



The Pilgrim

MONTHLY NEWSLETTER OF PILGRIM LUTHERAN CHURCH

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Pilgrim Lutheran Church

An ELCA Congregation
A "Reconciling in Christ" Congregation

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

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Officers of the Congregation

Joan Regal, *President*

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Kurt Schultz, *Co-Vice President*

Craig Eliason, *Recording Secretary*

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Reva Rasmussen, *Evangelism*

Todd Dunn, *Congregational Life and Care*

Paul Hardt, *Missions and Social Concerns*

Mike Schulze, *Properties*

Ivory Ruud, *Stewardship*

Beth Nelson, *Worship and Music*

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Jon Chapman

Financial Secretary

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Life & Care*

Martha Nelson, *Chair of Evangelism*

Paul Ormseth, *Chair of Properties*

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Spiritual Growth

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Spiritual Growth

Kris Hogquist, *Children's Fellowship and*

Service

Kent Miller, *Youth Fellowship and Service*

Judy Boehm, *Wedding Coordinator*

Danielle Carlson,

Asst. Wedding Coordinator

Cover Photo Art: Chuck Regal

We are soon dedicating our sanctuary renewal! But, of course, our gratitude will not be confined to that day of celebration on May 3. We give thanks for Joe Ruzichka's generosity which has made this renewal possible, and we give thanks for all who helped us with the purchase of chairs. In our commitment to recycling and re-using materials from the renovation, we will be offering "mini-pews" made from unused parts of our old pews. These benches will seat two people and will be on display at Pilgrim starting on May 3. They will be for sale for \$375 each (\$100 of that charge will be tax-deductible). We will have about 14 mini-pews available. If you are interested in buying one, please give your name to the Pilgrim office **between May 3-10**, and if we have more interest than pews, we will draw names. In the process of our work on the sanctuary, we kept our eyes open for a tangible memento of the work that we could share with the whole congregation, made out of the materials that remained. And, we have one! As a memento of this historic Pilgrim transformation, there will be little pilgrim figures available, made from the wood of the pews. Jim Jahnke has been busy creating these wonderful little pilgrims based on the Pilgrim logo. These will be available, starting on May 3, for a contribution of \$25.

Check out the wonderful display of images of hungry minds and souls in the Fireside Room. On April 19, on the Second Sunday of Easter, those photos helped us celebrate our first annual Pilgrim Festival of Hungry Minds and Souls. On this Sunday that comes right after Easter Sunday, every year, we hear the gospel story about Doubting Thomas. In fact, it's the only Sunday of the church year, with its three-year cycle of scripture texts, when we always have the same gospel text, a wonderful testimony to the Christian community's longstanding wisdom that we need this story right after Easter Sunday -- every year we need it -- as an invitation into honesty and into the fullness of the journey of faith, complete with doubts and questions.

By request, from my April 19 sermon, here are a few of my favorite quotes about the reality and the importance of doubt, questions, and honesty for the vitality of the journey of faith:

- *Doubts are the ants in the pants of faith.*
- Frederick Buechner, *Wishful Thinking*
- Kathleen Norris, *Amazing Grace: A Vocabulary of Faith*, in a chapter on "Belief, Doubt, and Sacred Ambiguity": *I had thought that my doubts were spectacular obstacles to my faith and was confused but intrigued when an old monk blithely stated that doubt is merely the seed of faith, a sign that faith is alive and ready to grow. I am grateful now for his wisdom and grateful to the community for teaching me about the power of liturgy. They seemed to believe that if I just kept coming back to worship, kept coming home, things would eventually fall into place.*
- From Flannery O'Connor, the 20th century novelist: *I think there is no suffering greater than what is caused by the doubts of those who want to believe. I know what torment this is, but I can only see it, in myself anyway, as the process by which faith is deepened. A faith that just accepts is a child's faith -- and is all right for children -- but eventually you have to grow religiously as every other way, though some never do. What people don't realize is how much religion costs. They think faith is a big electric blanket, when of course, it is the cross. It is much harder to believe than not to believe. If you feel you can't believe, you must at least do this: keep an open mind. believe Keep it open toward faith, keep wanting it, keep asking for it, and leave the rest to God.*
- From Martin Luther's *Small Catechism*, his explanation of the 3rd article of the Apostles' Creed: *I believe that I cannot by my own understanding or effort in Jesus Christ my Lord, or come to him. But the Holy Spirit has called me through the Gospel, enlightened me with the Spirit's gifts, and sanctified and kept me in true faith.*

