



Pilgrim's Progress

March 2025



Pilgrim United Church of Christ

FROM YOUR MINISTER

Welcome to Lent, friends!

This, more than almost any other, is a season steeped in tradition.

And as I say that word, I can hear Tevye's voice call out, "You may ask, why do we stay up there (on the roofs), if it's so dangerous? We stay because Anatevka is our home! How do we keep our balance? That I can tell you in one word, 'Tradition! Tradition! Tradition! Tradition.'"

"How do we keep our balance?" Tevye's answer, echoed by his community, is **Tradition.**

Tradition is that thing that helps us keep our balance.

Lent is a tradition in the Christian church, one of the oldest. The mention of Lent and its practices are recorded in ancient Christian historical texts as far back as the Council of Nicaea in 325 A.D. Lent was recorded as one of the major seasons of the church year and identified as the season of year devoted to fasting and prayer.

Lent and the traditions associated with it have changed remarkably since 325 AD. Of course, Lent would change over the course of 1700 years—but there are pieces of it that remain the same. Lent remains a season of turning inward, devoted to intentional time of prayer and fasting, where we invite our souls to be grounded in the presence of God.

And I think of Tevye's words—*Lent it is a season that helps us find balance.*

Here we are in the year 2025, walking into another season of Lent—just like our ancestors in faith 1700 years ago. In between those years, there were 33 major schisms prior to the Reformation in 1517 (major separations) within the large body of Christianity. And thousands of smaller denominational schisms since 1517. This does not include the Crusades, Revolutionary War, the War of 1812, Civil War, and World War I and II, all of which were moments of deep division within our Christian and United States history. And here we are—planning to gather and pray together over the course of Lent.

The root word of tradition, "tra," means "across or along" and "diton" means to "give." Traditions simply means, "To give across or along." I will speak for myself when I say I am ready for this season—to be held by a 1700-year-old tradition that invites me, us, to remain grounded in the presence of God. Some of us will fast. Others of us will pray. But all of us will move into this season, carrying the love of our ancestors, knowing that when their world was falling apart and ending, this tradition helped them to find balance. And footing.

I pray that this season, in whatever way you practice it, allows you to find balance and footing. That you can steady yourself with prayer, meditation, fasting, and mindfulness practices. And we sing with Tevye,

"How do we keep our balance?" **Tradition.**



Much love to you as we begin this season of Lent.
Pastor Ashley

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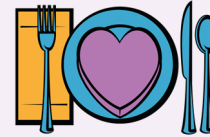
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PILGRIM LENTEN MEALS: Join together in a family-friendly time of fellowship, then stay for an informal worship gathering. **All meals begin at 6:00 pm (gathering at 5:45pm) in Kalweit Hall, with worship to follow in the sanctuary at 7:00pm.*

Please sign up on the Narthex bulletin board for each Lenten dinner or contact the office.

- March 5** Ash Wednesday Potluck—by Worship Team
- March 12** Taco Night—by Children/Youth and Property & Grounds Teams
- March 19** TBD—by Finance/Inclusion Teams
- March 26** TBD—by Missions and Care Teams
- April 2** TBD—by Music Ministry
- April 9** Brats & Burgers—by Council



**Suggested donation for meal is \$5 for adults, \$2 for children. However, please don't let expense prevent you and your family from enjoying a warm meal at the end of the day!*

NEW MEMBER ORIENTATION MEETINGS:

- ◆ Tuesday, March 11, Virtual—6:30 pm (watch for link)
- ◆ Sunday, March 16, In-Person—9:15 am (sanctuary)

Please contact Pastor Ashley or the office if you are interested in one of these dates. If you know someone who would like to become a member of Pilgrim, please pass on this information.

St. Patrick's Day Lunch
 MARCH 16
 COST: \$10 PER PERSON
 11:30 AM - 1:30 PM
Buffet Menu:
 Corn Beef Turkey and Dressing
 Cabbage Carrots
 Potatoes Potatoes
Dessert
 Pilgrim United Church of Christ
 1621 2nd Ave., Grafton, WI
 Proceeds benefit Youth Mission Trips

March 15: Breakfast & Learn, 7:30 am
 "Emergency Management" — visit page 6 for details.
 A sign-up sheet is ready to go in the narthex.

Once again, we have another group of outstanding articles from the WISE Team, as well as "Caring for the Caregiver," and Inclusion Team plans for Lent. Visit pages 10-11.
 Thank you!

Pilgrim's online giving link:
[Online Giving](#)

Pilgrim Website:



Easter flower order forms are found on page 14, or may be picked up at church.



