



THE PILGRIM QUILL

MAY 2023



"All things seem possible in May."
– Edwin Way Teale

Hello Pilgrims!

This month we are blessed with a flurry of activities:

- Pilgrim UCC is participating in the **No Mow May** movement. We will allow large sections of our lawn to grow throughout the month of May to encourage pollination and support our bee population.
- In the month of May our **Christian Outreach Special Church Ministry** is collecting nonperishable food items for the Fondy Food Pantry.
- Our **Health Ministries Team** is highlighting Melanoma Monday, Blood Pressure Awareness month, Arthritis Awareness Month, the start of the Outdoor Farmers Market and Mental Health Awareness month.
- Every Friday at 7:00PM there is an **Al-Anon** meeting at the church.
- Every Sunday at 6:30PM there is a **Narcotics Anonymous** meeting at the church.
- Wednesday May 3rd Pilgrim UCC will host the local **Loaves and Fishes** program at Church of Peace by providing a quality meal for our neighbors living with food insecurity.
- May 3rd, 10th and 17th our Wednesday morning (9:30 AM – 11 AM) **Expanding Horizons** Adult Educational Forum will continue with a series on mindfulness.
- Sunday May 7th we welcome our Northeast Association Associate Conference Minister, **Rev. Jane Anderson**, to deliver a sermon and join me in leading worship with Communion. We will host a meet and greet for Rev. Anderson in the lounge afterwards with sweets and treats and lively conversation.
- Monday May 8th we will share space with a Wisconsin Conference **Community of Practice group for Christian Education Directors**.
- Saturday May 13th we will share our space with the Sieglaff family to honor the life of Tom Sieglaff.
- Sunday May 14th is Mother's Day. We will be hosting a **pie auction** after worship as a fundraiser for our youth mission trip to Cleveland, OH at the end of June.
- Our **Adult Forum** is hosting a talk on Sunday May 14th about how homelessness is affecting Fond du Lac school students.
- It's hard to believe that Tuesday May 16th will be my (Pastor Rob's) one year anniversary serving as your pastor and teacher.
- Tuesday May 16th we will share space with the **PEO** organization for their monthly meeting, and we will share space with a **book club** that afternoon.
- Friday May 19th we will host a **Family Fun Night** with outdoor yard and camp games.
- Sunday May 21st is **Recognition Sunday**, a day where we close out the church Sunday school year by saying thank you to everyone who makes our youth ministries possible. We will host a special coffee hour afterwards in honor of our staff, teachers, shepherds, youth, and volunteers.
- Sunday May 21st our **Adult Forum** hosts its final event before the summer break with a conversation about compassion.
- Monday May 22nd – Wednesday May 24th I (Pastor Rob) will be attending a conference at the Holy Wisdom Monastery in Madison entitled: **Pastoring for Justice and Healing in a Climate Crisis**.
- Tuesday May 23rd is Chris Deaner-Roger's 1 year anniversary serving as our worship musician.
- Wednesday May 24th we will host our **end of year brunch** for our Adult Forum and Expanding Horizons adult education programs.
- Sunday May 28th is **Pentecost Sunday** and the Sunday before Memorial Day.
- On the afternoon of Sunday May 28th we will celebrate the life of Bill Schellpfeffer, father of Shannon LaLuzerne.
- I am sure I am missing something!

These are exciting days at Pilgrim UCC. Join us in creating a new type of family church that proclaims God's unending love, grace and mercy for all. I am humbled by your commitment to the gospel of Jesus Christ. I am grateful for your trust and support. I am inspired by your passion for the way of Jesus. It is an honor to serve as your pastor and teacher.

Amen and alleluia,



Pastor Rob



News from Council President, Patti Burns

We had a beautiful Easter Worship Service! It was a beautiful day and week that followed.

April 2, 2023 was a busy Sunday at Pilgrim. The Fond du Lac Area Artist Association along with Friends and Members of Pilgrim hosted an art show. The artists showcased paintings, mixed media art, wooden pieces and jewelry.

Also, on April 2 Pilgrim UCC voted to adopt a Creation Justice Covenant with in the United Church of Christ. Thank you to the Green Team for all of their hard work in preparing us to move forward with becoming a Creation Justice Church. The Green Team is comprised of Gary Ring, Tracy Ablor, Julie Schroeder, Pastor Rob Van Ess, Barb Roder, Peg Bradley and Pete Vercoouteren.

