



FROM OUR PASTOR

Come May 1st I've been living in Lexington and serving at Pilgrim Church for one year. Naturally, I had to experience my first Patriot's Day in all its glory a few weeks ago and get better acquainted with the traditions of the town. And I certainly wasn't disappointed.

A friend of mine from my hometown in Ohio came with me—she happens to be studying at Emerson College and wants to do all things New England to get to know the Boston area better. And what's more New England than the re-enactment of the Battle of Lexington?

We got up at 4:15 and headed over to the Green. Even though I knew a bit about the battle, and I certainly knew how it ended, I was surprised by the emotions of the day. As you heard the military drums in the distance get louder and louder, and the troops getting closer and closer, the feeling in the crowd was tense. There wasn't a whole lot of laughing and talking, there was a respectful silence once the battle was explained and the events began unfolding. My friend turned to me and with a shaky laugh said, "I'm getting a little nervous!" I had to admit that I was too.

It really is something to imagine the events of the day, to experience this re-enactment painstakingly researched with people taking on roles of real life people who were there on April 19, 1775. It says something about the community of Lexington, the history and heritage here, that crowds of people get up before the sun even rises to see a pivotal event in American history. It was fantastic!

But I forgot to tell you one thing. Once the Regulars advanced and the Patriots fled, once the gun smoke cleared in the air, and you saw the eight Patriots dead on the grass and a few others injured on the ground, the Regulars gathered back into formation and began to march. There was silence as the crowds watched them go. But a single child's voice rang out in the silence, a child who was so there and so in the moment that he probably couldn't help himself. And at the top of his lungs he yelled, "Go home!"

For me, that moment was so pure and he was obviously so taken by the re-enactment that he had to yell out how he really felt. It's often the unplanned instances in life that can be the best, the most memorable. I'll remember this first Patriot's Day I experienced in Lexington, both for the planned, orchestrated battle shown to thousands of onlookers by dedicated people who play these historical parts with such clear devotion and heart, but also for the spontaneous reaction of a child who saw history come to life. And he just had to tell the Redcoats and everyone else who was watching with him how he really felt about it!

It's this same spirit that we sometimes see within our families, with our friends, in our work, in our travels, and I hope in our church community at Pilgrim—delight, spontaneity, being in the moment, being ourselves. And I thank God for moments like that.

See you in church.

Lauren



CONFIRMATION

After a successful closing retreat at Grotonwood, we are now ready for **Confirmation Sunday on May 6th**! The worship service will be a family service and was planned by our Confirmation students while on the retreat. The confirmands will explain a little bit about their faith journeys and some of the main lessons they learned this year. We hope to see you all there, especially families who will have students in the program in the years to come. Congratulations on a great year, **Chloe, Holly, David, and Emily!**



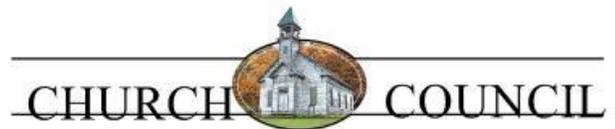
Interested in Joining The Pilgrim Family?

Rev. Lauren Lorincz and the Membership Committee are inviting all those who are interested in joining Pilgrim Congregational Church to express their wishes to Lauren or Carolyn Beckwith. The membership process consists of meetings plus the joining ceremony held during a Sunday service. The dates are:

- Sunday, May 6th**
after the church service on the third floor
- Sunday, May 13th**
the joining ceremony during the service

Come and explore what it means to be a listed member of our church. Childcare will be provided.

Carolyn Beckwith
cnbeckwith@verizon.net



**PRESENTING PILGRIM CHURCH'S
2012-2013
CHURCH COUNCIL AND OFFICERS:**

Moderator	Suzanne Abair
Clerk	Jeff Boehm
Asst. Moderator	Lesley Morrison
Treasurer	David McClave
Care	Beth Kurth and Chris Reaske
Ed. Ministries	Jeff Boehm Lesley Morrison Peter Saradjian
Fellowship	Susan Carabbio Joe Carabbio
F&A	Susan Carabbio Duncan Todd
Membership	Mary Mackie
Mission	Suzanne Abair Steve Van Evera
PNS	Beth Kurth Mary Mackie
Stewardship	David Nuss
Worship/Music	Ed Bond





THE GREENING OF PILGRIM: A BRIEF HISTORY

Pilgrim has done a lot in the past twenty years to reduce its "carbon footprint" (the amount of carbon dioxide it releases by consuming electricity and natural gas.) Sometimes we did this in a conscientious way and at other times the shrinking of our carbon footprint was the by-product of solving a different problem. But before I launch into all the wonderful things we have done, let me begin by describing the church building at its dedication in 1961.

