



**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



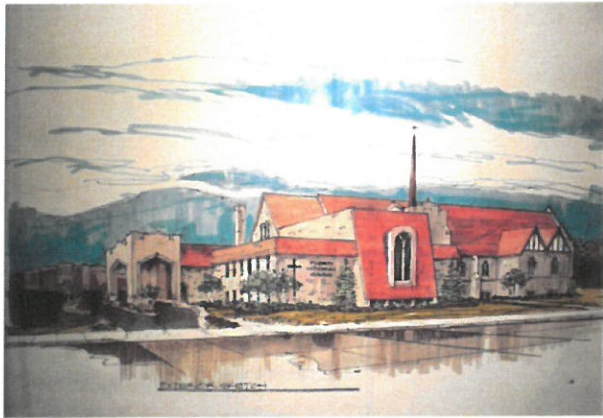
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THIS MONTH AT PILGRIM

Worship Schedule in September

- September 3 – Worship at 9:30 a.m. (Praise and Worship)*
- September 10 – Worship at 9:30 a.m. (Jenny Presiding-Traditional-organ & rail communion)*
- September 17 – Worship at 9:30 a.m. (Traditional)*
- September 24 – Worship at 9:30 a.m. (Andrea presiding)*



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/Pianist 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

Colleen Goesling
 Scott Swanson Bob Patterson

MISSIONARIES TO TANZANIA

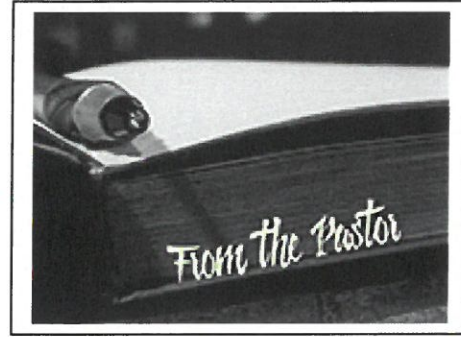
Dr. Steven & Bethany Friberg

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

Pilgrims' Progress
September 2023



Pastor's Page

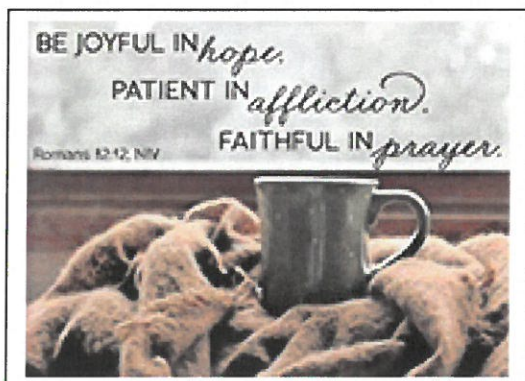
I am excited that Pilgrim is renewing its outreach to our neighbor, UW-Superior. I know you have worked hard in the past to be a good, welcoming neighbor to the faculty and staff and students on the campus. And I was a campus minister at UWS for 9 years, so life on the campus is near and dear to my heart.

The World Student Association asked if they could once again host their Cooking Demonstration in our building, using our kitchen and Fellowship Hall. We of course were delighted to say yes. Look for more information for this event to be held Saturday, November 18, 2023.

While we were having that conversation, we found out the WSA was looking for groups to help feed the some 60 new International Students at UWS during their week of orientation. Again, we jumped at the chance to feed them breakfast on Friday, September 1, 2023, 7:00 – 8:00 am. Colleen has planned the menu. We will be coming to you for help, as well as asking you to attend to greet the students that morning.

And on Thursday, September 21 we will be part of Jacketfest on campus. This will be an opportunity for us to welcome new students to campus, to offer them a free green plant for their dorm room, and to invite them to worship with us. (There are more details about this event, and ways you can help, elsewhere in the newsletter.)

Showing hospitality has been the calling of Christians since the beginning. We have a large number of neighbors with whom we even share a parking lot, so it is exciting that we can reach out to them in various ways.



Shalom. 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.

Exciting news Pilgrim Congregation!

The Call Committee has just recently received a candidate to review and interview. Due to confidentiality there is not much info I can provide at this time, but we will be communicating with them with an initial interview. As things move forward we will keep you informed but remember that it has to be a good fit for both sides! We as the Call Committee are very excited for this next chapter in our journey. More to come!

