



THE PILGRIM QUILL

NOVEMBER 2022



Hello Pilgrims:

In November we begin to think about thankfulness & gratitude. We have much to be thankful for here at Pilgrim Church. As our stewardship letters go out, we will ask you to consider what you are thankful for & what your expression of gratitude will be as you plan your pledge for the next year. And yet, our pledge or tithe or financial gifts, whatever you choose to call them, are just the beginning. "Time, talent and treasure" is a common phrase used this time of year. We are not only called to support the church and the gospel with our money, but with our time and talent as well. Even as a pastor, it takes some serious thought to determine what and how I will give of my time, Talent and treasure every year. I invite you to do the same. There is something healing and life-changing about giving of oneself for the benefit of others. What I like to think of as answering the call to be the hands and feet of Jesus caring for the poor, the sick and the suffering.

This November we have many special events I am thankful for:

1. We have our annual Ham Dinner fundraiser on Thursday, November 3rd. This is an all hands on deck event as we raise funds for the church while having a really good time working side by side with old and new friends alike.
2. Every Wednesday in November from 6:30PM-8:30PM, we will host our Stone Soup Bible Study. We will share a simple meal of soup and rolls while talking about gratitude as a spiritual practice using Diana Butler Bass' book, Grateful: The Subversive Practice of Giving Thanks. Sign up in the narthex.
3. On Saturday, November 5th at 3:00PM, I will be installed as your Pastor and Teacher. It is an honor to serve Pilgrim Church. There is a whole network of community service agen-

cies and churches that will be represented and we will be taking up a special collection for NAMI Fond du Lac, the local affiliate of the National Alliance on Mental Illness. A reception will follow the service.

4. In June of 2023, our young adults will travel to Cleveland, Ohio where we will work with the marginalized and the oppressed, face-to-face. Alia, Molly & Maddie Abler, Franklin Deaner-Rogers and Gavin Lipke will join our chaperones Tracy Abler, Nicki Lipke and myself for this exciting adventure. We will be supported by our advisors, Gary Ring and Mike Abler, and you as the congregation.
 - In November, we will be selling candy bars for the mission trip (talk to Nicki Lipke).
 - On Friday, November 18th, we invite you to bring a crockpot of chili to enter into our Chili Cook-Off Contest at our Family Fun Night from 6:00PM - 7:30PM. We will accept donations for the mission trip and share in the responsibility of tasting and picking the winners. Come hungry. Bring chili.
 - In November, we will be selling raffle tickets for a drawing for a stunning lap quilt made by our own, Lois Ring. A picture does not do this work of art justice. We will sell tickets on November 20th and 27th, December 11th and 18th.

I am thankful for each and every one of you and grateful for the work we are called to do together.

Rev. Rob Van Ess



Pastor Rob's Schedule of Sermons:

"The woods are lovely, dark, and deep,
But I have promises to keep,
And miles to go before I sleep,
And miles to go before I sleep."

— Robert Frost

3-Week November Sermon Series: Keep Watch

November 6 - Haggai 1:15b-2:9 - "Take Courage"

November 13 - Luke 21:5-19 - "Make Up Your Mind"

November 20 - (Reign of Christ) Jeremiah 25:1-6 -
"Gathered"

November 27 - First Week of Advent - Hope

News from Council President, Barb Geiger

Being thankful and full of gratitude is how I'm trying to be as November approaches. Our calendar year is nearing the end and your church leaders are planning and looking ahead to the next year, including whom will continue to lead, support, and participate in all our church activities.

Pilgrim is blessed with so many caring, dedicated and involved members and staff; many who have been involved and serving for years. We have a dynamic, caring and dedicated Pastor. I don't think we can thank any of these people too much.

In November, the stewardship & finance ministry will be focusing on next year's budget and sending out information on giving. I am thankful for their efforts and also to our treasurer, Donna Jost, for her time & effort with this planning.

There continue to be many ways to be engaged in the coming month. Keep reading the rest of this newsletter for all the great opportunities!!

Gratitude: the quality of being thankful; readiness to show appreciation for and to return kindness; heartfelt thanks.



A Bible Study w/ Pastor Rob

We will meet in the Guild Room at 6:30PM
Every Wednesday in November
(2nd, 9th, 16th, 23rd and 30th)
To share a simple meal of soup and rolls
While we study gratitude as a spiritual practice.



Diner's Club!!!

Please watch for more information on future dine out dates.

When signing up, always remember to list the total number of people attending.

Gatherings begin at 5:00PM with sit down for the meal at 5:30PM.

If you have a suggestion for a restaurant, let Patty Minter know.

Happy Dining!!!



Coffee Hour

1st Sunday of Each Month
(except where noted)

Volunteers are Needed!

Check the sign-up poster in the narthex to volunteer for any date not yet filled; any member of the church can sign-up.

If you notice supplies getting low, please let Patty Minter know at 920-251-0425 or pattyminter@gmail.com.



November 20, 11:30AM Hanging of the Greens

Please come and join in the decorating of the sanctuary for the Advent season.

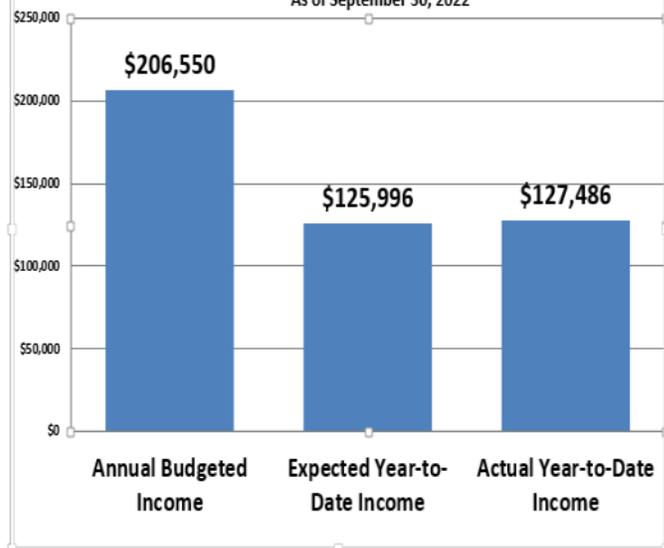
We welcome your help in putting the special touches on the holiday decorations.

