



THE PILGRIM QUILL

NOVEMBER 2021



Dear Friends,

"I believe in the sun, even when it isn't shining. I believe in love, even when there's no one there; and I believe in God . . . even when God is silent."

These words were found etched on the wall of a tunnel in a German city after World War II. As I think about the hope that these words represent, it gives me a certain, undeniable, unquenchable optimism about what lies ahead for *us*. Our God may seem to be silent, at times, but we, as members and friends of the United Church of Christ, remind ourselves quite often that **God is still speaking.**

Those words, "*God is still speaking,*" are not just part of an ad to draw attention to our denomination. They are not words that only we claim to be a part of. God **IS** still speaking and has been speaking even before Moses heard that voice in the burning bush; even after walking on this earth in the person of Jesus; and even when Gracie Allen, on her deathbed, uttered the words, "*Never place a period where God has placed a comma,*" God has spoken to us all once again. I believe that God has had a hand in the way that our paths have crossed and in the way we have become connected. Let us give thanks for the mutual ministry that we will begin November 8th and let us continually pray for guidance in the decisions that we make together that will enable the next "called" minister to find his or her place here at Pilgrim UCC.

One of my favorite scripture verses comes from the prophet, Jeremiah, 29:11, "*For I know the plans I have for you,*" declares the Lord, "*plans to prosper you and not to harm you, plans to give you hope and a future.*"

I am looking forward to meeting you, worshipping with you and serving with you.

My idea of *servicing* as a minister includes doing good for others and encouraging others to do the same; being aware of continual growth in my own faith and helping others to do the same; praying without ceasing and beginning every task and meeting with a prayer and inviting others to lead the praying, too; extending the welcoming hand of fellowship to

everyone who comes through the church doors and extending that same welcome out in the community; encouraging people to do things they never thought were possible and stepping "out of the box" to take a few well-worth-taking risks myself! No one ever said, "*Talking the talk and walking the walk*" would be easy, but as I repeat the words of the UCC Statement of Faith: "the cost and joy of discipleship," the joys definitely do outweigh the costs.

"Who am I?" In a nutshell, my first career was in Music Education and in serving as Church Music Director, organist and pianist. I attended four years of the WI Conference UCC Lay Academy Program. God has placed me in the right place at the right time more than once and has made it possible for me to serve as a Licensed Minister for a total of 12 years thus far.

My children live in Merrill, Wausau, Oostburg, WI and Seattle, WA. I have six grandchildren: five boys and one girl, ages 4-22!

I am honored to be serving here in Fond du Lac as your Pastor and look forward to sharing this "interim" journey with you,

God's blessings,

Pastor Mary Jo

Pastor Mary Jo Laabs





PILGRIM UCC ANNUAL HAM DINNER
THURSDAY, NOVEMBER 4, 2021
4:00PM TO 7:00PM

TAKE OUT ONLY

We are in the final days for preparing for the Ham Dinner. If you can assist in any way, that would be very much appreciated; providing 8-9" pumpkin pies, donate cash to offset supply expenses, help the day of the dinner in the kitchen, fill "to go" containers or the very much needed clean-up crew in the evening to name a few. Please call or email Cathy (cathy.drew@pilgrimuccfdl.org) in the office and she will add your name to the sign-up sheets. The Ham Dinner is not only a very important fundraiser for the church to continue to be a help in the community, but it is a way for Pilgrim to be seen in the community as an alive and well church. Thank you for your assistance in any way possible to support this very important event.



News from Council President, Barb Geiger

“A kind word is like a spring day”

— *Russian Proverb*, *Choosing Civility* by P. M. Forni

Kindness, it seems like such a simple concept but certainly lacking in our world. However at Pilgrim, it is found in abundance. We care for one another and continue to be there for our church in so many positive ways with our programs and activities, all despite an uncertain time of transition in many ways. Please keep your thoughts and prayers for all on our prayer list AND our Pastoral Search Committee as they continue their dedicated efforts through this much longer than usual journey.

I am very happy to share the news of our next Interim Pastor, Mary Jo Laabs! (Her introduction is on the cover of this November Quill). I found Mary Jo to be a very kind and thoughtful person in my interactions with her already. How did this all come about? It's about how I took a chance to join a Wisconsin UCC Conference Webinar, embarrassingly calling in late, and halfway through the program with the group kindly repeating introductions, I heard someone say they were serving as an interim pastor, looking for their next opportunity and they were from Medford WI. That was “My Sign” and paying attention sure helped! And, then paying attention to my husband, Avery after I mentioned what I had heard. He gave me the nudge to follow up to find out about this person, who turned out to be Mary Jo. Thanks to our Conference Minister, Rev. Jane Anderson, who helped with some of the details. Thanks to all who helped with the process.

Pastor Mary Jo will be moving to Fond du Lac on November 8th. Please welcome her!

In the meantime, we are getting a major parking lot repair & improved drainage. There is a lot being accomplished this past year caring for our building & property.

Now it is time to get ready for the Ham Dinner and bake those pumpkin pies.



Special Dates

- All Saints' Day
November 1, 2021
- Daylight-Saving Time Ends
November 7, 2021
- Veterans Day
November 11, 2021
- Thanksgiving Day
November 25, 2021
- First Sunday of Advent
November 28, 2021

Honoring Our Veterans



Veterans Day has its roots in what was called Armistice Day, when a peace agreement ended World War I on November 11, 1918. President Wilson proclaimed that Armistice Day was to be marked with solemn pride in heroism and with gratitude for victory as well as the “opportunity it has given America to show her sympathy with peace and justice.” In 1954, the remembrance was renamed Veterans Day to honor all U.S. military personnel. It's a reminder to pray for and honor all who serve and sacrifice, to support and assist their families, and to pray that God will bring peace on earth.