As you plan for the summer, I want to lift up to you a unique opportunity that is coming to our community, when the 2009 ELCA Churchwide Assembly will be held Aug. 17-23 at the Minneapolis Convention Center. Both metro synods are a part of the local arrangements committee, which will help churchwide staff coordinate the efforts of nearly 1,000 volunteers. The local arrangements committee now begins the task of recruiting volunteers to help with everything from hospitality to worship to registration to pages. If you would like to be a part of this effort, please email Beth Helgen at the synod office, at beth.helgen@spas-elca.org and include the following contact information: name, address, phone number, email address, and congregation. The volunteer coordinator will contact you soon with more specifics.

Of special interest to Pilgrim will be a worship service during the assembly for Reconciling in Christ congregations and all who support the full inclusion of all of God's people in the life of the church. It will be held on Wednesday night, August 19, at Central Lutheran Church, downtown Minneapolis. And you can learn more about ways that members of RIC churches can be involved at the assembly, by going to www.goodsoil.org.

God's blessings in these beautiful days of May,
Pastor Carol

*Pastoral Musings
from Wayne Weissenbuehler*

Pilgrim is more than the sum of its parts! I believe that every congregation has a soul and a character that is unique to it based on its history, pastoral leadership, the character and participation of its members, its worship life etc. The way that the Spirit uses to bring us into the reality and challenges of the reign of God now happening in the world because of the life, death, and resurrection of Jesus Christ is through the response of faith that is mediated through this community of which we are a part. We are each shaped by our participation in Pilgrim's life and worship in ways that are unique to this congregation and we in turn by our life and participation shape the reality of the soul and character that is Pilgrim Lutheran. This is one reason that we come after folks to join with us at Pilgrim and to become an active part of our worship and life.

I have sometimes joked, "Why should you want to join Pilgrim? All you get that you can't have of the blessings of this parish which you have without joining is offering envelopes!" It is meant as a joke but it is not really true. We sometimes think that our spiritual lives are renewed simply on a one to one basis, we to God, individually. Not so! Of course, there is something to this as well but more significantly we as individuals are transformed in a special way by our membership, activity, and commitment to and in a congregation. It is wonderful to think that as we are a part of Pilgrim we are at the same time being made by God through this parish into what we are called to be and in the process of making Pilgrim into a richer, more alive, and more faithful community of believers.

Recent scientific studies have shown that we are formed in our ethical and moral beings by being a part of a communal reality. No one of us makes it alone. Now we are all a part of many communities from the nation and city down to neighborhoods, clubs, and small groups of all kinds. But there is one community that exists solely for the purpose of bringing us into a mature relationship with God and into faithful and life transforming activity on behalf of God and those who surround us. We all are called to live lives committed to and active in justice, compassion, and healing for all of creation. That is why your participation and involvement in the life and worship of this congregation is not only good but necessary and decisive. It is just this not only for you but for us all. You know how it is when you walk into worship on a Sunday and see someone whom you haven't seen for a long while. You are immediately refreshed and enriched even if they don't even speak to you. Never wonder if your presence and participation in our life at Pilgrim is important and vital. It is and not just for you!