Any questions speak with a Worship Ministry member

Jim Bentley, Mary Christenson,
Jeanne Ihlenfeldt or Linda Stutz

Pilgrim Church 2022 Total Income

As of September 30, 2022



Use any of our easy ways to give:

Phone text at 920-796-9933

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

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

In person at Sunday Service

Through September 30, we are almost \$1,500 ahead of expected income for the year. Actually, we're in better shape than the chart shows because Scrip income shows up as -\$2,785 for the month in the financials. This means that the inventory hasn't been caught up yet. When it is, we should show at least another \$2,785 in income.





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 and denote "Poinsettia" in the memo.

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:	_____

<p><u>Final day to</u> <u>order is</u> <u>Sunday,</u> <u>December 4th.</u></p>



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.



Adult Education

Meets on Sunday Mornings from 10:15AM to 11:15AM in the sanctuary for those wishing to attend in person. We will have a few minutes to chat after worship before the program begins promptly at 10:15AM. Those preferring to join from the comfort of your home, the link for the programs will be the same throughout the fall semester.

To join Zoom Meeting:

<https://us02web.zoom.us/j/87682457999?pwd=NklCT0ZEYWtTRnlwcEtRNDBCMGRhQT09>

Meeting ID: 876 8245 7999

Passcode: 769374

November 6
Coffee Hour



November 13

National Alliance of Mental Illness (NAMI) Program— In Your Own Voice

Presenters: Sue Mitchell Metz & Dan Olsen

“In Your Own Voice” is one of NAMI’s signature public education programs that offers insight into the hope and recovery possible for people living with mental illness. Sue Mitchell Metz and Dan Olson will share their personal stories in this interactive presentation.

November 20

National Alliance of Mental Illness (NAMI)

Presenter: Elizabeth Nelson,
Executive Director

NAMI Fond du Lac is the local affiliate of the National Alliance of Mental Illness (NAMI), a grassroots organization founded in 1979, with a mission to empower those young and old affected by mental illness and reduce stigma through support, education and outreach. It is our vision for individuals to live in a safe and accepting environment that supports and promotes mental health and recovery.

November 27

Mental Health & Suicide

Presenter: Sue Mitchell Metz

Sue will share her son’s story and the effects that suicide has had on her family.

She will also introduce us to Survivors of Suicide Loss (S.O.S.L.). The S.O.S.L. support group is a safe, judgement-free space for adults grieving the suicide death of a loved one, no matter how much time has passed.

EXPANDING HORIZONS



Will meet Wednesday Mornings
9:30AM -11:00AM in the sanctuary
for in-person learning; the link for those wishing
to view via Zoom from home is as
follows:

<https://us02web.zoom.us/j/88978012384?pwd=cGxJa0pJbExSM0FFWetlMmtJYzNodz09>

Meeting ID: 889 7801 2384

Passcode: 762316

November 2 & 9

Dear White Peacemakers by Osheta Moore

Leader: Jill Stiemsma

Dear White Peacemakers is a break-up letter to division, a love letter to God’s beloved community and an eviction notice to the violent powers that have sustained racism for centuries.

Race is one of the hardest topics to discuss in America. Many white Christians avoid talking about it altogether. But a commitment to peacemaking requires white people to step out of their comfort and privilege and into the work of anti-racism. *Dear White Peacemakers* is an invitation to white Christians to come to the table and join this hard work and holy calling. Rooted in the life, ministry and teachings of Jesus, this book is a challenging call to transform white shame, fragility, saviorism and privilege in order to work together to build the Beloved Community as anti-racism peacemakers.

November 16 & 30
Finish Bible Study -
The Gospel According to Luke
 Leader: Brian Smith

Luke, a convert by St. Paul, was the only Gentile (non-Jew) to compose a gospel and writing in the 80s he includes much of the oral tradition about Jesus not yet written down in the previous gospels of Mark and Matthew. He wants to make Jesus understandable to the non-Jewish world of Romans and Greeks where Christianity by the 80s was growing rapidly and where the vast majority of people experienced much suffering.

**Please note that we will not meet on November 23rd during the week of Thanksgiving.



**Looking for Someone to Send
Out Greeting Cards!**

The Membership and Evangelism Ministry is looking for someone who would like to send out greeting cards to members who are shut in or can't come to church for various reasons. We are thinking cards could be sent for birthdays, anniversaries and, of course, illness or loss of loved ones. If interested, please let Fran, Sue or Randy know. Thank you in advance.



PILGRIM UCC ANNUAL HAM DINNER
THURSDAY, NOVEMBER 3, 2022
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 pumpkin pies, apple pies or cakes, 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.



Hats & Mittens



There are many kids who walk to school with no hat or mittens or gloves. So, we are going to try something new. There is a rack between the front doors that we hope to fill with hats, mittens and gloves through the winter months. All sizes are needed....small through adults. Maybe those of you that knit and crochet would like to donate some hats!?

Our plan is to give them to Rosenow and other schools that have a need during the winter months. Thank you fellow Pilgrims for all you do for the community.



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

The collection of toys is scheduled to begin on **November 1st and conclude on December 12th** here at Pilgrim Church. Toys can be deposited in the same boxes that were used for the Coats for Kids Program; these boxes will be 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 1st at the earliest as the Salvation Army is in the process of interviewing families for this program. We are still waiting to hear if we will get hard copies to hang on the tree.