At the April 17, 2023 Church Council Meeting, at the request of the Green Team, the church council voted to allow the Green Team to be an independent committee that reports directly to the church council rather than reporting to Property Ministry.

The Creation Justice Covenant is the second covenant adopted by Pilgrim. We also have adopted the ONA Covenant. Our Wise Task Force is working hard to get us ready to vote on a third covenant to become a Wise church. Lots of exciting movement in our church.

April 22nd Pastor Rob, Patti Burns and Jim Bentley will be attending the Northeast Association Meeting at Daycholah Center as voting delegates for Pilgrim.

We look forward to May activities which will include serving Loaves and Fishes and Recognition Sunday. We will be welcoming the Rev. Jane Anderson to the pulpit.

It is wonderful to see so many new faces at worship services. Over the past months we have welcomed many new members.

Blessings,
Patti Burns



Diner's Club!!!

Watch for information on the next get-together of the Diner's Club. The sign-up poster in the narthex will display information on the next get-together as soon as it is known. Gatherings begin at 5:00PM with sit down for the meal at 5:30PM. As always, if you have suggestions for other restaurant choices, let Patty Minter know.
Happy Dining!!!



Coffee Hour

1st Sunday of Each Month
(except where noted)

Volunteers are Needed and if no one signs up for any given month, there will be NO coffee hour. We can have coffee hour for a reason or no reason!

The sign-up poster is in the narthex with dates and instructions; **any member of the church can sign-up.**

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



Flowers for Church

Members can continue to sign-up to provide flowers in church on the Sundays of each month
**In Memory Of Someone or
In Honor Of Someone or
Special Occasion.**

The sign-up poster is hanging on the window (of Cathy's office) behind the Scrip table.



Adult Education

Meet on Sunday Mornings from 10:15AM to 11:15AM in the **lounge** 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=NklCT0ZEYWtTRnlwEtrNDBCMGRhQT09>

Meeting ID: 876 8245 7999

Passcode: 769374

May 7
Coffee Hour



May 14

Homelessness Affecting Fond du Lac School Students

Presenter: Linda Tack, Homelessness Coordinator

Homelessness can happen to anyone. Thousands of hardworking individuals and families in Fond du Lac County are one health, economic or family crisis away from losing their home. According to the St. Katharine Drexel Homeless Shelter website, there are currently 172+ students who are recognized as homeless. Linda Tack will discuss the homeless situation, the resources available through the school district, as well as ways members of the community can work together to address homelessness.

May 21

Building Compassion - Documentary

Leader: Chris Frederick

Peace and Compassion are intertwined and inseparable. Yet it can be difficult to open our hearts to others.

Learn how the practice of compassion can improve your life. Find out about cutting-edge research into the neurology and cultural practices of compassion and explore how compassion is key to creating a peaceful world.

EXPANDING HORIZONS



Meet Wednesday Mornings 9:30AM -11:00AM in the **lounge** 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=cGxJa0pJbExSM0FFWEtIMmtJYzNodz09>
Meeting ID: 889 7801 2384 Passcode: 762316

~~April 12, 19, 26~~, May 3, 10, 17
Mindfulness Series

Leader: Karen Lindberg-Schuppe

Life consists of moments, nothing more than that. So if you make the moments matter, it all matters.

- Ellen Langer

~~Session 1: Mindful Breathing and Listening~~

~~Session 2: Mindful Body~~

~~Session 3: Taking in the Good~~

Session 4: Self-Compassion

Session 5: Loving Kindness

Session 6: Mindful Eating

MAY 24
END OF YEAR BRUNCH

Christian Outreach News!



For the **month of May**, we will be collecting food for the Fondy Food Pantry.

There is an extra need to help the community with being able to feed their families

Please give whatever you can. If the Pantry needs specific items, we will post them in the May bulletins.

Thank You!!



Blanket Sunday
May 14, 2023

Pilgrim UCC has a tradition of celebrating Mother's Day with the benefit of helping other Mothers and families with Blanket Sunday.