March Scripture Readings

2	Astounding Glory	Exodus 34:29-35; Psalm 99; 2 Corinthians 3:12-42; Luke 9:28-43
9	Wilderness Companions	Deuteronomy 26:1-11; Psalm 91; Romans 108b-13; Luke 4:1-13
16	Strong and Tender	Genesis 15:1-18; Psalm 27; Phil 3:17-4:1; Luke 13:31-35; Luke 9:28-43a
23	Open Invitation	Isaiah 55:1-9; Psalm 63; 1 Corinthians 10:13; Luke 13:1-9
30	Now What?	Joshua 5:9-12; Psalm 32; 2 Corinthians 5:1-16-21; Luke 15:1-3, 11b-32



Please visit page 6 to read how you have positively impacted through our Mission Projects— thank you messages are included from Night of Warmth, Food Drive, and Valentine’s for Vets!

ONE GREAT HOUR OF SHARING (OGHS) is the special Lenten Offering of the United Church of Christ. This year’s theme is **BE THE LIGHT**.

You are the light for people in need when you give to One Great Hour of Sharing.

- You offer light when disasters hit
- You offer light when conditions threaten families and communities
- You offer light that restores structures and transforms lives
- You offer light when circumstances make it difficult to imagine a future without hope
- You offer light to people forced to flee their homes in search of safety
- You offer light where war has wrought despair and destruction
- You offer light to people when disasters devastate communities and overturn lives.

We will be accepting donations beginning on March 9 through April 13, Palm Sunday. Please use an envelope found in the pews and mark it for Missions-OGHS or use the online giving link.



PENNIES FOR LENT

During Lent, we are reminded to examine our lifestyle and ask, “What can we do for others?”

Offering compassion and a serving heart to our neighbors is part of faith formation at any age. Our children & youth will be collecting pennies from March 10 through April 12. This will be accomplished by using the suggestions on the daily schedule found in this newsletter (page 12). For example, Day 1 suggests a coin for every lamp. A penny would be added for every lamp in your home. If you would like to participate, you’ll find more information in the Narthex as well as a cup for your coin collection. On Palm Sunday, we ask that you bring the money collected to church and it will be added to the check we will send to our Conference office.

ADVOCATES OF OZAUKEE COUNTY – Sunday, March 2 – Sunday, March 30, 2025 During the month of March, the Mission Team will be collecting the following much needed items for Advocates of Ozaukee Shelter:

- Paper Products - toilet paper, paper towels, paper plates and copy paper**
- Socks - for kids and women - all ages**
- Underwear - for kids and women – all sizes**

FAMILY PROMISE OF OZAUKEE COUNTY

We will be providing meals the week of **March 31 through April 4, 2025**. If you are interested in this wonderful volunteer opportunity or have questions, please contact our Volunteer Coordinators Brandon Mikulski, mikulskib06@gmail.com or Marji Groth at Marji_groth@yahoo.com. Thank you!

Family Promise of Ozaukee County seeks to end homelessness in Ozaukee County by rebuilding lives with compassion, providing resources and services to individuals and families at risk of homelessness in the community. Our organization works to help anyone experiencing homelessness secure safe and stable housing. Our homeless services offer a continuum of care from the first call for help to securing housing. We support our clients every step of the way.

SERVING AT ST. BEN’S COMMUNITY MEAL PROGRAM

If you are interested in joining other Pilgrim members to help serve at St. Ben’s Community Meal, please contact Lucy Wyka at missions@pilgrimuccrafton.org. We currently serve on evening per month (day of the week varies every month.) Our responsibilities are serving coffee and milk to clients who participate in the evening meal. St. Ben’s Community Meal is served Sunday through Thursday. Our commitment time is from 4:45 to 6:30pm. A carpool from church can be arranged.



Our next Mission Team Meeting will be Sunday, March 2, following the 10:30am service.

Any Pilgrim member/friend interested in joining the Mission Team is welcome to attend.

Please contact Lucy Wyka at missions@pilgrimuccrafton.org

Pilgrim Children's Hour

A Reminder: Children's Hour now begins after the Children's Time during the 10:30 am worship service for ALL kids (3K-6th grade) On the 3rd Sunday of the month, we will bring the kids back upstairs to participate in communion.

JOIN US on Sundays for stories, songs, crafts, games, snacks, and more!!!

[Click Here to Register your Child for the 24-25 Program Year](#)



Exploring God's Love

Pilgrim Children's Hour
United Church of Christ

During March, we will focus on the stories of *Jesus Feeding the 5,000, Mary and Martha, Jesus Disrupting the Temple*, and learning about the *Old and New Testaments*.

Be the Light

Children will help begin our **One Great Hour of Sharing** on Sunday, March 9, as the congregation joins in with ***"This Little Light of Mine."***

A special Children's Mission Project will also take place during Lent as we collect pennies for One Great Hour of Sharing. Be on lookout for an email with more information!



Pilgrim's Nursery

The nursery is open on Sundays during the 10:30 am service.

The nursery is available for children 6 weeks through 3 years old.

It is staffed by two youth workers EVERY Sunday!

