

First United Methodist Church

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



Our First Family

A gift to light the church for the week of March 17 was made by MaryAnne and Charley Korsch in honor of what would have been Barbara and Dick Carlson's 70th wedding anniversary on March 20. The gift will also benefit the Memorial Gardens.

Congratulations to Caroline Latto!

Caroline was Choice Unlimited's employee of the month for February. Caroline has been working at FUMC since August 2012. Her main tasks include cleaning and dusting the Narthex, Atrium, and Fireside Lounge, as well as a variety of other small cleaning jobs around the building.

Many thanks to all who offered prayers when I was stricken with the flu. Prayers of the heart are gifts beyond measure.

~ Pamela Brown



On the Journey With You



You have probably heard that our Minnesota Annual Conference of the United Methodist Church, our Staff Parish Relations Committee (SPRC), and Church Council have all approved, encouraged, and affirmed me taking a renewal leave. This provides an opportunity for a time away from regular ministry in order to revive and renew for the next season of ministry. Clergy are encouraged to take a renewal leave every 4-6

years. I haven't taken one for 20 years, so I am looking forward to this. I will be on leave May 20 through August 19. During my time away, our own beloved Rev. MaryAnne Korsch will be the pastor in charge. Former intern Lydia Kantonen will also be on staff for part of the summer. Everything should continue as usual, just without me being present.

Your church leadership and I applied for a Lilly Clergy Renewal Grant from the Lilly Foundation, and we received it. Funds they are providing will cover much of Rev. MaryAnne's compensation, travel funds for me and my family, and a congregational special activity. My leave will involve uninterrupted time with family, unstructured time, and renewal by water. It includes two trips for which the Lilly grant is contributing significant funding. The first trip is during the leave: from July 31 through August 10, Larry, the girls and I will be taking a cruise to Alaska. Then in the fall of 2025, Larry and I will take a three-week trip, likely to the Panama Canal and New Orleans.

I am so thankful to be able to have extended time with my parents, both enjoying and helping them. Larry, Jamie, Nicole, and I need time to bond and grow as a family. My soul needs a break from the seven-day-a-week pattern of ministry. I plan to do a lot of reading, walking, hiking, boating, swimming, and being as unscheduled as possible. Our Jamie will graduate in June, and I am looking forward to fully being a part of her graduation and open houses. This

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

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

Next First Family deadline: **April 17**Submit to *connect@fumcduluth.com*



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renewal leave offers a time of rest and creates a unique opportunity to enjoy other areas of life in order to help me be the best possible pastor to you and the congregation in the coming years. Thank you for providing me this opportunity. It is making my heart sing!

You will also be reflecting on renewal during my time away. Congregation members will be involved in remembering your own baptism and how being incorporated into the family of God through water brings you immeasurable gifts. We will encourage everyone to reflect on their own baptismal blessings, using Scripture, story, music, and sermons. We will develop a shared prayer for congregational renewal. We will end the summer together with an outdoor worship service in our parking lot, overlooking beautiful Lake Superior, on Sunday, August 25 at 10am. Please plan on attending this time together.

I hope you continually find ways to renew your soul. Renewal is something all of us need on a regular basis. Isaiah 40:31 says, "But they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint." May all of us find ways to renew our strength and rely on God.

Please let me or Rev. MaryAnne know if you have any questions. Also feel free to talk with Aaron Boyson, SPRC chair; Scott Hedlund, or Ron Berkeland, Council chairs; or Jim Wheeler or Cindy Hedlund, lay leaders. We are here with you and for you!

On the journey with you, ~Pastor Jeanine

Sunday Worship in April

April 7: We will celebrate Holy Communion. We will start a sermon series on Courage. The focus this week will be "The Courage of Clarity."

April 14: We will continue our sermon series on Courage. The focus this week will be "The Courage of Conviction."

April 21: We will continue our sermon series on Courage. The focus this week will be "The Courage of Candor."

April 28: Caring for Creation Sunday

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.

