

Pilgrim's Progress

May 2025



Pilgrim United Church of Christ

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FROM YOUR MINISTER

Grace and Peace to you in this Easter season!

A thought popped into my head this week as I was considering all of Lent and Easter:
Our bodies matter.

I recalled that every year we begin Lent by marking our bodies with ashes. We gently hold the fragility of our days and the temporality of our bodies. Then we arrive at Easter, marking the day when Mary finds a miraculously empty tomb—void of Jesus' physical body.

Lent and Easter are seasons where we remember our bodies matter.

If they didn't matter, we wouldn't take the time to honor them with ashes or sit with Mary, Thomas, and the other disciples as they behold Jesus' physical hands and scars.

I do believe at the heart of the resurrection lives a truth about our bodies: Not only do they matter, *but they matter to God.*

I just want to clarify what I mean by the statement, "Our bodies matter," because I believe that statement can be deeply misconstrued. I am not insinuating a 'body purity' ideology (an ideology that often is directed at women claiming that they need to keep their bodies pure and clean). Instead, what I mean is the reality, sensations, feelings, pain, of our bodies matter.

I don't know exactly what form Jesus takes when he is resurrected. Truly, I don't believe anyone knows for sure. But there have been years (thousands) of theological discourse trying to identify what kind of body Jesus takes when he is resurrected. Is it spiritual? Is it ethereal? Is it physical? It is easy to get lost in the semantics of that question and weighted down with particulars. Instead, what we know from scriptures is that when Jesus is resurrected, he comes with a body. A body that has scars, a body that wears marks, a body that clearly shows the hell he endured.

He does not come with a brand spanking new body empty of these marks. Rather, he bares them.

Could Jesus have come in a ghost like form? Absolutely. Could Jesus have said, "Now you are freed from your body"? Absolutely. Could Jesus have claimed that what comes next is better than what we have now? Absolutely. But he doesn't. He comes to the disciples with flesh and bone, scars, messy hair, unwashed feet. He comes in a body.

Many facets of Christianity teach that bodies are dirty, unclean, need to be managed, healed, or used for particular purposes, which makes them a means to an end. But our bodies are more than that—the physical world is more than that. What we do here with and in our bodies is good, it is sacred, it is beautiful. I do not think our bodies are something we need to be freed from. Instead, our bodies (our physical homes in this time and place) should be cherished, loved, and treated like a good friend.

Our bodies matter. They are good. They are holy. They are sacred. They and the rest of the physical world bear imprints of the Divine. Including our scars. Our messy, greying hair. Our stinky feet. Our crooked teeth. Christ came in what was his own, because his own body was good enough—wait, let me rephrase that: His body was good.

Just like yours.

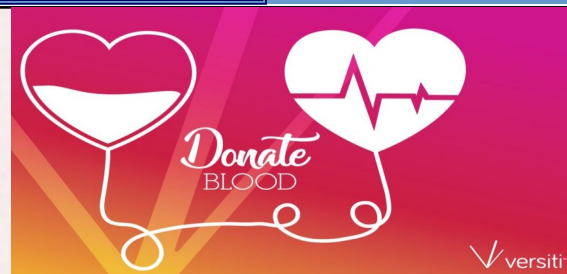
May you rest in the promise and hope that we are loved as embodied beings—body, mind, and soul. And this is so very good.

Happy Easter, dear friends

With Love, Pastor Ashley



PILGRIM ANNOUNCEMENTS



VERSITI BLOOD DRIVE at PILGRIM

Thursday, May 8, 12:00–5:00 pm

Link to Donate and Save Lives:

<https://tinyurl.com/pucc5825>

Church Clean-up Day Saturday, May 10

Mark your calendar for Saturday morning for our annual clean up of the church grounds and landscape beds. We also have the outside windows to be cleaned this year. It takes a lot of hands to complete this work, so please consider helping us on May 10. A sign-up is posted at church, or email/call the office. We would also appreciate a few rakes, shovels, and basic garden tools. **Thank you.**



BREWER GAME - SUNDAY, JUNE 29 1:10pm game time

Join your Pilgrim family at a home Brewer game, Sunday, June 29, 1:10 pm, against the Colorado Rockies. We will be sitting in the Loge Outfield section. Ticket price is \$33 per person, and you may pay here at church or online.

Last day to sign up is Sunday, May 25. Please use the sign-up sheet on the bulletin board in the Narthex or through this SignUpGenius link: [Brewer Ballgame](#)

We are planning to tailgate before the game.

Details will be shared in future announcements regarding transportation, parking, and tailgating plans.