Upcoming Dates:



March 5 – Ash Wednesday

March 16 – Family Worship Service

(children return to pews at Communion)

April 23 – Easter Sunday &

Family Worship Service

Contact the Children's Ministry Team:

childrensministry@pilgrimuccgraston.org

Devon Polzar -

Elementary/Middle School Education Coordinator

Emma Lucht & Tracey Van Ryzin -

Children's Ministry Education Coordinators





Confirmation Classes @ Pilgrim

Confirmation Classes are held on Wednesday evenings from 6:30pm—8:00 pm. Contact us if you have 7th or 8th grader who would like to participate.

*During Lent, youth have the option of coming at 6pm for the Lenten Meal. During our class time, youth will assist with meal clean up, and will then attend the Lenten Worship Service as well. ***Class will be optional on March 26.*

Upcoming Dates:

- March 9 – 2nd Mission Trip payment due
- March 16 – **St. Patrick's Day Lunch**
(Youth Fundraiser)
- March 26 – Confirmation Class is
Optional this night (Spring Break)
- April 13 – **Palm Sunday Breakfast**
(Youth Fundraiser)
- May 3 – **Church Rummage Sale**
(Youth Fundraiser)
...items can be dropped off
downstairs in the World Room



St. Patrick's Day Lunch

MARCH 16

COST: \$10 PER PERSON

11:30 AM - 1:30 PM

Buffet Menu:

Corn Beef	Turkey and Dressing
Cabbage	Carrots
Potatoes	Potatoes
Dessert	

Pilgrim United Church of Christ
1621 2nd Ave., Grafton, WI

Proceeds benefit Youth Mission Trips

Contact the Youth Ministries Team

youthministry@pilgrimuccgrafton.org

Meg Claeys

Middle/High School Coordinator

Devon Polzar

Elementary/Middle School Coordinator

WOMEN's JOURNEY will meet on **Tuesday, March 11, at 12:30 pm**, in the conference room at church. Bring your lunch.

COFFEE CHAT: Thursday, **March 20, at 10:00 am** in the Conference Room.

SCOPA Group: Monday, **March 3, at 1:00 pm** in the Conference Room.

SHEEPSHEAD: Fridays, **March 14 & 28 at 1:00 pm** in the Conference Room.

DOMINOES: Wednesday, **March 19, at 1:00 pm** in the Conference Room

CRIBBAGE: Monday, **March 10, at 1:00 pm** in the Conference Room.

FUNSETTERS Thursday, **March 20, 11:30 am**, at Bamboo Bistro. (*This is a change from our usual day because Bamboo Bistro is closed on Tuesdays.*)



Breakfast & Learn – March 15

Emergency Management

Our presenter is Kevin Runkle, who works for the city of Cedarburg. One of the biggest parts of being an Emergency Manager is making sure your community is prepared for a disaster. There are many types of disasters, ranging from a simple power outage to the destruction of a tornado. Emergency Managers make plans that provide necessary services and quick mitigation of the disaster for the entire community. A simple way Emergency Managers do this is through community outreach. Each individual family should have their own disaster plan in place. Along with a plan, there should be a “survival kit.” Emergency Managers provide the education and proper literature so your family can be prepared for a few hours without power, to several days buried in debris after a tornado.

In our discussion, you will learn what should be in a survival kit, and how to have all the necessary documentation to continue on with your life, should your home be destroyed. Making a plan should be a priority for every family. From the twenty-somethings that just started out on their own, to senior citizens who need a little extra help, everyone needs to have a plan. **Everyone should be prepared.**

The breakfast starts at 7:30 AM. Please use the sign-up sheet posted on the narthex bulletin board. A free-will offering will cover the cost of the meal.



Sunday Adult Study Series continues:

Adult Study Series Course: “**The Lives of Great Christians**” We will hear about great Christian theologians throughout history. Ultimately, God will not ask us what we know, but how we have loved. All are welcome!

We meet in the downstairs conference room

Our Thanks to....

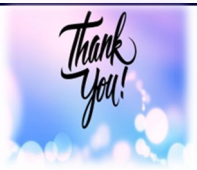
Sue Willman: For her excellent coverage of the office during Lisa's vacation in February.

Youth Chili Lunch: To the ministry leaders, youth, volunteers, those who donated chili, and to everyone who supported this mission trip fundraiser.

Mount Horeb Worship Sunday—To those who arranged the trip, provided transportation, and to all who attended this special visit to Mount Horeb on February 9.

Racial Justice Team: For hosting Rev. Laura McLeod and her presentation on February 23, "Unpacking White Privilege and Using it for Good." Thank you to all those who attended this worthy event.

Social & Enrichment: To Rachel Gutridge, Donna Tredrea, all those who arrange Women's Journey, Church Chat, Funsetters, and all the great game groups—so nice to have during these winter months, and all year long!