When the church was built, the building code was much more focused on making sure the building did not fall down than in how much energy it consumed.

Consequently, the church was built with:

- Foundation and exterior walls of 12" thick poured concrete and 12" thick concrete blocks respectively, neither of which were insulated
- A basement floor of 4" thick poured concrete, also with no insulation
- Beautiful, real divided-light windows, with single-pane glazing
- A sanctuary ceiling with 2" of fiberglass insulation
- Lighting fixtures all fitted with incandescent bulbs
- And a heating system that consisted of a single, large oil-fired furnace with no zones, moving air through uninsulated sheet metal ducts which were buried under the basement floor and in the exterior walls.

That's the way things stayed for 30+ years. Life was good, as long as you didn't count the large volume of greenhouse gases that the building emitted as a result of this construction. But nothing fell apart!

The first major change happened in 1992 when the single, oil-fired furnace was replaced by six, gas-fired furnaces. Because we now had multiple furnaces, we could also have multiple zones. We installed four zones. This allows Fellowship Hall to be a one temperature while the sanctuary is at another temperature and the offices at yet a third temperature. As an added bonus, natural gas furnaces emit a smaller volume of greenhouse gases than oil-fired furnaces and, as a rule, require less maintenance. But the warm air was still being pushed through uninsulated ducts buried in and under uninsulated concrete.

Beginning in 2005 (and continuing through the present), most of the incandescent light bulbs were replaced with compact florescent lights (CFLs) or light-emitting diodes (LEDs). The reason this change-over has taken so long is that there is good deal of trial and error involved in figuring out what CFLs make good replacements for the existing incandescent bulbs. Not all CFLs are created equal!

2006 was an insulating year: The sanctuary ceiling was insulated with 12" of fiberglass batts; the attic over the back stairs and the music director's office was insulated with 8" of fiberglass; and the hatchway entrance to the sanctuary ceiling was covered with a Styrofoam shell.

2007 saw the single-paned operable windows in Fellowship Hall replaced with double-paned models (as part of the renovation of Fellowship Hall). Also as part of the renovation, the lighting in Fellowship Hall was replaced with T-12 florescent fixtures and bulbs and various types of CFLs. And finally in 2007 we cleaned some of heating ducts (for the first time since 1961).

In 2008, with the financial assistance of NStar, the T-12 lighting fixtures and bulbs in Fellowship Hall were replaced with T-8 models, which are 20% more efficient than the T-12 models.

The big news in 2009 was the replacement of our beloved, but single-paned and ill-fitting, sanctuary windows with double-paned and tight-fitting new windows. (As an added bonus, the new windows are much easier to open and close than the original windows, meaning that we can enjoy fresh air with less effort.) We also installed custom-made interior insulating panels over the large fixed windows at the rear of Fellowship Hall (one of the more invisible, visible improvements we've made).

On the horizon: Plans and specifications have been prepared for the replacement of our 20-year old forced warm air heating system with high efficiency boilers and flat panel radiators. This switch would not only reduce our natural gas consumption because the new boilers would be more efficient than the existing furnaces, but also because we would abandon the use of the uninsulated sheet metal ductwork in favor of highly insulated piping to distribute the heat. We also have (informal) plans to replace the fifteen remaining single-paned windows, starting with the windows in the pastor's office and the window above the pastor's office.

On the wish list: As improvements are made to CFLs or LEDs, it would be nice to replace the forty-eight incandescent bulbs in the sanctuary chandeliers with CFLs or LEDs that look and act like the incandescent bulbs. (Currently there isn't a CFL or LED that has the flame tip look, is dimmable, and produces as much light as the 40-watt incandescent bulbs.) It would also be nice to install photovoltaic (PV) panels on the roof. Several firms have looked into this, but the conclusion is always the same: Our main roof is poorly oriented for PV installation (the sides of the roof face due east and due west) and the Sunroom roof, which is optimally oriented (due south), is too small for a cost-effective PV installation. Also in the "not yet cost effective" category is nano-insulation for the interior walls. Nano-insulation has approximately three times the insulating value of fiberglass, and so is used where intrusion into interior spaces needs to be minimized. However, at a cost of approximately \$4.00 per square foot, some sort of subsidy would be required to make it a worthwhile endeavor.

In addition to building improvements, we also embarked on several non-building ways to reduce our carbon footprint and the footprint of others. We joined Massachusetts Interfaith Power and Light (MIPL) in 2007. This is a faith-based organization that provides technical assessments and advice to member religious institutions and their parishioners. They also sponsor lectures and discussions about ways to make life "greener." More information can be found on their website: www.mipandl.org (Interesting side notes: Vince Maravento, Pilgrim's seminarian in 2002-2003, is now the Executive Director of MIPL, and Fran Ludwig, long-time Lexington high school teacher and environmental advocate, is a member of the Executive Committee.)

