First Family

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

January 2024

First United Methodist Church

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

Photo by Anastasia Prideina, pexels.com



Our First Family

Dear members of First United Methodist Church; we at Loaves and Fishes Community want to thank you so much for your consistent monthly donation. We could not do the work we do without the wider community support such as yours. Thank you for addressing the needs of those who live on the margins.

Dear First United Methodist Church; thank you for your recent donation to the Union Gospel Mission (UGM). Here at UGM we are driven by a belief that everyone deserves food, shelter, and hope. And because of the generosity of our donors, the Mission has been on that mission for over 100 years. Your thoughtful gift ensures we can continue serving our guests in a way that preserves pride and inspires belief in a better tomorrow. Shelter fills a need, and food fills stomachs. but hope fills the soul. Thank you for making a difference in the Northland!

Thank you for First UMC's regular donation to the CHUM general fund and CHUM's emergency shelter and the Chaplaincy program. Your monthly gifts allow us to continue to provide food, shelter, advocacy, and a caring community for some of Duluth's most vulnerable residents.

Thank you for the generous gift to the Damiano Center! Your support is

—continued on next page

On the Journey With You



We all have different life experiences and perspectives. One of the greatest gifts we can give to each other, and ourselves, is remembering that and honoring that. The same is true when it comes to grief. Here is a post I read, credited to Amy Boardman Rejmer:

"Before I begin, this post is not seeking sympathy. It is merely trying to shed a little light on the total

weirdness and unpredictability of grief. Those who have experienced deep loss already know. But for those who have not: I washed the orange cup today. 'The orange cup' is not a metaphor. It's a small, plastic cup—one of several in a multicolored set. It is perfect for the bathroom sink. It's just big enough for a sip of water in the middle of the night, or to wash down daily meds. I had not washed it since before January 1. Before you get too grossed out, I had not used it either. You see, that little orange cup is the last thing in the house that Mark's lips touched on January 1st, before he was loaded into an ambulance, never to return. I had picked up the orange cup several times before, thinking it was time to wash it and put it away. But each time it wasn't. I would hug that little cup, cry a little (or a lot), and return it to the counter next to the sink. It wasn't time to wash it—until today. Today, I washed the cup. When my mother died, her housecoat (bathrobe) was hanging on the back of the door in the bathroom. When my Dad died five years later, it still hung in the same spot. He had given away or tossed a lot of Mom's items, but just not that housecoat. Had he lived another 10 years, I think it may still have been there... or maybe not. Deep, profound grief is just weird. So, keep that in mind when you wonder why grieving people do (or don't do) what you think they should do, or what seems normal. Grief is really weird. They're just not ready to wash the cup."

This story reminded me of the importance of letting people walk through grief as they need to do so, not as how we think we might

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Pastor: <u>Jeanine Alexander</u> Editor: <u>Bill Alexander</u>

Next First Family deadline: January 17

Submit to connect@fumcduluth.com



fumcduluth.com

(or did), or how we think they should. One of the greatest gifts we can give each other in life is not needing to judge other people's expressions and experiences but simply be with them, walk with them, in the midst of it.

Scripture in Psalm 23 reminds us that all of us "walk through the valley of the shadow of death" from time to time in this life. Sometimes it is the physical death of someone we love. sometimes it is the loss of a job, or the loss of health. We all have challenging valleys. Psalm 23 reminds us in these times we can say with the Psalmist, "I will fear no evil for Thou (God) art with me." God walks with us, understands us, invites us to be fully ourselves in the journey. And we have the precious gift of walking with each other, inviting one another to be fully ourselves in the journey.

Many of you know that we are the church of "LO." You probably have seen pins around the church with the word "LO," and you often see it at the end of hymns on our Sunday morning projection. The late Dick Carlson reminded us of the importance of the Scripture from Matthew 28:20 where Jesus said, "LO, I am with you always, even until the end of the age."

Beloved ones, we are starting a brand new year—2024. In this year let us give one another lots of grace space. Let us seek to understand and let go of judgments. Let's remember that we have each other and God's promise to always be with us forever and ever. And as we remember that, as we heal and grow together—we will love and understand each other whether we are ready to wash the cup... or not yet.

I am looking forward to another year of relationship, ministry, and spiritual growth with you.

