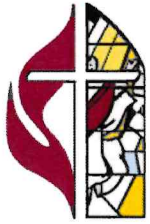




Next Sunday's Scripture: Matthew 6:13



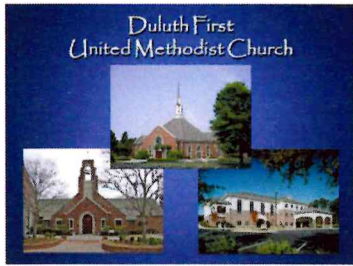
The Sunday Supplement



FEBRUARY 8, 2026

Welcome to Duluth First United Methodist Church!

We are glad that you came to worship with us today. The mission of Duluth First United Methodist Church is to make disciples of Jesus Christ. If you are looking for more information about Duluth First United Methodist Church and its ministries, Bible studies, and other programs and events, please be sure to visit our church's website at www.duluthumc.org.



To join Duluth First United Methodist Church, please come forward as we sing the song that follows the Invitation to Church Membership.

If you have any questions regarding membership or you are visiting and would like additional information, please contact Rev. Dr. AnnaKate Rawles, Associate Pastor, by e-mail at arawles@duluthumc.org, or call 770-476-3776, ext. 128.

Prayer Concerns

- Kathy Anderson • Jack Brannon • Lorraine Day • Ann Fleming • Sue French • Jeff Greene
- Jeanine Gullett • Rosemary Hall • Shamain Hallett • John Hammons • Carol Hitchcock • Linton Jones
- ShirleyGrace Madajewski • Stephanie Minschwaner • Dottie Moor • Ann Odum • Charlie Pierce
- Ethel Sales • Charlotte Schlubach • Abbie Stein's nephew, Alphie • Dale VanPelt • Amy Worthington
- Paulette Hartlett & family in the death of her husband, Dick.
- Cheryl Otto & family in the death of her husband.
- Randy Yokeley & family in the death of his brother-in-law.

STEPHEN MINISTRY

HELP — HOPE — HEALING

Stephen Ministers are here for you when life gets difficult.

For more information or to request the support and care of a Stephen Minister, contact Rev. Dr. C. Kay Fuino by e-mail at ckfuino@duluthumc.org or call Stephen Leader Ann Fleming at 678-644-9108.



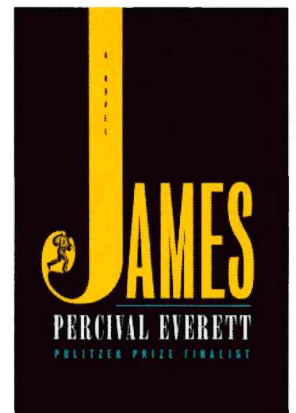
Library Book Club to Discuss "James" by Percival Everett:

Monday, February 9th

The Library Book Club will meet on Monday, February 9th, from 10 to 11:30 a.m. in room F145 (located on the 1st floor of the Sheldon Family Life Center) to discuss the book **James** by Percival Everett with a discussion led by Amy Burk. **James**, a brilliant, action-packed reimagining of **Adventures of Huckleberry Finn**, both harrowing and darkly humorous, is told from the enslaved Jim's point of view.

When Jim overhears that he is about to be sold to a man in New Orleans, separated from his wife and daughter forever, he runs away until he can formulate a plan. Meanwhile, Huck has faked his own death to escape his violent father. As all readers of American literature know, thus begins the dangerous and transcendent journey by raft down the Mississippi River toward the elusive and unreliable promise of the Free States and beyond.

Brimming with the electrifying humor and lacerating observations that have made author Percival Everett a literary icon, this brilliant and tender novel radically illuminates Jim's agency, intelligence, and compassion as never before.



Youth Ministry Sunday Night Gatherings for February

Students in the 6th through 12th grades are invited to join us on Sunday nights for **Sunday Night Gatherings** from 5:30 to 7:30 p.m. in the Youth Center ("The Fish Tank"), located on the 1st floor of the Sheldon Family Life Center. **Sunday Night Gatherings** include great dinners, fun games, amazing worship, inspirational and relevant messages and life-changing small groups.

Our schedule for the month of February is:

- **Sunday, February 8th:** Super Bowl Party at 5:30 p.m. in the Youth Center ("The Fish Tank");
- **Sunday, February 15th:** Sunday Night Gathering at 5:30 p.m. in the Youth Center ("The Fish Tank");
- **Sunday, February 22nd:** Sunday Night Gathering at 5:30 p.m. in the Youth Center ("The Fish Tank").



