

January 2026

First Family

Volume 60, Number 1



FIRST UNITED METHODIST CHURCH

230 E. SKYLINE PARKWAY

DULUTH, MN 55811

WWW.FUMCDULUTH.COM

On The Journey With You

My clergy covenant group gave me a Peace Lily when my dad died. They know I am not great with plants so this was the perfect plant to give me because they are low maintenance (thrive in low light, forgiving of missed waterings). They can live a decade or more. Peace Lilies are great for their natural air purification (removing toxins like formaldehyde, benzene, ammonia), boosting indoor humidity for better breathing, and promoting well-being through their beauty and calming presence.

What works best for me with Peace Lilies is that they tell me when I am not caring for them well. One morning I walked into my office and this is what I found:



Doesn't that look like a sad plant. Can't you hear it crying out – "Please water me." When I saw my plant in that condition, I immediately watered it and by the next morning it looked like this:



With just a little tending, it quickly revived. What looked like death, with some water was able to rebound with new life.



This reminds me of one of our sermons during Advent when we talked about the prophet Isaiah promising something even more miraculous than what happened to my Peace Lily, when he declares: "The wilderness and the dry land shall be glad; the desert shall rejoice and blossom; like the crocus it shall blossom abundantly and rejoice with joy and shouting." Isaiah 35:1 The prophet declares that the desert will "rejoice and blossom". Here's the surprising part: Isaiah speaks these words of joy - right in the middle of fear and danger. The chapters before and after describe destruction, threat, and armies surrounding Jerusalem. And right there, sandwiched between despair and danger, Isaiah dares to speak of joy. Isaiah doesn't pretend suffering disappears. The wilderness is still a wilderness. The threats are still real. The grief still exists. But Isaiah says, "Gladness and joy will overtake them, and sorrow and sighing will flee away." As we start a new year, what desert are you standing in? What part of your life feels dry, stuck, or barren? What seeds of joy, hope and love might God already be nurturing beneath the surface? God works in our lives not by erasing every hard thing, but by showing up inside it with unexpected beauty. Sometimes it takes just a little awareness of God's work in our lives and in the world ... sometimes like my Peace Lily it takes just a little watering and tending.

As you move into the year 2026,

- May joy overtake you when you least expect it.
- May hope rise in the ground you had written off as barren.
- And in the midst of whatever you face, may you have confidence because you believe God is already at work, right here, right now.

Happy New Year. You are loved!

Pastor Jeanine Alexander

MISSION UPDATE:

The next mission team meeting is Monday, January 26th at 7:00pm on Zoom. Everyone interested in mission is welcome to attend. Join Zoom Meeting
<https://us02web.zoom.us/j/915188407> Meeting ID: 915 188 407

WORSHIP IN JANUARY

10am in person ... 10 am live stream ... anytime after on YouTube

The SERMON SERIES January 18-February 15 is called: Wrestling with Doubt, Finding Faith; Does your faith make room for questions? Everyone has doubts. Where is God when bad things happen? Is the Bible true? Is Jesus the only way? Why do our prayers go unanswered? Why do the innocent suffer? Questions like these, and seasons of doubt are normal. But uncertainty doesn't mean our belief is lacking. Doubt can be a path to a deeper, richer encounter with God. Join us for this important series.

- January 4 : Holy Communion. Rev. MaryAnne will be focusing on covenants as we begin a new year
- January 11: The sermon by Brandon Veale is called, "A Witness to the Light"
- January 18 : Sermon: Wrestling With Doubt, Finding Faith - # 1 Doubt and the Existence of God
- January 25 : Sermon: Wrestling With Doubt, Finding Faith - #2 Is The Bible True

ANNUAL CHURCH CONFERENCE MEETING & PARTY

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

2026 Twin Ports MLK Events

COMMUNITY WORSHIP SERVICE - Sunday, January 18 @ 4pm at First UMC – The Coppertop

This service will be a modern-day expression of the Black Church tradition that nurtured the Rev. Dr. Martin Luther King, Jr.

COMMUNITY BREAKFAST - Monday, January 19, 2026

- Time: 7:00 AM - 9:30 AM (CST)
- Location: First United Methodist Church - 230 E Skyline Parkway
- Description: The breakfast will feature a brief local program and a community viewing of the event at the Minneapolis Convention Center (25 th year). The food will be served starting at 7:00 am. The broadcast runs from 8:00-9:30 am. A freewill offering will support the United Negro College Fund which supports students of African Heritage throughout Minnesota to attend college. For more information, you can visit: mlkbreakfast.com.

GATHERING AND MARCH - Monday, January 19, 2026

- Time: 10:00 - 11:45 AM (CST)
- Location: Gather at Family Freedom Center (Washington Center Gymnasium) - Entrance between 3rd and 4th Street on 1st Ave West; We will begin on Lake Street between 3rd and 4th Avenue.