On the journey with you, ~Pastor Jeanine

Singles Gathering

Sunday, January 21, 4:30pm in the Fireside Lounge.

- Who: Singles of all ages
- What: Gathering for a fun time together of food, conversation, and a game or two (and we will see if folks want to do more of this)
- **Bring:** Something for a potluck to share with others. Pastor Jeanine will have coffee, tea, and water—if you want something else, bring that.

RSVP: With *Pastor Jeanine*, sign up at church, or call the church office. 218-727-5021.

Worship in January

January 7: "The Lion King" – You are a child of God, blessed and set apart.

January 14 (Human Relations Sunday): John Cole, Executive Director of CHUM, will be with us as we observe the 50th anniversary of CHUM Ministries.

January 21: "Beware of the Divided Mind" – Let our worry work for us... direct our worry energy to things that really matter... let our worries bring us toward God.

January 28: "Dealing With Conflict" – a Biblical Model

There are three ways to participate in worship:

- 10am, live in our Sanctuary on Sundays. (We hope you choose this one when you can—there is something wonderful about being in person with others, and you get a doughnut and coffee.)
- 10am livestreamed service on Sundays as worship is taking place
- Anytime afterwards on our *YouTube channel*. Please make worship a soul destination this year!

-Our First Family, from page 2

crucial to serving the most vulnerable in our community. Each day, hundreds of people visit Damiano seeking to have their most basic needs met. Thank you for partnering with us to strengthen our community by providing for the most vulnerable among us.

Dear First UMC Community; Minnesota Reconciling Congregations wishes to thank you for the contribution. We use the funds to support existing and build new Reconciling Congregations, and to share the message of God's inclusive love. We do this through personal relationships, our presence at PRIDE celebrations, and offering educational programs. Thank you for your support of this important work!

Twin Ports MLK Events

The Duluth NAACP is leading the organizing of a series of events on January 14-15 to honor and carry on the legacy of Dr. Martin Luther King, Jr.

Community Worship Service – Sunday, January 14 at 4pm Pilgrim Congregational Church, 2310 E 4th St. The featured speaker will be Rev. Jia Starr.

This service will be a modern-day expression of the Black Church tradition that nurtured the Rev. Dr. Martin Luther King, Jr. The Central Hillside Gospel Choir will also perform.

Community Breakfast - Monday, January 15 from 7–9:30am First United Methodist Church, 230 E Skyline Parkway

This MLK breakfast will feature a brief local program and a community viewing of the broadcast of the program from Minneapolis (keynote still being confirmed). The breakfast will be served beginning at 7am and the broadcast will run from 8–9:30am. A freewill offering will support the United Negro College Fund, which supports innesota students of African heritage attend college.

For more information, you can visit: mlkbreakfast.com. This event is sponsored by the General Mills Foundation, Interfaith Action of Greater Saint Paul, Duluth NAACP, and UMD Office of Diversity and Inclusion.

Gathering and March – **Monday, January 15 from 10–11:45am** Location details will need to be confirmed.

MLK Rally - Monday, January 15 from 12–1:30pm DECC-Symphony Hall, 350 Harbor Drive Details of the event are forthcoming.

The MLK events are sponsored by the Duluth NAACP, UMD Office of Diversity and Inclusion, KY Interpreting Services, 1 Roof Community Housing, and the DECC.

Support Food Shelf on Communion Sundays

Every communion Sunday (typically the first Sunday of the month), we are asking you to bring a donation of food (or a monetary donation) for the CHUM Food Shelf. That way, when we come to the communion table to be fed spiritually, we are also feeding others who are physically hungry. The Food Shelf cart will be available for donations. If you make a financial donation, please note "Food Shelf" on the check memo or envelope, and make out to FUMC. Thank you for loving our neighbors in need.

Thank You for Giving

Thank you for your generous giving of time, talents, gifts, service, and witness in 2023. If you wish to check on the status of your financial giving, feel free to call the church office at 218-727-5021 or email admin@fumcduluth.com to check with Sandy Smith, our Director of Operations. Thanks also to everyone who has made estimate-of-giving pledges for 2024 and turned in your participation survey. If you have yet to do that, we have additional estimate-of-giving cards and surveys at church. Call or email us and we will get them to you. You may also make an estimate-of-giving online at onrealm.org/ FirstUMCMN/-/form/ pledge/2024pledgedgiving

Thank you for the wonderful ways you have shared the love of God. We are blessed to be a part of FUMC. Our community and world are better because we are here.

