

Pilgrim's Progress October 3, 2018 – Vol. 59 No. 8

Dear Pilgrim folks,

This past Sunday a bunch of Pilgrim folks gathered together with Rev. Barb Lemmel to learn about how to practice being a healthy church. We learned so much about how people interact with each other, how stress affects individuals and communities of people, and how we can work to be a positive force in the midst of change and disruption. Here are some key take-aways from the workshop. You'll be hearing more in the weeks ahead.

1. Every system has homeostasis, or its own sense of balance, like a set point or a mobile. No system wants to change. Ever.
2. Even if the people in the system want to change. It is hard to change a system. (Think getting people to wear nametags, or sit in a different pew in worship).
3. Change causes anxiety. This is true for individuals. This is true for churches, too. This is true for positive change and negative change. But without change, we would be dead (both personally and institutionally).
4. When people or churches/systems get anxious, we don't communicate as well. We form triangles where instead of talking with the person we disagree with, we talk about that person with someone else. (watch for a skit on this coming soon).
5. Anxious people can also act in less helpful ways in groups. We blame each other, react (and over react), herd together and over or under function.
6. The Good News: We can learn new ways of being!

Think about the changes that have happened or are happening at Pilgrim (like anticipating a new pastor arriving.) How do you think those changes might be creating anxiety? What are you anxious about at Pilgrim?

We will talk more about this and practice, practice, practice working at being in good relationships with each other and clear eyed about what to expect as change occurs in our life together.

Peace,

Karen





NEWS OF PILGRIMS AND PRAYER REQUESTS

- Marjorie German is entering the dying process. Please hold her family, especially daughter Jennifer and son Michael, in your prayers.
- Warren Johnson had a mild heart attack recently. He is fine and is doing rehab in Winchester. He should be returning to his home in Brightview soon and back at Pilgrim in a few weeks. Drop him a card at **Winchester Nursing and Rehab, 223 Swanton Road, Winchester, MA 01890**. He can also receive visitors. Please pray for his speedy recovery and return home.
- Dex Whittinghill sent along a message of hello to his Pilgrim friends. He has missed seeing everyone and hopes to be back in worship soon.
- The Morrison-Scott Morton family asks for continued prayers for Kevin's mother in hospice.
- Continue to keep our neighbors in Andover, North Andover and Lawrence in your prayers as the days grow shorter and the nights colder.
- At the WISE mental health conference this past weekend, several of us learned what a struggle it can be for those living with mental health challenges and how these individuals are often left out of our prayers and outreach. Include in your prayers this week those living with schizophrenia, bipolar disorder, anxiety, depression and PTSD.

LESSONS FROM THE WISE CONFERENCE

On Saturday Sept. 29, Devin, Karen and Ed Bond attended the WISE conference held at South Church in Andover. The conference provided education on what mental illness and mental health are as well as informational workshops on the frequent co-occurrence of mental health and substance use, the impact of mental illness in minority communities, and what the UCC Ministries on Mental Health is about.

Rev. Sarah Lund, an outspoken witness to mental illness and its impact on families and communities, shared her story of mental illness in her family and how it intersected with her church life as a child. Her recent book *Blessed are the Crazies* would be a great adult study.

We also learned what it means to become a WISE congregation. In a step by step exploration similar to the ONA process, congregations embark on a journey of education, personal sharing and resource gathering to learn how to Welcome, Include, Support and Engage folks living with mental illness themselves or supporting families members who do.

It was a full day stuffed with lots of information. Look for more updates in the future. There is lots to share.

CHILDREN'S CHOIR IS BACK!



Elena (Snow) will rehearse with children following services on October 28, November 11 and November 18 in preparation for the November 25 intergenerational service. All are welcome.



SEEKING A FEW RINGERS

We are looking for 3 - 6 hand bell ringers to rehearse following service on October 14 and at 9:30 am on October 21, ringing an easy hand bell accompaniment to the adult choir anthem on October 21. The hand bell part is accessible to all; the ability to read music is helpful but not necessary.



