

Pilgrim's Progress

September 8, 2021 - Vol. 62 No. 8

How Are You?

How are you doing? We're going into our second CoVid-impacted autumn season and we're wondering how folks are doing. You may be wondering about a friend you haven't seen on Zoom lately, or a family at the church you've lost track of. We want this to be a season of reconnecting, processing the pandemic's impacts on us, and welcoming folks. So - be in touch - with each other and with Pastor Reebee and church leaders so that we know how you are!

=====

Pilgrim Church Plans for: Fall 2021 Worship, Sunday School, Social Time, and Small Groups

We are excited to begin a new program year at Pilgrim Church. Our opening fall theme is Welcome - and we want to make sure that truly everyone is welcome and able to participate in worship in ways that are safe and inspiring.

The Delta Variant of CoVid19 has provided a new challenge for our fall plans. We continue to encourage vaccination for everyone eligible. Those who are unvaccinated - most of our kids, and folks who are immunocompromised - continue to be at risk of illness; vaccinated folks are not as safe as we once thought. Our highest responsibility is the safety of our community and our neighbors. The town of Lexington has very wisely implemented an indoor mask mandate at least through November 5, and we will follow that mandate.

It's also really important for us to acknowledge that we've been through a lot as a congregation and a society over the last year and a half. As we begin this new program year, we're going to practice being gentle with ourselves and one another. We're processing grief, anxiety, and disruption. And, we've come to understand that CoVid19 will be with us for a while longer. We will need to continue to adapt, in order to protect the most vulnerable among us - and in order to nurture our whole community. With that in mind, here are our current plans for Fall 2021. We know that these plans may change to address safety, so we urge you to watch your emails for updates. If you don't have email and need to know what's going on, call the church office.

Sunday Worship

Worship will be in a hybrid format. Starting September 12, you are welcome to come to the Sanctuary or Zoom in at 10:30 Eastern. Worship will be brief – 45-50 minutes most weeks.

Those attending in person must be masked at all times while in the building. This includes all worship leaders. Children attending Sunday School will join us in the sanctuary briefly before their classes. Households should maintain physical distance in the sanctuary – we will have some pews marked off to facilitate this. A small number of vaccinated singers may sing from the chancel, carefully masked, and congregants may hum along to the hymns. Our current plan is to have the choir sing in worship once in September, toward the end of the worship service. Other weeks we will have soloists and/or a rhythm project for the congregation to engage in. We are developing some ideas for adapting worship with an eye on safety - and that may mean we do things in new and different ways, so get ready for innovation. Finally, we will have large HEPA filters running and windows open for as long as the weather is reasonable.

Congregants attending on Zoom: you are equally part of our congregation! You will be invited to contribute to the prayers, participate in worship leadership, and engage during the Peace and other moments in worship. Our Zoom hosts, Pastor Reebee, and others will make sure we're chatting with you before and after worship. We are adding in "live transcription" to the Zoom experience. We need to hear from you if you're experiencing barriers to participating in worship.

Hybrid worship is a new way of being together. We've had some good experiences over the summer but we are still learning so we appreciate your grace. For Zoom worshippers we especially hope you will tell us how to help you with your worship experience.

Sunday School & Nursery Care

Our Sunday School classes (Preschool, Elementary, and Youth) will meet outdoors for as many weeks as possible this fall beginning on **September 19**. We will set up canopies if it's raining – and in fact, if you have a canopy tent to loan, we could use at least one more. In the event of storms, we have a backup plan for well ventilated indoor space. Nursery care will be offered in Pilgrim Hall which is well-ventilated. There will not be a Zoom Sunday School program at the beginning of the fall. If you are interested in volunteering, please feel free to email Sarah Fuller at sarah.fuller@pilgrimcongregational.org.

Sunday Social Time

On pleasant days we will set up a lemonade table outside after worship. Grab a chair – or ask a strong-shouldered friend to grab one for you. On rainy or cold days we will forego social time. We recommend against lingering in the Sanctuary.

Other Social Time

We will be scheduling two kinds of social gatherings in the early fall: Zoom socials for everyone, and a few in-person outdoor social gatherings including a hymn sing.

Small Groups

Our Choir will gather for brief rehearsals in Pilgrim Hall and Zoom on Thursday evenings.

Our Bible Study will begin **September 21** on Tuesday mornings at 10:30 am gathering on Zoom.

Our Youth Group will gather for in-person, outdoor sessions.

**Thank you to Church Council for their help in developing these plans.
Feel free to contact Pastor Reebee or a Council member with any questions.**

=====

Staying in Touch

We send a daily prayer each weekday, and a weekly newsletter - both by email. If you are not on our email list but would like to be, contact the office at 781-862-0357 or admin@pilgrimcongregational.org. If you do not have email access but want to receive our weekly newsletter, call the church office and we'll set you up.



Pumpkins

Yes, the Patch is ON! Come help unload the morning of October 9.