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.



Notes from Karen

(Our Sunday School Director)

SUNDAY SCHOOL NEWS



Collection for St. Katharine Drexel Homeless Shelter

As we begin to think of Thanksgiving and are grateful for ALL that we have, let's remember our friends at the homeless shelter who are less fortunate than us.

This collection will be for both November and December as we will be missing a few Sundays of classes.

After talking with the folks from the St. Katharine Drexel Homeless Shelter, we will begin collecting Fidgets and/or Arts and Crafts supplies. Fidgets can be found at stores such as Target, Walmart and I have even seen them in the grocery stores. They can be a helpful distraction for a child. Art supply suggestions would be:

Clear Glue	Washable Paint	Colored Pencils
Washable Markers	Crayons	Modeling Clay
Glitter Glue	Hot Glue Sticks	Popsicle Sticks
Sketch Pads	Stickers	Mini Chalkboards & Chalk
Stencils	Wood Letter Blocks	Beads/string

Or almost any other Art Supplies you can think of! Thank you for helping us help them! Let's collect a lot of art supplies and Fidgets to donate to our friends at the homeless shelter.

Update on Our Heifer International Collection

While I know our Heifer collection that the Sunday school students were involved with each Sunday last spring collecting all of your generous donations of loose change (and dollar bills!) is long past, I do have good news to share.....because of your generosity and my patience in waiting to make the donation to Heifer International, we were able to donate on a triple match day! (I have come to learn they often offer a double or triple match opportunity a few times throughout the year). What that means is that each animal we purchased was actually tripled or we were able to donate three of each of our purchases; 3 pigs, 3 flocks of chicks, 3 flocks of ducks and 3 honeybee hives. We had collected \$177.25 due to your generosity and because of that, 12 families throughout different areas of the world will have opportunities to better their lives! THANK YOU everyone for making this possible! Start saving your loose change, because we might just be asking again later in the program year!

Youth Mission Trip Meeting

The next youth trip meeting will be Sunday, November 13th following the worship service. Please plan to meet in the lounge.



Chili Cook-Off and Game Night!



Do you like chili? Do you have the best chili recipe? Do you like to play games? Then we have the perfect opportunity for you! On **Friday, November 18th from 6:00PM to 7:30PM**, we will be hosting a chili cook-off followed by an evening of game playing. We will be looking for willing volunteers to make a crockpot of their awesome chili recipe. Then we will have small cups for everyone to taste test each of the chilis being offered before returning with a larger bowl to enjoy the chili you choose as your favorite. Everyone will have an opportunity to vote for their favorite and then the winner will have bragging rights and the chance to share their recipe in the Quill (if they so choose). Watch for a sign up poster in the narthex if you are willing to make a crockpot of chili.



Blessings to All and
Have a Very Happy Thanksgiving,
Karen



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 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

Parish Nurse

Shoulders Up – Shoulders Back – Head Up – Phone Down . . . Just for the Health of it!

Viruses - The More You Know - 211

211 is Wisconsin's statewide community referral service to help find resources related to health access, housing, finances, food access, child-care or emotional support. It's free, confidential and personal. Just dial 211 or 877-947-2211 or visit <https://www.211Wisconsin.org> for keyword, guided or advanced searches.

Now that seasonal Influenza has been diagnosed in Fond du Lac County, as well as COVID, and general viral "colds", Strep, an uptick in fall allergies and pneumonias, (Lions and Tigers and Bears, Oh My.....) self-care seems to become more important. Good handwashing, social distancing, staying home when ill and staying away from others who don't follow that advice is good self-care. Vaccines and masking continue to be hot button topics in the media – in my opinion are good self-care practices – and normal personal choices in different situations.

Throughout this cold and flu season, know that there are resources – like 211 – and that you are not alone.

November is National Family Caregivers Month – this year's theme: Caregiving Around the Clock.

Many families are the primary source of support for older adults and people with disabilities in the U.S. Research from 2020 indicates that roughly 1 in 5 Americans are family caregivers; averaging 24.5 hours/week in direct care. The research also indicates 60% of those caregivers in addition work outside the home. Caregiving also takes significant emotional, physical and financial energy. With nearly half of all caregivers over age 50, many are vulnerable to a decline in their own health. Frustration and isolation are considered 2 of the biggest personal issues for family caregivers and up to 50% of caregivers experience symptoms of depression.

10 Tips for Family Caregivers

Seek support from other caregivers – you are not alone.

Take care of your own health so that you can be strong enough to take care of your loved one.

Accept offers of help and suggest specific things people can do to help you.

Learn how to communicate effectively with Doctors.

Be open to new technologies that can help you care for your loved one.

Watch out for signs of depression and don't delay getting professional help when you need it.

Caregiving is hard work so take respite breaks often.

Organize medical information so it's up to date and easy to find.

Make sure legal documents are in order.

Give yourself credit for doing the best you can in one of the toughest jobs there is!

<https://www.caregiving.org/research> and <https://www.caregiveraction.org> are 2 sites that encourage caregivers to ask questions and share in the care decisions that affect their loved one's health and wellness. These groups offer support through written information and education, as well as phone and online chat options. In January, Pastor Rob and I will be offering 2 Adult Forums on Caregiving. Mark your calendars and stay tuned.

November is American Diabetes Month

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 - a time when it's easy to hibernate and holidays, when it's easy to indulge. The challenges for November are setting that exercise routine while the weather is still "decent" to make it easier when it's not. (Vary the routines – walk outside, 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 or Senior Center - and make yourself accountable to a friend.) And diet "upgrades" that may be as simple as eating one extra piece of fruit per day, smaller portions, drinking more

water and/or not eating in front of a screen (mindless munching...)

