

Words of Hope

JANUARY 2019

Hope United Methodist Church

From Sarah, with love...

Happy New Year! By the time you read this, I imagine you may be deep in the throes of planning your new year's resolutions. Simply looking around in the checkout aisle or any of the book stores, one might think that everyone is getting ready to "Start Fresh in 2019!"

Not a bad idea. As folks who have been on this spiritual journey thing for years now, we know this very well. We Christians are all about starting fresh. Heck, we do it every day! "New every morning are your mercies O God of Love and Light!" But, every year about this time, I take a look at those self-help books just to make sure I'm doing it right. The hot selling item this year is "The 4 Hour Body: An Uncommon Guide to Rapid Fat-Loss, Incredible Sex, and Becoming Superhuman." Uh, wouldn't everyone want that? YES!

Until I started reading it! And, I realized that one can't increase fat loss, sleep for only two hours a night and triple your testosterone levels (what if I don't want to triple testosterone levels? What if I want to triple my estrogen?!) without solely focusing on yourself. Focusing on your self is not a bad thing. Let me say that again: focusing on your self is not a bad

thing. Our spiritual journey always begins there! In your own heart, within your own soul and body. But (and this is a big but!) our journey doesn't end there! Our spiritual journey

Our journey with Christ always leads us to other people.

moves us. The presence of God within us and all around us guides inward and out ward and all over the place. Our journey with Christ always leads us to other people. We become better people when we learn how to be ourself within community. And sometimes in order to be able to live with other people you have to eat half a loaf of pumpkin bread with butter. You just do. So, there goes that 4 hour body, right out the window.

Self-help books are fine and I think the authors generally have good intentions (except for the 4 hour body guy; he seems like a tool), but I think self-help is only part of the solution. We need now, perhaps more than ever, we need human help. We need to learn how to be better people, together. So, let's start fresh in 2019!!

Let's be the body of Christ again! gently renewed again—sloughing off the old skin

again—regenerated muscles bound together again, sinews and bones helping us articulate again: we need each other.

"Then he told them what they could expect for themselves: "Anyone who intends to come with me has to let me lead. You're not in the driver's seat—I am. Don't run from suffering; embrace it. Follow me and I'll show you how. Self-help is no help at all. Self-sacrifice is the way, *my* way, to finding yourself, your true self. What good would it do to get everything you want and lose you, the real you?" ~Luke 9:23-25 (the message)

I can't help but think, though, that I would totally be better at my job if my nose were smaller.

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UPCOMING EVENTS

The staff of Hope UMC thanks you for your thoughtful gifts to us this Christmas Season! You are a generous people, and it is an honor to work with and serve you as you serve the world in God's name!

Remember when you worship on Sundays to mark in the registry *if you have volunteered your time in service to others on behalf of Hope Church over the past week.* Hands-on ministry and mission is an important part of who we are, especially as United Methodists, and we report these numbers weekly to our Deuteronomy 5:1-7 denominational data-gathering program. Let's be sure the larger UMC knows how our light shines!

Check out our website at:
HopeMethodistChurch.com

Like us on Facebook!
[www.facebook.com
hopeumcduluth](http://www.facebook.com/hopeumcduluth)

Office Hours
Monday~ Friday
9:00 am ~ 2:00 pm

Events and Small Groups

Men's Breakfast: Wednesdays, 8:00 am, Mt. Royal Caribou Coffee.

Worship at Pines III—Tuesday, January 8th at 2:00pm

Hope's prayer group now meets on the first Wednesday of the month at 5:45pm and we are always delighted to have more "prayerpower!" (The more the prayerier!) In addition to praying through the Upper Room prayer requests, we pray for those in our circles of influence, our church family, and beyond.

Page Turners will not meet in January.

Next meeting is February 13th at 10:00am. The book for that month is "*Eleanor Oliphant is Completely Fine*" by Gail Honeyman. Contact Anna Allison at 343-5643 for more information.

Hope Quilters will meet on Saturday, January 26th at 9:00am

North Country Quilters will meet on January 18th at 10:00AM

JoJo Coffin-Langdon of United Campus Ministries will be preaching on Sunday, January 13th. We will also be taking up a special collection to support the work and outreach ministry of UCM.

