

The Pilgrim

MONTHLY NEWSLETTER OF PILGRIM LUTHERAN CHURCH



Pilgrim Lutheran Church

*An ELCA Congregation
A Reconciling in Christ Congregation*

*A Home for Hungry Minds and Souls
A Caring for Creation Congregation*

Church Office: 1935 St. Clair Ave.
Saint Paul, MN 55105-1646

Office Hours: by appointment only
for duration of COVID-19 pandemic
(*email and voice mail are checked regularly*)

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(also known as the Vestry)

Tim Dykstal, *Executive Team*

Tim Moore, *Executive Team*

Karla Leitzman, *Executive Team*

Jason Hendrikson, *Treasurer/Executive Team*

Pastor Carol Tomer, *Executive Team*

Janet Erickson, *At-Large Member*

Timothy Bell-Kemp, *At-Large Member*

Lois Wintersteen, *At-Large Member*

Matt Spindler, *At-Large Member*

Other Chairpersons/Roles

Pete Newburg, *Financial Secretary*

Barbara McCauley, *Chair of Congregational
Life and Care*

Mary Beth Lake, *Missions & Social Justice*

Beth Nelson and Jay Oakman, *Properties*

Peter Sput, *Worship, Music & Evangelism*

MeeAe Kim, Aly Xiong, Bethany Mollman

Jimmy Gerding, Ella Boelke

Nursery Attendants

Joanna Deer & Karie Johnson

Wedding Coordinators

Cover Photo:

*Outdoor worship on Sunday, August 30;
photo by Chuck Regal.*

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Pilgrim Ministry in the Month of October

The Pilgrim COVID-19 Preparedness Plan has been posted on the Pilgrim website. The Pilgrim building is currently closed, except for small groups that have applied for use of the building, following safety guidelines. Please contact the church if you have questions. Meanwhile, our ministries continue!

Sunday Worship in October *About Virtual Gatherings via Zoom*

We look forward to continuing to gather together, at the same time, for worship via Zoom, which will enable us to see each other on the screen, share joys and concerns by typing in the chat section (in morning worship), and stay for “coffee” time following worship. For those unable to attend at 9:30 am, a worship recording will be available later.

Morning Worship/Forum Overview for October

Schedule

9:20 am — Zoom gathering opens, for arriving and pre-worship conversation; Prelude begins around **9:27 am**

9:30 am — Worship via Zoom

10:20 am — Coffee Conversation via Zoom, following worship

10:40 am — Forum via Zoom, on some Sundays

October 4, 9:30 am worship — Outdoor Worship, music led by the Pilgrim Jazz Ensemble, Holy Communion, Pilgrim’s 99th anniversary, a Pilgrim family leads the prayers, Point for Pilgrims for all ages, Pastor Jen Rome preaching

For outdoor worship on Prior Avenue, beside Pilgrim, please bring a lawn chair, a mask, and your own bread/crackers and grape juice for Holy Communion (we will have pre-packaged wafer/grape juice sets for those who need them)

October 11, 9:30 am worship via zoom — Indigenous Peoples’ Day focus, Baby First Steps Families in Faith ritual live in worship, Point for Pilgrims for all ages, Pastor Carol Tomer preaching

10:40 am — Forum: To Walk Alongside: Awakening Ecological Spirituality – A Learning Journey — led by Alex Theship-Rosales, Pilgrim Director of Children, Youth, and Family Ministries

My name is Alex. I am just one Pilgrim on a journey; it is a joy and honor to be walking the trails alongside you. During my forum, I’ll share a bit more about where I’ve roamed in the past, who I am, and

also delve into a concept very close to my heart, “ecological spirituality.” Interesting phrase, don’t you think? Ecological spirituality points us towards the reality of our relationships. “Nature” and “humans” are not two distinct entities — we are all woven into the same grand tapestry of reciprocity and love. I’ll expand on a very formative point on the journey — my experience studying abroad in Aotearoa (New Zealand). My learning journey there was completely transformational. I was gifted lessons in intentionality and learned to consider the environment as a teacher, benefactor of kindness, and altogether a spiritually enriching ecosystem. Please join me to explore some of the lessons I listened to. I will open the time with an introduction and background on me and my time in Aotearoa, then we will watch a short portion of my film, “To Walk Alongside,” and wrap up with a discussion on ecological spirituality. You are invited to view the film, “To Walk Alongside!” The film is organized into an introduction, five chapters, and then a conclusion — so even amidst a busy-bee schedule, it may be possible to watch some or all of the film prior to the forum by watching portions at a time. Please take a few minutes to explore the website, and I look forward to seeing you at the forum! <https://atheshipr.wixsite.com/towalkalongside>

October 18, 9:30 am worship via zoom — Blessing of the Animals (we get to see each other’s pets!), Point for Pilgrims for all ages, Children of Pilgrim lead the prayers, Pastor Carol Tomer preaching

10:40 am — Forum: Christ Our Guest and Host: Answering God’s Call as Pilgrims — led by Leif McLellan, Pilgrim Johnson Leadership and Creativity Fellow

I am pleased to invite you to this forum where we will be discussing together how we understand God’s mission for us as a faith community. This summer I completed my master’s thesis at Luther Seminary. For this project, I conducted a study (in which many of you participated!) on how Pilgrim understands itself as a church and its purpose in the world. Now I am eager to share my findings with you all! Pilgrim is truly a wonderful community with a rich tradition of practicing hospitality, justice, and pilgrimage. My hope is that I can accompany you all in discerning ways God might be calling Pilgrim to engage the wider St. Paul community and beyond. I look forward to working with you in this shared ministry. — Leif McLellan

October 25, 9:30 am worship via zoom — Reformation Sunday, The Rite of Confirmation, Pathways Leaders lead prayers for the confirmands, Pastor Jen Rome preaching. Pilgrim youth affirming their baptisms on this Confirmation Sunday: Ella Boelke, Will Goldman, Ellie Greseth, Kate Heinecke, Amelia Smith

10:40 am — Forum: How does God show up in times of devastation? Led by Pamela Erwin, Pilgrim Director of Shared Ministry

Based on Walter Brueggemann's book *Virus as a Summons to Faith: Biblical Reflections in a Time of Loss, Grief, and Uncertainty*, Pamela Erwin will lead a second forum discussion of how God, in times of devastation, "calls us into a deeper, more caring, and mutually beneficial relationship with all that is." You may purchase the book if you'd like, but you need not. During these days of pandemic, political polarization and election season, and accelerating climate change as seen through wildfires, hurricanes, shifting ice shelves, we wrestle with God's presence and activity. Brueggemann, an Old Testament scholar, explores the God of the Old Testament to encourage our reflection amidst the chaos of these times and invites us to renew and deepen our faith. A brief reading will be available via the congregational email, prior to the forum.

