

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

*Pilgrim House is open for both in person and Zoom attendance. Our updated COVID attendance policy is below.*

### October 1 – Gun Safety for Children in Our Community: What We Can All Do

Guns are the leading cause of death for children in Minnesota and nationally. Gun deaths and injuries impact children and their families in every racial and socioeconomic group and type of community. But we can all take positive action to address this problem through awareness raising, education, safe gun storage, community conversation, and suicide prevention. Learn how to be part of the cure for this epidemic!

The presenters are Suzanne Sancilio and Jill Chisholm.



### October 8 – Children's Defense Fund

The speakers are Alisha Porter, the Exec Director of CDF-MN, and Emilia Kalley, their new Organizer.



### October 15 – Meteor in Inver Grove Heights

The University of Minnesota discovered that a meteor fell in Inver Grove Heights. Julia Steenburg, Geologist from the University will talk about how it was found, how many have been found, why it is important, when it came, what influence it had when it arrived, and what is the possibility of it happening again.

### October 22 – Amaryllis

The highest rated program from 2022-23 is back. Pilgrim House member Ken Steffenson and Anne Benson are Amaryllis. This will be a Music Program for the whole family, with a variety of instruments including hammered dulcimer, flute, guitar, octave mandolin, harmonica, fiddle, and maybe banjo. Children will love it.



### October 29 – Spiritual Practices – Part 2

Rev. Leslie Mills will present the second part in her series on in-depth explorations of spiritual practices.

### November 5 – The State Demographer

State Demographer, Meagan Dayton is from The Minnesota State Demographic Center (SDC), part of the Minnesota Department of Administration. The SDC is the main provider of demographic data and analysis for the state of Minnesota. The SDC also assists policymakers, state and local governments, businesses, nonprofits, the media, and all Minnesotans locate and understand the demographic data they need to make smart decisions.

## CALENDAR

**Wednesday, September 27, 1:00pm – Social Action Meeting at PH.** All are welcome. Ideas, brainstorming and getting together. Contact Judy Bloom Martinez.

**Saturday, September 30, 9:00am – HopeFest in downtown Anoka to support Alexandra House** <http://www.alexandrahouse.org/>. All are welcome. Contact Judy Bloom Martinez.

**Tuesday, October 3, 2:00pm – Website Content Committee meeting via Zoom.** Contact Stephanie Lica.

**Thursday, October 5, 7:00pm – Great Decisions via Zoom – What is the future for relations between Iran and the U.S.?** All are welcome. Contact Al Potter. See article below.

**Saturday, October 7, 5:30pm – MSUS hosts Potluck and Coffee House, 5:30 potluck, 6:30 hybrid Coffee House at Pilgrim House.** All are welcome. Contact Chad Synder.

**Sunday, October 8, 12:00pm – Sunday Stories at Pilgrim House on October 8 or 15th, dependent on the presenter.** All are welcome. Contact Mary Eskelson.

**Monday, October 9, 7:00pm – Pilgrim House board meeting via Zoom.** Everyone is welcome. Contact Adam Aanerud.

**Tuesday, October 10, 3:00pm – Mission/Vision Practice Listening Circle at Pilgrim House.** Contact Les Rogers.

**Sunday, October 15, 12:00pm – Sunday Stories at Pilgrim House on October 8 or 15th, dependent on the presenter.** All are welcome. Contact Mary Eskelson.

**Thursday, October 19, 11:00am – MSUS Third Thursday 60+ Gathering at Pilgrim House.** Join us for an hour of facilitated conversation followed by a potluck. It is a great way to connect and share a good meal. All are welcome. Contact Laura Smidzik.

**Sunday, October 22 – Newsletter information is due.** Contact Fred Green.

**Wednesday, October 25, 1:30pm – Novel exchange book club meets.** The book is *Wild* by Cheryl Strayed. Contact Sharon Borg.

**Thursday, October 26, 1:30pm – Book Club meets at Don Wahlberg's.** The book is *A Fever in the Heartland* by Timothy Egan. Contact Cynthia LeBlanc.

**Saturday, November 4, 5:30 pm – Harvest Fest & Potluck/Coffee House at Pilgrim House.** All are welcome. Contact Laura Smitzik/Kathy Aanerud. See article below.

