

Pilgrim United Church of Christ

Pilgrim's Progress June/July 2025

FROM YOUR MINISTER

Grace and Peace to you,

The summer months at Pilgrim are always bittersweet for me. The chaos of the program year stills, Sunday mornings become much shorter for me with a single 9:00 a.m. service, the church smells different (yes, the sanctuary has a distinct summer smell), and there are fewer meetings and programs. I always envision it to be a lovely season of sabbath and rest. But rarely does it come with the blissful rest and sabbath time I imagine. Summer comes with a profound ruse.

The tricky part of summer for me is the guise that it is easy and breezy, that summer is chill and relaxing. I find that the lack of schedule and routine, along with shifting expectations, difficult to navigate. Summer is like the wild chaotic cousin of regular Wednesday nights of confirmation. This also translates to my family-my teenagers are out of school and feral with no rhyme or reason to their days.

Summer comes with the pretense of slowing down—but it never does. It rolls along much too fast, with little weekly regularity. Sometimes I forget to catch my breath over the summer. I become awash with the constant shifting of the days. The weeks move, quickly. And the season races by in a flash.

I do not think I am the only one to experience summer this way, which is why I want to remind all of you (and myself) to remember how important it is over the summer to remember to breathe. "Of course I breathe, Pastor Ashley," you might want to say. I am talking about the good long pause of a deep breath that stills your steps, invites your eyes to close, and is offered in silence. This is the breath I reference.

It is hard to remember to breathe during the summer. As we try and soak up every single ray of sunshine, every walk with sandals, every day we can leave our jackets behind, trying to get as much done and in as we possibly can. So, I'd like to invite you to consider how you might be willing to create some space to breathe every day, even if it just for one minute. To pause, breathe in slow and deep and still your self and your soul. You need to do this for yourself. Most of us do not have someone in our ear whispering, "Hey Ashley, stop and take a good deep breath." Your schedule will continue to run like a roll-away freight train. Your calendar will fill up quickly. You will wake up in October and wonder, "Where did summer go?"

Do yourself a favor and reclaim that rest that you deserve in this season. Take up space with silence. Resist the urge to always be productive and be still. Give yourself permission to rest. Allow yourself the opportunity to find even the briefest moment of peace. You are worth it. Even God needed to take a beat after creating the world, and you do, too. You may not be creating a world, but you are living in it, trying your best to make sense of it, doing what you can to love others fiercely, and this is hard work. Especially in summer.

Right now, rest your feet on the ground, take a good deep breath in, hold it for 4, and breath out, hold it for 4. And do it again. Make time to breathe. Make time to be still. Invite the silence and find a little slice of peace.

SPECIAL POINTS OF INTEREST:

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Thank you

Volunteer Page

June Calendar

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Blessings to all of you in this wild, chaotic, and wonderful season.

With much love, Pastor Ashley

PILGRIM ANNOUNCEMENTS





Pilgrim Music Opportunity **Summer Worship Special Music**

Sundays 9:00 am 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 for a summer worship service. We welcome your talents and time with gratitude. suewillman55@gmail.com

Volunteer—Make a Difference

For those who are able, here are a few suggestions to get you started. We would love to get our tasks completed, service participants filled, and committees complete, as September will be here in a flash (nod to Pastor Ashley's message).

- *Join a committee—visit page 8
- *Offer to read scripture or usher throughout the year.
- *Assist Property & Grounds: a list of unfinished tasks included on page 6.

I am the Church You are the Church We are the Church Together



Ve are the light on the hill



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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!

An exciting development! We are pleased to introduce you to our new logo.

Thanks to our own Todd Brame, our re-branding is getting off to a beautiful start! You will see various forms of this new logo throughout the newsletter and beyond! The new designs will be replacing the black steeple.

The re-branding facelift will continue through the summer as we get ready to launch an updated website for Rally Day! If you have questions, please talk to

Naomi Seiler, Marketing & Outreach Coordinator

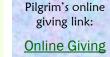


From the Finance Team: This past January, at the congregational meeting, Pilgrim Church approved the budget proposed by the Church Council. When the budget was approved, we recognized that we would need to increase our overall giving to meet the

budget. The Church Council and Finance Advisory team have been monitoring our income and expenses closely throughout the year.