Please visit the **Youth Ministry's** website at <https://dfumcstudents.org> for more information. If you have any questions, please contact Rev. Min Lee, Director of Youth Ministries, by e-mail at mlee@duluthumc.org, or call 770-476-3776, ext. 119.

Wednesday Night Dinner in Hinton Hall: February 11th

Our **Food Ministry** staff, along with our amazing **Dinner Belles and Beaus** volunteers, prepare excellent meals at very reasonable prices. Enjoy fellowship around the table with family and friends. **The menu for Wednesday, February 11th, is pulled pork BBQ on a bun, sweet potato fries, baked beans, slaw, and dessert. For the kids – hot dogs and sweet potatoes fries.** Dinner service hours are 5 to 6:30 p.m., with to-go boxes available from 6 to 6:30 p.m.



The prices for Wednesday Night Dinners are:

- \$10.00 for adults (including seniors and from 11 years up);
- \$7.00 for children 10 years and younger;
- \$30.00 for family meals (nuclear family members only – husband, wife, and their children under 18 years);
- \$7.00 for salad bar only, which includes the salad bar, a choice of baked potato or sweet potato, dessert and a drink.

Credit/debit card payments, as well as cash and checks, are accepted.

Wednesday Night Food Drive: February 11th

The **Wednesday Night Food Drive** at Duluth First UMC for the **Hands of Christ Duluth Co-Op** is our weekly mission project, combined with the many Wednesday evening activities offered at the church. **On February 11th we ask you to bring cereal.** A table for donated items will be located outside of the main entrance to Hinton Hall.

Join us for a delicious dinner and fellowship in Hinton Hall, pick up a to-go dinner for your family, join us for any of our Wednesday evening activities, and drop off food items to help other families in need. We thank you for your support.



Pancake Supper: Tuesday, February 17th

Make plans to join with your family and friends and attend a **FREE** pancake supper on Tuesday, February 17th, from 5 to 6:30 p.m. in the Dorothy L. Rainey Fellowship Hall. There will also be sausage, bacon, coffee, juice, milk, and water.

Supper is **FREE**, but donations are appreciated! Proceeds will benefit Duluth First UMC's **Music & Worship Arts Ministry**.



Ash Wednesday Service: February 18th

Ash Wednesday will be observed on Wednesday, February 18th, with a short service beginning at 6 p.m. in Hinton Hall, located in the Sheldon 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.

Greeters Needed for 8:30 and 11:00 Worship Services

We need **YOU** to be a greeter at our brand-new **Welcome Center** located in the Veterans Memorial Gathering Room on Sunday mornings. People attend churches where they feel like they are warmly received and welcomed, and we want to be sure every visitor at Duluth First United Methodist Church experiences that!



Greeters are needed for the 8:30 and 11:00 worship services. Please sign up to volunteer and be at the new **Welcome Center** one service and one Sunday each month to help us welcome those who have walked through our doors. It's simple and a wonderful way to serve our church!

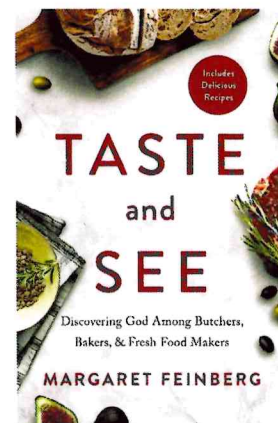
To sign up and/or get more information, please contact Rev. Dr. AnnaKate Rawles by e-mail at arawles@duluthumc.org or call 770-476-3776, ext. 128.

"Taste and See" Lenten Study: Begins Sunday, February 22nd

Everyone is invited to participate in Lenten study, based on the book **Taste and See** by Margaret Feinberg, beginning Sunday, February 22nd. The study, led by Rev. Dr. AnnaKate Rawles, will meet on Sundays, February 22nd through March 29th, from 2:00 to 3:00 p.m. in room F145, located on the 1st floor of the Sheldon Family Life Center.

Taste and See will be a different type of Lenten study – it will be one about feasting and “discovering God among butchers, bakers, and fresh food makers.” We will discuss where we can find God and that we are all invited to “**Taste and See**” that God is good. We will also sample some of the dishes that the author discusses!