The blankets are sent to many areas of the world and are used for a variety of things; they are a blanket, a roof, a way to carry babies or food! Each blanket is \$10.00. You can make your check out to Pilgrim Church and be sure to note in the memo area "Blanket Sunday", or if you give cash please note that it is for Blanket Sunday.

Please use the form that is in this May Quill and there are forms in the narthex.

On the form is the opportunity to honor a mother or special person in your life; or it can be in memory of a special person.

The names will be in the Mother's Day bulletin.



MOTHER'S DAY
MAY 14, 2023

SUBMIT THIS FORM WITH YOUR
BLANKET DONATION
ON OR BEFORE TUESDAY, MAY 9, 2023

GIVEN BY:

IN HONOR OF:

IN MEMORY OF:

Number of Blankets ____ @ \$10.00 each

Checks to be made out to Pilgrim Church
and notate
Blanket Sunday in the memo.



Be Part of “No Mow May”

In March, the Fond du Lac City Council approved a **No Mow May** pilot program. The initiative behind the program is to allow flowers (yes, even dandelions!) to grow, and increase the habitat for bees and other pollinators. City residents will be allowed to let their grass lawn grow during the month of May 2023, without being in violation of City Ordinance [476.10](#), which limits the height of grass to six inches.

No Mow May was first popularized in the United Kingdom but is now gaining traction across North America. In 2020, residents of Appleton, Wisconsin, an affiliate of [Bee City USA](#), became energized about No Mow May and they convinced their City Council to suspend their weed ordinance for the month of May. Over 435 registered property owners participated that year. Empowered by their success in 2020, the Appleton Bee City committee spread the word and attracted even more participants in 2021, and in 2022 it spread to communities across the country.

Lawns cover 40 million acres, or 2%, of land in the US, making them the single largest irrigated crop we grow. Lawns are mowed, raked, fertilized, weeded, chemically treated, and watered—sucking up time, money, and other resources. Lawns provide little benefit to wildlife and are often harmful. Grass-only lawns lack floral resources and nesting sites for bees and are often treated with pesticides that harm bees and other invertebrates. How does the fate of bees affect us? [Watch this video.](#) <https://www.youtube.com/watch?v=K0QTlwwwvrs>

As a Creation Justice Church, Pilgrim UCC has registered 535 Stow Street in the city’s “No Mow May” program. All members and friends of Pilgrim, whether you live in the city limits or beyond, are also encouraged to reduce their own mowing frequency and/or begin considering permanently converting their lawn to a more diverse and natural landscape this spring and in the months and years ahead. Consider this - <https://www.youtube.com/watch?v=BN25PHVXimo>

If you live in the city, you are being asked to register your participation in “No Mow May” by using this link: <https://survey123.arcgis.com/share/45039416967d44438544d78059c38d90>. You are also encouraged to display a sign to promote the initiative (and let your neighbors know what you’re up to!). There will be some No Mow May yard signs available at church for a small cost. You can also print your own sign or get more information by visiting <https://beecityusa.org/no-mow-may/>.

If you have any questions about this initiative, please speak to a member of Pilgrim’s Green Team:

Tracy Abler, Peg Bradley, Gary Ring, Barb Roder, Julie Schroeder, Pete Vercoouteren and Pastor Rob Van Ess.





Volunteers are needed to mow the church property lawn!

A sign-up sheet is hanging on the "Community" bulletin board; several dates are open for individuals to volunteer to help mow the church property lawn.

If you have any questions, please contact Doug Baltz at 920-960-0042



Loaves and Fishes

Pilgrim Church will serve the Loaves and Fishes meal on **May 3rd** at the Church of Peace. 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!

The sign-up poster is in the narthex. If you have any questions, please contact Jim Bentley at 920-922-5093.

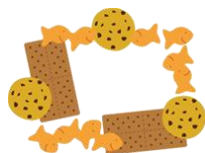
For your information, Pilgrim Church will also serve Loaves and Fishes meals on August 23rd and December 6th (the sign-up poster is usually in the narthex two weeks before the serving date).



Notes from Karen

(Our Sunday School Director)

SUNDAY SCHOOL NEWS



April Collection for St. Katharine Drexel Homeless Shelter

Thanks to all who donated healthy snacks and art supplies for our collection for the St. Katharine Drexel Homeless Shelter. We will continue to collect both of these items as well as bath towels through the month of May.

