

Upcoming Sunday Programs (10:15 to 11:30 am)

January 6 – Paul Wellstone: A Remembrance

Through music and readings, pianist/composer Larry McDonough and saxophonist/writer Richard Terrill recount the legacy of the Minnesota senator and champion of social justice. Saxophonist and writer Richard Terrill is the author of two collections of poetry, and two memoirs. He is Professor Emeritus at Minnesota State-Mankato. Larry McDonough is a St. Paul jazz pianist, singer and composer. His new CD with the Larry McDonough Quartet is *Alice in Stonehenge and Other Accoustelectric Adventures*. For fifteen years now Richard and Larry have been performing at UU congregations throughout Minnesota and western Wisconsin.



January 13 – Unions



How the AFSCME (American Federation of State, County & Municipal Employees) helped to win several elections and where do we go from here? There are ways members and non members can help: Politics and involvement in your community – are you willing to help? The speaker will be Judith Atkins, president of East Metro AFSCME Retirees United Chapter 5.

January 20 – Raising Healthy, Compassionate, Loving Kids in a High Tech, Impersonal World

We live in a fast-paced, materialistic, narcissistic culture. To grow up to be whole, compassionate, empathetic adults, children need attention, guidance, support, interpersonal and communication skills, self-esteem, and awareness of the needs, feelings and backgrounds of others. Mike will discuss the effects of the current Empire consciousness of the American culture on children, and how to help children move to the Oneness consciousness of respect, acceptance, responsibility, kindness, and maturity.



Dr. Michael Obsatz is Professor Emeritus at Macalester College in St. Paul. Mike taught sociology and education courses there for 40 years. His book, "Raising Nonviolent Children in a Violent World," won the Minnesota Book Award and the Catholic Press Association Award in 1999. His documentary film about mentoring boys called "Journeyman" won two film festival awards and has been viewed by 3 million people on PBS and elsewhere.



January 27 – All Together Now: What Group Sound-Making Can Teach Us About Working Well Together

In every culture on the planet, people make sound together as a way to work cohesively, affirm connection, build courage, and cultivate joy. In a dominant culture that over-emphasizes the individual, many of us never experience the power of belonging and sense of flow that comes from joining with others. See the TED talk <https://www.youtube.com/watch?v=Ze763kgrWGg&authuser=0>.

Barbara McAfee is a voice coach, singer/songwriter, keynoter, and author who merges lessons from 12 years in organization development with the transformative power of sound.

February 3 – Love-Letters to the World: Writing Effective Letters-to-the-Editor – Lisa Wersal

It's been six years since Lisa's previous PH program on writing letters to the editor, and she's back with updates to encourage our participation in the conversations of the opinion pages. This program will take a fresh look, and emphasize different aspects of letter-writing than last time. Come get recharged and contribute your voice to help shape social discourse!

CALENDAR

Sunday, January 6, 11:30am – Soup Sunday – Join us for soup following the program. All are welcome. Contact Bob Treumann for Soup Sunday.

Monday, January 14, 7:00pm – Pilgrim House Board meeting at Pilgrim House. All are welcome. Contact Michelle Gardner.

Tuesday, January 15, 10:00am – Knitting and Craft group is meeting at Pilgrim House. All are welcome. Contact Mary Ryan. See article below.

Saturday, January 19, 7:00pm – Game Night at Pilgrim House. All are welcome. Contact Curt Corum. See article below.

Sunday, January 20 – Newsletter information due. Contact Fred Green.

Sunday, January 20, 2019, 12:00pm – Sunday Stories at Pilgrim House – Ruth Kreps. All are welcome. Contact Gary Borg.

Wednesday, January 23, 2019, 1:30pm – Novel Exchange, a new Pilgrim House book club, meets at the Shoreview library. The book to be discussed is *White Trash* by Nancy Isenberg. Contact Sharon Borg for more information.

Thursday, January 24, 2019, 4:00pm – Book Club meets at Rohde's. The book is "Beloved Child" by Diane Wilson. Contact Cynthia LeBlanc.

Sunday, January 27, 2019, 2:00pm – Sing for Our Neighbors – Community Support Center Fundraiser, at Abiding Savior Lutheran Church. All are welcome. Contact Judy Bloom-Martinez. See article below.

Thursday, February 7, 7:00pm – Great Decisions at Pilgrim House. All are welcome. Contact Al Potter. See article below.

CHILDREN'S RELIGIOUS EDUCATION

During December the Children's Religious Education Program partnered with the Social Action Committee to support two activities. First was the annual Unitarian Universalist Service Committee's Guest At Your Table program. This year the theme was Justice Across Borders with an emphasis on the migration from Central America. A total of \$355.98 was collected and sent to the UUSC.