Pilgrim Virtual Worship Now Available to Those Without Computers!

You can attend Pilgrim virtual morning worship by telephone. Those wishing to attend these worship gatherings in this way will need the following three pieces of information:

- ❖ Telephone number: **312-626-6799** (this is a Chicago, IL, number, and it will NOT change)
- ❖ Meeting ID: 916 7782 1243
- ❖ Passcode: 994874

Once you have dialed the telephone number, you will be asked to enter the **Meeting ID** followed by the # (**pound sign**), and then the **Passcode** and **pound sign**. If the gathering has not yet been started by the host, you will be asked to try again later, so please don't call in much before **9:20 am** begins.

The Meeting ID and Passcode will be available in the Saturday congregational emails, for morning worship, and will also be a part of the Pilgrim general voicemail message, available on Thursdays.



Contemplative Evening Worship, Fall 2020

Sunday Night Contemplative Worship at Pilgrim continues this fall, but — as with so many other things in our communities in these days — it will look a little different. These contemplative worship gatherings will happen via Zoom — except for one special evening outdoor gathering in September. Each service will feature the same kind of contemplative word weavings that Pilgrim’s Sunday night worship services have been known for since 2002, as well as including some other familiar elements from the past, along with creative new dimensions. Because of copyright matters with poetry shared during these services, these worship services will not be available for viewing later. Here is the overview for September through November:

2nd Sundays, 6:51 pm — *Holden Contemplative Evening Prayer*, followed by coffee conversation — worship via Zoom

4th Sundays, 6:51 pm — *Woven Together in Spirit: Contemplative Worship*, followed by poetry reflections and conversation — worship via Zoom

Themes and dates of the upcoming contemplative services:

October 11 — As a Child I Danced

October 25 — We Can Do No Other

November 8 — The Fragrance of Prayer

November 22 — It is enough, Lord

Holden Evening Prayer

Holden Evening Prayer has been a part of Pilgrim’s rich ministry and worship life for many years, as it has in many other churches. In most years, it would usually be offered only in Lent at Pilgrim, but in these days of continued isolation for many and contracting daylight, Holden Evening Prayer feels like a natural part of our current rhythms of life. It has already been planned to be offered in a particularly contemplative fashion on the **second Sunday of the month at 6:51 pm**, but in order to allow as many Pilgrims as possible an opportunity to participate (it will not be archived for later viewing, due to copyright concerns related to the poetry that is shared), music director Paul Stever will host the liturgy a second time each month on a weekday at **8 pm (Friday October 23 and Wednesday November 25)**. Paul will also include a “live” piece of music played from the choir room or sanctuary at these gatherings. This link below should work for both of these gatherings, but current zoom links are also always available from **PilgrimStPaul.org** off the homepage:

<https://zoom.us/j/93059983565?pwd=SG03RVpTK205ckIzWlQwdGpNRWdDQT09>

Pastoral Musings by Pastor Carol

In God, life is ever new. I love the prophet's proclamation of God's news in Isaiah 43:19: "Behold, I am doing a new thing; now it springs forth, do you not perceive it?" In Eugene Peterson's paraphrased version of scripture, *The Message*, it reads: "Be alert, be present. I'm about to do something brand-new. It's bursting out! Don't you see it? There it is!" I have served the Pilgrim community for over 21 years and during that time, Pilgrim has sought to connect with our neighboring congregations. Some years, we shared in Thanksgiving worship or Lenten worship or clergy met together occasionally. Always, these congregations have shared in justice work through various partner organizations. But now, God has given us a divine nudge toward something very new. I am so grateful to "be present," to witness this, to support it, to encourage it, to participate in it.

I've had the gift of sharing in a colleague group with our neighboring churches' lead pastors in these past months. A few of us talked about this earlier, but we really came together during COVID. We needed to support one another in leading our congregations through terrain that has been extraordinary. What a gift this support has been! Out of our relationships have come not only prayer steps and ribbons at our congregations, but now exciting collaborative anti-racism work focused on "a neighborhood journey to repent of our colonial history and serve God's vision of healing and justice." Two lay leaders from each congregation (Pilgrim's are Penny Bartz and Will Mitchell) and the lead pastors are beginning to work together as a JCART group ("Joint-Church Anti-Racism Team"). Here are more details:

Four congregations in the Macalester-Groveland neighborhood are working together to dismantle racism. Fairmount United Methodist Church, Immanuel Lutheran Church, Macalester Plymouth United Church and Pilgrim Lutheran Church, as part of each congregation's understanding of God's call for racial justice, discerned a divine nudge to explore the land we all share, including the history of this place, the injustices that happened to its first people, and our relationship to that history and its legacy. This shared journey will be shaped by prayerful study, community conversations, and outreach. It will kick off with the morning worship services of each congregation on **Sunday, October 11**, the day before Indigenous Peoples' Day and is expected to culminate sometime in 2021, depending upon our progress and how the pandemic unfolds. Online worship on October 11 will include a shared liturgical portion led by the lead pastors. Our first joint project will be the Sacred Sites Tour, led by Pilgrim friend Jim Bear Jacobs, on Sunday, October 18 (details in this newsletter).

