



**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](http://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 June**

June 4 – Worship at 9:30 a.m. *(Celtic)*  
June 11 – Worship at 9:30 a.m.  
*(Traditional with organ)*  
June 18 – Worship at 9:30 a.m.  
*(Jenny preaching)*  
June 25 – 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 **15<sup>th</sup> 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](http://www.plcsuperior.org)  
 Facebook: PilgrimSuperior  
 Synod website: [www.nswi.org](http://www.nswi.org)  
 ELCA website: [www.elca.org](http://www.elca.org)

**PLC ONLINE** ~ Check out Pilgrim’s website at [www.plcsuperior.org](http://www.plcsuperior.org) for weekly bulletins, the monthly calendar and newsletter, pictures, and much, much more.



**STAFF**

Bridge Pastor . . . . . Rev. Joel Huenemann  
 Office Manager . . . . . Judy Hagen  
 Custodian . . . . . Mark Pero  
 Pianist . . . . . Lorelei Holland  
 Organist . . . . . Dr. David Tryggstad  
 Violinist . . . . . Eliza Wilson  
 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

### June 2023 "Pilgrim Progress"

There will be a transition at Pilgrim in June. Sunday, June 4th, will be Carolyn's last day as your Interim Pastor. I hope you will make every effort to join us in worship that morning to thank Carolyn for her service, and to wish her farewell. The following Sunday, June 11th, I will lead worship in my new role as Bridge Pastor. The term "Bridge Pastor" is new to me. Perhaps it is new to you also. A Bridge Pastor has nothing to do with Bong or Blatnik, in case you were wondering. My understanding of the role of a Bridge Pastor is to fill the gap between the leaving of an Interim Pastor, and the arrival of the new Pastor, especially in the areas of worship leadership and pastoral care. (By the time you read this you will have heard Randy Olson from the Synod office, speak in worship on May 21st and explain how the search will hopefully proceed this summer.)



Most everything about worship will remain the same. Lorelei will continue to play the piano and lead the Singers, with a contemporary Celtic service the first Sunday of each month. Curt will continue to direct the choir (in the Fall) and be our Cantor. David will continue to be our organist on the second Sunday of the month. Jenny will continue to preach once a month. And I will preach the other 3 or 4 Sundays through the summer. And we will see what September brings.

With my expanded responsibilities will come expanded office hours. I plan to be at the church Tuesdays, Wednesdays and Thursdays, 9:00 – 11:00. Other times I will be working from my home office. One of the first things I plan to learn is how to work the coffee maker, so please feel free to come by for coffee and a visit. I can be reached by calling the church office; but I can also be reached by calling my mobile phone: 218-428-7300. I think of my cell phone as my church phone, so please feel free to call me on it.

I know summer is a precious commodity in Superior:

Vacations.

Time with family.

Time at the lake swimming, fishing, skiing.

Family trips.

Camping.

And so I know schedules change during June, July and August. But when you are in town, I hope you will join us for worship on Sunday at 9:30. And if you are out of town, I encourage you to visit a church in the area you are visiting (Lutheran or otherwise). It is fun to see how other congregations worship; and congregations love to have visitors.

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.*

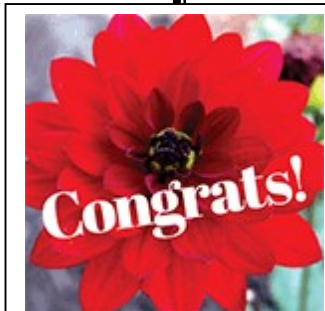
Dear Pilgrim Lutheran Church members,

The Call Committee has been working hard over the last month and a half after receiving the results of the CAT Survey everyone participated in. Again, we thank you all for taking it! We have been filling out our Ministry Site Profile as a rough draft. This is the document that will be sent to the Synod which helps match us with a future Pastor. This is why the survey was important, it let us know as a committee what the congregation was looking for as we fill out the paperwork.

We have a rough draft in place and will be making some adjustments after the Council reviews and has any additional ideas. After that it will be reviewed by Pastor Randy, and he will give us the go ahead to submit to the Synod. The hope is to have it ready to go by early June which was our goal when we started this process in January. Once submitted we will wait for candidates and begin an interview process. We thank you all for your patience and support in this transition, we are grateful to be able to serve our congregation.

Thank you!