Intergenerational Outdoor Yard/Camp Games!

The CE ministry will be hosting another **Family Fun Game Night on Friday, May 19th**. We will gather at **6:00PM** on our Pilgrim lawn to play a variety of fun yard games like ladder golf, corn hole, washers, just to name a few. We will also have sidewalk chalk available for decorating our sidewalks. You are encouraged to bring your own comfy lawn chair, if you like, otherwise we will have some of our chairs available if you want to sit throughout the evening.

We will have a table set up for those wishing to play a board game but still gather as we enjoy one another's company.

Now . . . should the weather not cooperate . . . we will still hold a game night but it will be moved indoors. Either way, lots of fun and fellowship will be had. As always, feel free to invite a friend or neighbor to join us.



Recognition Sunday

On **Sunday, May 21st** during our 9:00AM worship service, the CE Ministry will be recognizing all Sunday school students, teachers and shepherds for their commitment to our Sunday school program this year.

From the well-known expression "It takes a village to raise a child", I can attest to this fact here at Pilgrim. Without the continued support from many members and friends of our congregation, we would not be able to offer a Sunday school program here at Pilgrim. Many of the following individuals named have been helping out in a variety of ways with our church school program for MANY years and yet when asked, they once again stepped up and said YES! I, personally can't thank them enough for their willingness to be here and teach our children and youth about the love God has for each of them.

If you see a person whose name is on this list on any given Sunday, PLEASE take a moment to just simply say "thank you".....

Connie Anderson
Chris Clementi
Julia Clementi
Becky Dietenberger
Marilyn Hoch
Susan Holl
Laura Kaufman

Vicki Lamb
Nicki Lipke
Patty Minter
Julie Petrie
Teresa Prus
Tony Prus

Gary Ring
Fran Schmid
Melissa Seibel
Julie Vercouteren
Pete Vercouteren
Jean Wright



Church Camp Opportunities

Daycholah Center at Green Lake has some wonderful camps available for all ages and different lengths of time. I highly recommend you go to our United Church Camps website www.ucci.org to check out all the possibilities.

I **DO** have some brochures now available for anyone interested in adding a church camp experience to their summer calendars. This is such a wonderful experience for all ages!

We want everyone interested in going to have that opportunity so if finances are a concern, please speak to Karen as scholarships are available.

Heifer International

The children are continuing to collect loose change (or dollars work too) for Heifer International to help end hunger and poverty in partnership with different communities all over the world. Watch for them with their containers after worship on Sundays!

Blessings,
Karen



Whether it's celebrating Mother's Day or getting work done around the house in preparation for summer, don't forget to use SCRIP. Home improvement stores such as Fleet Farm, Menards, Lowe's or Home Depot can help meet your needs for those big or small jobs you are working on. Of course there is also your everyday visits to local grocery stores, gas stations and fast food restaurants that I try to have on hand each Sunday morning.

Please plan ahead so that I can meet your needs as we continue to keep the SCRIP program thriving here at Pilgrim. If you want to purchase SCRIP that I do not have on hand on any given Sunday then I will be able to order it and have it available the very next Sunday.

If you have questions as to how the SCRIP program works, please stop and visit me at the SCRIP table in the narthex on Sunday mornings or give me a call at 920-904-5740. THANKS!!!

Karen



**Shoulders Up – Shoulders Back – Head Up –
Phone Down!**

May is Mental Health Awareness Month

One definition of **Mental Health**: *A state of mental being that enables people to cope with the stresses of life, realize their abilities, to learn and work well and contribute to community.* It is a basic human right. **Mental Illness** is a condition that affects thinking, emotions and behaviors. It can be influenced by environment, biology, and/or trauma.

Fast Facts from NAMI (National Alliance on Mental Illness)

1 in 5 U.S. adults experience mental illness each year

1 in 20 U.S. adults experience serious mental illness each year

1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year

50% of all lifetime mental illness begins by age 14, and 75% by age 24

Suicide is the 2nd leading cause of death among people aged 10-14

I believe that we (as a nation) are still trying to physically and mentally heal from a pandemic caused by something unknown. The fear, contradictory information and knee-jerk reactions fed into feelings of anxiety, isolation and loneliness. Everything changed.