Any questions, please contact Cherie Burton, Pastor Ashley, or Lucy Wyka

GO BREWERS!!



Landscape Bed Volunteers needed...



...to care for Pilgrim's gardens with periodic maintenance and weed removal.

This is a great opportunity for individuals and families to stay involved with church during the summer months, and working a garden is a proven stress reliever and mood booster. Please consider taking time from your busy schedule and lend a hand. Your service will help create a welcome site for our church family, neighborhood, and visitors. Thank you!

Contact CJ Plante (cjp79@icloud.com) with questions and to volunteer. There is also a sign-up sheet available at church.



Pilgrim's online giving link:

[Online Giving](#)

May Scripture Readings

4	The Way Forward	Acts 9:1-20; Psalm 30; Revelation 5:11-14; John 21:1-19
11	Life-Giving Acts	Acts 9:36-43; Revelation 7:9-17; John 10:22-30;
18	Imagine	Acts 11:1-18; Psalm 148; Revelation 21:1-6;
25	Disciples Together	Acts 16:9-15; Psalm 67; Revelation 21 and 22

VACATION BIBLE SCHOOL



August 3 - 7
6 pm - 7:45 pm

Open to kids entering
3K - 5th Grade (Fall 2025)

Cost - FREE!
Scan the QR Code to Register!

**Current 5th -12th graders and Adults can volunteer to help! We need volunteers to help decorate before that week and volunteers to assist with the programming during that week. Scan the QR Code to sign up!*



If the stars
were made to
worship
— so will I —
Psalm 148: 2,3



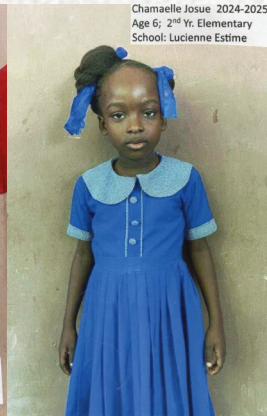
ONE GREAT HOUR OF SHARING –As soon as total donations are available, we will let the congregation know and will also send a check to the Wisconsin Conference Office. *Thank you for supporting the special UCC Lenten Offering for “sharing the light.”*



VENTURES IN PEOPLE – **Beginning Sunday, April 27 through the end of May**, we will be asking for donations to continue our sponsorship of 4 students in Mirebalais, Haiti. Your gift to help sponsor these children is greatly appreciated!



David Kerry Brize 2024-2025
Age 13; 5th Yr. Elementary
School: Sacred Heart



Chamaelle Josue 2024-2025
Age 6; 2nd Yr. Elementary
School: Lucienne Estime



Johannaka Ylendy Belice 2024-2
Age 10; 6th Yr. Elementary
School: Sacred Heart



Julie Moise 2024-2025
Age 13; 1st Yr. Secondary
School: Lucienne Estime

CAPUCHIN COMMUNITY WALK FOR THE HUNGRY –FRIDAY, JUNE 13, 2025

The Capuchin Walk for the Hungry returns to Polish Fest on June 13, 2025.

All proceeds from the walk benefit Capuchin Community Services as they carry out their outreach to people facing hunger, homelessness, and poverty at House of Peace and St. Ben's Community Meal program. The registration fees are \$40 per adult and \$25 per child. Registration forms are available in the Narthex, or you can register online at www.CapuchinWalk.org. Online registration closes at



NOON on Monday, June 2. After that, you can register at the main gate on Friday, June 13, starting at 5:30 PM.

Registration includes 3 days of entry to Polish Fest free.

BLANKET SUNDAY – Sunday, May 4 & May 11



Each year on Mother's Day, we offer you the opportunity to **Blanket the World with Love**.



Each \$10 donation provides the comfort of a blanket as an expression of God's love. Envelopes can be found in the pews and on the table in the Narthex. Please note on your check

that it's for Blanket Sunday and drop it in the collection plate. You may also use our online donation site. Cards are available on the table in the Narthex for you to use to send a note to your loved one, which shows that a blanket has been sent in their name. We would like to receive your donations by Sunday, May 11. **Thank you!**

ONGOING MISSION PROJECTS:

Empty Printer Cartridges - Funds raised from the ink cartridge collections will be contributed to the VIP General Fund.



Empty Prescription Viles - Empty amber (only) prescription bottles are delivered to the Bread of Healing Clinic.



Pop Tabs – Collected for and delivered to the Ronald McDonald House, MKE.



St. Ben's Desserts—Please visit our sign-up sheet on the Mission bulletin board for full details.