Pastor Wayne

May Worship at Pilgrim

Sunday Worship at 8:30 & 11:00
(Summer schedule begins on May 24 –
one service at 9:30 am)

May 3 – Fourth Sunday of Easter, festival service and dedication of the sanctuary renovations, St. Olaf College brass quintet, holy communion, Saint Paul Area Synod Bishop Peter Rogness preaching

May 10 – Fifth Sunday of Easter, Nordic Morning Prayer, Point for Pilgrims, Silver Pilgrim Award, baptism of Abram Amlee Whetstone, Pastor Carol Tomer preaching

May 17 – Sixth Sunday of Easter, Holy Communion, Pastor Carol Tomer preaching

9:30 am summer worship schedule begins:

May 24 - Ascension Sunday, Morning Prayer, Point for Pilgrims,
Pastor Cassie Nault preaching

May 31 - The Festival of Pentecost, Holy Communion, Pastor Wayne Weissenbuehler preaching

Coming up this summer

Sunday, June 7, 9:30 am worship – A celebration of Celtic saints, with music led by Dick Hensold on Northumbrian small-pipes and other bagpipes

Sunday, June 14, 9:30 am worship – Blessing of the Animals, at an outdoor service on the blacktop beside the church
– Followed by a
Pilgrim community picnic meal

Sunday, August 30, 9:30 am worship – Music led by the Teddy Bear Band, at an outdoor service on the blacktop beside the church

May Forums at Pilgrim

*Our Sunday morning forums begin at 9:45 and conclude by 10:45 am.
We meet in the Upstairs Community Room (UCR).*

May 3 – **“The Sanctuary Dedication Gala”** – On this day, we’ll have cake, a program of joy and celebration, and we’ll honor all the people who made this renovation possible. Thanks be to God!

May 10 – **“Global Bridges: A Tanzanian Experience”** – Have you given thought to engaging more meaningful dialogue with our sister congregation in Tanzania? Maybe a trip to the Iringa Diocese might broaden your faith journey and add to your understanding of being pilgrims in Christ. Come share a discussion with three of our seminarians as they revisit their recent trip to the Tanzanian region in which our sister congregation builds its ministry. Who says our seminarians have to be the only ones bridging the gap between Pilgrim and Luganga? You might be called to such important missional work. Let their experience inspire your pilgrimage.

May 17 – **“Caring for Our Elders: Perspectives from Pilgrim Families”** -- In this forum, we will hear from several pairs of Pilgrim seniors and their adult children, about the joy and challenges, choices and insights, as caregivers and care-receivers on the journey of life. Included on the panel will be Ed Boehm and Jim Boehm, Mardell Johnson and Karen Johnson, Don Hogquist and Kris Hogquist, and Jean Gilbert and Carol Tomer, as well as Michele Whetstone, LICSW, who is a social worker.

May 24 – No learning hour; one worship service at **9:30 am**

May 31 – After our 9:30 am worship service and coffee, we will have a special forum **at 11 am**, led by Sarah Hinlicky Wilson, who is a Research Professor at the Institute for Ecumenical Research in Strasbourg, France, the "scholarly arm" of the Lutheran World Federation's ecumenical engagements. She is also the daughter-in-law of Pilgrims Roger and Ginny Wilson. Her topic will be “Lutheran Spirituality is Counter-Cultural”

– a great topic for this Day of Pentecost, when we celebrate the Holy Spirit. In an age that’s all about seeking, Lutherans proclaim the countercultural good news that God seeks us instead. That has implications for our spirituality. We’ll talk about what makes Lutheran responses to God distinctive, from the deepest dispositions of our hearts to our outward practices.

Pilgrim Peace Meditation

On **Sunday morning, May 3, at 8:00 am**, Pilgrim will continue holding a meditation for peace, eight times a year, to mark the changing of the seasons. The seasons - spring, summer, fall and winter, express the ebb and flow of activity during each yearly cycle. Spring is said to begin at the time of the vernal equinox, summer at the summer solstice, fall at the autumnal equinox, and winter at the winter solstice. These four times, and the four times that fall more or less midway between them have been celebrated by many cultures, to bless the cycle of earthly energy and the human activity which takes place during each cycle. The transition from one season to the next has been observed in various forms by Christians, Jews, Pagans, Buddhists, and Hindus through the centuries. Our meditation is patterned on the traditional Christian meditative practice of *Lectio Divina*. It will combine readings from scripture and world literature on non-violence, a time of silent contemplation where each can meditate for peace in their own way, and singing meditation from the Taize community in France. These gatherings are sponsored by Pilgrims for Just Peace. We'll meet in the Upstairs Community Room, from 8:00am - 8:25 am, before the 8:30 am worship service. All are invited.