Social connection is an important part of good health in/for all ages. Social isolation contributes to mental illnesses, cognitive decline, and dementia. It can also increase the risk of premature death, cardiovascular disease, diabetes, and respiratory diseases.

That connection is important for growth after any trauma. I believe we can come through this with stronger physical and mental health, but only by working together. The **WISE (Welcoming, Inclusive, Supportive, Engaged for Mental Health) Task Force** continues to meet monthly; gathering information about what it means to be a WISE congregation... taking care of our Pilgrim family.

Viruses - The More You Know:

COVID is still around, as is RSV and the common cold. And there are reports of cell mutation – which is what viruses do...they hang out and “tweak” themselves to become stronger. There are people who continue to have COVID side effects long after the acute illness, and those who are now struggling with their environmental allergies causing sinus and lung infections. None of this is new news, so things are back to normal...right? Well... To be back to normal, we would have to eradicate COVID – and we missed that opportunity.

We may be in our new normal – still healing and all the pandemic self-care practices are still being encouraged.

May is National Skin Cancer Awareness Month

We’ve had some warm weather and the sun on bare skin feels amazing! Those warming rays can also be damaging to skin; causing an abnormal/unchecked growth of certain cells – skin cancer.

According to the American Cancer Society, skin cancer is the most common cancer in the U.S., with over 5.4 million skin cancers diagnosed each year. The 3 most common types are: Basal Cell (begins in the basal cells in the outer layer of skin), Squamous Cell (begins in Squamous cells – also in the outer layer), and Melanoma (develops more deeply within the skin layers and is the most deadly)

Anyone can get skin cancer, but those at a higher risk include individuals who have a heavy exposure to UV rays, lighter skin, family history of skin cancer, prevalent moles, numerous severe sunburns in the past, weakened immune system and those who live in sunny or high-altitude climates.

Preventative practices include avoiding being in direct sunlight between the peak times of 10:00AM to 4:00PM, wearing sunscreen with a SPF (Sun Protection Factor) of at least 15, wearing protective clothing, avoiding tanning beds and frequent birthday suit checks. Any changes in the shape, color or size of moles – especially those that change relatively rapidly – should be reported to a Primary Provider for diagnosis and recommendations.

So, get out and feel the warm on skin with some sun screen on it, eat lunch in the shade and have the water fight after 4:00....!

May is also Blood Pressure Education Month.

It's a toss-up which month is busiest - May, September or December! If you find your calendar is filling up rapidly, please be sure to save some time to relax. Those slow deep breaths, muscle relaxation, laughter and chaos reset will help decrease your blood pressure, which in turn will make it easier for your heart to circulate blood and you will feel better!

Mark your Calendar!

In Fond du Lac, the first Outdoor Farmers Market on Main Street will be May 20th!!! Veggies and Fruits and Community - Oh My!



*gathered
together*



To Our Church Family,

Many heartfelt thanks for all your prayers, phone calls and very meaningful get well card while we were dealing with Covid. It was very uplifting and it's good to be back.

Blessings to All,
Bob & Jane Flaherty

Dear Friends,

On behalf of the staff of Doctors Without Borders, I want to thank you for your generous gift of \$600.00 received on January 17, 2023.

Your contribution helps ensure that our patients receive the care they so urgently need, no matter their circumstances. In the last few months alone, support from caring donors like you has helped us respond to a range of emergencies in more than 70 countries including:

Malnutrition in Afghanistan: Following a turbulent change in government, our teams are responding to the worst food and nutrition crisis to hit Afghanistan in decades. In Herat, our teams are running inpatient therapeutic feeding centers to treat civilians and children suffering from malnutrition.

Aid for people fleeing violence in Ukraine: Our emergency teams are in Ukraine and neighboring countries, providing primary health care consultations, psychological first aid and urgently needed supplies for people who have had to flee their homes. We are also expanding our emergency response activities across both sides of the border so we are ready to act where we are needed most.

Covid-19 Response: Doctors Without Borders medical teams are ready to respond to potential new surges of Covid-19 as we confront the evolving challenges posed by the disease. We are also pushing for global equitable access to Covid vaccines, treatments and tests in many of the countries where we work.

Our critical work to delivery emergency care to people caught in these crises wouldn't be possible without your generous support. Thank you for being part of our important lifesaving mission.

