



Next Sunday's Scripture: Ephesians 6:1-4



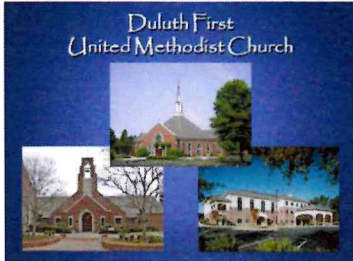
The Sunday Supplement



SEPTEMBER 13, 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

- Jean Adkins • Marty Bush • Madeline Ellis
 - Ann Fleming • Lawrence Gibbs • Shamain Hallett
 - Judy Lutz • Polly Sanders
 - Marilyn Scheiwe • Jim Waid
- Jane Johnson & family in the death of her husband, Jim.
• Staci Castleberry & family in the death of her father.



Want someone to talk to? Stephen Ministers are there for you.

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.



Church-wide Cookout : Today!

We are holding a church-wide cookout today from 5 to 6:30 p.m. in front of the church under the trees. Invite your friends and neighbors and bring the whole family as there will be something for everyone - hamburgers, hot dogs, inflatables, a DJ, and a lot of fun and fellowship! What a wonderful opportunity to invite our community to join us for a fun and fellowship-filled event at our church!

Thank you for helping to make our church-wide cookout a great community-wide event!



..and YOU'RE INVITED!



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Youth Ministry Sunday Night Gatherings

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.

The **Sunday Night Gathering** schedule for September is:

- **Sunday, September 13th: Church-wide Cookout** at 5:00 p.m. under the trees in front of the church;
- **Sunday, September 20th: Sunday Night Gathering** at 5:30 p.m. in the Youth Center ("The Fish Tank");
- **Sunday, September 27th: Sunday Night Gathering** at 5:30 p.m. in the Youth Center ("The Fish Tank").

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.

Happy Sacks: Helping Children in Our Community

A growing number of school children in our community rely on free and reduced priced meals at school for their main daily meals. However, there may not be enough food to go around over the weekend. The goal of the **Happy Sacks** mission outreach program is to provide healthy snacks for school children over the weekend. **We pack approximately 150 Happy Sacks each week, which are then delivered to the schools on Friday, and given out by the school counselors to the appropriate children.**

For the 2025-26 school year, we packed and delivered 4,133 Happy Sacks. Since the program began in the fall of 2012, we have delivered 44,177 Happy Sacks to children in our community. The need continues to grow as does the cost of filling the bags. The **Happy Sacks** program is not a part of the church's regular budget, so we depend on your donations.

As we get ready to begin our 15th year of the **Happy Sacks** program, please consider picking up a few extra items the next time you're at the store or making a financial donation to support the **Happy Sacks** ministry. For more information, please scan the QR code located to the right with your smart phone or tablet, or visit the **MISSIONS** page under the **MINISTRIES** tab on the church's website - duluthumc.org. Thank you for your continued support of this mission!



Wednesday Night Dinner in Hinton Hall: September 16th

Join us for a time of food and fellowship around the table with family and friends at our Wednesday Night Dinners from 5:00 to 6:30 p.m. in Hinton Hall, located on the 2nd floor of the Sheldon Family Life Center. Chef Kenny Lewis, our Food Ministry Manager, along with our very talented and dedicated Dinner Belles and Beaus volunteers, prepare excellent meals at very reasonable prices.



The menu for September 16th is lemon pepper chicken, buttered rice, broccoli, squash casserole, rolls, and dessert. For the kids – chicken tenders and French fries.

Dinners are served from 5 to 6:30 p.m. in Hinton Hall, 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 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. Please note - menus are subject to change. Please visit the church's website - duluthumc.org - to view upcoming menus.

Wednesday Night Food Drives

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.

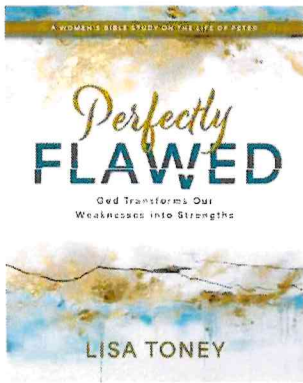
Items needed during the month of September are:

- September 16th: cans of diced tomatoes;
- September 23rd: tuna fish;
- September 30th: cans of mixed veggies.

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!



Tuesday Evening Women's Bible Study Resumes on September 15th



Join us for a time of study, fellowship, and prayer! Our Tuesday evening Women's Bible Study meets from 7 to 9 p.m. in room F145 (located on the 1st floor of the Sheldon Family Life Center), primarily following the school year calendar. Together, we explore faith through engaging studies by well-known authors. Some studies are topical and pull from several biblical themes and others are a deep dive into a particular book of the bible. Join us on Tuesday, September 15th, as we resume our studies by studying the book **Perfectly Flawed: God Transforms Our Weaknesses into Strengths** by Lisa Toney.