Pandemic Collage

Because it's hard to put into words all of the impacts of the pandemic, we're going to collect items that symbolize this time and create a community art project. There will be a box at church, and you can mail items in to the church office as well, or email pictures to Pastor Reebee. Perhaps your picture is of your pandemic sourdough - or perhaps you have a worn through mask, a "mask angel," or a postcard you received. Or perhaps your item might be more tender - a remembrance of someone lost. We will prayerfully and carefully bring these items together in September and include them in our worship space later in the fall. Start bringing your items September 12!

A Note From Max

Welcome back to another Pilgrim Choir season. I am starting my fourth year as director, and sixth year singing at Pilgrim. Elena is starting her seventh year at Pilgrim as well! When we moved to Boston eight years ago little did we know how interwoven our lives would become with this beautiful little church in Lexington.

The start of this season is going to be a step towards a return to normalcy, with a few changes. Choir rehearsal will now be on Thursday evening from 7:30 - 8:20, and we will be masking at a 3ft distance. We will be meeting in-person (yay!) in Pilgrim Hall with a Zoom element for those who prefer to rehearse online. When we rehearse in Pilgrim Hall, we will have the double doors open and HEPA filters running to increase ventilation. Our goal is to return our in-person rehearsals as safely as possible. Singing masks will also be purchased for those who are rehearsing on Thursdays.

Our first rehearsal will be Thursday, September 9th at 7:30. Our group may be small, but that never stopped us from making music together. Please reach out and let me know if you are interested in joining Pilgrim Choir this year. If you have been singing with us for years, I am so glad to have you back.

I am looking forward to what we can do this season, together!
Yours Truly,
Max Evrard

Hymn Sing
September 19 at 1pm - Outside Pilgrim Hall

We're praying for reasonable weather. Bring your chair and gather outside near the outer doors of Pilgrim Hall for a hymn sing!

**Community Building Night
September 27 at 7pm on Zoom**

No matter how you connect to our community, and wherever you are physically located, join us for a social evening as we get to know each other better.

<https://us02web.zoom.us/j/85306197936?pwd=SWc4V3NydTlERmUvNEZyWTZvSHdNdz09>

=====

September is Suicide Prevention Awareness Month

Our friends at the National Alliance on Mental Illness Central Middlesex Chapter invite all of us to learn more about how to prevent suicide. September is Suicide Prevention Awareness Month — a time to raise awareness on this stigmatized, and often taboo, topic. In addition to shifting public perception, we use this month to spread hope and vital information to people affected by suicide. Our goal is ensuring that individuals, friends and families have access to the resources they need to discuss suicide prevention and to seek help. If you or someone you know is in an emergency, call The National Suicide Prevention Lifeline at 800-273-TALK (8255) or call 911 immediately. And learn more at <https://www.nami.org/Get-Involved/Awareness-Events/Suicide-Prevention-Awareness-Month>.

=====

**FISH Seeks Volunteers to Help
with Driving and Phones**

FISH (Friendly Independent Sympathetic Help) is looking for volunteers interested in driving or taking phone calls. FISH is a Lexington volunteer organization founded in 1974 that provides free rides for Lexington residents to medical and medical-related appointments in Lexington and in the vicinity of Boston.

Although there is no minimum age requirement, the great majority are senior citizens who are either no longer or temporarily not driving.

FISH suspended its services in March 2020 due to the COVID pandemic, but is planning to resume them on Monday, October 4, 2021, barring any unforeseen circumstances.

Drivers typically volunteer for one day a month and can choose to provide rides to round-trip destinations either in Lexington and in the vicinity of Boston.

Phoners also typically volunteer 1 day/month to match drivers and clients for that day.

If you would like to become a FISH driver or phoner or would like further information, please contact FISH Membership Chair Pat Perry at 781-861-1390 or lprperry@verizon.net. For more information about FISH, visit fishlexington.org.

Dismantling Racism in Lexington
Be the Agent of the Change We Need to
Dismantle Racism in Our Town!!!

About this event - In person and remote sections available! Please join this free 7-session conversation and reflection series starting October 2021!

This program is a community effort to develop a course specifically for greater Lexington, Massachusetts, with an intent to inspire leaders to an ongoing process of transformation through facilitated conversation and individual reflection. Pastor Reebee highly recommends this program, which she participated in last program year. Get to know your neighbors (in-person or remote) and work on Dismantling Racism in Lexington. Pastor Reebee is pretty sure that if you are a member of a Lexington congregation you don't have to live in Lexington to attend.

[Here](#) is the link for more information.

=====

Church World Services' CROP Walk Team

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 17, 2021. Last year Pilgrims walked together beginning at Pilgrim Church and walking to the center of town. We would like to do this again this year on **Sunday, October 10** and walk as a group.

We will gather this fall for the Concord CROP Walk:

- Walkers should join the team on-line at:
<https://events.crophungerwalk.org/2021/team/pilgrimlex>
- Walkers may raise money on-line by credit card payments
- Walkers can also receive checks, payable to CWS/CROP, with "Concord, MA" on the memo line

Please support us by making a donation ... and you might even walk and raise donations! Obtain "walking papers" online by registering at <https://events.crophungerwalk.org/2021/team/pilgrimlex> if you wish to walk and recruit donors. Otherwise, you may simply donate (details below).

Details for donating:

- (a) Online - go to: <https://events.crophungerwalk.org/2021/team/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.