***For Healing and Strength**

*For Brian Maurer, who is having shoulder surgery this week.

*For Sue Marten, who fractured her shoulder and is resting at home

*For Dennis, Hope Holland-Mullins' brother-in-law, who will undergo a leg amputation this week.

*For Marsha, Lys Buck's mother, who receiving chemo for abdominal cancer.

*For Rhonda, Mike & Meg Claeys' mother/mother-in-law, who is receiving chemo for pancreatic cancer.

*For Janet Van Zile, who anticipates surgery in April.

*For Mary Gabrich, who is receiving Hospice care at home.

*For Martha Whitaker, who is in hospice care.

***Ongoing Prayer Concerns:**

*For Jack Landmann, who is residing in memory care at The Arboretum in Menomonee Falls; prayers for Lila, who continues to support him.

*For Kris Fisher and her mom, Mary, who have moved to a temporary home as they wait to return to their own home after a fire.

*For Don Huibregtse, who continues to recover at home after bone marrow surgery.

*For Julie Rottier, who remains at home recovering.

*For all those who are expecting.

*For peace in our world of strife.

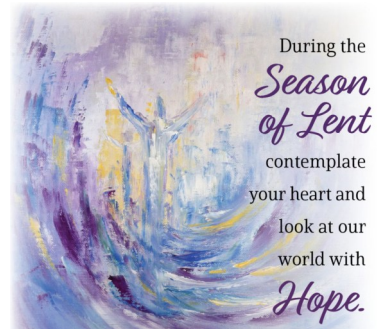
*For all those who struggle with mental illness.

*For all who are caregivers for family & friends.

*For the safety of our military men and women.

*For all who are homebound in senior living communities and assisted living facilities.

*For our brothers & sisters at Mount Horeb Baptist Church.



***With Sympathy**

*For the family of Lynn Holzer. Lynn recently passed away and is Nadine Eernisse's sister-in-law and Dan Eernisse's aunt.

*For the family of David Ferris, Jill Schowalter's father, who recently passed away.

OUR MEMBERS IN CARE FACILITIES OR HOMEBOUND

Pam Paul, Home

Carolyn Fuhr, Village Pointe Commons

Jack Landmann, The Arboretum, Memory Care

Shelly Papenfus, Home

OUR MEMBERS IN THE SERVICE

Adam Lusty – US Army, Staff Sergeant

Mark Aaron Schubert—US Air Force, Airman

Garrett Rescorla—US Marine Corps, PFC, New River, NC; schooling for aviation mechanics, with aircrew to follow

Josh Meier, Army National Guard, Pvt.

Luke Johnson - US Navy-Builder Chief Petty Officer



Pilgrim's giving site includes separate line items for special donations. If you do not see the offering you are looking for, you may designate next to "General Fund"



Click here for Pilgrim's Online Giving Link



Hi there,
My name is Jackie Infalt, and I am a volunteer at the Milwaukee VA hospital. I specifically am a volunteer for the Red Coat Ambassador Program. I have recently had the pleasure of giving out your snacks that you donated for the veterans. They are very much appreciated ...Everybody is loving the Doritos, potato chips, Oreos, Chips Ahoy...Something very different than our usual snacks.
Thank you again,
SGT Jackie Infalt
US Army-now volunteer :)

Night of Warmth – A heartfelt thank you to everyone who supported the Pilgrim offering to benefit **Repairers of the Breach and St. Ben's Warming Room**. We collected a total of **\$1,209**. Checks for **\$604.50** will be sent to both of these shelters. Those who seek shelter during the cold winter nights will benefit from your generosity.
Winter Food Drive for Family Sharing - Family Sharing sent a thank you note for our donation of **600 pounds** of non-perishable food items collected in January. "...Your contribution enables us to share with our neighbors in a meaningful way. Family Sharing would not exist without the support of our community and the generosity of others. Thank you."

Thank you so much! -Pilgrim Mission Team

OFFICE HOURS
Pastor Ashley – available in the office Monday through Thursday, and can also be reached by calling 920-762-0192.
Lisa Quick or Sue Willman – available weekdays 8:30 am -1:00 pm
Office Phone: 262-377-2640
Email: officemgr@pilgrimuccgrafton.org
Website: <https://pilgrimuccgrafton.org>
Facebook: @PilgrimUCCGrafton
Instagram: @PilgrimUCCGraftonWI



Pilgrim UCC Council Meeting—January 16, 2025
APPROVED COUNCIL MEETING MINUTES

Present: Carrie Britt, Geoff Nauth, Rev. Ashley Nolte, Emma Lucht, Jill Timmerman, Beth Eernisse, Dave Nestler
 Not Present: Rachel Gutridge

Set Next Meeting Date: Monday, February 10 , 6:30 p.m.

