THE PILGRIM QUILL NOVEMBER 2023



Hello Pilgrims!

The UCC website lays put a pretty good argument: "Since one in four individuals lives with a diagnosable mental health condition, it's safe to say that individuals in our congregation are dealing with any variety of mental health and substance use challenges every day. Due to stigma, many of us may be reluctant to either seek help professionally or speak about it with their pastor or other members of their church. However, an atmosphere of openness and acceptance in a congregation makes members, friends, and visitors more likely to feel safe and free from judgment. This acceptance and sense of safety can help create a place of belonging, where truly everyone, no matter where they are on life's journey, is welcome."

My hope, and that of the hard working WISE task force, is that we will become a WISE congregation. A **WISE** congregation has joined the mission to being **W**elcoming, Inclusive, **S**upportive, and **E**ngaged in the Mental Health of the community and the wider world. The objective of W.I.S.E. is to encourage our congregations to become more welcoming of those living with mental health challenges, to expand our inclusion of those who are living with mental health challenges, to be supportive of all who are affected by mental health conditions, and to engage in ways to live our commitment to be W.I.S.E. about mental health.

As we adopted our Open and Affirming Covenant in the United Church of Christ that welcomes all people regardless of ability, age, ethnicity, gender, race, sexual orientation, gender expression or socio-economic status, and our Creation Justice Covenant guides our congregation in discerning how we can best embody a commitment to care for God's creation, so our emerging WISE Covenant will challenge us to name, honor, respect, and love more fully those who live with mental illness and the people who love them. This recognition will help us to begin the process by which to in our own ways address the history of stigma around mental illness that has been supported and even amplified by the church universal.

All three of these covenants help us to more fully proclaim who we are and the values we believe in as followers of the way of Jesus. The WISE Task Force will provide the education and we will hold an ongoing discussion that will lead to a vote of the congregation in January to affirm our commitment to become more welcoming, inclusive, supportive, and engaged in the mental health community.

I said this about our recently approved Creation Justice covenant and I say it again now for our W.I.S.E. Covenant: I believe that becoming a W.I.S.E. Church is vital for our continued growth and development as a faith community. It hasn't been that long since we were last shut down due to concerns over Covid. We are still reawakening as a church to our new normal. In many ways all of us are more disconnected from the community and reality than ever before. The shutdown may be over but the barriers of thought, both political and philosophical, are wide and vast. I don't think we've ever been more unsure and untrusting as a nation, as a state, or as a city, than we are now. There is an enduring disconnect between our perceptions of "us" and "them" that threatens to tear our nation, our families, and yes, our churches, apart. What we need now more than anything is to be authentic with a clear message of who we are and what we believe in. THAT's what becoming a W.I.S.E. Church does for us. It provides us with an authentic and clear message.

The pandemic, the shutdown, and the social upheaval ever since has proven to be the catalyst for the most significant mental health crisis in a generation. Our families are suffering, our children are suffering, and so many of us are suffering, many in silence. We do what we can but it's not enough. As followers of the way of Jesus we need to do more. As a church we need to do more. As both members of our community and our families we need to do more. That's what our vote to become a WISE Church is all about. We begin with the church which we consider the body of Christ. Literally the hands and feet of Jesus in the world. What would Jesus do to care for those who struggle with mental illness and those who love them? He would love them. Love radiates from the center of Jesus' ministry and love motivates our desire to hold this important conversation at this time. Our WISE Covenant will help us to reach others who need to hear the unique and powerful gospel of love we proclaim, as the gospel does what it always does best, and that is save lives. Please join me in our WISE conversation led by the WISE Task Force and let's allow ourselves to learn and grow and love more.

Amen and Alleluia,

R.E. Vanham

Pastor Rob

Sunday Scriptures

Sunday, November 5: Matthew 23:1-12 - Be Humble Sunday, November 12: Matthew 25:1-13 - Ten Bridesmaids! Sunday, November 19: Matthew 25:14-30 - Parable of the Talents Sunday, November 26: Matthew 25:31-46 - Sheep & Goats

News from Council President, Patti Burns

Hello All,

Thank you to all who helped with the Fall Rummage Sale! It was a huge success.

Pilgrim is busily getting ready for the Ham Dinner. This is always an exciting time of the year. Many sign up posters are in the narthex if you are able to assist in any way.

We are still searching for an Adult Education Coordinator. If you know anyone who might be interested in a position, please have them contact Pastor Rob or me. The position is also advertised on Indeed.

Wishing everyone a blessed November.

Why WISE? (Welcoming, Inclusive, Supportive and Engaged for Mental Health.

The word *covenant* has a Latin origin meaning "coming together". It's an agreement, contract, or promise between 2 people. In a religious setting, a covenant is considered a sacred promise between God and another.

The WISE Task Force has proposed a WISE Covenant – Pilgrim's sacred promise that we will aspire to be a Welcoming, Inclusive, Supportive and Engaged congregation to those with Mental Wellness Challenges. The Church Council has reviewed and accepted it without recommending changes. The next step is to bring it to the congregation with an opportunity for discussion.

The WISE Task Force will be presenting the proposed Covenant and hosting the coffee time after the service on November 5th. We invite everyone to join us with questions and thoughts about why this is important to Pilgrim UCC.

