



**Pilgrim Evangelical
Lutheran Church**
820 Belknap Street
Superior, WI 54880
(715) 392-4731

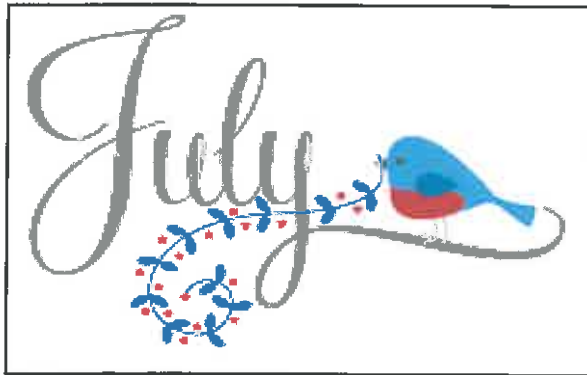
Non-profit Organization
U.S. POSTAGE PAID
Superior, WI 54880
Permit No. 1194

Sunday Worship Service: 9:30 a.m.
Website: www.plcsuperior.org
Facebook: [PilgrimSuperior](https://www.facebook.com/PilgrimSuperior)

RETURN SERVICE REQUESTED

If you change your address or phone number, or have a temporary address,

PLEASE CALL US AT 715-392-4731



THIS MONTH AT PILGRIM

Worship Schedule in July

- July 2 – Worship at 9:30 a.m. *(Contemporary/Celtic)*
- July 9 – Worship at 9:30 a.m. *(Traditional with organ)*
- July 16 – Worship at 9:30 a.m. *(Lake Superior Sunday)*
- July 23 – Worship at 9:30 a.m. *(Jenny presiding)*
- July 30 – Worship at 9:30 a.m. *(Traditional)*

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Monthly Pilgrim Progress

To make things easy we are going to have the Progress deadline be the 15th of each month. If there is a problem contact Judy and talk to her.

Church Office Hours

Monday—Thursday: 9:00 am—1:00 pm
 Church Phone: 715-392-4731
 Pastor Joel cell: 218-428-7300

E-mail and Website Addresses

officemgr@plcsuperior.org (Judy)
 JoelHuenemann@gmail.com (Pr. Joel)

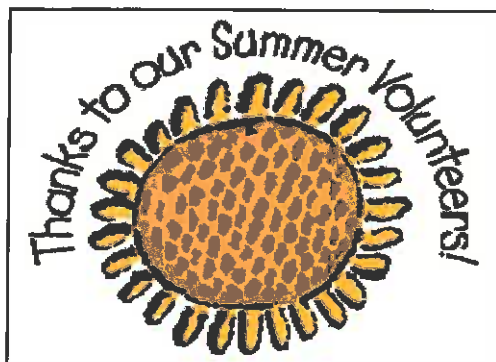
Church website: www.plcsuperior.org

Facebook: PilgrimSuperior

Synod website: www.nswi.org

ELCA website: www.elca.org

PLC ONLINE ~ Check out Pilgrim's website at www.plcsuperior.org for the monthly calendar and newsletter, pictures, and much, much more.



STAFF

Bridge Pastor Rev. Joel Huenemann
 Office Manager Judy Hagen
 Custodian Mark Pero
 Music Director Lorelei Holland
 Organist Dr. David Tryggstad
 Choir Director Curt Hanson
 Education Coordinator Rebecca Waterhouse

SYNODICALLY AUTHORIZED MINISTERS

Jenny Dudderar
 Andrea Rubesch

OFFICERS

Council President . . . Mary Johnson-Garay
 Council Vice-President . . . Dan Breneman
 Council Secretary Courtney Dietsche
 Congregation Treasurer Don Miller
 Financial Secretary Anna Hansen

OFFICE VOLUNTEERS

Lucy Johnson Colleen Goesling
 Scott Swanson Bob Patterson

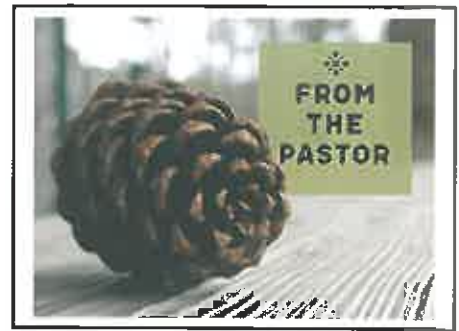
MISSIONARIES TO TANZANIA

Dr. Steven & Bethany Friberg

PLC ON FB: Go to your FACEBOOK page. Enter 'Pilgrim Superior' in the search box. When Pilgrim's FB comes up, 'LIKE' it. You can then see regular PLC news, updates and photos.