Faith Forum in April and May

Our Faith Forum series continues on Sundays in April and May from 9–9:45am in the Fireside Lounge.

April 7: Tom Wiig and Tim Zager: installing solar panels in their homes.



April 14: Carla Powers, director of the Duluth Public Library, on challenges public libraries are facing.

April 21: Rachelle Jenson from the Teen Council discussing sex education for adolescents.

April 28: Civil Political Discussions—Seriously? Led by John Wolforth from the local chapter of Braver Angels.

May 5: Pastor Jeanine and MaryAnne Korsch update us on the latest from Annual Conference.

May 12: David Peterson discusses his African safari photos on display in the Fireside Lounge—and maybe his circuitous journey to FUMC.

May 19: Dan Schutte from Shore View Natives: Replace lawns with native plants.

From Our Faith Community Nurse



Mental Health First Aid and the Community Crisis Response Team

One in eight people can develop a mental health problem. This means that many of us know a friend or family member who is experiencing a mental health problem.

Learning mental health first aid provides a way for you to help a person who may be having increased anxiety, depression, suicidal thoughts, panic attacks, or opioid problem behaviors. You can learn signs and symptoms of a mental health problem or a worsening situation, and provide initial support. There are also other services such as interventions and community support services to be aware of. This training is for community members as well as health professionals. The core aspect of this training is being fully present and listening, which incorporates body language, tone of voice, and letting the person talk.

The Mental Health First Aid Action Plan follows these steps:

- · Assess for risk of suicide or harm
- Listen nonjudgmentally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support.

If you feel unsure if a person is suicidal, the best approach is to be direct and ask. You cannot make a person suicidal by asking. You could prevent the act and may have opened the door of relief. The person may feel that feelings can now be expressed. But if the person is experiencing a lot of distress, acting out, or beginning to be aggressive, you must get help immediately. **Call 988 or text** "741741" and you will be put in touch with the Crisis Response Team, which is available 24/7. A mental health first responder from the Human Development Center (HDC) should respond within a few minutes. If the person has a weapon or is threatening others, call 911 for police assistance.

I passed a lady sitting on the side of the road on Skyline Parkway weaving back and forth with her head down. Two police officers were called by someone, and they were standing over her. This type of intervention would probably have been better suited to have a First Responder be with her—much less intimidating and fearful.

The Crisis Team member would intervene, stabilize, and connect the person to community services. A new program to begin this July by the HDC is a triage program. The person will be taken to the HDC and be assessed to see if it is necessary that they be transported to the Emergency Department (ED). The response team member will

stay with the person at the ED should that be necessary. If hospitalization is not required, the person will receive support at HDC via a case manager, medical personnel, and a dental professional. If detox is required, the person will then be transported to detox.

The crisis members also do street outreach and supply individuals with contacts, should a person want it. They also do welfare checks. They will respond up to 30 miles from Duluth.

We hear about many teens that are having difficulties after the pandemic, many with depression, anxiety, and thoughts of suicide. I heard a podcast a week ago called Conversations with Sydney. It's a dad and his teen talking openly about suicide. There are three episodes, about 10 minutes each. It's a podcast supported by the Pulitzer Center on Crisis Reporting and a Rosalyn Carter Fellowship for Mental Health Reporting. Click **NPR.ora** to go directly to the podcast or go to NPR.org and search for "Conversations with Sydney."

Don't discourage talking about negative feelings. Be direct when you feel something seems different about your teen. And have conversations about mental health —not just once, but consistently.

I hope this information is helpful. There are online mental first aid programs, or you could contact National Association of Mental Illness at namiduluth@gmail.com for further information.

Blessings to you all, and may we continually thank God for the sacrifice of Jesus to show us the path of service and commitment to give of ourselves in helping others.

~Linda Wiig

From the Welcome Desk

by Mary Giese, Director of Welcoming and Hospitality



Hello everyone;

I recently found a copy of *First Family* from August 1991 and remembered at the time that I shared "THINK ABOUT IT" with our managers and salesforce.