*The best way to find yourself
is to lose yourself in the service of others.
-Gandhi*

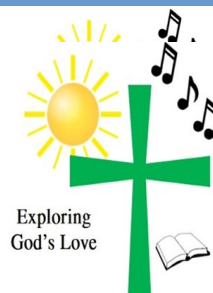
*Pilgrim members and friends are always welcome
to join the Mission Team.*

Please contact Lucy Wyka at
missions@pilgrimuccgraston.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!!!



Pilgrim Children's Hour
United Church of Christ

Intergenerational Song – May 18

To celebrate our Confirmation Class, the kids, youth, and adults will be presenting an intergenerational song during the 10:30am service.



*****Practice will begin at 9:30am on May 18*****

**May 18 also marks the end of our program year...
Children's Hour will be back in September!!!**

**VACATION
BIBLE
SCHOOL**

**DEADLINE TO
SIGN UP: JULY 1**



**August 3 - 7
6 pm – 7:45 pm**

Open to kids entering
3K - 5th Grade (Fall 2025)

**Cost – FREE!
Scan the QR Code to Register!**

**Current 5th-12th graders and Adults can volunteer to help! We need volunteers to help decorate before that week and volunteers to assist with the programming during that week. Scan the QR Code to sign up!*

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!*



Contact the Children's Ministry Team:

childrensministry@pilgrimuccrafton.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.

*****Last Class on May 7*****

Confirmation Sunday - May 18

Our 7th/8th graders will sing with the kids and adults in an intergenerational song during the 10:30 service.

*****Practice for this song will be at 9:30 am on May 18.*****

8th Graders will participate in the Rite of Confirmation during this service, too!!!



UPCOMING FUNDRAISER: All proceeds go toward Youth Mission Trips



Church Rummage Sale

Saturday, May 3
8 AM - 2 PM

Pilgrim Church
1621 2nd Ave, Grafton



Vacation Bible School Volunteers Needed!

We need youth and adult volunteers to set up the week before and to help during the week of August 3-7 too! (6pm-7:45pm)

Click [here](#) to sign up. Let us know which dates you are available.

Contact the Youth Ministries Team

youthministry@pilgrimuccgraffton.org

Meg Claeys

Middle/High School Coordinator

Devon Polzar

Elementary/Middle School Coordinator

Thank you to all those who
supported our youth mission trips
last month
by attending
the Pancake breakfast!

WOMEN's JOURNEY will meet on **Tuesday, May 13, at 12:30 pm**, in the conference room at church.
Bring your lunch.

COFFEE CHAT: Thursday, **May 15**, at 10:00 am.

SCOPA Group: Monday, **May 5**, at 1:00 pm.

SHEEPSHEAD: Fridays, **May 9 & 23**, at 1:00 pm

CRIBBAGE: Monday, **May 12**, at 1:00 pm.

DOMINOES: Wednesday, **May 14**, at 1:00 pm

FUNSETTERS Friday, **May 23, 11:30** am, for a *Flipside* fish fry.

Join these social groups at
Pilgrim, all meeting in the
Conference Room
in Kalweit Hall.

Faith, Fellowship, Fun



Spring Clean-up—May 10

Mark your calendar for
Saturday morning, May 10,
for our annual outside clean-up of
the *church grounds and landscape beds*.

We also have the outside windows to be cleaned this year.

It takes a lot of hands to complete this work, so please consider it and add to your calendar.

We'll have a sign-up sheet posted in the
narthex. Bring some rakes, shovels, etc.

Thank you.



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

**VERSITI BLOOD
DRIVE at Pilgrim:**

**Thursday, May 8,
noon–5 pm**

Link to register:

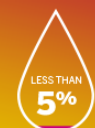
<https://tinyurl.com/pucc5825>



Did You Know?



Across the communities we serve, more
than 2,400 donors are needed every day
to maintain a safe and adequate blood
supply for patients.



While about 38% of the population is
eligible to donate blood, fewer than 5% do.
Your convenient community blood drive
helps attract more donors!

Landscape Bed Volunteers needed...



*...to care for Pilgrim's gardens with periodic maintenance
and weed removal.*

This is a great opportunity for individuals and families to
stay involved with church during the summer months, and
working a garden is a proven stress reliever and mood
booster. Please consider taking time from your busy
schedule and lend a hand. Your service will help create
a welcome site for our church family, neighborhood, and
visitors.

Contact CJ Plante (cjp79@icloud.com) with questions and to
volunteer. There is also a sign-up sheet available at church.
Thank you.



Our Thanks to....

Lenten Display: Thank you to all those who brought in wonderful items for our "Artifacts of Faith" display.

Lenten Meals: To all those who provided a Lenten Meal in April, and to members of Hospitality and the youth as they worked together to assist with this very special fellowship time.