The second activity was supporting the Alexandra House Holiday Shop. This year we suggested that each family at PH donate an item for the Holiday Shop. See the Social Action article on this page for the results of that activity.

Carol Green, Children's Religious Education Committee Chair

Pilgrim House

We seek to carry out the principles of the Unitarian Universalist Association of churches and fellowships, with which we are affiliated. These principles affirm the worth of everyone, freedom and the right of conscience in search of truth, encouragement of one another's spiritual growth, and the wonder and mystery of the web of all life. Membership in Pilgrim House is open to everyone who is in sympathy with our purposes and principles and wants to join.

Phone: 651-631-2582

Internet: <http://www.pilgrimhouseuua.org>

Board Chair: Michelle Gardner

Pilgrim's Progress (Pilgrim House Newsletter)

If you have any items for the newsletter, please contact:

Fred Green

newslettereditor@pilgrimhouseuua.org

SOCIAL ACTION

Food Shelf

\$95 and 7 lbs of food from Soup Sunday were donated to the Ralph Reeder Food Shelf!

Alexandra House

Pilgrim House members donated \$525 in gift cards and many other gifts to Alexandra House battered women's shelter for the holidays. Thanks everyone for your generous contributions.



SING FOR YOUR NEIGHBORS

Sing for Your Neighbors is an event to support the Community Support Center (CSC – Pilgrim House is represented on their board):

January 27, 2019, 2pm

Abiding Savior Lutheran Church

8211 Red Oak Drive in Mounds View

Free Admission

Come hear choirs and musicians from community churches (*including Pilgrim House!*). With a donation to the CSC you can take home some homemade soup or get a chance to win a door prize from the world of arts. The grand prize will be two tickets to a MN Orchestra Hall concert.

Come and enjoy the gathering to benefit the CSC.

ANNUAL PILGRIM HOUSE AUCTION

The Pilgrim House (PH) auction is scheduled for March 10. Mark your calendars and plan to attend!

The auction, held each year at Pilgrim House, is a major fund-raising event. It accounts for the largest single influx of dollars after the pledges by individual members.

- Auction volunteers are needed – contact Les Rogers or sign up at PH if you are interested.

- We need items to be donated to auction. The best items generally are services or homemade – babysitting, tours, making furniture, dinners in your home, baked items, performances, and crafts. If you have other things about the house that still have value, they may have value to someone at the auction. There will be a table of “buy it now” items on auction day.

- Send your item descriptions and, optionally, a picture, to Fred at newslettereditor@pilgrimhouseuua.org. Also, there will be a signup sheet at PH.

An auction page on which items can be viewed will be created on the PH website in mid-January. A userid is required to view the auction page – any valid PH userid will work – contact Fred Green if you have questions or corrections.

SUNDAY STORIES

Looking for Story Tellers!

Sunday Stories have become a popular way for our congregation to get to know each other. Ruth Kreps will be telling her story January 20. We enjoy hearing the stories of people new to PH as well as those who have been here for years.

Available dates are 2/17, 3/17, 4/21 and 5/19.

Contact Les Rogers if you are just inquiring about telling your story or if you are ready to signup. We can assist you in coming up with ideas. We take care of all chair setup and will introduce you.

GREAT DECISIONS

Our first Great Decisions program for 2019 will be held February 7 at Pilgrim House. If you haven't already done so, please contact Al Potter for details on membership. This will be our fifteenth year of foreign policy discussions.

2018 programs and speakers were:

- * Pax Americana – John Radson
- * China's Foreign Policy – Rob Scarlett
- * Turkey – Ambassador Ross Wilson
- * South Africa – Professor Gary Prevost
- * Pax Americana – Tom Hanson

- * Us Global Engagement – Bill Davnie
- * Media and Foreign Policy – Todd Lefko

The Foreign Policy Association had announced topics for 2019. Global Minnesota is soliciting speakers for next year and PH topic dates will depend on speaker availability:

- * Refugees and Global Migration
- * Middle East Regional Disorder
- * Rise of European Populism
- * US, China Trade
- * Cyber Conflict and Geopolitics
- * Us and Mexico Partnership Tested
- * State of State Department and Diplomacy

NOVEL EXCHANGE – BOOK CLUB

Novel Exchange is the name of a new Pilgrim House book club that meets the 4th Wednesday of the month at the Shoreview library. The next meeting is January 23 at 1:30pm. The book to be discussed is *White Trash* by Nancy Isenberg. Contact Sharon Borg for more information.

KNITTING AND CRAFT GROUP

The knitting and craft group is meeting at 10:00am on Tuesday, January 15th at Pilgrim House. Bring your craft or needlework project to work on. Everyone brings their own lunch. Stay for as long as you can up until 3:00.

If you have any questions contact Mary Ryan.