MLK RALLY - Monday, January 19, 2025

- Time: 12:00 - 1:30 PM (CST)
- Location: DECC-Symphony Hall; 350 Harbor Drive, Duluth

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 foodshelf cart will be available for donations. If you make a financial donation please note "foodshelf" in the check memo or envelope and make checks out to FUMC. Thank you for loving our neighbors in need. Geoff Bell lets us know each month what the most needed food items are.

YOUTH (Grades 7-12)

Wednesday January 7

No Wednesday Groups/Dinner

Wednesday, January 14

- Come anytime 6:00-6:30pm for supper
- CONFIRMATION CLASS – 6:30pm (topic: Anxiety)
- Youth Group with Jason (older youth) – 6:45p.m.
- 7:30-8:30pm -- Youth Bells/Class Ring

Wednesday, January 21

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

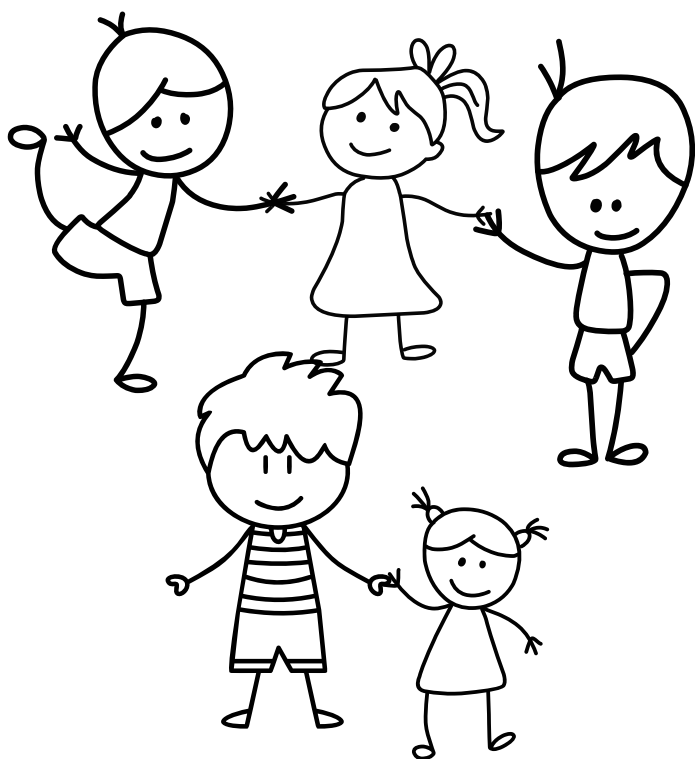
Sunday, January 25 –ALL CHURCH BIRTHDAY PARTY & Potluck Meal (food ... games ... cake ...)

Wednesday, January 28

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

Friends always welcome

Please bring \$ contribution toward Wednesday suppers
Text Pastor Jeanine 763-443-0570 or Larry Ehresman
218-260-9577 with any questions/needs



CHILDREN (Nursery - 6th grade)

No Sunday School January 4 - Activity bags and nursery available.

SUNDAY SCHOOL @ 10am: January, 11, 18 & 25
Children leave for Sunday school after the children's message (5th/6th grade students are helpers)
NURSERY CARE on Sundays 8:30am-worship

Sunday, January 25 – ALL CHURCH BIRTHDAY PARTY & Potluck Meal (food ... games ... cake ...)

Wednesday January 7

No Wednesday Groups/Dinner

Wednesday, January 14

- 5-5:30pm – Jam Jr. Music: nursery – 1st grade in the chapel, including Bible learning
- 5:30-6:00pm – Supervised play time for 1st grade and under.
- 5:15-6:15pm – JOYFUL NOISE: 2nd -6th graders (Tween group ... bells ... drums ... singing)
Dinner at 6:00-6:30pm
Nursery care available 5:00-8:00pm

Wednesday, January 21

- 5-5:30pm – Jam Jr. Music: nursery – 1st grade in the chapel, including Bible learning
- 5:30-6:00pm – Supervised play time for 1st grade and under
- 5:15-6:15pm – JOYFUL NOISE: 2nd -6th graders (Tween group ... bells ... drums ... singing)
Dinner at 6:00-6:30pm
Nursery care available 5:00-8:00pm

Wednesday, January 28

- 5-5:30pm – Jam Jr. Music: nursery – 1st grade in the chapel, including Bible learning
- 5:30-6:00pm – Supervised play time for 1st grade and under
- 5:15-6:15pm – JOYFUL NOISE: 2nd -6th graders (Tween group ... bells ... drums ... singing)
Dinner at 6:00-6:30pm
Nursery care available 5:00-8:00pm
Friends always welcome

Please bring \$ contribution toward Wednesday suppers
Text or Call LARRY with any questions 218-260-9577

40s/50s GATHERING: Saturday, January 24, 2026

6pm at Margaritas 4602 Grand Ave.