Centering Moment: Dave

Approval of November Minutes: Beth motioned to approve the minutes as submitted. Jill seconded. Motion passed.

Treasurer's Report –

Giving/Income - Regular giving for December totaled \$23k. This is \$9k under the same period last year and \$7k under budget for the month.

- Overall giving is under last year by \$4k YTD and under budget by \$39k YTD.
- Endowment fund values were down \$15k in December and are up \$40k YTD.
- Expenses - December's overall Operating Expenses were \$27k - under budget by \$1k.
- Operating expenses to highlight:
 - **Building maintenance was under budget by \$1.5k**
 - **Snow plowing was under budget by \$1k**

Summary - From a pure Operating income/expense perspective, we report an \$3k loss in December and have \$5k loss year-to-date.

- Other Items -
 - Budget/Property Insurance update - After the last council meeting, we learned that Church Mutual declined to quote because of the steep increase in premium (\$11k to \$25k). We did receive a property insurance quote from Brotherhood Mutual for \$15k with higher deductibles.

Motion to approve Treasurer's Report as presented was made by Jill and seconded by Emma. Treasurer's report approved.

Pastor's Report—Pastor's report reviewed and discussed. No questions or concerns. Report is available upon request.

Old Business—Nothing to attend to at this meeting

Liaisons

- Building and Assets – Ramp in spring and minor adjustments to lift were shared
- Staffing – Hiring for the last open position in Children's Ministry
- Other staff doing well

Finance – no additions beyond Treasurer's report

- Not-For-Profit Security Grant—Grant application was updated and resubmitted in November.
- No feedback expected prior to April 2025.

New Business

- Council membership – Marilyn Linde has accepted, and Geoff is talking with other possible council members.
- Officers - Dave volunteered as VP, Jill volunteered to replace Dave as Secretary
- 2025 budget proposal – go in with a \$25K deficit budget \$351K expenses \$377 - Currently, church has no expected major facility work this year
- This year church expected to have full staff
- Carrie motioned to approve the budget as presented, Dave seconded and was approved
- Annual meeting – Meeting will take place on Sunday, February 2nd. Hybrid meeting format.

Action Steps between now and next meeting – None listed

Adjourn

Jill motioned to adjourn. Dave seconded. Motion passed.





“Be Kind” to Yourself

All a person has to do is turn on the television these days and a big black cloud appears over one’s head. What is one to do?

Last month’s article was aimed at working on having a positive attitude, and this month’s article will continue in a similar vein.

A movement has begun around the United States and has spread to Cedar Community where I live. It is a “Be Kind” campaign, which was started by one lady in Virginia as a way to cope with all the negativity that exists in the world today. We all have our own little world where we interact with others, so the reminder is important. But, if you are a caregiver and your world is very isolated, how do those words matter to you? They do, as you need to “Be Kind” to YOURSELF!!!! It can be as simple as going to bed a bit earlier to get a few extra hours of sleep, eating more nutritiously, drinking plenty of water even if you are not thirsty (that simple behavior sometimes helps to not get leg cramps in the middle of the night), spending more time in sunny locations or using a light therapy lamp, keeping a gratitude journal (more on that next month), or getting some exercise, even if that is a few moments of stretching or deep breathing. It also might be trying to get a break by making that phone call to ask a relative or a friend to come stay with your loved one for a little while. It may also mean making a phone call to your physician to see about possible therapy, or medications for depression.

Interestedly enough, there is another movement happening across the US to address depression in older adults, as it has been found that older adults are less likely to acknowledge having depression than younger folks. PEARLS is a *Program to Encourage Active, Rewarding Lives*. It is an evidence-based program that educates older adults about depression and empowers them with the skills they need to combat it. If this fact is true and depression is affecting many, don’t feel bad that it may also be affecting you. After all, you have a lot more responsibilities on your plate than other older adults who are not caring for a loved one.

Ponder these options and remember - “**BE KIND**” to yourself.

Submitted by Jan Braby

FROM THE INCLUSION TEAM: Pilgrim Church takes the work of inclusion seriously. We have heard over and over that Pilgrim Church is a place where all are welcome. The Inclusion Team is a vital part of our identity as a congregation. We wanted to identify what we believe our goals and tasks are in the life of the congregation. *We, the members of the Inclusion team, work to make Pilgrim a safe place for all our members and friends, offering special consideration to people who may not feel safe in the world. The inclusion team looks to the margins of our congregation and society and asks, “Which people need support right now?”* The answer to that question can vary upon the day or situation. We hope that when people walk in our doors, they feel seen, heard, validated, and not offered judgement or prejudice. This is very hard work. And in the past, we sought to offer points of education. But this spring, we want to actively engage in the work of inclusion and invite you all into moments and activities where we can practice being in community with each other.

