

MARCH 2025

First Family

Volume 59, Number 2

FIRST UNITED METHODIST CHURCH

230 E. SKYLINE PARKWAY

DULUTH, MN 55811

WWW.FUMCDULUTH.COM

Pastor's Column

We are currently in the midst of a 5-week sermon series called, "Looking At the Prodigal." We have been looking at 3 parables Jesus told in Luke 15. We learned the word "**prodigal**" doesn't necessarily mean wayward or troublesome. It's an adjective that means **recklessly extravagant – spending until you have nothing left**. These parables describe the prodigal nature of God - the lavish, extravagant love of God for us, a love that would spend all it has, to seek and save us. We've reflected on how Augustine defined sin as **disordered love**. We looked at how humans have the tendency to love, rest our hearts in, and look to **things**, to give us the joy and meaning that only God can give.

We've been looking at how we all, in some ways, are spiritually lost. **What can we do about this condition of being lost?**

- **Can we gather our courage and really examine our own lives?** And see where we are lost in our own sense of the way we think things and people should be?
- **Can we recognize that we don't have to earn God's love ...** it is always there for us. And recognize also, that God's love is equally there for all people?
- **Can we stop competing with others** and instead celebrate blessings and accomplishments in the lives of others?
- **Can we be freed to allow other people to understand God and live their life** differently from us – and offer a hand of respect, care, help and love to them?
- **Can we come to the banquet ourselves** knowing God loves us with an everlasting love – no matter what ... and find joy in the knowledge that God loves and accepts other people just as deeply – no matter what!
- **Can this church be a banquet table where everyone is invited** – elder and younger types alike? Can this place be so appealing, so compelling, because it is a place where all are celebrated and wanted and seen as beloved? Can this place be so incredibly Spirit-filled: **Because it is a place for all. No exceptions?**

The truth is we are all lost. But being lost is not all bad. Being lost can bring us to a new place if we are willing to admit we are lost and reach out for help and healing ... hope and direction. Will we choose the way of the Father in our story ... choose the way of extravagant love ... choose the way of acceptance ... choose the way of grace?

The older brother is standing outside of the banquet hall. The father is inviting him in. **What will he choose? What will we choose?**

On the journey with you! Pastor Jeanine



FIRST FAMILY

First United Methodist Church
230 E. Skyline Parkway, Duluth, MN 55811
218-727-5021, info@fumcduluth.com
Pastor: Jeanine Alexander
Interim Editor: Greg Leiviska
Next First Family deadline: March 19
Submit to welcome@fumcduluth.com
www.fumcduluth.com

Children & Youth

CHILDREN in March, 2025

(Nursery – 5th grade)

SUNDAY SCHOOL @ 10am: Sundays, March 2, 9, 16 & 23

- March 2nd is Pajama & Movie Day
- NURSERY CARE on Sundays (5 years and under) 8:30am-end of worship
- SPRING BREAK – No Sunday School March 30 (nursery available)

Wednesday, March 5 - ASH WEDNESDAY

- 5-5:30pm – Jam Jr. Music: nursery - 2nd grade in the chapel, including Bible learning
- 5:40-6:05pm - JAM Music: 3rd-5th graders singing/drumming
- 5:30-6:00pm – Supervised play time for 2nd grade and under
- Dinner at 6:00-6:40pm (Ash Wednesday soup & bread)
- Nursery care available 5:00-8:00pm
- 7pm – Ash Wednesday service in sanctuary
 - During the Ash Wednesday service kids 2nd grade and under will have a special activity

Friday, March 7 @ 7pm --- Silent Movie at Church

Awesome event for everyone (kids and families) reception to follow

Wednesday, March 12

- 5-5:30pm – Jam Jr. Music: nursery - 2nd grade in the chapel, including Bible learning
- 5:40-6:05pm - JAM Music: 3rd-5th graders singing/drumming
- 5:30-6:00pm – Supervised play time for 2nd grade and under
- Dinner at 6:00-6:30pm
- 6:45pm – Tweens – 3rd -5th grades (Earth focus)
- Nursery care available 5:00-8:00pm

Wednesday, March 19

- 5-5:30pm – Jam Jr. Music: nursery - 2nd grade in the chapel, including Bible learning
- 5:40-6:05pm - JAM Music: 3rd-5th graders singing/drumming
- 5:30-6:00pm – Supervised play time for 2nd grade and under
- Dinner at 6:00-6:30pm
- Nursery care available 5:00-8:00pm