For: Everyone in their 40's & 50s (those in their 30's who are old souls ... and those in their 60's who are young souls are welcome too). Friends are also welcome.

Your hosts: Steve & Jenna Mattson, Aaron & Jennifer Boyson, Jeremy & Karen Jeannette, Larry Ehresman/Jeanine Alexander

What: Good food and time together. Your entrée will be covered for you by a special gift (people love us) ... you will only need to pay for drinks and appetizers.

Watch for a sign up sheet in early January. Mark your calendars now so you can attend.

We Give Thanks

Thank you for your generous giving of time, talents, gifts, service and witness in 2025. If you wish to check on the status of your financial giving feel free to call the church office (218-727-5021) or e-mail (admin@fumcduluth.com) and check with Sandy Smith, our Director of Operations. Thanks also to everyone who has made an estimate of giving pledges for 2026. If you have yet to do that we have additional estimate of giving cards at church, call or e-mail us and we will get it to you.

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

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. Because 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 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 United Methodist Church of Duluth, Thank you for your generosity! Your gift on October 25, 2025 to Feed My Starving Children is providing 758 MannaPack@meals to those around the world who need it most. Though poverty is complicated, we know that hunger is fixable – one reliable meal at a time. Thank you for feeding hungry kids. Until all are fed, J.J. Slag, Executive Director/CEO

To the staff at FUMC: How appreciative we are for your assistance and care for our family at the stressful time of the death of Ethel. Thank you! The family of Ethel Lewis.

To my FUMC family – I would like to thank you for sending me a card and praying for me as I lost my service dog, "Paco" and when I was sick. It matters. Thank you. Sincerely, Ken Hill

SECOND ANNUAL

All Church Birthday Party & Potluck
Sunday, January 25, 2026 After worship in the
Social Hall.

Please sit at the table of your birthday
month. Enjoy new & old friends

***This is a very FUN event for all ages!**

Does your family want to DECORATE a birthday table and MAKE a cake
for your favorite month?

Sign up for your preferred month at the sign-up table in the narthex

Details:

Decorate a long table and make a cake

The church has black cloth table clothes that can be used or bring your own cloth tablecloth. (No plastic tablecloths please.)

The church will provide plates for lunch & dessert, napkins, cups, drinks, silverware, & the ice cream

Decorate the tables on Saturday, January 24 at 3:00 pm-4:00 pm or Sunday, January 25 at 9:00 am-10:00 am

We will sit 8 people at a long table

All 12 cakes will be on a special cake table, so everyone is able to look at them. After we finish eating, we will have a parade of cakes while singing Happy Birthday & bringing the cakes to the corresponding birthday month table to enjoy



If you are not decorating a table, would you please bring a dish to share

Details:

If gluten free, dairy free, or your dish has nuts/peanuts would you please specify

Bring the dish to the kitchen before worship on Sunday, January 25 around 9:45 am.

If you have hot food, please bring in a crock pot or roaster and we will plug it in

Last names **A-M-bring salads/appetizers.** Last names **N-Z-main dish**



Thank you very much

Continuing a very popular tradition from Chester Park United Methodist Church

Welcoming questions at any time.

Cindy Hedlund

(218) 348-2634.

From The Welcome Desk



As the hustle and bustle of the holiday season fades and the cold winter settles in, many of us in the northland find comfort in hibernation. During these frosty months, it's important to remember that our church remains a beacon of warmth and community. Whether you're braving the chill to join us in person or opting for the comfort of your home by joining our online services, you'll find an inviting atmosphere where everyone is welcome. Our doors are always open to offer support, fellowship, and a sense of belonging, regardless of the weather outside. Embrace this season as an opportunity to connect, reflect, and find warmth in the shared spirit of our community.

HAPPY BIRTHDAY

Michael Alexander	Helen Kampa
Adair Ballavance	Kiki Langdon-Larson
Velda Bell	Jennifer Lindquist
Phillip Brown	Gloria MacIver
Charles Eginton	Saige Mattson
Isabel Eginton	John Meredith
Ashton Enroth	Tara Serck
Richard Flaherty	Carol Stockman
Nancy Gibson	Brandon Veale
Dawn Griffith	Peyton Walker
Barbara Hakala	Sarah Wheeler
Daryl Harper	Gregory Yardley
Ellen Hill	Ron Yardley
Laurie Johnson	Marla Preston Yoho
	Tim Zager

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

Monthly Volunteer Opportunity

Our church serves at Union Gospel Mission every second Monday of the month from 11:30 AM–1:30 PM. This is a hands-on, meaningful way to offer food, shelter, and hope to our neighbors. If you'd like to join the team or learn more, we'd love to have you jump in! Email jana@duluth-ugm.org to learn more about volunteering.



