



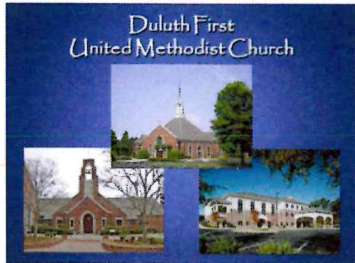
The Sunday Supplement



AUGUST 16, 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

- Lorraine Day • Shamain Hallett • Tim Heard
- Bette Pickin • Marilyn Scheiwe
- The family of Ron Abner in his death.
- The family of Bob Howard in his death.



STRUGGLING AND FEELING ALONE? Request the support and Christ-centered care of a Stephen Minister.

*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.*



Wednesday Night Dinner in Hinton Hall: August 19th

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 August 19th is herb roasted chicken, mashed potatoes, green beans, buttered corn, 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.



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 August is:

- **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:** Joint Youth Group with other churches at Johns Creek UMC from 5:15 to 7:15 p.m. Please drop off and pick up students at Johns Creek UMC (11180 Medlock Bridge Road, Johns Creek).

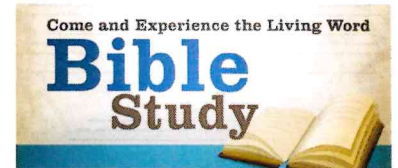
If you have any questions, please contact Rev. Min Lee, Director of Youth Ministries, by e-mail at mlee@duluthumc.org, or call 770-476-3776, ext. 119.



Men's Small Group Evening Bible Study Forming Soon

Have you wanted to be part of a men's small group Bible study but are not available to participate during the day? We are looking for several men willing to lead a men's evening Bible study group, as well as folks who are interested in attending.

If you are interested in participating, please contact Rev. Dr. AnnaKate Rawles by e-mail at arawles@duluthumc.org.



"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.

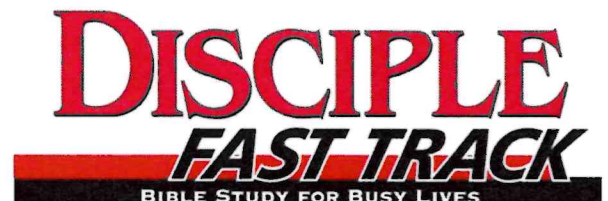


Please bring your Bible and handouts will be provided. Come with your coffee, tea or water, and your open mind to learn from each other. For more information, please contact Rev. Dr. C. Kay Fuino, Associate Pastor, by e-mail at ckfuino@duluthumc.org or call 770-476-3776, ext. 117.

Disciple Fast Track Bible Study Begins Wednesday, 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). Please sign up by e-mailing Rev. Dr. AnnaKate Rawles, Associate Pastor, at arawles@duluthumc.org.

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 August are:

- August 19th: Boxes of spaghetti or pasta;
- August 26th: Canned fruit.

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!

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.

Wednesday Night Dinner Teams Are Looking for Volunteers

The **Wednesday Night Dinner** teams are looking for volunteers - our **Dinner Belles and Beaus** - to help. No special experience or skill is necessary – just a willingness to serve, make some new friends, and have fun! **Each team volunteers only once a month and on the night that you volunteer you get a free meal!** We hope you will consider joining us for some good food and good fellowship.

If you are interested or would like more information, please contact Tracy Brinker, Receptionist, by e-mail at tbrinker@duluthumc.org or call 770-476-3776, ext. 112. We hope you will consider volunteering.



Save the Date! Church-wide Cookout on Sunday, September 13th

Save the date as we hold a church-wide cookout on Sunday, September 13th, from 5 to 6:30 p.m. in the church's front parking lot. Invite your friends and neighbors and bring the whole family for a cookout with fun activities for children and youth. Additional information will be available soon.



..and YOU'RE INVITED!



..and YOU'RE INVITED!

Join Our Church's Young Adult Ministry

The **Young Adult Ministry** is a group of young adults (18 to early 30's) who are building lasting friendships and exploring what it means to follow Jesus. Wherever you are in your faith journey, we'd love to have you join us! We are striving to build community, draw closer to God.

Join us on Sunday mornings at 9:30 a.m. in room F147, located on the 1st floor of the Sheldon Family Life Center. For more information, please contact Rev. David Burchett by e-mail at dburchett@duluthumc.org.

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. Thank you for your continued support of this mission!



Duluth First United Methodist Church



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Website: www.duluthumc.org

Facebook: DuluthFirstUMC • Instagram: duluthfirstumc

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**Louise McDaniel Memorial
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Christian Beginnings Preschool & Kindergarten
Office Phone: 770-497-1743



Wednesday Evening Activities for All Ages
at Duluth First United Methodist Church Resume on August 19th

Missions Opportunities for Kids

A missions opportunity for kids ages Kindergarten through 5th grade will be available from 6:00 to 6:30 p.m. on Wednesday evenings. Kids will meet in the **Childcare Corner** area in room B111 to work on mission projects.

