



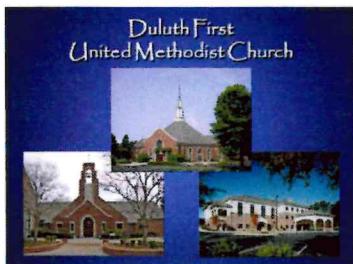
The Sunday Supplement

JANUARY 18, 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 • Tracy Balkcom • Jack Brannon • Larry Bunten • Lorraine Day
- Sue French • Don Greene • Jeff Greene • Jeanine Gullett • Rosemary Hall
- Shamain Hallett • Carol Hitchcock • Carol Johnson • Linton Jones
- Stephanie Minschwaner • Dottie Moor • Cheryl Otto • Henry Pettus • Charlie Pierce
- Ethel Sales • Charlotte Schlubach • Dale VanPelt • Amy Worthington

WE ARE A STEPHEN MINISTRY CONGREGATION.



Duluth First UMC Stephen Ministers provide confidential, one-to-one emotional care and support to those in our church and community who are hurting.



Contact Rev. Dr. C. Kay Fuino by e-mail at ckfuino@duluthumc.org or call Stephen Leader Ann Fleming at 678-644-9108 for more information.

Church Offices Closed in Observance of Rev. Martin Luther King Jr.'s Birthday: January 19th

The church offices will be closed on Monday, January 19th, in observance of the Rev. Martin Luther King Jr.'s birthday. The offices will re-open on Tuesday, January 20th.

Wednesday Night Dinner in Hinton Hall: January 21st

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, January 21st, is smothered pork chops, rice, collards, candied carrots, cornbread, and dessert. For the kids – hot dogs and French 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.



Youth Ministry Sunday Night Gatherings for January

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 January is:

- **Sunday, January 18th:** Sunday Night Gathering at 5:30 p.m. in the Youth Center ("The Fish Tank");
- **Sunday, January 25th:** 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.



Youth Spring Retreat - Spiritual Life Retreat is March 13th - 15th: Registration Due by Sunday, January 25th

We are excited to participate in the **Spiritual Life Retreat (SLR)**, a North Georgia UMC Conference Retreat, hosted by the **Glisson Camp and Retreat Center**, for our Youth Spring Retreat! It will be an incredible weekend with a guest speaker, a band leading worship, and small groups to dig deeper into the message and understand how God is providing support and direction on the spiritual journey. Each year, there is a different "theme" that guides these worship and small-group times.

Another unique design of the **Spiritual Life Retreat** is that students from different churches are placed in small groups and journey together all weekend long. It provides a great opportunity for students to get to know and build relationships with students from other churches.

The dates for the **Spiritual Life Retreat** are Friday, March 13th, through Sunday, March 15th, at the **Glisson Camp and Retreat Center** in Dahlonega. The cost is \$195 per student (You can pay in cash, check, or online). We want every student to be able to attend—scholarships are available if needed.

Please register for the **Spiritual Life Retreat** by scanning the QR code located to the right with your smart phone or tablet by **Sunday, January 25th**. If you have questions, please contact Rev. Min Lee, Director of Youth Ministries, by e-mail at mlee@duluthumc.org.

For additional information about the **Glisson Camp and Retreat Center**, please visit their website at <https://glisson.org>.



Wednesday Night Food Drive: January 21st

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 January 21st we ask you to bring tuna fish.** 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.



Learn More about Duluth First UMC at Information Station: Sundays February 1st and 8th

Are you new to Duluth First UMC as a guest or new member? Have you wondered about the United Methodist Church and our church's history? Are you looking for groups to get involved in? Join us for **Information Station** on Sundays, February 1st and 8th, from 9:30 to 10:30 a.m. in the Conference Room, located on the 3rd floor of the Sheldon Family Life Center. We will drink coffee, talk about the church, and discuss ways you can get involved!

For additional information or to RSVP, please contact Rev. Dr. AnnaKate Rawles, Associate Pastor, by e-mail at arawles@duluthumc.org.



Donate Blood at Duluth First UMC on Wednesday, February 4th

Every 2 seconds, someone in the U.S. needs blood. All blood types are needed now to help save lives. Spring into action and give patients a fighting chance by donating blood.

An American Red Cross Blood Drive will be held at Duluth First UMC from 3 to 7 p.m. on Wednesday, February 4th, in the Dorothy L. Rainey Fellowship Hall. Please consider donating blood as winter weather across the country is causing a decline in donations. With more severe weather predicted, blood donors (especially type O) are needed to give to prevent a shortage. Patients need your help now! 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.



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

On Sunday, February 8th, 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 **fights 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 on Sunday, February 8th, buy chocolates, and help put an end to human trafficking! For additional information about **Street Grace**, please visit their website at www.streetgrace.org.



Thank You from "Bundle Up for Buffalo 2025"

To the good people of Duluth First United Methodist Church,

Each year as I attempt to write this letter to you, I am struck at how my words fail to convey my feeling of gratefulness. Nevertheless, I will try again.

I visited Buffalo early in December and experienced the bitter below-zero-windchill of this city. For those who can rent a portion of a house, the heat is often not adequate. For those living in cars, the heat depends on the ability to pay for gasoline. For those on the street, Seneca Street United Methodist Church provides a place where one can walk into a Christ-centered place, get warm, get fed, and even take a shower. YOU make that happen. Through your generous giving during and after the **Bundle Up for Buffalo** fundraiser this past November, some of the poorest in our country can stretch out on a pew and get warm for a while. YOU fulfill Christ's directive through your humility and generous spirit.

Almost seventy children are coming to SenecaStreet UMC every day after school. Volunteers are at the church ready with snacks and ready to help with homework. Because moms may not get home until later, a warm meal is provided so children are not hungry at night. Even if the power goes out in the Seneca-Babcock neighborhood of South Buffalo, a generator will kick on now. What a blessing is this heat you provided!

I am already starting to plan for **Bundle Up for Buffalo 2026**. Thank you for your selfless generosity, your ongoing prayers, and your many gifts. God bless you and yours as you continue to serve Him throughout the upcoming year.

Many thanks for all of your support!

Beth Intondi



Duluth First United Methodist Church



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Facebook: [DuluthFirstUMC](https://www.facebook.com/DuluthFirstUMC) • Instagram: [duluthfirstumc](https://www.instagram.com/duluthfirstumc)

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