Lenten/Holy Week Services: To the musicians, tech team, and everyone who participated in the service to read and usher.

Pancake Breakfast: To the youth leaders, all the youth and volunteers who prepped, served, and cleaned up, to those who donated food, and to everyone who attended the event in support of Youth Mission Trips.

Sign a Stud: To Cherie Burton for arranging this opportunity on behalf of Habitat for Humanity, and to everyone who provided a message or drawing to the new homeowners.

Family Promise: To *Marji Groth, Brandon Mikulski and those from Pilgrim* who provided meals for Family Promise the week of March 31 to April 4.

Easter: To everyone who made this day so special, including our musicians, tech team, service participants, and all those who donated beautiful flowers. Thank you to Cherie Burton for arranging them.

Faye Junker: For sharing her beautiful handmade quilt for display, as April is Parkinson's Awareness Month.

Memorial Service: To musicians, tech team, and members of the hospitality committee for their contributions to Ross Walker's service and luncheon.

For Healing and Strength

*For Janet VanZile who is recovering from recent surgery.

*For Landon Claeys, who was hospitalized this week.

*For the Meg Claeys and Mike Bergmann families, as their grandmother Elaine has been moved to palliative care.

*For the family and friends of Ross Walker as they remembered him with love at his memorial service on April 26 at Pilgrim.

*For Claire, Jim and Janet VanZile's granddaughter, who is navigating a new lupus diagnosis.

*For Beth Hartman, who is preparing for neck surgery on April 30.

*For Paul Zachow, who will have a second cataract surgery on May 7.

*For Ron VanRyzin, who is currently at Lasata for rehab after hospitalization for pneumonia.

*For Kathy Ellenbecker, who dislocated her hip and will have surgery on May 15 to repair soft tissue damage.

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

*For Dave Tiffany, who was recently diagnosed with Parkinson's and is working with doctors to manage medications.

*For Marsha, Lys Buck's mom, who is receiving chemo treatments for abdominal cancer.

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

*For Kris Fisher and her mom, Mary, as they wait to return home after a fire.

Ongoing Prayer Concerns:

*For the safety of all our military personnel.

*For all those who are expecting.

*For all those who struggle with mental illness.

*For all who are caregivers for family & friends.

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

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

Congratulations

*To Emma and Matt Lucht on the birth of their daughter, Madelyn Rae, on April 22.

With Sympathy

*For the family and friends of Nadine Williams, Paul Zachow's mother-in-law and Terry Williams' mother, who passed away March 31, at age 100.



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

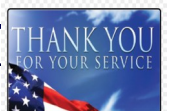
Adam Lusty – US Army, Staff Sergeant

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



Click here for
Pilgrim's

[Online Giving Link](#)



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" at the top.

*As always, thank you for
your generosity.*

United Church Camps Inc. (UCCI) invites you to the sacred experience of gathering at Moon Beach, Daycholah Center, and Cedar Valley. In these places set apart, you will be warmly welcomed by a loving community and have the time to recharge and connect deeply with God, nature, and each other.



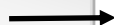
UCCI offers year-round camps, retreats, and events for all ages at three unique locations in Wisconsin. Moon Beach in the Northwoods, Daycholah Center on Green Lake in central Wisconsin, and Cedar Valley in the rolling countryside of south-east Wisconsin. Camp AweSum provides camp opportunities for children on the autism spectrum and families.

The outdoor ministry of UCCI welcomes people of all faith backgrounds or no faith backgrounds. We provide modern and comfortable accommodations, delicious meals, toasty campfires, and a team eager to serve you. Nature shares the wonder of the sun, stars, water, and trees. The Spirit of God will meet you here.

An Invitation from Executive Director, Rev. James Schleif: "We'd love to see you at camp or one of our upcoming retreats this spring and summer! Now is the perfect time to register and make plans to be part of the community, connection, and renewal that our sites offer. With fresh air, meaningful moments, and lifelong memories waiting to be made, don't miss your change to **Spark Wonder and Reconnect with Nature this season.**"

-With blessings, Jim

CLICK THIS LINK FOR THE FULL
CALENDAR OF EVENTS:



**2025 Camps & Events
Calendar**

Pilgrim UCC Council Meeting — March 18, 2025
APPROVED COUNCIL MEETING MINUTES

Present: Carrie Britt, Geoff Nauth, Rev. Ashley Nolte, Beth Eernisse, Dave Nestler, Nick Sancomb, Jill Timmerman
 Absent: Marilyn Linde

Set Next Meeting Date: Tuesday, April 15, 6:30 p.m.