February Newsletter Deadline: Friday, January 18th

The Enews is a weekly email sent with updated calendar, opportunities, and prayer list. A printed copy goes out to those who do not use email. Just let the office know if you want it sent to you!

STEWARDSHIP CAMPAIGN information will be presented early in the worship service on **SUNDAY, JANUARY 6th.** Included will be a brief summary of the tentative 2019 budget that has been approved by our Administrative Council. The shorter timeline and materials to be used for the campaign will also be explained. Please plan to attend.

Thought for the month from the Hope Prayer Group
Wash your hands and say your prayers because
Jesus and germs are everywhere.

Hospitality

We are still looking for men to help with the dishes one Sunday a month. Talk to Bev if you can help.

Art and Deb Hoff have given up their time on Hospitality and have moved on to counting money. Therefore, we are in need of two people to fill their place. If you can come on the fourth Sunday of the month to make coffee and set the table, please talk to Bev. You do not have to make the goodies; you will not be alone! Just make the coffee, serve, and help clean up. We will teach you how to do everything and, Bev is usually there, too!

We want to thank all the regulars who have helped for so long. **You are greatly appreciated.** Those people are: Rosemary Tripp, Barb Bergman, Helen Stellmaker, Janet Basil, Linda Rolland, Patty Lundgren, Margaret Rogers ... and, of course Art and Deb for helping so much this last year. I would also like to thank those men who do help with the dishes: Doug Tripp, Brad Mackinaw, Doug Kuehl, and Bob Swanfeld..... **THANK YOU SO MUCH!**

Once again, we are in need of two new volunteers for fellowship.



Finance

DIDJA KNOW that at the end of the year, we have the good fortune to "end the year in the black" while so many other churches struggle to even meet pay their bills? I think that our history of years of financial success and stability has happened mainly because our members and friends take their commitment to support our efforts very seriously. As we close out the year, some have not met their pledge goals. Others have fortunately exceeded them. In either case, members are encouraged to consider this opportunity to further support our church. Your Finance Team thanks each of you!

For your Finance Team,
Pete Bergman, Chair

THANK YOU to all who helped decorate the sanctuary and other areas of our church; it has been lovely! Nancy DeArmond, Meredith Kuehl and Deb Hoff led the efforts of a group of volunteers who made it all happen. And **THANK YOU AGAIN** to all who helped deliver poinsettias, take down and pack up decorations, and bring our sanctuary and building into 2019!

The Bible says in James 5:16b "The prayers of a righteous person have a powerful effect."

Thanks to all you good people for your cards,
prayers, and well wishes.
They were felt and helped!

Love,
Barb and Pete

Thank you for the lovely Poinsettia plant. It is so lovely on my dining table. ~ Gladys Downing

**IF THE ONLY
PRAYER YOU EVER
SAY IN YOUR ENTIRE
LIFE IS THANK YOU,
IT WILL BE ENOUGH.**

— Meister Eckhart



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MISSION SEWING GROUP

About nine years ago, women from the Lester Park Church Mission Committee and other church women started working on a project called "Little Dresses for Africa" where they met and sewed hundreds of darling dresses for little girls in Africa. Since then, the group went on to another project repairing new clothes and sewing buttons on new jeans. All items are new and are donated by generous Maurices. Since then, hundreds of cases of repaired beautiful clothes have been sent to local women's shelters, churches with teen groups and other needy places.

We meet as needed usually now every other month on a specific Thursday where we share the church fellowship hall with the *Painters*.

Look for our "Mission Sewing Group" announcement in the newsletter and bulletin. There is a job for everyone! We have a wonderful potluck lunch and a great fun time. Come join us!

Bonnie Frielund



CHUM Annual Meeting

Tuesday, February 19

6:30 p.m. - Fellowship

7 - 8:15 p.m. - Meeting & Program

Temple Israel, 1602 E 2nd St.

