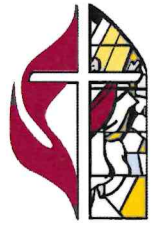




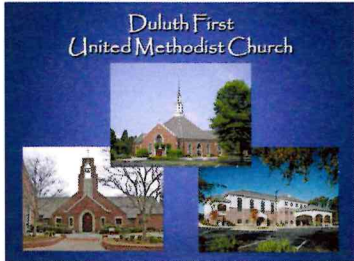
The Sunday Supplement



JULY 19, 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



- Pat Brannon • Lorraine Day • Ann Fleming
- Shamain Hallett • Tim Heard • Luke Livingston
- Bette Pickin • Jan Rawls • Jeff Schulz
- Donald Southerland • Pam Tuggle
- The family of Marion Harley in his death.
- John Otwell & family in the death of his wife, Kaye.



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.



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 July is:

- Sunday, July 19th: 2026 FIFA World Cup Final Watch Party at 3:00 p.m. in the Youth Center ("The Fish Tank") - please note earlier beginning time;
- Sunday, July 26th: **Sunday Night Gathering** at 5:30 p.m. in the Youth Center ("The Fish Tank").

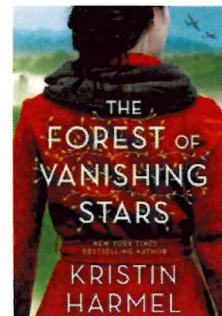


Please visit the Youth Ministry's website at <https://dfumcstudents.org> for more information. If you have any questions, please contact Rev. Min Lee, Director of Youth Ministries, by e-mail at mlee@duluthumc.org, or call 770-476-3776, ext. 119.

Library Book Club to Discuss "The Forest of Vanishing Stars": Monday, July 20th

The **Library Book Club** will meet on Monday, July 20th, at 10:00 a.m. in room F145, located on the 1st floor of the Sheldon Family Life Center, to discuss **The Forest of Vanishing Stars** by Kristin Harmel.

The **Forest of Vanishing Stars** is a World War II historical fiction novel about a young woman, Yona, who was kidnapped as a child and raised in the forests of Eastern Europe, learning to survive off the land. After her kidnapper dies, she encounters Jewish refugees fleeing the Nazis and uses her wilderness skills to help them survive, while they teach her about love and community, all while she grapples with her past and identity. The story is inspired by true accounts of Jewish partisans and survival groups during the war.



Senior Adult Coffee Hour: Wednesday, August 12th

Senior adults are invited to join us once a month this summer 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, August 12th, 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. 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!

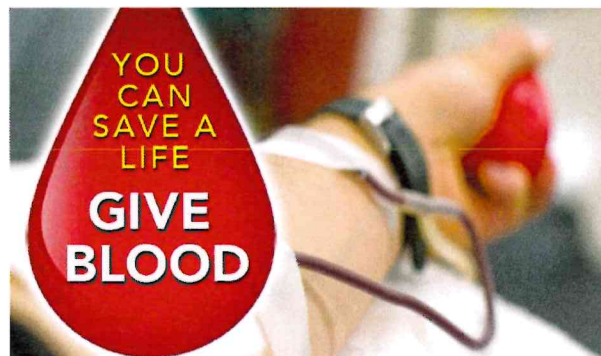


Blood Drive at Duluth First UMC on Wednesday, August 12th

The need for blood doesn't take a summer break! **Every 2 seconds, someone in the U.S. needs blood.** The American Red Cross is declaring an emergency blood shortage as the blood supply fell nearly 25% in June. The shortage is especially serious for types O positive and B negative blood and platelets. Donors are urgently needed to give now to help ensure patients receive lifesaving medical care without delay.

An American Red Cross Blood Drive will be held at Duluth First UMC on **Wednesday, August 12th**, from 3 to 7 p.m. in the Dorothy L. Rainey 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.

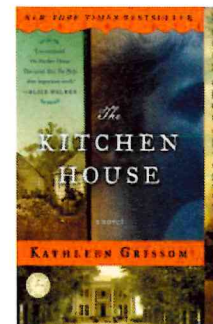


Don't wait - schedule your appointment today. Don't be afraid to save someone's life!

Library Book Club to Discuss "The Kitchen House": Monday, August 17th

The **Library Book Club** will meet on Monday, August 17th, at 10:00 a.m. in room F145, located on the 1st floor of the Sheldon Family Life Center, to discuss **The Kitchen House** by Kathleen Grissom.

The Kitchen House is a historical fiction novel set on a Virginia plantation before the Civil War, following orphaned Irish girl Lavinia who becomes an indentured servant and is raised by the plantation's enslaved people, particularly Belle, the master's illegitimate daughter. The story explores themes of race, class, family, and loyalty as Lavinia straddles the worlds of the kitchen and the big house, leading to tragic events that expose the harsh realities of slavery and the bonds between the characters.



