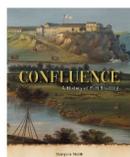


Upcoming Sunday Programs (10:15 to 11:30 am)

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

November 5 – The State Demographer, Meagan Dayton

The Minnesota State Demographic Center (SDC), part of the Minnesota Department of Administration, is the main provider of demographic data and analysis for the state of Minnesota. The SDC 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.



November 12 – *Confluence* Author Hampton Smith

Confluence was one of the Minnesota Book award nominees. The book is a history of the confluence of the Mississippi and Minnesota Rivers with emphasis on Fort Snelling which in its time dominated the geography of the place.

November 19 – Our Traditional Pilgrim House Thanksgiving Celebration

Our PH Thanksgiving program is a not-to-be-missed time of celebration and community, bringing together Pilgrim House members and friends with special music, a performance by the Pilgrim House Chamber Singers, Immigration Stories from our members, either personal or family stories... and more. If you or younger members of your family have a musical selection you'd like to share, please contact Bill Rohde by Sunday 11/12. Similarly, if you have an immigration story you'd like to share, please contact Mel Aanerud. And don't forget to bring a dish to pass for our traditional pot luck feast immediately after the program. See you there!



November 26 – Sing Along Sunday

A full program singing our favorite songs – Let Mary Eskelson know if you have a favorite to be included. See article below.

December 3 – Presidential Wives

Professor Robert Watson of Lynn University will talk with us via Zoom about the Presidential Wives. He has talked with us a number of times before and there is always a request for him to return.



CALENDAR

Wednesday, November 1, 10:00am – Mission/Values Listening Session at Pilgrim House. Contact Les Rogers.

Wednesday, November 1, 2:00pm – Mission/Values Listening Session at Pilgrim House. Contact Les Rogers.

Thursday, November 2, 1:00pm – Congregational Care meets at Pilgrim House. Contact Nancy Olson.

Thursday, November 2, 7:00pm – Great Decisions via Zoom – How is climate change impacting human migration? All are welcome. Contact Al Potter. See article below.

Thursday, November 2, 7:00pm – Mission/Values Listening Session at Pilgrim House. Contact Les Rogers.

Friday, November 3, 2:00pm – Mission/Values Listening Session at Pilgrim House. Contact Les Rogers.

Saturday, November 4, 5:30 pm – MSUS and Pilgrim House host Harvest Fest Potluck and Coffee House, 5:30 potluck, 6:30 hybrid Coffee House at Pilgrim House. All are welcome. To be on the list for Coffee House, contact Chad Synder. See article below.

Saturday, November 11, 10:00am – First PH Chamber Singers Thanksgiving practice at Bill and Judy Rohde's. All singers, high school through adult, are welcome to join in the singing fun. No tryouts, no pressure, just a good time gathering and singing together as we begin preparations for the 11/19 Pilgrim House Thanksgiving Program. All are welcome. Contact Bill Rohde.

Sunday, November 12, 4:00pm – Connections Committee common read book discussion and chili supper at Pilgrim House. All are welcome. Contact Kathy Aanerud. See article below.

Monday, November 13, 7:00pm – Pilgrim House board meeting via Zoom. Everyone is welcome. Contact Adam Aanerud.

Thursday, November 16, 11:00am – MSUS Third Thursday 60+ Gathering at 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. All are welcome. Contact Laura Smidzik.

Saturday, November 18, 7:00am – Social Hall decorating for Thanksgiving Celebration. Contact Susan Setter.

Pilgrim House UU Fellowship

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 (leave a message)

Email: 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

Saturday, November 18, 10:00am – Second PH Chamber Singers Thanksgiving practice at Bill and Judy Rohde's. All are welcome. Contact Bill Rohde,

Sunday, November 19 – December newsletter information is due. Contact Fred Green.

Sunday, November 19, 10:15am – Sunday program for Thanksgiving, followed by potluck lunch. All are welcome. Contact Adam Aanerud. See first page.