WISE Task Force Members: Patti Burns, Chris Frederick, Sue Schmitz, Randy Stutz, Kaitlynn Zick, Donna Overbo, Judi Faubel, Judy Burton, Barb Geiger. Advisors: Pastor Rob Van Ess, Dr. Brian Christenson.



Patti Burns



Loaves and Fishes

Pilgrim Church will serve its final Loaves and Fishes meal for this year on **December 6th** 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!

Watch for the sign-up poster which will be in the narthex approximately two weeks before the serving date. If you have any questions, please contact Jim Bentley at 920-922-5093.





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.



COFFEE HOUR

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



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: <u>https://us02web.zoom.us/j/87682457999?</u> <u>pwd=NkICT0ZEYWtTRnIwcEtRNDBCMGRhQT09</u> Meeting ID: 876 8245 7999 Passcode: 769374

> November 5 Coffee Fellowship



November 12 Limitless Possibilities Presenter: Josh Vale

Josh Vale comes with his charismatic charm and tells how he is dedicated to empowering people with disabilities to maximize their independence and to lead satisfying productive lives in the community.

> November 19 A Thanksgiving Reflection: Come Before Winter Presenter: Peg Bradley

Based on Paul's request of Timothy to "Come before Winter", we will explore what that means in our lives today.

> November 26 Aging & Disability Resource Center Presenter: Raine Bleecker

Come listen to important information including funeral planning and living wills.

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: <u>https://us02web.zoom.us/j/88978012384?</u> <u>pwd=cGxJa0pJbExSM0FFWEtIMmtJYzNodz09</u> Meeting ID: 889 7801 2384 Passcode: 762316

> November 1, 8, 15, 29 Changed to: Unholy Ghosts: The Racist Roots of Our Faith and Politics Presenter: Pastor Rob

Welcome to this film series featuring Joel Goza and his latest book, America's **Unholy Ghosts: The Racist Roots of Our Faith and Politics**. MLK challenged us to investigate the "ideational roots of our hate," and that's what author Joel Edward Goza opens up for us in these films created around some of the themes in his book America's Unholy Ghosts. This conversation will take place over 4 weeks and includes 8 conversation films with Joel, and a discernment and discussion guide with practices to consider, written by Danielle Fanfair.





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:

Color Quantity Red

Total Grand Total:

Final day to order is Sunday, December 3rd.



Our December 24th bulletin will list:

Poinsettia given by	/:	 	
In Memory of:		 	
In Honor of:			
	<i>i</i> – .		

(Please complete as you would like it to appear in the bulletin.)

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

Please indicate your choice:

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

Price

\$8.00 each

Ordered by: _____

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





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 17 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 trans-actions. After the event, Pilgrim will issue one check to each charity with <u>all</u> 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 3, 2023.

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

RAWHIDE YOUTH SERVICES

A holistic approach to healing youth in the Fond du Lac community.

Youth who come to Rawhide Youth Services are hurting and looking for a path toward a healthy future where they feel confident and loved. Our licensed therapists listen, help them heal and guide them as they work through their anger, anxiety, depression, abuse, trauma, suicidal thoughts and more. They use a variety of evidence-based approaches to address the whole person: spiritual, cognitive, behavioral, emotional and social. Services Include:

Equine Assisted Therapy - Sometimes teens and young adults struggling with mental health find it hard to trust others. Equine therapy can break through barriers to build a strong bond between a young person and a horse. It's a bond that empowers youth to increase their self-awareness, identify and express emotions, experience healthy interpersonal relationships and build trust. Additional benefits include reduced anxiety and depression, lower blood pressure, and building a sense of positivity.

Occupational Therapy - Rawhide's Occupational Therapy services help children, youth and their families who have physical, emotional, sensory and/or cognitive impairments gain increased independence and confidence in their daily lives. Many of these youth come to Rawhide needing assistance as they work through trauma, illnesses, injuries, and/or disabilities that significantly impact their quality of life.

Traditional Talk Therapy - Rawhide's community-based youth counseling provides a safe space for young men and women to talk about how they feel without fear of judgment. They can be them-

selves, become more confident, and start to build the tools they need to think, act and communicate in healthy ways.

School Based Therapy - Rawhide therapists meet students where they are at in their schools to improve mental health. Currently, Rawhide works with more than 200 youth in the Fond du Lac school district.

Fond du Lac Youth Need You - Currently, Rawhide works with more than 200 youth in Fond du Lac and provide therapists to every school in Fond du Lac and North Fond du Lac school districts. These lifesaving services can only happen with your support. Please donate today to keep these services going in our community.

www.Rawhide.org

TEAM RUBICON http://teamrubiconusa.org/

Team Rubicon is a veteran-led humanitarian organization that serves global communities before, during, and after disasters and crises. They have even responded to storm damage locally, yes right here in Fond du Lac, as I witnessed them removing downed trees that fell across the Peebles trail on a Sunday morning after a storm a couple months ago!

Founded following the Haiti earthquake in 2010, the Team Rubicon organization has grown to more than 150,000 volunteers across the United States and has launched over 1,100 operations domestically and internationally. They focus on serving vulnerable and at-risk populations affected by disaster.