Church World Service is a 501(c)(3) tax exempt charitable organization. Donations to Church World Service, including donations to CROP Hunger Walks, are fully deductible to the extent permitted by law. The CWS federal identification number is 13-4080201.

Let's Get Walking!

A note on behalf of Elizabeth Chen, Secretary, Executive Office of Elder Affairs:

In preparation for **falls prevention awareness week (September 20 – 24)**, we hope you will dust off those sneakers, charge up your step counters, Fit Bits, and Apple Watches, and get ready to raise awareness on ways we can all prevent falls!

The Executive Office of Elder Affairs hopes you will join us in reaching 25 million steps to prevent falls.

Last year the aging network in Massachusetts hit a total of 23,165,983 steps! So, we decided to step up our statewide goal for 2021.

If you would like to participate, simply take a walk (or a run!) anytime throughout the month of September. You can use your own step counter or count each mile as 2,500 steps. We encourage you to bring along your family and pets and of course, **wear yellow!**

We have created a tool/form to be able to record and track your steps:

<https://app.keysurvey.com/f/41582280/1625/>. We encourage you to share the link with your staff and other community partners.

Please also share your results, promotion, and photos on social media using #MASteps2PreventFalls.

Lastly, we wanted to share some resources that you may find helpful related to falls prevention:

Fall Prevention Awareness Week Toolkit: <https://www.ncoa.org/article/falls-prevention-awareness-week-toolkit>

National Council on Aging and the Administration for Community Living Webinar Series - Engaging EMS & Fire Departments for Falls Prevention:

<https://www.ncoa.org/article/fire-and-falls-webinar-series-engaging-firefighters-and-ems-for-falls-prevention>

Thank you for your continued partnership and work to live in a world with fewer falls.

Pastor Reebee would love to walk with you - let's set time to get our steps in together!

**SEPT 10
THRU OCT 3**



**Reflection
Reawakening
Resilience**

**A Celebratory
Collaborative Juried
Exhibition to open LexArt's
new Molly Harding Nye Gallery**



Support and honor artists and community arts organizations from throughout the Boston area.

See LexArt's newly renovated gallery and gallery shop.

**Celebrate and share our collective spirit
in the face of challenging times.**

Opening Reception: Sunday, September 12, 3:00 - 5:00 pm

Gallery Hours: Tues-Fri 11-5, Sat/Sun 10-5

Visiting Info: LexArt, 130 Waltham St., Lexington, MA 02421

#ReflectionReawakeningResilience #lexartmass

LexArt Exhibiting Artists

Tala Abunuwar
Peter Bain
Seana Bettencourt
Shubhra Chandra
Son-Mey Chiu
Jin Chyung

Jeannette Corbett
Deena Dubin
Sarah Gerould
Carol Anne Grotrian
Stephan Goldstein

Kristina Goransson
Harvey Greenberg
Jerilyn Heinold
Priti Lathia
Terri McEleney

Nicole Mordecai
Joann Prescott-Roy
Carolyn Reckman
Steven Reznek
Tara Santoro

Laurie Savage
Susan St Maurice
Suresh Sundaram
Rose Walsh-Cooke
Tom Whelan



Forever Pilgrim Fund & Society Update

Your Pilgrim Forever Fund and Society are off to a great start. We currently have seven people who have either made provisions in their wills, or made a donation directly to the fund, or done both. I have also heard from others who are planning to participate in the near future.

The Forever Pilgrim Fund is designed to appropriate funds from growth and dividends that will be distributed on an annual basis where needed by our church. This fund is set up in such a manner that it will never run out of money. How comforting to have a program in place that we can all be a part of for the love of God, the love of family, and the love of Pilgrim Church.

If you would like more information or have questions regarding donating directly to the fund (minimum \$1,000.00) or through your will (no minimum), please contact Bob Beckwith at rebeckwith@verizon.net.

Sign Up to Volunteer at Pilgrim!

To sign up to be a liturgist, Zoom host, volunteer with Pilgrim's Sunday School or to donate altar flowers, please click [HERE](#).

Thank you!

Recent Sermons

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

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



Pilgrim Birthdays



<u>Date</u>	<u>Name</u>
3	Sydney Stevens Bob Beckwith
6	Bob Mason
10	Nick Zorn
11	Fiona McClave
12	Elena Zorn
13	Nancy Cherry-Brown
16	Gracia Dayton
20	Marie Beckwith
22	Sarah Fuller
24	Bill Moseley
26	Bob Litchfield Tony Porter
30	Bob Lund

<u>Date</u>	<u>Name</u>
2	Olivia Burger
3	Lisa Boehm T.J. Porter
4	Dave McClave Deborah Burger
5	Mike Stevens
6	Josee Kolsti Sarah Murphy
9	Taylor Breiby
13	Marge Saradjian
14	Julia Clark Chris Reaske
16	Mairi Morrison Don Moir
17	Mary Mackie
19	Madeleine Clark
20	Hugh Kurth
21	Lydia Van Evera
25	Amy Porter

If your name is missing from this list,
or there is an error, please call or email
the office: 781-862-0357 -or
admin@pilgrimcongregational.org