When you routinely see your Primary Care Provider, please ask about your “fasting blood sugar” blood test (it’s part of a standard test when they check sodium, potassium and kidney function) and if it is even just a tad high, your next question should be, “so, what should I do about that.” Just maybe it will be a November challenge.

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 church New Year.** We spend that first month watching, waiting and preparing – and we are told “do not be afraid”.

Check out the bulletin board for more information about Diabetes, Sugar and Your Healthiest Self!



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, ghrelin and cortisol (appetite control and inflammation) are regulated. It is time well spent!

WISE in November (Welcoming, Inclusive, Supportive, Welcoming for Mental Health)

Please read the Adult Forum information from Suzette and the Alternative Gift Fair participant descriptions. During the month of November, members of NAMI will be speaking at Adult Forums. As we as a congregation learn more about Mental Wellness and community resources, this is valuable information and connection.

Do unto others....

A long time ago, I listened to a radio announcer every morning on my way to work who would call his son while on the air to say good morning before his son left for school. His words of advice were always the same:

No hitting, no punching, no poking, no spitting, no kicking, no biting, no licking, no burping, no see-food, no swearing, no back-talk, no disrespect, pay attention, learn things, say yes sir and yes maam, You are important, Have a good day – I love you.

I wonder if we stopped to listen carefully enough, we would hear Jesus saying that...? **“Do unto others...I Love You”** We are all children of God! Be Thankful!

Your Nurse,
Sue



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.





Pilgrim United Church of Christ Alternative Gift Fair is a

positive holiday experience that brings together our church and community members in a fun 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 Alternative Gift 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 we strive to feature 8 or 9 local, national and international organizations that we have researched and chosen. We strive to feature different organizations as much as possible in order to educate our shoppers about the diverse and extensive number of worthwhile nonprofit charities that exist. This *alternative* approach honors the spirit of giving. Gifts can range from any amount and are not disclosed to the recipient, making *alternative* gifts the perfect solution for co-workers, family, friends and the “hard to shop for” person.

Pilgrim Church’s Alternative Gift Fair has raised a considerable amount of money for nonprofit charity organizations over the last 16 years. The Fair has supported a wide range of causes including organizations dedicated to 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.

Attendees are given a “shopping list” with all of the nonprofits who are represented at the fair. They can stroll among the booths and talk to featured nonprofit groups who will have information to share about their respective mission and current projects. As shoppers browse, they can match what charities they might support with the interests of the people on their gift list. Once complete, shoppers can check out and pay for all their gifts at once, eliminating any pressure to give to particular causes or groups at the individual booths. Shoppers may pay by cash or check and 100% of all donations go to the designated charities.

The shopper will receive a gift card for each monetary gift donated to a designated charity that they can share with their gift recipient. This card can then be addressed to “the honor of” or “memory of” a loved one or friend and can be signed by the shopper. Information is posted on the gift card about the charity’s general mission and contact information. Pilgrim Church’s

checkout eliminates the need for multiple transactions. After the event, Pilgrim will issue one check to each charity with all of their donations consolidated into one.

As one shops *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.

This year’s Alternative Gift Fair will be on Sunday, December 4, 2022.

Listed below are descriptions of the organizations represented this year at Pilgrim Church:

CLEAN WISCONSIN

Foundation Story...It was the 1970s and rivers were catching on fire. Wisconsin’s own Fox River was practically dead. In response, national environmental leaders like Gaylord Nelson founded Earth Day, and the National Environmental Policy Act was passed. It was in this context that a handful of foresightful Wisconsinites, led by Doug La Follette and Peter Anderson, recognized the need to have an organized effort to protect Wisconsin’s cherished yet vulnerable environment. Knowing that ensuring concrete protections for our air, water and landscapes required an active voice within the Capitol, La Follette and Anderson formed Clean Wisconsin.

Since then, Clean Wisconsin has been working to preserve and protect Wisconsin’s clean water, clean air and natural heritage. Clean Wisconsin believes everyone has the right to clean water, breathable air and a healthy community. They are committed to equity and inclusion.

Clean Wisconsin works to protect Wisconsin’s clean water, clean air and natural heritage by:

***Impacting Policy:** Policy experts work with local and state leaders to drive environmental policy changes.

***Taking Legal Action:** For more than five decades, attorneys have been defending Wisconsin’s environment through strong, effective litigation.

***Leading with Science:** The science department keeps Clean Wisconsin on the forefront of environmental issues confronting our state.

***Uplifting Your Voice:** With an active membership and action advocacy base 20,000-strong, Clean Wisconsin keep the membership connected to information and opportunities to make voices heard on critical environmental issues.

***Engaging Communities:** The Milwaukee program is creating change through hands-on education, outreach, and local policy work.

For more information explore [wwwcleanwisconsin.org](http://www.cleanwisconsin.org) and visit Clean Wisconsin's table at the Pilgrim Alternative Gift Fair.

DOCTORS WITHOUT BORDERS

Doctors Without Borders/Médecins Sans Frontières (MSF) offers medical humanitarian assistance to people based solely on need, irrespective of race, religion, gender, or political affiliation. Our teams of doctors, nurses, logisticians, and other frontline workers are often among the first on the scene when peoples' lives are upended by conflict, disease outbreaks or natural or human-made disasters.

The decision to respond is based solely on our independent assessment of medical needs. We work to ensure that our teams can reach people in need without restriction and provide aid directly.

Above all, MSF's goal is to do no harm. We're committed to providing the highest quality medical care possible—no matter where we're working—and to acting in our patients' best interests, respecting their rights to dignity, confidentiality, informed consent, and to make their own decisions.

We believe that the principles of impartiality and neutrality are not synonymous with silence. When the world turns its back on crises, we are duty-bound to raise our voices and speak out on behalf of our patients. Our decision to do so is always guided by our mission to do no harm, preserve respect and dignity, and protect life and health.