“Tasting the Spirit”

The village where there is no drumming is not a place where people can live

– African proverb

“Tasting the Spirit” -- Evening gatherings of healing and reflection, featuring meditation, drumming and chanting

Sunday nights, May 31 and June 7, at 6:51 pm

Marc Anderson will lead these gatherings, grounded in three ancient spiritual practices that are found in Christianity and other religions as well – silent meditation, drumming and chanting. These gatherings will be held in the intimacy and beauty of the new chancel area of Pilgrim's sanctuary. A free-will offering will be invited for Marc, who is donating his time to lead these gatherings.

Marc Anderson is known to many Pilgrims as the percussionist in the musical ensemble that leads Celtic worship at Pilgrim. He is a professional musician, composer and music educator. He has studied percussion traditions from around the world. He has appeared on more than 250 recordings with artists like Greg Brown, Robert Fripp, Peter Ostroushko and Steve Tibbetts. He is also an ordained priest in the Soto School of Zen Buddhism. He has been meditating for over 20 years. Marc is an adjunct professor at Hamline University, he leads drum ensembles in schools in the Twin Cities area, he is a widely sought after clinician and lecturer, and he offers talks and retreats on Zen, creativity and the spiritual life.

Saint Clair Sunday Evenings

Worship, Music, and Arts ~ 6:51 pm Sundays

2008-2009 theme: *the creation waits with eager longing*

Celtic Contemplative Worship on Sunday nights
will continue in September 2009

Nordic Contemplative Evening Prayer
will continue in September 2009

A Very Special Night

Wednesday, May 20, 2009 ~ 6:51 pm

A Celtic Contemplative Communion Service

“The Sound of the One: A New-Ancient Harmony”

with **J. Philip Newell**,

Scottish spiritual leader and author of *Christ of the Celts*.

This gathering is co-sponsored by Wisdom Ways

The service will be preceded by a “Midweek at Pilgrim” meal for all at 5:45pm, and a reception will follow the service.

M@P... Midweek @ Pilgrim

Wednesday Night Schedule*

5:00 pm	Junior Choir
5:45 pm	Meal
6:15 pm	Learning & Activity Hour
7:15 pm	Senior Choir

* 5:30-7:30 Nursery available

May 6

Adults: Encountered by God: How Lutherans Do Bible –
(May 6, May 13), led by Pastor Wayne Weissenbuehler

May 6: Four ways to Approach the Bible. (Ch. 3)
May 13: An Adventure with a Biblical Text.

The text book is *Opening the Book of Faith* – available at church.

This class will explore what kind of a book the Bible is and why it is important to us. It intends to introduce us to the unique way that Lutherans understand and work with the Bible. This is a good basic course that can get anyone started on a path to personal and corporate bible study. It is an introductory course in the ELCA's Book of Faith Initiative.

Children & Youth: Spring Sprucing-Up!

Wear clothes for some outdoor work at Pilgrim, as we help our building look its best for the warmer weather. Caring for our own building and grounds is a great way we can serve as stewards of the earth. *If it's raining, we will have an indoor activity and save the sprucing up for May 13.

May 13

Adults: Encountered by God: How Lutherans Do Bible
– led by Pastor Wayne Weissenbuehler
May 13: An Adventure with a Biblical Text.

Children & Youth: We will *also* be having an adventure with a biblical text, but this one will take us on a hunt around the church, and lead us to treasure at the hunt's end!

May 20

Spring Celebration Meal: No Learning/Activity Hour

We will end our spring M@P meals with a banquet! The award for the last snow of the year prediction will be given, among other things. A special Celtic service at 6:51 follows the M@P meal this week, with special guest J. Philip Newell.

On **May 27**, there is no M@P programming; however, information on the congregational meeting that evening is listed below.

M@P will continue into June! Even though the choirs take a well-deserved summer break, we will continue to gather for meals and fellowship on Wednesdays, with trips to the playground, movie and game nights, grilling "out back," and more! Watch your bulletins and the June newsletter for information on M@P plans for June.