Wednesday, March 26 - No Wednesday Activities/Spring Break

YOUTH

(Grades 6-12)

Wednesday, March 5 - ASH WEDNESDAY

- Dinner at 6:00-6:40pm (Ash Wednesday soup & bread supper)
- 6:30-8:00pm – CONFIRMATION CLASS prepares for and helps with Ash Wednesday service
- 7pm – Ash Wednesday service in sanctuary for everyone

Friday, March 7 @ 7pm - Silent Movie at Church

Youth Only – Pizza & Games 6:00-7:00pm (free food, prizes, fun)

Wednesday, March 12

- Confirmation 6:45pm (Earth Focus & Kindness Project)
- Youth Group 6:45pm (Earth Focus)
- Come anytime 6:00-6:30pm for supper
- 7:45-8:45 -- Youth Bells/Class Ring

Wednesday, March 19

- Come anytime 6:00-6:30pm for supper
- Youth Group 6:45pm
- 7:45-8:45pm -- Youth Bells/Class Ring

Wednesday, March 26 - No Wednesday Activities/Spring Break

Text Pastor Jeanine with any questions 763-443-0570

Friends always welcome



ARDATH GIBSON SCHOLARSHIP

On Sunday, December 29, the Ardath Gibson Scholarship was awarded to Rhonda Montavon.

The Ardath Gibson Scholarship Selection Committee found that Rhonda exceeded the criteria established by the Gibson family. All the candidates had impressive applications and are encouraged to apply next year.

The Memorial Funds Committee would like to thank the Ardath Gibson Scholarship Selection Committee comprised of Allen Anway, Carrie Moe, Rebecca Peterson, and Teri Tangen, and led by Chair Keith Ball for their commitment of time.

CHUM ART SUPPLY DRIVE

Support creative activities at St. Francis Apartments!

Donations of all kinds and sizes are welcome, as long as they are reasonably sized. Supplies will be used for guided activities led by volunteers, offering our residents a chance to express themselves and engage in meaningful projects.

Drop off supplies at the St. Francis Apartments main office (131 W 2nd St, Duluth, MN 55802) Monday - Friday 9:00 AM - 4:00 PM

COMMUNION SUNDAYS = BRING FOOD FOR THE FOOD SHELF

Every communion Sunday (typically the first Sunday of the month) we are asking you to bring a donation of food (or 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" in the check memo or envelope and make checks out to FUMC. Thank you for loving our neighbors in need.

REFRESH OUR SPACE, RENEW YOUR FAITH!

We're looking for enthusiastic volunteers to help us bring new life to our space with a fresh coat of paint! Whether you're an experienced painter or just eager to lend a hand, your help will make a big difference (including saving over \$20,000 that the Trustees can use for other projects).

We're planning on hosting a few Painting Weekends in April and May - with removing furniture, cleaning, and taping on Friday nights and painting on Saturdays. On Sundays, we'll remove tape and replace furniture. The main focus will be the East Lounge, Teen and Tween Rooms, East Hallway, and the Lakeview Social Hall.

This will be a great opportunity to meet new people, have fun, and contribute to a meaningful project. We'll provide all the supplies - just bring your energy and a willingness to get a little messy! (Though we are in need of some safe and sturdy ladders). More details coming soon!

We are in need of someone to coordinate volunteers for this event. If you're interested, please get in contact Sandy Smith (admin@fumcduluth.com) or Sue Marquardt (trustee@fumcduluth.com) as soon as possible.

Conversation with church friends: A group is meeting over Zoom every second and fourth Tuesday at 10am to catch up with each other and talk about what comes up that day. If you're interested in joining the group, contact Pamela Brown at pamela.brown@reliabilitysolutions.us

Thank you to Marla Preston Yoho for finding the chairs for a conference table needed by Habitat for Humanity.

Thank you for reading!