All-Church Conference February 11

We will be having our annual meeting to elect leadership, take action on membership, hear the financial report, and have a time of connection following worship on Sunday, February 11 at 11:15am. Watch your weekly email for information. All church members and friends are invited to participate.

Sustainability Team

The Sustainability Team will meet after church in the Library on January 14.

Children and Youth News

January

Nursery-5th grade

Sunday School – held at 10am on Sundays, January, 14, 21 and 28

Children (K-5th grade) leave for Sunday school after the children's message in worship.

- **January 7** Children will stay in worship as Pastor Jeanine's sermon is about the movie, *The Lion King*. Activity bags will be available for the kids during worship.
- **Nursery Care** for five-year-olds and younger from 8:30am to the end of worship

Wednesday Schedule

January 3

- 5-5:30pm Jam Jr. Music (nursery–2nd grade) in the Chapel, includes Bible learning
- 5-5:40pm Ringtones 3rd -5th grade in the Bell Room
- 5:40-6:05pm Jam Music (3rd-5th graders) singing/drumming in the Chapel
- 5:30-6pm Supervised play time for 2nd grade and younger
- Dinner at 6-6:30pm Pizza
- Nursery care available 5-8pm

January 10

- 5-5:30pm Jam Jr. Music (nursery–2nd grade) in the Chapel, includes Bible learning
- 5-5:40pm Ringtones 3rd -5th grade in the Bell Room
- 5:40-6:05pm Jam Music (3rd-5th graders) singing/drumming in the Chapel
- 5:30-6pm Supervised play time for 2nd grade and younger
- Dinner at 6-6:30pm Pizza
- Nursery care available 5–8pm
- Dinner at 6–6:30pm–salad, fruit, veggie bar, bread, peanut butter, and mac and cheese

- Tweens Group 6:30-7:30 (3rd-5th grades)
- Nursery care available 5-8pm

January 17

- 5-5:30pm Jam Jr. Music (nursery–2nd grade) in the Chapel, includes Bible learning
- 5-5:40pm Ringtones 3rd -5th grade in the Bell Room
- 5:40-6:05pm Jam Music (3rd-5th graders) singing/drumming in the Chapel
- 5:30-6pm Supervised play time for 2nd grade and younger
- Dinner at 6-6:30pm Pizza
- Nursery care available 5-8pm
- Dinner at 6–6:30pm salad, fruit, veggie bar, bread, peanut butter, and mac and cheese
- Tweens Group 6:30-7:30 (3rd-5th grades)
- Nursery care available 5-8pm

January 24

- 5-5:30pm Jam Jr. Music (nursery–2nd grade) in the Chapel, includes Bible learning
- 5-5:40pm Ringtones 3rd -5th grade in the Bell Room
- \bullet 5:30-6pm Supervised play time for 2nd grade and younger
- 5:40-6:05pm Jam Music (3rd-5th graders) singing/drumming in the Chapel
- Dinner at 6-6:30pm Pizza
- Nursery care available 5–8pm
- Dinner at 6–6:30pm salad, fruit, veggie bar, bread, peanut butter, and mac and cheese
- Tweens Group 6:30-7:30 (3rd-5th grades)
- Nursery care available 5-8pm

—continued on page 7

From Our Faith Community Nurse

by Linda Wiig



Happy New Year, everyone! I hope this year turns out to be a much better year for your health and with fewer people acquiring COVID.

This month I will share with you a new program which has been launched by the Minnesota Department of Health called "Hey Norm," <u>HeyNorm.org</u>, which is a marketing campaign

intended to engage teens about the issue of vaping. When teens vape, it exposes students to a potential for a lifelong nicotine habit. This program encourages teens to call or text Norm at 1-833-HEY-NORM to get advice about how to start "the vape talk" with peers.

The website, *aroomtobreathe.org*, has data and resources about nicotine and vaping, with access to quitting support.

The latest Minnesota Student Survey revealed sharp increases in youth vaping. In 2019 one in four 11th grade students (26.4%) reported vaping in the past 30 days, a 54% increase since 2016. Vaping increased by 75% among 9th grade students and 95% among 8th grade students. Vaping has basically wiped out the progress made on regular tobacco use.