Bridge Pastor's Page



July 2023 "Pilgrim Progress"

Change is inevitable. Change can be hard. But change is also good...it is how we grow as people of faith. The major change Pilgrim is in the midst of is a Pastor who retired, an Interim Pastor who retired, a Presbyterian Bridge Pastor who was hired, and awaiting the arrival of a new Installed Pastor. That is a lot of change. Whether you see it as good or bad, any change causes stress and grief. But keep the faith, we are in this together, and God who has led Pilgrim in the past will continue to be faithful in the future.

There are also smaller changes that you will observe throughout the summer:

We have put a temporary hold on broadcasting our worship services while we set up a new system, which will be ready by September.

With Carolyn's retirement, Lorelei Holland will be putting the music together for the Contemporary Celtic worship service the first Sunday of the month.

We have already begun Sharing the Peace with a handshake, believing it is now safe to do so again.

The Prayers of Intercession will become the Prayers of the People. Members will be asked to share a prayer concern, and a prayer will be said for that need.

As I said, I believe change is good. It helps us to look at ourselves and our church in new ways. At the same time, if some change does not sit well with you, please let me know and we can reconsider that change. Our goal, with most of the changes, is to re-establish that sense of community, that feeling that we are a family of faith, that was lost during the COVID 19 pandemic. To that end, we will try different things to help bring us closer together again as the Pilgrim community.

Shalom, Pastor Joel

Call Committee News!!

Any news regarding the call committee will appear in this blue box. Watch future newsletters to see what's going on or what you need to reply to.

Dear Pilgrim Lutheran Church members,

The Ministry Site Profile has been completed and submitted to the Synod! This has been a long process and we aren't quite to the end yet, but this first part was very important and took a lot of time. Now, the fun part for us will begin as we wait for possible candidates from the Synod. We will then interview and continue with formal discussions as things progress. For now, we sit and wait for a match which hopefully comes fast but there is no time frame we can give. We appreciate you taking the time to take the CAT Survey as that has truly helped the committee fill in our profile. We will keep you updated as we have more information, but please remain patient in this process!

Thank you!

The Pilgrim Lutheran Church Call Committee



A Big Thank You from Pastor Carolyn for the warm send off, good wishes and gifts. I will miss all of you. Who knows, I may end up in the back row from time to time.

Blessings to you all!

Thanks again, Pastor Carolyn

Dear Pilgrim,

Thank you for your donation of \$210.70. Your gift will allow us to continue to provide food, shelter, advocacy, and a caring community for some of Duluth's most vulnerable residents.

Sincerely,

Gracia Swenen

Development Director (CHUM)

Thank You

June was declared Church Member Appreciation Month. So below is the list's that have been in June's bulletins. Thank you very much to those who do extra help to make Pilgrim what it is.

Thank you to the Chancel Choir, under the direction of Curt Hanson: Jean Miller, Nancy Craker, Sue Winner, Char Nelson, Sue Connolly, Nancy Clark, Rhonda Sande, Don Miller and Dan Breneman. They get a much deserved rest for the summer.

Thank you to the Altar Guild volunteers under the direction of Laura Swanson, who magically prepare the sanctuary for worship each week: Elaine Arnovich, Rachel Austreng, Sandy Breitzmann, Colleen Elonen, Greg Elonen, Julia Kochsiek and Nancy Somerville.

Thank you to the invisible people in the balcony who run the Sound System, who won't have cameras to operate this summer: Jamie Peterson, Tyler Austreng, Fred Dudderar, Colleen Elonen and Don Miller.

Thank you to the Ushers:

Ted Nelson, Tad Matheson, Greg Elonen, Floyd Cochran, Elaine Arnovich, Clyde Johnson, Dean McCall, Mary Matheson, Katherine McCall, Joan Altman, Lucy Johnson, Tyler Austreng, Evie Warring, Greg Peterson, Suzie Warring, Rich Garay, Roger Breitzmann, Tim McLaren, Jeff Gronski and Julie McLaren.