With over 45,000 staff members of 169 nationalities working in more than 70 countries around the world, we recognize that diversity, equity, and inclusion are inextricably linked to the success of our medical humanitarian mission. We are making changes across our organization to better reflect this incredible diversity and build one global workforce by challenging operational structures, creating more opportunities for locally hired staff, reevaluating compensation and benefits policies, and more.

DOGS 2 DOG TAGS.ORG

Dogs2DogTags creates an opportunity to save at risk, rescued or donated dogs; train them and place them with deserving service members who have been diagnosed with post combat stress and anxiety. The purpose is to provide the veteran, at no cost, a trained dog that they can gain a constant companion to help them cope with their unique challenges in everyday life.

This non-profit organization is run by individuals who have either served in or worked closely with our military. It is their mission to help the men and women who have sacrificed so much to defend our country and her citizens. They aim to support those who have returned home but are not fully able to integrate back into the normal lives they once enjoyed because of traumatic experiences.

EXPO OF WISCONSIN

EXPO stands for *EX-incarcerated People Organizing*. They are based in Madison, but have chapters throughout Wisconsin including Chippewa Valley, Milwaukee and the Fox Cities.

Led by people who are directly impacted, EXPO is committed to dismantling all systems that support mass incarceration and excessive supervision. They believe in the human dignity of formerly and currently incarcerated people and recognize they come from, and are part of our communities. They believe men and women with conviction and arrest records should be viewed as valued human beings, members of families and assets to communities.

People in our communities without direct experience with incarceration are often ill-informed of the negative and catastrophic effects on earnings and employment, physical and mental health, housing and education, and family well-being created and perpetuated by the carceral system. Through their advocacy work in local and state government, EXPO creates space, opportunity, and support for system-impacted individuals to raise their voices about the systemic and institutional harm of incarceration. In the words of their organizers, "EXPO's work shines a light of awareness and truth where others refuse to acknowledge."

Pilgrim members will hear from Tamra Oman, a Wisconsin Statewide Director, during the November 6th Sunday morning announcements and/or at the December 4th Alternative Gift Fair. All are encouraged to learn more at <https://expowisconsin.org/#>

HEIFER INTERNATIONAL

“Heifer International” is a development organization working to end hunger and poverty around the world by providing livestock and training to struggling farmers. This work is critical to helping small-scale farmers lift themselves out of poverty.

NAMI (National Alliance of Mental Illness)

“NAMI Fond du Lac is the local affiliate of the NAMI, a grass roots organization founded in 1979 with a mission to empower those affected by mental illness - and reduce stigma through support, education and outreach. It is our vision for individuals to live in a safe and accepting environment that supports and promotes mental health and recovery.”

NAMI Fond du Lac offers family support groups as well as education programs for families, and caregivers, (Family to Family, NAMI Basics). They facilitate classes for those with mental illness; supporting wellness and recovery, (NAMI Peer-to-Peer), public presentation education, (In our own Voice) youth education on starting conversations about mental health and the Friendship Corner drop-in center. All their programs and services are free. One Hundred percent of donations goes directly to NAMI Fond du Lac to help expand their outreach.

ST. JUDE CHILDREN’S RESEARCH HOSPITAL

St. Jude Children’s Research Hospital opened its doors on February 4, 1962, in Memphis, Tennessee. Its mission is to advance cures, and means of prevention, for pediatric catastrophic diseases through research and treatment. Consistent with the vision of their founder Danny Thomas, no child is denied treatment based on race, religion or a family's ability to pay. The organization is supported primarily by donations raised by ALSAC (American Lebanese Syrian Associated Charities).

St. Jude is the only National Cancer Institute-designated Comprehensive Cancer Center devoted solely to children. Treatments invented at St. Jude have helped push the overall childhood cancer survival rate from 20 percent to 80 percent since the hospital opened. Research efforts are directed at understanding the molecular, genetic and chemical bases of catastrophic diseases in children, identifying cures for such diseases, and promoting their prevention. Research is focused specifically on cancer, some

acquired and inherited immunodeficiencies, sickle cell disease, infectious diseases and genetic disorders.

St. Jude freely shares the discoveries it makes, and every child saved at St. Jude means doctors and scientists worldwide can use that knowledge to save thousands more children. Families never receive a bill from St. Jude for treatment, travel, housing or food — because all a family should worry about is helping their child live.

SOUTHERN POVERTY LAW CENTER

Founded in 1971 and located in Montgomery, Alabama, the Southern Poverty Law Center is a non-profit legal advocacy organization specializing in civil rights and public interest litigation. Their priorities are: hate and extremism, children’s rights, economic justice, immigrant justice, LGBTQ rights, criminal justice reform, and voting rights.

To promote social justice, they monitor hate groups and expose their activities to law enforcement and the media. When seeking justice, they use the courts and other forms of advocacy to win systemic reforms on the behalf of victims of bigotry and discrimination. They advocate for teaching about racism and injustice in our school systems. They work to prevent changes to our voting laws that would prevent people of color and the poor to vote.

They produce a map and list of Active Anti-government and Hate Groups in this country. In Wisconsin, they located 13 such groups especially with racist and white nationalist tendencies. They also found an anti LGBTQ group in Monroe WI at Pilgrim Covenant Church. The group is rated 4 stars by Charity Navigator.

UNITED WAY, INC.

Our mission is to unite individuals and organizations in team work that fosters the health, education and financial stability of our community. We want to transform our community through collaborative partnerships to create an environment where everyone has the opportunity to reach their full potential.

United Way’s work is focused on the building blocks for a good life. Education – Helping Children and Youth Achieve Their Potential. Financial Stability – Promoting Financial Stability and Independence. Health – Improving People’s Health.

www.fdlunitedway.org/contact-us

Fond du Lac Area United Way, 74 S. Main St, Suite 201
Fond du Lac, WI 54935, 920-921-7010

THANK
you.