Music Notes

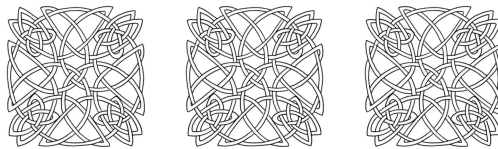
May Choir Schedule

5/3 (Sanctuary Dedication)	8:30 & 11:00	Senior Choir at both
5/10	8:30 11:00	Senior Choir Cherub Choir/Vocal Ensemble
5/17	8:30 11:00	Junior Choir Senior Choir
5/24 (Memorial Weekend)	9:30	Adam Reinwald, Baritone
5/31 (Pentecost Sunday)	9:30	Senior Choir and Junior Choir

Hymn of the Month:

Hail Thee, Festival Day (ELW 394)

Our Hymn of the Month for May is indeed a festival hymn, having a different first verse for each season or festival Sunday that we will be observing this month: Easter, Ascension, and Pentecost. The text was written by Venantius Honorius Fortunatus (c. 530-c. 609), a Latin poet and hymnodist, who became Bishop of Poitiers in France sometime before the year 600, and died leaving behind 11 books of poetry that became influential in the succeeding development of later Latin literature. The tune is by Ralph Vaughn Williams (1872-1958), a prolific English composer of symphonies, hymns, operas, oratorios and choral music. He was also a collector of English folk music and songs, and is responsible for many of the enduring melodies sung throughout the Christian church today (*For All the Saints* being one of his most famous).



Congregational Meeting & Potluck Wednesday, May 27

5:45 pm
Potluck

6:30 pm
Congregational Meeting

Featured Ministry Area of the Month - Evangelism

The Evangelism Committee has been busy with many different activities in order to better welcome visitors to Pilgrim as well as to help fill the hungry minds and souls of Pilgrim members. A new member dinner was hosted by the Evangelism Committee at the home of Martha and Brock Nelson on April 23rd. All were welcome at the dinner, and special Evite invitations went out to all those who have joined Pilgrim within the past year. Sometimes it is hard to get to know our newer members during the coffee hour after church services, and therefore we hope that the new member dinners held 3-4 times a year will be a valuable time for fellowship in the cozy environment of one of our Pilgrim homes – not to mention, we have fabulous food and a lot of fun! Please consider joining us at a future new member dinner. In addition, we are making a great effort to greet visitors after both services each Sunday. Evangelism Committee members have taken turns being “exit greeters” in the narthex after each service. We encourage all Pilgrim members to take time before or after each service to be friendly and welcoming to visitors (or anyone you do not know for that matter!). One of the goals of the Evangelism Committee is to foster a friendly environment so that all who come to worship feel welcomed.

Another project that we are working on is helping to launch the Pilgrim Lutheran Church Blog. Reva Rasmussen has been instrumental in starting and maintaining the Pilgrim blog. The address for the blog is: <http://pilgrimstpaul.wordpress.com>, and we encourage you to visit the site to see what other Pilgrim members have written. Anyone is welcome to submit a commentary, observation, or thought about a worship service, or anything related to Pilgrim. All entries should be submitted to Pilgrim's office at the following email address: pilgrim@pilgrimstpaul.org and ask for it to be forwarded to Reva Rasmussen. The written entry does not need to be polished, so no professional writing experience necessary! Reva has offered to help edit entries if the writer would like.

Finally, we have a couple of other projects in our sights for this year, one of which is exploring the possibility of having banners made which would advertise certain big events at Pilgrim, such as the Hungry Minds and Souls Festival. We feel that the local community might be very interested in the exciting things going on at Pilgrim, and banners on the front exterior of the building would help to advertise such events. Also, Becky Lindgren is working on seeing if Pilgrim members are interested in participating in small-group prayer circles. Those who are interested would learn how to pray with others as a group for meaningful times of prayer shared with others.

The Evangelism Committee has been very busy with lots of meaningful activities, and we welcome anyone to join the committee if you have an interest in the type of work we do!

Education, Service & Fellowship

Daytime Text Study



Each **Tuesday at 1:30 pm**, Pilgrims gather in the Fireside Room for a lectionary Bible study with Pastor Wayne. As we read and ponder the scripture together, relationships are formed and strengthened, wisdom is shared, and we are renewed as the people of God. The Text Study is open to all – no experience necessary.