### Pilgrim House UU Fellowship

We seek to carry out the principles of Universalist Association of churches with which we are affiliated. These principles include 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 (leave a message)

**Email:** [pilgrimhouse@pilgrimhouseuua.org](mailto:pilgrimhouse@pilgrimhouseuua.org)

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

**Board Chair:** Adam Aanerud

### The Land Acknowledgment

*Pilgrim House acknowledges that we gather on the ancestral land(s) of the Dakota People. We honor with gratitude the land itself and the people who have been stewards throughout the generations, including the Ojibwe.*

### Pilgrim's Progress (Pilgrim House Newsletter)

If you have any items for the newsletter, please contact Fred Green

[newslettereditor@pilgrimhouseuua.org](mailto:newslettereditor@pilgrimhouseuua.org)

## Circle Suppers & Lunches

### Circle Round for Food & Friendship

#### October 14 or October 21

We're reviving these small Saturday gatherings of Pilgrim House members and friends to share relaxing, informal fellowship. **How it works** -- Volunteer hosts prepare a main dish and communicate with participants to provide a dish and/or beverages to round out the meal. **Where:** Either at the home of the host or at Pilgrim House.

#### Sign up at Pilgrim House or send an email to

[pilgrimhouse@pilgrimhouseuua.org](mailto:pilgrimhouse@pilgrimhouseuua.org) with: (1) Names of persons attending; (2) Choice of date, October 14 or 21; (3) Preference for afternoon or evening or either; (4) Would you be willing to host?

**Upon having your sign-ups,** we will form groups of no more than 6 or 7, communicate with hosts, and hosts will contact their group members to (1) Set a meeting time; (2) Suggest/coordinate items for attendees to bring such as salad, bread, side dish,

dessert, beverage -- and inquire about dietary restrictions/preferences; (3) Confirm location.

Looking forward to your participation!

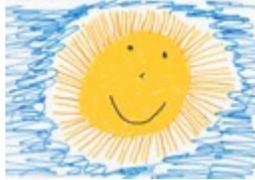
*Kathy Aanerud and the Connections Committee*

## YOUNG FAMILIES VERSION

### Circle Suppers & Lunches

Using the same meal format and reply/sign-up as above, let us know if you'd be willing to host a Saturday gathering for adults and children -- in a home or at Pilgrim House. We'd look forward to helping you make connections!

*Kathy Aanerud and the Connections Committee*



## SOUP SUNDAY CONTINUES

Soup Sunday is the first Sunday of each month. Three volunteers sign-up to bring a crockpot or Dutch oven (approximately 5 quarts) of soup, one of which will be vegetarian. In addition, one person will bring bread. Stockpots are available in the Pilgrim House kitchen for soup volunteer use. Thank you to those that have signed up for October to bring soup and bread; however, we need people to sign up for the rest of the year. A sign up sheet is available at Pilgrim House or contact Judy Rohde by phone or email. This first Sunday of the month tradition creates great conversation and fellowship.



## SOCIAL ACTION

**Social Action Meeting: September 27<sup>th</sup>, 1:00pm at PH.** All are welcome. Ideas, brainstorming and getting together. Please join in!

**HopeFest -- Alexandra House** offers free domestic, sexual, and relationship violence services for women, men, youth, and families

Date: Saturday, September 30, 2023 \$35.00

Time: 9 am – 1 pm

Location: Anoka City Hall Plaza (2015 1st Ave, Anoka, MN 55303)

A fun family event, Exhibits, walk, food and music

**CSC – Winter Coat Drive: Saturday Oct. 21st**

Please drop off winter coats, mittens, scarves, boots, and new hats until **OCTOBER 15th** at PH.

**Volunteers needed** – Friday – drop off coats at Christ the King Church in New Brighton 4:30-6pm

2 volunteers – help with distribution: Saturday – 9:30-noon and noon -2:30

See volunteer sign up sheet at PH.

Looking for volunteers!!!

**Minnesota Homeless Study – October 26<sup>th</sup>**, 3-4 hour commitment. Locations are at shelters and house and apt-type transitional housing.

Training prior to the study.

As winter approaches how many people are homeless in MN. What ages? What kind of housing do they need?

The Homeless Study provides answers to all these questions and more, and is used by policy makers to try to improve conditions in MN.