To support the approved 2025 budget, we are asking congregation to step up and raise an additional \$30,000 over the summer to support our approved budget. We believe we can meet this goal as a congregation. The past few years we launched capital campaigns to raise

money for the lift and computer upgrades—and Pilgrim Church responded with incredible generosity. This year, we are asking for much the same—except to support the daily operations of the church.



As the deer longs for streams of water so | Long for



We believe that, together, we can raise an additional \$30,000.

JUNE

- 1 Breaking Chains Acts 16:16-34; Psalm 97 Rev. 22; John 17:20-26
- 8 Gathered and Scattered Acts 2:1-21; Genesis 11:1-9; Psalm 104:24-35; Romans 8:14-17; John 14: 8-17, 25-27
- 15 **Trinity Sunday** Proverbs 8:1-4, 22-31; Psalm 8; Romans 5:1-5; John 16:12-15
- 22 In God's Presence 1 Kings 19:1-15; Psalms 42, 43, 22; Isaiah 65:1-9; Galatians 3:23-29; Luke 8:26-39
- Pick up the Mantle 2 Kings 2:1-14; Psalms 77 and 16; 1 Kings 19:15-21; Galatians 5:1, 13-25; Luke 10:1-20

JULY



- Surprising Prophets 2 Kings 5:1-14; Psalm 30 and 66; Isaiah 66:10-14; Galatians 6-1-16; Luke 10:1-20
- Caring Neighbors Amos 7:7-17; Psalms 82 and 25; Deuteronomy 30:9-14; Colossians 1:1-14; Luke 10:25-37
- 20 Word and Work Amos 8:1-12; Psalms 52 and 15; Genesis 18:1-10; Colossians 1:15-28; Luke 10:38-42
- 27 Shaped by Prayer Hosea 1:2-10; Psalm 85 and 138; Genesis 18:20-32; Colossians 2:6-19; Luke 11:1-13

MISSIONS

ONE GREAT HOUR OF SHARING

A check for \$3,944 will be sent to the Wisconsin Conference Office for our donation to One Great Hour of Sharing. This total includes \$1,547 collected from Lenten meals, \$2,210 from Sunday and online giving, and \$187 from Pennies for Lent. Thank you for so generously supporting the special UCC Lenten Offering.



<u>CSW BLANKET SUNDAY</u> – Once we have totaled all donations, a check will be sent to Church World Services in June. Thank you for helping *Blanket the World in Love* with this special Mother's Day Mission project.

VENTURES IN PEOPLE

Our check to support student education in Haiti will be sent in June after all donations have been counted. Thank you to all who contributed to this Mission effort to provide students with their entrance fee, tuition, books, uniforms, and supplies for just \$175 per student.

STRENGTHEN THE CHURCH—GREAT and WIDE

Through this special UCC offering, the Holy Spirit gathers us together to strengthen and renew existing congregations, fund leadership development, and provide exciting new programs for youth and young adults. The offering is divided, with 50% staying regionally within our conference and 50% supporting the National Ministries. Together, we can answer the Spirit's call to be **United in Christ for a just world for all.**



Please use an envelope found in the pews and mark it for Missions: Strengthen the Church, or use the online giving app. We will be collecting through the end of June.

"Here is the sea, great and wide, which teams with creatures innumerable, living things, both small and great." -Psalm 104

CAPUCHIN COMMUNITY WALK FOR THE HUNGRY –FRIDAY, JUNE 13

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

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 registra-



tion fees are \$40 per adult and \$25 per child. Registration forms are available in the Narthex, or register online at www.CapuchinWalk.org. Online registration closes at NOON on Mon-

day, 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.

<u>UPDATE</u>: The Bread of Healing Clinic has enough vials for a couple of years; <u>we will be taking pause on this collection</u> until further notice. Thank you for all your prior donations!

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ANNUAL MOUNT HOREB SCHOOL SUPPLY DRIVE

All children need new school

supplies for the start of the new school year.

We are asking for monetary donations that will be used by Mount Horeb volunteers to purchase school supplies. These supplies will be handed out at their Annual Community Wellness Fair, Saturday, August 9. You can donate by using one of the Mission envelopes in the pews and noting for *Mount Horeb school* supplies, or donate online.