Here at FUMC I believe we all are part of the "salesforce" when it comes to welcoming guests and members. Plus, it is

just great advice for daily living, too.

THINK ABOUT IT 10 COMMANDMENTS FOR LIVING WITH PEOPLE

- 1. Speak to people—nothing is as nice as a cheerful greeting.
- 2. Smile at people—it takes 72 muscles to frown, 14 to smile.
- 3. Call people by name—the nicest sound is one's own name.
- 4. Be friendly and helpful—if you want friends, be a friend.
- 5. Be cordial—speak and act to prove everything you do is a genuine pleasure.
- 6. Be genuinely interested in people.
- 7. Be generous with praise. Be courteous with criticism.
- 8. Be considerate with others. There are often three sides to a controversy—yours, the other, and the right side.
- 9. Be alert to give help. What we do for another person's life is immortal.
- 10. Add to all of this a good sense of humor, loads of patience, a dash of humility and you will be rewarded manyfold—and so will others.

As you can see from the picture, our First Family newsletter has

evolved, thanks to our editor, Bill Alexander. Next time you see him, share a thank you—maybe an article for the next edition!

Please sign up for Sunday morning opportunities, greeters, welcome and information table, and hosting coffee time.

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



Welcome Back, Lydia Kantonen

Lydia Kantonen, former intern and now finishing up her first year as a science teacher, will be with us on staff full time at the start of summer through July 7. She will be the main lead of the youth mission trip, working with Adam Collins and Jenn Moses, and will co-lead Day Camp with Larry Ehresman. She will also participate with Rev. MaryAnne in many aspects of pastoral ministry. This will be a great blessing to our congregation. Lydia will be getting married in our sanctuary on July 20.

Graduate Sunday

Please mark your calendars for Sunday, May 19, when we will celebrate all of our graduates. Let Pastor Jeanine or the church office know if you or a family member will be graduating from high school, college, or beyond. Also inform us of where you are graduating from as well as your future plans.



Words of Thanks

Thank you for the beautiful plant and chocolates on my 101st birthday.

Love you all,

~Millie Nimmo

Dear friends in mission; Thank you! Through your financial support, the dear people you helped with your gifts to UMCOR (United Methodist Committee on Relief) are being offered a vital network of interactive relationships around the world. Grace and peace.

~Roland Fernandes, General Secretary of UMCOR/ Global Ministries of the UMC

Thank you First United Methodist Church for your monthly donation to CHUM's chaplaincy program and for the general fund. CHUM started in 1973 with the purpose of overcoming the increase of hunger, poverty, homelessness, and isolation in Duluth's Central Hillside neighborhood. Fifty years later we are still here providing life-saving services to our most vulnerable neighbors. The needs are great and growing, and our services are expanding to meet those needs.

Thank you for being part of our community. ~Grace Swensen, CHUM Development Director

Dear Pastor Jeanine; Thank you for First United Methodist Church's recent contributions of roast beef, gravy, and corn for meals at the warming center and for 311 pounds of food for the CHUM Food Shelf. CHUM is proud to be a diverse community that celebrates together, welcomes all comers, stands in solidarity with our neighbors, demonstrates generosity, practices fellowship, and spreads love in the world. Thank you for being part of that community.

Sincerely.

~Grace Swensen, CHUM Development Director

Pastor Alexander and Congregation, when you gave to Second Harvest Northland, you did much more than provide fresh and healthy food to neighbors facing hunger. You gave a mother the chance to take a breath and cook her children a good meal. You gave a grandmother a chance to share an old family recipe. And you gave a family a much needed moment of peace around the dinner table. At the heart of all these moments was love love that you passed on through your generosity.

Thank you for all you do. Sincerely,

~Shave Moris, president/CEO

Dear First United Methodist Church; Thank you for your recent donation to the Union Gospel Mission. 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. Because shelter fills a need, and food fills stomachs - but hope fills the soul. Thank you for making a difference in the Northland!