More information or to register – [MNhomeless.org](http://MNhomeless.org)

### Fun event:

**Owamni Falling Water Festival** – A celebration of Indigenous MN cultures. Saturday October 7th 1-5pm Mill Ruins Park

Free, family friendly event

102 Portland Ave. S

Minneapolis, MN 55401, along the Mississippi River

<https://www.minneapolisparcs.org/event-calendar/owamni-falling-water-festival-6/>

## CONGREGATIONAL CARE UPDATES

Tim Easter, Bill Easter's son, reports Bill has mobility problems and can no longer leave his apartment easily, which makes visitors very special. Bill truly enjoys visitors! He loves getting chocolates so he can share them with staff and visitors.

Lollie Jensen, Allan Carsten's daughter, is reporting Allan is doing better every day! Last week he was able to venture out for dinner 3 times with visiting family members! Gloria is doing well too! If you are visiting Allan check if Gloria would like to join you.

What can you do to help Congregational Care?

Please remember Congregational Care is available if you or a friend needs help or is hospitalized.

If you are able, be a special friend and offer rides to our members who can no longer drive to PH services or special events.

Nancy Olson / Judy Rohde

By Edwin Markham:

Outwitted

*He drew a circle that shut me out —*

*Heretic, rebel, a thing to flout.*

*But love and I had the wit to win:*

*We drew a circle and took him in!*

## GREAT DECISIONS RESUMES

**October 5, 7pm via Zoom – What is the future for relations between Iran and the U.S.?**

By the fall of 2022, Iran was in a state of turmoil due to widespread protests against government-enforced wearing of the hijab, a failing economy, an ineffective new president, and the looming succession of the country's leader, Ayatollah Khamenei. Abroad, renewal of the Iran nuclear deal seemed doubtful and tensions remain high between Iran, Israel, and Arab states. Many Iranians have lost hope of a better future, and the country seems at a crossroads. How should the United States deal with it?

Speaker: Afsheen John Radsan, J.D.

Besides his work as a corporate lawyer and as a consultant, Professor Radsan served for over eight years in the federal government. He was assistant general counsel at the CIA and a federal prosecutor. His government assignments included legal assistance projects in Central Asia and Russia. As a professor, he has taught courses in Chile, England, Ireland, and Turkey, plus seminars on campus tied to Cuba, Iran, and Spain. Currently, he is Professor of Law at Mitchell Hamline School of Law in Saint Paul, MN. His publications and media appearances commonly relate to bringing the rule of law to American intelligence activities. He is an expert on legal issues related to national security. John's combination of law enforcement experience, intelligence community experience, and Middle Eastern origins makes him unique within the legal academy. He is often quoted by local and national media.

## JOIN US FOR A COMMON READ AT PILGRIM HOUSE

*Whiteness in Plain View* --

*A History of Racial Exclusion in Minnesota*



**Brief summary:** This book from the Minnesota Historical Society explores Minnesota's paradox with racial disparity. While our state is widely seen as a progressive stronghold of the Midwest, it has some of the greatest racial disparities in the nation. The book shows how Minnesota's Whiteness is woven into the state's contemporary politics, economy and culture -- and the history of how we got this way.

**Copies of the book** will be available at Pilgrim House to read and rotate. Or, all of our county libraries have hard copies and ebooks, as kindly itemized by Cynthia LeBlanc: Anoka – 2 hard copies, 12 ebooks; Ramsey – 9 hard copies; Washington – 2 hard copies, 12 ebooks; Hennepin – 32 hard copies, 21 ebooks. **Read more about the book here:**

<https://shop.mnhs.org/products/whiteness-in-plain-view>

**Then join us for a book discussion and chili supper** at Pilgrim House, tentatively scheduled for Sunday, November 12 at 4:00 pm. **Questions?** Contact Kathy Aanerud.

## SAVE THE DATE --

## HARVEST FEST & POTLUCK/COFFEE HOUSE

Saturday, November 4 at 5:30 pm at Pilgrim House



Pilgrim House and Michael Servetus Unitarian Society (MSUS) are teaming up to offer a Saturday evening of food, fellowship, and fun. The Pilgrim House tradition of a harvest-themed potluck will be held in conjunction with MSUS's monthly potluck and coffee house on Saturday evening, November 4 -- at Pilgrim House..

--Be thinking of a favorite autumn dish to share..

--Chad Snyder will be looking for contributions to the coffee house program including music, readings, and reflections. Add your name to Chad's performance list.

--Potluck will begin at 5:30 followed by coffee house at 6:30.