And lastly, on a very different note: On October. 6, Cathy Salin will mark having served at Pilgrim for ten years! Please join me in expressing gratitude to her for faithful and very dedicated service, first as Church Administrator and now as Business Manager. We are blessed!

Pastor Carol Tomer

Our Life Together in Faith

Circles of Connection

Geographical Small Groups of Pilgrims Gathering this Fall

As we live into the reality of the coronavirus, we are adapting to a new normal of extended practices of social distancing. And, yet, as we navigate these current days, we long for community. In the meantime, in order to maintain connection and care among Pilgrims, staff have formed groups of Pilgrims of all ages to stay connected to each other based on close geographic proximity. If you'd like to be added to a circle, please let Pastor Jen know at pastorjenrome@pilgrimstpaul.org.

Each group has already or soon will be invited by small group leaders to meet virtually or at a safe distance outdoors once a month continuing in October, and November. During these gatherings the group will Check In (get to know one another better or for the very first time! Find out new things about other Pilgrim's stories), Dig Deep (join in conversation around a short list of discussion topics based on the theme for the month (October: Community; November: Racial Justice); and Pray for each other.

Leif McLellan, Johnson Creativity and Leadership Fellow

Hello siblings in Christ! My name is Leif McLellan (they/them/their) and I am grateful to have multiple opportunities to work with Pilgrim these next few months. Born and raised in Shoreview, MN, I stayed in state as I studied classics at St. Olaf College. Almost 4 years ago, I found myself whisked away to New Jersey where I completed my M.Div. degree at Drew University. I have now returned home to complete my training at Luther Seminary as I seek to become a pastor in the ELCA. Throughout my life and studies, I have grown passionate for contemplative spirituality and intentional community, and the ways in which they intersect with the Church's mission of justice. When I am not over my head in theological studies, I like to play board games, play computer games with friends, and go biking.



When I met Pastor Carol at Holden Village last summer, I grew excited at the possibilities of seeing these passions of mine lived out with Pilgrim. Last winter, I took on the sacristan duties for the evening worship services, and last spring I joined Pilgrim community as the Johnson Leadership and Creativity Fellow. I will be a Johnson Fellow once again this Fall! During my last semester of coursework at Luther, I wrote my masters thesis on Pilgrim and the ways it understands God's mission in the world. For this fellowship, I will be sharing with Pilgrim what I have learned as this community seeks to live out its collective faith.

Vestry News

Shared Ministry Thoughts

*By Pamela Erwin, Interim Director of Shared Ministry,
based on reflections shared at the September 27
congregational meeting*

Over the last five months, I have had the privilege of observing Pilgrims walk the journey of faith together in the midst of the COVID-19 pandemic. I have observed a rich community where people share with one another out of their gifts, their callings, their passions. It doesn't feel like people are 'volunteering' or merely completing a task. This community is different from other church communities I have been a part of. Pilgrims serve, that is, they endeavor to live out of a deep relating to each other compelled by a profound sense of purpose and mission. We believe in our mission: ***to be an inclusive Christian worshipping community that seeks, nurtures, and empowers hungry minds and souls to live generously in response to God's love.*** It is our communal vocation to love God, love each other and love our neighbor. We each *share in this ministry* of seeking, nurturing and empowering hungry minds and souls, anchored in living generously in response to God's love.

The ancient Hebrew language is a very vivid and imaginative language. Words and phrases are often replete with striking imagery that helps convey meaning. One such word is the word *barak* or a comparable word, *berakah*. *Barak* is the Hebrew word 'to bless' *berakah* is the Hebrew word meaning 'blessing'. To be a blessing — a *berakah* — can be envisioned like this: someone who has a gift — or something of value - kneeling down on bended knee before someone who has a need and extending a hand to lift that one up and offering the gift. In ancient Hebrew culture, to get down on bent knee or even more direct, to get down on both knees with hands and arms outstretched was a symbol of humility and graciousness. And in this image of blessing, it is the one who ***has*** who is bending down — coming in humility to the one who doesn't have. It is an image of graciousness, kindness, humility and compassion being extended to empower another person. ***This is shared ministry***; Pilgrims from every walk of life, every age, skill set, ableness, offering what they have in graciousness, humility, kindness and compassion to lift up other Pilgrims.

And here is another aspect of *berakah*. Blessing is never a closed dynamic. When someone blesses in order to lift the other up — to help them to stand in who they are — it is empowering. And, to be empowered is not merely to be the recipient of something good. To be empowered is to be equipped and enabled to turn and bless another. One blesses and then that one blesses and then that one blesses, and another, and another ***This is shared ministry.*** As Pilgrims engage in ministry together

blessing one another, we develop a strong culture of community built on blessing and empowering others.

Shared ministry grows and matures a community and moves us from **exclusive** to **inclusive**. A group of people not anchored in a sense of blessing, encouragement and empowerment is a group of people that turns inward, each one focusing on what the group provides for them. It turns inward, tending toward protecting of turf, power, and influence. Sharing in ministry together turns a community outward toward the other. The more Pilgrims live out our mission, the more inclusive we become.

Shared ministry moves us from **tasks** to **blessing**. In church community as in much of life, there are always myriad tasks that need to be accomplished. A group of people not anchored in a shared vision and sense of shared ministry, will tend toward focusing on those tasks losing sight of the mission and purpose. The risk is that people become overwhelmed and emotionally drained. A group of people anchored in shared vision and a sense of shared ministry and purpose will be motivated, energized, and engaged around blessing and empowering each other and the tasks become the means of realizing that.

Shared ministry moves us from **volunteering** to **ministering**. Volunteering is a good thing. Volunteers contribute to people and organizations using their skills and abilities. Being a minister, though, is a spiritual category. It is much more than volunteering. Ministering is sharing out of who you are as an act of worship and service – to love God and neighbor out of the riches of your gifts, capabilities, and wisdom (at whatever age you are).