CHUM Church January 13, 4pm at Peace Church Accessible, welcoming, and inclusive worship

Joint Religious Legislative Coalition Day on the Hill Thursday, February 7

CHUM Food Shelf

The food shelf provides a five-day food order for people without food or the resources to buy food and advocacy services connecting people to community resources (e.g. shelter, medical care, children's services, employment, clothing, and emergency monies). Staff, along with approximately 100 volunteers, distribute 260,000 pounds of food annually. An average of 570 households receive emergency food each month; roughly 35% of those fed are children.

Foods Most Needed

pears, fruit cocktail, pineapple, mandarin oranges, chicken noodle & cream of mushroom soup, peanut butter, tuna, spam, Spaghettios, chili, stew, chunky soups, Pasta sides, rice-a-roni & ramen, cold cereal, pork and beans.

So, I close my eyes to old ends and open my heart to new beginnings. ~Nick Frederickson

HOPE STAFF

Pastor: Rev. Sarah Lawton

Church Office: Jennifer Amy-Dressler, office@hopeumcmn.org

Church Office: Beth Kaiser office@hopeumcmn.org

Music Director: Elizabeth Raihala, liz@raihala.net

Custodian: Matt Johnson

Accompanist: Diane Nast

Kid's Quest: Anita Rixe

Nursery Attendants: Ella Karki, Cassidy Kelley



Friday, December 28, 2018

To our Global LGBTQ Kin in Christ,

The Council of Bishops of The United Methodist Church recognizes the ways in which the convening of the Special Session of General Conference creates a time and space of harm for you and members of your family. To be the focus of attention, discussion and debate is hurtful.

Demeaning and dehumanizing comments and attacks on LGBTQ persons in conversations related to the upcoming February Conference are a great tragedy and do violence to hearts, minds, and spirits. When you suffer, the whole body of Christ suffers. Together, we need to work to resist hate, violence, and oppression of persons. In these attitudes and actions, great harm is done throughout the community, to the offended and the offender.

As Paul wrote in 1 Corinthians 12: We cannot say to a part of the body, "I have no need of you." We belong to each other. In our Baptism, we are incorporated into the Church, the body of Christ, and made one in Christ. The Church pledges to every baptized member: "Your joy, your pain, your gain, your loss, are ours, for you are one of us." (*The UMC Book of Worship*, pg. 83). Our Book of Discipline clearly states that all people are of sacred worth.

As leaders of the church, we are brokenhearted by conversations that dishonor, objectify and dehumanize. We confess, as Bishops of The United Methodist Church and as we attempt to honor our convictions, that our actions and words have not always been life-giving or honoring of the LGBTQ community. Amid our sorrow, we seek to learn and grow in grace. To that end, we commit ourselves to helping people who disagree with each other to have conversations that include, honor, and respect people with different convictions. We are a diverse group of leaders—conservative, centrist, progressive—however, we are unified in our commitment to work together in ways that will give you and all God's children strength, comfort and hope for better and more merciful tomorrows.

As the Special Session of General Conference approaches, we pray that the Holy Spirit will draw us together. May we see the image of God in one another, treat one another with tenderness, and love one another fiercely. Bearing Christ's love in these ways, we pray to be God's faithful witnesses.

The Council of Bishops
The United Methodist Church

Kid's Korner

Happy New Year greetings to one and all from the Kids' Quest students and teachers!!

December is always different from the norm for us. We spend our time practicing for the Christmas program the week before it is presented and the program takes up the whole hour the following Sunday. But we did have some very good lessons on the other Sundays of the month. We had a lesson on the meaning of Advent and the Advent wreath. That was very interesting. We also shared the whole Christmas story and learned about Simeon and Anna. It was a great month. January lessons will continue with the family theme which our stories have centered around all year. We will be looking at Magi Seek a Healer, Jesus Heals, Jesus Heals a Young Woman, and Jesus Heals 10 Men.

We are enjoying the larger group we have in attendance on Sunday mornings. We have a wide range of ages but that makes things more interesting. It is so wonderful to see children enjoy learning about our wonderful Lord and Savior.