Join YogaDevotion at First United Methodist this fall for a Somatic Yoga practice, sure to be the unwind you need to begin your week!

Mondays from 5:30pm – 6:30pm

This 8-week session runs from: 1/5 – 2/23 and the cost is \$88.

Register at: bit.ly/FUMC-Fall

FIRST FAMILY

First United Methodist Church
230 E. Skyline Parkway, Duluth, MN 55811
218-727-5021, info@fumcduluth.com
Pastor: Jeanine Alexander
Editor: Greg Leiviska
Next First Family deadline: **January 21**
Submit to connect@fumcduluth.com
www.fumcduluth.com

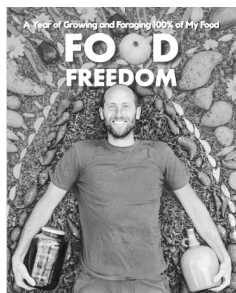
Explore FUMC

January 18th in the Fireside Room
following worship.

Please join us for this class if you are interested in joining FUMC (the Coppertop) or simply want more information about the church.

EARTHKEEPER

Naomi Yaeger



From Potluck to Planet Care

On a bitterly cold night, my husband, daughter and I bundled up and headed out in barely-above-zero temperatures to hear Robin Greenfield, author of *Food Freedom: A Year of Growing and Foraging 100% of My Food*. The event was held at Ren Market, 1918 W. Superior St.

You can't buy Greenfield's book because it is not for sale. He says, *Food Freedom* is an experiment in the gift economy, and we offer it to you on a donation basis. He suggests a \$25 donation but allows readers to give whatever they choose. Proceeds support Gardens of Liberation, which funds Indigenous- and Black-led food sovereignty initiatives.

Greenfield says he wants to contribute to the healing of Earth and the liberation of humanity by fostering relationships with food and with plant and animal communities. I first met Greenfield in 2022 while attending Fond du Lac Tribal and Community College, when he was known as the "Trash Man." He wore a week's worth of trash to show how much waste the average person produces. According to an article published by the Weather Channel website, He's made it his life's purpose to inspire a healthy Earth, often with attention-grabbing tactics.

Greenfield acknowledges that not everyone can forage for food as he does, but he offers steps: shop at farmers markets, eat seasonally, join food co-ops or CSA shares, support local growers and encourage grocery stores to carry local foods.

"Those who till their land will have plenty of food." — Proverbs 12:11

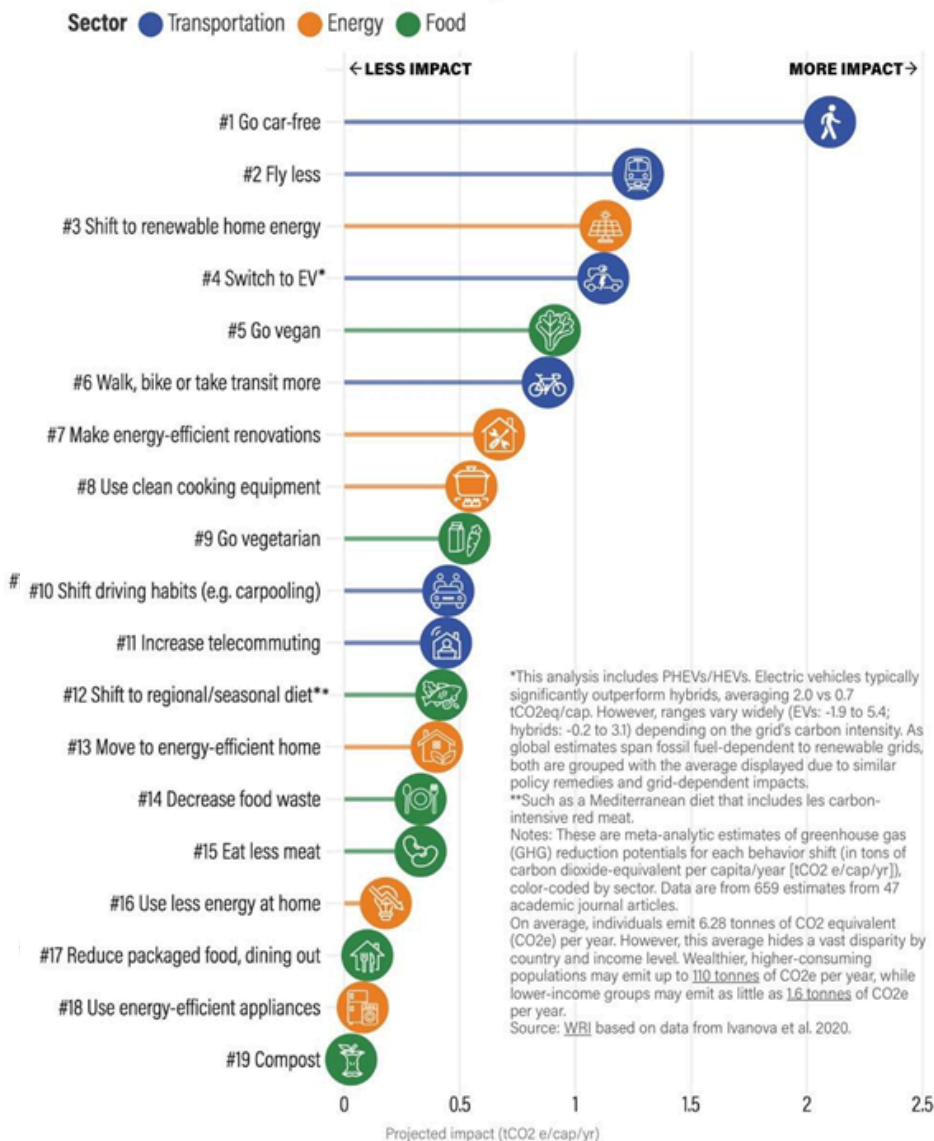
For United Methodists, this is a stewardship invitation. This week, pick one change—buy local, waste less or try one seasonal meal—and offer it as care for creation.