The term "humanitarian" encompasses all of Team Rubicon's efforts. They are also known as "Greyshirts" and dauntless volunteers. Every response is humanitarian with community at the center of all their efforts. After the recent devastating earthquake in Morocco, Team Rubicon Provided assistance to hard-hit and remote communities, providing water, sanitation, and hygiene (WASH) services. Because the "Greyshirts" arrived in the country as an <u>EMT-Type 1 Mobile</u> team, the volunteers could also have the capacity to transition into medical services in the future.

There are three drivers for these services: the climate crisis, the long-term effects of COVID-19, and increased conflict. Let Pilgrim support Team Rubicon.

SANDI PAWS RESCUE

Sandi Paws Rescue started in loving memory of my service dog, Sandi. Sandi knew that when I put her service jacket on that she had a job to do. Sandi was 16 years old when I had to say goodbye. I knew I couldn't replace the dog I lost, so in memory of my beloved Sandi, I promise to give 110% back everyday to this rescue and place dogs in a loving and safe home they all deserve. *Victoria Timreck*, Founder/CEO

Sandi Paws Rescue is a 100% volunteer, fosterbased dog and cat rescue. We do not have a shelter location.

Why Rescue? Many of us who volunteer in rescue all have at least one rescue dog or cat of our own and we know what terrific pets they can be! Here are some reasons to consider a rescue if you are ready to add a new pet to your family: The Bond is Strong - You'll Save a Life - The Shelter Will Have Room for Another Animal.

Why Adopt? Unfortunately some people view rescue pets as pets that weren't wanted because they had problems and didn't make good companions. In most cases, that's not true. Most dogs and cats who come to rescue are not given up because they were "bad dogs" or have behavioral problems. Unfortunately many people buy pets without thinking about the time, effort and expense involved in keeping them. These pets end up in shelters, along the side of the road or if they are lucky - in rescue.

SOLUTIONS CENTER DOMESTIC VIOLENCE PROGRAM

EVERY MINUTE

20 PEOPLE ARE VICTIMS OF

INTIMATE PARTNER VIOLENCE

Domestic violence is a pattern of power and controlling behavior that is often recurring and increases in intensity over time. Domestic violence can be physical, sexual, mental or psychological. Domestic violence can look like extreme jealousy, belittlement, blame, threatening looks or actions, threatening with violence or weapons and/or isolating another person. Intimate partner violence is a form of domestic violence by a current or former spouse or partner in an intimate relationship against the other spouse or partner. Abuse does not discriminate on sexual identity, sexual orientation, race or age. Just to shed some light on the statistics on that, please observe the following:

1 in 3 Women and 1 in 4 Men will be victims of severe violence by an intimate partner in their lifetimes.

1 in 2 Lesbian women will be victims of severe violence by an intimate partner in their lifetimes.

2 in **5** Gay or bisexual men will be victims of severe violence by an intimate partner in their lifetimes.

A transgender person of color is **2.6 times** more likely to become a victim of intimate partner violence than a non-LGBTQ+ person.

1 in 3 Black Women and 1 in 4 Black Men have experienced some form of physical violence by an intimate partner.

According to Esperanza United, about **1 in 3** Latinas will experience intimate partner violence in her lifetime.

A woman is **70 times** more likely to be murdered in the few weeks after leaving her abusive partner than at any other time in the relationship.

Solutions Center Domestic Violence Program is a Fond du Lac based nonprofit that believes all individuals deserve to feel safe and empowered. Solutions Center Domestic Violence Program is a survivor led program that has outreach services as well as shelter services.

The outreach services are provided by the Legal Advocate and Outreach Case Manager and by the Programming and Development Coordinator. The Legal Advocate and Outreach Case Manager can provide legal advocacy, court support, housing information, emergency financial assistance and community referrals. The Programming and Development Coordinator focuses on family and youth advocacy, community programs and prevention education.

The shelter is a 24/7 emergency shelter for all persons fleeing domestic violence. This shelter is staffed by Advocates and the Shelter Case Manager. This is a secure facility that is drug and alcohol free. It is nondiscriminatory and has rooms for individuals and for families. The Case Manager in the shelter provides legal advocacy, individualized goal setting, housing and employment resources. An Advocate is available all day every day to provide support and empower clients to make decisions in the best interest for them and their journey. In the Solutions Center Domestic Violence Program, survivors are empowered to individualize their own programming, parent their own child(ren), communicate freely and openly, create their own safety plan, set their own boundaries, take ownership of their needs and wants, recognize their own potential and discover peace and healing. All services provided by Solutions Center Domestic Violence Program are free and confidential.

The 24/7 crisis line 920-923-1700 is available to anyone experiencing domestic violence and wishing to speak with an Advocate.

Love shouldn't hurt. No matter the question, violence is not the answer. Please support us in creating a safer world for all.

Notes from Karen

(Our Sunday School Director)

SUNDAY SCHOOL NEWS

Sunday School Update

The Christian Education Ministry made the difficult decision to go to a one room Sunday school. This decision was not made lightly but we felt it was necessary due to the low attendance (especially in the younger classroom). A special thanks to Teresa and Tony Prus for preparing a lesson each week and being flexible as we navigated through this.