Dear Friends,

Thank you for your generous gift to the CWS Blankets program. As families and communities around the world recover from emergencies and struggle in the face of unprecedented challenges, you are standing with them. Now more than ever, we are so grateful for your generous support.

Your contribution provides warmth, comfort and hope to neighbors near and far. It provides a tangible reminder to migrant families that they are not alone as they seek safety. It wraps refugees in warmth as they arrive in the United States to build a new future. It provides comfort to our neighbors who have lost homes or are struggling in the face of extreme challenges. Around the world, your support means relief and hope.

Because of you, Church World Service is able to respond when disasters occur and support is needed. Thanks to your compassion, we can - and will - change lives.

Sincerely,
Rick Santos
President and CEO
Church World Service

LOAVES and FISHES

Pilgrim Church's last participation in the Loaves and Fishes Program for this year is on **Wednesday, November 30th**.

Each time we provide a meal, several volunteers are needed to donate and prepare food, set-up, serve, clean-up and distribute leftovers. It is hoped that those that have helped in the past will volunteer again; new volunteers are always welcome! Please watch for the sign-up poster in the narthex. If you have questions, please contact Jim Bentley at 920-922-5093.



Caring for God's Creation

About a third of all the food that's produced globally is never eaten. With some planning and small steps in preparation, storage and freezing, you can make great strides to decrease waste in your kitchen and save money too. Enjoy **ALL** of your Thanksgiving leftovers.

Ushers for November

Date	9:00 Service
November 6	Linda Stutz & Kaitlynn Zick
November 13	Bart & Dawn Dahlke
November 20	Gary & Joni Greenfield
November 27	Linda Stutz & Kaitlynn Zick

Welcomers for November

Date	9:00 Service
November 6	Linda Stutz
November 13	Randy Stutz
November 20	Pat Towne
November 27	Bob & Jane Flaherty

Worship Leaders for November

Date	9:00 Service
November 6	Bobbie Flaherty
November 13	Noreen Henderson
November 20	Linda Stutz
November 27	Sue Schmitz



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

Robert & Christine Steinert	November 7
Bud & Carol Browning	November 26



Love
 the Lord your God
 with all your HEART
 and with all your SOUL
 and with all your MIND
 and with all your STRENGTH.
Mark 12:30, ESV

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 year! Thank you!

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: _____



Gifts to KIVA Save People and the Planet!

Thanksgiving is just around the corner and Pilgrim Church can count KIVA as one of its many blessings. KIVA allows us to share with those in need while also protecting the planet through eco-friendly loans. KIVA is a 501(c)3 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 without access to traditional banking systems.

The loan we made this month was given by KIVA's Field Partner, Soluz Honduras. Soluz Honduras is a social and environmental enterprise committed to increasing energy access for Hondurans using solar technology. Distributing solar products and related financing to provide affordable clean electricity, Soluz Honduras contributes to economic development while protecting the environment. Soluz Honduras provides solar electric systems combined with energy efficient refrigerators as an income producing activity operated out of a home or rural store in Honduras. Loans are used to provide borrowers with needed goods or services, as opposed to cash or financial credit. A solar-powered refrigerator creates opportunity for added income for a family as well as providing benefits for a community that would otherwise not have steady access to milk, cheese and other products that require refrigeration. These solar-powered higher efficiency refrigeration systems also replace gasoline or diesel generators that power old refrigerators. Soluz Honduras installs, guarantees, and maintains the system to assure that the benefits will continue for many years, and the solar panel has a 25-year warranty.

The \$225.00 we loaned this month was money that had been repaid on previous loans we have given. Ruth, lives in Honduras where the average annual income (USD) is \$4,800. She is 36 years old and a teacher at a school in her community. She has two children and one of her greatest dreams is to be able to see her children complete their university studies. She also wants to grow her general store business, which she has managed for thirteen years. However, there is no access to electricity in her community, and this has been challenging, especially in keeping products that need refrigeration fresh such as meat, dairy, and sausages. For this reason, she applied to Soluz Honduras to purchase a solar-powered freezer system which will bring many benefits to her business. She will be able to provide her customers with better service, thus improving the income from her general store.

As you count your blessings this Thanksgiving, remember Grace, KIVA and Soluz Honduras. Working together we can make a difference in the lives of people around the world as well as contributing to a healthier planet. 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.

Seeking Ushers

I am looking for a couple or family that would be available to usher
 Christmas Eve at the 7:00PM service
 or Christmas Morning at the 9:00AM service.
 Please reach out to me if your holiday celebrations will accommodate
 helping with his important role in our services.
 Linda Stutz 920-539-2518

RECAP OF SCHEDULE OF COLLECTIONS FOR CHARITY & ADULT CHRISTIAN EDUCATION EVENTS

(Nov – Dec 2022)

CHRISTIAN OUTREACH COMMITTEE CHARITY COLLECTIONS

- November is Toys for Tots and the Angel Tree
- December is the Alternative Gift Fair after worship on December 4

CHRISTIAN EDUCATION COLLECTIONS FOR YOUTH AND YOUNG ADULT SUNDAY SCHOOL

- Our youth and young adults will be taking collections for the children at the St. Katherine Drexel Homeless Shelter. See the announcements, bulletin, Friday e-blast, and monthly Quill newsletter for more information.

FAMILY FUN NIGHT ACTIVITIES

- Fri Nov 18: Game Night with Chili Cook-Off Contest
- Fri Dec 16: Christmas Caroling

STONE SOUP POP-UP BIBLE STUDY

- 6:30PM every Wednesday in November, (2nd, 9th, 16th, 23rd, & 30th)
- We will share a simple meal of soup and rolls while we study gratitude as a spiritual practice. Meeting in the Guild Room. Sign-up encouraged.