Approval of February Minutes: Reviewed minutes from February's meeting. No corrections/updates were proposed. Carrie motioned to approve. Dave seconded. Minutes approved.

Treasurer's Report -

Incoming

Regular giving for February totaled \$26.5, which was an improvement over January's \$19k. February was \$19k under the same period last year, \$3k under budget for the month and \$13k under budget YTD. We received an additional \$5k of Prepaid Pledges in February. The Prepaid Pledge balance is \$40k versus \$25k last year.

Endowment fund values were down \$3k in February.

Outgoing

February's overall Operating Expenses were \$28k. This was \$5k under budget. Each of the following categories were under budget in February by \$1k: payroll, continuing education, building maintenance, property insurance (paid quarterly) and publicity.

Operating expenses to highlight:

A computer was purchased for Emma and expensed (\$1k).

January's snow plowing was paid in February (\$1k).

\$644 was paid for a locksmith.

Summary

From a pure Operating income/expense perspective, we report a \$2k loss in February. This is an improvement over January's loss of \$15k and February 2024's loss of \$9k.

Jill motioned to approve Treasurer's Report as presented and motion was seconded by Nick. Treasurer's report approved.

Pastor's Report

Pastor's report reviewed and discussed. No questions or concerns. Report is available upon request. Special notes regarding upcoming events. There will be a Pilgrim Brewer game outing on June 29. There will be an outdoor worship service/picnic on August 3.

Committee Liaisons

Building and Assets

All building locks have been rekeyed with a common lock.

Knox box for lift is now in place.

Sidewalk extension has been tabled awaiting better weather.

Discussions have begun regarding a proposal to update the hearing device system in the sanctuary.

Finance/Staff/Not-for Profit Security Grant – no additional updates.

New Business

Immigration Resources

Reviewed immigration policy details developed for a church in Iowa that was shared with Ashley via a clergy colleague. This will be discussed further with staff as the responsibility for responding to a visit by ICE would be shouldered by staff and regular volunteers. Ashley will review the "usher piece" of the policy with Ron W regarding feasibility. It was suggested that church should seek out a local immigration attorney to develop a relationship in case it would be needed. Ashley has prepared some signage to identify private spaces within the church.

Lenten Meal

April 9 for Council – Brats and Burgers. Should plan for around 50 people. 40 burgers and 30 brats.

Nick will prepare the meat + fruit salad and sauerkraut

Ashley - baked beans and a salad

Jill - potato salad and chips/dip

Carrie – desserts / Geoff – desserts

Dave – buns

Beth – brats and burgers (delivered to the church by April 6)

Set up – Jill/Geoff

Clean up – TBD

We will continue to communicate by email between now and April 9 to finalize plans.

Old Business

Discussed proposed update to Employee Handbook. Dave motioned to approve the proposed change, seconded by Nick. Motion passed.

Action Steps between now and next meeting – None listed

Adjourn – Beth motioned to adjourn. Nick seconded. Motion passed and meeting adjourned.



MUSIC MINISTRY NEWS

***INTERGENERATIONAL Song "Forever Young"** will be featured at the 10:30 service on **May 18** presented by Pilgrim's Children, Youth and Pilgrim Choir, under the direction of Devon Polzar. We hope you will be able to have a listen and enjoy this heartwarming song.

***SUMMER WORSHIP "SPECIAL MUSIC" OPPORTUNITY**

Sundays 9:00 a.m. May 25 through August 31

Attention Pilgrim Musicians ...



Do you have a meditative/inspirational worship music piece you would be willing to share and perform during a worship service? If so, please consider signing up to provide special music for a summer worship service. We welcome your talents and time with gratitude. The summer services start on May 25, 9:00 a.m., and will be live streamed.

The signup sheet is posted on the bulletin board in the Narthex or you can use *Signupgenius*.

(For more information, please contact Sue Willman, suewillman55@gmail.com)

*The following new and returning members joined Pilgrim on Sunday, April 13,
and we are so happy to have them as part of our Pilgrim Family.*

Karen Maihofer Karen is a returning member to Pilgrim; her daughter and son-in-law are Chris & Amy Leidel. She has 4 children, 7 grandchildren, and 6 great-grandchildren. Karen has already been very busy at Pilgrim, joining the Care Team, reading and ushering, and joining social groups. Karen's many interests include cooking—she owned her own cooking school for 30+ years. She also loves animals, and has owned 12 dogs thus far. Karen was a trained Stephens Minister for 30 years, where she assisted her church pastor as a lay minister, including visiting members, assisting with communion, and helping at weddings and funerals. Karen is currently a member of a book club and the Glendale Women's club.