Every Pilgrim has a variety of gifts (strengths, abilities, capabilities, resources, etc.) and every Pilgrim has a variety of needs (areas in which to grow, develop, mature, strengthen). Shared ministry fosters an organic living community in which every Pilgrim brings to the community their gifts. Every Pilgrim!

Most Sundays our service concludes with a blessing from Pastor Carol or Pastor Jen from Numbers 6 where God commands Aaron to bless the Levitical priests.

May the Lord bless you and keep you.

May the Lord's face shine upon you and be gracious to you!

May the Lord look kindly (or look up) upon you and give you peace!

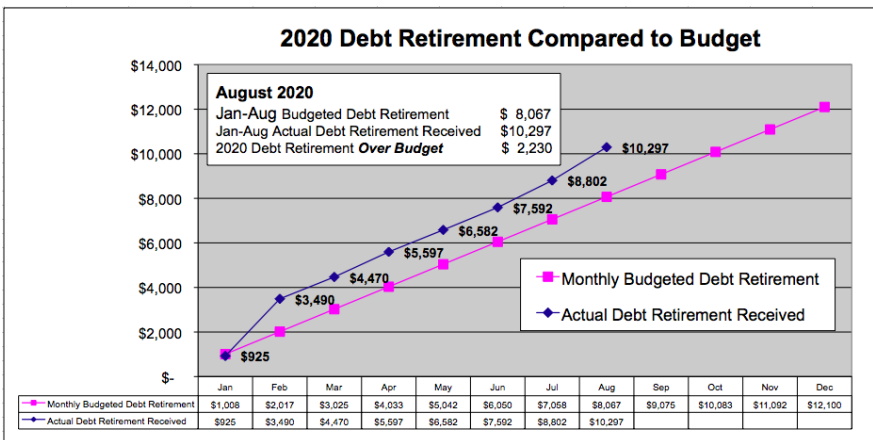
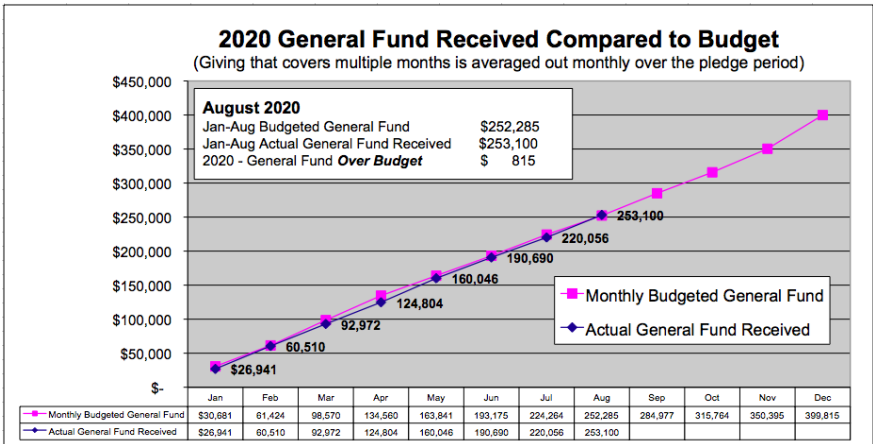
Our loving and gracious God bends down to each of us providing blessing, graciousness and peace. This empowering God we serve through that blessing equips and empowers us to share our gifts with one another and beyond the walls of Pilgrim to all of our communities of being. Thank you for being a church that is committed to shared ministry.

Pilgrim Financial Update Through August 2020

As we head into Fall and have a chance to reflect on Pilgrim’s financial performance through August, there is positive news to report. August giving was close to \$5,000 ahead of the amount budgeted for the month. And for the first time this year, giving is ahead of what Pilgrim budgeted on a year-to-date basis. Thank you so much for your generous support!

Pilgrim’s expenses continue to be underspent because of the environment we are operating in. August expenses were underspent by \$5,895 and for the year, expenses are under by \$38,714. When looking at revenue and expenses on a year-to-date basis, Pilgrim is roughly \$40,000 under budget. Thanks again to Pilgrim Staff, Ministry Teams and Members for working to make this happen. We will continue to keep you updated as we navigate through these difficult times.

Giving Graphs



Education, Service & Fellowship

We Need to Share Our Stories

Collecting Pilgrim Stories of Hope and Struggle During this Trying Time

*By Elizabeth Madson Ankeny, Jaimie Lucke Hendrikson,
and Thomas Becknell (for the Storytelling Task Force)*

We have stories to tell! As Pilgrims on the journey, we find ourselves in unprecedented times, with new experiences, thoughts and feelings about the COVID-19 pandemic, systemic racism, economic depression, food and housing insecurity.

We invite you to share your stories of this time of crisis — you can write down your story, take a picture, create an image, sounds, or video. Your story may be many words...or none! We invite Pilgrims of all ages to share — on your own or with others.

Your story needs to be told. It doesn't need to be polished or perfect. It simply needs to be told. So don't worry if it's good enough or important enough — just share it!

Elizabeth is thinking about sharing the story of how her previously underused patio space has become holy ground: as a space for meditation and coffee in the morning, a space for hosting physical distance happy hours with neighbors in the late afternoon and a space to reconnect via face time with grandchildren who live at a distance. What story do you have that needs to be told?

Please use this Google link for sharing your story:

<https://forms.gle/it1NmHzmrds1oDZW9>

The Christian Journey of Aging

*A Pilgrim Series, Thursdays, 11 am,
Every Other Week, via Zoom, for 75 Minutes*

*An Invitation from
Pastor Carol Tomer and Pamela Erwin*

In these days, we are mindful of daily life that cannot be taken for granted, amidst the risks and unknowns that are re-shaping our lives. We are awakening to new perspectives and new ways of envisioning living in our world. The Christian faith and the Christian community grounds us in God's guidance throughout our lives, as we together explore where God is leading us in this time of life. Aging — something that we do throughout our lives — comes into view even more as our life journey “matures.” You are invited to these gatherings, regardless of age; we are not defining a minimum age for the gatherings. The gatherings will be led by various

Pilgrims and staff and supported by a new book titled *Aging*, by theologian William Willimon, which you need not read before or after these gatherings, but is a resource you might appreciate.