Sunday, November 19, 12:30pm – MSUS Mom's Group meets at Pilgrim House. Contact Laura Smidzik.

SING-A-LONG SUNDAY, NOVEMBER 26, 2023

On the Sunday after Thanksgiving (11/26/2023), we will have a Sing-a-long program.

You get to vote! You can decide what songs we sing in that program. We will provide a list of songs we have sung in the last three years. All you need to do is make a check mark by any and all songs you want in the

program. The ones that are most popular will be the chosen songs. The music team will narrow down the selections and will provide the music and lyrics. On that day, we can lift up our voices and sing!

Please make your selections by the Thanksgiving celebration program on November 19, 2023.

If you have questions, please contact any of the following people:

Lollie Jensen, Mary Eskelson, Bobbi Freeman.

SOCIAL ACTION

MUUSJA: As part of a series on critical social justice issues in the state, the Minnesota Unitarian Universalist Social Justice Alliance (MUUSA) is holding a session November 13 on "Combating Hate in Minnesota." To maximize its potential impact, the PH Social Action Committee and MSUS members are planning to hold an in-person joint viewing of a recording of the session, with a discussion to follow. More information and an invitation to all members will be provided once the recorded video is available.

Winter Coat Drive: Thank you for all the winter coats, boots, snow pants, hats, scarves and mittens you donated. People were very gracious and excited to pick out winter gear. Thank you also to PH volunteers, Marilyn Jones, Carlos Martinez, Harlene Hagen and Judy Bloom Martinez

Ralph Reeder Food Shelf: It has been a great month of donations to the food shelf. We collected \$300 which Harlene delivered. This gives the staff at Ralph Reeder funds to choose the food that is most needed at a lower cost.

Holiday Giving: In the near future you will hear how you can help in a holiday giving project – stay tuned.

Alexandra House: An upcoming volunteer movie night opportunity is being planned. Stay tuned for more information.

GREAT DECISIONS

November 2 – How is Climate Change Impacting Human Migration?

As climate change accelerates and drought and rising sea levels become more common, millions of people in affected regions must uproot themselves and seek safety elsewhere. Who are these affected individuals, and how might the United States aid them, and be affected by the migration?

Our speaker: Ellen J. Kennedy, Ph.D., is Interim Director, Center for Holocaust and Genocide Studies, University of Minnesota and founder and Director of the Genocide Intervention Network – Minnesota (GI-Net MN). GI-Net, with national headquarters in

Washington, D.C., is committed to creating a permanent anti-genocide constituency to prevent and stop genocide. Kennedy is a sociologist and has taught at the University of St. Thomas, Carleton College, the University of Minnesota and at many colleges and universities overseas. Her academic background includes doctorate degrees in both Sociology and Marketing from the University of Minnesota; an M.A. in sociology from the University of Minnesota; and a B.A. from the University of Michigan.

CONGREGATIONAL CARE COMMITTEE AND WELCOMING CONGREGATION

Thanksgiving is not the only holiday to observe in November!! Check out these other important days.

November	Type	Date
Holidays		
Native American Heritage Month	Month	November 1
Hunger & Homelessness Awareness Week	Week	November 11-18
World Kindness Day	Day	November 12
Giving Tuesday	Day	November 28
Veterans Day	Day	November 11
Trans Day of Remembrance	Day	November 20

Native American Heritage Month

This prayer is from Cjegktoonupa (Slow Turtle) Supreme Medicine Man of the Wampanoag Nation.

Wampanoag Prayer of Thanks

Great Spirit, I thank you today

Mother Earth,

I thank you Grandmother Moon,

I thank you Grandfather Sun, I thank you

I offer thanks to the four directions

to the east

to the west

to the south

to the north

I thank you for all my relations

the winged nation

creeping and crawling nation

the four-legged nation

the green and growing nation

and all things living in the water

Honoring

the clans

the deer

the bear

the wolf

the turtle

the snipe

Great Spirit, I thank you on this day

Look for the very short safety quiz this month and see how many questions you can answer!