Mission of the Month

There's nothing like sharing a meal with a three-year-old to change your perception of the face of homelessness.

The Mission and Social Justice Committee invites you to help in preparing and sharing supper with children and their parents at **The Family Place**, a day shelter for mothers, fathers, and kids living temporarily without homes in downtown St Paul.

On **Saturday, June 6**, we'll gather at 3 p.m. to cook a meal for about 40 people. We'd love to have your participation by joining us there or by contributing food or money for our picnic fare. For more information contact Marsha Foss (marshafoss@comcast.net or 651-756-8633). A sign up sheet will be posted in the church narthex.

Also during the month of May we will collect household items for families moving from temporary shelter into permanent housing. A blue container for your contributions will be in the church narthex. Here is a list of what is most needed by families in transition:

Sheets and mattress pads	Plastic dishes for leftovers
Pillows	Dish Soap
Cotton blankets	Dish towels
Towels and washcloths	Pot holders
Shower curtains, liners, and rings	Paper towels
Bath mats	Garbage bags
Toilet brushes	Cleaning products
Toilet paper	Empty spray bottles
Rugs	Laundry soap
Pots and pans	Kleenex

Baking pans
Sets of dishes
Glasses and cups
Cereal bowls
Silverware
Calendars

Pens and pencils
Notepads and tablets
Envelopes
Alarm clocks
Wall clocks

Also welcome are new or gently-used children's books, especially for teenagers.

Pilgrim Men's Breakfast

The Pilgrim Men's Breakfast group meets at 7 **am** on the first Monday of the month. This month we will meet on **Monday, May 4** at the Highland Café and Bakery, 2012 Ford Parkway. For more information, contact Tom Utter (651-699-4906) or Ken Lampert (651-699-6169).

Pilgrim DayHikers

The hike for the month of May will be at Big Woods State Park in Nerstrand on **Sunday, May 17**. The Spring wildflowers should be blooming by that time. After hiking we will plan to have a cookout - bring something to cook over the fire as well as a dish to share. Meet at church at 1:30 p.m. and we will carpool to Nerstrand. If you have questions call Mary or Jim Jahnke 651-699-8053.

Congregational Meeting Potluck!

Please bring a dish to share at the potluck prior to the Congregational Meeting on May 27, 2009. The meal will begin at 5:45pm.

Graduating?

Are you graduating from high school, college or graduate school this year? Please let the church office know. We'll be celebrating all our 2009 Pilgrim graduates at the community meal on June 14, 2009.

Upcoming Community Meal

Join us for an outdoor community meal after the Blessing of the Animals service on June 14, 2009 (around 11:00 AM). Summer salads and other treats will be provided by the Congregational Life and Care committee. Thus far, the menu is planned for humans only.

Thank You

A hearty THANK YOU to all who helped provide a delicious and hospitable Easter breakfast! Whether you brought an egg bake from home or a bag of fruit, washed some of the eggy dishes, laundered the napkins, baked coffee cakes, kept the crowd's coffee coming, or just waited patiently in line: thank you! It's good to feed our hungry stomachs as we celebrate the Easter feast. We might even say **Alleluia** for all Pilgrim volunteers!

Upcoming New Member Series

Sunday, May 31, 5:30 pm – first session, Orientation to Pilgrim

Monday, June 8, 7 pm – second session, Lutheran Christian Intro and Review (Pick up a copy of Martin Marty's Lutheran Questions, Lutheran Answers in the Fireside Room, as preparation for this session.)

Sunday, June 14, 9:30 am – receive new members during worship

Sunday, June 14, 7 pm - new member dessert, in a member's home

If you are interested in participating in this process of preparing to become a new member, **please call the church office by Tuesday, May 26**. PLEASE NOTE: **If you are interested in joining, but have a schedule conflict with some portion of this process, please give us a call.** Also, if you are in need of child care for the May 31 or June 8 gatherings, please let us know that as well.