Safety Last

A Silent Film

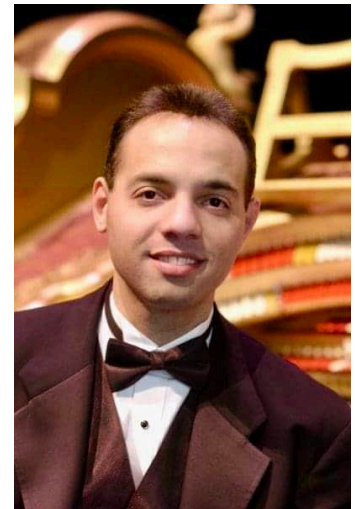
Friday, March 7 • 7:00 PM

Featuring renowned theater organist

Jelani Eddington

on the newly renovated Austin pipe organ

\$20 suggested donation



Mondays 5:30 PM w/ Carla from March 3 - April 14. Link to register:
[https://clients.mindbodyonline.com/classic/ws?
studioid=5739129&stype=-7&sTG=31&sView=day&sLoc=0&date=03/03/25](https://clients.mindbodyonline.com/classic/ws?studioid=5739129&stype=-7&sTG=31&sView=day&sLoc=0&date=03/03/25)

MUSIC NOTES

WELCOME BACK, Beth, and THANK YOU, Christine!

- **Congratulations** to Beth Brophy, our Children's Music Director, who had a baby, Talfryn Brophy, in January. She returns from her maternity leave on Wednesday, Feb. 26. Many thanks to Christine Winkler Johnson who led JAM rehearsals during Beth's leave.
- **JAM PARENTS:** Mark your calendars now. JAM and JAM Junior sing during the Sunday service on March 2nd. More detailed information will be coming from Beth soon.
- **RINGTONES** (the handbell choir for 3rd-5th graders) will be starting rehearsals again on Wednesday, Feb. 26 under Christine Winkler Johnson's leadership.

Christine Winkler Johnson is our interim handbell director

Christine will be leading Cast in Bronze, Class Ring and Ringtones through the end of our music season, about mid-May of this year. We thank Christine for her willingness to help during this time after the death of our beloved handbell director and friend, Bill Alexander.

Here is some biographical information from Christine:

A few years ago, I met Bill Alexander and began playing as a sub for Cast in Bronze and Strikepoint. I then joined Cast in Bronze for two years and am currently in my third year as a member of Strikepoint. I am honored to be a part of the incredible ministry of music at FUMC. My educational background includes a Bachelor of Music degree from the University of NE – Lincoln and a Master's degree in Music from the University of MN – Twin Cities. I have worked as a theater professional in Lanesboro, the Twin Cities and Duluth. I have two teenage children and a full-time job as an administrative assistant for the TRIO pre-college programs housed at the College of St. Scholastica.

Music for Children and Youth

We have some wonderful music opportunities for children and youth at the Coppertop. Please know your children can be a part of these groups at any time.

Beth Brophy leads two children's music groups on Wednesdays in the Chapel. JAM Junior (music group for 2nd grade & younger) meets from 5:00-5:30 and JAM and the Peanut Butter Band (singing/drumming group for 3rd-5th graders) meets from 5:40-6:05 in the Chapel.

Christine Winkler Johnson leads our handbell ensembles for children and youth on Wednesdays in the Bell Room.

Ringtones (3rd-5th graders) meets on Wednesdays from 5:00-5:40 and Class Ring (high schoolers) meets from 7:45-8:45.

Questions?

Contact Beth at

musickids@fumcduluth.com or Christine at christinewinklerjohnson@gmail.com

Sound Technician Position Available

Our current sound technician, Tommy Kishida, will be leaving his position next month. Tommy has worked at First UMC since 2021 and has become a valuable member of our Tech Team. We will miss him greatly! If you or someone you know might be interested in this position, please contact Alex Flinner, our Technical Coordinator, at tech@fumcduluth.com. Duties include setting up sound equipment and operating the sound board for Sunday morning worship services and Wednesday evening worship band rehearsals. Candidates with prior sound mixing experience are preferred, but we are willing to train promising candidates with no formal experience mixing sound. Please note that days off can be arranged as needed.

March Food Share 2025

Chum Food Shelf aims to raise \$80,000 and 40,000 pounds of food this year. These donations are crucial in continuing to support families and individuals. Bring gifts of food to church or write a check to First UMC noting "Food Shelf" on the memo line. Donations can also be made online at: <https://onrealm.org/FirstUMCMN/-/form/give/now>

Suggestions:

Canned Fruits and Vegetables.
Canned Soups (not Creamed)
Canned Pasta
Pasta and Pasta Sauce
White or Brown Rice
Macaroni and Cheese
Canned Tuna
Canned Chicken
Juice
Cereal
Peanut Butter

Chum Homeless Day On The Hill - Wednesday, March 12

Advocacy is a crucial tool in supporting our brothers and sisters experiencing homelessness. Join us March 12 for Minnesota Homeless Day on the Hill, where we'll head to the State Capitol to advocate for critical shelter and housing funding, as well as the support needed to address mental illness and addiction. This is a powerful opportunity to make your voice heard and push for real solutions to homelessness in Duluth. Shelter saves lives. Housing ends homelessness. Chum, in partnership with Stepping On Up, is organizing this trip, and we need your support! The coach bus departs at 6:00 am from First United Methodist Church, Coppertop.