On December 9 our annual bake sale was held and was a wonderful success. Sandy Johnson took charge of advertising and set up. We thank her for doing an awesome job. There were 4 tables filled with wonderful treats and most everything was gone at the end of the sale. More news about this in a separate space in this newsletter.

Our intergenerational Christmas Program was held on December 16. The beautiful Christmas story was told in word and song. We thank Lori Amundson so much for her guidance and direction of the performance. There was a large number of friends in attendance that day and we thank them all for coming.

On February 3 the children and youth will be asked to participate in the church service. They will be asked to read Scripture, lead prayers, usher and serve Holy Communion. Children and youth, please save that day for us so we can have a good turnout of participants. We will be contacting you. We will review the meaning and importance of Holy Communion during class the month of January.

Date to remember:

February 3: Children/Youth church service

We thank God for the many blessings he gave us during 2018 and we trust Him for many more in the year ahead.

~Anita

YOUTH NEWS

In early December, Pastor Sarah and I had a good time going to the Planet 3 Trampoline Park with Riley Anderson and Macey Kelley. While the girls "jumped around", Sarah and I enjoyed the wonderful massage chairs. Afterwards, we all enjoyed eating from the buffet at Sammy's Pizza and visiting with each other. Thanks for the fun afternoon Riley, Macey and Pastor Sarah!!

It would be AWESOME to have our youth participate more in worship service by taking offering or reading scripture. Please consider this opportunity to get involved and to give back! Sign-up sheets are in the narthex.

Many wishes for a Happy & Blessed 2019!

Sandy Johnson
218-260-7109



Celtic Daily Prayer

*Lord, help me now to
unclutter my life,
to organize myself in the
direction of simplicity.
Lord, teach me to listen
to my heart;
teach me to welcome
change,
instead of fearing it.
Lord, I give you these
stirrings inside me,
I give you my discontent,
I give you my restlessness,
I give you my doubt,
I give you my despair,
I give you all the longings
I hold inside.
Help me to listen to these signs of change,
of growth;
to listen seriously
and follow where they lead
through the breathtaking
empty space
of an open door.*



("A Prayer in 'The Middle Years' of Opportunity"
from the Celtic Daily Prayer book, p 220)

HOPE QUILTERS

On December 19th Pastor Sarah and choir members did a hands on blessing of 10 quilts. These were delivered the next day with three going to Harbor House, three to Safe Haven and four to MN Adult and Teen Challenge Center. Gift cards for Harbor



House and Safe Haven were also delivered at the same time.

We will start quilt making again with a "cutting session" on Saturday, Jan. 26th, 9:00am to 12:00 noon. We will cut

squares and strips from our fabric stash to make kits for people to take home and sew. If you know how to iron (we have several) or work a rotary cutter (bring your own mat and cutter) we could use your help.

DECEMBER BAKE SALE A SUCCESS!

On December 9 the annual Kids' Quest bake sale was held in the Fellowship Hall and it was a huge success. We thank Sandy Johnson for all her help in organizing the sale, setting up and taking care of details. Thanks to the gals who helped price and sell all we had. There were 4 tables filled with wonderful baked goods and most everything was gone at the end of the sale. We are so thankful for the wonderful bakers we have who supplied all the yummy treats. And we thank all who bought things and made this sale a success. We are so pleased to announce that we took in \$435. That amount will be given to the Heifer Project which Hope has been sponsoring for many years. We are so excited to be able to purchase some farm animals for people in needy areas of our world. We thought we would like to purchase a goat, a sheep and a hive of bees but we will be able to increase that number with the amount of money raised. We are so thankful for the incredible people of Hope for their contribution to this great cause. THANK YOU THANK YOU!

Page Flippers Book Club

Page flippers is a book club for children and youth. We will be meet on Wednesday, January 9th from 6—7 pm. Our book for this month is "The Westing Game" by Ellen Raskin. Everyone is welcome! We hope to see you there.

Check out our FB page for all current book listings .

<https://www.facebook.com/duluthpageflippers/>

If you have any questions please contact Lori Amundson at

lamundson@hotmail.com or call at 612-756-3077.