Thank you to the lectors:

Courtney Dietsche, Don Miller, Jean Miller, Molly Warring, Evie Warring, Mary Houk, Jan Cummings, Anna Hansen, Mary Johnson-Garay, Jenny Dudderar, Colleen Elonen, Julie McLaren and Sue Connolly.

Thank you to the Hospitality Volunteers for all their wonderful goodies.

Elaine Arnovich, Ted Nelson, Mary Matheson, Jan Cummings, Craig Peterson, Robin Rickman, Mary Houk, Ken & Julia Kochsiek, Laura Swanson, Molly Warring, Mary Johnson-Garay, Lucy Johnson, Colleen Elonen, Anita Maki, Christine Busche, Joy Higgins, Sue Winner, Julie & Tim McLaren, Matt & Courtney Dietsche, Barb Manion and Richard Erickson.

Thank you for our Church Council:

Mary Johnson-Garay, Dan Breneman, Courtney Dietsche, Don Miller, Colleen Elonen, Jamie Peterson, Tad Matheson and Ted Nelson.

Thank you to our Financial Secretary Anna Hansen

Thanks to our Office volunteers:

Lucy Johnson, Colleen Goesling, Scott Swanson and bob Patterson

Thank you to those on the Call Committee:

Tyler Austreng, Dan Breneman, Julia Blaisdell, Sandy Bretizmann, Don Miller and Molly Warring



Thank You!

JULY SERVERS

Below is the list of those who are signed up to help with our worship service. If you are signed up and cannot make it. Please find someone to fill in for you and also let the office know. Thank you to all of you for helping with our worship here at Pilgrim.

Praise God from whom all blessings flow!!

July 2 – Fifth Sunday after Pentecost

Ushers: Team 3:
Worship Asst: none – Celtic/Contemporary service
Sound System: Colleen
Altar Guild: Rachel
Hospitality: Mary Houk

July 9 - Sixth Sunday after Pentecost

Ushers: Team 4: Tyler Austreng, Capt.
Worship Asst: Sue Connolly
Sound System: Don
Altar Guild: Laura
Hospitality: Ken & Julia Kochsiek

July 16 – Seventh Sunday after Pentecost

Ushers: Team 1: Ted Nelson, Capt.
Worship Asst: ~~???~~ anyone Molly Warring
Sound System: Jamie
Altar Guild: Elaine & Nancy
Hospitality: Molly Warring

July 23 - Eighth Sunday after Pentecost

Ushers: Team 2: Tad Matheson, Capt.
Worship Asst: Mary Johnson-Garay
Sound System: Tyler
Altar Guild: Julia & Robin
Hospitality: Mary Johnson-Garay

July 30 - Ninth Sunday after Pentecost

Ushers: Team 3:
Worship Asst: Anna Hansen
Sound System: Colleen
Altar Guild: Laura & Sandy
Hospitality: Craig Peterson



Church Statistics

May 21 – June 18, 2023

(livestream ended June 4 – worship wasn't posted on facebook for these dates. There wasn't attendance recorded on May 21 for in-house)

Total In-House Sunday Attendance:	147
Average In-House Sunday Attendance:	37
Total Online Sunday Attendance:	49
Average Online Sunday Attendance:	12
Total Combined Attendance:	196
Total Average Attendance:	49
Envelope Offering (General Fund)	\$ 4,877.00
Loose Offering (non-envelope):	\$ 396.00
Electronic Offering (General Fund):	\$ 2,280.66
Total General Giving:	\$ 7,553.66

Scripture Readings July 2023 Lectionary A

July 2– Fifth Sunday after Pentecost

Jeremiah 28:5-9
 Psalm 89:1-4, 15-18
 Romans 6:12-23
 Matthew 10:40-42

July 9 - Sixth Sunday after Pentecost

Zechariah 9:9-12
 Psalm 145:8-14
 Romans 7:15-25
 Matthew 11:16-19, 25-30

July 16 - Seventh Sunday after Pentecost

Isaiah 55:10-13
 Psalm 65:1-13
 Romans 8:1-11
 Matthew 13:1-9, 18-23

July 23 - Eighth Sunday after Pentecost

Isaiah 44:6-8
 Psalm 86:11-17
 Romans 8:12-25
 Matthew 13:24-30, 36-43

July 30 - Ninth Sunday after Pentecost

1 Kings 3:5-12
 Psalm 119:129-136
 Romans 8:26-39
 Matthew 13:31-33, 44-52

PILGRIM LUTHERAN CHURCH COUNCIL

Council meeting for June 27th will be in August's newsletter.

