looking for a way to help your church, this is where you can find out each week what is most needed. The opportunities change regularly, so please look often at the back of the card.

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

PLEASE fill out the Connect Cards! Worship leaders and musicians—this means you, too! Make it a habit to pick up a card along with a bulletin when you enter the Sanctuary; completed cards can be placed in the offering plates. Online viewers, the link to the online version of the card is found on our website's homepage, fumcduluth.com, on our Facebook page,

[facebook.com/FUMCDuluth](https://www.facebook.com/FUMCDuluth) (included with each week's video announcement), on YouTube in the description of each week's video, and in the pastor's weekly email.

Thank you for your help in keeping our records current!

Welcome to
First United Methodist Church
The Coppertop • April 2
Member/Regular Attendee Sign-In
Name: _____

Guest Sign-In
Name: _____

Looking For More Information?
Phone #: _____ Email: _____
Address: _____
Please drop this card in the offering plate
Look for Ministry Opportunities on the Back

It's Rhubarb Time!

It's Spring! Can you hear the rhubarb sprouting?

Planning has started for the CHUM Rhubarb Festival on Saturday, June 24. The festival will be returning to Holy Rosary on 4th Street. FUMC folks and friends will be working in our kitchen on Wednesdays in June, and then the big push begins on June 19, the week of the festival.

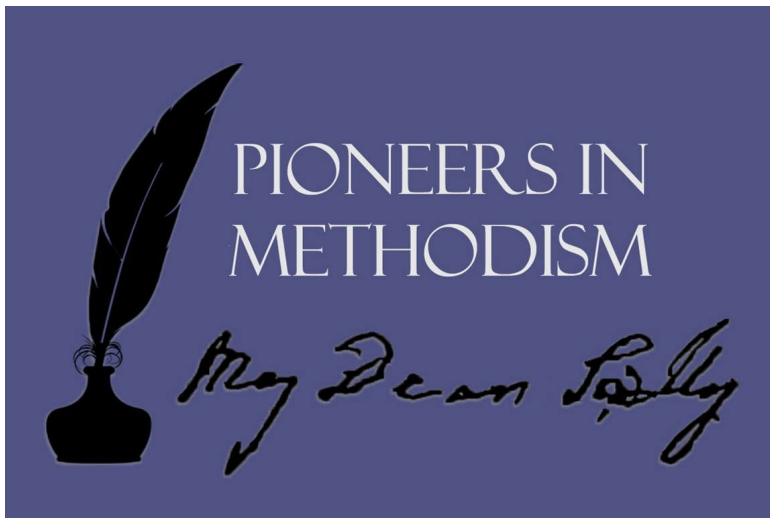
Do you have a rhubarb patch you'd like to share with us? Can you donate half-pint or one-pint jars for canning jam? Can you help transport rhubarb or baked goods? It's a fun project to invite friends or co-workers to help with. If you're interested, Chef Paul Sapyta is willing to host a group at his professional kitchen in Cloquet.

We've been discussing some tasty new recipes for the bake sale. Many hands make light work, and it's FUN! We hope you can join us. Please email anitazager@gmail.com to help out.

~Pam Brown, Debbie King, Paul Sapyta, and Anita Zager

Save the Date
FUMC Rummage Sale
August 26
Collection begins August 20

Announcement
Sadly, the 2023 Spring Roast Beef Dinner will not take place this year.
HOWEVER...
Watch for the return of the Fall Roast Beef Dinner Thursday, October 5, 2023
SAVE THE DATE!



Sarah Mallet was one of the few women authorized by John Wesley as a preacher in early English Methodism. She and Wesley regularly corresponded by letter. Wesley referred to her as "My dear Sally." Quill courtesy of OpenClipart/Pixabay; letter excerpt courtesy of Emory University Libraries; graphic by Laurens Glass, United Methodist Communications.

This content was produced by Ask the UMC, a ministry of United Methodist Communications. To read the complete article go to [Ask the UMC](#).

PART ONE

Sarah Mallet was one of a few women preachers accepted and encouraged by John Wesley in the early days of the Methodist movement. Despite physical and financial hardships, as well as attitudes and policies against female preachers, she traveled extensively, preaching for at least 55 years.