This includes:

- * A congregation-wide activity where we get to name the many identities, roles, and characteristics of Pilgrim members *(look for this in early March)*
- * Activities to do during Lenten meals to help us get to know each other
- * Moments in worship where the congregation will be invited to connect with each other during the passing of the peace
 - * A celebration in May of the diversity of our community.



We believe this is essential work currently, as we navigate a world that is marked with increasing fear and anger—we want to practice holding on to each other. We also hope that we discover we are more alike than we are different—no matter our age, sports allegiance, political party, marital status, gender, and/or any other perceived difference.

We are excited to celebrate Inclusion this season, and hope we can have a bit of fun together.



Where do you see yourself inside the story of mental health?

What do you think of when you hear the phrases “mental health” and “mental illness”? Are they concepts that only affect others, or do you recognize their impact on your own life?

Wisconsin’s Department of Public Instruction shares that “mental health is something that everyone has, from infancy to adulthood, that affects how people think, feel, and act.” The National Alliance on Mental Illness (NAMI) defines mental illness as “a condition that affects a person's thinking, feeling or mood” that hinders the ability to relate to others and/or function in daily life.

Although it is often thought of as the opposite of mental illness, mental health includes the presence of high levels of wellbeing (ex. positive emotions, feeling fulfillment, contributing to the community, and being able to cope with daily life stressors). While mental illness can negatively affect mental health, it's important to remember that having a mental illness doesn't mean you can't have good mental health.

We all experience fluctuations in our mental health, just as we all experience physical ailments. Both require attention, care, and sometimes, professional treatment. Good mental health is not the absence of challenge, but rather the ability to cope with stress, build resilience, and maintain positive relationships. Marginalized groups, including people of color, LGBTQ+ individuals, and those with disabilities, often face pervasive barriers that can impact mental health. Systemic inequalities, such as racism and discrimination can impact mental health and exacerbate mental illness.

Everyone possesses mental health. It is a fundamental aspect of our overall well-being and ever evolving, just like physical health. By acknowledging the significance of mental health, seeking support when needed, and fostering a culture of understanding, we can continue to work towards being a community that prioritizes mental wellbeing for all.

As you think about the interplay between mental health and mental illness, reflect on:

- ⇒ How do you distinguish between normal fluctuations in mood or behavior and potential signs of a mental illness?
- ⇒ Are there specific situations or settings that impact your mental health more than others?
- ⇒ If you have a mental illness, what strategies help you focus on your mental health while you are managing symptoms?

Submitted by: Stephanie Polzar, Pilgrim WISE Team

References:

National Alliance on Mental Illness (n.d.). About Mental Illness. <https://www.nami.org/>

Wisconsin Department of Public Instruction. (November 2021). Wisconsin School Mental Health Framework. <https://dpi.wi.gov/sspw/mental-health/framework>



PENNIES FOR LENT

March 9 *Pray today, thanking God for the many ways we can gather and worship together*

- March 10 A penny for every box of cereal
- March 11 A penny for every can of soup
- March 12 A penny for every bag of bread or rolls
- March 13 A penny for every jar of jelly
- March 14 A penny for every bottle of salad dressing
- March 15 A penny for every jar of peanut butter



March 16 *Pray today, thanking God for the food you enjoy. Pray for those who have no food*

- March 17 A penny for every cap or hat
- March 18 A penny for every pair of shoes
- March 19 A penny for every sweatshirt
- March 20 A penny for every ball or piece of athletic equipment
- March 21 A penny for every phone
- March 22 A penny for every television

March 23 *Pray today, thanking God for how you can enjoy entertainment in your home*

- March 24 A penny for every doll or stuffed animal
- March 25 A penny for every board or card game or puzzle
- March 26 A penny for every desk in your house
- March 27 A penny for every room in your house
- March 28 A penny for every electrical outlet in your kitchen
- March 29 A penny for every bathroom

March 30 *Pray today, thanking God for shelter and for those who have no place to sleep*

- March 31 A penny for every bed
- April 1 A penny for every pillow
- April 2 A penny for every roll of paper towels
- April 3 A penny for every box of tissues
- April 4 A penny for every toothbrush and tube of toothpaste
- April 5 A penny for every box of band-aids

April 6 *Pray today, thanking God for your health and for those who are sick*

- April 7 A penny for every chair in your kitchen
- April 8 A penny for every picture hanging in your living room
- April 9 A penny for every candle
- April 10 A penny for every flashlight (including smartphone)
- April 11 A penny for every pet your family has had
- April 12 A penny for every person in your family

April 13 *Pray today, thanking God for the gift of light and for those living in darkness*

It is important sometimes, as a congregation to remember who we are, who are our partners, and to whom we belong.