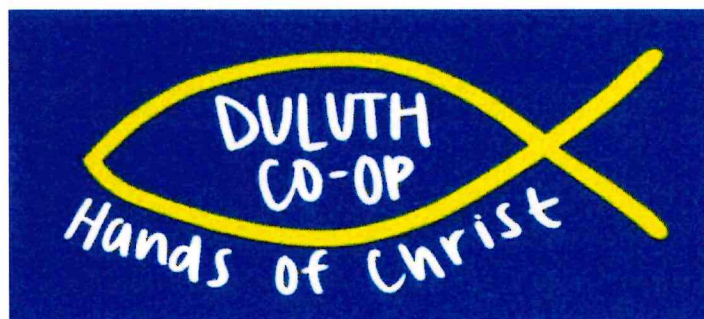
The cost of the class is \$20 is per person to cover the cost of the book and food samples. Childcare will be available by request. To register and for more information, please contact Rev. Dr. AnnaKate Rawles by e-mail at arawles@duluthumc.org, or call 770-476-3776, ext. 128



Volunteers Needed During Month of March at Hands of Christ Duluth Co-op

March is Duluth First UMC's month to volunteer at the **Hands of Christ Duluth Cooperative Ministry**. Duluth First UMC was one of the founding members of **Hands of Christ Duluth Co-op**, created more than 30 years ago to help with food insufficiency in the 30096 and 30097 zip codes. Volunteers stock pantry shelves, divide bulk food items into smaller packages, and fill orders. An experienced “captain” for the day guides you.

Choose to work a 2-hour shift from 10 a.m. to noon, or noon to 2 p.m. on a Monday, Wednesday, or Friday during the month March. **Hands of Christ Duluth Co-op** is located at 3649 Rogers Bridge Road in Duluth. To volunteer please scan the QR code located to the right with your smart phone or tablet. If you have any questions, please contact Rev. David Burchett by e-mail at dburchett@duluthumc.org.



Register Now for the Christian Beginnings Preschool & Kindergarten 2026-2027 School Year

Registration for **Christian Beginnings Preschool & Kindergarten's** 2026-2027 school year is open and spots will go fast! We are an award-winning program that nurtures students learning in a loving, Christian environment. If you are interested in registering your little one or you would like to set up a tour, please contact Pat Szathmary by e-mail at pszathmary@duluthumc.org or call 770-497-1743.

Ancient Christianities - The First Five Hundred Years:
A New Study Group Begins on February 24th and 25th

Join us for a new small group class opportunity that will discuss the first five hundred years of Christianity. Beginning Tuesday, February 24th, and Wednesday, February 25th, this class will meet twice each week for 20 weeks and participants may attend either class. Classes will be held on:

- Tuesdays from 10:00 to 11:30 a.m., rooms F153/154, 1st floor of Sheldon Family Life Center;
- Wednesdays from 5:45 to 7:15 p.m., rooms F145/146, 1st floor of Sheldon Family Life Center;.

The subject matter will be based on **Ancient Christianities: The First Five Hundred Years**, a series of 20 lectures by Paula Fredriksen, Professor of Scripture Emerita at Boston University and Professor Emerita of Comparative Religion at the Hebrew University of Jerusalem. Dr. Fredriksen, and author of numerous books and a widely sought-after speaker, is a worldwide recognized scholar of early Christianity. A former Catholic, Fredriksen converted to Judaism several years ago.

The class, led by Pete Fleming, will consist of 20 fifty-minute lectures by Dr. Fredriksen which will follow her latest book. Participants are not required to purchase the book, but they may wish to. Classes will be augmented with weekly summaries of the material plus optional additional readings and bibliographies.

If you would like to participate in this new study or have questions, please contact Pete Fleming by e-mail at lfleming3832@att.net or Rev. Dr. AnnaKate Rawles by e-mail at arawles@duluthumc.org. Please let them know which day of the week you will most likely be attending the class so that classroom space can be planned for.



Duluth First United Methodist Church



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Website: www.duluthumc.org

Facebook: DuluthFirstUMC • Instagram: duluthfirstumc

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library@duluthumc.org

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

Human Trafficking Awareness Day: Sunday, February 8th

Human Trafficking Is a Serious Issue

Human trafficking is a serious problem worldwide. Often, we think it is not here in the United States, but trafficking is in all 50 states and right here in our own community. Human trafficking comes in many forms. It can be coerced labor such as hotel workers, farm workers or restaurant workers, as well as sexual exploitation. It can affect persons at any age. Sometimes sexual exploitation occurs with a family member or a known trusted person.

If you suspect something, the best idea is to call the hotline to get advice about what to do. Do not confront the people directly as that could put the victim at risk. The hotline phone number is 888-373-7888.

The State of Georgia has passed many laws that make sexual trafficking more difficult for the traffickers, and releasing the victim from prostitution charges, plus helping the victims to rehabilitate.

Many organizations in our community are working to put an end to human trafficking, and to help rescue victims. For example, **Street Grace** works to protect children and youth from sexual exploitation and **Wellspring Living's** mission is transforming lives of those at risk or victimized by sexual exploitation.