A huge thank you to everyone who donated healthy after school snacks and baking supplies that the Sunday school collected for the St. Katharine Drexel Homeless Shelter. They are always so thankful and appreciative of what we can give them to help them on their mission.

With that being said, for the months of November and December, the Sunday school will be collecting Arts and Crafts supplies for the shelter. Some items they specifically are asking for include (but are not limited to) beads and such for making friendship bracelets, crayons, WASHABLE markers, coloring books for younger children, glue sticks and any other arts and craft supplies you can think of.



KNOCK KNOCK MIDDLE SCHOOL RETREAT

We have 4 youth registered to attend the Knock Knock Middle School Retreat in November. A special thank you to Rachel Wicihowski for volunteering to chaperone these youth.

Chili Cook-Off and Game Night



On Friday, November 17th, the CE Ministry will again be hosting an intergenerational chili cook-off with an evening of fun and games to follow. If you have a favorite chili recipe that you would like to share, please let Karen know as we are looking for chili makers. Last year we crowned Nicki Lipke as our winner of the chili cook-off (after a very close and difficult vote).

We will have a free will offering which will go to the 2024 youth mission trip.

Consider coming and enjoying family and friends for this fun event. You don't have to cook, you can have fun playing games and just enjoy the fellowship.

This family fun night will begin at 5:30PM (not the usual 6:00PM) and we will go until approximately 7:30PM. As always, feel free to invite a friend or neighbor!

Birthday Dimes

Because of your generosity and support of this important mission to teach our children and youth about service to others, the birthday bank collected \$656.12 last year. THANK YOU ALL!!! The children will soon be choosing a nonprofit organization to give this money to. Stay tuned for the announcement to come soon.

> Blessings, 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



Christian Outreach News!



It's November and time to collect for the Toys for Tots program for all the children who are in need of Christmas presents. There will be a

box inside the front door. We do not have a deadline date for the last day to collect at this time, so the earlier you donate your gift, the better. Sales for toys should be starting soon, so keep your eye out! Thank you for your generosity.

Coats for Kids - Thank you for all of your donations! We had a request from Rosenow School for some of the jackets and we are giving them 15 jackets in different sizes to use for the students who come to school without a jacket. Thank you again for your generosity.

Keep your eye out for the Angel Tree in December and remember December 3rd is the Alternative Gift Fair.



Don't forget about the hat and

mittens/gloves rack! Winter is right around the corner!



PILGRIM UCC ANNUAL HAM DINNER THURSDAY, NOVEMBER 2, 2023 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.

Brian Smith invites members of the congregation to join him in a ZOOM discussion of a book focusing on the biblical, theological and moral implications of migration. Brian and Rev. Karen Gygax Rodriguez, Pastor of the Federated Church in Green Lake, will moderate an online discussion for 11 Thursday evenings in the Fall (6:30PM to 7:30 PM from September 7th **to November 16th**) on Fr. Dan Groody's book, <u>A Theology of Migration: The Bodies of Refugees and the Body of Christ</u>. Fr. Groody teaches at the University of Notre Dame and has done extensive pastoral work among migrants and refugees. Anyone interested can contact Brian at <u>bhsmith801@gmail.com</u> or at home 920-748-9229.



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

On September 8th I saw my first Advent Calendar display next to an inflatable fire breathing Halloween dragon, and I threw up a little in my mouth...

We are entering the holiday season – chocked full of memories, expectations (real or perceived) and emotions. Please be reminded to look past the advertisements and hype that are trying to sell happiness, to what is really important to you. And recognize in yourself feelings of stress...irritability, digestive changes, muscle tension/aching, sleep disturbances, carb craving, repetitive thoughts, and/or feeling overwhelmed. Pay attention to that still small voice, and do not ignore what your body and emotions may be trying to tell you.



The day light hours will shift with the **end of Daylight Savings Time – November 5**th – Magically, the sun will rise and set

an hour earlier and we will get an extra hour of life! Spend it well my friend....

October was officially "Health Literacy Month"...

But any month is a good reminder about Health Literacy. It's a personal understanding about Physical and Mental diagnoses, and what they mean in regard to personal health habits like medications, diet, stress reduction and activity. And it's about asking questions until you are confident you have all the information needed to make an informed decision. Go to your appointments with a written list of questions and someone to take notes while you talk with your Provider - so you can listen and focus.

November 16 is the Great American Smoke Out –



A day to remind people that if they can quit Nicotine for a day, that's a great stepping stone to quitting for a lifetime.

Though it historically refers to cigarette smoking, I believe it can be about quitting any/all nicotine products.

Nicotine (smoking, vaping, chewing, snus-ing) is a highly addictive chemical that reaches the brain

within seconds of using when lit on fire and inhaled. In the brain, nicotine increases the release of chemicals called neurotransmitters, - one is Dopamine, which helps regulate mood and behavior. In the striatum the reward center of the brain – it produces feelings of pleasure and improved mood. The more often nicotine is used, the more a person feels they need it to feel good, and using quickly becomes part of a daily routine; intertwined with habits and feelings.

Physically, it constricts/narrows blood vessels causing an increase in blood pressure and heart rate, and a decrease of blood flow to muscles like the brain and heart. In all honesty, I do not know of anything healthy or positive about nicotine.