Once again, Pilgrim Church will beautify its Sanctuary with lovely poinsettia plants for the holiday season.

All plants come in 6.5" pots wrapped in green foil with 5-6 flowers. If you wish to order a plant(s), please fill out this form and put it along with your payment in an envelope and mail it to the church or drop it in the offering plate. Please make checks payable to: Pilgrim United Church of Christ.

Please indicate the quantity you would like:

<u>Color</u>	<u>Quantity</u>	<u>Price</u>	<u>Total</u>
Red	_____	\$8.00 each	_____
		Grand Total:	_____

**Final day to
order is Sunday,
December 5th.**



Our December 24th bulletin will list:

Poinsettia given by: _____
 In Memory of: _____
 In Honor of: _____
 (Please complete as you would like it to appear in the bulletin.)

The plant is yours to take home after the Christmas Eve Worship Service or, if you wish, your plant can be given to a shut-in.

Please indicate your choice:

I will take my plant with me on Christmas Eve _____
 I would like my plant to be given to a shut-in _____

Ordered by: _____

COPIES OF THE POINSETTIA ORDER FORM WILL BE ON THE TABLE IN THE NARTHEX.



2021 “Alternative” Alternative Gift Fair December 12th

Pilgrim Church has had to find new and creative ways of doing many things since the beginning of the Covid pandemic. We have changed how we worship, how we meet for committee meetings and adult education classes, even how we hold the Ham Dinner. So in an effort to keep everyone safe but still have our annual Alternative Gift Fair, the Outreach Ministry is sponsoring an **“Alternative” Alternative Gift Fair**.

As a reminder, here is an explanation of why we have an Alternative Gift Fair and a description of how it will work this year...

The fair offers church and community members an easy way to bypass the annual stress of holiday shopping and accumulation of “stuff” while honoring friends and relatives with donations that fit their values. The fair provides critical support for a diverse collection of local, national and international nonprofit organizations that have established track records of helping people, diverting money to these charities rather than to department stores and malls. Each year, after careful consideration, the committee chooses several organizations. Gifts given to these nonprofit organizations can be in any amount and the amount is not disclosed to the recipient, making alternative gifts the perfect solution for co-workers, family, friends and the “hard to shop for” person. This alternative approach honors the spirit of giving.

Normally the fair is held after church, with a gathering of representatives from each organization as well as products from the Just Fare Market and fair trade coffee, teas and chocolate. This year we will not be able to invite representatives so your shopping will be done from the comfort of your favorite armchair! Other than that, the shopping process will be similar to past years. You will find a description of the nonprofit organizations in the November and December Quills as well as a shopping list. Simply think of the people you want to give a donation in honor of and then match them with an organization they would like. Fill out the **top** portion of the shopping list, add the gifts up and make out a check for that amount to Pilgrim United Church of Christ. Don’t forget to write **“Alternative” Alternative Gift Fair** in the memo section. (Since the Quill is now being sent by email, we ask that you print off the shopping list. If you can’t print it, there will be extra copies on the table in the church foyer or ask and we’ll mail you one.) Mail or bring the entire shopping list, as well as your check payable to Pilgrim Church (535 Stow St., Fond du Lac WI 54935), **by Sunday, December 12th**. We will make sure that you receive your shopping list back ASAP along with a gift card for you to give each person on your list! Sound simple? It is just that simple!

Over the past 19 years, the fair has supported a wide range of causes including organizations dedicated to the environment, poverty, children, animals, nature, the arts, education, housing, women, hunger, refugees and more. We consider a successful fair one in which our shoppers are more educated about each charity’s mission and good work. As you shop alternatively, your purchase is more than a gift to just the recipient. Your choice emphasizes community, outreach, service and justice. It is a celebration of non-material values. It honors the true meaning of Christmas.

If you have any questions please call Peg Bradley at 922-0731.



2021 “Alternative” Alternative Gift Fair For Your Shopping Pleasure...

Fond du Lac Humane Society

fdlhumane.org

The Fond du Lac Humane Society is a private, independent 501(c)3 nonprofit charity organization. It is dedicated to providing humane care and treatment to all animals needing protection and to enhancing the lives of animals and people through education, adoption and compassion. Donations to the Humane Society are always the perfect gift for children and any animal lover on your list.

St. Katharine Drexel Shelter

skdsfdl.org

St. Katharine Drexel Shelter for the homeless in Fond du Lac is a partnership project of St. Vincent de Paul and Solutions Center. The new shelter is under construction at 330 N. Peters Ave. and is scheduled for completion by the end of the year. The facility will be capable of privately housing 15 families in the family shelter and in the singles shelter, there is space for 12 women and 24 men. Resource centers on the lower level will provide partner space for community resources that support permanent housing and self-sufficiency - employment, advocacy, counseling and housing searches to name a few. Programs include short-term crisis intervention and long-term goal planning with the ultimate goal of self-sufficiency.

Heifer International

heifer.org

Heifer International works to end hunger and poverty in partnership with the communities they serve. Their programs support entrepreneurs around the world, creating lasting change from the ground up. It begins with a seed investment of livestock or agriculture, followed by mentorship to help project participants build a business and ultimately to gain access to supply chains and markets. These families are able to earn a living income and continuously lift up their communities as they train the next generation of leaders. By supporting and training the world's farmers, ranchers and female business owners, Heifer International is investing in a new breed of success.

American Red Cross

redcross.org

The American Red Cross shelters, feeds and provides comfort to victims of disasters; supplies about 40% of the nation's blood; teaches skills that save lives; distributes international humanitarian aid; and supports veterans, military members and their families. The Red Cross is a nonprofit organization that depends on volunteers and the generosity of the American public to deliver its mission. Red Cross volunteers are caring for U.S. citizens and others who have evacuated Afghanistan. Some 125 volunteers are onsite at Fort Bliss in Texas, Fort McCoy in Wisconsin, Camp Atterbury in Indiana and Joint Base Dix-McGuire-Lakehurst in New Jersey to address evacuees' basic human needs after their difficult journey to the U.S. Red Cross volunteers also have been helping the victims of Hurricane Ida across the south.