~Katie Hagglund, Executive Director

Thank you for your donation to orphanages in Ukraine through **Chance4Kids**. Your funds will specifically be used for an orphanage that does not get much funding. We will keep you updated on what is happening and tag your congregation on Facebook posts.

~Bogdana Krivogorsky

The Rhubarb Countdown Has Begun!

The CHUM Rhubarb Festival is Saturday, June 29 at the Holy Rosary parking lot.

Ways you can help:

• Watch your rhubarb patch and let us know if you

can donate rhubarb in June • Mondays in June – help prep rhubarb and

strawberries in the church kitchen

- Tuesdays in June join us in the church kitchen to make pies and jam
- Rhubarb Week is June 24–28, with a big push to make and bake pies, crisps, and other goodies and to box and transport pies.

So, save the dates! Check your calendars for volunteering in June. Please email anitazager@gmail.com to volunteer. Our project leaders are Pamela Brown, Linda Harper, Debbi King, Paul Sapyta, and Anita Zager.



Ardath Gibson Scholarship Coming Soon

The Ardath Gibson Scholarship Selection Committee is inviting all eligible students to plan ahead. To be eligible to apply for the Ardath Gibson Scholarship, one must be a member of First United Methodist Church or have a family member in the church membership. The applicant must be pursuing, at the undergraduate or graduate level, a degree in health care, the physical sciences, or business. The Ardath Gibson Memorial Scholarship Selection Committee will have discretion in determining if the applicant's studies meet these criteria. To apply, one must have a GPA of 3.0 or above.

The application and selection process occurs in July and August. As part of the application process, the applicant will be required to submit two letters of recommendation from adults (not family members) who know the applicant well. If an applicant chooses to ask a teacher, professor, or counselor for a recommendation, ask now rather than during the summer months.

The First United Methodist Church's Memorial Funds Committee, which oversees the Ardath Gibson Scholarship Fund, encourages all individuals who meet the criteria to apply.

There will be a formal announcement in the First Family Newsletter detailing the criteria, the application process, and the award date. Stay tuned.

Welcoming New Members

We are excited to introduce FUMC's newest members



Miala, Brad, Oliver, and Viola Hammond

The Hammonds are joining our church because the family loves our mission statement and are so grateful to have found such an amazing place to baptize their children and worship. Miala is a massage therapist. She enjoys the outdoors, camping and golfing. Brad is a F-16 crew chief, private business and investment consultant, and entrepreneur. He enjoys the outdoors, glamping, golfing, smoking meat, playing guitar, and gardening with the family. Aside from finding a place for their children to be baptized, "we found

a welcoming church community that has helped us prioritize our faith." Oliver (age 3) enjoys helping with the family garden. He likes to spin around, fish, and bowl. Viola (almost 2) enjoys helping with the garden and likes to dance and spin around.



Kelsey, Isaac, Adelicia, and Gabriel Hanson

Kelsey works as a scientific writer, likes knitting, and recently joined the Sanctuary Choir. She wanted to join this church because everyone is welcome. Isaac works at Essentia, likes cooking and gardening, and enjoys winter. He wanted to join this church because it serves the local community. Adelicia (age 4) loves singing and dancing, and leads worship services in her living

room. Gabriel (age 2) likes singing with Jam Jr, enjoys books and story time, and will climb anything.



Wendy Kidd

Wendy moved to Cloquet four years ago to be close to her grandchildren, but her husband is still working in western Minnesota. She was on the ski patrol for 35 years but now just loves to ski. She is a retired nurse, loves to read and garden, and sings in the Sanctuary Choir.