And just a note about E-Cigarettes:

Disposable e-cigarettes are the most commonly used device type among U.S. middle and high school students who vape. ("In 2022, about 1 in 10 or 2.55 million U.S. middle and high school students used e-cigarettes at least once in the past 30 days.")

Some e-cigarettes and newer tobacco products deliver even more nicotine than traditional cigarettes. "Many e-cigarettes come in kid-friendly flavors—like candy, desserts, other sweets, mint, and menthol. This makes them more appealing to youth. Nearly 85% of middle and high school students who used e-cigarettes reported using flavored e-cigarettes...most commonly used flavors were fruit (69.1%), candy, desserts, or other sweets (38.3%), mint (29.4%), and menthol (26.6%)." (Statistics from the CDC)

I think of constricting blood vessels and decreased blood flow to the brain in a developing youth...

Check out the bulletin board for more information on nicotine, vaping and resources for assistance in quitting.

So...Why is WISE (Welcoming, Inclusive, Supportive, and Engaged for Mental Health) important?

Someone who is Dyslexic is considered "Neurodiverse" – their brain processes information differently. This idea emerged during the 1990s, aiming to increase acceptance and inclusion of all people while embracing neurological differences and is most often referred to as Autism, Learning Disabilities, and Attention Deficit Disorder. Note - what some might say is "Normal brain functioning" is then termed "Neurotypical"...like maybe neuro-usual, or neuro-characteristic... Some variation in brain functioning is not abnormal, and even if there is a lot of variation, should not be stigmatized or viewed as a "less than". We/PUCC can be a part of that important emotional support.

Normal is a setting on the dryer – not the brain.

Caring for God's Creation

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Happy Green Thanksgiving!

*Coordinate with attendees to avoid too much food

*Make a green Thanksgiving a group effort - ask guests who are contributing food to bring it in reusable dishes rather that disposable ones

*Make things from scratch when possible

*Take stock of ingredients you already have - clean out your cupboards, chances are some of the ingredients on your grocery list are hiding in the back

*Find creative recipes that will use up any leftovers you may have

*Plan ahead for food storage options resist buying plastic containers for leftovers

*Clean out the freezer and fridge before you shop - make room for groceries and leftovers in the freezer and fridge so that you can find what you need and your leftovers won't be as likely to get lost and forgotten



Pilgrim Friends,

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Wishing you a very successful Ham Dinner. Would enjoy being there to see and work with all of you.

> Warmly, Mary Weber

Dear Pastor Rob and Members of Pilgrim Church,

We had to say thank you for your donation to the Warming Shelter. We saw your picture and article and are so impressed with your commitment to serving the poor. What a great community you have in our church. Blessings and keep up the good work.

> Barbara and John Lent Members of Holy Family Catholic Community

Friends from Pilgrim United Church of Christ,

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

The job announcement below is being published per a request from the Conference Minister. Any interest should be addressed with Nola Risse Connolly at the Wisconsin Conference UCC.

Position: Office Coordinator

Wisconsin Conference of the United Church of Christ W1000 Spring Grove Road Ripon, WI 54971 Part Time (24-28 hours per week) \$20 per hour with benefits

The Conference Office is located on the south shore of beautiful Green Lake on the grounds of Daycholah Retreat Center. Join our dynamic and dedicated staff of 12 in resourcing, supporting and equipping Wisconsin's 210 congregations of the United Church of Christ.

The ideal candidate will be available to work on-site three days a week, preferably T-TH, with some remote and flex time. Generally, 2-4 team members work on-site T-TH. All staff gather in person monthly.

Essential functions:

- Email and phone correspondence
- · Reception and hospitality for in-person meetings
- Data keeping for conference and national setting
- Support and resource remote team members
- Support and resource regional associations
- Record keeping and document filing
- Ording of supplies, flowers, certificates, etc.
- Facilitate large email and postal mailings
- Sort and process incoming mail and checks
- Coordinate schedules and staff reservations with Daycholah Center

Qualifications:

- Proficiency with computer software (Word, Excel, Outlook, database, SharePoint, Zoom, etc.)
- Exceptional organizational and time management skills
- Strong verbal and written communication skills
- Ability to work on site three days a week (with some remote work flexibility)
- · Gracious and joyful relational presence in person, on the phone, and via email
- Solid self-motivator and ability to prioritize workload
- Eager collaborator with the staff team members
- · Comfort level with progressive values and the inclusive spirit of the UCC

Please send resumes to Nola Risse Connolly: <u>nrisseconnolly@wcucc.org</u>. We invite you to visit the Wisconsin Conference UCC website: <u>wcucc.org</u>. The website for Daycholah Center is: <u>ucci.org</u> (Daycholah tab)

Thank you
Pilgrim Family !
Together our Fall Rummage Pale
torought in the the
¥\$5019.90***
A incredible !!!
→ (how did we come so close to our spring total?) → (we have absolutely no idea) (0),
Special Thanks goes to
All of you for donating Twice the
number of items you usually donate.
A BALA INDUIA INDUVERULAI CUSTOMOS INVEST
the choices. I we stood proud, as usual.
(Humble Thanks) goes to the workers
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And A
WE ALL ROCKED THIS SALE! WWW
W Bobbie F & hur Friend Pandy
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V Julia & Margot C & gue Schmitter Tracy AT
V Judy Faubel V Joni G. Danie Jones
Dastor Roby Donnau Durase add names '00