In 2017 and 2018, Council, staff, and leadership collected data from the congregation to help us identify the mission and purpose of Pilgrim United Church of Christ. The current mission statement, written and developed in response to this data is as follows:

We are a vibrant community of faith that strives to

- *Provide intentional hospitality that is welcoming and sincere
- *Embrace the diversity of all people regardless of belief, culture, class or orientation
- *Aspire to follow the teaching of Jesus and the loving example set for us
- *Celebrate various traditions represented in our congregation through a rich blend of theology, music, worship and programming
- *Exhibit an unwavering focus on mission work locally, globally, and environmentally
- *As an Open and Affirming congregation we strive to embrace all people regardless of race, sexual orientation, gender identity and expression, ethnic background, economic status, family structure, ability or age into the life and full ministry of the church.

We are proud to be an Open and Affirming Congregation, a distinction in the United Church of Christ, that proclaims the goodness, beauty, and worth of all of our members and friends that identify as straight or as members of the LGBTQIA+ community.

We are an Accessible Congregation, a distinction in the United Church of Christ, that proclaims our commitment to ensuring our physical space is accessible for all of our members and friends, which includes accommodations and support for those are physically and intellectually disabled.

These values are mirrored by our denomination, the United Church of Christ, who has been a pioneer in mainline Protestantism since our beginning. Our ancestors in faith were early abolitionists working on behalf of and with enslaved people to ensure their freedom and end slavery. Many of our congregations served as stops on the underground railroad, including congregations here in Wisconsin. Our denomination was the first to ordain a woman, the first mainline denomination to ordain a person of color, we were the first to ordain a member of the LGBTQ community.

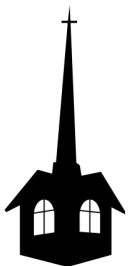
Our national denomination has worked alongside partner denominations, such as the United Methodist Church, Evangelical Lutheran Church of America, the Episcopalian Church, with global organizations and the United States Government to bring aid to impoverished areas of the world and assisted with refugee resettlement for generations.

As a member congregation of the Wisconsin Conference of the United Church of Christ, we are members of the Wisconsin Council of Churches, an ecumenical organization composed of 32 different member denominations and 13 ecumenical partners ranging from the African Methodist Episcopalian tradition to the UCC to Coptic Church to Polish Catholic and Presbyterian Churches. The Wisconsin Council of Churches provides educational materials regarding racial justice, immigration, environmental justice, among others. The Wisconsin Council of Churches also provides opportunities to engage in faithful advocacy that mirror the values of our collective Christian faith.

We here at Pilgrim are a small part of the Body of Christ. Called by God to be the hands and feet of Christ in this time and place- offering healing, providing welcome to the stranger, food to the hungry, and water to the thirsty. We are called to this by the waters of Baptism, believing that God is working in and through us. We work on behalf of all of our siblings, in hopes that we make alive the kingdom of God on this earth—that it becomes a more just, more compassionate, and gentler world for us, our neighbors and our children.

We, together, are Pilgrim United Church of Christ.

We are the light on the hill.



BIRTHDAYS/EASTER FLOWER FORM

- 1 Dustin Beck
Char Peterson
- 2 Anna Pfeiffer
- 3 Gisela Berger
Nicole Pekarske
- 4 Joel Zautner
- 5 Ellen Orten
- 6 Carrie Mazzari
Teagan Schell
- 8 Kate Burrows
Ada Nestler
Corbinn Staszko
- 9 Margarethe Berger
Patrick Berger
Nicholas Britt
Mac Boesch
Lance Gruebling
Mike Kelling
Tim Stern

- 10 Hank Boesch
Mac Boesch
- 11 Grace Wagner
- 12 Pat Tumanic
Mateo Micic
- 13 Nola Paegelow
Erin Petersen
- 14 Joe Chapman
- 16 Susan Maca
Riley Schmitter
- 17 Chloe Bertrand
Art Merchen
Bradley Mayer
Peter Nolte
- 18 Karen Partenheimer
- 19 Robert Olmr
Cooper Staszko
Diane Stoiber
- 20 Samantha Hochstatter
Mike Jenkins
Ken Klas

- 21 Nick Ellenbecker
Jonathan Koch
Randy Mitschka
Cole Schmitter
- 22 Rachel Gutridge
Tyler Tagliapietra
- 23 Kit Faase
Max Glab
- 24 Chris duVergey
Garrett Rescorla
- 25 Jan Braby
- 26 Jaden Kunz
- 27 Suzy Wilkerson
- 28 Amanda Zurbuchen
- 29 Miles Mayer
- 31 Nicholas Sauer



March
BIRTHDAYS

Easter Flowers

a symbol of new life and resurrection.

You are invited to donate a flower for our sanctuary, then take home after Easter service.

Please mark your selection:

Tulip-\$15 / Daffodil-\$15 / Hyacinth-\$15 / Easter Lily (Single)-\$16 / Easter Lily (Triple)- \$30

Person or Family donating: _____

In **Honor** or **Memory** (*circle one*) -or- other tribute

Relationship to You: _____

Please mail in your order and payment -or- bring to church and leave in Lisa's box or the offering basket.