Sign up here:

<https://www.tfaforms.com/5164424>

Chum Mission Advancement Department is currently looking for people who are able to help with data entry and administrative duties. We would love to show you how! If you are able to help, contact Bud Trnka, btrnka@chumduluth.org

WORSHIP IN MARCH

Worship Sunday live at 10am in our Sanctuary ... OR online on YouTube at 10am ...OR anytime afterward on YouTube. If you have missed past worship you can see them all at <https://www.youtube.com/channel/UCA47ISATrUsyV7xJ8b4cWww> or simply by going to YouTube and searching: first united methodist church duluth mn

The sermon series for Lent, called, "Wandering Heart," will focus on the story of Peter and his interactions with Jesus. We will see how Peter's story and ours weave together. We will also be using the song, "Come Thou Fount of Every Blessing" as the theme song to help us reflect on our learnings.

March 2: Holy Communion & we will finish our sermon series on "Looking At The Prodigal" with a special message and expressions of hope, inspiration, healing and welcome.

March 5: ASH WEDNESDAY (Soup supper 6pm... 7pm in the Sanctuary ... Livestream at 7pm on YouTube or anytime afterwards) . We will start our sermon series called, "Wandering Heart." The first sermon focuses on tuning our hearts.

March 9: 1st Sunday in Lent. Sermon - Wandering Heart: Jesus Sought me

March 16: 2nd Sunday in Lent. Sermon - Wandering Heart: Rescue Me From Danger

March 23: 3rd Sunday in Lent. Sermon - Wandering Heart: Praise The Mount

March 30: 4th Sunday in Lent. Sermon - Wandering Heart: I'm Fixed Upon It

ASH WEDNESDAY SERVICES – Wednesday, March 5

Ash Wednesday, the start of the season of Lent, is Wednesday, March 5. You will receive the sign of the cross on your forehead or hand with ashes.

- 6pm SOUP DINNER in the social hall (let the office know if you can provide a crock pot of soup)
- 7pm Worship in the sanctuary – with a special activity for children. (Nursery will be available).
- Livestream at 7pm on YouTube or anytime afterwards (a link will be provided).

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

Lenten Class – “The Third Day”

We will be using the book “The Third Day: Living the Resurrection”, by Paul Berlin, video reflections. Bible focus and conversation to learn and grow this Lent season. Berlin uses his gifts of storytelling and understanding the Scriptures to connect the reader to the experiences of several individuals around Jesus in his final days, focusing on new life and redemption rather than loss.

Led by: Pastor Jeanine Alexander, Rev. MaryAnne Korsch, Dr. Maryjane Burdge,

When: Because Pastor Jeanine is caring for her dad, we will be doing this class exclusively on zoom (it also lets you be in your warm home 😊). We can create good community and discussion even on zoom

Mondays 6:30pm ON ZOOM – March 10, 17, 24 & 31

(when you sign up a zoom link will be sent to you)

Getting the book, The Third Day: Living the Resurrection, by Paul Berlin is not necessary to take the class ... but it will enhance your experience. We have copies at church available for \$13. You can order also for yourself or do an e-book. Here is a link: <https://www.cokesbury.com/The-Third-Day?refq=The%20third%20day>

Note: We will need at least 7 confirmed participants to have this class so please sign up



From the Welcome Desk

Over the past several months, we have experienced significant transformations. A new presidential administration has taken office, many of us have mourned the loss of cherished loved ones, others have grappled with illness and injury, employment status and roles may have undergone changes. Amidst these uncertainties and grief, we find ourselves navigating a “new normal.” In this era of change, it is crucial to establish a sense of grounding. For me, this is our church family and cherished traditions. Despite our diverse social and political beliefs, we unite in our unwavering love for God and the cornerstone of our church community. I am reminded of our Mission Statement:

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

MARCH BIRTHDAYS

Dick Wallin
Shelby Johnson
Jim Westman
Chip Lewis
Kevin Harju
Jim Wheeler
Elizabeth Ream
Elaina Mattson
Rowan Heizler
Gloria Erickson
Stacey Fredrickson
Thomas Racette
Peggy O’Bey
Cindy Hedlund
Mary Ann Houx
Lori Richards
Lisa Goodfellow



Jesse Singer
Anita Zager
Brian Moe
Lizz Fox
Dave Johnson
Vicki Williams
Karen Alseth
Allen Anway
Emily Sparta
Jeff Mayne
Crystal Hintzman

If your birthday isn’t listed, please contact the church office so we can update our database



Guest Speaker Deyona Kirk

Women of Influence
Thursday, March 13th at 6:30PM
ECOLIBRIUM3, 2014 West 3rd Street

League of Women Voters of Duluth invites you to meet and hear the story of an extraordinary advocate. This event is free and open to the public. Bring your friends and family!

Deyona Kirk, Executive Director and founder of Divine Konnections Inc. (DKI), is a BIPOC woman who has personally experienced homelessness. She was a mother at the age of 12, spent time in the foster care system, and was in and out of housing and domestic violence shelters throughout her young adult life. With the support of programs and people in the local

Duluth community, Deyona was the first in her family to get a full scholarship to college and go from homeless to homeowner. Her lived experience drives DKI's purpose and makes her a key expert in advising on the work being done.

Deyona has a degree in Organizational Behavior, is a certified nonprofit accountant, and has worked in leadership positions at nonprofits and housing authorities across the country for over 25 years. She is experienced in developing, managing, and reporting on seven-figure projects that are multi-funded and complex; involving a mixture of loans, grants, and historic tax credits. Deyona has an extensive history of providing care and support to teen mothers, women and children DV survivors, families and veterans experiencing homelessness, individuals who have been incarcerated, survivors of sexual exploitation and trafficking, and youth both in and aging out of foster care. She started her career at Women's Transitional Housing in Duluth. For over a decade she was the youngest and only Black female developer in the community. Deyona was part of an amazing team of women who developed, renovated, built, and managed some of the best renovation and new construction projects in several neighborhoods throughout Central Hillside, Lakeside, East/Endion, and West Duluth, including Alicia's Place, Sheila's Place, Eco Home, Lakeside Cottages, and others. After moving to Texas, Deyona established DKI in April of 2020 and soon after, her tie to Minnesota brought her back to Duluth to develop affordable housing and provide culturally centered care to young BIPOC mothers. In honor of her own mother, Deyona opened Annie's House of Refuge & Restoration in May of 2022.



Chum Quilt Graces Expansion Extravaganza

Every year Chum fundraising includes a quilt raffle, featuring a handmade work of art.

"This year's raffle quilt was made and quilted by many sewists from Chum congregations and the community. Canadian quilter Jacqueline Thomas Bullock enthusiastically gave us permission to use her design that seems to fit Duluth so perfectly: Colorful houses on the hillside, a starry night, and waves on the water. Noting the rising need for Chum services, Jacqueline told us she wished more people 'had the opportunity to take part in something like your organization.' We couldn't agree more. This quilt is our prayer - for a time when all can have enough, enough food, shelter, dignity, and hope."

- Rev. Marta Maddy (Quilt Contributor and Close Friend of Chum!)

EarthKeeper



Your landfill is closing

By Naomi Yaeger

What would you do if there was nowhere to dispose of your waste? Think you don't have to worry about that? Think again. The Superior landfill is scheduled to close in mid-2026.

If you attend the Coppertop this affects you. If you live in the WLSSD catchment area this will affect you. This area

includes all of Greater Duluth, Carlton County and most of the North shore, Superior and parts of Douglas County.

I became a UMW Green Team Member and ultimately an Earthkeeper all because I loved the study of landfills: What goes in them, how those items break down and produce methane gas and other toxins and how a landfill affects wildlife and humans.

When I lived in Grand Forks, ND they needed to close the landfill because it was too close to the airport and too many scavenger birds were a risk. It was proposed that a new landfill be sited about 15 miles north. Well, that's near where my daughter lived with my ex-husband. Though most of the area near it was farmland. However, no one wants to live near or farm near a landfill. As a journalist, I attended countless public meetings and read countless studies of landfills and ways to manage waste. It's a huge topic.

When I was a little girl, we called them "dumps," the new and improved name is a "sanitary landfill."