PILGRIM HOUSE BOOK CLUB

The book club meets every 4th Thursday in a member's home. Starting in January we will be meeting at 4:00, discussing our book right away and then follow up with hearty appetizers and dessert afterwards (no supper). Members will volunteer as discussion leaders and to bring food so that the host or hostess does not have all these responsibilities. Contact Cynthia LeBlanc for more information. Following is our schedule so far:

January 24 - "Beloved Child" by Diane Wilson. Hostess Judy Rohde.

February 28 "Endurance: A Year in Space, A Lifetime of Discovery" by Scott Kelly. Hostess Darlene Joyce.

March 28 "The Lightkeeper's Daughters" by Jean Pendziwol. Hosts: Bob and Candy; Discussion leader Judy Rohde.

April 25 "Wonder" by R. J. Palacio. Host Ron.

May 23 "Barracoon: The Story of the Last Black Cargo" by Zora Neale Hurston. Hostess: Dee Buth.

The book club web page is

<http://www.pilgrimhouseuua.org/pmwiki/pmwiki.php?n=PH.BookClub>

Good reads shared by members at the November meeting:

- "Transcription" by Kate Atkinson (Cynthia)
 "In An Instant" by Lee and Bob Woodruff (Judy Potter)
 "Tell The Wolves I'm Home" by Carol Rifka Brunt (Gary)
 "The Vikings A History of the Norse People" by Martin J. Dougherty (Don)
 "Maus Books 1 and 2" by Art Spiegelman (Dee)
 "Educated: A Memoir" by Tara Westover (Ron)
 "American Spirit: Who We Are and What We Stand For" by David McCullough (Judy Rohde)
 "Tattoos On the Heart: The Power of Boundless Compassion" and "Barking to the Choir: The Power of Radical Kinship" by Gregory Boyle (Laura)
 "Desolation Mountain" by William Kent Krueger (Fred)
 "Before We Were Yours" by Lisa Wingate (Dianne)
 "No. 1 Ladies Detective Agency" by Alexander McCall Smith (Carol)
 "Fear" by Bob Woodward and "What Happened" by Hillary Clinton (Wayne)
 "Beloved Child" by Diane Wilson (Sharon)
 "Painted Drum" by Louise Erdrich (Susan)
 "Dear Committee Members" by Julie Schumacher (Candy)

SOUP SUNDAY AND FOOD SHELF -- A WINNING COMBINATION

Join us on the first Sunday of each month, following the program, for a delicious lunch of soups and bread provided by members and friends. All are invited to enjoy food and relaxing fellowship.



We've revived our tradition of bringing items for the food shelf on Soup Sunday. There's a box in the entryway for your food contributions. Alternatively you can place a check in the donation box on the entryway wall, made payable to the Ralph Reeder Food Shelf.

To volunteer for Soup Sunday, there's a sign-up sheet in the entryway for soup, bread and clean-up volunteers; and we have soup kettles in the kitchen for your use. (You can even "cook" your favorite frozen or canned soup -- shhhhh, we won't tell.) Thank you Bob Treumann and Candy Lang for tracking and reminding our volunteers. And thank you, Nancy Olson, for leading clean-up volunteers.

FROM THE CONGREGATIONAL CARE COMMITTEE

Hello everyone,

We have had some requests for assistance from members of our congregation. Everything from meals to visits to transportation to and from appointments. We would like to compile a list of people who would be willing to be called in the event that a need arises. At the time you are called you could simply say whether or not you would be available. We will begin by passing a clipboard, Yay!!!! And then posting it on our bulletin board in the Fellowship Hall. Thank you and please consider helping out your fellow Pilgrims.

Any questions? Call, text or email me.

Sincerely,

Mary Ryan

GAME NIGHT

Attention Gamers:

Game night is Saturday, January 19th, 7pm at Pilgrim House. Bring a favorite board/card game to play or play one of the many others. Ping Pong, pool, and popcorn as well!

Game Night is every 3rd Saturday. Questions, RSVP email/call Curt Corum.

WHALECOAST ALASKA 2019

Have you ever dreamed of visiting Alaska? If so, **WhaleCoast Alaska 2019** is for you! Four Alaska UU congregations invite you to experience our eco-cultural and spiritual program this summer. See Alaska through the eyes of local UUs, with friendly homestays and unique tour activities. See wildlife, including moose, bears, caribou, whales, bald eagles, sea lions, seals, and otters. Visit Denali National Park. Experience Native Alaskan culture. Our program is truly the best way to visit Alaska! Tours led by Dave Frey, member of the Fairbanks UU congregation and Alaska travel expert. Find out more about this Alaskan trip of a lifetime. For complete information go to: www.WhaleCoastAK.org, email dfrey@whalecoastak.org or call 907-322-4966. Discount for groups of 8 or more. We would love to share our Alaska with you!

Happy New Year!