Naomi Yaeger is passionate about environmental sustainability and writes to educate. She is a commissioned Earthkeeper in the United Methodist Church.

What climate actions have the most impact?

With all the things you can do to positively impact the environment, which ones have the most impact? If you've ever asked that question, you're in luck! The World Resources Institute recently published an excellent article outlining the impact of various actions you can take to reduce your carbon footprint. Here is the diagram they produced ranking 19 things you can do from most impact to lesser impact:

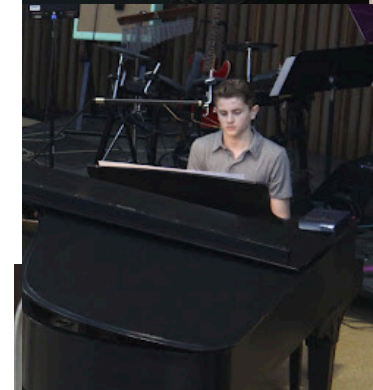
19 climate-friendly choices, ranked



Source: "19 ways to help the climate, ranked"

(used by permission)

If you want details on their logic, check out the full article by going to the WRI homepage at: <https://www.wri.org/>

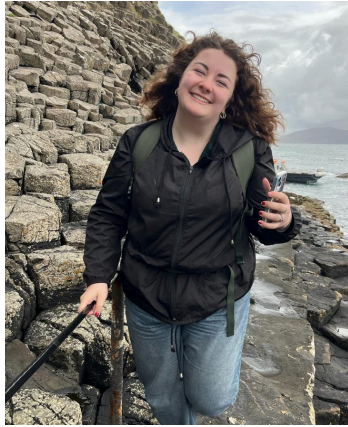


Scholarships

2025 Lennon-Berini Scholarship



Saige Mattson is in her third year at Concordia College at Moorhead studying Social work and Communications. She enjoys to read, write, spend time with friends and thrift shopping.



Holland Venhuizen is a senior at the University of Wisconsin Superior majoring in History with a minor in Writing and Anthropology. She enjoys creative writing, drawing, going for hikes and cooking for her family.



Brennen is a first year grad student at the University of Wisconsin - La Crosse working toward his Doctorate of Physical Therapy. He enjoys basketball and playing games with friends.



Rhonda Montavon is in Graduate school completing courses to be able to work as a pediatric psychotherapist. She also has her Masters in Clinical Mental Health and Marriage and Family Therapy. She enjoys spending time at her cabin, reading and boating.

2025 Ardath Gibson Scholarship

On Sunday, December 28th, the Ardath Gibson Scholarship of \$1000.00 was awarded to Saige Mattson. The Ardath Gibson Scholarship Selection Committee found that Saige most closely matched the criteria established by the Gibson family. Congratulations, Saige!

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.

2025 Margaret Swanberg Scholarship

The Margaret Swanberg Scholarship Selection Committee would like to announce that the Margaret Swanberg Scholarship in the amount of \$1000.00 was awarded for the first time on Sunday, December 28 th to Rhonda Montavon.