Kevin Runkel Kevin has been married to his wife of almost 20 years (October anniversary), Jamie. They have two furry children, Biggs and Luna (brother and sister rescue tuxie cats). Kevin's full-time job is inventory control at Wurth Industrial US. He also works for City of Cedarburg as the Director of Emergency Management and an Auxiliary Police Officer. Jaime is a cake decorator for Fox Bros. Piggly Wiggly. Kevin's hobbies include softball, bowling, lighthouse and freighter chasing (Great Lakes ships). Loves doing carpentry and woodworking projects. Kevin grew up in Cedarburg and now resides in Port Washington. He has been a UCC member his whole life.

Sarah Scarpace Sarah is the mom of two daughters and was recently elected to the position of Grafton Village Trustee. Sarah enjoys volunteering, and has already joined the Pilgrim Choir.

Art & Cathy Wille Art, a retired United Church of Christ pastor, was born and raised in Milwaukee. He studied at Elmhurst University, Eden Theological Seminary and Bethany Theological Seminary in preparation for serving congregations in Arlington Heights, Illinois, and Manitowoc and Neenah, Wisconsin. He concluded his ministry serving as an Associate Conference Minister for the Wisconsin Conference, UCC. Art met his spouse Cathy in the Chicago suburbs while working with youth in their neighboring churches. Art continues to be involved in the wider church, facilitating two Community of Practice groups – one for faith formation leaders and the other for retired clergy – serving as an Annuitant Visitor for the Pension Boards of the UCC, and sharing a leadership role with Cathy for an Older Adult Ministry Group of the Wisconsin Conference. He enjoys singing in choirs, and doing genealogical research.

Cathy grew up in Sheboygan, WI. She is a graduate of Carroll University, St. Mary's University and UW Oshkosh. She worked as a high school biology teacher for 10 years and a pastoral counselor, Clinical Coordinator and Director of the Clergy and Congregation Care program for 22 years at the Samaritan Counseling Center of the Fox Valley. In her retirement she serves in several capacities for the WI Conference UCC and the UCC National church. Cathy and her spouse, Art, have been married 47+ years. They were not able to have children, but she delighted in teaching Sunday School children for 64 years. She also enjoys singing in choirs and gardening.

Following eleven years of retirement, Cathy and Art moved from Neenah, where they lived for many years, to Cedar Community, West Bend, last July.





Trauma

Some of us may hear the word “trauma,” and assume it only affects a small number of unfortunate people who have experienced the unimaginable, such as war, a terrorist attack, or a violent personal attack. But, according to Harvard Psychiatrist, Ronald C. Kessler, 61% of men and 50% of women surveyed have experienced trauma in their lifetime, with 34% of men and 25% of women experiencing it multiple times.

The American Psychological Association explains that “Trauma is an emotional response to a terrible event like an accident, crime, natural disaster, physical or emotional abuse, neglect, experiencing or witnessing violence, death of a loved one, war, and more. Immediately after the event, shock and denial are typical. Longer term reactions include unpredictable emotions, flashbacks, strained relationships, and even physical symptoms like headaches or nausea.”

Trauma can be broken down into three main categories:

Acute Trauma: A single event, such as physical/sexual assault, car accident, natural disaster, mass shooting, or injury.

Chronic Trauma: Repeated trauma, such as domestic violence, child abuse, living in an area of high crime, or chronic illness.

Complex Trauma: Experiencing multiple traumatic events repeatedly. Often associated with, but not limited to, children who experience abuse.

The National Alliance on Mental Illness (NAMI) offers 7 Tools for Managing Traumatic Stress.

- 1) Use the “Window of Tolerance”: Identify when you are feeling stable (inside the window) or feeling triggered (outside the window), with the window becoming larger as you are able to handle more difficult information, emotions, or stimuli.
- 2) Breathe slowly and deeply: Inhale 4 counts, hold 2 counts, exhale 6-8 counts. This activates a part of the nervous system that helps the body calm itself.
- 3) Validate your experience: Acknowledge that what you experienced was real and you are having a normal response to an abnormal experience.
- 4) Focus on the 5 senses: Focus on each of the 5 senses (sight, sound, touch, taste, and smell) for 5 different items, then 4 items, 3, etc.
- 5) Think positively for 12 seconds: This will create new neuron connections, which can replace stress and fear. Focus on breathing while doing this.
- 6) Use a gravity or weighted blanket: This can provide a feeling of security to reduce anxiety and insomnia.
- 7) Laugh: Laughter produces hormones that boost the immune system and rewire the brain.