Call Committee



Pilgrim Choir ~

The Pilgrim Lutheran Church choir will have its first rehearsal of the new season on Tuesday, September 5th from 5:30 – 6:30 pm. If you are high school age or older and enjoy choral singing to the glory of God, and you have been thinking about joining the choir, why not come and have some fun with us? We'd love to have you. All voice parts are welcome. For further information, contact the church office.

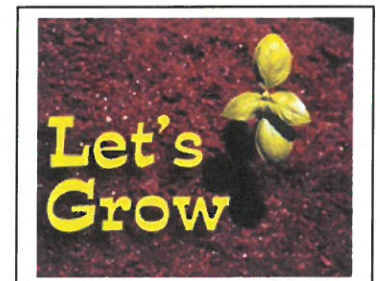


Jacket Fest

Jacketfest will be held on September 21, 2023 on the campus of UW-Superior at 11:00 am. This events gives new students an opportunity to find out information about campus groups, community groups, volunteer opportunities and paid employment.

Pilgrim plans to have a presence, and to give free plants to students to welcome them to Superior, and to invite them to worship with us.

You can help with this project by donating the plants we will give away. Perhaps it is time to share some of your plants, because you have more than you need, or just because you like to share. Perhaps you have a green thumb, and would like to propagate some new plants, so need to start that process now. Perhaps you have some outdoor plants that will not survive the winter, and might do better in a dorm room. Please begin thinking about how you might contribute to this effort. Thanks.



SEPTEMBER 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!!

September 3 – 14th Sunday after Pentecost

Ushers: Team 4: Tyler Austreng, Capt.
Worship Asst: none – Praise & Worship service
Sound System: Fred
Altar Guild: Laura & Sandy
Hospitality: Colleen Elonen

September 10 - 15th Sunday after Pentecost

Ushers: Team 1: Ted Nelson, Capt.
Worship Asst: Don Miller
Sound System: Don
Altar Guild: Rachel
Hospitality: Anita Maki

September 17- 16th Sunday after Pentecost

Ushers: Team 2: Tad Matheson, Capt.
Worship Asst: Courtney Dietsche
Sound System: Jamie
Altar Guild: Laura
Hospitality: Christine Busche

September 24 – 17th Sunday after Pentecost

Ushers: Team 3:
Worship Asst: Lucy Johnson
Sound System: Tyler
Altar Guild: Elaine & Nancy
Hospitality: Joy Higgins

Church Statistics

July 2023

Total In-House Sunday Attendance:	191
Average In-House Sunday Attendance:	38
Total Online Sunday Attendance:	na
Average Online Sunday Attendance:	na
Total Combined Attendance:	191
Total Average Attendance:	38
Envelope Offering (General Fund)	\$ 8,130.00
Loose Offering (non-envelope):	\$ 279.21
Electronic Offering (General Fund):	\$ 2,737.95
Total General Giving:	\$ 11,147.16

Scripture Readings September 2023 Lectionary A

September 3 – Fourteenth Sunday after Pentecost

Jeremiah 15:15-21
 Psalm 26:1-8
 Romans 12:9-21
 Matthew 16:21-28

September 10 - Fifteenth Sunday after Pentecost

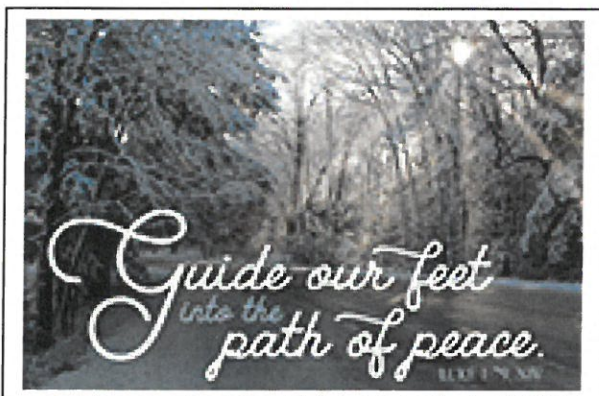
Ezekiel 33:7-11
 Psalm 13:8-14
 Romans 13:8-14
 Matthew 18:15-20

September 17 - Sixteenth Sunday after Pentecost

Genesis 50:15-21
 Psalm 103:1-13
 Romans 14:1-12
 Matthew 18:21-35

September 24 - Seventeenth Sunday after Pentecost

Jonah 3:10 – 4:11
 Psalm 145:1-8
 Philippians 1:21-30
 Matthew 20:1-16



PILGRIM LUTHERAN CHURCH COUNCIL

Pilgrim Lutheran Church July 25, 2023 Council Minutes

I. Call to Order and Opening Prayer: Meeting called to order at 6:35 by President Mary Johnson-Garay. Joel led us in opening prayer.