Team Rubicon

teamrubiconusa.org

Team Rubicon is an International nonprofit disaster response organization that unites the skills and experiences of *military veterans* with first responders to rapidly deploy emergency response teams, free of charge, to communities affected by disasters. Team Rubicon currently maintains a roster of 130,000+ volunteers able to deploy throughout the United States and world. Team Rubicon focuses on serving vulnerable and at-risk populations affected by disaster. While the initial damage and trauma of natural disasters will impact any population regardless of socio-economic factors, the financial burden of recovery and rebuilding has dramatic and long-lasting repercussions on many rural and urban populations lacking proper insurance and public and private resources. Team Rubicon has been hard at work helping those who lost their homes due to Hurricane Ida, offering their support to Afghan refugees at Fort McCoy and also administering covid vaccines during the pandemic.

The Wisconsin Conference United Church of Christ recently shared information about the work being done by the Red Cross and Team Rubicon for the refugees at Fort McCoy.

THE "ALTERNATIVE" ALTERNATIVE GIFT FAIR SHOPPING LIST

Please Return to Church by December 12, 2021

Your Name: _____

Address: _____

Phone Number: _____

Honoree	Organization	Amount
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TOTAL AMOUNT		\$

Check for the Total Amount should be made out to Pilgrim UCC; Write "Alternative" Alternative Gift Fair in the Memo Section. Return Shopping List & Check to Pilgrim.

Cashier's Copy

_____ Heifer International
 _____ Fond Du Lac Humane Society
 _____ St. Katherine Drexel Shelter

_____ Team Rubicon
 _____ American Red Cross

Total Amount: \$ _____

Your Name: _____

Address: _____

Phone Number: _____





The Search Committee continues to work diligently as we are presently having Zoom interviews with candidates. The Rev. Jane Anderson has been a great asset at the NE Association level but since she is on Sabbatical, the committee has been working with Rev. Franz Rigert, the Conference Minister.

Our Local Church Profile has been attracting candidates and we are currently at step #11 in the process as outlined below.

Remaining Steps in the Search & Call Process:

Step 9: *Revising/updating Local Church Profile & resubmit for posting on UCC web site (done 4-29-21)*

Step 10: *Second meeting with ACM for orientation to reading candidate profiles and candidating weekend and beyond. (done)*

Step 11: *Start receiving candidate profile and work through discernment of best candidate, prepare questions for first & second interviews and review all candidate profiles. (May 7 to ongoing)*

Step 12: *Interview process typically includes:*
Practice interview with neighboring pastor (done on 1-11-21)
Zoom first interview with candidates
Check references with prepared questions via telephone
Association Conference Minister (ACM) reference check before second interviews
Zoom second interview of 2-3 finalists if in-person is not an option
Invite top finalist(s) to visit our church for an in-person meeting and tour of the church building
Arrange with ACM for a neutral pulpit sermon visit ~~and/or~~ listen to taped video sermons via YouTube or Facebook. (ongoing)
Prepare Call Agreement for top candidate and negotiate terms with top candidate.

Step 13: *Arrange a candidating weekend in-person visit so Congregation meets the final candidate who leads worship followed by a special Congregational meeting to vote on a call.*

Make all travel lodging and hospitality arrangements for the candidate and family

Coordinate worship service lead by candidate and worship committee.

Step 14: *Newly called pastor arrives and begins ministry.*

Step 15: *New Pastor meets with the Association Minister and works with them on an installation service and date.*

Step 16: *Installation of new Pastor and celebration by Congregation.*

Respectfully submitted by Gary Ring, Search Committee Chairperson

Committee Members:

Tracy Abler, Jim Bentley, Peg Bradley, Barb Roder, Drew Mueller, Sue Schmitz, & Jeff Siemers



Adult Education

ADULT FORUM meets on Sunday mornings from 10:15AM to 11:15AM in the sanctuary for those who would like to attend in person. If you would prefer to join from the comfort of your own home, the link for these meetings is the same as the link for virtual coffee hour:

(<https://us02web.zoom.us/j/86527265927?pwd=akZvb2ZnZDRoM1lsZmEyWnZyYVpEUT09>
Meeting ID: 865 2726 5927 Passcode: 609609)

We will have a few minutes to chat before the program begins promptly at 10:15AM.

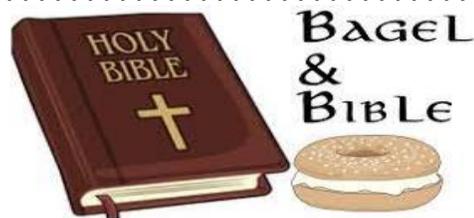
November 7 Coffee Hour

November 14 -

November 28 Non-Canonical Books of
The New Testament
Leader: Kathleen E. Corley
University of Wisconsin - Oshkosh
Dept. of Religious Studies & Anthropology

Non-canonical writings are early Christian documents that are not found in the New Testament. The list of writings in the New Testament are known as a canon, a term that comes from a word meaning "measuring stick" or "rod." In evangelical Christianity, the term canon of scripture refers to those Christian writings which are judged to have been inspired by God. That is to say, these books have been subjected to examination to determine that they are inspired literature, thus having ultimate authority.