Evening Book Club

The Evening Book Club usually meets on the Third Tuesday of the month at Hope, 6:30pm. If the venue changes, we will notify the office, so if you plan to join us



for the first time, please check with the office by 2:00 on Tuesday.



New Members always welcome!

January 15: *The Absolutely True Diary of a Part-time Indian*, Sherman Alexie

February 19: *Small Great Things*, Jodi Picoult

Thank you to everyone who donated Poinsettias to decorate the sanctuary for Christmas: Pete &

Barb Bergman, Blazier

Family, Jack & Phyllis

Carlson, Art & Deb

Hoff, Jim & Joanne

Hubal, Denise

Johnson, Glenn &

Darlene Johnson, Jack

Kraus, Beverly

Kurosky, Shawn &

Carrie Landman,

Karen Laliberte, Catharine Larsen, Bruce & Patty

Lundgren, Charlotte Mahai, Marian McCall, Marilyn

Melhus, Beverly Merritt, Linda Morinville, Sandy &

Geoff Popham, Linda Rolland, Nancy Sivertson, Hel-

en Stellmaker, Vern & Karen Stocke, Lois Witzig.



OPPORTUNITIES for ALL AGES

YOUTH ▶

SUPER SERVE saturday

Who: Youth from area United Methodist Churches

What: Local Mission Event

When: Saturday, January 12

Time: 9 a.m. – 1:00 p.m.

Let's Meet at:

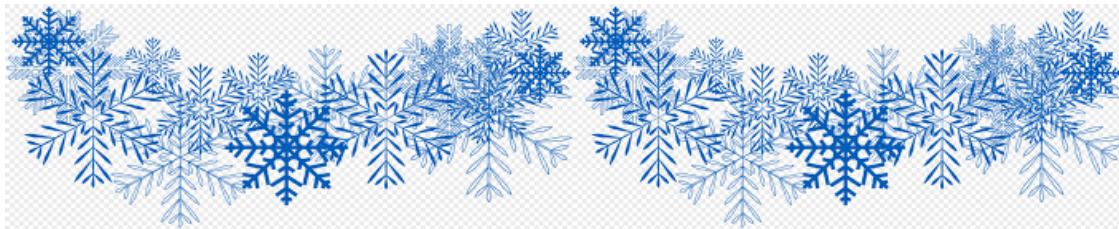
First United Methodist Church /
"Coppertop Church"

Mission Sites

- CHUM
- Damiano Soup Kitchen
- Harbor House Crisis Shelters

Questions?

Contact Rev. Joel Certa-Werner at 715-394-9608 /
pastor@superiorfaithumc.org



Echoes of Peace Choir

Echoes of Peace Choir is welcoming new members for our upcoming season. Our 10 week session begins January 22nd, from 6:30 to 8:00 pm at Pilgrim Congregational Church, 2310 East 4th Street.

Echoes of Peace is a non-audition choir, no previous singing or music reading experience required. We sing songs of peace and justice, hope and joy. Sliding scale fee: \$50-\$100. Scholarships available. For more information, visit or call: www.echoesofpeace.org/choir or 218-269-9557.



Caregivers and their loved ones
are invited to attend a

Dementia Friendly Worship Service

Hillside United Methodist Church
1801 Piedmont Avenue

January 20th ~ 11:00 AM

Fellowship in the lower-level social hall 10:30 – 10:55

30-minute service in the Sanctuary

- * Familiar hymns
- * Familiar scripture readings
- * Prayer
- * Communion

Please join us for an uplifting service!

MORE OPPORTUNITIES

Age Well Memory Café

Tuesday, January 8th from 1:30 - 3:00 pm.

A Memory Café is a group where those suffering from memory loss, as well as their care providers and family members, can find relaxation, fun, and the support of other people who are having similar experiences.

For more info or to RSVP please contact Kim Hileman, the Program Director of Age Well Arrowhead. 218-623-7805.



UMW PRAYER AND SELF DENIAL

The annual Duluth Area Prayer and Self Denial meeting will be held on January 30 at Hillside UMC, 1801 Piedmont Ave., Duluth. We will gather at 12:30 pm for coffee and dessert. The program will begin at 1:30 pm with Mimi Stender of Dementia Friendly Duluth speaking. The cost is \$8.00.

