

# The Sunday Supplement



## **Bereavement Support Group: February 12<sup>th</sup>**

The **Bereavement Support Group** meets on the 2<sup>nd</sup> Monday of each month. The next meeting will be held on Monday, February 12<sup>th</sup>, from 7 to 8:30 p.m. in room F-151, located on the 1<sup>st</sup> floor of the Family Life Center (**please note the new meeting room location**). Everyone who has had a loss is welcome to attend.

The group is led by Stephen Ministers. For more information please contact Brenda Bridges at 770-476-5126, or the church office at 770-476-3776.



## **Senior Fellowship Program & Luncheon: February 13<sup>th</sup>**

The **Senior Fellowship** will meet for its monthly program and luncheon on Tuesday, February 13<sup>th</sup>, from 11 a.m. to 1 p.m. in the Fellowship Hall. This is a great way for senior adults to come together for food, fun and fellowship. **The program will feature a Bible trivia challenge, led by Rev. Beth Brown Shugart.**

The meeting begins at 11 a.m. and the program starts at 11:15 a.m. All senior adults are welcome to attend the program or the lunch or both. For more information, please contact Sarah Shafer at 770-277-4695.



## **Mardi Gras Pancake Supper: February 13<sup>th</sup>**

Make plans to celebrate Mardi Gras with your family and friends by attending a **FREE** pancake supper on Tuesday, February 13<sup>th</sup>, from 5 to 6:30 p.m. in the Fellowship Hall. There will also be sausage, bacon, coffee, juice, milk, and water. Supper is **FREE**, but donations are appreciated! Proceeds will benefit the Duluth First UMC Music Ministry.



## **Wednesday Night Dinner in Hinton Hall: February 14<sup>th</sup>**

The Dinner Belles and Beaus prepare excellent meals at very reasonable prices. Dinner is served from 5 to 6:30 p.m. in the Grand Hall of the Family Life Center. Enjoy fellowship around the table with family and friends.

**The menu for February 14<sup>th</sup> is fried chicken, mashed potatoes, green beans, fried okra, biscuits, and dessert. For the kids - the same.** We also offer a salad bar special - for only \$4 you can enjoy a fully stocked salad bar, a baked potato/sweet potato, dessert and drink.

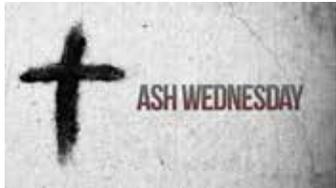
Prices are: adults - \$7; seniors (age 60 and up) - \$6; children ages 11 years and under \$4; children under 2 years eat for free; no family (immediate family members only) pays more than \$19.

**PLEASE NOTE: The Ash Wednesday service will take place during our regular Wednesday evening supper format, so plan to arrive early and receive your food before the service begins.** Food service will be stopped while the Ash Wednesday service is taking place. It will resume at the conclusion of the service.



## Ash Wednesday Service: February 14<sup>th</sup>

Ash Wednesday will be observed on February 14<sup>th</sup> with a short service, led by Rev. David Burchett, Director of Youth Ministries, beginning at 6 p.m. in Hinton Hall, located in the Family Life Center. During the service ashes will be placed on foreheads as we confront our own mortality and confess our sin before God within our community of faith.



**PLEASE NOTE: The service will take place during our regular Wednesday evening supper format, so plan to arrive early and receive**

**your food before the service begins.** Dinner is served beginning at 5 p.m. Food service will be stopped while the Ash Wednesday service is taking place. It will resume at the conclusion of the service.

## Suffering from a Strained Relationship?

Relationships with loved ones can have their ups and downs. Misunderstandings, dis-agreements and moments of frustration and hurt feelings will happen because we're all human. But when a relationship deteriorates to the point of being disrespectful and filled with hurtful words or actions, we are heartbroken! Equally upsetting is the total silence of a loved one as if the relationship is non-existent. The decline of a once loving relationship is devastating and the pain and sadness of it all can consume us.

Over time, a strained or unhealthy relationship with a loved one can take its toll on us if we don't address our feelings of heartache, anger, rejection, guilt, or not being able to forgive. These negative feelings can torment us and impact many of our relationships. While it's not easy to share our private life with others, it's important to talk to some-one. By giving voice to our pain and concerns, we're better able to find clarity and begin healing our brokenness.



### **Consider talking with a Stephen Minister.**

Because many **Stephen Ministers** have experienced the impact from a strained or un-healthy relationship, you'll be talking with someone who truly understands your pain and heartache. Your specially trained **Stephen Minister** will create a safe place for you to confidentially share and explore bottled up feelings and concerns. While a **Stephen Minister** will not fix your relationship, you will have a confidant to help you find hope and healing. You'll also have someone praying for you every step of the way.