The Pilgrim Lutheran Church Call Committee



Our pianist, Lorelei Holland, recently graduated from UMD with a masters degree. Lorelei moved to Duluth a few years ago and decided to continue her education at UMD. She reflected "I had just finished a year and a half of teaching music at the elementary level, and I had always thought about getting more education to eventually teach elementary music method courses at a university. My husband and I didn't have kids yet, so I figured now would be the best time to go to grad school full time. Two years later, I have a masters degree. I'll be planning to stay in the area for a while and will be teaching piano lessons at the Duluth fine arts academy. I will be keeping my eyes open for jobs in music teaching at the elementary, high, or undergraduate level."

Congratulations to Lorelei and happy that she will continue to bless us with her music and leadership at Pilgrim!





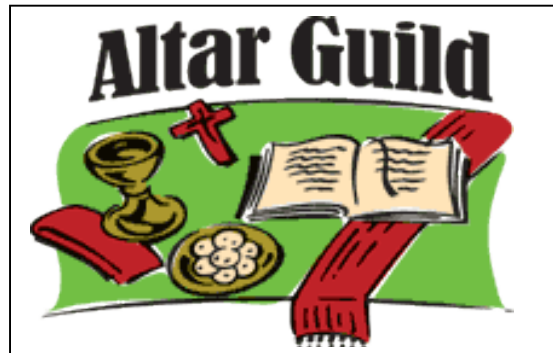
## LiveStream Transistion

At its May meeting, the Council decided to change how we do live streaming of our Sunday morning worship services. The plan is to have June 4, 2023 the final service with our current provider. There will be no live streaming during the summer months, while our IT Team sets up a new system, and learns how to operate it. Then come Fall, we will resume the broadcasting of our worship services. The Council believes we can save a significant amount of money without sacrificing the quality of the broadcasts. As they say in the business: "Stay Tuned."



### Hey Pilgrim People –

If you want to become more involved in your church but are not ready for the spot-light of being an usher, lector, or sing in the choir . . . Altar Guild and Hospitality are the places to be.



In Altar Guild our **teams of 2** are responsible for maintaining the churches Altars by changing the Paraments, or Altar hangings, maintaining the candles, setting up for Communion on Sundays, and baptismal services when needed.

Our team rotation runs about every 4 weeks so your teams involvement is once a month. The more who sign up the fewer times your team is scheduled.

As a group we gather together to Polish our Brass off for Christmas and Easter, as well as decorate with Poinsettia's and Lilies.

And here is the **NON spot-light BONUS** – It usually only takes about 15 minutes to set up for Communion so you can do it before your scheduled Sunday service and clean up after.

***So head to the Kiosk in the Narthex and sign-up today.***



And for those of you Coffee Lovers, Hospitality is the JAM . . . filled cookies or bars make tasty treats. Coffee is provided, you just bring the sweets. Sign up in the Narthex to come and make some coffee and provide treats for about 25 people.

DONUT what to bring?

You can bake it yourself or PIE what you like. Grow our fellowship with others over a cuppa and a sweet-then a simple clean-up and you can hit the street.

Any questions talk to Laura Swanson – 218-341-0394.

## JUNE 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!!*

### June 4 – The Holy Trinity

Ushers: Team 3:  
 Worship Asst: none – Celtic/Contemporary service  
 Sound System: Colleen  
 Altar Guild: Laura  
 Hospitality: Elaine Arnovich & Ted Nelson

### June 11 – Second Sunday after Pentecost

Ushers: Team 4: Tyler Austreng, Capt.  
 Worship Asst: ??? anyone  
 Sound System: Don  
 Altar Guild: Elaine & Nancy  
 Hospitality: ??? anyone

### June 18 – Third Sunday after Pentecost

Ushers: Team 1: Ted Nelson, Capt.  
 Worship Asst: Julie McLaren  
 Sound System: Jamie  
 Altar Guild: Julia & Robin  
 Hospitality: Robin Rickman

### June 25 – Fourth Sunday after Pentecost

Ushers: Team 2: Tad Matheson, Capt. .  
 Worship Asst: ??? anyone  
 Sound System: Tyler  
 Altar Guild: Laura & Sandy  
 Hospitality: Jenny Dudderar

## Church Statistics

*April 16 – May 14, 2023*

*(online includes livestream on website and recorded on Facebook page)*

Total In-House Sunday Attendance:	205
Average In-House Sunday Attendance:	41
Total Online Sunday Attendance:	343
Average Online Sunday Attendance:	69
Total Combined Attendance:	548
Total Average Attendance:	110
Envelope Offering (General Fund)	\$ 7,691.00
Loose Offering (non-envelope):	\$ 95.01
Electronic Offering (General Fund):	\$ 2,8078.22
Total General Giving:	\$ 10,593.23