Sincerely,
Avril Benoit, Executive Director
Doctors Without Borders USA



Caring for God's Creation

Plant a Tree!

**An average tree can absorb 1 ton
of carbon dioxide over its lifetime.
Plus, it provides shade for you
and a home for the birds
and critters.**



Ushers for May	
Date	9:00 Service
May 7	Pete Vercooteren & Connie Anderson
May 14	Steven & Rachel Wicichowski
May 21	Pete Vercooteren & Connie Anderson
May 28	Nicky Banks

Welcomers for May	
Date	9:00 Service
May 7	Jim & Dianne Bentley
May 14	Fran Schmid
May 21	Wendy Ellison
May 28	Bob & Jane Flaherty

Worship Leaders for May	
Date	9:00 Service
May 7	Steven Wicichowski
May 14	Noreen Henderson
May 21	Sue Schmitz



- 1 Nolyn Stutz
- 2 Missi Etheridge
- 4 Jeanne Koepke
- 5 Gerald Rusch
Martial Blanc
- 7 Connie Anderson
- 8 Jessica Westphal
- 12 Michael Steinke
- 13 Cameron Olson
Cooper Olson
- 15 Liz Edgerton
- 17 Jean Fischer
Jill Barbeau
- 18 Barb Roder
Donna Jost
- 20 Karen McCreedy
Rachel Wichowski
- 21 Teresa Prus
Erika Schilling
- 22 Heather Connor
Peg Bradley
- 25 Jacob Steier
Pat Caulfield
- 26 Tony Prus
- 28 Mike Fedyszyn
- 29 Don Schmitz
Lily May Luckow
- 31 Albert Curl



- | | |
|--------|--------------------------------|
| May 3 | Jason & Lisa Laudloff |
| May 7 | Jim & Deb Wamser |
| May 11 | Mike & Tracy Abler |
| May 22 | Rebecca & Bradley Dietenberger |
| May 24 | Avery & Barb Geiger |
| May 26 | Ellen & Len Hynek |

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: _____

Worship Schedule

Mission Moments in Blue • Additional services in Red • Choir in Green
Themed Sun services in Purple • Special Music Highlighted

May 2023

Sun. May 7: – 9 AM Worship – 10:15 Coffee Hour & Sun School – No Adult Ed – **Choir** – Rev. Jane Anderson, WCUCC
Associate Conference Minister preaching.
Sun May 14: – 9 AM Worship – 10:15 Adult Ed & Sun School (Mother’s Day) – Handbell Quartet
Sun May 21: – 9 AM Worship – Recognition Sunday – 10:15 Adult Ed/ No Sun School
Sun May 28: **Pentecost** – 9 AM Worship – Summer Schedule begins (no Sun School or Ad Forum)

Family Fun Nights

Fri May 19 – Outdoor yard/ camp games!

Christian Outreach

May

Collect nonperishable food items for the Fondy Food Pantry/ Blanket Sunday

Health Ministries

May 2023

Melanoma Monday – Blood Pressure Month – Arthritis Awareness Month – Outdoor Farmers Markets
start – WISE: Mental Health Awareness Month

Mission Trip Events

We will meet **Sun May 21** after worship (Meeting moved back one week due to Mother’s Day on 5/14). Our
final meeting before the trip.

Mission trip dates: **June 25th - June 30th**

Adult Forum

“Education is what remains after one has forgotten what one has learned in school.”
– Albert Einstein

May 7 Coffee Hour

May 14 Homelessness Affecting Fond du Lac School Students – Presenter: Linda Tack - Homelessness Coordinator

Homelessness can happen to anyone. Thousands of hardworking individuals and families in Fond du Lac County are one health, economic or family crisis away from losing their home.

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Expanding Horizons

May 3 - 17 Finish the Mindfulness Series – Leader: Karen Lindberg-Schuppe

Life consists of moments, nothing more than that. So if you make the moments matter, it all matters. -Ellen Langer

~~Session 1 (4/12): Mindful Breathing and Listening~~

~~Session 2 (4/19): Mindful Body~~

~~Session 3 (4/26): Taking in the Good~~

Session 4 (5/03): Self-Compassion

Session 5 (5/10): Loving Kindness

Session 6 (5/17): Mindful Eating

May 24 End of Year Brunch



SATURDAYS • MAY - OCTOBER
8:00 A.M. - NOON • MAIN STREET



FOND DU LAC CYCLERY AND BOB'S ON THE AVE PRESENT:

PIZZA RIDES

EVERY THURSDAY AT 5:30PM
MAY 4TH - SEPTEMBER 28TH
MEET AT FOND DU LAC CYCLERY

ALL ARE WELCOME

Family-friendly ride at a conversational pace.
Bring a friend or meet a new one!
Pizza, food, and beverages available for purchase at Bob's on the Ave - Live music on Thursdays!