To learn more about **Stephen Ministry** or to request a **Stephen Minister**, please contact Rev. C. Kay Fuino by e-mail at [ckfuino@duluthmc.org](mailto:ckfuino@duluthmc.org) or call 770-476-3776, ext 117.

## The Roadrunners to Visit the Mercedes-Benz Stadium: February 20<sup>th</sup>

Join **The Roadrunners** on Tuesday, February 20<sup>th</sup>, as they travel to downtown Atlanta to tour the Mercedes-Benz Stadium, the city's new world-class stadium and home to the Atlanta Falcons and the Atlanta United. During the tour guests will get the chance to see a behind-the-scenes look at premium club spaces, locker rooms, press box, and "based on availability" play on the field. Interesting facts about the Mercedes-Benz Stadium include:

- Stadium height: 305 ft. or 30 stories (vs. Georgia Dome 275 ft. or 27 stories)
- Stadium square footage: 2 million sq. ft. (vs. Georgia Dome 1.6 million sq. ft.)
- The Halo Board is the first display of its kind ever created and is 58 feet tall and 1,100 linear feet around.
- Largest non-transparent LED video display in the world.
- More than 38.1 million LEDs (38,193,665 LEDs.)

**Please make your reservation for this trip at the Senior Fellowship program and luncheon on Tuesday, February 13<sup>th</sup>.** The cost of the Mercedes-Benz Stadium tour is \$20 per person. **The Roadrunners** will leave the church front parking lot promptly at 9:15 a.m. Lunch will be on your own at Molly B's restaurant, a contemporary, southern-style chophouse located in the stadium. **The Roadrunners** will arrive back at the church at 3:00 p.m.

## Caregivers United Support Group Meets Every Sunday Afternoon

Do you have a loved one that counts on you for care and support? Do you wonder how other caregivers deal with the emotional and physical challenges of caring for a loved one? You are not alone. Come join us whenever you can at the Caregivers United Support Group to connect with others that are facing these same struggles. This support group, which is facilitated by the Stephen Ministry, is there to walk with you on your journey and to help you feel less alone in the struggle to care for a loved one.



We invite you to join us on Sunday afternoons from 2 to 4 p.m. in room B-113. For more information, please contact the church office at 770-476-3776.

## Blood Drive: February 21<sup>st</sup>

An American Red Cross Blood Drive will be held at Duluth First United Methodist Church on **Wednesday, February 21<sup>st</sup>** (rescheduled from January 17<sup>th</sup> due to inclement weather), from 3 to 7 p.m. in the Fellowship Hall. Every donor will get a token of our appreciation and we will have 2 prize drawings as well as t-shirts.



### **The benefits of donating blood are:**

- It feels great to donate!
- You get free juice and delicious cookies.
- It's something you can spare. Most people have blood to spare...yet, there is still not enough to go around.
- You will help ensure blood is on the shelf when needed. Most people don't think they'll ever need blood, but many do.
- You will be someone's hero! In fact, you could help save more than one life with just one donation.

### **If you are already committed to giving a gift of life, please:**

- Make an appointment online by visiting the American Red Cross' website at [www.redcrossblood.org](http://www.redcrossblood.org) and entering **dufumc** in the sponsor code box;
- Make an appointment by calling 1-800-RED CROSS (1-800-733-2767);
- Contact Tracy Brinker by e-mail at [tbrinker@duluthumc.org](mailto:tbrinker@duluthumc.org), or by calling 770-476 3776, ext. 112.
- Last, but not least, as a "walk-in" on Blood Drive Day.

*"...use your hands for good hard work,  
and then give generously to others in need."  
Ephesians 4:28b (NLT)*

**The need is constant.  
The gratification is instant.**

**Give blood.**



## Christian Beginnings Preschool and Kindergarten Registration for 2018-2019 School Year is Underway

Our registration for the **Christian Beginnings Preschool and Kindergarten** 2018-2019 school year is underway. What better way for your child, or a friend's child, to learn their ABC'S, numbers, shapes, God's love for us and so much more, than in a caring, loving, Christian environment.

They will have fun and make friends while attending our accredited, award winning school. We hope you will come join us! If you know of anyone looking for a wonderful preschool, please send him or her our way.