The Memorial Funds Committee oversees the scholarship fund and would like to thank the Margaret Swanberg Scholarship Selection Committee which was chaired by Keith Ball and included Allen Anway, Carrie Moe, Rebecca Peterson, and Teri Tangen.

The Memorial Fund Committee extends its best wishes to Rhonda as she continues to pursue her calling.



From Our Faith Community Nurse

Greetings! Since we have just celebrated the birth of Jesus and are moving into a New Year.

Let us ask ourselves how do we sense life in ourselves and how do we recognize growth in our spiritual lives? I'd like to share two poems one by Barbara Marian and one based on John 14:6 by Joyce Rupp

Barbara Marian entitled Holy Midwife:

"Every day a little birthing awaits us,
An opportunity pregnant with possibility.
Some of these spiritual birthings go easy.
Others are long, and difficult, and agonizing.
You, Holy Midwife, attend each delivery
And urge us toward expectant growth.
Remind us that we must too, do our part.
Breathe in. Breathe out. Let Go, Let go.
Trust the painful contractions of labor
Preceding the precious life that follows."

John 14:6 Life as interpreted by Joyce Rupp

"Like the unfolding of a fern
Or the leafing of a tree,
Like a steady mountain stream
Or strong waves of the sea
Like a heart carrying blood
To all parts of the body,
So, you are present in us.
You course through the veins of our souls, of our lives,
Energizing our spiritual growth."

As we move into the new year, let us think about small ways in our lives that we may be reborn with Christ's presence and help.

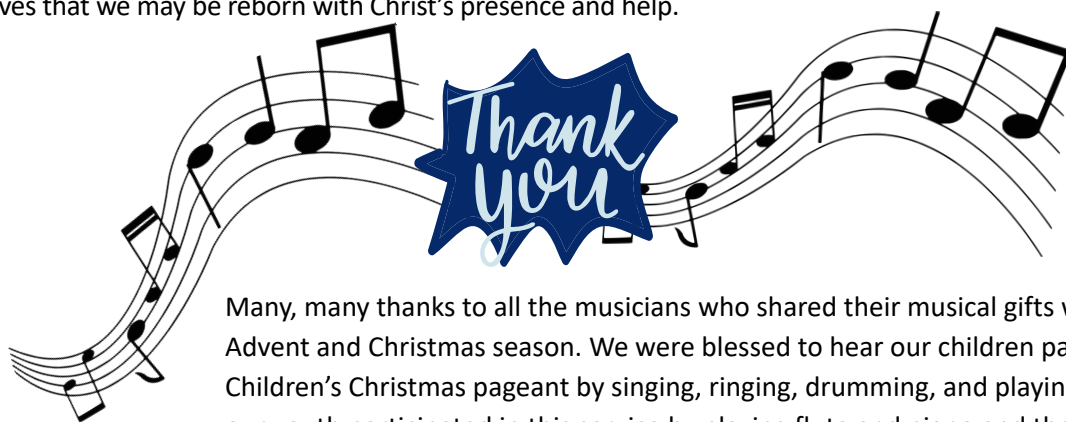
AVAILABLE FOR PURCHASE



When reorganizing the Fireside Room cabinets, we discovered over 20 Imperial Glass luncheon plates, known as the crotchet pattern. This pattern was first introduced in the 1943 – 1944 Sears Roebuck Co. catalogue. These plates are in pristine condition, valued at anywhere between \$10.00 and \$25.00 each.

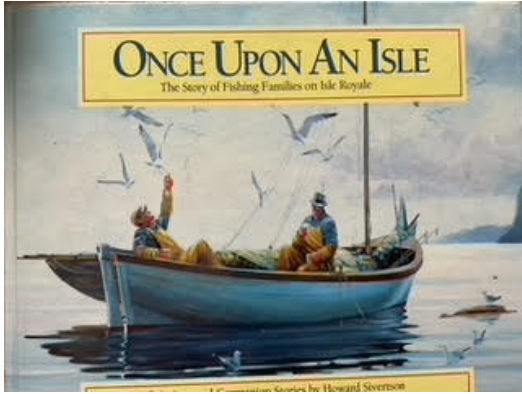
If you would like to own a piece of American history (and church history, too), the suggested donation is \$10.00. The proceeds will go to improvements of the Atrium and the Narthex.

Please contact Pamela Brown
(pamela.brown@reliabilitysolutions.us), if you are interested.