A special offering will be taken to support both Dementia Friendly Duluth and the Big Waters District Mission Fund. Reservations by January 24 to Pat Nelson at 391-0957 or Hillside UMC at 727-4257

Grief Group

A Healing Group for Those dealing with Grief

First Meeting - Monday, January 7th

(Remaining 3 dates will be determined by the group)

5:30pm—7:00pm

Mathison Room

Cost: \$25.00 for 4 sessions

There are many kinds of loss and many forms of grieving: Loss of loved ones, illness, life transitions, and dashed hopes. To be an adult is to be grieving. Grief work leads to acceptance and new life. Come share with others in a caring, loving community.

Your facilitator is Catharine Larsen, Licensed Psychologist, who has led grief groups and spoken about loss and grief. RSVP to Hope UMC: 724-2266 Catharine: 733-9903



FEBRUARY 22-23

Enjoy time in the great outdoors at Camp Amnicon in South Range, WI (just a 45-minute drive out of the Duluth/Superior area). All men associated with, or friends of, the United Methodist Churches of the Twin Ports are invited.

The topic is "Dare to Be Uncommon" presented by NFL Coach Tony Dungy. Times are 7:00 pm on Friday, February 22, and 3:30 pm on Saturday, February 23. Cost is \$35. Great food, comfortable accommodations, fellowship, faith learning and fun await your participation so mark the dates on your calendar. This event is sponsored by Twin Ports United Methodist Ministries (TPUMMs). For

more information or to register, Contact Rev. Joel at 715-394-9608 / pastor@superiorfaithumc.org



Tuesdays and Wednesdays
10:00am—noon

COMMUNITY EVENTS

Become a part of the Victory Chorus



THE VICTORY CHORUS: CREATING JOY THROUGH SONG!

- ♦ Led by music professionals, the Victory Chorus features people living with dementia, their care partners, loved ones and volunteer singers all making beautiful music together.

You are needed!

- ♦ Participants (people living with dementia) are needed for the spring, summer and fall sessions, each of which are between 8-12 weeks in length.
- ♦ Each participant will be paired with, and sing alongside, a Victory Chorus volunteer singer for rehearsals and performances.
- ♦ All participants must have a care partner attend each rehearsal. Care partners may be volunteer singers, help out in another way, or just be present during rehearsals and final performance.

Session Info: There will be 3 sessions offered in the spring, summer, and fall of 2019. Each session is 9-12 weeks long and rehearsals will be from 1:30—3:30pm on Sundays and will be held at the UUUCD –Unitarian Universalist Congregation of Duluth, 835 W. College Street, Duluth, MN.

Schedule for Session One:

Education for Volunteers: January 2019

Chorus Rehearsal Startup: February 3, 2019

Total Weekly Rehearsals: 12 (no rehearsal on Easter April 21st)

Chorus Performance Date: May 5th, 2019

- ♦ For more information about joining the Victory Chorus as a Participant or Volunteer, please contact Beth Kaiser, Program Coordinator, at vcjoybethk@gmail.com or 218.343.8145

THE YEAR AS A HOUSE - A Blessing

Think of the year
as a house:
door flung wide
in welcome,
threshold swept
and waiting,
a graced spaciousness
opening and offering itself
to you.

Let it be blessed
in every room.
Let it be hallowed
in every corner.
Let every nook
be a refuge
and every object
set to holy use.

Let it be here
that safety will rest.
Let it be here
that health will make its home.
Let it be here
that peace will show its face.
Let it be here
that love will find its way.

Here
let the weary come;
let the aching come;
let the lost come;
let the sorrowing come.

Here
let them find their rest,
and let them find their soothing,
and let them find their place,
and let them find their delight.