Our Preschool and Kindergarten program is for children ages 6 weeks (by September 1<sup>st</sup>, 2018) through kindergarten. **Registration is underway and we are running an early registration special through Friday, February 16<sup>th</sup>. We are offering a registration discount of \$145.00 for the first child and \$125.00 for each additional sibling. Beginning on Monday, February 19<sup>th</sup>, the registration fee will be \$170.00 for everyone.**

If you would like more information regarding **Christian Beginnings Preschool and Kindergarten**, or if you would like to schedule a tour, please contact Pat Szathmary by e-mail at [pszathmary@duluthumc.org](mailto:pszathmary@duluthumc.org) or call 770-497-1743.



# Christian Beginnings

Preschool and Kindergarten



Where Smiles Happen

## GriefShare Support Group: A New Series of Sessions is Underway

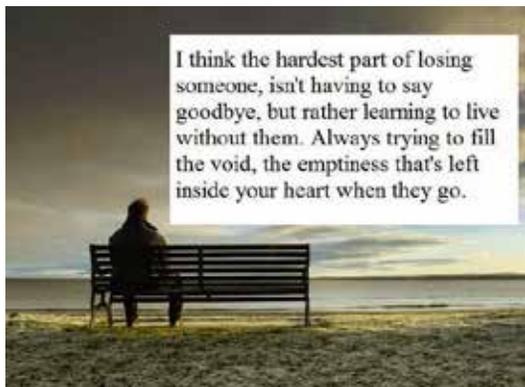
**GriefShare Support Group**, a weekly seminar and support group for people who are grieving the death of someone close to them, is a 13-week session that includes video discussion and group discussion. **GriefShare**, which began a new series of sessions on January 3<sup>rd</sup>, meets Wednesday evenings at 6:30 p.m. in room F-151, located on the 1<sup>st</sup> floor of the Family Life Center. You are given a workbook for journaling, note taking and grief study.



You are welcome to begin attending our **GriefShare** group at any point. Each session is “self-contained,” so you do not have to attend in sequence. You will be able to pick up any session you missed during the 13-week cycle. Please visit the **GriefShare** website at [www.griefshare.org](http://www.griefshare.org) for more information or contact Dana Thielmann at 678-641-7863, or the church office at 770-476-3776.

## Hope: “The Next Step” Support Group

The thirteen-week **GriefShare** class, with video/workbook, provides the tools and instruction on how to move forward in your life while you are grieving a recent loss. The new support group, **The Next Step**, moves beyond the learning aspect and focuses on the emotional support and encouragement to use those learned tools in a long-term manner. Both the **GriefShare** class and **The Next Step** support group will be led by two Stephen Minister co-facilitators. Suggestions for **The Next Step** are completion of two or three **GriefShare** class sessions and 2+ years after an experienced loss.



The **Next Step** support group meets on Wednesday evenings from 6:30 to 8:30 p.m. in room F-150, located on the 1<sup>st</sup> floor of the Family Life Center. For more information on the support group, please contact Sandra Town at 404-735-3752 or by e-mail at [sandy\\_10\\_30@earthlink.net](mailto:sandy_10_30@earthlink.net).

## Wednesday Night Dinner “Dinner Belle/Beau” and “Kitchen Angel” Volunteers Needed

The dinner bell is ringing again at Duluth First UMC with many of your menu favorites making their return! Our Food Ministry Manager, Henry Roerig, and the Wednesday Night Dinner teams are looking for volunteers to help. No special experience or skill is necessary – just a willingness to serve, make new friends and have fun! Each team volunteers only once a month. We are also looking for Kitchen Angels to help Henry in the kitchen on Wednesdays with the food prep. We can use any time you can give us.



We hope you will consider joining us for some good food and good fellowship. If you are interested or would like more information, please contact Marilyn Scheiwe, Event Coordinator, by e-mail at [mscheiwe@duluthumc.org](mailto:mscheiwe@duluthumc.org), or call 770-476-3776, ext. 111. We hope you will consider volunteering.

## Order Flowers for Worship Services in the Sanctuary and Hinton Hall

Our Flower Guild creates beautiful flower arrangements for Sunday morning worship services in both the Sanctuary and Hinton Hall. Teams of talented, eager-to-serve Flower Guild members create these arrangements each week. As always church members and friends are invited to purchase flowers in memory or in honor of a loved one, or to mark a special event, such as a birthday, anniversary, etc.



The cost for each arrangement is \$35 per vase or \$100 for three vases (2 vases in the Sanctuary/1 vase in Hinton Hall). Flower designations will be listed in the church bulletin for the Sanctuary services, and displayed on the screens for contemporary worship in Hinton Hall.