Children and Youth News for April

Nursery-5th grade

Sunday School – held at 10am on Sundays, April, 7, 14, 21, and 28

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

Nursery Care for five-year-olds and younger from 8:30am to the end of worship

Wednesday Schedule

April 3

- Nursery care available 5-7pm
- 5-5:30pm Jam Jr. Music (nursery–2nd grade) in the Chapel, includes Bible lesson
- 5-5:40pm Ringtones 3rd-5th grade 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
- 6-6:30pm Dinner (mac & cheese/chicken nuggets)

April 10

- Nursery care available 5-8pm
- 5-5:30pm Jam Jr. Music (nursery–2nd grade) in the Chapel, includes Bible lesson
- 5-5:40pm Ringtones 3rd -5th grade 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
- 6-6:30pm Dinner
- 6:30pm Tweens 3rd-5th grade

April 17

No Wednesday Activities - Spring Break

April 24

- Nursery care available 5-8pm
- 5-5:30pm Jam Jr. Music (nursery–2nd grade) in page 8

the Chapel, includes Bible lesson

- 5-5:40pm Ringtones 3rd -5th grade 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
- 6-6:30pm Dinner
- 6:30-7:30pm Tweens 3rd–5th grade

A Look Ahead at Summer (Save the Dates)

- Day Camp dates for students finishing K-5th grade: July 1-3 from 9am-4pm. (Let us know if you need before or after care.)
- **Preschool Learning and Play Day:** Wednesday, June 26, 9am–noon
- Family Night Out: July 29, 5:30-7pm

Youth - Grades 6-12

Wednesday Schedule

April 3

- Nursery care available 5-7pm
- 6-6:30pm Dinner (picnic food)
- 6:30-7:30pm Confirmation Class. Youth who are not in Confirmation may hang out in the Youth Room.
- 7:45-8:45pm Class Ring Bell Room

April 10

- Nursery care available 5-7pm
- 6-6:30pm Dinner
- 6:30-7:30pm Youth Group
- 7:45-8:45pm Class Ring Bell Room

April 17

No Wednesday Activities - Spring Break

April 24

• Nursery care available 5-7pm

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

Mission Trip Fundraiser

(food at the Fiber Arts sale)

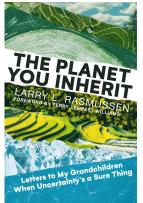
All youth and adult participants are asked to help on one day. All youth are invited to help, whether going on the trip or not. Friday, April 26, from 1–3:30

Saturday, April 27, from 7am-3pm (Shift one: 7-11am; shift two: 11am-3pm)

A Look Ahead at Summer (Save the Dates)

- Mission Trip June 17–19 (for students completing grades 6–12).
- Helping with Day Camp July 1–3, 9am–4pm Text with any questions: Pastor Jeanine 763-443-0570 Larry Ehresman 218-260-9577

Eco Faith Summit



The Eco Faith Summit will take place on April 6 from 9am–4pm at First Lutheran Church in Duluth. Author Larry Rasmussen will be speaking. He wrote *The Planet You Inherit:* Letters to My Grandchildren and is a renowned Christian

environmental ethicist.

The theme of the day is "Cross Currents in the Flood: Building Arcs Together for a Livable Planet." For additional Information and registration go to:

nemnsynod.org/2024/01/22/ecofaithsummit-2024

Let's Brighten up the Coppertop!

Let's Brighten up the Coppertop is a joint project of FUMC Trustees and Sustainability Team

What do we want to do?

• Replace all (620) old fluorescent bulbs with brand new LED bulbs.

Why do it?

- Our faith calls us to be good stewards of God's earth.
- The old bulbs are inefficient and many are burned out.
- The new LEDs are highly efficient, reducing our carbon footprint, while saving the church money.
- We'll reduce our general lighting electric carbon footprint by about half.
- We will eliminate mercury in the fluorescent bulbs and PCBs in the ballasts, and safely dispose of them at WLSSD.
- \bullet We recover the cost in 3-5 years after the installation is complete. In 21 years, we'll save the church almost \$100,000!

How much will it cost?

- Supplies cost about \$6,000.
- Hiring an electrician will cost about \$10,000 more. Volunteer grunt work will reduce this cost.

How can you help?

- Donate money. For about \$50, you can buy an updated light fixture.
- Volunteer! We're hoping to gather a small work party to help the electrician by moving ladders, setting stuff up, removing old bulbs, and cleaning the covers.