Kathleen is currently teaching courses in New Testament, Christianity, Women and Religion, Religion and Sexuality, Bible and Film, Jesus and Pop Culture in the Religious Studies and Anthropology at the University of Wisconsin (Oshkosh). Her professional memberships include Catholic Biblical Association, Society of Biblical Literature, The Jesus Seminar, Female and Male in Gnosticism Project and Ancient Myths and Modern Theories of Christian Origins Seminar (SBL) among others. She has also published several books and numerous articles.



BIBLE WITH BAGELS

Meets Wednesday mornings from 9:00AM to 10:30AM via Zoom. The link for these meetings will remain the same for each Wednesday throughout the fall semester. To join Zoom Meeting:

<https://us02web.zoom.us/j/88978012384?pwd=cGxJa0pJbExSM0FFWEtIMmtJYzNodz09>

Meeting ID: 889 7801 2384
Passcode: 762316

November 3 & 10 "Kiss the Ground"
Leader - Irv Possin

About two-thirds of the world's soil is desertifying, and the remaining topsoil will be gone within 60 years. Pesticides rebranded for farms from toxic chemicals developed by German scientist Fritz Haber, who also developed the poisons used in the gas chambers of the Holocaust, have been turning the world's soil into dirt for decades, leading to poverty and global warming. There is hope, however, with "regenerative agriculture," which could balance our climate, replenish our vast water supplies and feed the world.

Josh Tickell and Rebecca Tickell examine the eye-opening history of soil narrated by three-time Academy Award® nominee and environmental activist Woody Harrelson. Including historical context about the Dust Bowl - the largest man-made environmental disaster - the film follows modern day conservationists such as Ray Archuleta, who teaches farmers regenerative agriculture, and French Minister of Agriculture Stéphane Le Foll, who introduced the "4 per 1,000" Initiative, which 30 countries signed except for the U.S., China and India. "Kiss the Ground" takes us around the world, showing a global movement to regenerate the world's soil. A

revolutionary group of activists, scientists, farmers and politicians band together, including Academy Award® winner Patricia Arquette, who teaches villagers in Haiti thermophilic composting; quarterback Tom Brady and his supermodel and activist wife Gisele Bündchen; author of *The Soil Will Save Us* Kristin Ohlson; vegan and CEO of soap maker Dr. Bronner's, David Bronner; and ecologist and filmmaker John D. Liu, who is helping regenerate 14,000 square miles of land in the most eroded place on earth. - Judd Taylor

Irv Possin, local farmer and friend of Gary and Joni Greenfield, will lead us in discussion and the reality of practical application for today's farmers.

**November 17,
December 1 & 8**

On the Brink of Everything
by Parker Palmer
Leader - Jill Stiemsma

From beloved and bestselling author Parker J. Palmer, a brave, beautiful book of reflections on eight decades of life and work. Reframing aging as "a passage of discovery and engagement," Palmer writes, "Old is just another word for nothing left to lose, a time to take bigger risks on behalf of the common good."

With gravity and levity, compassion and chutzpah, Palmer talks about the importance of developing a robust inner and outer life, a sense of meaning and purpose amid pain as well as joy, and the intergenerational relations that enhance the lives of young and old alike. Here's a book not only for elders, but for those younger folks we call "old souls."

Ultimately, Palmer sees age as a precious gift. Surprised by the fact that he likes being old, he writes, "Welcome to the brink of everything. It takes a lifetime to get here, but the stunning view of past, present, and future - and the bracing breeze in your face - make it worth the trip."

Suzette Curtis



Pilgrim Church is scheduled to provide for the Loaves & Fishes program on November 17th. The sign-up sheets are on the board in the narthex and if you need copies of the "Hamburger Stroganoff" recipe, it is also available on the board.

Please Note: Karen Goodacre is stepping down as the Coordinator of the Loaves & Fishes Program here at Pilgrim Church, which she has done for many many years. We are looking for someone to take over the coordination of the meals for this program which occurs about 4 times a year. If you are interested, please contact Karen with any questions regarding this role. Thank you, Karen, for your dedication to this program.



Notes from Karen

(Our Sunday School Director)

SUNDAY SCHOOL NEWS

It's been great to see movement down in our educational wing of the church again. Sunday school classes are in progress.

The children have collected a large amount of cereal to donate to the Fondy Food Pantry during the months of September and October. Thank you to ALL who donated to this very worthwhile cause. After speaking with a person from the Fondy Food Pantry (who says they are always very much appreciative of our monthly collections!), it was decided that for the month of November we will be collecting chunky soups (any name brand BUT soups with more of a chunky variety).

Also a special THANK YOU to Chris and Bayard Frederick who have volunteered to be the monthly delivery folks of the Sunday school's collections.

BIRTHDAY DIMES

The children and youth (along with some parents in attendance) discussed some different organizations that help benefit area children in a variety of ways that we could donate our collection of birthday dimes to. The children have voted and you will be hearing more about their selection in the near future as arrangements are made to present the checks to the organizations chosen.

KNOCK KNOCK MIDDLE SCHOOL RETREAT

Our 6th- 8th graders have an opportunity to attend a weekend retreat called Knock Knock over at Pilgrim Center from Friday, November 19th - Sunday, November 21, 2021. At Knock Knock, the youth will discover love and acceptance as the true experience of the church, connect faith to their pressing concerns, do hands-on workshops and Bible study, be inspired by a Drama Team and learn how they can continue opening doors back here at home.

In the past, we at Pilgrim have sent several of our youth to this wonderful eye opening experience and would love to do so again.

If you have a youth in this age group who might be interested in attending this awesome retreat, please talk with Karen Goodacre or Gary Ring for more information. While there is a cost involved, we at Pilgrim, as always, NEVER want that to be a deciding factor as to whether you send your son or daughter. Scholarships are available. **NOTICE: At this time, Karen is trying to connect with the folks from Daycholah (Pilgrim's new name) to see if this event is still going to be held due to the current Covid situation.