Federal law prohibits the manufacture and sale of flavored cigarettes except menthol, but it still allows flavored e-cigarettes and vapes. Flavored vapes are the most used type by all people. This is troubling as flavors make it easier for youth to try these products. The tobacco companies have been pitching flavors since the 1970s. These companies knew that it would make it easier to get people hooked on nicotine. When these flavorings are inhaled, they can cause damage to throat and lung tissue.

Over 37% of high school students have tried flavored e-cigarettes. No amount of nicotine is safe for teens or young adults, as it affects the brain by leading to addiction and causing decreased ability to concentrate and learn.

The above information is taken from reports by the Minnesota Department of Health, and more information can be found by going to their *website*.

As we go forward in this new year, let us remember each one of us has a spark of light within us like a candle that glows and illuminates a dark place so you can illuminate those around you, helping to make each other stronger together and to create more hope for the future.

Thanks be to God.

~Linda

Faith Forum January

Our Faith Forum series continues on Sundays, before worship services, in January from 9–9:45 am in the Fireside Lounge.

January 7: Choosing Compassion in a Climate-Changing World with guest speaker Tone Lanzillo.

January 14: Matt Rosendahl, UMD Library Director, will speak about libraries, their role in American society, and the recent attempts in many communities to restrict access to books.

January 21: All About Handbells.

FUMC Director of Handbell Ministries, Bill Alexander, will attempt to introduce you to everything about handbells, and our Church's 50-year journey with this unusual art form... all before the morning's prelude.

January 28: Create All You Can, While You Can. FUMC members Debbie and Tom King will lead us in a session on creativity: the process of writing text and music.

Ministry Need

There is a critical need to find someone(s) to lock up the Church following services on Sunday mornings.

It's not difficult or physically challenging, and training will be provided.

Please let Pastor Jeanine, Sandy Smith, or any trustee know, ASAP, if you are able to help.

—Children and Youth, continued from page 5

January 31

- 5-5:30pm Jam Jr. Music (nursery–2nd grade) in the Chapel, includes Bible learning
- 5-5:40pm Ringtones 3rd–5th grade in the Bell Room
- 5:40-6:05pm Jam Music (3rd-5th graders) singing/drumming in the Chapel
- 5:30-6pm Supervised play time for 2nd grade and younger
- Dinner at 6–6:30pm, salad, fruit, veggie bar, bread, peanut butter, and mac and cheese
- Nursery care available 5-8pm

Youth - Grades 6-12

Friday, January 26 – Youth Night at Adventure Zone and Pizza.

Meet at church at 6pm for pizza. Return to church at 10pm. The \$15 fee to goes toward the costs of dinner and Adventure Zone.

Wednesday Schedule

January 3

- 6:30pm Confirmation Class. Youth who are not in Confirmation may hang out in the Youth Room
- 7:45-8:45 Class Ring Bell Room

January 10

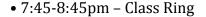
- 6-6:30pm Dinner Pizza
- 6:30-7:30pm Game night (Youth vs. Tweens)
- 7:45-8:45pm Class Ring Bell Room

January 17

- 6-6:30pm Dinner
- 6:30-7:30pm Youth Group
- 7:45-8:45pm Class Ring

January 24

- 6-6:30pm Dinner
- 6:30-7:30pm Help with Tweens or hang out in Youth Room



January 31

- 6:30-7:30pm Hang out in Youth Room
- 6–7:30pm Dinner



From the Welcome Desk

by Director of Welcoming and Hospitality Mary Giese



Hello Friends, I'm hoping you had the best Christmas possible with new memories made and special memories from the past celebrated too. As we move to a brand new year, I pray it will be a wonderful year of blessings for you and for our wonderful church. Imagine the possibilities as we focus on welcoming everyone: guests, regular

attendees, and longtime members. Remember, we are the church with a welcome for everybody, always.

Nancy and Jim Westman shared the following poem with us in the past, and it has words for all of us. It was taken from *Fresh Bread: and Other Gifts of Spiritual Nourishment. A Devotional*, by Joyce Rupp.