Monetary donations will be collected through July 6

FAMILY PROMISE OF OZAUKEE COUNTY

We will be providing meals the week of *July 28 - August 1*. If you are interested in this wonderful volunteer opportunity or have questions, please contact our Volunteer Coordinators.



Brandon Mikulski, <u>mikulskib06@gmail.com</u> -or-Marji Groth at <u>Marji_groth@yahoo.com</u>

Thank you!

MT HOREB ANNUAL COMMUNITY HEALTH & RESOURCE FAIR Saturday, August 9

Look for more information in the Sunday bulletins and midweek emails.

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

Please contact Lucy Wyka at missions@pilgrimuccgrafton.org

CHILDREN'S MINISTRY

Thank you all for another great year!
Children's Hour will return on September 7
Are you attending a 9 am summer service?
There are bags by the nametag wall with activities.

AND

Our Year 1 Activity Books will be available all summer long on a table in the Narthex. Feel free to grab one next time you are at church. They contain coloring pages, puzzles, word searches and more! Updated Children's Bulletins are always out on the table as well.



Thank you to all our families who helped their child(ren) experience the love of Christ and participate in all our programming this year.

And a special thank you to our volunteers who helped lead our Children's Hour this year, especially:





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!

Pilgrim's Nursery The nursery will NOT be staffed during the summer but will be open to parents and their children if they choose to use it. There is a black knob next to the light switch to turn on the audio from the service.





Contact the Children's Ministry Team:

childrensministry@pilgrimuccgrafton.org

Devon Polzar -

Elementary/Middle School Education Coordinator

Emma Lucht & Tracey Van Ryzin

Children's Ministry Education Coordinators

If your child would like to share their gift of music at service this summer, please contact Sue Willman!



YOUTH MINISTRY



Confirmation Sunday - May 18

Please help welcome the following 8th graders, who became members of our Family of Faith on May 18 at Pilgrim through the Rite of Confirmation.

Brooke Carli, Nora Eernisse, Colson Maurer, Morgan McCraw, Peter Nolte, and Tessa Tagliapietra

Confirmation Classes have come to an end for the year. Classes will resume on Wednesday evenings in September for 7th/8th graders.



Senior Sunday - June 15

Join us on the 15th to celebrate these high school graduates:

Liam Abshire Miriam Hart Matthew Sauer
Riley Bergmann Miles Koch Sophie Schumaker
Siena Carli Vincent Moede Allison Suber

Devon Dubord Thomas Petersen Tyler Swenson Sydney Wooten





Summer Youth Mission Trip-Brooklyn, New York

29 youths & 9 adults will be heading to Brooklyn the week of July 12-19. Please send your prayers for safe travels as we look forward to a week of serving the Brooklyn

Community and helping our young people grow in their faith through their acts of love. We will share our experiences in August. <u>To receive email updates</u> during the mission trip, please use this link to add your name and info (no charge) https://forms.gle/1P8vLPNF3Wp5MHYr8

MISSION TRIP FOOD REQUEST

We are looking for help with food items for the mission trip for daily lunches and dinner. Please sign up for the items you are able to purchase:

2025 Mission Trip Food

All items need to be dropped off at Pilgrim on or before Friday, July 11. THANK YOU!!!



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@pilgrimuccgrafton.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 donating to and purchasing items at our annual Rummage Sale.

SOCIAL AND ENRICHMENT

WOMEN's JOURNEY will meet on Tuesdays, June 10 and July 8, at 12:30 pm, with lunch at Lime Kiln

Park. If the weather is bad, we will meet at church.

COFFEE CHAT: Thursdays, June 19 and July 17, at 10:00 am.

SCOPA Group: Mondays, June 2 and July 7, at 1:00 pm.

SHEEPSHEAD: Fridays, June 13 & 27, and July 11 & 25, at 1:00 pm

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DOMINOES: Wednesdays, June 18 and July 16, at 1:00 pm

FUNSETTERS No lunch outings for the summer.



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Clean-up Day Success

Thank you to all the volunteers who helped on May 10 to clean up and mulch the many landscape beds around the church.

Together, it was a very successful Saturday morning.