Youth & Children

Tips for Worshiping in our NEW Sanctuary with Children

The sanctuary renovation is almost complete and the sanctuary looks beautiful! While the new altar and the accessibility of the sanctuary draw our attention, there are some added bonuses for children & their families in this new design. The transepts are great places for families with younger children to sit for worship. When you sit in the transept, your children can easily see what is happening in the worship service. On the west side of the sanctuary, you're right next to the preacher; on the east side of the sanctuary, you're right next to the reader. You can also easily see the altar and the choir. That's all great—but there's more: if your child gets restless in the middle of the worship service, the transepts are closest to some discreet exits. The door in the west transept exits to the stairwell that leads to Noah's Ark Nursery, while the east transept's door exits to the Fireside Room. Instead of having to walk down the hallway to get out of earshot of the sanctuary, you are just a few steps away. The value of your children being able to see and experience what is happening in worship and having a supportive church family is priceless. With that in mind, here are a few tips for welcoming the children in our midst.

How to Welcome Children to Worship: Tips for Parents and Congregations

Parents:

- Arrive in time to find a good place to sit. Make sure your children can see. Let them sit on the aisle or use the front rows. This makes it easier to come up for the Point for Pilgrims and other children's times.
- Lead by example, participating actively in the worship service yourself. Include your child in this practice. Your daughter might not be able to read the words to the hymns yet, but she can hum the tune; your son may not be able to understand all the words in the Gospel text, but he can follow along with them in the bulletin.
- If possible, avoid having your children sit next to one another. Put an adult in between the children to minimize quarrels or distractions from one another during the worship service.
- Have your children use the bathrooms and get them drinks before the service begins so that trips from the sanctuary are not necessary during the worship service.
- Bring something along for little ones to hold or look at – something soft or quiet – crayons, drawing paper. Use the children's worship bulletins and worship bags from the narthex.
- Have a "practice session" or "chapel time" at home. Go through the worship service using your Sunday bulletin. Explain what is happening in each part of the worship service.
- Decide on a clue to let children know that they are to settle down.
- Be calm in worship. Relax! This isn't the first time a child has cried out in the middle of a "quiet time" in the service—and it won't be the last. Next time it probably won't be your child.

Congregation Members:

- Express joy at having children worship with you. Send an occasional smile in their direction.
- Give thanks to God for the presence of children.
- Lead by example, participating actively in the worship service yourself. Our children learn to take faith and worship seriously when they see that it matters to the adults around them.
- Be supportive of parents of small children by showing your appreciation and support of OUR children.

Sunday School:

In March, we kicked off our Akaloo curriculum! (*Remember, "Akaloo" is inspired by the Greek word ακολουθειν : akolouthein ("to follow").) We're all learning to follow Jesus with new books and online access to continue our learning throughout the week. Pilgrim's subscription to Akaloo means that children & families can sign into their very own Akaloo account online to play games & learn how to connect learning from Sunday to the rest of the week. **If you have not yet received your Akaloo password, it means we don't have your email address.** Please **email your request for an Akaloo password to cassie@pilgrimstpaul.org** so you can start experiencing Akaloo. By signing up, you will only receive email from Akaloo and you will receive our weekly Sunday School update.

This month: We will continue to learn about "Discovering the Bible" in our Akaloo curriculum in all of our classrooms on **Sunday, May 3rd** and **Sunday, May 10th**. On **Sunday, May 17th**, we'll conclude our Akaloo curriculum for this school year and enjoy our final day of Sunday School together with an all-Sunday School celebration for the last 15 minutes of class in the Fellowship Hall. All are welcome to join us for this celebration!

Special Worship note this month:

May 31st, 2009 we will have a children's procession at both worship services for Pentecost; make sure to wear red that day. Please meet in the Fireside Room 5 minutes prior to the worship service to line up for our procession.

Parents' Sabbath

This monthly event is a time for parents to have some time to themselves while their children are cared for in Pilgrims' nursery. This month's Parents' Sabbath will be held on **Friday, May 15th from 5-9pm**. Please reserve your child's space for the Parents' Sabbath by contacting the Pilgrim office at pilgrim@pilgrimstpaul.org or 651-699-6886 **on or before May 13th**. **Cost of this event is \$5/child** to cover the cost of dinner & snacks for the evening.