## Scripture Readings June 2023 Lectionary A

### June 4 – The Holy Trinity

Genesis 1:1 – 2:4  
 Psalm 8  
 2 Corinthians 13:11-13  
 Matthew 28:16-20

### June 11 – Second Sunday after Pentecost

Hosea 5:15 – 6:6  
 Psalm 50:7-15  
 Romans 4:13-25  
 Matthew 9:9-13, 18-26

### June 18 - Third Sunday after Pentecost

Exodus 19:2-8  
 Psalm 100  
 Romans 5:1-8  
 Matthew 9:35 – 10:8

### June 25 - Fourth Sunday after Pentecost

Jeremiah 20:7-13  
 Psalm 69:7-18  
 Romans 6:1-11  
 Matthew 10:24-39

## Progress Deadline change



To make things more simple. **The deadline for the Progress will be the 15<sup>th</sup> of each month.** So it will always be the same. So when you want stuff in the next months Progress, get it in the office by the 15<sup>th</sup> of the previous month.

Either email or stop by the office. Thanks!

## Farewell to Pastor Carolyn

On June 4th we bid farewell to Pastor Carolyn Mowchan. She willingly stepped into the role of leading Pilgrim at a very difficult time. Pastor Will was leaving, Covid had taken away much of our known way of life, Curt, our office administrator, was retiring and she had to train in a new council president. To quote an old phrase: The winds of change had begun. Carolyn did not turn away, but rather accepted the challenge of these winds of change. Fighting the winds of change is never easy, in fact, it can be daunting, frustrating, dispiriting and even feel a bit hopeless at times. Instead of giving in to those feelings, she pressed on with creativity and determination. She brought music to Pilgrim in a way we haven't seen or felt in many years. Her passion for music is evident and the time she dedicated to the Celtic and the Contemporary Sundays was and is evident throughout the services. She was able to connect to local students and musicians to bring the members of Pilgrim experiences with music we might not have previously experienced.

Carolyn offered new ways of thinking about how we do church services, council, Sunday coffee, bible studies, book studies and to become active and aware of the needs in our local community. She challenged our way of being, she shook up some of our sticky thoughts and she might very well have upset you, but it never came from a place of malice, but rather a desire to see our church grow and become a place where all people look to for love, peace and acceptance when they enter a church that shares the gospel of Christ.

Our challenge is to now take what we have learned from Pastor Carolyn, shake off our old way of thinking and set a path into the future design of Pilgrim Lutheran Church that offers love, kindness, warmth, acceptance and fun! We can thank Carolyn for her efforts, wisdom and dedication while at the same time send her off to enjoy her new found freedom and grandson, Henrik! We will be in her rear view mirror in a very short time. I ask that you look forward into Pilgrim's future a little wiser, a little more open minded and take a moment wish Carolyn the very best in her new journey.

**Galatians 6:9 "And let us not grow weary of doing good,  
for in due season we will reap, if we do not give up."**



# PILGRIM LUTHERAN CHURCH COUNCIL

## Pilgrim Lutheran Church May 16, 2023 Council Minutes

- I. Call to Order and Opening Prayer: Meeting called to order at 6:32 by President Mary Johnson-Garay. Pastor Joel lead in opening prayer.
- II. Those in attendance: Pastor Joel Huenemann, Mary Johnson-Garay, Colleen Elonen, Courtney Dietsche, Don Miller, Jamie Peterson, Dan Breneman, Pastor Carolyn Mowchan, Tad Matheson, Ted Nelson
- III. Approve Minutes: Tad made a motion to approve the March 14 Special Meeting minutes. Don seconded. Motion passed. Colleen made a motion to approve the March 28 council meeting minutes. Tad seconded. Motion passed.
- IV. Pastor's Report:
  - Pastor Carolyn said that her time as interim has been both challenging and enjoyable. She hopes Pilgrim will be successful in growing and creating a sense of community.
  - Pastor Joel wanted to let everyone know that he will be having office hours on Tuesdays, Wednesdays, and Thursdays starting in June. He encourages people to call him on his cell phone, and the number will be printed in the Progress.
- V. Music:
  - Pastor Joel attended the meeting of local pastors recently. They are planning to have an all-church outdoor worship service on August 13 at 10:00 at Our Savior's Lutheran Church in Billings Park. More information will be forthcoming. The council agreed that we would like to participate.
  - Lorelei drafted a monthly music budget and a music vision for Pilgrim for summer and fall. Council reviewed the information and is committed to staying within the budget already approved. Colleen said she would like to see this music brought outside the building so that others can enjoy it and may be drawn to coming to church. We will also create a contract with Elisa to clarify what services she is providing and what Pilgrim is providing regarding her performance in music during worship and her teaching violin lessons in the building.
- VI. Ministry:
  - Mary is interested in creating a Moms Mentor program between Pilgrim and UWS. Pastor Joel has reached out to UWS to discuss the possibility of having moms work with first-year students. Other ideas for outreach included a chess night and pairing older parishioners with at-risk youth in a pen-pal program. We would also like to reinstate greeters at each service.