- October 8** The Storm of Aging — led by Peter Spuit
October 22 Retiring with God — led by Richard Wintersteen
November 5 Truthful Aging — led by Lois Wintersteen
November 19 With God in the Last Quarter of Life — led by Coralie Hunter and Elizabeth Ankeny
December 3 Aging in Church — led by Larry Kohlenstein
December 17 Ending in God led by Pastor Carol Tomer

Links for the zoom gathering each time will be posted on the Pilgrim website, on the Events During COVID page. Attendance via phone is also an option; contact the Pilgrim office for that information.

Book Club News

Date: **Thursday, October 15, 2020 at 7 pm** via Zoom
Book: *How to Feed a Dictator* by Witold Szabrowski

We hope you'll join us. Contact **Lynda Hirschboeck** at **651-698-7399** or **hirschbo@gmail.com** if you have questions, or would like the Zoom link for that night.

Classics for Pilgrims

Classics for Pilgrims will meet on **Thursday, October 22 from 7-8:30 pm** via Zoom.

The discussion will center around the classic novel *Mrs. Dalloway* by Virginia Woolf. This small group is a good way to get to know a small group of pilgrims through literary discussion. We hope you will join us for one or all of our 4th Thursday discussions. Please contact **Barbara Taylor** (651-699-1095) or **Karen Ekdahl** (651-647-0681).



A list of this year's books is available on the Pilgrim Website under Community Care/Book Clubs.

T'ai Chi Chih Classes Offered at Pilgrim This Fall

T'ai Chi Chih has been part of our embodied rituals that have preceded our local pilgrimages this summer. And we'll get to continue to experience this meditative practice in these embodied rituals on some Saturdays in September, as well as in our outdoor contemplative evening worship service on **September 20**. We are aware that some Pilgrims may be

interested in learning more about this embodied practice that we've been experiencing.

T'ai Chi Chih® is a gentle, mind-body practice designed to circulate and balance the vital energy of the body to optimize health and well-being. The coupling of simple, repetitive movements with stillness throughout the practice has a potent effect on the circulation and flow of internal energy. T'ai Chi Chih is often described as a moving meditation that calms the mind and emotions, grounds the body, and helps release tension. It is not a martial art, but is a self-care and mindfulness practice. With daily practice, benefits may include improved balance, reduced stress, increased energy, or better concentration. Movements can be modified to accommodate varying levels of physical fitness or coordination. No special clothing or equipment is required, and it can be done standing or seated.

T'ai Chi Chih was developed in 1974 by Justin Stone, an American who mastered and taught an ancient, traditional form of T'ai Chi called T'ai Chi Chuan. He created T'ai Chi Chih after recognizing the need for a simple, gentle and easily learned practice that could provide benefits similar to those obtained from the more complex and challenging traditional forms of T'ai Chi Chuan.

Mary Weddle, who has been graciously leading T'ai Chi Chih in these recent Pilgrim worship gatherings, is active in the Pilgrim evening worship community. She has agreed to offer a three-session series of Pilgrim classes upcoming. She has been practicing T'ai Chi Chih since 2011, became an Accredited Instructor in 2014 and has found the gentle, meditative practice of T'ai Chi Chih to be a useful adjunct in her own contemplative journey. Prior to learning T'ai Chi Chih, Mary studied and practiced T'ai Chi Chuan for 10 years. Mary is also a certified spiritual director.

During these three sessions, you will learn half of the 19 movements and one pose of the T'ai Chi Chih. We'll gather at Pilgrim, outside, wearing masks, behind the Pilgrim office building, **every other Monday, 5-6 pm**. The remaining dates are: **October 12 and October 26**. If the weather doesn't permit gathering outside, we'll cancel the class.

Virtual More Than Happy Hour

Tuesday, October 13, 6:30-7:30 pm

More Than Happy Hour is a once-a-month space for young adults to gather and talk about life, church, and the world. We focus on a discussion theme. Anyone and everyone is welcome to join, or bring a conversation topic. Pilgrims buys us dinner!

This month, we will continue reading *The Yellow House* by Sarah Broom. Reflect on spaces where you have felt comfortable and uncomfortable throughout your life — what are they? Dinner will be provided by Pilgrim,

as usual! We will share discussion and check-ins — also be thinking about the next book we may want to read as a group!

In COVID-19 life, we're living up to our name—and this gathering will certainly MORE than happy hour. Pilgrim's Young Adult Innovation grant will pay for your dinner via Door Dash, and then from home, we can enjoy our dinner and talk in Zoom-land. Reach out to **Hannah Olson** at **hannahdelaine@gmail.com** by **September 7** so we can coordinate for payment for your dinner and Claire Kaiser can send you the Zoom link.

College Students and Families

With COVID, each college and each student is finding their way to continue with education this fall. Pilgrim has not forgotten you, college students and families—and we would love to hear what your plans are for now. Are you staying home and continuing online? Are you moving back to campus? For now? For the whole year? What is your contact info (mailing address, email, cell #) so we can connect and support you? Please email Pastor Jen and share what's going on. Pilgrim cares about you!

National Lutheran ABIDE Young Adult Small Groups

Abide is a small group ministry hosted by ELCA Young Adults. Young adults can register to be placed into a weekly, virtual small group led by a young adult Small Group Leader. Groups meet via video call for approximately an hour over the course of an Abide season (usually 7-9 weeks). Groups meet to reflect on the Abide video series that is released weekly. Young Adults can participate in an Abide group by clicking **<https://tinyurl.com/y3by54gx>** to register or lead a group by going to **<https://tinyurl.com/y3syk938>** and filling out a Small Group Leader application. Anyone can apply to join a leadership team by heading "Get Involved" and filling out a Leadership Team application.