Welcoming a New Year

a new year stands on my doorstep ready to enter my life's journey.

something in me welcomes this visitor: the hope of bountiful blessings the joy of a new beginning the freshness of unclaimed surprises

something in me rebuffs this visitor: the swiftness of the coming the boldness of the entrance the challenge of a year's good-bye

something in me fears this visitor: the unnamed events of future days the wisdom needed to walk love well the demands of giving away and growing

a new year stands on my doorstep. with fragile caution I move to open the door for its entrance. my heart leaps with surprise, joy jumps in my eyes, for there beside this brand-new year stands my God with outstretched hand! He smiles and gently asks of me: can we walk this year together?

and I, so overwhelmed with goodness, can barely whisper my reply:

welcome in!

Help Wanted

First United Methodist Church seeks a talented, organized, part-time bookkeeper to provide accounting services to FUMC and its staff and volunteers in their ministries.

This position requires accurate accounting skills, organization, and ability to handle multiple funds.

Experience with Quickbooks, Microsoft Office Suite (Excel and Word), Google Drive, and email a must. Non-profit experience is a plus.

The applicant should be comfortable with accounts payable and accounts receivable, recording deposits, creating journal entries, preparing trial balances and financial statements (monthly, quarterly, and end of year), preparing payroll (taxes, insurance, reporting, pension, etc.), bank reconciliations, and entering budgets. They will need to have the ability to review our financial data for "red flags" and other discrepancies, and attend meetings with church administration as needed.

Please contact the church office at 218-727-5021 if you, or someone you know, is interested.



Strikepoint wishes to thank everyone who attended concerts, wished us well, donated to us, or supported us in so many other ways this year and over the past 40 years!

Sustainability and Light Bulbs

by Alex Flinner



Over the past few years, the church has been working to improve the lighting in our building. Some of the improvements have included the LED array for the Sanctuary's main fixture, LED fixtures for the parking lots, dim-to-warm bulbs in the Fireside Lounge, and brighter and higher quality lighting for the main entryway, Narthex, and more. As we have improved the various fixtures, existing LED bulbs are being swapped

into areas and fixtures where they will continue to work for many years to come. Many of the upgraded fixtures had CFL bulbs (the curly ones) prior to the LED swaps, and we are now seeing an increase in efficiency and better light output.

LED technology has come a long way in the last few years and is continuing to evolve and improve in quality of light and longevity. This progression opens more opportunities for us to make our lighting more efficient and effective while being cheaper to have on. Many of the recessed lighting fixtures around the church were designed to have 150w-300w incandescent bulbs. Most of these fixtures now have 100w or 150w equivalent LED bulbs, using 14w or 19w respectively. They will save us many kilowatts while keeping it cooler inside on hot summer days. These higher wattage equivalents didn't exist at reasonable prices or have good CRI until the last couple of years, and I am looking forward to see how future improvements can improve some of our more technically challenging lighting needs.

There are many more fixtures and areas around the building that are being eyed for improvement, including lighting in the Chapel and restoring lighting function within the Sanctuary. Presently the conversion of fluorescent tubes to LED tubes in the office, hallways, classrooms, and Lakeview Social Hall has come to the

Women's Retreat at Amnicon

You'll want to save the date for this year's Women's Retreat at beautiful Camp Amnicon—Saturday, March 9



All ages are welcome for a day of relaxation, fun, and learning about the Sacred Feminine. Spend a partial or full day—whatever works with your schedule. Breakfast, lunch, and dinner are

provided for those who sign up by March 1. Sign up sheets are available in the church office. More details will follow.

Camp Amnicon is a 40-minute drive from FUMC on the beautiful shores of Lake Superior, in Wisconsin.



forefront. These have been running 28w fluorescent tubes and will be converted to 18w LED tubes that will also be a bit brighter.

Some of these projects have been more visible than others, but all have an impact on sustainability, cost of running, and maintaining the building. Not only do these LED tubes save us money on electricity, they also have rated lifespans of 50,000 hours or greater (L70), decreasing the time spent replacing bulbs significantly. While these conversions are not always as cheap (\$4 an LED tube vs. \$.95 per fluorescent tube), the numbers quickly tell a different story when looking at the long term. While the LED tubes are only about 10w more efficient than the existing fluorescent, there are literally hundreds of them all over the church (at least 128 in just the fellowship hall); it all adds up quickly! In less than 3,000 hours of use, one LED tube saves enough in electricity cost to cover the additional bulb cost.