Many who experience trauma will develop Post Traumatic Stress Disorder (PTSD). In June’s Pilgrim Progress, we will talk about PTSD and treatment options.



If you or someone you love are in distress and need to speak to a trained crisis counselor, please call or text the Suicide and Crisis Hotline at 988.

-Submitted by John Carli, a member of the W.I.S.E. Team for Mental Health

May is Asian and Pacific American Heritage Month (AAPI).

We wanted to take some time at Pilgrim to remember the profound impact and beautiful diversity of the people of Asian and Pacific Islands, and native Hawaiians. We have folks at Pilgrim whose ancestors immigrated from this part of the world. We also have many family, friends and beloved community members who have immigrated from these regions. We want to pause and recognize the great diversity that lives within the people of this region. Countries included are those in East Asia (*China, Japan, Korea, Taiwan, and Singapore*), Southeast Asia (*Indonesia, the Philippines, Laos, Singapore, and Vietnam*), South Asia (*India, Pakistan, Bangladesh, Sri Lanka, Nepal, Bhutan, and Afghanistan*), West Asia (*Bahrain, Iran, Iraq, Israel, Jordan, Kuwait, Lebanon, Oman, Palestine, Qatar, Saudi Arabia, Syria, Turkey, United Arab Emirates and Yemen*), and the Pacific and Hawaiian Islands (*Federated States of Micronesia, Republic of Palau, Republic of the Marshall Islands, Republic of Kiribati, Nauru, Samoa, Tonga, Tuvalu, Niue, Cook Islands, Tokelau, Fiji, Solomon Islands, Papua New Guinea, and Vanuatu*). Also included are territories (*American Samoa, Guam, Northern Mariana Islands, French Polynesia, New Caledonia, Wallis and Futuna, Pitcairn Islands, Norfolk Island, Easter Island*).



AAPI also make up the largest group of immigrants to the U.S. And in recent years, discrimination towards AAPI has increased. Throughout the month of May, the Inclusion Team will be celebrating and remembering the contributions and lives of members of the AAPI community.

For more information you can visit: <https://asianpacificheritage.gov/>

And: <https://www.noaa.gov/stories/what-asian-pacific-american-heritage-month-means-to-me>

MAY BIRTHDAYS / OFFICE HOURS

1	Keighly Bartsch	8	Ryan Leidel	15	Ezekiel Grossman-Zack	24	Say Hler Htoo
	Liam Halula		Jane Sowers		Meta Wilcox		Lance Wooten
2	Jake Godejohn	9	Brooks Leverenz	16	Kathy Monroe	27	Robert Olmr Jr
	Jim Mayer		Ireland Micic		Steve Schafer	28	Ava Berns
	Sam Schubert		Hton Naya Mu		Amy Weir		Cooper Braun
	Nathan Multerer		Connor Wenzler	17	Hannah Mueller		Melissa Pfeiffer
4	Justin Wendtlandt	10	Nora Eernisse		Charlie Plante		Liz Yoon
5	Savannah Neu		Bill Marten		Ashley Weir		Norm Loomer
	Samuel Pekarske		Traci Multerer	18	David Heniadis	30	Dave Nestler
	Matthew Sauer		Carol Neis		Marianne Hinder		Sue Sperber
6	Kay Christiansen	12	Joseph Sutinen		Joy Bloemer	31	Haley Roberts
	Wayne Hay		Donna Van Ryzin		Butch Paegelow		
	Faye Junker	13	Hope Holland-Mullins		Kristen Reiter		
	Dave Willis		Emma Lucht	19	Larry Sween		
	Kindra Meier		Linda Rudd	20	Don Huibregtse		
7	Robert Claeys		Nancy Vanden	21	LuAnn Pappas		
	Tom Kopka		Wymelenberg	23	Lisa Chapman		
	Jenny Rescorla						
	Lucy Rumpf						



A Message from the family of Gerry Orten

There are not enough words to fully express our heartfelt gratitude for the sympathy, love and support you have extended to our family during this time of loss.

Thank you for sending us thoughts & prayers at this difficult time.

- Bonnie, Gerry Jr., Ellen, Ashley, Bud



Memorial Arrangements for Martha Whitaker

A memorial service for Martha Whitaker, who passed away on March 18, will be held as follows:

*Sunday, June 1, 2:00 pm,
Kletsch Park Pavilion, Glendale*

All attending should bring a lawn chair, wear casual and colorful clothing, and bring a flower or two from your garden for the bouquets.

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

PP Deadline for
the June/July
PP:
May 20

Welcome, May!

Please bring the blessings of love, peace, and joy to all.





