



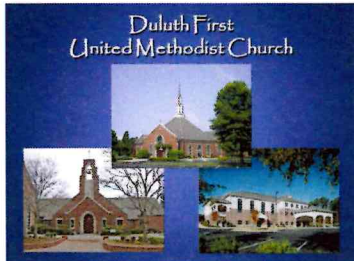
The Sunday Supplement



JULY 26, 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 • Marilyn Scheiwe • Jeff Schulz • Donald Southerland • Sharon Swisher

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 schedule for upcoming **Sunday Night Gatherings** is:

- **Sunday, July 26th:** **Sunday Night Gathering** at 5:30 p.m. in the Youth Center ("The Fish Tank").
- **Sunday, August 2nd:** **Promotion Sunday Fun at Bowlero Lilburn.** As we welcome our rising 6th graders to our Youth Ministry and kick off the new school year together, we will have a fun night of fellowship at Bowlero Lilburn (3835 Lawrenceville Hwy, Lawrenceville) on Sunday, August 2nd. We will meet and depart from the church at 4:45 p.m. and the pick-up time from the church will be at 7:45 p.m. The cost is \$20 per person (includes bowling, shoe rental, a \$10 arcade card, food, and drinks) Please sign up using the following link: <https://forms.gle/o2RoEU5AamAciYzx9>.
- **Sunday, August 9th:** **Sunday Night Gathering** at 5:30 p.m. in the Youth Center ("The Fish Tank");
- **Sunday, August 16th:** **Sunday Night Gathering** at 5:30 p.m. in the Youth Center ("The Fish Tank");
- **Sunday, August 23rd:** **Sunday Night Gathering** at 5:30 p.m. in the Youth Center ("The Fish Tank");
- **Sunday, August 30th:** **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.

Promotion Sunday Celebration: August 2nd

The new school year is beginning soon, and we are excited to celebrate **Promotion Sunday** on August 2nd! Children and youth are invited to the celebration on August 2nd, from 9:30 a.m. to 10:30 a.m. in the Dorothy L. Rainey Fellowship Hall. Children and youth will be together playing games, having a snack, enjoying fellowship with one another, and receiving a goodie bag. We can't wait to see everyone there!

PROMOTION SUNDAY

Back to School Blessing: All Worship Services on Sunday, August 2nd

We invite everyone to join us for a Back to School Blessing on Sunday, August 2nd in all three worship services (8:30 a.m. Traditional Service, 11 a.m. Contemporary Service, and 11 a.m. Traditional Service). We will have a moment set aside during the worship services to pray for the new school year.



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!

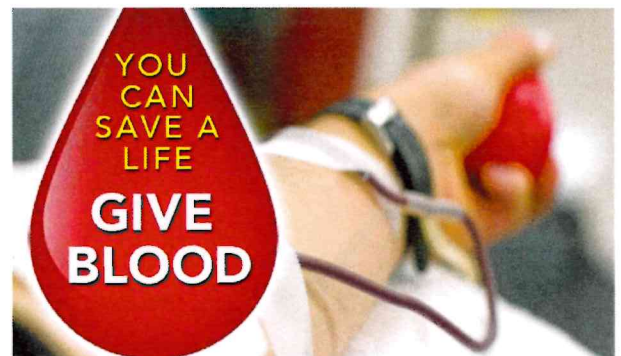


Blood Drive at Duluth First UMC on Wednesday, August 12th

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.

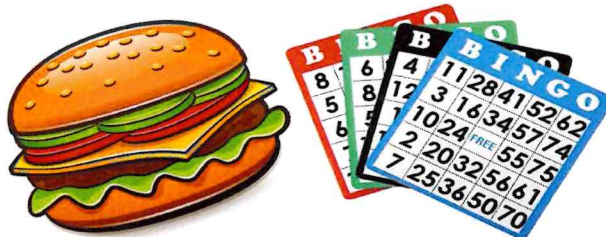


Don't wait - schedule your appointment today. Don't be afraid to save someone's life!

"Burgers & Bingo" Special Wednesday Night Dinner Event: August 12th

All are invited to join us on Wednesday, August 12th, for a special back-to-school "Burgers & Bingo" Wednesday Night Dinner event from 5 to 6:30 p.m. in Hinton Hall, located on the 2nd floor of the Sheldon Family Life Center. **The menu includes hamburgers, French fries, cole slaw, baked beans, and dessert. For the kids – the same.** Bingo will begin at 5:45 p.m. and will be played during the dinner time with prizes for our winners!

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, 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.



Burgers & Bingo

"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.



Duluth First United Methodist Church



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Facebook: DuluthFirstUMC • Instagram: duluthfirstumc

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