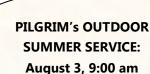


Church in the Parl

Our group included:

Dave & Jan Braby, John & Siena Carli, Dennis Grabow,

Neal Hobbs & Cory Jepsen-Hobbs, Don Huibregtse, Craig & Jack Plante Warner Schafer, Jane Sowers, Dan Weiss, Nancy VandenWymelenberg, and Ron Wildasin



Centennial East Pavilion 1370 17th Ave, Grafton

We would like to wish all of our Pilgrim family and friends a wonderful summer!

We would love to hear from you...

- postcards from your trips for our bulletin board
- pictures from trips or fun events to share in the August or September newsletters



Pilgrim Needs Your Help...please do not wait for someone else to do it.

<u>This is our church</u>. Together, we can fulfill our goals and make it better and attractive for our members, neighbors.

There is a sign-up sheet on the narthex board for landscape bed volunteers, but we could really use a few more. New mulch was added to all the beds around the church and parking lots, and we would love to see them looking this beautiful all year! Please consider adding your name and we will assign a specific landscape bed to you.

If you need to get into the garage this summer for supplies, contact Ron Wildasin, and he will open it for you (262-377-9547).



If you would like to take a landscape bed or have questions, please contact CJ Plante (cip79@icloud.com). Thank you.

Our Summer To-Do List:

- *Wash windows around the carport entrance door and front of the church,
- *Wash any of the lower level windows around the entire church
- *Assist cleaning weeds under the rear solar panels.

Please contact Ron if you want to help.

THANK YOUS, PILGRIM PRAYERS & CARES

Our Thanks to

<u>Rummage Sale, May 3:</u> Thank you to the Youth Ministry team, all those who brought in items for sale, purchased items, and to all the volunteers who set up all the items, worked at the sale, cleaned up afterwards, and transported leftover items for their new homes.

Blood Drive, May 8: To Linda Eakin and LaVerne Johnson for working at the registration table, for John Carli and youth for area prep, and to all those who donated a live-saving gift of blood. The next Versiti Blood Drive at Pilgrim will be September 4: please add to your calendar today!

Spring Clean, May 10: To all the members of Property & Grounds, as well as the wonderful folks who came out to work at Pilgrim. The names are listed on page 6.

Pulpit Supply, May 11: To Rev. RaeAnn Beebe for leading worship during Pastor Ashley's vacation.

<u>Confirmation Day, May 18:</u> To Meg Claeys, Devon Polzar, and all those who have given their time throughout the Confirmation process for all of our confirmation students. Our thanks also to all those who joined together to sing the beautiful intergenerational song.

Faye Junker: For bringing in another beautiful quilt for display.

New Logo: To Naomi Seiler and Todd Brame for their work toward our new church logo designs!

For Healing and Strength

- *For <u>Carol Proctor</u>, who is recovering at home after being hospitalized with pneumonia.
- *For George Schowalter, who is receiving rehab at Cedar Community for a broken arm and dislocated shoulder.
- *For Kathy Ellenbecker, who had hip surgery and is recovering at home.
- *For Beth Hartman, who is recovering at home from a spinal fusion.
- *For Elaine, grandmother to the Meg Claeys and Mike Bergmann families, who is currently receiving palliative care.
- *For Mary Gabrich, who is receiving hospice care at home.
- *For <u>Dave Tiffany</u>, who has Parkinson's and 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 & mom, Mary, as they wait to return home after a fire.
- *For Jack Landmann, who is residing in memory care at The Arboretum.

*Ongoing

- *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 our 2025 Confirmation Class, with blessings on your continued path in Christ.
- *To our 2025 High School Graduates—congratulations and blessings on reaching this milestone!
- *To our 2025 College Graduates, with our very best wishes and blessings on your bright futures:

With Sympathy

*For the family and friends of Mary Hockinson, who passed away May 26. Prayers for Jack, Wendy, and Jody, Mary's husband and daughters.

OUR MEMBERS IN CARE FACILITIES OR HOMEBOUND

<u>Pam Paul</u>, 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

<u>Garrett Rescorla</u>—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



We are the light on the hill

Congratulations, College Graduates:

Emlyn Yoon-Buck—Grinnell College, Grinnell, IA, May 19, with a double major in Biology and Studio Art.

<u>Andrew Cotton</u>—Macalester College, Saint Paul, MN, May 17, Summa Cum Laude, with a double major in political science and philosophy, with a legal studies concentration

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.