Early years (1764-1777)

Sarah was born in 1764 into a working-class family in the village of Loddon in Norfolk, England. Sarah and her siblings worked with her father and uncle in the family tailoring business. From a note she wrote in a letter to Wesley, it appears the family did not produce garments for wealthy people, but largely for people who were poor or of modest means.

As a family with nine children, the Mallets would not have been able to afford public education for their children. Sarah's mother instructed the children, and Sarah became interested in religion at a young age. Learning to read and write was not encouraged for lower-class people. However, Sarah did learn to read and write, and corresponded often with other women and with Wesley in his later years.

Wesley made many visits to the Norfolk area, including 18 visits to Loddon between 1772 and 1790. He became familiar with Sarah's father and uncles and may have stayed with Sarah's family during a visit. When her parents became members of the Methodist Society, they

enrolled Sarah, too.

Conversion and "fits" of preaching (1778-1786)

As a teenager, Sarah suffered bouts of depression, and her initial enthusiasm for religion waned. At age 16, she went to live with her Uncle William, a Methodist class leader. There she experienced God, but she fell seriously ill and had to return home. Health problems plagued her throughout her life but she continued to feel a strong call to speak publicly about God.

As she struggled with this call, she began having "fits," preaching while seemingly unconscious or in a trance. The "fits" continued for several weeks, word spread, and more and more people came to hear her speak. A crowd of about 200 gathered to hear her on one occasion. These episodes clarified God's call on her life and convinced her of God's desire that she preach. When the episodes subsided and she regained her health, her uncle asked her to speak in his Methodist preaching house. She spoke there every week and began to get invitations to preach in nearby villages.

Thus began her long career as a traveling preacher.

A Methodist local preacher (1787-1793)

The Methodist Societies allowed women to be class leaders, lead in prayer, and visit the sick. Women were allowed to exhort, calling for repentance and testifying about personal conversion. They were also permitted to preach one of Wesley's "Sermons on Several Occasions." But exhorters, male or female, were not allowed to "take a text," that is, expound on a biblical text of their own choosing on their own. Wesley did not authorize women to preach as a general rule, yet he did come to recognize some exceptional cases. Sarah Mallett was one of them.

**Look for Part Two
in the May issue of
First Family**

Changing Hearts and Minds with 2022 Christmas Offering



With support from FUMC, Gina Davis and Laurie Ash led 16 nursing students on a two-week trip to Mary Johnston Hospital in the Philippines last month. In a student blog, Bekah Davidson wrote:

"Reflecting on my experience in the Philippines, I feel incredibly grateful for this transcultural learning opportunity. Going into this trip, I didn't really know what to expect, but looking back I think the growth I experienced during my time abroad is very evident. Specifically, my view on self-awareness and white

privilege has dramatically changed.

"Although I carry my privilege of being a white American with me every day, I feel like being in the Philippines, having traveled to a country that has repeatedly been hurt by both white people and Americans, felt very emotionally heavy and uncomfortable. In the Philippines I experienced a "white savior" complex. Filipinos wanted to take pictures of me, give up their chair for me to sit, and would go to extreme lengths to ensure I was being well taken care of. These experiences were a lot to process, and emotionally I struggled with guilt and how to make sense of these programmed instincts of the Filipinos. I am grateful to have been able to debrief these stories every day and have thoughtfully honest conversations with my professors and classmates. I learned not only about cultural congruence but also my own humility and how I go about carrying my white privilege with me every day."

Chum Delegate Assembly Demonstrates Hope and Joy Through Collective Action

by Sarah Maddy

Leadership, love, common purpose, advocacy, and strategic planning. These were front and center as representatives of congregations throughout our community gathered on a snowy night in February. As a new delegate, I was overcome with admiration and gratitude to see so many people eager to provide basic necessities, foster stable lives, and organize for a just and compassionate community.



2023-2025 Strategic Plan

In celebration of 50 years of outreach, Chum is focusing on some specific strategies to address homelessness:

- Strengthening relationships with congregations.
- Engaging civic, community, and commercial organizations.
- Building organizational strength and resiliency.
- Expanding facilities to meet the growing need for homeless services.

Chum member churches will see improved communication and a clearer definition of the roles congregations can play. With "36 Ways to Help" identified in the Strategic Plan, there is a wide range of new opportunities for individuals and teams to choose from. These are concrete, meaningful projects that feed your heart and fit your availability. Contact me for more information: Sarah Maddy at shmaddy@outlook.com.



First United Methodist Church

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