Pilgrim Mamas Gathering Virtually

All those who identify themselves as mamas from Pilgrim are invited a Pilgrim Mama's get together approximately once a month in the later evening. Please contact Kirsten Anderson at **kirsten.m.anderson@me.com** for information.

How To Be a Helper or Be Helped During This Time

In these challenging times, we are equipping Pilgrims in shared ministry and caring for one another. As a part of this commitment, we have a process whereby you can let us know of a need you have, and let us know how you can help to meet a stated need. You can read about it; there's a

summary on the Pilgrim website home page, in the quick links section. It's titled, "**Being a Helper — Our New System.**"

Here's a direct link to the document: <http://tiny.cc/pao3qz>.

Sacred Sites Tour

By Penny Bartz

In collaboration with a few of our neighboring congregations (Immanuel Lutheran, Mac-Plymouth United, and Fairmount Ave. United Methodist), we have the opportunity to attend a Sacred Sites Tour with Jim Bear Jacobs. This is a fantastic opportunity to learn more about the history of the Indigenous peoples who lived in this area through storytelling. Please see the details below, and email me ASAP (pennybartz@gmail.com) if you are interested. There are only a limited number of spots left. Here are the details:

A special invitation to attend a Sacred Sites Tour

Sunday, October 18, 1-5 pm

Tours are led by Rev. Jim Bear Jacobs (Mohican) and Bob Klanderud (Dakota). The tours offer an opportunity to learn about Minnesota history from a Native perspective through story-telling and experiencing the sites in silence / meditation / reflection.

Where: All tours meet at Church of St. Peter, 1405 Sibley Memorial Highway, St. Paul. Please be there slightly before 1 pm, so that the tour can begin on time. Participants will drive to two other sacred sites during the 4-hour story-telling tour (Ft. Snelling State Park and Pilot Knob Hill).

Considerations: Please be prepared to be outside for 4 hours (dress appropriately). Consider bringing your own folding chair if you need to sit and a snack/beverage if you may need one during that time. Bathroom facilities will likely be porta-potties.

COVID Precautions: Please wear a mask and keep 6-foot distance between yourself and the other tour participants. Also, please no carpooling between sites with non-family members.

Suggested Cost: \$60 per person; details about payment will be provided.

Children, Youth, & Families

Confirmation Sundays 2020 & 2021

We had to postpone Confirmation Sunday last spring; but the confirmation youth and families and staff have set new dates.

Current 11th graders will have Confirmation Sunday in virtual worship, Sunday, **October 25, 2020, 9:30 am**. We'll still celebrate with robes and flowers and everything! Please come to worship and celebrate them and what God is doing though them!

The Pilgrim, October 2020

Current 10th graders will begin their Capstone Confirmation process in early 2021 with Confirmation Sunday scheduled on **May 2, 2021**.

LIGHT Nights & Adaption

Adapting a faith formation practice and space amidst COVID-19 has been a both a unique challenge and a wonderful opportunity. Living Into God at Home Together (LIGHT) Nights, most fundamentally in my heart and mind, will showcase the imagery of the name; a light amidst the all the other activities, learnings, stressors, and adaptations to our ‘new’ world this fall. Though apart physically, we can abide together and gently harness the Light of and at the beginning – Yeshua (Jesus). My hope is that LIGHT Nights will be an upbeat, sincere, intentional, and rejuvenating time amidst all the other good, but eventually exhausting, Zoom calls we – and specifically our Pilgrim Children, Youth, and Families – will be embarking upon this season.

As we, in community, navigate church and life during the present pandemic, LIGHT Nights will be a weekly time to virtually share and be in community together. To understand the structure of LIGHT Nights, please read on!

Alex Theship-Rosales
Director of Children, Youth, and Family Ministries

LIGHT Nights

LIGHT Nights – at **6:15 pm Wednesday** nights – began on Wednesday, September 23. It is a nine-week program with themes of Love, Community, and Racial Justice. Woven into each evening’s discussion and activities will be a New Testament idea, story, or passage. The sessions will begin with a gathering group, where every Pilgrim will enter a Zoom call together and join Maggie Priola in a fun, musical convocation! Promptly, we will split into breakout groups. These groups will be distinguished by age, not necessarily grade in school; attendees may decide which age group they feel most comfortable joining. Moreover, Children and Youth may attend LIGHT individually, or join alongside siblings, adults, caregivers, or parents in their homes. Households may decide on a week-to-week basis how they would like attend Breakout groups

Every Breakout Group has a rotation of at least three leaders. Two are Teachers the other is a Technician. Supporters may enter Breakout Groups just to be another leadership presence and/or be on-call to fill in for an absent Teacher or Technician. Each role is collaborative, working together to create a fun, spiritual space.

Teachers guides the activities and discussions, Technicians Time-keep, answer Zoom chat questions, and take attendance, and Supporters are there to support, be present, and are willing to lead as needed.

In addition to the Wednesday evening online gatherings, we have some subsequent planning going on for Families in Faith classes, Confirmation events, outdoor fall events for different ages, and we're even looking towards events for next summer!

Families in Faith

Families in Faith Classes are shared experiences for children and their parents/caregivers to learn faith practices together. There is one class for each year of a child's life from Birth-6th grade, as well as all-ages Communion and Baptism Education Classes, led by Pastor Jen. Virtual classes will take place during L.I.G.H.T. Nights from **6:15-7 pm** for PreK-6th grade and on Sunday mornings at **8:30 am** for babies and toddlers. There will then be a blessing shared **during 9:30 am virtual worship the following Sunday**. Children and families will receive a gift and materials at home in advance of Families in Faith classes. Siblings, grandparents, godparents, etc. are welcome to join in!

Birth-Age 1: Baby Faith Steps – Sunday, October 11, 8:30-9:15 am – Parents/caregivers learn about nurturing their infant's faith development and celebrating baptismal birthdays. Receive baptismal candle holder. All families with children younger than Preschool are invited to attend.