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Please note that neither the income received nor the expenses paid occur on a regular quarterly basis.

Therefore, items showing large increases or decreases from Budget may not show much difference from Budget at year-end.

Pilgrim extends heartfelt thanks to Committee Chairs who led busy groups this past year, and to all members and their work.

- *Adult Study- Ron Wildasin and Lys Buck—for the exceptional study groups this past year, and to all who attend!
- *Care—Cory Jepsen-Hobbs and all team members for extending TLC care through communication, meals, and visits.
- *Financial Advisory Committee—Chair Neal Hobbs; to Building Assets Mgmt. members, Memorials (Lys Buck); Stewardship (Caryn Boegel), Endowments (Neal), Counting Team (Kathy Monroe), and to all the group members who take time to care for the church's financial areas.
- *Greeters—for volunteering for this important task of welcoming all to Pilgrim.
- *Hospitality—Hope Holland-Mullins and Patty Guist, who take care of wonderful meals as they are needed for memorial services and events here at Pilgrim. Many thanks to everyone on the committee.
- *Inclusion—To Patty Guist for past leadership, and to all team members for their work in this important & caring group.
- *Missions—Lucy Wyka and the team so much good has been done in the community and world—thanks to you!
- *Property & Grounds—to John Carli and all team members who have another busy year with church needs, both inside and out.
- *Racial Justice—Ron Wildasin, Naomi Seiler, and all the team for providing opportunities to learn and grow.
- *Readers—to all those who have read scripture throughout the year—you are appreciated!
- *Social—to those who organize and host these fun events throughout the year: Rachel Gutridge for Women's Journey & Coffee Chat, Donna Tredrea for Sheepshead, SCOPA, Dominoes, Cribbage, and Funsetters.
- *Staff Relations—to Dave Braby and team, and congrats to all having all staff positions filled.
- *Treats between Services: to all those who brought treats this past year and/or donated money to the fund, as to all those who prep for or work at the kitchenette on Sundays—Sue Willman, Cory Jepsen-Hobbs, and LaVerne Johnson.
- *Ushers—Chris Leidel and Ron Wildasin, who ensure we have this role filled at service. Volunteers are needed all year long.
- *Worship Ron Wildasin and the team for making our sanctuary and narthex such a special place during church holidays and throughout the year, and for taking such good care of service needs.

Thank you to all volunteers, whether Children's & Youth Ministries, member of choirs, and any other area where you have given your time & talent. Review our directory on p. 15 to see all group member names. They're also found in "Groups"-see online directory. Please thank them and know that each group could always use more help! Check out our "Get Involved" tab on the website, too!



COUNCIL MINUTES

Pilgrim UCC Council Meeting — April 15, 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: Thursday, May 15, 6:30 p.m.

Approval of March Minutes: Reviewed draft of minutes from March's meeting. No corrections/updates were proposed. Beth motioned to approve. Nick seconded. Minutes approved.

Treasurer's Report -

Incoming

Regular giving for March totaled \$28k – highest month so far this year. March was \$6k under the same period last year, \$1k under budget for the month and \$14k under budget YTD. We did, however, receive additional \$46k in prepaid 2025 pledges during March. Our current prepaid pledge balance is \$78k (vs \$22k at this point in 2024). We will be bringing \$9k of this prepaid balance into income each month through the remainder of 2025.

Endowment fund values were down \$13k in March and are down \$6k year to date.

Outgoing

March's overall Operating Expenses were \$28k. This was \$4k under budget. Each of the following categories were under budget in March by \$1k or more: payroll, building maintenance and publicity.

Summary

From a pure Operating income/expense perspective, we broke even in March. Year to date we are at a \$16k loss.

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.

Committee Liaisons

Building and Assets - no update as there have been no recent meetings.

Special note/thank you - Ross Walker facilitated donation of an electric organ to Pilgrim.

Finance - no updates beyond Treasurer's Report

Staff - we remain fully staffed and staff is functioning well.

New Business

Endowments – FAC shared distribution recommendations for 2025. Jill motioned to approve the recommended amounts. Carrie seconded. Motion carried.