No LiveStream

Just a reminder that our worship services will not be online during the summer months. We have canceled our contract with the LiveStream company, and are working on a new system which will allow us to be online with our own setup. We should be up and running by September.



Reading is good for your health!

How often do you take the time to sit down and read a good book, magazine, or newspaper? What if I told you reading can improve your health in many ways? The Journal of Social Science and Medicine has actually claimed that reading can increase your lifespan! Do I have your attention?

Let's dig into this claim a little bit by spotlighting five ways reading can improve your overall health.

First, reading can reduce stress. According to a 2009 study conducted by the University of Sussex in the United Kingdom, reading can reduce your stress by up to 68%, even more than listening to music or going for a walk. In as little as six minutes your heart rate slows down and muscle tension begins to relax. It does not matter what you are reading, you can momentarily escape your worries or stresses. The printed page stimulates your creativity and essentially alters your state of consciousness.

Second, reading can slow cognitive decline. As we age, our brains can begin to decline and slow down. Cognitive tasks we once found easy can become more challenging. Studies have shown that reading can improve brain health and slow down this cognitive decline even staving off dementia by keeping the brain active through reading or other mentally challenging activities.

Third, reading can improve sleep. It is so easy to reach for our smart phones as we lie down to go to bed. We know this isn't the best way to calm our brains down and prepare for a good night of sleep. But reading a book can offer that smooth transition between wakefulness and drowsiness.

Fourth, reading can enhance social skills. Books open our world to other points of view and experiences without leaving home, they increase awareness to a global world, and build empathy and understanding to other points of view and life experiences that differ from ours.

Fifth, reading may boost your intelligence! *"The more that you read, the more things you will know. The more that you learn, the more places you'll go,"* American author and illustrator Dr. Seuss once wrote, and it seems he was right. Reading increases vocabulary, critical thinking and has been linked with greater intelligence.



Reading improves your wellness in so many ways and it is free! In Superior we have a wonderful public library that I encourage you to visit, if you haven't. Get a library card, sign up for Libby, which is an App that allows you to download books to your Kindle, Ipad, etc. They also have Hoopla which is a vast online site that offers audiobooks, ebooks, magazine, movies, The Great Courses and so much more. The library staff are wonderful. There are adult book clubs, children's book clubs, free movies and so much more!

Reading, improves your health! Get to it! Summer is a great time to dive into a book and relish in the fact that you are working on your health!

Mary Johnson-Garay
Certified Personal Trainer/ Group Fitness Coach



July 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2 9:30 Worship Usher 3 4:00 NA	3 Office closed	4  Office closed	5 Special fiddle teaching—Eliza 4:15—8:15pm	6 6:30 c/c choir	7	8
9 9:30 Worship Usher 4 1:30 NA committee 4:00 NA	10 Office closed	11	12 Special fiddle teaching—Eliza 4:15—8:15pm	13 6:30 c/c choir	14	15 Progress Articles Due
16 9:30 Worship Usher 1 4:00 NA	17	18	19 Special fiddle teaching—Eliza 4:15—8:15pm	20 6:30 c/c choir	21	22
23 9:30 Worship Usher 2 4:00 NA	24	25 6:30 Council meeting	26 Special fiddle teaching—Eliza 4:15—8:15pm	27 6:30 c/c choir	28	29 
30 9:30 Worship Usher 3 4:00 NA	31					

August 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Special fiddle teaching—Eliza 4:15—8:15pm	3 6:30 c/c choir	4	5 
6 9:30 Worship Usher 4 Fiddle Performance 3:00-4:00 p.m. Open to the public Free admission 4:00 NA	7	8	9	10 6:30 c/c choir	11	12
13 9:30 Worship Usher 1 1:30 NA committee 4:00 NA	14	15 Progress Articles Due	16	17 6:30 c/c choir	18	19
20 9:30 Worship Usher 2 4:00 NA	21	22 6:30 Council meeting	23	24 6:30 c/c choir	25	26 
27 9:30 Worship Usher 3 4:00 NA	28	29	30	31	<div style="border: 2px solid black; padding: 10px; text-align: center;"> <p>Music lesson's scheduled throughout the months</p> </div>	