Share Your 250th Anniversary of Independence Day Celebration at Duluth First UMC Photos

If you joined us on Sunday, June 28th, for our **250th Anniversary of Independence Day Celebration**, a time filled with delicious food, wonderful fellowship, and excellent music, and took photos of the event, we would like it if you could share a few of your favorite photos with the church. Please e-mail your favorite photos (5 max) from the event to Ken Willi, Director of Communications, by e-mail at kwilli@duluthumc.org. Thank you!

"Simply Something" Classes Resume on Tuesday, August 18th

Our **Simply Something** classes are simply moving on to new things this year. In August we will begin to study the book of Ruth. Ruth is one of only two books in the Bible named after a woman, a woman named in the lineage of Jesus Christ. This short but important book has some interesting themes of honor, love, and commitment. If you want to know more, then **Simply Something** is just the place to be. Join Rev. Dr. C. Kay Fuino for **Simply Something** on the 1st and 3rd Tuesday mornings at 10:00 a.m., **beginning on August 18th**, in room F147, located on the 1st floor of the Sheldon Family Life Center.



Please bring your Bible and handouts will be provided. Come with your coffee, tea or water, and your open mind to learn from each other. Childcare in **Childcare Corner** will be available. For more information, please contact Rev. Dr. C. Kay Fuino, Associate Pastor, by e-mail at ckfuino@duluthumc.org or call 770-476-3776, ext. 117.

Disciple Fast Track Bible Study Begins August 19th

Join us on Wednesday evenings, beginning August 19th, for 12 weeks of studying the Old Testament with **Disciple Fast Track**, an overview of the books of the Bible in a shortened study. Have you wanted to learn more about the substance of the Bible but could not commit to a long-term study with lots of reading during the week? Does thirty-four weeks of study seem like an eternity? Your body just cannot sit through a 2 ½ hour class no matter how good it is? Then **Disciple Fast Track** is just what you are looking for to learn about what it means to be a disciple by learning the biblical narratives of our faith.

This new format for **Disciple Bible Study** is perfect for busy people. It uses much of the content of the original **Disciple Bible Study**, a small group study that has made a difference in thousands of lives since 1987. The class time and study time have been adjusted to fit our busy lives today. We are scheduling the sessions to fit a time when your youth are also involved in their activities and childcare is available for younger children.



The cost is \$20 per person for the study book. You will also need a study Bible. The class will meet from 6 to 7 p.m. (classroom to be determined). **A minimum number of people must be registered in order for the class to occur.** Please sign up by Monday, August 10th, by e-mailing Rev. Dr. AnnaKate Rawles, Associate Pastor, at arawles@duluthumc.org.

GriefShare Support Group Meetings Begin Wednesday, August 26th

GriefShare Support Group, led by the church's **Stephen Ministers**, will walk alongside you through the loss of a loved one. **GriefShare** is a safe, welcoming place where people understand the difficult emotions of grief. Through this 13-week session,

you'll discover what to expect in the days ahead and what's "normal" in grief. Since there are no neat, orderly stages of grief, you'll learn helpful ways of coping with grief, in all its unpredictability—and gain solid support each step of the way.

Our next session of **GriefShare Support Group** classes will begin on Wednesday, August 26th, and continue through Wednesday, December 2nd, from 6:30 to 8:30 p.m. in room F153, located on the 1st floor of the Sheldon Family Life Center. Gain access to valuable resources to help you through your grief. **GriefShare** also offers **Bereavement Candlelight Services** the Monday (November 23rd) before Thanksgiving, and a **"Surviving the Holidays"** class on Wednesday, November 18th.



For more information, please visit the **GriefShare** website at griefshare.org, or contact Tracy Brinker, Bereavement Coordinator, by e-mail at tbrinker@duluthumc.org, or call 770-476-3776.

Crafts, Pieces of Art, and Baked Goods Needed for "Bundle Up for Buffalo" Annual Fundraiser:

November 14th & 15th

Crafters, potters, artists, and bakers of all kinds – your talents will be needed in November! It may seem a long time from now, but it really isn't and it is not too soon to be thinking about our annual missions fundraiser, **Bundle Up for Buffalo**, on Saturday, November 14th, and Sunday, November 15th. All proceeds from the **Bundle Up for Buffalo** fundraiser help our sister church, Seneca Street United Methodist Church in Buffalo, NY, keep the heat on their facility during the winter months which fall from October 2026 through April 2027. This helps provide a safe, warm, after-school location for neighborhood children to go to.

You have been so faithful in prayer for this "pocket of poverty" in the North for many years. Please consider what you can make, and something that others would enjoy purchasing. Thank you for your support.



Duluth First United Methodist Church



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Website: www.duluthumc.org

Facebook: DuluthFirstUMC • Instagram: duluthfirstumc

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