ADULT FORUM

(Adult Sunday Bible School)

- Every Sunday at approximately 10:15AM after worship.
- No Adult Forum the 1st Sunday every month for coffee hour.
- Adult Forum meets in the sanctuary to accommodate both online and in person learning.

Nov 6

Coffee Hour



Nov 13

National Alliance of Mental Illness (NAMI) Program - In Your Own Voice - Presenters – Sue Mitchell Metz & Dan Olsen - “In Your Own Voice” is one of NAMI’s signature public education programs that offers insight into the hope and recovery possible for people living with mental illness.

Nov 20

National Alliance of Mental Illness (NAMI) Program - Presenter - Elizabeth Nelson, Executive Director - NAMI Fond du Lac is the local affiliate of the National Alliance of Mental Illness (NAMI), a grassroots organization founded in 1979, with a mission to empower those young and old affected by mental illness and reduce stigma through support, education and outreach.

Nov 27

Mental Health & Suicide - Presenter - Sue Mitchell Metz

Sue will share her son’s story and the effects that suicide has had on her family. She will also introduce us to Survivors of Suicide Loss (S.O.S.L.) The S.O.S.L. support group is a safe, judgment-free space for adults grieving the suicide death of a loved one, no matter how much time has passed.



Dec 11 **Mrs. KK from Rosenow Elementary School** will talk about their volunteer program and the reality of elementary education in our neighborhood.

Dec 18 **History of Christmas Hymns with Chris Deaner-Rogers** - Join us and sing hymns then learn the history behind them.

EXPANDING HORIZONS
(Formerly known as Bible w/ Bagels)

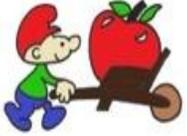
9:30AM – 11:00AM every Wednesday

Expanding Horizons meets in the sanctuary to accommodate both online and in person learning.

- Nov 2 & 9 ***Dear White Peacemakers* by Osheta Moore – Leader – Jill Stiemsma**
Dear White Peacemakers is a breakup letter to division, a love letter to God's beloved community, and an eviction notice to the violent powers that have sustained racism for centuries.
- Nov 16 & 30 **Finish Bible Study – The Gospel According to Luke – Leader – Brian Smith**
Luke, a convert by St. Paul, was the only Gentile (non-Jew) to compose a gospel and writing in the 80s he includes much of the oral tradition about Jesus not yet written down in the previous gospels of Mark and Matthew. He wants to make Jesus understandable to the non-Jewish world of Romans and Greeks where Christianity by the 80s was growing rapidly and where the vast majority of people experienced much suffering.
- Dec 7 ***The Book of Longings* - By Sue Monk Kidd - Leader - Debbie Wolf** - In her fourth work of fiction Sue Monk Kidd takes a bold approach to history in giving a voice to Ana, wife of Jesus. Kidd is courageous in imagining the life of Jesus as a married man but also capturing Jesus as a fully human young man in his 20's. Jesus is a prominent character in the novel, but this is Ana's story and journey.
- Dec 14 ***The Work of Christmas: The Twelve Days of Christmas with Howard Thurman***
Leader - Peg Bradley - This book is a celebration of the twelve days of Christmas, offering us a chance to dwell on the meaning of the season in dialog with the wisdom of one of America's greatest mystics and activists, Howard Thurman. This poem written by Thurman will be a guide for our time together.

Dec 21





The Little Farmer, LLC
A Festive Family Farm Market

N9438 Hwy 151, Malone

The Little Farmer is open for the season now through November.

Thelma Sadoff Center for the Arts (THELMA)
 hosts **Great Hall Concert Series Continues:**

Copper Box 11/12 at 7pm
 Natural Satellite 11/18 at 7pm
 Isthmus Brass 12/8 at 7pm
 For Kids from 1 to 92 12/15 at 7pm
 The Jimmys 12/16 at 7pm

We're doing a lot of exciting community programming as well!

We've started a Cancer Connection open studio the first Saturday of every month through December from 10 to Noon here in our gallery. Cancer patients, survivors and loved ones are welcome to come create art in an our galleries, supplies provided, and connect through art with others on their journey.

The third Saturday of the month is an open studio for ages 14+. \$15 non member, \$12 member tickets. Supplies provided.

Our Art of Community Wellness speaker series continues:

November 9 10:30 to Noon, Environmental Wellness, Meet Your Farmer with Andy Devries of Rose 23 Cattle Co.

Fond du Lac High School
 proudly presents

RODGERS + HAMMERSTEIN'S
Cinderella

MUSIC BY RICHARD RODGERS
 LYRICS BY OSCAR HAMMERSTEIN II
 NEW BOOK BY DOUGLAS CARTER BEANE
 ORIGINAL BOOK BY OSCAR HAMMERSTEIN II
Presented by arrangement with Concord Theatricals Ltd. on behalf of RSH Theatricals.

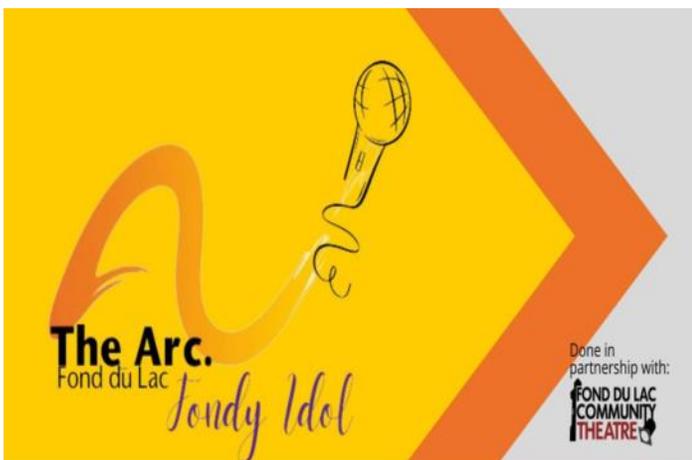
November 3, 4, 5, 2022 at 7 pm
November 6, 2022 at 1 pm
Fond du Lac High School Performing Arts Center

Kids Day at the PAC
 Sunday, November 6
 Activities at 11:30 am / Show at 1 pm

Tickets - Reserved Seating
 Adults - \$15
 Students & Children - \$10

Activities, backstage tours, and more!
Come in costume!

www.hometowntickets.com
 PAC Lobby one hour prior to show



Dreams DO come true!