Anytime there is a big event, whether it be sport related, concerts or conventions, human trafficking increases. It's time to put a **STOP** to human trafficking. **Today, which is also Super Bowl Sunday, the United Women in Faith have asked people to please wear BLUE which is the international color of Human Trafficking Awareness.**



United Women in Faith Are Raising Funds to Help Put an End to Human Trafficking: Today, February 8th

Today the **United Women in Faith** will be selling chocolate candies and goodies just in time for Valentine's Day. All the proceeds will go to **Street Grace**, an organization that **fight**s human trafficking. Founded in 2008, **Street Grace** been chasing one ambitious vision - **ending the sexual exploitation of children**. Thanks to the help of their generous partners and supporters, they are making serious progress.

Street Grace works on four areas to make changes:

- **PREVENTION** to help all of us recognize and stop exploitation before it starts;
- **PROTECTION** to make survival sustainable;
- **PURSUIT** to help law enforcement identify predators, protect victims and prevent future crimes;
- **POLICY** which makes safety the standard, shapes laws, training and systems that protect children long before a crisis begins.



So won't you say **YES** because change begins with you! Come to the Dorothy L. Rainey Fellowship Hall today, buy chocolates, and help put an end to human trafficking! Brooke Ruffin from **Street Grace** will be in the Fellowship Hall to answer any questions. For additional information about **Street Grace**, please visit their website at **www.streetgrace.org**.

Human Trafficking Awareness Day: Sunday, February 8th

Human Trafficking "Did You Know?"

Today - Sunday, February 8th - is Human Trafficking Awareness Day. Did you know that:

- The United States State Department says that there are 27.6 million victims of human trafficking worldwide at any given time.
- Human trafficking is the exploitation of a person's labor by coercion, power or control. Coercion can be done through drugs and/or a love belonging issue.
- If you suspect human trafficking, the best idea is to call the hotline at 888-373-7888 to get advice about what to do. Do not confront the people directly as that could put the victim in more risk.
- In 27 states children can be charged as prostitutes. **The State of Georgia is NOT one of them.** In 19 states sexual trafficking is not considered child abuse, So the victim is criminalized.
- 40% of human traffickers use black women and girls because they think they will get less jail time if the victim is black.
- Many victims of human trafficking deal with post-traumatic stress disorder (PTSD), nightmares and the shame blanket that weighs them down. Most victims say the issue that causes them the most stress is sexual trauma before the age of 13. Victims need to be rewired as their body is the scene of the crime.

How can we help? We need to work inward first and deal with our biases. We need to be intentional and educate ourselves and others about human trafficking. We need to have redemptive vision. We need to share our stories. Secrecy is what enables trafficking.

STOP

Human Trafficking

Human Trafficking

Reporting and Resources

NATIONAL HUMAN TRAFFICKING HOTLINE (24/7 Confidential)

- 1-888-373-7888
- Text: 233733

YOUR LOCAL POLICE DEPARTMENT (911)

GEORGIA CARES

- Georgia Cares is the single point of entry for anyone seeking help for actual or suspected victims under the age of 18 of child sexual exploitation and/or child sex trafficking.
- 24 Hour Hotline: 1-844-8GA-DMST

GA DEPARTMENT OF FAMILY & SERVICE (24-Hours, 7 Days a Week)

- Reports of child abuse and neglect can be made to 1-855-GA CHILD (1-855-422-4453)

NATIONAL CENTER FOR MISSING & EXPLOITED CHILDREN

- The Cyber Tipline: 1-800-THE-LOST (1-800-843-5678)

PREVENT CHILD ABUSE GA (Parenting is hard. Let someone help you.)

- Help Line: 1-800-CHILDREN

OUT OF DARKNESS (GEORGIA)

- Rescue Line: 404-941-6024 (24/7 hotline—age 18 and older)

TAPESTRI (Serving immigrant and refugee communities in Georgia)

- For immediate help, call 404-299-2185.

Information Resources

POLARIS PROJECT

- <https://polarisproject.org/human-trafficking-recognize-signs>

ECPAT-USA (End Child Prostitution and Trafficking)

- <https://www.ecpatusa.org>

U.S. OFFICE OF THE ADMINISTRATION FOR CHILDREN AND FAMILIES — OFFICE ON TRAFFICKING IN PERSONS

- <https://www.acf.hhs.gov/otip/training/nhttac>

INTERNATIONAL HUMAN TRAFFICKING INSTITUTE (Center for Civil and Human Rights Museum, Atlanta)

- <https://www.ihatinstitute.org>
- Leverages the collective efforts of private, public, educational, faith-based, and civic organizations to accelerate local, national and global movements to end the trafficking of persons.