Studies are normally 6 to 8 weeks and incorporate a book or study guide, an in-class video and group discussion helping us grow deeper in God's Word and in community with one another. All women are welcome—come as you are and be encouraged! For additional information please contact either Ashley Johnson by e-mail at Ashleycscape@outlook.com or Jackie Grube by e-mail at Grubeland@gmail.com.

Senior Adult Coffee Hour: Wednesday, September 16th

Senior adults are invited to join us once a month for a time of coffee, conversations, and fellowship. Bring a game, something you want to discuss, or just show up to enjoy time together!

We will meet on Wednesday, September 16th, at 9:30 a.m. in the cul-da-sac area outside of the offices on the 1st floor of the Sheldon Family Life Center. Coffee is provided by **Break Coffee Roasters**. If you have any questions, please contact Rev. AnnaKate Rawles, Associate Pastor, by e-mail at arawles@duluthumc.org. We look forward to seeing you there!



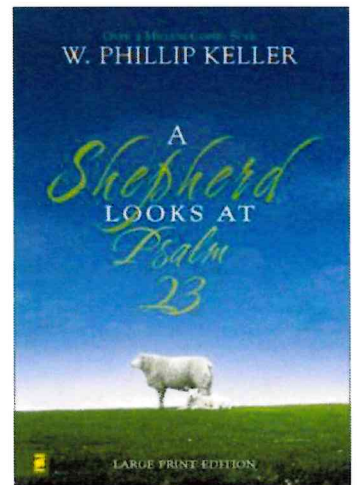
"Women Studying Together" to Study "A Shepherd Looks at Psalm 23"

Beginning on Thursday, September 17th

Our Thursday morning **Women Studying Together** group will begin a new study on September 17th, continuing through November 19th. We will use a classic Christian book, **A Shepherd Looks at Psalm 23: Discovering God's Love for You** by W. Phillip Keller, along with our Bibles for reference. Author W. Phillip Keller grew up in Africa, the son of missionary parents. He worked in agriculture, owned and worked with sheep, which gave him special insight into the details of Psalm 23. He thoroughly explored the relationship between the sheep and shepherd, giving us reassurance that we are in the care of the Good Shepherd.

A Shepherd Looks at Psalm 23: Discovering God's Love for You is available from many new and used bookstores and online as well. The price for new copy is about \$5. There have been many reprints of this book, so do not be concerned over the particular edition you purchase.

Women Studying Together meets from 10:00 to 11:30 a.m. in room F145, located on the 1st floor of the Sheldon Family Life Center. Class discussion will be led by Jenny Masterson. As we study, we ask questions, search for answers, share our stories, laugh and pray together. All women are welcome to join us. If you have any questions, please contact Jenny by e-mail at jennybobm@comcast.net.



Service and Mission Opportunity at Hands of Christ Duluth Co-op:

Saturday, September 19th

If you're looking for an opportunity to serve your community, we will be having a workday at **Hands of Christ Duluth Co-op** on Saturday, September 19th, from 9:30 to 11:30 a.m. We will be assisting the **Duluth Co-op**, located at 3649 Rogers Bridge Road in Duluth, in sorting, stocking, and organizing donations as well as cleaning the facility.

If you would like to join us on this day, please scan the QR code to sign up. This opportunity is open to all ages. Children must be accompanied by a parent.



"Men Studying Together" Thursday Morning Bible Study

The **Men Studying Together** group meets for Bible/book studies on Thursday mornings from 10 to 11:30 a.m. in rooms F206/207, located on the 2nd floor of the Sheldon Family Life Center. This study is led by Rev. Terry Tippens. The group is currently studying 2nd Corinthians.

All are welcome to join us, any time, and every class time will allow for individual input and group discussion. Please contact Tracy Brinker by e-mail at tbrinker@duluthumc.org or at 770-476-3776 for more information.

Library Book Club to Discuss "Eleanor Oliphant Is Completely Fine": Monday, September 21st

The **Library Book Club** will meet on Monday, September 21st, at 10:00 a.m. in room F145 (located on the 1st floor of the Sheldon Family Life Center) to discuss the month's book choice, **Eleanor Oliphant Is Completely Fine** by Gail Honeyman.

Meet Eleanor Oliphant: She struggles with appropriate social skills and tends to say exactly what she's thinking. Nothing is missing in her carefully timetabled life of avoiding social interactions, where weekends are punctuated by frozen pizza and phone chats with Mummy.

But everything changes when Eleanor meets Raymond, the bumbling and deeply unhygienic IT guy from her office. When she and Raymond together save Sammy, an elderly gentleman who has fallen on the sidewalk, the three become the kinds of friends who rescue one another from the lives of isolation they have each been living. And it is Raymond's big heart that will ultimately help Eleanor find the way to repair her own profoundly damaged one.



Duluth First United Methodist Church



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