Ways to Participate

SIGNUPGENIUS LINKS:

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

SCRIPTURE READERS

8:00	10:30
4 Steve Schafer	OPEN
11 Marianne Hinder	Cory Jepsen-Hobbs
18 OPEN	Diane Stoiber
25 9:00 Service:	OPEN

USHERS

8:00	10:30
4 LaVerne Johnson Steve Schafer	OPEN (2)
11 OPEN (2)	Dennis Grabow OPEN
18 OPEN (2)	Karen Maihofer OPEN
25 9:00 Service:	OPEN (2)



GREETERS are encouraged all year...summer, too!
Visit the SignUpGenius Link above, or sign up at church.

FLOWERS

4	OPEN
11	OPEN
18	Linda Bartsch
25	Deb Lushine

BULLETINS

4	OPEN
11	OPEN
18	OPEN
25	Deb Lushine

The First of May

If I could stay up late no doubt
I'd catch the buds just bursting out;
And up from every hidden root
Would jump a tiny slender shoot;
I wonder how seeds learn the way,
They always know the very day-
The pretty, happy first of May;
If I could stay up then, no doubt
I'd catch the buds just bursting out.

-By Annette Wynne
(Early 19th Century Children's Poet)



TREATS:

MAY:

All Dates are Open



Musicians: Don't forget to sign up for
"Special Music" - **May 25 thru August 31.**

Your music would fill this sanctuary with
hope, joy, peace, and love!

LANDSCAPE BEDS: VOLUNTEERS NEEDED to maintain
our beautiful outdoor display.

Please contact CJ Plante at

cjp79@me.com

or sign up at church!



Please contact Cherie Burton with questions
about volunteer opportunities:

volunteer@pilgrimuccgraston.org

MAY 2025



Pastor Ashley will be on vacation from May 5-May 11.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>To all the Mothers, Grandmothers, Aunts, Sisters and other women in our lives that care for us and love us unconditionally, <i>Happy Mother's Day!</i></p>		<p>For I know the Plans I have for you, declares the Lord Plans to Prosper you and not to harm you Plans to give you Hope and a Future. -Jeremiah-</p>		<p>1 Rummage Sale Prep <i>Overeaters Anonymous—6:30</i></p>	<p>2 St. Ben's Desserts Rummage Sale Prep</p>	<p>3 <i>Saturday, May 3 8 AM - 2 PM</i> </p>
<p>4 <i>Comm Worship Services 8 & 10:30 am</i> Adult Study & Choir-9:15am Pilgrim Children's Hour - 10:30-11:30 am </p>	<p>5 SCOPA—1:00 pm</p>	<p>6 <i>Boy Scouts 6:30-8:30 pm</i></p>	<p>7 GarageBand—6:15 pm Last Confirmation Class 6:30 pm</p>	<p>8 Versiti Blood Drive: noon -5p <i>Overeaters Anonymous—6:30</i></p>	<p>9 Sheephead 1:00 pm</p>	<p>10 <i>spring cleanup</i> SPRING CLEAN 8am—noon Girl Scouts 12:30 pm</p>
<p>11 <i>Sunday Worship 8 & 10:30 am</i> Adult Study & Choir-9:15am Pilgrim Children's Hour 10:30-11:30 am Rev. Rae Ann Beebe, Guest Pastor</p>	<p>12 Cribbage—1:00 pm</p>	<p>13 Women's Journey 12:30 pm lunch Grief & Loss Support Group 1:30 pm</p>	<p>14 Dominoes—1:00 pm Vespers—6:15 pm GarageBand—6:15 pm</p>	<p>15 Coffee Chat—10:00 am <i>Overeaters Anonymous-6:30p</i></p>	<p>16</p>	<p>17</p>
<p>18 <i>Comm Worship: 8 am Confirmation Service w/Communion: 10:30 am</i> Adult Study & Choir-9:15am Family Sunday—10:30 am</p>	<p>19 Staff & Leadership Meeting—6:30 pm</p>	<p>20 <i>Boy Scouts 6:30-8:30 pm</i></p>	<p>21 GarageBand—6:15 pm Vespers—6:15 pm</p>	<p>22 <i>Overeaters Anonymous-6:30</i></p>	<p>23 Funsetters at Flipside 11:30 am Sheephead 1:00 pm</p>	<p>24</p>
<p>25 <i>Summer Worship 9:00 am</i> </p>	<p>26 </p>	<p>27 <i>Boy Scouts 6:30-8:30 pm</i></p>	<p>28 GarageBand—6:15 pm</p>	<p>29</p>	<p>30 <i>Don't forget our landscape beds this summer!</i> </p>	<p>31</p>