Ushers for November			
Date	9:00 Service		
November 5	Donna Jost & Bobbie Flaherty		
November 12	Bart & Dawn Dahlke		
November 19	Linda Stutz & Kaitlynn Zick		
November 26	Nicky Banks		

Welcomers for November				
Date	9:00 Service			
November 5	Randy Stutz			
November 12	Barb Tadych			
November 19	Linda Stutz			
November 26	Ron McCreedy			

Worship Leaders for November			
Date	9:00 Service		
November 5	Tony Prus		
November 12	Noreen Henderson		
November 19	Bobbie Flaherty		
November 26	Ellen Sieglaff		

Acolytes for November		
Date	9:00 Service	
November 5	Natalie & Gregory Prus	



Cathy D.V

PUCC YOUTH GROUP ACTIVITIES (AUGUST - DECEMBER 2023)

Steven and Rachel Wicihowski are coordinating our youth group events. (Contact Rachel at **ra.burns@hotmail.com** or 920-238-5919)

Wednesday August 23, 2023 — Meet at 5:45 PM at church for Pizza Party/ arrive at 6:45 PM at Fondy Sports Park for putt putt and gokarts.

Sunday September 10, 2023 – Packers vs. Bears (Tailgate in church parking lot starting at 2 PM – Game at 3:25 PM on a big screen)

Saturday October 28, 2023 Burial Chamber Haunted House Complex Haunted house in Fox Crossing, Wisconsin (Time/ Date TBA) Meet at church, ride up as a group (Neenah area).

Friday November 17 – Sunday November 19, 2023 – Knock Knock Middle School Retreat at Daycholah Center on Green Lake (for grades 6-8) Parents drop off and pick youth up from camp.

December 2023 – Serve food at new Fondy Warming Shelter (Time/ Date TBA) Meet at warming shelter.

Jan - May 2024 Events TBA



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



November 2 November 7 November 18 November 26

Susan & Arnie Roloff **Robert & Christine Steinert** Jimmy Chen & Kingfang Lin Baron & Carol Browning

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: _____

Pilgrim UCC Fall 2023 Master Schedule

Worship & Event Schedule

Special Events in Orange Mission Moments in Blue Additional worship services in Red Choir in Green Themed Sun Services in Purple

Confirmation Classes in Light Blue Special Music Highlighted *all services at Pilgrim UCC unless otherwise noted

November 2023

Wed Nov 1: 6-7:30 PM – 5th Confirmation Class Thurs Nov 2: Annual Ham Dinner Sun Nov 5: 9 AM Worship/ All Saints Day Celebration – 10:15 Coffee Hour & Sun School – No Adult Ed – Choir – Mission Moment: WISE Task Force Sun Nov 12: 9 AM Worship – 10:15 Adult Ed & Sun School – Handbell Quartet Wed Nov 15: 6-7:30 PM – 6th Confirmation Class Fri Nov 17: 6 PM Chili Cook-Off and Game Night Sun Nov 19: 9 AM Worship – 10:15 Adult Ed & Sun School – Choir *Thurs. Nov 23: Thanksgiving Day* Sun Nov 26: 9 AM Worship – No Adult Ed & Sun School Wed Nov 29: 6-7:30 PM – 7th Confirmation Class

December 2023

Sun Dec 3: 9 AM Worship (1st Week of Advent/Hope) – Alternative Gift Fair after worship – Choir – Make N' Take Crafts for Youth Sun Dec 10: 9 AM Worship (2nd Week of Advent/Peace) – 10:15 Adult Ed & Sun School – Handbell Quartet Wed Dec 13: 6-7:30 PM – 8th Confirmation Class Fri Dec 15: 6 PM Intergenerational Christmas Caroling/Jingle Bingo/Cookies & Hot Cocoa Sun Dec 17: 9 AM Worship (3rd Week of Advent/Joy) – Children's Christmas Program – 10:15 Adult Ed/ No Sun School Wed Dec 18: 6-7:30 PM – 9th Confirmation Class Thurs Dec 21: 7 PM Worship – Blue Christmas Service Sun Dec 24: 9 AM Worship (4th Week of Advent/Love) – Christmas Eve morning Sun Dec 24: 10 PM Worship – Christmas Eve Candle-light Service – Choir Sun Dec 31: 9 AM Worship – New Year's Eve morning – No Ad Ed/Sun School

Special Sunday School Dates*

*Sunday School runs Sept 17, 2022 – May 12, 2023 after worship (10:15AM – 11:15AM)

Nov 26: No Classes – Thanksgiving Weekend

Dec 3: Make N' Take – During our normal class time, while the Alternative Gift Fair is happening, students will be able to make a variety of crafts as gifts while learning not all gifts have to be store bought.

Dec 17: Youth Christmas Program – during worship. No Sunday School Classes

Dec 24: Christmas Eve – No Classes

Dec 31: New Year's Eve - No Classes

Family Fun Nights

Fri Nov 17: 5:30PM Chili Cook-Off and Game Night

Fri Dec 15: 6 PM Intergenerational Christmas Caroling/Jingle Bingo/Cookies & Hot Cocoa

Scripture Readings for Fall 2023*

*Scripture readings are used both in worship and Sunday school.