NEIGHBORS IN NEED OFFERING – SUNDAY, OCTOBER 7

On Sunday, October 7 we will collect the offering for **Neighbors in Need (NIN)**, a special mission offering of the United Church of Christ that supports ministries of justice and compassion throughout the United States. One-third of NIN funds support the [Council for American Indian Ministry \(CAIM\)](#). Two-thirds of this offering is used by the UCC's Justice and Witness Ministries (JWM) to support a variety of justice initiatives, advocacy efforts, and direct service projects through grants. Neighbors in Need grants are awarded to UCC churches and organizations doing justice work in their communities. These grants fund projects whose work ranges from direct service to community organizing and advocacy to address systemic injustice. This year, special consideration will be given to projects focusing on serving our immigrant neighbors and communities.



THE PUMPKINS ARE ON THEIR WAY!

We are so excited that our pumpkins will be arriving this Saturday morning! As you know, it takes a number of hours and volunteers to make the sale a success. If you are able to help staff the patch, please sign up online:

<https://www.signupgenius.com/go/20f084babaa2daaff2-pumpkin1>.

Thank you so much for your help, because this would not be possible without all of you.

CHRISTIAN EDUCATION AND YOUTH MINISTRIES UPDATE

Each new year with you has brought about new blessings and opportunities. This year, we are going to introduce more new changes as our program, children, and youth continue to grow. There will also be new opportunities for adult education. After evaluating the programs over the past two years, I believe it is important to split the classes again. Our one-room school house model is no longer appropriate for our older kids and middle school youth. Moving forward, we will have Children's Church for Kindergarten through 4th grade and Pilgrim Junior Youth Program for 5th through 8th grades. Our Children's Church program will remain the same with children gathering downstairs after the Time for Children.

While not entirely different, the schedule for Pilgrim Junior Youth will include time in worship and fellowship as well. Along with their learning time during worship which follows the Time for Children, our 5th through 8th graders will spend the whole time in worship on communion Sundays and enjoy evening fellowship on the third Sunday of the month from 6:00 PM-7:30 PM. When they gather downstairs after the time for children, they will spend time reflecting on the sermon they heard the previous week, women in the bible, or social justice concerns. As for our Senior Youth Group, it became clear that we may have a revival of the Senior Youth Group. I am working to coordinate these efforts with the older youth and their families. There may be a few lock-ins over the year for both the Junior and Senior Youth Groups together or separately.

If you are interested in volunteering with Children's Church or Youth Programs, please use [sign up genius](#) or coordinate with me directly. It is very important that, with this new structure, we have two to three volunteers a week. If you are interested in pursuing adult confirmation, please sign up with Devin by e-mail him at devin.shmueli@pilgrimcongregational.org.

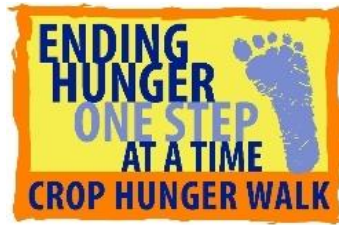
I am looking forward to an incredible new year with you all!

Peace,
Devin

SCHEDULE FOR FALL AND EARLY WINTER

	Younger kids	Junior Youth
Oct. 7	Creation Day 5	In worship
Oct 14	Creation Day 6	Sermon reflection
Oct 21	Creation Day 7/Sabbath	Women of the Bible
Oct 28	Ministry of Jesus (Parable of the Prodigal Son)	Social Justice
Nov. 4	Ministry of Jesus (Parable of the Lost Coin)	In worship
Nov. 11	Ministry of Jesus (Parable of the Soils)	Sermon reflection
Nov. 18	Ministry of Jesus (Parable of the Good Samaritan)	Women of the Bible
Nov. 25	Intergenerational Thanksgiving	Intergenerational Thanksgiving
Dec. 2	Life of Jesus (Birth of Jesus)	In worship
Dec. 9	Life of Jesus (Jesus at Age 12)	Sermon reflection
Dec. 16	Life of Jesus (Jesus is the Light)	Women of the Bible
Dec. 23	Life of Jesus (Jesus' Baptism)	Social Justice
Dec. 30	Intergenerational Hymn Sing	Intergenerational Worship