Please place your orders at least one week in advance. Your completed forms and payment must be received in order to reserve a date. For more information or to see if a specific date is available, please contact Tracy Brinker at the church office by e-mail at [tbrinker@duluthumc.org](mailto:tbrinker@duluthumc.org), or call 770-476-3776.

## Need Prayers?

You can submit your prayer requests online at [www.duluthumcprayers.org](http://www.duluthumcprayers.org). Members of the Prayer Network will pray for you, a family member or friend throughout the week. Requests can be general and made anonymously.

## Additional Calendar Highlights

### Sunday, February 11<sup>th</sup>

#### **Church Library**

Open 9 to 9:30 a.m., 10:30 to 11 a.m., 2<sup>nd</sup> floor of Family Life Center

#### **Caregiving Support Group**

2 to 4 p.m. in room B-113

#### **Genesis Youth Choir Rehearsal**

4:30 to 5:30 p.m. in room F-149

#### **Sunday Night Youth Group for Middle Schoolers and High Schoolers**

5:30 to 8 p.m. in the Youth Center ("The Fish Tank")

### Wednesday, February 14<sup>th</sup>

#### **Wednesday Night Dinner**

5 to 6:30 p.m. in Hinton Hall

#### **Ash Wednesday Service**

6 to 6:30 in Hinton Hall

#### **Happy Sacks**

6:30 to 7 p.m. in room F-152

#### **"Hope...The Next Step" Support Group**

6:30 to 8 p.m. in room F-150

#### **Grief Share Support Group**

6:30 to 8:30 p.m. in F-151

#### **Women's Ensemble Rehearsal**

7 to 7:30 p.m. in the Music Suite

#### **Men's Ensemble Rehearsal**

7 to 7:30 p.m. in the Sanctuary

#### **Chancel Choir Rehearsal**

7:30 to 9 p.m. in the Music Suite

### Thursday, February 15<sup>th</sup>

#### **Prayers & Squares Prayer Quilt Ministry Workshop**

5 to 9 p.m. in rooms F-204/205/206/207

#### **Contemporary Worship Praise Band Rehearsal**

7 to 9 p.m. in Hinton Hall

*To see the full calendar of events online,  
visit the church's website at [www.duluthumc.org](http://www.duluthumc.org)  
and click on the "Calendar" tab on the "About Us" page.*



## Duluth First United Methodist Church

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Office Phone: 770-476-3776 • Fax: 770-623-8511  
Website: [www.duluthumc.org](http://www.duluthumc.org)



## Church Staff Directory

<b>Tracy Brinker,</b> Receptionist tbrinker@duluthumc.org	Ext. 112	<b>Henry Roerig,</b> Food Ministry Manager hroerig@duluthumc.org	Ext. 139
<b>David Burchett,</b> Director of Youth Ministries dburchett@duluthumc.org	Ext. 119	<b>Marilyn Scheiwe,</b> Event Coordinator mscheiwe@duluthumc.org	Ext. 111
<b>David Daniel,</b> Minister of Music & Worship Arts ddaniel@duluthumc.org	Ext. 116	<b>Beth Brown Shugart,</b> Associate Pastor bshugart@duluthumc.org	Ext. 128
<b>Kathryn Fitzgerald,</b> Childcare Director kfitzgerald@duluthumc.org	Ext. 122	<b>Jim Stallings,</b> Contemporary Worship Music Director jstallings@duluthumc.org	Ext. 124
<b>C. Kay Fuino,</b> Associate Pastor ckfuino@duluthumc.org	Ext. 117	<b>Lee Stribling,</b> Maintenance ltribling@duluthumc.org	Ext. 136
<b>Sherry Griffith,</b> Executive Assistant sgriffeth@duluthumc.org	Ext. 110	<b>Pat Szathmary,</b> Christian Beginnings Assistant Director pszathmary@duluthumc.org	Ext. 131
<b>Betty Hopkins,</b> Church Administrator bhopkins@duluthumc.org	Ext. 120	<b>Terry Tippens,</b> Senior Pastor ttippens@duluthumc.org	Ext. 114
<b>Susan Johnson,</b> Pianist		<b>Ken Willi,</b> Director of Communications kwilli@duluthumc.org	Ext. 127
<b>Jan Jones,</b> Financial Assistant jjones@duluthumc.org	Ext. 113	<b>Leslie Yokeley,</b> Director of Children's Ministries lyokeley@duluthumc.org	Ext. 138
<b>Seoyoung Lee,</b> Organist			

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**Christian Beginnings Preschool & Kindergarten**  
Office Phone: 770-497-1743