

The Sunday Supplement



Crafts, Cookies & Cocoa: January 13th

Make plans to join us for **Crafts, Cookies & Cocoa** on Sunday, January 13th, at 4 p.m. in the Fellowship Hall. This is a fellowship time for preschool and elementary children and their families to come together for crafts and snacks. For more information, please contact Rev. Beth Brown Shugart by email at bshugart@duluthmc.org, or call 770-476-3776, ext. 128.



United Methodist Women

Join the Fight Against Human Trafficking

The United Methodist Women are joining the fight against human trafficking before the Super Bowl. The Super Bowl is one of the biggest events drawing many traffickers to our area. On Sunday, January 13th, there will be displays in the Fellowship Hall by organizations fighting trafficking here in the Atlanta/Duluth/Suwanee area. Please take time to walk through and talk to the representatives to find out what their organization does to combat trafficking and how you can help fight this horrific crime.

Also, on January 25th and 26th, the United Methodist Women will host along with other partners a tailgating party and awareness and action called **RUNNING OUT THE CLOCK ON HUMAN TRAFFICKING**. This event takes place downtown Atlanta on Mitchell Street near the Mercedes Benz stadium at Central UMC. Please see the United Methodist Women table for more information.



Bereavement Support Group: January 14th

The **Bereavement Support Group** meets on the 2nd Monday of each month. The next meeting will be held on Monday, January 14th, from 7 to 8:30 p.m. in room F-151, located on the 1st floor of the Family Life Center. 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.



Wednesday Night Dinner in Hinton Hall:

January 16th

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

The menu for January 16th is lemon garlic chicken, rice pilaf, roasted brussel sprouts, squash casserole, rolls, and dessert. For the kids - chicken tenders and fries. 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.



Blood Drive: January 16th

Don't let your heart be "frozen" - help save a life and donate blood at the American Red Cross Blood Drive being held at Duluth First UMC on Wednesday, January 16th, from 3 to 7 p.m. in the Fellowship Hall. To schedule an appointment:

- Visit www.redcrossblood.org and enter the sponsor code **dufumc**;
- Call 1-800-RED-CROSS (1-800-733-2767);
- Contact Tracy Brinker by e-mail at tbrinker@duluthumc.org, or call 770-476-3776, ext. 112.
- Last, but not least, be a "walk-in" on Blood Drive Day.



Observing Lent and Easter with Your Family

You are invited to meet with Rev. Beth Brown Shugart and learn about ways for your family to observe the upcoming seasons of Lent and Easter. There will be a family calendar to help you plan for this holy time along with information about the traditions of both seasons.

This opportunity will be offered twice:

Saturday, February 2nd, 10 to 11:30 a.m. in the Gathering Room;

Wednesday, February 13th, 6 to 7 p.m. in room E-132

If you have any questions, please contact Beth by e-mail at bshugart@duluthumc.org, or call 770-476-3776, ext. 128.



Join Us for Wednesday Night Dinners

in Hinton Hall

January 23rd

"Breakfast for Dinner" Night - breakfast quiche, sausage & bacon, cheese grits, tater tots, sausage gravy, biscuits, French toast sticks, dessert.

For the kids - the same

January 30th

Beef Stroganoff over noodles, broccoli, butter peas, rolls, dessert.

For the kids - hot dogs & chips.

February 6th

Fried catfish, hushpuppies, au gratin potatoes, cole slaw, green beans, dessert.

For the kids - pizza

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We are also offering 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.

You can now pay for your dinner(s) with a credit card or debit card.

NOTE: Menus are subject to change.

For the week's menu please visit the church's website at www.duluthumc.org.



GriefShare Support Group

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** meets Wednesday evenings at 6:30 p.m. in room F-151, located on the 1st 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 in our next 13-week cycle. Please visit the **GriefShare** website at www.griefshare.org for more information or contact Brenda Bridges at 770-476-5126 or Sue French at 770-476-9106.



“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, **Hope...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 **Hope... The Next Step** support group will be led by two Stephen Minister co-facilitators. Suggestions for **Hope... The Next Step** are completion of two or three **GriefShare** class sessions and 2+ years after an experienced loss.



Hope...The Next Step support group meets on Wednesday evenings from 6:30 to 8:30 p.m. in room F-150, located on the 1st 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.