II. Those in attendance: Mary Johnson-Garay, Colleen Elonen, Courtney Dietsche, Don Miller, Dan Breneman, Joel Huenemann, Jamie Peterson, Tad Matheson. Excused: Ted Nelson.

III. Approve Minutes: Dan made a motion to approve the June 27 council meeting minutes. Don seconded. Motion passed.

IV. Pastor's Report:

- Twin Ports Outreach will conduct a church service in Pilgrim's parking lot on a weekday during September and October. The dates have yet to be determined.
- The Red Cross would like to host a blood drive at the church. We will talk to them to see what dates would be feasible.
- For Jacketfest, Pilgrim will have a homecoming picnic and possibly a hymn sing.
- Don will contact Jim to learn about recording our services starting again in the fall.
- For worship services, we will use Setting 8 for most services for the sake of consistency.
- We have two events planned with UW-Superior's World Student Association. Pilgrim will cook breakfast for new international students on Friday, September 1, at 7:00 am. Colleen will ask for donations from Super One, Upper Lakes Foods, and Superior Small Batch. The Association will do their annual cooking demonstration at church on Saturday, November 18. More details will be forthcoming.
- Communion at the rail was well received, so we will begin having it at the traditional services.

V. Music/Ministry:

- The council will need to finalize Lorelei's contract and responsibilities. Colleen made a motion to extend Lorelei's contract for one year at the new pay rate in the contract. Tad seconded. Motion passed.
- David Tryggestad will continue as organist for another year.

VI. Property:

- The freezer in the kitchen has stopped working, but we may not need to purchase a new one.
- The dishwasher is not using enough sanitizer as it runs cycles, so it will need to be manually adjusted.
- Parts of the roof will need to be re-tarred to stop water leaks.
- Once all fire extinguisher locations have been determined, we will create a map for reference.

Council minutes continued:

- Due to the faucet leaking in the pastor's office, we will replace both the sink and faucet.
- Mary suggested the council consider removing some pews in order to increase handicap accessibility. If the pews are removed from the sanctuary, they would be stored somewhere, not removed from the church.
- It was suggested that the council have someone from the Superior Police Department come to the August meeting to discuss safety whenever the church is open to the public.

VII. Finance:

- The council is considering changing from using Mattson Accounting to using Quick Books. Someone will ask Tyler Austreng if he is able to assist with training Don or other staff to use the software.

VIII. Old Business:

- Although we are currently offering rides to church for those who need them, some congregants may not be aware that this service has started again after COVID. The information will be in the Progress and the bulletin.
- Joel suggested looking into the possibility of offering a weeknight chess club for kids.

Meeting adjourned at 8:02, and we closed with the Lord's Prayer.



Quilters

The Quarterly Quilters will meet on Saturday Sept 16 from 9AM-11AM in Fellowship Hall to assemble quilts. No experience necessary! We also need help tying up squares if you are able to do that `` you can take the blankets home to work on them as well.

Contact Colleen Elonen for more information!
715-394-9195.

Purpose

The Secret Weapon to Good Health

Over the past several months, I have had a variety of opportunities to compare how life can offer different outcomes. I have bumped into individuals who seem to have given up on life, have no hope, and struggle to get life moving in a positive direction, these individuals are very self-involved. In direct contrast I have had the pleasure of observing and visiting with individuals who are so full of life that their energy field is contagious. When I pulled harder on that thread of life and energy, the results disclosed that every one of these people had a sense of purpose! Their purpose might be volunteering at the library, helping the homeless, working at the food shelf, being involved in one of the local community groups or taking care of children. It didn't matter what it was, but what was clear is they were a part of something bigger than themselves. They were serving their community and it energized them.

I was curious, is having a sense of purpose good for your health? After some research it became very clear that the answer is yes! According to greatergood.berkeley.edu

Purpose fuels hope and optimism, and purposeful people tend to have better health and longevity. Older adults who report to have more purpose in life, experience less functional decline (like weakened grip strength), less cognitive and memory impairment, and lower risk of alzheimer's disease.