## **VII. Property:**

- The I-Roomba is working now.
- The Wi-Fi router has been moved and is now giving better coverage. It is password protected.
- Estimates for the new security cameras were presented for review by the council. Don made the motion to choose Digital Security Systems. Mary seconded. Motion passed.
- AW Kettle checked the roof, and said it was OK for now.
- Tad is getting an estimate for reattaching the drain on the portico. The estimate from AW Kettle was \$2,700.
- A separate thermostat will be installed in the choir room to combat the overheating issue.
- The faucet in the Pastor's office needs to be fixed. Tad will check on it.
- Paul Goesling, Greg Elonen, and Tad will be painting the boiler room floor on June 3.
- We have three proposals for a replacement copier machine for the office. Don will get some clarification on specifics so we can compare them accurately.
- We are working on a plan to have the usher team make sure the door is locked and set the alarm after worship. Pastor Joel suggested having the Superior Police Department come and discuss security procedures in light of the numerous incidents of violence at churches around the country. Pastor Carolyn suggested getting a doorbell for the front door.

## **VIII. Finance:**

- The April financials were reviewed and discussed. Mary made a motion to accept the financial report, Ted seconded. Motion passed.
- There was discussion about the cost of continuing to use Live Control for services. Since there is already a plan to use our own equipment once we are trained, Colleen made a motion to cease using Live Control by the end of June. Don seconded. Motion passed.

## **IX. Call Committee:**

- Some areas of the MSP still need to be filled in. Dan asked for additional information, and the committee will add it to the document and send it to the council for any further input. The council will vote on the updated MSP by May 30.

Meeting adjourned at 9:09, and we closed with the Lord's Prayer

### **Join us in a Celebration!!**

There will be a reception for Pastor Carolyn immediately following the June 4th service. Please join us in the Narthex for goodies and a time of fellowship with Carolyn as she transitions to retirement and full-time grandma duties!





# Balance

A skill we take for granted.

As I was out hiking yesterday, my thoughts landed on how strong and confident I felt while navigating the hiking path I was on. My feet were firm, but yet agile, my body moved smoothly and my mind and body worked well together. I wasn't fearful when I had to climb over big roots, balance across narrow logs, climb up a muddy hill or even leap over the mushy ground to prevent my hiking boots from getting full of the spring mud. What a delight to feel such strength, confidence and joy!

This ability to get out and hike with such confidence, joy and ease doesn't just happen. All year long I have been practicing, yes practicing, every day to improve my agility, strength and balance. As we age, it is easy to let life's daily demands pull us away from practicing and polishing up on skills we take for granted. Keeping our bodies strong, agile and have the ability to maintain our balance, an underrated principle of our everyday functioning, takes practice. We need to make time each day to strengthen our bodies and practice balance moves to keep the body to brain connection.

A good sense of balance allows you to perform everyday functions such as standing, walking or running. Balance is an important ingredient when carrying out simple and complex movements. As we age, our balance can decline. Being able to balance is maintained by a small organ in the inner ear, the vestibular system. The system can become "unbalanced" for a number of reasons, inner ear problems, medications, infections, traumatic brain injury or very often as we age, we lose the number of sensory hair cells in the vestibular end organs. This is where the magic of balance takes place.

There are exercises you can do to improve your balance. They don't take a lot of time, but everyday practice can build up your vestibular system and grant you many years of sound balance. This practice will help you to move through your everyday tasks without struggle and enjoy moving with strength, confidence and agility. Don't take your health for granted, prevent as many health issues as possible by committing time to yourself. Bit by bit, you will stay fit!

Mary Johson-Garay  
Certified Personal Trainer and Fitness Coach