Notes From Karen Continued . . .

Intergenerational Family Fun Nights

The Christian Education Ministry is pleased to announce that we will once again be trying to safely hold our monthly Family Fun Night activities. On **Friday, November 12th from 6:00PM - 7:30PM** we are planning to hold a craft night involving making tie blankets (which we will be using at Christmas time to donate to those in need) as well as a card making station to make holiday cards for our shut-ins and others.

For anyone in the congregation who would like join us for this fun event or who would like to donate fleece for the makings of these blankets (**2 yards** of fleece for **one** side of a blanket is required, these blankets are **2 sided**) please feel free to do so. Talk to Karen if you have any questions.



Hanging of the Greens

Please mark your calendars for Sunday, November 21st when the worship ministry will begin to prepare our beautiful sanctuary for the Advent season.

The Christian Ed ministry will offer a craft of some type during this time for the children and youth to take part in while parents may choose to help in the sanctuary. This will take place after Sunday school is over.



Looking for Photographs!

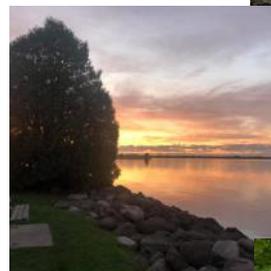


Do you want to become part of our Sunday morning services? You can submit your photographs that will be used as a background for hymns or other slides that are projected on the screen during the service.

Ideally these would be of inanimate objects such as flowers, landscapes or other scenic photos. **Due to privacy issues, we cannot use any photos that show people's faces.**

Please email your photographs to Cathy Drew - cathy.drew@pilgrimuccfdl.org or bring them to the office on a flash drive.

Also designate if you want to be recognized as taking and submitting the photo(s).



Parish Nurse

Virus Stuff - It Seems Like Only Yesterday . . .

“For the overwhelming majority of people who come down with this strain of flu, the symptoms are relatively mild and they recover within a week without any medical treatment. In some people with underlying health conditions the symptoms can become life-threatening, and for reasons that are poorly understood, some deaths are occurring in perfectly healthy young people.”

I wrote that in the August Quill in 2009 about a new virus - H1N1 – “swine flu”. I remember that there were concerns about vaccine safety and government control, as well as medical recommendations for 2 vaccines that fall – one seasonal influenza and one H1N1. At PUCC, we “Spread the Spirit – Not the Germs”, and for the first time ever we put hand sanitizer in the classrooms and lounge. Beginning in 2010, H1N1 quietly became (and has been) a part of the yearly seasonal influenza vaccine.

Viruses have been, are and will forever be part of our lives. We have control over how we respond to new strains – and because I must say it . . . the basics of self-care include hand washing, staying home if you feel ill, avoiding others who are ill, avoiding nicotine, being active, balanced eating habits and lots of prayer!



DayLight Savings Time!

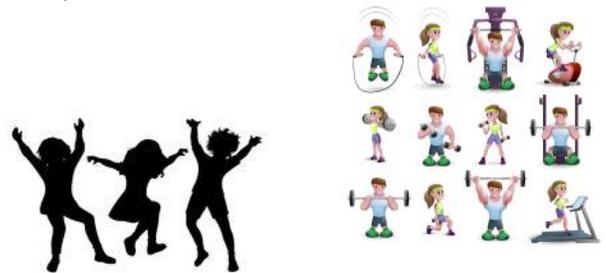
Turn your clocks back 1 hour before you go to bed on November 6th and get an extra hour of sleep! Then see how good you feel and wonder why you don't let yourself get that much sleep any other night . . .!

Sleep is a busy time for the body - the cells are repairing themselves, memories are being downloaded to long term, the gut is absorbing nutrients, heart rate and breathing slows, muscles relax and hormones like leptin and ghrelin, and cortisol (appetite control and inflammation) are regulated. It is time well spent!

November is American Diabetes Month - and - “The Covid 19”!

In a nutshell (and Very simply), the carbohydrates we eat are broken down in the body to a simple sugar. Insulin moves this sugar from the blood stream into the muscle cells where it's used for energy. If there's not enough insulin, the sugar floats around in the blood stream causing Diabetes. Controlling diabetes may involve medications – but most certainly involves diet and exercise.

We are once again entering winter and a time when it's easy to hibernate! The challenge for November is setting that exercise routine while the weather is still “decent” to make it easier when it's not. Vary the routines – walk, do stairs for the heck of it, follow exercise and yoga programs on TV, dance in the front room before opening the drapes in the morning, join a group at the YMCA - and make yourself accountable to a friend. Take the body and the mind will follow. (Along with the sugar into the muscles where it's needed...).



A Thanksgiving Blessing for You!

- May your stuffing be tasty.
- May you turkey be plump.
- May your potatoes n' gravy have nary a lump.
- May your yams be delicious.
- May your pies take the prize.
- May your Thanksgiving dinner stay off of your thighs.



Reminder that October 15-December 7 is the Open Enrollment Period for Medicare Part B Supplements and November 1 – December 15 for Affordable Care Act Plans.

Every year there are changes to Medicare benefits and supplements and the yearly opportunity to make any changes is October 15 - December 7. The Senior Benefit Specialist for FDL County is able to provide a free meeting/ review of plans for FDL County residents aged 60 and older.

She is the go-to person for current, accurate, non-advertisement information about Medicare and types of supplements. She does not sell anything - she educates on options.

The Department of Senior Services
Phone Number is 926-3521.

Happy New Year!

We spend the first month of the (church) New Year (Advent) watching, waiting and preparing – and we are told “do not be afraid”. As the daylight hours shorten and the weather gets colder, we tend to hibernate/feel sluggish and crave carbohydrates for energy. Just in time for Christmas celebrations . . .!