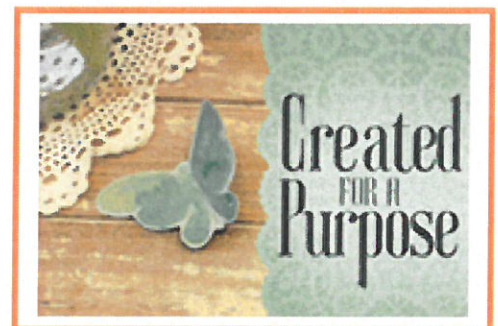
People with a sense of purpose also take better care of themselves. They make healthier lifestyle choices, nutritional choices, and engage in more preventative behaviors like medical screenings and preventative care.

Our mental health also benefits from having a sense of purpose. We are connected to others, participate in building relationships, laugh and find joy in working together; along with feeling a sense of satisfaction knowing you are making the world a better place.

Research is also beginning to reveal that having a sense of purpose can bring about a better night of sleep. A good night of sleep provides enhanced brain performance, mood and health. When we lack sleep for long stretches we begin to affect the well being of our entire body. Lack of sleep raises the risk of many diseases including heart disease, obesity, stroke and dementia.

What is your purpose? Are you seeking a purpose for your life? Pilgrim would love for you to join us as we begin rebuilding our committees to serve our local community. There are many opportunities for you to find a purpose at church.

Mary Johnson-Garay,
Council President
Certified Personal Trainer, Group Fitness and Wellness Coach



World Student Association Breakfast September 1



There are approximately 60 new international students coming to UW-Superior this fall. To help them adjust not only to college life, but also to life in the United States and life in Superior, Wisconsin, they will be having a full week of orientation. During that week, the students will need to be fed. Pilgrim has volunteered to help with that by providing the students breakfast on Friday, September 1, 2023, 7:00 – 8:00 am. Colleen Elonen has put together a simple menu of egg bake, muffins, fruit, juice and coffee and tea. We are looking for some volunteers to help prepare the food (probably Thursday evening), serve the food, set up the Fellowship Hall and clean-up. And just as important, we are hoping members of the church will come to the breakfast, sit with the students, and welcome them to the United States and to Superior. Please look for the sign-up sheets in the Gathering Space.

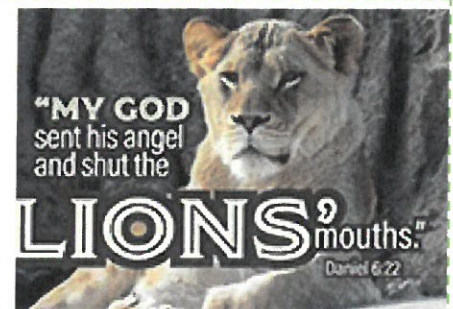


Blood Drive

Pilgrim will be hosting an American Red Cross Blood Drive here at the church on Thursday, October 19, 2023 from 11:00 to 5:00. Soon there will be sign-up sheets for people willing to donate blood; as well as people willing to staff the drive. Please mark that date on your calendar.

Class on Daniel

Come join us for an 8 week study of the book of Daniel. This video series called "Agents of Babylon" begins with a 30 minute video lecture, followed by time for discussion. The class will begin on Wednesday, September 13, 2023 at 7:00 pm.



There is much more to the book than just Daniel in the lions' den. It is an apocalyptic style of literature popular at the time of Jesus, and understanding the images of Daniel helps us understand Jesus and his times.

For more information, and to register, call Mary Houk at 218- 590-8437.

September 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Blood Drive on October 19, from 11:00-5:00. Watch for sign up sheet at church.			1	2
3 9:30 Worship Usher 4	4	5	6	7	8	9
4:00 NA	 Office closed	5:30 Choir Rehearsal Office closed		6:30 Praise practice	7:00-8:00 a.m. World Student Association Breakfast	
10 9:30 Worship Usher 1	11	12	13	14	15	16
1:30 NA committee 4:00 NA	5:00 Lutheran Ministers meeting	5:30 Choir Rehearsal	Class—7:00 p.m. Book of Daniel	6:30 Praise practice	Progress Articles Due	9:00—11:00 a.m. Quilters
17 9:30 Worship Usher 2	18	19	20	21	22	23
4:00 NA		5:30 Choir Rehearsal	Class—7:00 p.m. Book of Daniel	11:00 JacketFest 6:30 Praise practice	6:00 Parking Lot Worship	
24 9:30 Worship Usher 3	25	26	27	28	29	30
4:00 NA		6:30 Council Meeting 5:30 Choir Rehearsal	Class—7:00 p.m. Book of Daniel	6:30 Praise practice		