And may it be
in this house of a year
that the seasons will spin in beauty;
and may it be
in these turning days
that time will spiral with joy.
And may it be
that its rooms will fill
with ordinary grace
and light spill from every window
to welcome the stranger

—Jan Richardson

© Jan Richardson

CHURCH CALENDAR

January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<i>1</i>	<i>2</i> 8:00am Men's Breakfast (Caribou Coffee) 10:00am—noon Parents & Pals 5:00pm Ad Council 5:45pm Prayer Group 7:00pm Alanon	<i>3</i> 9-2pm Painters 10:30am Yoga for Parkinson's 12:00pm Gentle Yoga 1:00pm Music @ 1 1:30pm Exercise	<i>4</i> 10:00am Visitation for Pat Eng 11:00am Funeral Service	<i>5</i>
<i>6</i> 10:00am Worship Stewardship Kick-Off 11:15 am Task Force Presentation 3:00pm Grace Korean	<i>7</i>	<i>8</i> 10:00am—noon Parents & Pals 1:30pm Memory Café (Age Well) 4:30pm Missions & Outreach	<i>9</i> 8:00am Men's Breakfast (Caribou Coffee) 10:00am—noon Parents & Pals 3:00pm CSA 6:00pm Page Flippers 6:30pm Choir 7:00pm Alanon	<i>10</i> 9-2pm Painters 10:30am Yoga for Parkinson's 12:00pm Gentle Yoga 1:00pm Music @ 1 1:30pm Exercise	<i>11</i>	<i>12</i>
<i>13</i> 10:00am Worship JoJo Coffin-Langdon, UCM preaching 11:15am SPRC 3:00 pm Grace Korean	<i>14</i>	<i>15</i> 10:00am—noon Parents & Pals 1:00pm PEO 6:30pm Evening Book Club	<i>16</i> 8:00am Men's Breakfast (Caribou Coffee) 10:00am—noon Parents & Pals 5:00pm Ad Council 6:30pm Choir 7:00pm Alanon	<i>17</i> 9-2pm Painters 10:30am Yoga for Parkinson's 12:00pm Gentle Yoga 1:00pm Music @ 1 1:30pm Exercise	<i>18</i> February Newsletter Deadline 10:00am NCQ	<i>19</i>
<i>20</i> 10:00am Worship Pledge Consecration Sunday 11:15am Trustees 11:15am Finance 3:00 pm Grace Korean	<i>21</i> 	<i>22</i> 10:00am—noon Parents & Pals	<i>23</i> 8:00am Men's Breakfast (Caribou Coffee) 10:00am—noon Parents & Pals 6:30pm Choir 7:00pm Alanon	<i>24</i> 9-2pm Painters 10:30am Yoga for Parkinson's 12:00pm Gentle Yoga 1:00pm Music @ 1 1:30pm Exercise	<i>25</i>	<i>26</i> 9:00am—noon Hope Quilters 12:00-4:00pm Baby Shower
<i>27</i> 10:00am Worship 3:00pm Grace Korean	<i>28</i>	<i>29</i> 10:00am—noon Parents & Pals	<i>30</i> 8:00am Men's Breakfast (Caribou Coffee) 10:00am—noon Parents & Pals 6:30pm Choir 7:00pm Alanon	<i>31</i> 9-2pm Painters 10:30am Yoga for Parkinson's 12:00pm Gentle Yoga 1:00pm Music @ 1 1:30pm Exercise		

Hope Unite Methodist Church

301 W. St. Marie Street
Duluth, MN 55803

Phone: 218-724-2266
Email: office@hopeumcmn.org
Office Hours:
Mon - Fri ~ 9:00am - 2:00pm

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ADDRESS SERVICE REQUESTED

With God's grace, we care for the soul for a lifetime and beyond.

Members and Friends in our Hearts...

Benedictine: Margaret Kline

Key Stone Bluffs: Ralph & Marge Anderson, Bette Nord, Shirley Swapinski,

Pines III: Joyce Benson

Hold in Prayer...

Robyn Christianson

Dorothy Bergman

Rebecka George

Fred Moen

Family & Friends of Pat Eng

Margaret Kline

Jenny Pattison-Lundeen

Lois Newell

Merl Bowker

Bette Nord

Shirley Swapinski

Catharine Larsen