Nonprofit Security Grant Program (NSGP) – this program, sponsored by the federal government, is currently in limbo. We will suspend efforts to pursue our grant proposal for the time being. Council will ask Building and Assets team to review the proposal to consider whether we could potentially move forward with some elements of the grant on our own.

Finance Advisory Committee recommends that the brokerage account Pilgrim maintains to receive donations of stock gifts be moved from Charles Schwab to an account with Baird. Council agreed this change makes sense as Baird already works with us on management of the Endowment funds.

Old Business

None

Action Steps between now and next meeting -

None listed

Adjourn

Dave motioned to adjourn. Nick seconded. Motion passed and meeting adjourned.





MUSIC MINISTRY

Thank you to all who shared their time and talents to participate in Pilgrim's Music Ministry this 2024-25 church year. If you have an interest in participating next year (2025-26), please let Sue Willman know at suewillman55@gmail.com. All are welcome!

It's a gift not only you give, but also a powerful one you receive.

PILGRIM CHOIR—John Reiter, Director

Audrey Beck Suzanne Beck Jan Braby Beth Eernisse Dan Eernisse Kris Fisher Tommy Golding Patty Guist Beth Hartman Marianne Hinder Parker Kobliska



Ray Kremer Marilyn Linde Norm Loomer Sue Loomer Ashley Nolte Peter Nolte Melissa Pfeiffer Devon Polzar Sarah Scarpace Steve Schafer George Schowalter



Joyce Schowalter Naomi Seiler Larry Sween Karen Tiffany Art Wille Cathy Wille Sue Willman Liz Yoon Paul Zachow

HILLTOP VOICE - John Reiter, Director

Dan Eernisse

Kris Fisher

Beth Hartman

Marilyn Linde

Ashley Nolte

Devon Polzar

Naomi Seiler

Larry Sween

Sue Willman

Liz Yoon

GarageBand

Dan Eernisse, Guitar, Vocals

Kris Fisher, Drums

John Reiter, Piano, Vocals

Naomi Seiler, Vocals

Sue Willman, Vocals

Eric Wiltgen, Guitar, Vocals



CHIMIN' IN - Liz Yoon, Director

John Carli

Beth Eernisse

Patty Guist

Beth Hartman

Val Nauth

Lisa Pease

Alex Santo

David Tiffany

Karen Tiffany

Sue Willman

Jan Yoon

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

Sundays 9:00 a.m. June 1 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 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)



INCLUSION / WISE TEAMS

From the Inclusion Team:

Pilgrim Church is walking in the Milwaukee Pride Parade, and YOU are invited to join us! Allies are welcome to walk with us. On <u>June 8</u>, members and friends of Pilgrim Church will be joining other area UCC churches to show up in support and celebration of our LGBTQIA+ family. If you would like to walk with us, we will be meeting at church Sunday, June 8, at 11:45 a.m., to carpool down to the parade start.

The PRIDE Parade begins in Walker's Point at the intersection of Scott Street and Seeboth Street.

 On Sunday, <u>July 20</u>, the Inclusion Team will be hosting a "Christmas in July" Coffee Hour following the 9:00 a.m. service. All are welcome to join us for a mid-summer coffee hour to catch up with one another.



Post Traumatic Stress Syndrome

In May, the W.I.S.E. Team for Mental Health wrote a Pilgrim Progress article about trauma. Some people may think that stress causes trauma, and to a greater degree PTSD. However, they are two separate experiences that are interpreted and displayed differently in adults with PTSD; this means that one person may respond one way that results in PTSD, and another person could respond very differently and is not affected in the same way.

According to the National Institute of Health (NIH), 7 to 8 out of every 100 people will experience PTSD in their lifetime. Common symptoms of PTSD include recurring nightmares and flashbacks, feelings of hopelessness and guilt, sleep disorders, and feelings of sadness or anger. There is currently no known test to predict someone's risk of developing PTSD, but studies are in progress, including one being held at the University of North Carolina involving 5,000 PTSD survivors.