If you have any questions or would like to be involved in this ministry for children, please contact Leslie Yokeley, Director of Children's Ministries, by e-mail at lyokeley@duluthumc.org, or call 770-476-3776, ext. 138.

New Children's Music Program for Ages Kindergarten - 2nd Grade

Our Music and Worship Arts Director, Verena Lucía Anders, will be leading a new Children's Music program for children, ages Kindergarten through 2nd grade, on Wednesday evenings from 6 to 6:30 p.m. During this time children will sing, play instruments and learn fun songs that can be sung in worship.

A minimum of 8 registered children is required as well as a commitment of regular attendance. Please e-mail Verena at vanders@duluthumc.org to register your child.

Book Bunch Story Time for Kids Ages 3 and 4

Book Bunch, a story time for kids ages three and four-years old, will meet Wednesday evenings from 6:15 to 6:30 p.m. in the Louise McDaniel Memorial Library, located on the 2nd floor of the Sheldon Family Life Center. Kids will hear a story being read from a guest reader and they will have an opportunity to check out a book from the library.

If you would like to be a volunteer **Book Bunch** reader, please contact Leslie Yokeley, Director of Children's Ministries, by e-mail at lyokeley@duluthumc.org or call 770-476-3776, ext. 138.

DuluthKids

DuluthKids is a fun opportunity on Wednesday nights for kids, ages Kindergarten through 5th grade, to gather together for fellowship and Bible study. Programming is age-appropriate with curriculum designed for the kids. **DuluthKids** will meet on Wednesday evenings from 6:30 to 7:00 p.m. in rooms C-122 (Kindergarten - 2nd) and C-121 (3rd - 5th).

If you have any questions or would like to be involved in this ministry for children, please contact Leslie Yokeley, Director of Children's Ministries, by e-mail at lyokeley@duluthumc.org, or call 770-476-3776, ext. 138.

Youth Wednesday Night Bible Study

Students in 6th through 12th grades are invited to join us for Bible Study during the school year as we dive into the Word of God and grow together as a community! Bible Study is held on Wednesdays from 6 p.m. to 7 p.m. in room F149, located on the 1st floor of the Sheldon Family Life Center. Please contact Rev. Min Lee, Director of Youth Ministries, by e-mail at mlee@duluthumc.org for more information.



Wednesday Evening Activities for All Ages
at Duluth First United Methodist Church Resume on August 19th

Parent Connection Group

Parent Connection, our small group for parents, meets from 6 to 7 p.m. in room F145, located on the 1st floor of the Sheldon Family Life Center. Everyone is welcome to join us as we share in the joys and struggles of parenting children of all ages. Please contact Rev. David Burchett by e-mail at dburchett@duluthumc.org for more information.

Chancel Choir Rehearsals

Our church's **Chancel Choir**, the primary worship ensemble for traditional worship, is open to anyone high school age and older who feel called to serve through music. No audition is required. Rehearsals are Wednesdays, 7 to 8:30 p.m., August through May, in the Don Lee Music Suite. Childcare in **Childcare Corner** is provided. Please contact Verena Lucía Anders, Minister of Music & Worship Arts, by e-mail at vanders@duluthumc.org for more information.

Treble Ensemble and Tenor-Bass Ensemble Rehearsals

The **Treble Ensemble** and **Tenor-Bass Ensemble** meet in rotation on Wednesdays, 8:30 to 9 p.m., August through May, in the Don Lee Music Suite. We have a great time singing a wide variety of music and sing for worship several times during the year. Childcare in **Childcare Corner** is available. Please contact Verena Lucía Anders, Minister of Music & Worship Arts, by e-mail at vanders@duluthumc.org for more information.

Handbell Ensemble Rehearsals

Our **Handbell Ensemble** is open anyone high school age and older as spaces are available. Prior ringing experience is not necessary, but helpful. Rehearsals are Wednesdays, 6 to 7 p.m., August through May, in the Sanctuary. Childcare in **Childcare Corner** is available. Please contact our new Director of the **Handbell Choir**, Johnathan Ancell, by e-mail at jancell@duluthumc.org, for more information.

Yarn Art Ministry

For those who crochet or knit, the **Yarn Art Ministry** (affectionally known as YAMs) is a place to share your talent. When someone has a baby, this group makes a welcome blanket for the child. Blankets from the group also supply our nursery. A variety of items are made to be sold at **Bundle Up for Buffalo**, the fundraising event that raises money to heat our sister church, Seneca Street UMC in Buffalo, NY, during the cold winter months. Sometimes we send blankets directly to Buffalo to keep them cozy.

There are two Yarn Art Ministry meetings a week:

- Mondays at 11 a.m. in room F147, located on the 1st floor of the Sheldon Family Life Center;
- Wednesdays from 6 to 7 p.m. in room F147 (new location), located on the 1st floor of the Sheldon Family Life Center.

Come share your talent! You are also welcome if you would like to learn how to knit or crochet. For more information, please contact Rev. Dr. AnnaKateRawles by e-mail at arawles@duluthumc.org, or call 770-476-3776, ext. 128.