What's next?

- Watch for Pastor Jeanine's Easter sermon on the topic on our **YouTube channel**
- Members of the Sustainability Committee and the Trustees will be in the Narthex before and after church on Sundays leading up to Earth Day so you can pledge your support for this valuable project!



Trustees Tidbits

by Sue Marquardt

What do the Trustees do? Your Trustees are a team of people who use their time and talents to care for the church property, building, and equipment to further the mission of the church. With a building of our size and age, there are always more needs and projects than available funds. Plans for this year include re-caulking the Sanctuary windows to hopefully eliminate leaks, replacing the door on the lower east side of the building, inspecting every door closer to extend door life, removing the kitchen area in the Hillside Room, replacing guard rails in the parking lot, continuing updates on the ventilation system, rekeying some interior doors, installing water fountains with bottle fillers, and the interior LED lighting project.

The Trustees' budget is divided into two main categories: **Repairs and Maintenance** and **Building Improvements.** Regular expenses, however, are also part of our budget. Regular expenses include utilities (electricity, natural gas, water, sewer, garbage, phone, and internet), insurance, licenses and permits, service contracts (for our boiler, photocopier, phone system, and security system/cameras), snow removal and salting, and janitorial and maintenance supplies.

Recent repair and maintenance work has included fixing multiple roof leaks, completing plumbing, electrical and boiler work, replacing the dishwasher, repairing the kitchen stove and oven, tree removal, and improving the ventilation system. Filling cracks and re-sealing the parking lot are also parts of ongoing maintenance.

There are many items that pertain to building improvements: interior wall patching and painting, floor refinishing and replacement, ceiling replacement, asbestos abatement, carpet installation, tuck pointing, door and window replacement, the new wheelchair lift, and upgrades to the elevator, lighting, and sound system. If you have questions about any of the Trustees' projects, please feel to ask Sue Marquardt, Daryl Harper, Rick Egge, Charley Korsch, Greg Leiviska, Dave Johnson, Tom Brown, Jeanne Carroll, Karen Alseth, Bob Krumwiede, Richard Gurske, or Marlene Berntson.

Strikepoint to Represent the United States



Our touring handbell ensemble, Strikepoint, has received word that they will be representing the United States at the International Charity Concert, a special event of the International Handbell Symposium in

Hamamatsu, Japan in August. This special concert is open to the public and is made up of just one representative handbell group from each of the eight world's national handbell organizations.

Mission Trip to Minneapolis June 17–19



This Mission trip is for Youth entering 7th grade and up and their friends.

The cost is \$75 and there will be the opportunity to participate in a fundraiser and sponsorship. Sign up at church by April 21 or talk with Pastor Jeanine - There is a \$25 non-refundable deposit to register.

A church member is donating \$100 per student, which is why the cost is low. Each student will need to get at least one \$25 sponsorship.

Scholarships/earning opportunities available.

What will we be doing?

- A variety of mission projects
- We will play together (swimming, picnics, games, movies, parks, and more)
- Faith growth, group fun

Whv?

- Serve others, make the world a better place
- Grow in your faith walk, gaining confidence and a sense of Godly esteem
- Deepen friendships and make new friends

Other Stuff

- Fundraisers: Food sales on April 26 and 27; and selling sponsorships on Sundays in May
- Preparation event: Group building orientation activity (TBD)
- Transportation: Vans



9am-4pm

(let us know if you need daycare before or after)

Day Camp is for children who are finishing K-5th grades, friends, and youth counselors.

There will be music, stories, science, and games in the morning, and swimming, outings, parks, boating, and serving in the afternoon.

Cost: \$30

Sign up at Church by April 21 or talk with Larry or Pastor Jeanine. There is a \$10 non-refundable deposit to register.

Why Day Camp? To grow in your faith walk, to gain confidence and a sense of Godly esteem, and to deepen friendships, make new friends, and learn and play.



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Custodians – Chris Robinson and Kevin Simich