In 2011 we purchased Renewable Energy Certificates (RECs, pronounced "wrecks") to offset all of our electricity consumption. We also purchased Carbon Offsets equivalent to all our natural gas consumption. RECs support the generation of electricity from renewable sources – such as wind, hydro and PV. RECs are what you purchase when you participate in the NStar Green program. Carbon Offsets support projects that reduce the emission of greenhouse gases – such as livestock biogas, landfill gas, and sustainable forestry. Carbon Offsets are what you are buying when you participate in the TerraPass program offered by Expedia and other travel agencies. In our case, the RECs we purchased support a wind farm in North Dakota and the Carbon Offsets support a methane gas recapture project at an abandoned coal mine in Illinois.

For those of you still trying to get your head around RECs and Carbon Offsets, the best analogy I can offer is the purchase of Fair Trade products. When you buy a Fair Trade chocolate bar, for instance, you are paying a premium above what you would pay for a similarly sized chocolate bar in a local grocery store. That premium goes to support the small cocoa farmers and processors that otherwise would have a tough time competing with large multi-national food companies. RECs and Carbon Offsets are the "premium" paid for supporting electricity generation / greenhouse gas reduction projects that otherwise would have a tough time competing with conventional sources. The difference between buying a Fair Trade chocolate bar and buying RECs/Carbon Offsets is that with a Fair Trade chocolate bar you are buying the product (the actual chocolate bar) and the premium at the same time, whereas with RECs you are buying the product (the actual electricity) separately from the premium.

And if you are thinking that RECs and Carbon Offsets are only purchased by suburban Boston religious organizations, think again. Both RECs and Carbon Offsets are purchased by businesses – such as Apple, Sprint, Starbucks and Whole Foods, governments – such as the City of Palo Alto, the City of Philadelphia and the City of San Diego, and by educational institutions – such as the Boston Architectural College, Northwestern University and the University of Wisconsin. RECs and Carbon Offsets can be purchased by individual Pilgrims if there is sufficient demand. (We buy at the wholesale level, which means we get a good price but we need to buy a large quantity.) As points of comparison: An individual buying RECs through Pilgrim would pay about 1/14th (yes, 7%) the cost of buying through NStar Green, whereas buying Carbon Offsets would cost about ½ the cost buying through TerraPass. Please contact me if you are interested purchasing either.

Overall, Pilgrim has done a great deal over the past twenty years to reduce our greenhouse gas emissions, but now is not the time to rest on our laurels. More opportunities lie ahead.

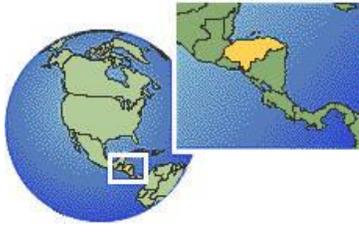
I will leave you with two questions: **If not us, who? If not now, when?**

David McClave

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HONDURAS HAPPENINGS

Our first introduction to Honduras was through missionaries Ava and Tom Clough in February 2001. Tom and I were joined by fellow Pilgrims including Mike Cassettari, Harry Hutson, Tony Lania, Alex Moir, Colleen Romano, and Chris Worcester. We flew into Northern Honduras and our focus was in the village of Rio Chiquito, assisting with medical and building projects.

After Pilgrim's initial connection to Honduras, other members continued the relationship. The next group to travel with the Cloughs included Kyle Blanchard, Danielle & Sharon Cassettari, Gary, Judy & Kelly Siegel, David & Samantha Smith. Later, Deb Adams joined the adventure and became involved with Heifer International's program in Honduras.

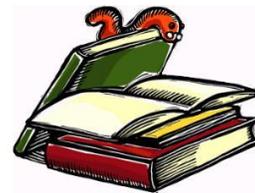
The Cloughs returned to the Boston area, so we decided to join an established mission trip with St. Brigids and Sacred Heart to the village of Flores. This was a wonderful ecumenical experience and gave us the opportunity to find our "home away from home." Over the years, Martha Kimball, Ricky & Bobby Lania, Don & Claire Moir, Lori, Tony & T.J. Porter have all shared the "Honduran Experience."

Pilgrim Church was one of several churches who supported the Clough's mission work. This past winter, I was introduced to fellow Concordian, Jason Musselman (CCHS 2004). Jason belonged to another Congregational Church who supported the Cloughs and had visited Rio Chiquito within a week of Pilgrim's trip! Jason expressed his desire to return to Honduras and this summer he and his

girlfriend, Becca Laders, will be doing a two month volunteer project in the village of Flores. To learn more about their project, please visit:

<http://ourjourneyforhope.tumblr.com>.