Feed My Starving Children Outing

On **Saturday, May 30th**, the Children's Fellowship & Service Group is leading an outing to Feed My Starving Children in Eagan. There we will pack food to be sent to starving children all over the world. Children ages 5 & up and their parents are welcome. We will meet at church at 8:15am to carpool down to Eagan. This is a very popular experience, so make sure to contact Kris Hogquist or Pastor Cassie through the church office at pilgrim@pilgrimstpaul.org to sign up as soon as possible.

Discovery Canyon Vacation Bible School 2009

***I will praise you, LORD, with all my heart and tell about the wonders you have worked.* - Psalm 9:1**

Sunday June 14th-Thursday June 18th from 5:30pm-8pm, Pilgrim will be transformed into Canyon Country for Pilgrim Vacation Bible School 2009! We will kick the evening off with dinner for the whole family and we'll continue with a rotation-style Vacation Bible School experience, including music, games, storytelling, science, and crafts.

Children will sing, play, and learn about the Bible in this great week of fellowship and fun!

Adults and youth entering 6th grade and up are encouraged to join in the fun by volunteering—contact Pastor Cassie or the Pilgrim Church Office to learn more about how you can help.

[Look for the VBS registration form online!](#)

Summer Church Camp 2009!

Are you "on the fence" about attending camp this summer? Now's the time to decide! Some camp sessions do fill up, so get that registration in the mail today! As one more motivation, Pilgrim's Children & Youth Support Fund has "camperships" that will cover **\$100** of the cost of any Pilgrim child or youth attending a Lutheran camp OR Holden Village this summer. Families should send in the initial deposit for camp with the registration, and then fill out a Pilgrim Campership Form from the narthex bulletin board OR talk to Daphne Hoff for information on having the "campership" sent to the appropriate camp. Brochures with camp information, as well as registration forms, are available in the narthex. Contact Daphne Hoff with any questions.

A Special Invitation

Come share a joyous evening with one of teaching parish students from Luther Seminary, Sean Koos, as he celebrates his February wedding to Johanna Rene. Mr. and Mrs. Koos are holding a barbecue/potluck reception for family and friends on **May 16 from 4:00 to 10:00 pm**. It will be held at the Theodore Wirth Park Picnic Pavilion, 3201 Glenwood Ave., Minneapolis, MN. Bring a dish and warm blessings as Sean begins a wondrous journey ahead.

Beyond Pilgrim

Creating A Culture Of Peace

Second Annual: Interfaith Retreat in Active Nonviolence

Sponsored by Minnesota Fellowship of Reconciliation, MN FOR

Supported by the St. Paul Interfaith Network, SPIN

Where: **Hospitality Place Retreat Center**, Circle Pines, MN. Circle Pines is located 20 minutes North of the Twin Cities. East of I-35

When: **Friday, June 12 - Sunday, June 14, 2009**, early evening Friday to Sunday after the noon meal

Facilitators: Joan Haan, Pilgrim member and SPIN Planning Team

Don Christensen, Convener, MN FOR

What is CCP?

Developed by the Fellowship of Reconciliation and Pace e Bene, CCP is an interfaith training focused on personal and social change. Its goal is to train community-based groups in living and acting nonviolently as a means of transforming ourselves, our culture and our world.

CCP draws upon the wisdom and experience of the participants and the writings and active nonviolence of Gandhi, Martin Luther King Jr. and other leaders of faith communities and social justice movements.

This retreat is for persons interested in exploring active nonviolence with persons from different religious traditions and spiritual communities, in a safe and friendly environment – which includes free time and fellowship!

Cost, which includes lodging, meals and all program expenses, is \$150.00 (\$95.00 for students, seniors and persons on fixed income). *Scholarship assistance is available for Pilgrim members through Pilgrims for Just Peace*

Registration is limited to 15 participants. We are seeking diversity of religious traditions, age, gender, income and race. Registration deadline is May 5. For more information and/or to register contact Joan Haan at joan@pleromacoaching.com 651-645-7437.