While they don't work for every application (don't put one in your oven), LEDs work well in most places and are allowing us to be better stewards of our resources while providing better quality illumination around our church.

The Lingo

KWh or Kilowatt hour = 1000w

CRI - Color Rendering Index (scale of 0-100. 90+ is best for lighting people, Halogen bulb=100)

LED - Light Emitting Diode

CFL - Compact Fluorescent (the spiral bulbs) **Dim to Warm** - LEDs that mimic incandescent

bulbs turning more amber as they dim **L70** - Rated time to 70% of original brightness

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FUMC's December Photo Album





































Justice Ministries

Submitted by Sarah Maddy

CHUM Delegate Assembly Fall 2023

Hosted by Gloria Dei Lutheran, a canned tomato Staple Congregation.



Staple Congregations collect one consistentlyneeded food item throughout the year. Gloria Dei's towering display of canned tomatoes made a bold statement in their sanctuary!

FUMC is asked to provide canned peaches each month in 2024.

CHUM's Golden Gala raised \$127,000. With 536 people in attendance, CHUM made 101 new friends! Congregations filled 31 of 46 tables and contributed 40% of table income.

Street Outreach continues to cover 26 miles. Gloves needed!

Stepping On Up applied for four grants totaling \$16 million. Fourteen partner organizations are working on all three phases of the five-year plan to increase supportive housing

Housing continues for 37 families with 71 kids at Steve O'Neil Apartments. St. Francis Apartments houses 32 seniors.

CHUM Shelter has more than 80 beds. Emergency Family Shelter has six units.

Warming Center drew 637 unique individuals last winter season. Fifty two people were there for opening night on November 1 this year.

Safe Bay served 188 unique individuals in the first season of this "safe place to park" program for people living in their vehicles, including 58 families and six minors. Housing was found for 19 people!

CHUM Sundays continues to celebrate CHUM's 50th anniversary, give thanks, and inform the community.

Chaplains provided by CHUM serve the Arrowhead Juvenile Center, St. Louis County Jail, and Northeast Regional Corrections Center.

Crisis in Homeless Population

The recurring cycle continues among the homeless, from shelter to emergency room, or detox to jail and

released back to shelter, when what they need is long-term housing with supportive services to offer healthcare.

76% experience mental health issues. 55% experience substance use issues. 30% experience both issues. 24% have no disability.

CHUM Legislative Priorities: housing, supportive staffing, mental health, and substance use disorders. CHUM works closely with other Minnesota organizations to advocate for legislation and funding.

- Joint Religious Legislative Coalition (JRLC) leads advocacy for dedicated funding for emergency and transitional housing, additional in-patient mental health and addiction treatment beds, and early intervention and permanent housing for individuals with severe mental illness. JRLC is also addressing gambling addiction, maternal mortality and morbidity, and debt collection as a cause of homelessness, specifically in the areas of Payday Loan interest rates and wage garnishment.
- Minnesota Coalition for the Homeless helps CHUM congregations advocate for Shelter Capital. Legislative outcomes: 2023 saw the most Minnesota has ever invested to end unsheltered homelessness. Shelter Capital received \$100 million in one-time funding. Starting in 2029 the Emergency Services Program will have a \$73.68 million two-year budget. Policy change ensures people with unearned income (SSI, veterans' benefits, etc.) only pay 30% of their income for rent.

Delegate assemblies are a gathering of amazing CHUM supporters from our member congregations and other supporters around the community. It is a great chance to connect with other people who care about CHUM as much as you do and to learn more about what they are doing as an organization!

Please remember CHUM in your prayers at this critical time as they continue the work of ending homelessness in Duluth. Pray for those persons living homeless and for all staff, congregations, policy makers, and organizations as they strive together for a more just and compassionate community.

Your FUMC CHUM delegates are Tim Zager, tdzager@gmail.com and Sarah Maddy, shmaddy@outlook.com.



First United Methodist Church

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Sound Technician - Tommy Kishida

Nursery Coordinator - Nyah Ratcliff

Children's & Family Ministry InternsGrace Abbott and Kiki Langdon-Larson

Custodians - Chris Robinson and Kevin Simich

Kitchen Organizer - Caryl Langli