Dr. Amit Etkin, an NIH-funded mental health expert at Stanford University, has been studying brain circuits of people with PTSD and is working to identify when therapy is working, and trying to predict how people will respond to treatment. His group is also working on noninvasive stimulation to help people who do not respond to treatment. Dr. Etkin says, "PTSD is very common. But the variety of ways that it manifests in the brain is vast. We don't know how many underlying conditions there are, or distinct brain problems there are, that lead to PSTD. So, we are trying to figure that part out." Dr. Farris Tuma from NIH says having a coping strategy, such as friends, family, or a support group to talk with, trying to learn from traumatic events, and talking to a mental health professional will help people recover from PTSD. Tuma adds "For those who start therapy and go through it, a large percentage of those will get better and will get some relief."

The U.S. Department of Veterans Affairs uses a variety of treatment options for PTSD. Cognitive Processing Therapy (CPT) helps people recognize trauma, encouraging them to change their negative thoughts. Prolonged Exposure (PE) helps people revisit places they have avoided since their traumatic experience. Eye Movement Desensitization and Reprocessing (EMDR) uses eye or sound movement to help people recall their traumatic experience. Written Exposure Therapy (WET) helps people express their thoughts and feelings to a therapist through writing.



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, member of the WISE Team for Mental Health 10

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BIRTHDAYS / OFFICE HOURS / THANK YOU

June **Andrew Berns** 1 Kate Nestler Linda Bartsch 2 Aaron Mitchell 3 Pat Hofstad 4 Jacob Meier Tim Pfaff Charlie Schell 5 Laura Blanco Lora Kanios Deb Kelling Ashley Orten Samuel Htoo 6 Lisa Karnish Chuck Weir, Jr. 7 **Arthur Hart** Judy McQuay **Amber Thomas** 8 Jakob Pedersen 9 Roger Miller Greg Mursch

Jack Conto

Margaret Boesch

Bryanna Mursch

Jordan Yoon-Buck

Jack Wenzel

Kris Fisher

Jan Svoboda

Barbie Cotton

Louise Lusty

Carter Polzar

Dorothy Sorensen

Amber Chapman

16 Andrew Kivioja Logan Waldhart 17 Michelle Pedersen Rick Shimp David Pfeiffer 21 **Grace Nolte** Ryan Pappas Jack Plante 22 Nathan Kline Eva Wenzler 24 Alyssa Miller 25 Jaden Papenfus 26 Novalee Bolser Ron Hofstad Dianna Ogburn Donna Tredrea 27 Mahala Heniadis Debra Neu 28 Carol Hoffmann Kory Kobliska 29 Rose Speerbrecher 30 Megan Claeys Joan Stephens





15 Benjamin Martin July Nancy Meaux Becky Sueppel Connor DuBord 16 Donna Wendtlandt Denice Frank Barbara Arity Samuel Hansen Carrie Britt Tricia Maurer Reese Kivioja Sue Willman 18 Jaime du Vergey 2 Dan Eernisse Gavin Stumpf Barry Lange 19 Kathleen Busack Erv Uecker 20 Joyce Etzel 3 Siena Carli Tessa Tagliapietra Mary Gabrich 21 LaVerne Johnson Adam Lusty Dick Linhart Bill Maurer 22 Brian Heniadis Jamie Wendtlandt Steve Cobb Tecwyn Roberts Carol Trad Lisa Schaub 23 Westley Adams 5 Eric Burrows Miriam Hart Cherie Burton 25 Jenna Bloemer Jenn Hawkinson 26 Mike McInerney Oli Kobliska Claire Moede Luke Stiebs 27 Henry Bell 6 Dave Boesch Meredith Shimp Jen Leber 28 Kristin Monroe Dave Tiffany Stephanie Polzar 7 Karen Meier Karen Reiter Jill Schowalter 29 8 Emma Ramshaw John Carli Claire Chontos 9 Lucy Wyka **Deborah Wimmer** 10 Hannah Cobb 30 Anna Klotz Devon Polzar Morgan Meer Chris Cotton **Chloe Chontos** 11 Libby Plante John DuBord 12 Anna Shimp

From the Community of Practice Pastor Group: "Thank you for providing hospitality...and allowing us to meet once a month in the lower level of your beautiful church. It is a good location for us who travel from different cities and towns. We are so grateful for Pilgrim UCC. "

OFFICE HOURS

Pastor Ashley – available in the office Monday through Thursday, and can also be reached by calling 920-762-0192. <u>Lisa Quick or Sue Willman</u> – available weekdays 8:30 am -1:00 pm Office Phone: 262-377-2640

> Email: officemgr@pilgrimuccgrafton.org Website: https://pilgrimuccgrafton.org @PilgrimUCCGrafton Facebook:

Instagram: @PilgrimUCCGraftonWI A big "thank-you" to Dick Linhart for his beautiful artistry in the church door's



Connor Sobczak

planted flower pots. They make me smile when I see them. He maintains them all summer.