Nov 5: Be Humble (Matt 23:1-12) Nov 12: Ten Bridesmaids! (Matt 25:1-13) Nov 19: Parable of the Talents (Matt 25:14-30) Nov 26: Sheep & Goats (Matt 25:31-46) Dec 3: Be Ready (Mark 13:24-36) Dec 10: John the Baptizer Prepares the Way (Mark 1:1-8) Dec 24: Angels Visit (Luke 1:26-38) Dec 24 10 PM Jesus is Born (Luke2:1-20) Dec 31 Simeon & Anna (Luke 2:22-40)

Dates for Fall Term (Sept – Dec) 2023 Confirmation Class*

Wed Nov 1: 5th Class Wed Nov 15: 6th Class Wed Nov 29: 7th Class Wed Dec 13: 8th Class Wed Dec 20: 9th Class w/ Mentors *Field Trips and retreat TBD Wed Evening sessions are from 6-7:30 PM (Spring Term Jan – May 2024)

Christian Outreach

October: KIVA: Connecting people through lending to alleviate poverty. November: Toys for Tots and Angel Tree December 3: Alternative Gift Fair (After worship)

Health Ministries Fall 2023

<u>November 2023</u> Shorter day light days and the holidays Health Literacy Month End daylight saving time – an extra hour of life (?) Medicare enrollment time Great American smoke-out - nicotine effect WISE - Covenant (Mission Moment and Coffee Time November 5th) Bulletin Board - Youth - Vaping

<u>December 2023</u> Advent begins Dec.3rd. Happy New Year! National Handwashing Awareness Week Winter Solstice and National Flashlight Day The Longest Night WISE – Covenant again with any changes and questions/comments Bulletin Board - Handwashing Youth – Sleep and blue screens

Adult Forum

"Education is the most powerful weapon which you can use to change the world." -Nelson Mandela

ADULT FORUM Meets Sunday mornings from 10:15AM to 11:15AM in the lounge for those wishing to attend in person. There will be a few minutes to chat after worship before the program begins promptly at 10:15AM. Those that prefer to join from the comfort of your home, the link for the programs will be the same throughout the winter/spring semester. To join Zoom Meeting:

https://us02web.zoom.us/j/87682457999?pwd=NklCT0ZEYWtTRnIwcEtRNDBCMGRhQT09 Meeting ID: 876 8245 7999 Passcode: 769374

November 5: Coffee Hour – No Adult Ed

November 12: Limitless Possibilities – Presenter: Josh Vale Josh Vale comes with his charismatic charm and tells how he is dedicated to empowering people with disabilities to maximize their independence and to lead satisfying productive lives in the community.

November 19: A Thanksgiving Reflection: Come Before Winter – Presenter: Peg Bradley Based on Paul's request of Timothy to "come before winter," we will explore what that means in our lives today.

November 26: Aging & Disability Resource Center – Presenter: Raine Bleecker Come listen about important pre-need information including funeral planning and living wills. December 3: Alternative Gift Fair - No Adult Ed

December 10: Forward Services – Presenter: Maurice Pentek

Come hear about a wonderful resource in Fond du Lac that provides training, education, career guidance and supportive services for anyone needing a little help.

December 17: Advent – Presenter:

A special presentation to help prepare ourselves for Christmas.

December 24 & 31: No Adult Forum due to Christmas & New Year's Eve.

Expanding Horizons

EXPANDING HORIZONS will 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

November 1, 8, 15, 29 – Changed to: Welcome to this film series featuring Joel Goza and his latest book, America's **Unholy Ghosts: The Racist Roots of Our Faith and Politics,** with Pastor Rob. MLK challenged us to investigate the "ideational roots of our hate," and that's what author Joel Edward Goza opens up for us in these films created around some of the themes in his book America's Unholy Ghosts. This conversation will take place over 4 weeks and includes 8 conversation films with Joel, and a discernment and discussion guide with practices to consider, written by Danielle Fanfair.

December 6 - **Christmas On The Screen: Reviewing the Evolution of American Spirituality** with Pastor Rob and Chris Deaner-Rogers. In the Spirit of Christmas, from Miracle on 34th Street to Love Actually, generations of Christmas films tell us about American spirituality and social values: In Christmas on the Screen, journalist John A. Zukowski takes readers on a tour of Christmas films and American values, asking the question, "What does Christmas mean to us?" We'll bring the popcorn and you can bring your Christmas cheer and we'll learn a little something about the Christmas spirit.

December 13 – CHRISTMAS BRUNCH – A time to review our fall schedule and talk about our spring speakers.

December 20 - No Expanding Horizons due to the holiday week.

December 27 - No Expanding Horizons due to the holiday week.

PILGRIM UNITED CHURCH OF CHRIST CHURCH COUNCIL MEETING Monday, October 16, 2023

Present: Patti Burns, President, Pastor Rob Van Ess, Avery Geiger, Bayard Frederick, Patty Minter, Fran Schmid, Donna Jost, Treasurer, Jill Barbeau, Wendy Ellison, Secretary, Sue Schmidt for WISE task force.

With a quorum present the meeting was opened with a prayer from Pastor Rob

Secretary's Report: Reviewed.