Friday, November 4 | 6pm
 UW-FDL, Prairie Theater

Join us for Fondy Idol 2022

The Dream Role Album!

There is no shortage of talent from our performers at The Arc Fond du Lac. On November 4, that talent will shine brightly at this annual event where you will be inspired and wow'ed by our clients as they perform their dream songs!

Get your tickets; they're only \$8!

Online at arcfdl.org/fondy-idol

or at the door the night of the event. All proceeds are used to provide programming and experiences for persons with intellectual and developmental disabilities.

Your support means so much!



The Arc Fond du Lac | 500 N Park Ave. Fond du Lac, Wisconsin, 54935
arcfdl.org | info@arcfdl.org | 920-923-3810

Hooray! "The Sisters" Craft Show is almost here!



Nov 11th, 12th & 13th 2022 Fri. & Sat. 9-5 Sun. 9-3

Hop on the Sisters Gift Express!

"The Sisters" Craft Show offers many new and reasonably priced items, cookies to munch on while you shop, and a little fun to add to your day!

Join in the fun & laughter at the home of Laurie Bargaquist
W8456 Forest Ave

From Fond du Lac take Hwy 23 west, turn left on Cty Tk Y, turn right on Forest Ave. to address (approx. 1/2 mile from intersection)

We accept cash and checks only.

For any questions call Laurie at 920-922-9633
 Watch for "The Sisters" signs!

North Fond du Lac Optimist Club
 51st Annual
PANCAKE DAY

Saturday, November 12
 Friendship Learning Center - 1098 Prospect Avenue
Serving 7:00 a.m.—1:00 p.m.



Shop downtown Oakfield shops and your favorite craft vendors on
 November 12th from 10:00AM to 3:00PM

join us for

HOLIDAY HOUSE
 FDL'S LARGEST JURIED ARTISIAN FAIR
 NOVEMBER
SATURDAY 19 9AM-3PM
 \$5 PER TICKET (CHILDREN 6 AND UNDER FREE)

EXPO CENTER AT FDL FAIRGROUNDS
 TICKETS MAY BE PURCHASED AT: FOX VALLEY BANK, CREATE SALON, BEANS AND BITES, HOMETOWN BANK (BOTH FOND DU LAC LOCATIONS), KLAPPERICH REAL ESTATE, HORIZON BANK, NATIONAL EXCHANGE BANK ON MAIN, PARTNERS BY DESIGN, BOUDRY DENTAL, BLUE DOOR COFFEE

PRESENTING SPONSOR FOR 2022 HOLIDAY HOUSE

PLATINUM SPONSOR  **GOLD SPONSOR** 
SILVER SPONSORS  
BRONZE SPONSORS 



NOVEMBER 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Toys for Tots Collection Begins	2 Expanding Horizons 9:30 - 11:00 Stone Soup Bible Study 6:30 - 8:00	3 	4 6:00 AL-ANON	5 3:00 Pastor Rob's Installation Service followed by reception
6 9:00 Worship 10:15 Coffee Hour 10:15 Sunday School 6:00 NA Mtg	7 9:00-10:30 Yoga w/Jean 4:30 Christian Ed 6:30 Stewardship/Finance	8 6:00 Trust Fund	9 Expanding Horizons 9:30 - 11:00 11:30 Christian Outreach Stone Soup Bible Study 6:30 - 8:00	10 7:00 Pilgrim Choir	11  6:00 AL-ANON	12 Wisconsin Gospelers Rehearsal 10 - 1 Artists's Association Guild Room 10 - 3
13 9:00 Worship 10:15 Adult Forum 10:15 Mission Trip Mtg. 10:15 Sunday School 6:00 NA Mtg	14 9:00-10:30 Yoga w/Jean 11:00 Membership 4:30 Worship 6:00 Property	15 9:30 PEO 1:30 Book Club	16 Expanding Horizons 9:30 - 11:00 Stone Soup Bible Study 6:30 - 8:00	17 7:00 Pilgrim Choir	18 6:00—7:30 Chili Cook Off & Game Night 6:00 AL-ANON	19
20 9:00 Worship 10:15 Adult Forum 10:15 Sunday School 11:30 Hanging of Greens 6:00 NA Mtg	21 9:00-10:30 Yoga w/Jean 11:00 Faith Formation Leaders (Art Wille) 6:00 Council Mtg	22	23 Expanding Horizons 9:30 - 11:00 Stone Soup Bible Study 6:30 - 8:00	24 	25 6:00 AL-ANON	26
27 9:00 Worship 10:15 Adult Forum Sunday School - No Classes 6:00 NA Mtg	28 9:00-10:30 Yoga w/Jean	29	30 Expanding Horizons 9:30 - 11:00 5:00 Leaves & Fishes Stone Soup Bible Study 6:30 - 8:00			

Pilgrim United Church of Christ
535 Stow Street
Fond du Lac, WI 54935-2865
Phone: 920-921-0415
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.

Pastor Rev. Rob Van Ess
Administrative Assistant..... Cathy Drew
Parish Nurse Sue Schmitz
Sunday School Director Karen Goodacre
Youth Director
Adult Education Director Suzette Curtis
Worship Musician Chris Deaner-Rogers
Choir Director Zachary Ball
Choir Accompanist.....
Custodian Anderson Cleaning Service
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