According to the University of Colorado Environmental Center, "The United States has over 3,000 active landfills and 10,000 closed landfills. Landfills are necessary for the proper disposal of solid waste. They reduce the amount of waste that makes it into the environment, help prevent disease transmission and keep communities clean. However, landfills still have significant environmental and social impact. While landfills are a societal necessity, there are practices that can reduce the reliance on landfills and decrease their effect on the biosphere."

Negative impacts of landfills:

Release of methane gas

While required to have plastic or clay lining, these liners tend to have leaks. This produces a leachate, a liquid which pollutes water.

Leachates contain a high amount of ammonia. This can cause dead zones for animals

Social Consequences:

Higher risk of congenital defects to children born to families living near landfills

Decreased value of land

Minorities and low income people are more likely to have their homes near landfills and hazardous waste sites.

Every time you refuse to use a single use item you are helping prevent the use of citing new landfills.

If you would like to have a more nuanced conversation about landfills, please find me sometime after church and we can visit over a cup of coffee.

(Naomi Yaeger is a commission Earthkeeper in the United Methodist Church. Contact her at (218) 521-5277 or naomi.yaeger@umc.org)



Douglas Wood, Award-Winning Author, Musician, Environmental Educator, Outdoor Guide & Storyteller

Walking in Old Turtle's World April 6

The simple yet profound spirituality of this wise old being will be shared on Sunday, April 6. Join Doug and **Old Turtle** in one another's faces. *Old Turtle* was first published in 1992 with beautiful watercolor paintings by Cheng-Khee Chee. It was recognized as a classic book about ecology, peace and the interconnectedness of all beings. It is simple and yet profound. It has brought hope and inspiration to children and adults around the world. A tale of peace.

“And the people began to see God in one another...and in the beauty of all the earth”

Let's come together for this special Day

9:00 in the Social Hall a light brunch is available with

Doug reading *Old Turtle and sharing wisdoms*

If your family plans to attend, make a reservation and the first 25 families will receive a signed copy of *Old Turtle*

10:00 Church service with Douglas sharing a

Care for the Earth message

3:00 Community Concert

featuring Music and Storytelling by

Douglas Wood

free admission free will offering accepted

Thank you to Tommy!

This March, Tommy Kishida will be leaving with his eyes set on adventures in the Pacific Northwest. He has been our Sound Technician since January of 2021 and has been an integral part in making our services sound good while ensuring we have mics well placed for our service's Livestreams. He has been involved with this church for quite some time, including playing in Class Ring, Strikepoint, and occasionally with Tapestry in addition to running sound. Thank you, Tommy, for your service with us and we look forward to hearing from you as you continue to explore and experience more of God's creation!
Alex Flinner
Technical Coordinator

WLSSD has requested that we no longer compost paper towels in the restrooms, due to possible needle contamination. Paper towels may still be composted in the kitchen.



Welcome New Members Linda & Jerry Soyring

Pictured
Rhonda Montavon
(daughter), Jerry, Pastor
Jeanine, Linda, Greg
Leiviska Dir. of Welcome

Updates from Chum Assembly

- Food Shelf Staple Supplier – Chum congregations are choosing to collect one Most Needed staple food. First Lutheran is the Tomato Church! We could be the Rice Church, the Cereal Church, or even the Canned Peaches Church!
- New Staff - Chum is growing to meet growing needs. Great people have been hired to lead the Food Shelf, Warming Center and Safe Bay.
- Shelter Expansion – Plans are in the works for the relocation of the Chum office and Drop-In Center to the Damiano building to make way for construction of new shelter space at 102 W Second Street. Transition to the big move begins in June!

• First UMC will host Chum's Special Assembly on May 20. Hot dogs in the parking lot, followed by discussion and a vote on changes to Chum constitution. Come to celebrate, meet new staff, and learn how the proposed changes will help Chum congregations and at-large community members.

If you would like to coordinate our Food Shelf donations or represent First UMC as a Chum delegate, contact Sarah Maddy, 218-260-9851, shmaddy@outlook.com.

Ways to give to support your church: give online at fumcduluth.com or use the QR code. or text **COPPERTOP** to **73256** or mail to FUMC, 230 E. Skyline Parkway, Duluth, MN 55811.