With no objections, the September Council minutes were accepted by unanimous consent.

Treasurers Report: Attached. Reviewed. With no objections the September minutes were accepted by Unanimous Consent.

The on-line giving status was discussed. We will continue to promote on-line giving.

Pastor's Report: No written report. Confirmation is going well. The WI UCC conference has an opening for office help. \$20.00/hour plus benefits. Majority of work is from at 'home'. It is for 20-30 hours/week. If anyone is interested please let Pastor Rob know. Ham Dinner tickets are being sold. Donations of tickets are being accepted. We are giving tickets to staff and families at the different shelters.

Vice President's Report - None

President's Report - We are continuing to recruit for the Adult Education Coordinator. I person never responded for an interview. Another we will be reaching out to for an interview.

Old Business – New Member pot luck sign up was passed around. Fran also made a motion that \$1610.80 from the trust fund be given to pay for the narthex credenza. Avery seconded the motion. The motion was passed with no objections by Unanimous Consent.

New Business: None

Ministry/Committee Reports and Updates (as necessary)

- Worship & Music Linda Stutz (Council Rep.)
- Christian Education/SCRIP Karen Goodacre (Council Rep.) Minutes attached. Sunday School attendance is
 extremely low, sometimes 3-4 students. We will be going to a true 1 room class. This is normal in the ebb
 and flow of Sunday School. Different options for Sunday School for the future will be explored. This demonstrates that the majority of the church are of an older population which do not have school age children.
 Please support SCRIP for the holidays.
- Property & Maintenance Avery Geiger (Council Rep.) Minutes attached. Janitorial services have improved since the company has met with Avery and they discussed the issues we had. Discussion ensued regarding snow removal for the coming winter. The committee will choose the best service to use.
- Lay Life & Leadership Patty Minter (Council Rep) The committee will review the write up describing the committee that Tina Potter drafted. Also Patty will be hosting the luncheon for Fond du Lac Area of Ministers Association (FAMA). Dining out is going well.
- Stewardship & Finance Bayard Frederick (Council Rep)
- Membership & Evangelism Fran Schmid (Council Rep)
- Christian Outreach Jill Barbeau (Council Rep.) Minutes attached.

Committee Reports:

- Nominating Committee none
- Ham Dinner and Bazaar Plans are going well
- Memorial Fund none
- WISE task force: Sue Schmidt present to present information. The task force is very active. They will be
 educating the congregation and writing a covenant and present it to the council as well as the congregation.
 A copy of the covenant will be presented to the congregation on November 5th during mission moment as
 well as they will be hosting coffee hour. Sue made a motion that the covenant can be presented to the
 congregation on November 5th, Jill seconded the motion. With no questions or objections, the motion was
 passed by Unanimous Consent.
- Green Team minutes attached.
- Trust Fund Report (Pastor)

Celebrations: We have 2 multi-generational families joining the church!

The meeting adjourned at 7:35 PM with the Lord's Prayer.

The next Council Meeting is scheduled for November 20, 2023 at 6:00 PM

Respectfully submitted by Wendy Ellison, Council Secretary





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













Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9:30 Expanding Horizons 6:00 Confirmation Class	2 9:00-10:30 Yoga w/Jean	3	4
				ANNUAL HAM DINNER	7:00 AL-ANON	
5 9:00 Worship 10:15 Coffee Fellowship 10:15 Sunday School	6 4:30 Christian Ed	7 PEO	8 9:30 Expanding Horizons	9 9:00-10:30 Yoga w/Jean	10	11
6:00 NA Mtg					7:00 AL-ANON	VETERANS DAY
12 9:00 Worship 10:15 Adult Ed 10:15 Sunday School	13 11:00 Membership 4:00 Adult Ed	14 1:00/2:30 Book Club 5:00 Property	15 9:30 Expanding Horizons - 6:00 Confirmation Class	16 9:00-10:30 Yoga w/Jean	17 5:30 FFN - Chili Cookoff & Game Night	18
6:00 NA Mtg					Youth Knock Knock Retreat	Daycholah Center 11/17-19
19 9:00 Worship	20 6:00 Council Meeting	21	22 No Expanding Horizons	23	24	25
10:15 Adult Ed 10:15 Sunday School <i>6:00 NA Mtg</i>					7:00 AL-ANON	
26 9:00 Worship 10:15 Adult Ed 11:15 Hanging of the Greens	27 6:00 Green Team	28	29 9:30 Expanding Horizons 6:00 Confirmation Class	30 9:00-10:30 Yoga w/Jean		

Pilgrim United Church of Christ Mission Statement

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.

Τhose Who Serve

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nosill∃ γbnቃW	Church Council Secretary
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	Choir Accompanist
Пев үтельб	
ST980R-R080 Sind Chris Deaner-Rogers	
Peg Bradley	Interim Adult Education Coordinator
	Youth Coordinator
Sodacre Goodacre	Sunday School Coordinator
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ward ζathy Drew	
ss∃ nsV doЯ .vəЯ	Pastor

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.

The Pilgrim Quill

RETURN SERVICE REQUESTED

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 NON-PROFIT ORG. U.S. POSTAGE PAID Fond du Lac, WI Permit No. 182