HELMET AND SIGNED WAIVER REQUIRED
COMPLETE THE WAIVER IN ADVANCE BY SCANNING THE QR CODE

FOND DU LAC CYCLERY
920-923-3211 | HELLO@FDLCYCLERY.COM | FDLCYCLERY.COM

CHURCH OF OUR SAVIOUR
PERFORMING ARTS SERIES
PRESENTS THE

ALVERNO CHOIR

DAVID HEIN
CONDUCTOR

ALVERNO COLLEGE
ESTABLISHED 1887

FRIDAY • MAY 5, 2023 • 7:00 P.M.
Church of Our Saviour
9th & Main Streets • Fond du Lac
The public is welcome! Free Will Offering

Annual **CLEAN SWEEP**

HOUSEHOLD & FARM HAZARDOUS WASTE DISPOSAL

May 6, 2023
9 am until noon



Examples of Accepted Items:

- Pesticides
- Herbicides
- Insecticides
- Fertilizers
- Fungicides
- Rodenticides
- Other poisonous repellents and banned chemicals (DDT)
- Coal tar-based asphalt sealcoat
- Oil-based paints
- Varnishes
- Shellacs
- Turpentine
- Thinners
- Lead-based paints
- Nail polish
- Wood preservatives
- Oven cleaners
- Spot removers
- Polishes
- Hydraulic fuel
- Old gasoline
- Acids/bases
- Mothballs
- Pool and spa chemicals
- Photographic chemicals
- Chemical strippers
- Mercury
- Aerosol
- Cleansers, Astringents, Perfumes, etc.

Fond du Lac County Highway Shop—1820 South Hickory St.

See our website for complete list: tiny.cc/fdlcocleansweep or call (920) 906-4680 for details.



Tickets must be purchased in person by cash or check.
For more information, visit ssmhealth.com/cashraffle
or call 920-926-5418.

Drawing: Wednesday, May 10, 2023 • Noon

Virtually on SSM Health Greater Fond du Lac's Facebook page

Help support the SSM Health Samaritan Clinic
for a chance to win cash prizes!

BEST ODDS IN TOWN

Raffle Tickets • \$50 each • 4 for \$150 • 9 for \$300

Grand Prize: \$50,000 4th & 5th Prize: \$2,500

Second Prize: \$10,000 6th to 10th Prize: \$1,000

Third Prize: \$5,000 11th to 20th Prize: \$500

Tickets available for purchase at:

Annie's Fountain City Cafe • BackYard Grill & Bar • Bauer Chiropractic
Beans & Bites • Blanck's Supper Club • Cedar Lodge • Central Barber
Create Salon & Spa • Doyle-Kelly Family Dental • Fond du Lac Regional Clinic
satellite locations • Fox Valley Savings Bank • Fred's Fastrac Sales & Service
Gathered Roots • Guth's Candy • Jack Twohig Carpet One • Just Love Coffee
Michels Corporation • Partners by Design & Fine Furnishings
Philly's on 4th • Pump N Pantry • Red Cabin at Green Acres
Ripon Community Hospital Information Desk • Schmitt's Bar & Grill
St. Agnes Hospital Information Desk • Stuart's Landscaping • The Goldsmith
Theo's 24 • Twohig Family Dentistry • Twohig Flooring America • Urban Fuel
Waupun Memorial Hospital Information Desk • Wendt's on the Lake • YMCA

The Fond du Lac County Chapter
Of Wisconsin Right to Life
Coffee and Painting Night

Just Love Coffee
689 Fond du Lac Avenue
Fond du Lac

Wednesday, May 3, 2023
6:00PM - 7:30PM

For more information and to RSVP, see this link:
<https://wisconsinrighttolife.org/event/fond-du-lac-coffee-and-painting-night/>

FOND DU LAC COUNTY
Life
CHAPTER OF WISCONSIN RIGHT TO LIFE

Join us!
For Coffee and Mug Painting

Register Here!