Checks payable to *Pilgrim Church*. If using our giving app, you are also welcome to email your flower order or call the office.

Order Deadline: Sunday, April 6





Ways to Participate on Sunday Mornings

SIGNUPGENIUS LINKS:

- * [Sign Up to Usher](#)
- * [Flowers](#)
- * [Sign Up to Read Scripture](#)
- * [Bulletins](#)

SCRIPTURE READERS

	8:00	10:30
2	Steve Schafer	Jane Sowers
9	Marianne Hinder	Dave Braby
16	Jane Sowers	George Schowalter
23		Emma Sancomb
30		

USHERS

	8:00	10:30
2	LaVerne Johnson Chris Leidel	Cherie Burton Donna Tredrea
9	Jane Sowers OPEN	Caryn Boegel OPEN
16	Jane Sowers OPEN	OPEN (2)
23	OPEN (2)	Jane Sowers OPEN
30	LaVerne Johnson OPEN	OPEN (2)

There's something indefinitely healing in the repeated refrains of nature—the assurance that dawn comes after night, and spring after winter.

-Unknown

Vol-un-teer: a person who freely offers to take part in an enterprise or undertake a task

FLOWERS

2	Donna Tredrea
9	Karen Hempelman
16	OPEN
23	Jan Braby
30	Art & Elnore Merchen

BULLETINS

2	Donna Tredrea
9	Lisa Schaub
16	Ed & Carol Proctor
23	OPEN
30	OPEN

It was one of those March days when the sun shines hot, and the wind blows cold, when it is summer in the light, and winter in the shade.”

-Charles Dickens

TREATS: March 16—Nadine Eernisse
March 23—Jan Braby



All other dates are open—visit the sign-up sheet at the kitchenette counter, or donations welcome.

Please contact Cherie Burton with questions about volunteer opportunities:

volunteer@pilgrimuccgrifton.org

MARCH 2025

Pastor Ashley will be on vacation, Spring Break Week, March 24-30.

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Girl Scouts: Saturday, March 1
2 Comm Worship Services 8 & 10:30 am Adult Study & Choir-9:15am Pilgrim Children's Hour - 10:30-11:30 am Mission Team—11:45 am Koch Studios Recital 1:45-6:00p	3 SCOPA 1:00 pm	4 Boy Scouts 6:30-8:30 pm	5  Ash Wednesday - Gathering—5:45pm Potluck—6:00 pm Service—7:00 pm GarageBand practice follows	6 Overeaters Anonymous—6:30	7 St. Ben's Desserts	8 Gospellers Rehearsal 9:45am - 2:15 pm	
9 Worship Service 8 & 10:30 am Adult Study & Choir-9:15am Pilgrim Children's Hour - 10:30-11:30 am	10 Cribbage—1:00 pm Chimin' In 7:00 pm New Member Virtual Meeting—6:30 pm	11 Women's Journey 12:30 pm lunch Grief & Loss Support Group 1:30 pm Boy Scouts 6:30-8:30 pm	12 LENT Gathering—5:45 pm Meal—6:00 pm Service—7:00 pm GarageBand practice follows	13 Overeaters Anonymous—6:30	14 Sheepshead 1:00 pm	15 Breakfast & Learn-7:30 "Emergency Management" St. Pat's Meal Prep Girl Scouts 12:30 pm	
16 Comm Worship 8 & 10:30 am Adult Study & Choir-9:15am New Member In-Person Mtg. 9:15 am Family Service—10:30 am St. Patrick's Day Lunch—11:30 am-1:30 pm	17	18 Council Meeting—6:30 pm Boy Scouts 6:30-8:30 pm	19 Dominoes—1:00 pm LENT Gathering—5:45 pm Meal—6:00 pm Service—7:00 pm GarageBand practice follows	20 Coffee Chat—10:00 am Community of Practice 11:30 am Funsetters—11:30 am Overeaters Anonymous 6:30 pm	21	22	
23 Worship 8 & 10:30 am Adult Study & Choir-9:15am Pilgrim Children's Hour - 10:30-11:30 am	24 Chimin' In 7:00 pm	25 Boy Scouts 6:30-8:30 pm	26 LENT Gathering—5:45 pm Meal—6:00 pm Service—7:00 pm (with Paul Zachow) GarageBand practice follows	27 Overeaters Anonymous-6:30	28 Sheepshead 1:00 pm	29	
30 Worship 8 & 10:30 am w/Pastor Jakob Kroner Adult Study & Choir-9:15am Pilgrim Children's Hour - 10:30-11:30 am	31						



 MARCH MISSIONS:
 *OGHS—March 9-Apr 13
 *PENNIES FOR LENT—March 9—April 13
 *ADVOCATES of OZAUKEE COUNTY—March 2-30