Grade 6: My Self, My Gifts – Wednesday, October 28, 6:15-7 pm – Parents/caregivers and youth explore their God given gifts and talents and how to share them and use them to serve others. Receive personalized frame.

Pre-K: Parenting Kids Faithfully – Parents/caregivers and children learn ways to engage faith at home—reading Bible stories with your children, holy play. Receive Spark Story Bible.

Grade 5: Do Justice – Wednesday, November 11, 6:15-7 pm – Parents/caregivers and children learn and experience the importance of caring for those in need as we follow Jesus. Receive catechism and work gloves.

Grade 4: Friends in Christ – Wednesday, November 18, 6:15-7 pm – Parents/caregivers and children learn about how to be church together, including friendship building skills and hospitality. Receive friendship bracelet.

All Ages Baptism Education – Wednesday, January 6, 6:15-7 pm – Parents/caregivers and children learn about how to be church together, including friendship building skills and hospitality. Receive friendship bracelet.

Grade 3: Words for Life – Wednesday, January 13, 6:15-7 pm – Parents/caregivers and children learn how to read and study the Bible together. Receive a Growing in God's Love Bible.

Grade 2: Share, Save, Spend – Wednesday, January 27, 6:15-7 pm – Parents/caregivers and children learn and experience how we follow Jesus by sharing our money and using it wisely. Receive Share, Save, Spend banks.

Grade 1: Prayer – Wednesday, February 3, 6:15-7 pm –

Parents/caregivers and children learn different ways to pray and receive prayer pillow.

Kindergarten: Faith5 – Wednesday, February 10, 6:15-7 pm –

Parents/caregivers and children learn a devotional practice to use at home. Receive candle holder for family devotions.

Toddlers Not Yet in Pre-K: Playing Church – Sunday, March 7,

8:30-9:15 am – Parents/caregivers explore worshipping with a toddler and playing church at home and during worship. Receive a worship playset. All families with children younger than Preschool are invited to attend.

All Ages Communion Education – Wednesday, March 31,

6:15-7 pm – Parents/caregivers and children learn about communion –what it is, what it means, and how to receive and serve it. Registration in advance. Receive communion plate and cup.

Confirmation

Deep Dive Confirmation – 7th-9th Grades

Deep Dive Confirmation offers 7th-9th graders a special and engaging experience as they journey toward the rite of confirmation. In Fall 2020, You will be watching movies that connect our faith to real life like *The Hate U Give* and *Saved* on your own before we meet on Zoom one Sunday a month from **7-8 pm** to talk about it together as a church group. Deep Dive is a collaboration of St. Paul ELCA Lutheran congregations with the hope of connecting youth across congregations and engaging youth in immersion learning about the promises made to us by God in Baptism. Regular attendance is expected by those who register.

Confirmation Capstone – 10th Grade

In the winter-spring of their 10th grade year, youth gather with each other, pastors, and caring adults to reflect on their journey of faith and life, with room for all their doubts and questions, and consider affirming their faith grounded in the love given to them without condition at their baptism by God. We explore together ways their faith makes sense (and doesn't) as they live their lives in ways that reflect the radical love of God in Christ as well as plan Confirmation Sunday, a worship celebration of the journey that has walked alongside them to this point in their lives and as they look ahead. Parents/caregivers have intentional conversations about supporting their youth in their faith and life with their youth, each other, and pastors.

Elementary School Get Together!

Sunday October 4, 10:30-11 am - following outdoor worship. We'll get a chance to see one another in-person and do an activity. Parents and Caregivers, please plan to join with your child for this event to help ensure proper mask-wearing and physical distancing is achieved. We want to gather and have fun and be safe while doing so!

Middle & High School Pathways Fall Events

Friday October 9, 5:30 pm – Pumpkin Carving

Meet on the Pilgrim lawn to carve a nice pumpkin!

Friday November 20, 5:30 pm – Advent Wreath Making

Meet to assemble your very own Advent wreath/sanctuary space. We will talk about creating sanctuary spaces, the upcoming Advent season, and be creative as we craft our own holiday wreath.

Friday December 4, 5:30 pm – Minnehaha Hike

Meet at Minnehaha Creek Park for a brisk hike to see the falls and get outside! If it's cold enough we may even see the waterfall frozen which is very cool.

COVID health and safety protocols will be followed at all outdoor gatherings.

Summer!

- ❖ Camp WAPO: Seeds Camp: **July 23-25 2021**
- ❖ Camp WAPO: Youth Camp & Sr. High Camp: **July 25-30 2021**
- ❖ Vacation bible school: **June 14th-18 2021**
- ❖ Middle & High School Pathways retreat: **July 13-15 2021**

Beyond Pilgrim

National Lutheran Choir Invitation

Even though the National Lutheran Choir cannot gather in person at the start of the 2020-21 concert season, their song of hope, faith and love is not silenced! Join as NLC embarks on a unique and meaningful season of programming with a Virtual Subscription that promises twice-monthly content delivered directly to audiences.

Much like a season ticket, the Virtual Subscription is a great way to stay engaged with the Choir during this time when singers and audiences are unable to safely gather for live performances. At \$10/month (\$90 for the full season) your household will enjoy specially-created content from the NLC video library, behind-the-scenes looks at how the Choir is preparing their 2020 All Saints and Christmas programs and interviews with Artistic Director David Cherwien, Artist in Residence Paul John Rudoi, and much more.

The All Saints and Christmas Festival programs will be newly curated, virtual events that stream for FREE via the NLC website on **November 1** and **December 11**. There is no need to subscribe to enjoy these well-loved events. For more information – or to subscribe – go to **NLCA.com**.



Prayer Corner

We pray for God's loving presence for these Pilgrims who need healing, hope, comfort, and care:

Concerns: For our governor and all Minnesota public servants, as they lead and serve our whole state; for our national and international leaders, for wisdom during this pandemic; for the vulnerable in our society, including those suffering with COVID-19, those who are unemployed, those struggling with depression and other mental health issues.