It’s the perfect time for resolutions toward overall health – whether it’s to drink more water, eat one extra piece of fruit per day, stand and march in place during commercials or something more potentially life changing like joining a fitness class at the YMCA.

Health habit changes can be made any day of the year, but sometimes changes stick better if we plan ahead – for instance, planning now to begin on November 28th – the first Sunday in Advent – the first day of the New Year.

Check Out the Bulletin Board! There is good information about colds, influenza and pneumonia and Vitamin C! Stay Healthy!



The mission of the U.S. Marine Corps Reserve Toys for Tots Program is to collect new, unwrapped toys during October, November and December each year, and distribute those toys as Christmas gifts to needy children in the community in which the campaign is conducted.

Collection of toys is scheduled to begin on November 1st and conclude on December 14th here at Pilgrim Church. Toys can be deposited in the same box that was used for the Coats for Kids program; this box is located between the entrance doors.

“ANGEL TREE” PROGRAM

This program will run a little different this year. To choose an angel tree tag, you will go to this link: <https://www.tsamm.org/angeltree>; with that link, you will go to the Angel Tree Website and just click on “adopt an angel” to pick out a tag.

You will not be able to choose a tag until after November 7th at the earliest as the Salvation Army is in the process of interviewing families for this program.



Please watch for more information in the Bulletin, in the Friday eNews and on the bulletin board at church; you can also call Cathy in the office.

PILGRIM FUNDS MORE KIVA LOANS

Thanksgiving Blessings Happen Through Loans to KIVA

November is the time of year we all count our blessings . . . families who love us, a roof over our heads and food on the table. Another blessing we all enjoy is Pilgrim Church and our ability to help others around the world through KIVA. This month, the Outreach Ministry was able to fund two loans. One for a woman living in El Salvador and another for a woman living in Fiji. Neither enjoy all the blessings we do but are working hard to provide for their families and are grateful for the loans they receive through KIVA. KIVA is a 501(c)3 U.S. nonprofit organization. KIVA's mission is to connect people through lending to alleviate poverty. KIVA works with micro finance institutions on five continents to provide loans to people with access to traditional banking systems. The \$143.75 loaned was money that had been repaid on previous loans we have given.

Ana lives in El Salvador which has an average annual income of \$7,500. She lives with her partner and has a small child. One of her friends taught her to make bread and now she uses that skill to make and sell bread. Her loan will allow her to purchase a motorbike and baskets so she can sell her bread more easily. Ana travels 20 minutes from her house to her workplace and works from 5:00AM until 6:00PM. Ana dreams of having a house of her own.

Limiva lives in Fiji. When her children left school because the family couldn't afford it, Limiva decided she had to expand her vegetable stall. She makes about \$35.00 a day. Limiva will add bananas and other vegetables to her stock and seeks a loan to finance this growth plan. From past experience, she believes the larger business can earn \$70.00 a day. She hopes this boost in income will allow her to stock her food and household items and pay for utility bills and her medication expenses.

Few of us can identify with the poverty these women experience. However, we can be a blessing in their lives by participating in the KIVA program. If you would like to learn more about KIVA, see their website www.kiva.org or talk to Peg Bradley or any member of the Outreach Ministry.

Happy Thanksgiving!



Thanksgiving Humor!!!!

For laughs (or groans!) around your table!

Knock knock. Who's there? Arthur.

Arthur who? Arthur any leftovers?

Why was the Thanksgiving soup so expensive?

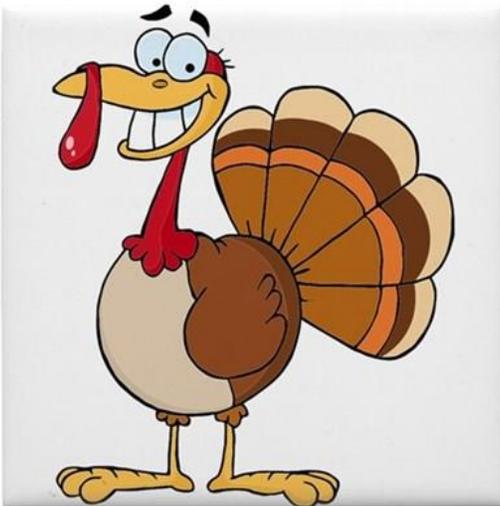
It had 24 carrots.

If you use boxed mashed potatoes ...

... Great-Grandma will turn over in her gravy.

My family said, "No more Thanksgiving jokes." ...

... but I said I couldn't just quit cold turkey.



A new Thanksgiving tradition

At Thanksgiving, we give thanks for things (food, home, clothing, work) and loved ones (family, friends, pets). But if the people we name aren't present, they may never know how precious they are to us. This November, start a new tradition by writing notes of thanks to people you appreciate.

Follow Paul's model of starting letters with thanksgiving: "First, I thank my God through Jesus Christ for all of you, because your faith is being reported all over the world" (Romans 1:8, NIV). Notice how he thanks his addressees by thanking God for them. Paul is specific too, not writing, "Thanks for everything!"

Expressing genuine thanksgiving to God and another person, you might write something like this:

Dear Judy, This Thanksgiving I'm thinking about special people in my life. You are one! I thank God for our friendship, for your strong witness for Jesus and for your willingness to lend a hand as a substitute teacher. (Your chocolate cookies are icing on the cake!) I praise God for you! Sincerely, Joan



- 1 Callie Schmid
- 4 Mary Weber
Dorothy Kurth
- 6 Denise Goetsch-Sponek
Colin Schmid
- 7 Austin Cornell
Margaret Richardson-Zedan
- 13 Charles Zwerg
Jane Rusch
- 15 Ron McCreedy
- 17 Rebecca Dietenberger
Lois Ring
- 22 Nicole Sinnen
- 25 Betty Balthazor
- 27 Judi Faubel
Judy Goetsch
Sharon Schmidt
- 29 Adrian Johnson



Sue & Arnie Roloff	November 2, 1968
Robert & Christine Steinert	November 7, 1987
Baron & Carol Browning	November 26, 1960



Did we miss your birthday or anniversary? If you have a birthday or anniversary this month and your name is not on the list, perhaps we don't have your information. Please call Cathy in the church office (921-0415) or fill out the form below so your name can be included next

✂

If you would like your birthday and/or anniversary listed in The Quill, just fill out this form and return it to the church office.