Many, many thanks to all the musicians who shared their musical gifts with us during the Advent and Christmas season. We were blessed to hear our children participate in the Children's Christmas pageant by singing, ringing, drumming, and playing the piano. Some of our youth participated in this service by playing flute and piano and then those same youth, along with many others, played a beautiful rendition of "Joy to the World" at the next week's service. Our adult musicians were equally marvelous presenting their annual Lessons and Carols service during the service on December 21st and leading our two Christmas Eve services. We are truly blessed to lead you all and thankful for each of you!
With our gratitude,
Velda, Corey, Leah, Derek, Beth and Christine

Library News

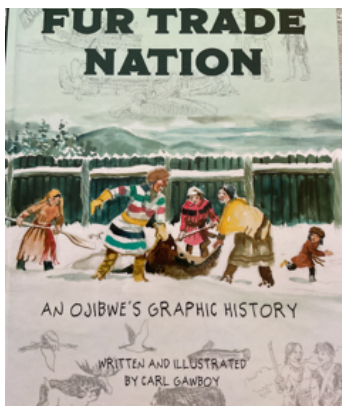


“Once Upon an Isle. The Story of Fishing Families on Isle Royale” Howard Sivertson

Through his words and paintings, Sivertson describes the way of life of the families that fished commercially for a living on Isle Royale. Sivertson himself grew up and fished on the island in the 1930's and 1940's with his family. After Isle Royale became a National Park, the commercial fishing was gradually eliminated, ending completely in 2010 with the death of the last commercial fishing license holder, Howard's aunt.



“Blooming Hollyhocks, Tales of Joy During Hard Times” Naomi Helen Yaeger. FUMC's Naomi Yaeger writes about her mother's life as a child & young adult in the 1930's & 1940's. “Family, faith and community” were what got the Minehart family through hard times and the methodist church was an important influence in their lives. John Wesley's well known quote can be found in the front of the book



“Fur Trade Nation, An Ojibwe's Graphic History” Carl Gawboy. This history of the fur trade in the United States & Canada is illustrated by Gawboy's sketches of historical moments & everyday scenes from 1650 to 1850. The author is a well known artist who lives in northern Minnesota.



Whether you're delving into the fantastical realms of a mythical land, exploring the intricate dynamics of a historical era, or walking in the shoes of a character vastly different from yourself, reading can be a transformative experience. Books offer a unique blend of entertainment and education, allowing readers to broaden their horizons and gain insights into the human condition. As you lose yourself in the pages, you're not just consuming words but engaging with ideas that challenge your perspectives and enrich your understanding of the world. So, as the cold days set in, let the warmth of a good book be your companion, expanding your universe one page at a time.

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.



Word Search

BEANIE
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FLEECE PONCHO STOCKINGS LONG JOHNS SNOWSUIT

Sudoku

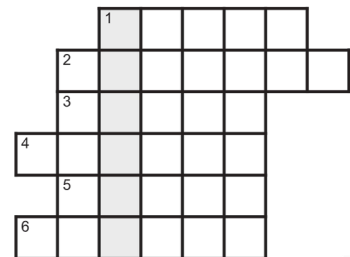
	1		3	9	4			7
4	9		8		5	1	3	6
5			1	6			9	8
3		9	7	1	8		2	
	2	4	5	3				9
	5		9	4	2	8		3
2	4	3			1	9	7	
1	7	6					8	2
9	8		2			6	4	1



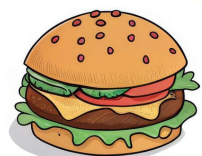
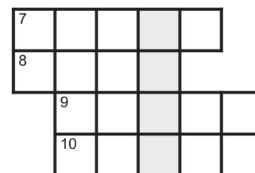
Fast Food Word Scramble

What is the gorilla's favorite fast food joint? Unscramble each of the words and write them in the grid. When the puzzle is complete the shaded letters going down will spell out the answer.

- BCOAN
- ROTBUIR
- EFISR
- GTUENG
- BAKBE
- RGRUBE



- EKAHS
- ATCO
- TUNDO
- EBGAL



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

FUMC Board of Trustees is lighting the church in memory of Bob Krumwiede the weeks of January 4 & 11. The remainder of the gift will go to the Choir.

Faith Forum Winter 2026

Sunday mornings in Fireside Lounge before the Service 9:00-9:45
Please join us as we share our stories, become more informed about our community, and challenge each other to grow in faith and mutual understanding.

Jan 11: Ellen Hill: Opportunities to advocate for the health of the community.

Jan 18: Carla Egge will describe her yoga journey and how it ties to her faith. She will explain the eight limbs of yoga, discuss the ethical practices and walk us through some seated movements.

Jan 25: Guest Sabah Alwan will speak about Islam and Duluth's Muslim community.



What Is Table of Eight?

Table of Eight is a support circle for Families & Friends of loved ones living with dementia who come together each month to share their caregiving stories, tips, and ideas. Whether your journey is just beginning, you've walked it for years, are feeling helpless, hopeless, alone, weary, angry, overwhelmed, or simply curious — this group offers a welcoming space to share stories, unsaid feelings, explore caregiving approaches, and support one another as we navigate our personal trial-and-error journeys.