On Sunday, May 13th we will be welcoming Jason to Pilgrim to hear more about his upcoming trip. He will be sharing his "Canvas for A Cause" which is a 4' x 6' canvas, divided into small squares, where people will have an opportunity to write a message of hope for the people of Flores, Honduras. Once again, I am in awe of God's "ripple effect".



Pilgrim Book Sale

Just a reminder that there is still plenty of time to find some great bargains at Pilgrim! On Saturday May 5th we will be welcoming the community in for the book sale. On Sunday May 6th we will be offering books for sale to the congregation during Coffee Hour. We have books, DVDs and CDs.

The proceeds of this year's sale will be dedicated to creating improvements in the Labor and Delivery/ Gynecology room of the Hospital Santa Teresa in Comayagua, Honduras the nearest hospital to Flores. In just that department (which is essentially one room) of the hospital there are falling ceiling tiles, exposed wires, blood stained floors, crowded conditions with no privacy, and virtually no medical equipment. For example what passes for an incubator is a tiny bed with a desk lamp over it to provide heat. With your help, a big difference can be created in this one room of one hospital! If you have any questions, please contact Sandy Gardiner at: sandra.gardiner@verizon.net.

REMINDER: The deadline for the June issue of Pilgrim's Progress is **May 25th**.



*A Note From
Chris Emery!*

Dear Friends,

Just wanted to thank y'all for my wonderful send-off! The luncheon with the bible study and caregiver groups was lovely, not to mention delicious! I love my autographed picture of the church. I had great fun reading all your messages! My gifts you gave me during the service made it rather easy to be up at the front of the sanctuary! My flowers were beautiful, and I love my plaque! The grommet and communion glasses were a great touch!! Thank you for making my time at Pilgrim so special! You will all always be in my prayers!

Love and blessings,

Chris



TEAM MAGGIE!!

Please join us for the 10th Annual **GREAT STRIDES LEXINGTON** walk to benefit Cystic Fibrosis; Saturday, May 19th, 9:00-9:45 registration, walk starts at 10:00.

Donations accepted on walk day, online at www.teammaggie.org, or send a check to: Team Maggie, c/o Cystic Fibrosis Foundation, 21 Redcoat Lane, Lexington, Mass. 02420. If you need more information call Alyson and Ossie Babson at (781) 860-0174.



Join us on **Sunday, May 6, 2012** for The Walk for Hunger!

The Walk for Hunger is an annual tradition and a rite of spring in Massachusetts! Join a community of over 40,000 caring friends and neighbors, and raise money for those struggling to make ends meet. The money raised through The Walk for Hunger will help Project Bread fund hunger relief and prevention through 450 emergency programs, schools, community health centers, farmers' markets, community suppers, home care organizations, and other programs that protect the individual and strengthen our community's food security. For more info, please visit their website at: www.projectbread.org, or there is information regarding Project Bread and the Walk for Hunger on the environmental table in the narthex. Thank you.



Please note: **Chris Emery's** new address is as follows:

88 Vista Bella Way
Newnan, GA 30265

We wish Chris much happiness and joy in her new home!



MAY IS MISSIONS MONTH!

May is the month that Christian churches worldwide celebrate and honor missionaries, individuals whose ministry is devoted to spreading the Word of God to those who have not yet heard it. Did you know that the UCC has a local missionary working right here in Middleton, MA? Rev. Marie Lucca has started an unconventional "coffee house" church called "A Different Christian Voice" that is designed especially for people who have never been part of a faith community and who cannot connect in a traditional church setting. This is an especially important ministry here in Massachusetts considering that less than 10% of residents are affiliated with a house of worship and 80% of our young people (under the age of 30) have NEVER been inside a church! A Different Christian Voice is actively seeking volunteers and donations to help support this new outreach effort. To learn more and to make a donation, visit www.adifferentchristianvoice.org or call Rev. Lucca at 978-973-2466.

BENEFIT CONCERT FEATURING PAUL STOOKEY (of the Peter, Paul & Mary trio)

Saturday, May 19, 2012, 7:00 pm As part of their 300th Anniversary Celebration, South Church in Andover will be sponsoring "One Light, Many Candles," a multi-faith program of music and readings to reflect the diversity and integrity of individual faith while seeking a global spiritual community. The program will feature singer/songwriter Noel Paul Stookey (of the Peter Paul & Mary trio) together with his wife Rev. Betty Stookey, an ordained UCC minister. The event will benefit A Different Christian Voice (the new UCC church in Middleton, MA) and also the Radio Ministry of the Lawrence Hispanic Community Church. Free admission; donations encouraged.