Do you have ideas you would like to share to support our congregation and Welcoming congregation?

Congregational Care meets every 1st Thursday of the month at PH from 1-2:30. Everyone is welcome!!

Nancy Olson/ Judy Rhode

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..

There will be brats and hot cider. Be thinking of a favorite autumn dish to share..

Chad Snyder of MSUS will be looking for contributions to the coffee house program including music, readings, and reflections. Add your name to Chad's performance list at chadasnyder@gmail.com.

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.

BOOK DISCUSSION & CHILI SUPPER

Sunday November 12, 4:00 pm at Pilgrim House. The book is

*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 are 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.

Questions? Contact Kathy Aanerud.

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.



HOW WE BELONG

Unitarian Universalists can and do believe many different things about life's biggest questions; about God, the greater mystery, about what happens to us when we die. Though you can't be a Unitarian Universalist if you don't agree about some of the more important parts of this faith.

You can't be a UU, or you won't be much of a good one, if you cling to prejudiced or oppressive views of others; if you in any way believe that someone else is somehow inferior or anything lesser than human. You can't be a UU if you can't tolerate big questions or critically examine what it is that you believe and why.

You can't be a UU if you fundamentally believe there is only one path or one spiritual truth out there to make meaning of life and to understand it. If you cling to just one set of beliefs, dogmas, or creeds and shut out the possibilities and offerings of other traditions that are different from your own, you're not a Unitarian Universalist.

As wide as our welcoming embrace is, there are some things that are non-negotiable for us as a people. Those non-negotiables are the inherent worth and dignity of each person, no matter who they are; the rigor of critical thinking about ourselves and our beliefs; and the bounty of the world's traditions that each hold a piece of the cosmic puzzle about how we might understand these wild, wondrous lives of ours.

No, you can't be a Unitarian Universalist and believe anything you want. You can believe in a lot of things...

But there are some fundamental things that bring us and bind us together as a tradition and faith.

About This Worship Element

Author Alex Jensen, Date added September 20, 2023

NOVEMBER 2023 MSUS EVENTS

Harvest Fest, Saturday, November 4

See article above.

Third Thursday 60+ Gathering

Thursday, November 16, 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.

MSUS Art Show at Pilgrim House



FROM MUUSJA

Rooted in Care

Thursday, November 2 from 10 – 11:30 am

Join in for a discussion about how community care among congregants can build a foundation for powerful action and organizing beyond church. We'll look at some of the common reasons folks do not participate in calls to action and how mutual aid within congregations strengthens and enhances our ability to show up as a community when we're needed.

Facilitated by community organizer and activist, Dallas Rising. Register at

<https://form.jotform.com/232557473713157>.

The second is that we're seeking two to three people from Pilgrim House for our Trans Inclusion in Congregations class happening on Wednesdays from Nov 8 – Dec 13.

Trans Inclusion in Congregations

Wednesdays, 6:30 – 8 pm

November 8 – December 13

Is your congregation ready to take your welcome to the next level? Developed by Rev. Mykal Slack and Zr. Alex Kapitan, this course is for individuals, groups, and congregational teams who want to take their knowledge and skills to the next level in terms of trans identity and how to create congregations that are fully inclusive and affirming of the full breadth of gender diversity. Over six sessions you will deeply explore the intersection of trans identity, spirituality, and faith community, and gain the grounding, context, and skills to transform yourself and your congregation.

Congregational teams are encouraged. Limit of 3 people per congregation. Facilitated by Katie Kline and Seth Anderson-Matz. Register at

<https://form.jotform.com/232557890504158>.

Seth Anderson-Matz is an interfaith & non-denominational faith leader, and a seminarian in the M.Div. in Religion & Theology program at United Theological Seminary of the Twin Cities.

Dallas Rising (she/they)

Communications Coordinator MUUSJA

www.muusja.org

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