Name: _____

Birthday: _____

Anniversary: _____

Ushers for November

Date	9:00 Service
November 7	Avery & Barb Geiger
November 14	Linda Stutz & Kaitlynn Zick
November 21	Gary & Joni Greenfield
November 28	Linda Stutz & Kaitlynn Zick

Welcomers for November

Date	9:00 Service
November 7	Fran Schmid
November 14	Linda Stutz
November 21	Wendy Ellison
November 28	Linda Stutz

Worship Leaders for November

Date	9:00 Service
November 7	Jim Bentley
November 14	Sue Schmitz
November 21	Bobbie Flaherty
November 28	Noreen Henderson

SCRIP NEWS

Please continue to think of Pilgrim's SCRIP program as you begin to prepare for the upcoming holidays. SCRIP cards can pay for those groceries you will be purchasing or the gas you will need, if you plan to do any traveling over the holidays, not to mention any gifts you may need.

I'm just a phone call or text message away . . . many of the traditional grocery stores and gas stations I have readily available. Other not so regularly used businesses such as Cabela's for instance, can be ordered one Sunday and available by the next Sunday.

If you have any questions at all about Pilgrim's SCRIP program, please don't hesitate to give me a call.

Many Thanks,
Karen Goodacre, 920-904-5740



PILGRIM UNITED CHURCH OF CHRIST
CHURCH COUNCIL MEETING
MONDAY, SEPTEMBER 20, 2021

Present: Pastor Richard, Pastor Peggy, Barb Geiger, Patty Burns, Karen Goodacre, Bayard Fredrick, Fan Schmid, Donna Jost, Wendy Ellison, Linda Stutz, Avery Geiger

1. **Welcome and Quorum:** established at 6:02 PM by Barb Geiger.
2. **Opening Prayer:** Pastor Richard opened with a reading from "A New Harmony", by John Phillip Newell, and a prayer.
3. **Secretary's Report:** Motion for acceptance made by Avery, Fran seconded the motion. Report accepted with Unanimous consent
4. **Treasurer's Report:** Scrip sales have increased. There was questions regarding the line for outreach. Donna will talk to Jean Wright. Adult Education may go over their budget due to having to pay for speakers. They will probably look into increasing the budget for next year. Karen made a motion to accept, Patty Minter seconded the motion to accept the report, report accepted with Unanimous Consent.
5. **Pastor's Report:** Written report attached.
Acceptance was made, Unanimous Consent.
6. **President's Report:** All the carpet is in. Again, a big thank you to all who helped with replacing the pews and furniture in the sanctuary. The pews are not secured to the floor and there are cards in all the hymnal holders stating so and not to pull on them when standing up.
We will continue to have pews at this time as this was the majority of the input from congregants.
The search committee requested that the council approve the addition of Kelsey Laudolff and the removal of Drew. Council approves the change.
Barb also received the name of 2 possible interim pastors. One is not ready as of yet, then a second reached out to her and hopes to submit a short profile to Jane Adams tomorrow. Barb would like to set up a ZOOM meeting to meet with her. Barb will send out an email regarding this candidate and their information. Also if/when an interview can be set up. Motion made by Linda Stutz to approve, Karen seconded the motion, Report accepted with unanimous consent.
7. **Vice President's Report:** Nothing to add.
8. **Ministry/Committee Reports and Updates (as necessary)**

Worship & Music – Linda Stutz – (Council Rep.) Linda is working on coverage for the Sundays after Pastor's Richard and Peggy leave and until an interim Pastor arrives. There was an anonymous donation for \$3700 to pay for the AV Cabinet. Unfortunately the AV cabinet won't be able to get started until 2022. There will be a coffee hour under the drive through on October 3 and October 10. Additional 'slide' operators for services is needed. Zach has not completed things he has promised to follow through with (file the choir music, supplied special music once a month) and has not responded to multiple emails, messages or phone calls.

Christian Education- Karen Goodacre – (Council Rep.) report attached.

SCRIP update – Karen Goodacre – Nothing new to add.

Property & Maintenance – Avery Geiger - Rain water continues to be an issue. Waiting for a quote to fix that issue. Work on the parking lot started. There is a report attached. A change to the loaning policy will be that when people wish to borrow tables, it will be the wood topped tables instead of the white plastic tables and to put a time limit as to how long the items can be borrowed.

Lay Life & Leadership – Patty Minter (Council Rep.)

Stewardship & Finance – Bayard Frederick - (Council Rep.) Report attached

Membership & Evangelism – Fran Schmid – (Council Rep.) Report attached

Search Committee – Patty Burns –

Ham Dinner & Bazaar – Linda Stutz - We are going forward with a ‘take out’ only Ham Dinner. There will be no Bazaar. Plan is to be supplying 800 meals, there will be sign-ups for volunteers and announced in the October Quill. Tickets will be passed out for selling. We will need approx. 114 pumpkin pies!