Ongoing Health Concerns: Mardell Johnson and her family as she shifts to hospice care; for Josh Moss' mother, Darlene Moss, and their loved ones, in hospice care for brain cancer; Serena Asta, chronic neurological Lyme disease; Lisa Berg; Lillian Knutson; Mike Regal, Chuck's son, ongoing care following a serious motorcycle accident; Cathy Comeford, sister of Jeanne Comeford, undergoing treatment for cancer; Daniel Leshner, for physical, emotional, and spiritual health.

Births: Rory Anderson, born April 22; Inho Robert McAdory-Kim, born January 31; Hanna Ruby Heggeseth born to Brianna and Paul Heggeseth on January 1, 2020; Maeve McElrath, born to Eileen and Matt McElrath on Sunday, March 24; Margaret (Maggie) Linnea Moore, born to Britt and Tim Moore on March 22; Naomi Anne Weeks, born to Kyle & Rachel Weeks on February 24.

Christian Sympathy: Hannah Schendel, on the death of her great-uncle, Edwin Monroe Cronk; family and friends of Jan Harper, former Pilgrim member and spouse of Jean Hay, who died on August 31; family and friends of former Pilgrim member Wilbur Decker, who died on August 11; Jason Henrikson, on the death of his father, John, on August 3; Karie Johnson, on the death of her uncle, Donald Ostergaard, on July 25; Drew Johnson, on the death of his grandfather, Ted Anderson, on July 17; Lois and Richard Wintersteen, at the death of their granddaughter, Bethany Kennedy, from pancreatic cancer, on July 15; Peter Sput and family, on the death of Peter's uncle, Mark, who died by suicide the week of May 17; the Heggeseth family, on the death of Paul's uncle and Brianna's great-aunt; family and friends of Jean Hay, former member of Pilgrim, who died on April 21; Caleb Drexler Booth and family, on the death of his uncle, Craig Breimhorst, on April 16, from COVID-19; Craig Goldman, on the death of his sister Carol; Lois and Richard Wintersteen, on the death of Lois' sister Norma on March 31; family and friends of Mary Lou Jacobson, a former member, who died on March 22; Ross Radtke, on the death of his grandmother on February 9; Pastoral Intern Hannah Olson, on the death of her grandmother on November 16; Karen Walker and family on the death of her mother, Pilgrim member Joan Doth, on October 27; Eileen McElrath and family, on the death of her grandmother, Dorothy Ann Tompkins, on October 13; Sharyn Joyce, on the death of husband Bill on October 4.

Ministry Partnership: The ministry and people of our sister congregation, Luganga Lutheran Church in Tanzania and Pastor Bimbiga; Pilgrim staff members and Pilgrim lay leaders

In and beyond the congregation: For peace in our world, for healing in our country, for the invisibly ill, for the mentally ill

You are encouraged to send greetings to those you are moved to communicate with. Let us know if you are expecting or adopting a child. If you wish to add or remove a prayer request, please call the church office regarding the Prayer Corner. For prayers during worship, please contact a pastor.

Parochial Report

October Birthdays

Week 1

Lee Fargo
Mary Beth Lake
Sara Mergens
Larry Tenter
Ellie Ann Shuros
Judith Tande
Nathan Boelke

Week 2

Samuel Batalden
Brenda Kowske
Kathryn Reiley
Sophia Bowser
Leo Lake

Week 3

Phyllis Zumach
Virgil Amsden

Mark Tande
Lisa Berg
Nils Gustafson
Rebecca Batalden
Chris Bjorkman
Ross Radtke

Week 4

John Askew
Christopher
Boylan
Jeanne Barr
Gregg Hammerly
Nicole Helland
Eric Hanson
Jen Newburg
Magnus Spindler
Kyle Weeks
Rachel Weeks

Week 5

Beth Nelson
Elizabeth Conklin
Owen Christenson
Norah Louise
Rogness
Elizabeth Landahl
Anne Hall
Michael Lindsay
Annie Milligan-
Wells
Jack Milligan-
Wells
Coralie Hunter
Jack Kahnert

October Anniversaries

- | | |
|--|---|
| 1 Kurt Schultz &
Karen Hedenstrom | 19 Greg Mergens & Sara
Mergens |
| 1 Melissa Johnson & Erik
Johnson | 20 Micah Whetstone &
Michele Whetstone |
| 6 Coralie Pederson &
Corey Pederson | 23 Kristofer Sween & Donna
Dingle |
| 6 Ivory Ruud & Dan Hoseck | 27 Ruth Hagestuen & Bonnie
Nash |
| 6 Tim Moore & Britt Moore | |
| 9 David Judd & Dianne Judd | |



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Looking Ahead

Deadline for the November Pilgrim Newsletter

The deadline for sending in materials for the November Pilgrim newsletter is **October 15**. As usual, please send things to **serenapilgrim@gmail.com**.

Shared Ministry Statement

Pilgrim practices “shared ministry,” affirming that each member of this community is a minister both within and beyond the walls of the church, which we affirm in baptism. We partner with one another and with the wider ELCA to walk together in this journey of faith. We agree to share the decision-making responsibilities of being a church, as well as the joy of serving in mission, side-by-side. We welcome all to become involved through the use of their abilities, time, and resources. Every program, group, or emphasis within our congregation is sustained by the involvement of the ministers of the Pilgrim community.

Have You “Liked” Pilgrim Yet?

Be sure to visit the Facebook page and Pilgrim website to keep up with Pilgrim news, events, announcements.

<https://www.facebook.com/PilgrimStPaul>

<http://www.pilgrimstpaul.org>

Have You Remembered Pilgrim in Your Will?

Some people are able to continue to give to Pilgrim in death, as well as in life. Giving through your will helps to continue the 90-year tradition of ministry and mission at Pilgrim, continuing the legacy of your witness. With the advice of your attorney or tax adviser, the following language may be added to your will, trust, or codicil:

“I bequeath X% of my estate to Pilgrim Lutheran Church,
1935 St. Clair Avenue, Saint Paul, MN 55105.”