Kylie McInerney

Nathan Roffers

Canon Pfaff

Luke Steckel

A special word of gratitude and appreciation for the gift of beauty for our church.

-Cory Jepsen-Hobbs

VOLUNTEER PAGE

WELCOME TO PILGRIM'S SUMMER SERVICES!

Worship will be held on Sundays at 9:00 am through August 31.

Below is the JUNE Schedule; this page will be refreshed for July and this PP sent once again at the end of June.

Ways to Participate

SIGNUPGENIUS LINKS:

- * Sign Up to Usher
- * Flowers
- * Sign Up to Read Scripture
- * Bulletins
- * Sunday Greeters

SCRIPTURE READERS

USHERS

1	Norm Loomer	1	Cherie Burton John Carli
8	Tom Golding	8	Diane Stoiber
15	Dave Braby		OPEN
22	OPEN	15	Dave & Jan Braby
29	OPEN	22	LaVerne Johnson
+			OPEN
PI	GRIM	29	OPEN



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

FLOWERS

BULLETINS

1	Faye Junker	1	OPEN
8	OPEN	8	OPEN
15	Dale & Diane Nauta	15	Dale & Diane Nauta
22	George & Joyce Schowalter	22	George & Joyce Schowalter
29	OPEN	29	OPEN

<u>Musicians</u>: Don't forget to sign up for "Special Music" - thru August 31.

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

TREATS: Thank you to everyone who brought treats to church this past year, and to those who donated monetarily. The treat sign-up will return in September!

To all church family and friends who periodically volunteer and volunteer on a regular basis:

It is with deep appreciation that we "Thank you for your service to Pilgrim."

Pilgrim has begun its 9:00 am Summer Service Schedule.

While this change and the upcoming summer season, which tends to promote a time of rest and relaxation for many and travel for some, **know that we are still here**—still greeting, providing bulletins, flowers, reading scripture, ushering, perhaps taking care of a landscape bed with a friend or family or create a team, and washing windows.

Please sign up to help when you can with the opportunities that inspire you. It is all of us that form our church and all beautiful ways we celebrate our faith.

If you would like guidance, or more information, please reach out to me.

Kind regards,

Cherie Burton

Membership and Volunteer Coordinator

volunteer@pilgrimuccgrafton.org

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

Please contact CJ Plante at

cjp79@me.com

or sign up at church!



JUNE 2025

Sat	Gould Piano Recital 2:30 pm	Brian Bodager Memorial Service 11:30 am	Carli Graduation Party Noon—3 pm	Hello Summer Always think happy thoughts.
Ē	6 St. Ben's Desserts	13 Sheepshead 1:00 pm	20	Sheepshead 1:00 pm
Thu	5 Mary Hockinson Memorial Service 12:30—Visitation 1:30—Service Overeaters Anonymous—6:30	12 Overeaters Anonymous—6:30	Coffee Chat 10 am Overeaters Anonymous-6:30p	Overeaters Anonymous-6:30
Wed	4	11 commence de la com	Dominoes—1:00 pm Council Meeting 7:00 pm	Father's Father's May God bless all fathers, grandfathers, and father figures! Thank you for your strength and love in our world!
Tue	3	Women's Journey Lunch 12:30 pm Lime Kiln Park Grief Support Group 1:30 pm	Calendar Day 6:00 pm	BE FILLED WITH THE HOLY WITH THE SPIRIT WITH THE HOLY WITH
Mon	2 SCOPA 1:00 pm	9 Cribbage—1:00 pm	200 July 100	30
Sun	I Comm Worship Services 9:00 am Martha Whitaker Memorial Service—2:00 pm Koch Piano Recital 4:00 pm	8 PENTECOST Worship Services 9:00 am Milwaukee Pride Parade 11:45 departure	Services 9:00 am Graduate Recognition	22 Worship Services 9:00 am 29 Worship Services 9:00 am Brewer Game Depart after service