Christian Outreach - Jean Wright -

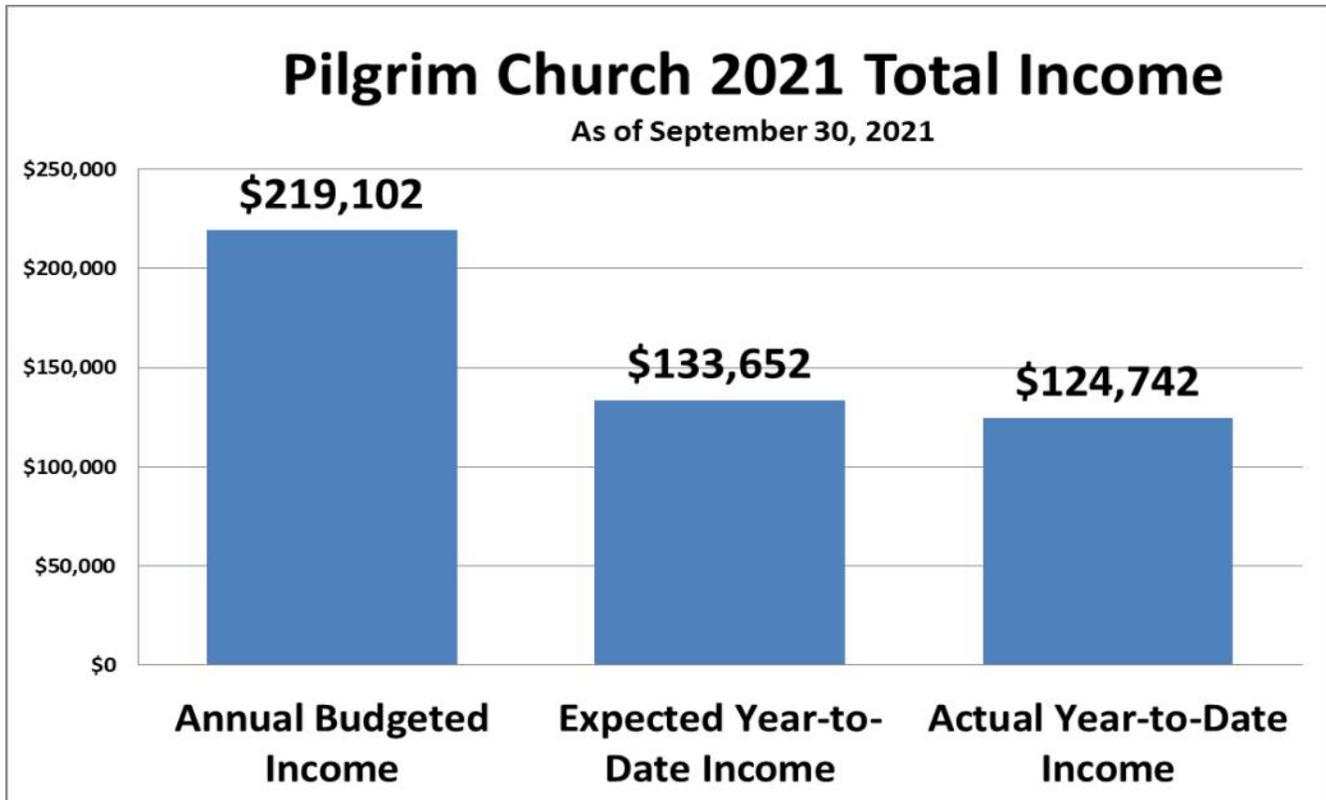
Memorial Committee

Trust Fund report.

9. **Information sharing:** Start talking among committees for next year’s budgets at your Oct. meetings.

10. **Adjournment:** The meeting was ended with the Lord’s Prayer at 7:06 PM.

The next meeting will be October 18, 2021 at 6:00 PM.



Use any of our easy ways to give:

Phone text at 920-796-9933

Internet at <https://puccfdl.breezechms.com/giv/online>

Mail at Pilgrim UCC, 535 Stow St., Fond du Lac, WI 54935

In person at Sunday Service



NOVEMBER



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7 9:00 Worship Handbell Quartet Jr. Handbell 10:15 Coffee Hour	8 11:00 Membership 4:45 Worship 6:00 Christian Ed 6:00 Property	9	10 9:00 Bible w/Bagels	11 Veterans Day Thank You for Your Service!	12 6:00 AL-ANON	13
14 9:00 Worship 10:15 Sunday School 10:15 Adult Ed	15 6:00 Church Council Quill Articles Due	16	17 9:00 Bible w/Bagels	18	19 6:00 AL-ANON	20
21 9:00 Worship 10:15 Sunday School 10:15 Adult Ed Hanging of the Greens	22	23	24	25 Thanksgiving	26 6:00 AL-ANON	27
28 9:00 Worship 10:15 Sunday School 10:15 Adult Ed	29	30				

Pilgrim United Church of Christ
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Fond du Lac, WI 54935-2865
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Email: pilgrim.info@pilgrimuccfdl.org
Website: www.pilgrimuccfdl.org

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RETURN SERVICE REQUESTED

The Pilgrim Quill

We are happy to send you our newsletter, but if you no longer wish to receive it, please contact us and we will remove you from our mailing list.

Interim Pastor..... Rev. Mary Jo Laabs (starting approx. November 8th
Administrative Assistant..... Cathy Drew
Parish Nurse..... Sue Schmitz
Sunday School Director..... Karen Goodacre
Youth Director.....
Adult Education Director..... Suzette Curtis
Organist..... Helen Gilsdorf
Choir Director..... Zachary Ball
Choir Accompanist.....
Custodian..... Nick Bonnell
Church Council President..... Barb Geiger
Church Council Vice President..... Patti Burns
Church Council Secretary..... Wendy Ellison
Church Treasurer..... Donna Jost

Those Who Serve

Pilgrim United Church of Christ, a theologically progressive Christian church, pursues growth in faith, social justice, and respect for all voices-with Jesus as our model for how to live and love.

Pilgrim United Church of Christ Mission Statement