CROP WALK 2018

Our team is helping to end hunger one step at a time by participating in this year's CROP Hunger Walk in Concord, MA on Sunday, October 21, 2018; registration starts at 1:30 pm, and the walk starts at 2:15 pm. Please support us by making a donation ... and you might even join us on the Walk! Obtain “walking papers” online by registering at <https://www.crophungerwalk.org/concordma/PilgrimLex> if you wish to walk and recruit donors. Otherwise, you may donate (details below).

Details for walking:

Date: Sunday, October 21, 2018

Location: First Parish in Concord, 20 Lexington Road in Concord Center, Concord, MA

Registration begins at 1:30 p.m. with music by the Concord Carlisle High School Pep Band

Walk begins at 2:15 p.m. The walk route is a loop of about a mile, taking about 30-40 minutes to walk.

Details for donating:

(a) Online – go to: <https://www.crophungerwalk.org/concordma/PilgrimLex>

or,

(b) By check – make checks payable to CWS/CROP and give them to the walker, or mail them to Don or Claire Moir at 35 South St., Concord, MA 01742.

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GALA DINNER FUNDRAISER FOR THE LEXINGTON REFUGEE ASSISTANCE PROGRAM (LEXRAP)

Sunday October 14 from 5:00 to 7:00pm - Temple Isaiah

The refugee families involved with LexRAP, along with LexRAP volunteers and led by Bruce Lynn, who is the chef for Lex Eat Together, will be cooking and serving delicious authentic Middle Eastern dishes. This Dinner Fundraiser is open to the public. We hope that folks from Lexington, Concord, Bedford, Arlington, Carlisle, Waltham, and other places will come and meet their refugee neighbors – some of whom have recently become U.S citizens! We are celebrating our diversity as a community. This dinner was the families' idea to celebrate and say thank you to the communities that have embraced them.

To purchase tickets to the Dinner Fundraiser, Visit www.lexrap.org

Adults = \$25, children under 12 = \$10, children under 6: free, Family maximum = \$75

Lexington Refugee Assistance Program (LexRAP) is a 100% volunteer community based organization of people from Lexington and surrounding towns dedicated to making our communities welcoming places for refugees.

LexRAP is a 501c-3 non-profit with a mission to support and assist refugees and asylum seekers. This assistance includes a support network for education (especially English), housing, food, clothing, transportation, health care, summer camp, employment, legal aid, and socialization. Currently, LexRAP is involved with 44 people.



Lexington Refugee Assistance Program

Dinner & FUNDRAISER

*Please join us as we celebrate our LexRAP
refugee families and enjoy authentic
middle eastern food prepared by them.*

TEMPLE ISAIAH OF LEXINGTON

55 LINCOLN STREET

LEXINGTON, MA 02421

5:00 TO 7:00 PM

SUNDAY, OCTOBER 14, 2018

Adult: \$25.00

Child under 12: \$10.00

Kids under 6: FREE

Families of 4 or more: \$75

TICKETS AVAILABLE AT WWW.LEXRAP.ORG

SIGN UP TO VOLUNTEER AT PILGRIM!

To sign up to be a liturgist, greeter, coffee hour host or to volunteer with Pilgrim's Children's Church, please click [HERE](#).
Thank you!

Click [HERE](#) to access the Pilgrim Church Calendar.



RECENT SERMONS

Please feel free to watch or read recent sermons on our website. [HERE](#) is the link to the most recent sermon.



UCC STILLSPEAKING DAILY DEVOTIONAL

The First Gender Assignment Surgery

By: Matthew Laney
September 30, 2018

The Hebrew word *adam* (ha'adam) is not a gendered name. Adam means "human" or more precisely, "earthling."

Continue reading [HERE](#)