2024 Statistics

Average Weekly Attendance

In person count 145

Connect card completion 86

On line count 184

Connect card completion 17

Average Monthly Attendance

In person count 629

Connect card completion 374

On line count 799

Connect card completion 75

New Visitors 101

New Members 15



Women's Retreat at Camp Amnicon

Saturday, March 29th- 9AM-6PM

Join us for a day of renewal, relaxation, and inspiration at Camp Amnicon! This retreat is a chance to step away from the busyness of life and connect with other women from FUMC in a peaceful, scenic setting. Enjoy a day filled with meaningful activities, uplifting conversations, and time for reflection. Whether you're looking to recharge your spirit or make lasting connections, this retreat is the perfect opportunity to nurture your mind, body, and soul. Look for a sign-up sheet at church starting in March! Cost is \$15 to attend from 9AM-6PM. Please email jana.picotte@gmail.com with any questions.

We can't wait to see you there!

Your Trustees have been busy with projects!

Our generous community partner family is in agreement that our roof and windows are a top priority and have given us their approval to proceed. We are working with architects from LHB Inc and received proposals from two companies for water intrusion testing. We have shared our recommendation with Pastor Jeanine and she has shared it with our community partner family. We hope to begin testing as soon as the weather permits.

We are in the process of researching which Computerized Maintenance Management System (CMMS) would be the best fit for our needs and hope to make a decision later this year.

We have received a grant from the Greystone Foundation to upgrade our building's security. Research will begin in the near future.

The LED Project is moving along, with new bulbs installed in several main floor rooms and hallways. Lakeview Social Hall lighting is partially completed.

Exterior railings will be replaced at the main entrance later this spring.

You will see a request for your participation in spring painting elsewhere in this issue of First Family. We are hoping many of our members will give their service to this important project.

Recently completed projects include installation of a new water fountain (with bottle filler) in the Lakeview Social Hall, repair of the sewer pump, and air duct cleaning.

We are organizing our project list and are including a detailed description, benefits, harms of not completing the project, and estimated cost. Our priority for projects is based on safety, integrity, appearance, and environment.

Respectfully submitted by Sue Marquardt,
President

FROM OUR FAITH COMMUNITY NURSE

Greetings to All, As I write this it remains below 0, so very cold, which allows people to gather more indoors. My message to you is: if you're sick stay home. As many of you are aware COVID still circulates and will continue for time eternal, flu is rampant, and the number of pneumonia cases are high. If you have not received a flu vaccination, there is still time to do so. Seven out of 10 people have not received a flu injection. If you are a person with low immunity wear a mask and wash your hands. If you need medical care call your provider, or go to an urgent care if possible rather than an emergency department as waits there are quite long.

I also would like to share that measles has been in the news lately. Many know there is a measles outbreak now in Texas in a Mennonite community who usually don't vaccinate. By last count the number of individuals has doubled. I want to remind people that measles is highly communicable. Take for example if you were in a room say a large bedroom with a person who has measles, at least 18 people who shared their air space would be exposed and probably end up with measles if you hadn't been immunized. When data was more available from the CDC, measles vaccinations for all kindergarten children has gone down to less than 93%. That number should be at least 95% which signifies a large number of children to achieve what's called "herd immunity". Measles can spread easily to those who have not been immunized. Measles isn't just a rash, it can cause encephalitis, pneumonia and death. When you get vaccinated for measles it creates memory cells which are present if you are later exposed and these cells help to protect through your lifetime. Adults that were vaccinated as children do not need another vaccination.

I want to mention COVID again here too. It is desirable to get the boosters when available, especially for adults over 65 years old and those with chronic conditions-check with your health care provider. The vaccination for COVID does not create long-term memory cells, your body needs the antibodies that the vaccine helps your body to produce and more protection is needed as the antibodies don't stick around for much time. Those of you that have underlying conditions check with your health care providers as to their recommendation for you.

FAITH FORUM March 2025

Mar 2 - Reverend MaryAnn Budde: Speaking Truth to Power. Mark Harvey will lead us in a discussion of the bishop who spoke at the inauguration.

Mar 9 - Ancestral Gifts: Each of us absorbs traits from our parents. In this session, led by Pat Miller, we will examine what these traits are and how they impact the lives we live today.

Mar 16 - Emigrant Stories. We Carry: Bring a story, photos, artifacts. Unless we are Native American, our ancestors were immigrants. The Bible has something to say about that. Come share.

Mar 23 - PFAS: What are they? Why are they a problem? How can we reduce our exposure to these toxic chemicals that the state of Minnesota is banning? WLSSD staff member Erik Johnson will offer info and answer questions.

Mar 30 - Where and what is Al-Anon: Helen and Frank Kampa will lead the discussion.



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