The program is grounded in Table of Eight's Eight Guiding Principles and led by a trained facilitator, ensuring a safe, respectful, and confidential space to be seen and heard. Whether your loved one lives at home or in an assisted living community or has already passed away, join us to give and receive support by sharing your stories and hearing others.

Where & When

Monthly In-Person Gathering - Fireside Lounge, Coppertop Church

2nd Thursday of each month 10:00 AM (CT)

Monthly Online Gathering (Zoom)

2nd Saturday of each month 10:00 AM (CT) - For those unable to attend in person or joining from out of town.

All are welcome to attend either — or both — gatherings.

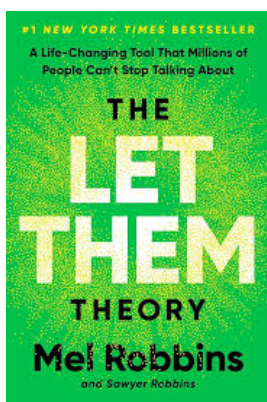
Join Zoom Meeting

<https://us02web.zoom.us/j/83915425498?pwd=sd2OpaPKBAmQ8bc55adYrjPRocnsNk.1>

Meeting ID: 839 1542 5498

Passcode: 747818

Questions? Call Gary Solomonson at (612) 810-1683 or write Gary@Virtical.Live



Starting Tuesday, January 27, Anne Miller will facilitate a discussion group using the book "The Let Them Theory" by Mel Robbins. The group will meet at 10:00am. until 11:30 in the Fireside Room. The "Let Them Theory is a book that can literally change lives and relationships and lends itself to lively discussion. Robbin's states, "By letting other people live their lives, you finally get to live yours."

Come and enjoy open-hearted, meaningful discussion and chase those winter blahs away. To facilitate discussion we will limit group size to 12 participants. Sign up in the Narthex starting in January

Fast Food

Word Scramble
SOLUTION



January 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 8am Men's Group	3
4 9am Faith Forum 10am Worship	5 9:30am Women's Group 5:30pm Yoga Devotions	6 5pm KIT Women's connect	7 5pm Evening Programs	8 9:30am Table of Eight 4:45pm Trustees	9 8am Men's Group 9:30am Table of Eight via zoom	10
11 10am Worship 11:15am Sustainability	12 9:30am Women's Group 5:30pm Yoga Devotions	13 10am Connect with friends via Zoom	14 9:30am Prayer Shawl 5pm Evening Programs	15 4:30pm Ruby's Pantry	16 8am Men's Group	17
18 10am Worship 4pm MLK Service	19 5am - 1pm MLK Breakfast 9:30am Rachel's Circle 9:30am Women's Group 5:30pm Yoga Devotions	20 5:30pm Finance 6:30pm Council	21	22	23 8am Men's Group	24
25 10AM Worship 11am All Church Birthday Party	26 9:30am Women's Group 5:30pm Yoga Devotions	27 10am Book Club 10am Connect with friends via Zoom	28	29	30 8am Men's Group	31 Citizens in Action

First United Methodist Church

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MINISTRY TEAM

Pastor - Jeanine Alexander
pastor@fumcduluth.com

Deacon - Rev. MaryAnne Korsch
maryanne.korsch@gmail.com

Director of Operations - Sandy Smith
admin@fumcduluth.com

Faith Community Nurse - Linda Wiig
linda.wiig@hotmail.com

Director of Music Ministries/Organist
Velda Graham Bell
music@fumcduluth.com

Sanctuary Choir Director/Handbell Ministries
Derek Bromme
dbromme@css.edu

Tapestry Directors - Leah and Corey Hulst
ljghulst@gmail.com
chulst70@gmail.com

Administrative Assistant - Nancy Eaton
info@fumcduluth.com

Custodians - Chris Robinson and Kevin Simich

Directors of Children's Music -
Beth Brophy
Christine Winkler Johnson
musickids@fumcduluth.com

Wednesday Youth Leader - Jason Abbott

Director of Welcome/Communications Coordinator -
Greg Leiviska
welcome@fumcduluth.com
connect@fumcduluth.com

Technical Coordinator - Alex Flinner
tech@fumcduluth.com

Technical Assistant - Jacob Ginocchio

Congregational Ministries Coordinator
Larry Ehresman
larry@fumcduluth.com

Bookkeeper - Shevan Weerasinghe

Sound Technician - Andrew Pickering

Nursery Coordinator - Abbi Adamec
abbi@fumcduluth.com

Nursery Staff - Leah, Dahlia, Georgia, Stacy, Jessica