Fond du Lac Right to Life Coffee and Painting Night

- Just Love Coffee - 689 Fond du Lac Ave
- May 3rd, 6-7:30 P.M.

GREAT HALL Concert Series

Tickets available at thelmaarts.org!



FEBRUARY 11
COPPER BOX

Dinner + A Show Option Available



FEBRUARY 18
DUELING PIANOS



MARCH 3
DAVINA + THE VAGABONDS



MARCH 10
TAE & THE NEIGHBORLY



MARCH 24
PEGASIS



MAY 5
SALSA MANZANA



MAY 12
KYLE MEGNA + THE MONSOONS



MAY 19
CATHY GRIER + THE TROUBLEMAKERS

THANK YOU TO OUR SPONSORS



Bill + Karen Shaw
Jerry + Dixie Sullivan
Stone Family Foundation



SCAN ME

FOLLOW ALONG WITH US

@thelmaarts @thelmaarts51



51 Sheboygan Street
Fond du Lac, WI 54935

Fond du Lac Fire Rescue

Brat Fry

All proceeds benefit the local Red Cross

Friday, May 12th

10:00am – 2:00pm

held at

Fire Station 1

815 S. Main St. Fond du Lac

SAVE THE DATE!





Fondy **FOODTRUCK**
Festival
Lakeside Park
 Oven Island
Sunday, May 28
11am-5pm

Sponsored by Friends of Lakeside Park

PLANTS OF INTEREST TO WARD OFF THOSE PESKY SUMMER BUGS!!!



PLANTS THAT KEEP BUGS AWAY
 FLEAS, TICKS
ROSEMARY

PLANTS THAT KEEP BUGS AWAY
 SPIDERS, MOSQUITOES, ANTS
PEPPERMINT


PLANTS THAT KEEP BUGS AWAY
 MOSQUITOES
CATNIP

PLANTS THAT KEEP BUGS AWAY
 MOSQUITOES, APHIDS
MARIGOLD

PLANTS THAT KEEP BUGS AWAY
 MOSQUITOES, HOUSEFLIES
BASIL

PLANTS THAT KEEP BUGS AWAY
 MOTHS, FLEAS, FLIES, MOSQUITOES
LAVENDER



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 4:30 Christian Ed 5:30 WISE Meeting 6:00 Green Team	2	3 Expanding Horizons 9:30 - 11:00 5:00 Serve Loaves & Fishes	4	5 7:00 AL-ANON	6 10:00AM—3:00PM Tom Sieglaff Memorial
7 9:00 Worship—Rev. Jane Anderson Preaching 10:15 Coffee Hour 6:00 NA Mtg	8 11:00 Membership 11:00 Faith Formation Group 6:00 Property	9	10 Expanding Horizons 9:30 - 11:00 4:30 Worship Mtg	11 9:00-10:30 Yoga w/lean 7:00 Pilgrim Choir	12 7:00 AL-ANON	13 10:00AM—3:00PM Tom Sieglaff Memorial
14 9:00 Worship "Blanket Sunday" 10:15 Adult Forum 10:15 Sunday School 6:00 NA Mtg	15 6:00 Council Meeting	16 9:30 PEO 1:30 Book Club	17 Expanding Horizons 9:30 - 11:00	18 9:00-10:30 Yoga w/lean 7:00 Pilgrim Choir	19 6:00 FFN Outdoor Game Night 7:00 AL-ANON	20
21 9:00 Worship Recognition Sunday 10:15 Last Adult Forum 10:15 Mission Trip Mtg. 6:00 NA Mtg	22 6:00 Green Team	23	24 Expanding Horizons - 9:30 End of Year Brunch	25 9:00-10:30 Yoga w/lean 7:00 Pilgrim Choir	26 7:00 AL-ANON	27
28 9:00 Worship - Pentecost 6:00 NA Mtg	29 	30	31			

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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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 Coordinator Rob Edmondson
Worship Musician Chris Deaner-Rogers
Choir Director Zachary Ball
Choir Accompanist
Custodian Floors2Clean
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