Prayers & Squares Prayer Quilt Ministry

The **Prayers & Squares Prayer Quilt Ministry** here at Duluth First UMC continues to be busy making and giving out quilts to those with serious health concerns. We have given out 67 quilts so far this year and they have gone to 9 different states! If you know of someone with a serious health concern, please complete a yellow Prayer Quilt Request form available at different locations in the church and mail it to Liz Staley at the address given on the form. You will then be contacted about the quilt. You will need to ask the person if they would like to receive a quilt and ask them what they want people to pray for them. We would also like a picture of the person, which we can keep for our scrapbook.

Prayer & Squares Prayer Quilt Ministry workshops are held twice a month:

- 1st Tuesday from 10 a.m. to 2:30 p.m.;
- 3rd Thursday from 5 to 8:30 p.m.

All are welcome to come and help sew, sandwich and do the handwork to finish the quilts. If you have a question about this ministry, which has given out over 1200 quilts since it began in 2003, ask any of the following people who have attended a workshop this year:

Ardie Sudduth, Kay Spearman, Annette McIntosh, Janet Castello, Tina Flynt, Joy Riley, Annette Pierce, Daryl Begley, Mary Harley, Beth Intondi, Lori Klayman, Karen Robertson, Dannie Martin, Fran McGee, LaVonne Childers, Terrie Adkins, Ann Waggoner, Gail Small, Randi Hughes, Sara Lee, Jane Sumner, Kimberly Ahern, Pam Rodie, Jacque Shellhouse, Beth Ross, Shari Ross, Aline Ricks, Trudy Lehman, Frances Horne, Renee Day, Sara Burns, Vicki Waits, JoEllen McLees, Liz Staley, Beth Brown Shugart, C. Kay Fuino.



Prayer Concerns

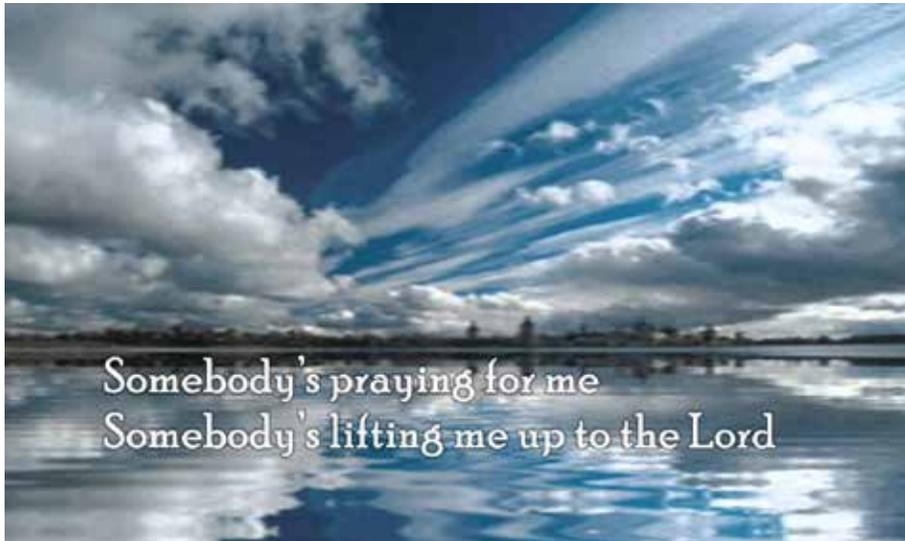
Our thoughts and prayers go out to...

- Jeff Campbell • Marilyn Davis • Kathryn Fitzgerald
- Ella Martha Gamble • Sarah Gearing • Cyndee Gullett
- Amalie Harvill • Kevin Kesler • Katherine Knox
- Fran Hearn-McGee • Debbie Murdoch • Janice Olson
- Mickey Pitts • Myrtie Sitz • Tommy Summerville • Max Valentin



Need Prayers?

You can submit your prayer requests online at 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, January 13th

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, January 16th

Wednesday Night Dinner

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

"Book Bunch" Story Time for 3 Year Olds

6 to 6:30 p.m. in the Louise McDaniel Memorial Library

"Foundations of Faith" for Kids

6 to 7 p.m. in the C and D-wing classrooms

Handbell Ensemble Rehearsal

6 to 7 p.m. in the Sanctuary

Newborn Baby Ministry

6 to 7 p.m. in room F-147

Youth Bible Study

6 to 7 p.m. in the Youth Center ("The Fish Tank")

GriefShare Support Group

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

"Hope.. The Next Step" Support Group

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

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

Contemporary Worship Praise Band Rehearsal

7 to 9 p.m. in Hinton Hall

Chancel Choir Rehearsal

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

Thursday, January 17th

Prayers & Squares Prayer Quilt Ministry Workshop

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

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



Duluth First United Methodist Church



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