In the spirit of the season, Pilgrim House will welcome donations for the Ralph Reeder Food Shelf in Mounds View at this event -- to be given in the combined names of our congregations.

Questions? Contact Pilgrim House coordinators, Kathy Aanerud or Nancy Olson

## YOUR IMMIGRATION STORY

For **Thanksgiving** this year we want to include your immigration story. You personally or what your family went through to get here. And if you don't have a good one, find one that touches your heart. We only have a program if you are willing to share – let Mel Aanerud know.



## PH SUNDAY STORIES

(2nd or 3rd Sunday of the month)

Each person in our fellowship has a unique life history. This year, Pilgrim House members and friends will have the opportunity to share their life experiences with the group. Please consider telling your story. We are very interested in learning more about you and your journey.

Between September and May (approximately once a month), we gather after the Sunday program to hear a member/friend tell their story. Speakers will be able to

share in a relaxed setting (and no recordings!). Timewise, it can be up to about half an hour.

You may be thinking, how do I begin? or what could I share? Here are suggested topics and questions others have used as a guideline for preparing a Sunday Story:

1. Your background. Tell us about where/when you grew up, your family background, and what influenced you as you grew up.
2. Your journey. Tell us about the path(s) your life has taken. What influenced you and what were some important events?

What principles or values were meaningful or not a good fit? What drew you to Unitarianism and/or Pilgrim House?

3. Here and beyond. What is important in your life now? What has meaning for you as you look forward?

If you would like to sign up to tell your story on October 8th or 15th or November 12th, please contact Mary Eskelson from the Connections Committee. If you have additional questions/concerns/dates, Mary would be glad to answer those as well.

## PILGRIM HOUSE LIBRARY

Pilgrim House has a small library which is available to all members to use. Anything can be checked out, but please enter your name, the title of the book, and the date checked out and returned in the notebook on the table in the library. Sections include books pertaining to Unitarian Universalism, UUA Common reads, Pilgrim House history, books by PH speakers, and Spirituality and Religion. Other topics are GLBTQ, Black Lives Matter, Hispanic, and Indigenous people. We have an area of Covenant group books, should anyone wish to start a new covenant group. And finally we have quite a few books that have been read by our book clubs and a section of fiction books.

A few new books added this fall are previous UUA common reads:

*Justice on Earth: People of Faith Working at the Intersections of Race, Class, and the Environment*  
Manish Mishra-Marzetti and Jennifer Nordstrom, editors.

*Mistakes and Miracles: Congregations on the Road to Multiculturalism.*

*Authentic Selves: Celebrating Trans and Nonbinary People and Their Families.* Interviews by Peggy Gillespie

If you have any questions on the library feel free to contact Cynthia LeBlanc and please feel free to use the library!

## OCTOBER 2023 MSUS EVENTS

### Potluck and Coffee House, Saturday, October 2

MSUS is beginning a new year of Coffee Houses and Potlucks which take place of the first Saturday of the month. Dinner is at 5:30 pm and the hybrid coffee house starts at 6:30 pm. All welcome to attend or perform. Contact Chad Snyder if you would like to perform. People can perform in person or online.

### Third Thursday 60+ Gathering

Thursday, October 19, 11:00 am-1:00 pm, Pilgrim House

Join us for an hour of facilitated conversation followed by a potluck. This is an opportunity for people from Pilgrim House and MSUS to gather! It is a great way to connect and share a good meal.

## UPDATED COVID-SAFETY CRITERIA WE FOLLOW AS OF 9/11/2023:

- Masks are optional – Masks and hand sanitizer are available.
- Attendees are vaccinated, with exception for children too young to be vaccinated.
- Air purifiers will continue to be run in Program and Fellowship Rooms.
- Food and beverages are provided by our Hospitality Committee.

## NEW MEMBERS ARE WELCOME HERE!

We enjoy the visitors and friends who join us for Sunday programs. If you're interested in taking the next step of becoming a member of Pilgrim House, we'd would enjoy talking with you and sharing a short, live Power Point introduction – in person or via Zoom.

*Kathy & Mel Aanerud*

Membership Committee

[membership@pilgrimhouseuua.org](mailto:membership@pilgrimhouseuua.org)

*Pilgrim House is now listed in the Interfaith Power and Light Congregational Solar Directory*  
<https://interfaithpowerandlight.org/congregational-solar/>.

