

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

*Pilgrim House is open for both in person and Zoom attendance. Our COVID attendance policy is on our website..*

### January 7 – Songs in the Darkness – Barbara McAffee

*The long darkness of winter is upon us.*

*How will we get through this?*

*Together -- and with a song.*

Barbara will bring a nourishing collection of songs (and maybe a poem or two)

to hearten us as we travel into this new year together. <https://www.barbaramcafee.com/>

The program will be followed by Soup Sunday at Pilgrim House.



### January 14 – Indigenous Women – Senator Mary Kunesh

Senator Kunesh is a descendant of the Standing Rock tribe and the first Indigenous woman in the Minnesota State Senate representing New Brighton, Columbia Heights, Fridley and Spring Lake Park and is Assistant Senate Majority Leader. She is also chair of the National Caucus of Native American State Legislators. She sponsored legislation creating the first in the nation Missing and Murdered Indigenous Relatives office. She was one of the few people who were specifically called out in our reviews that people wanted to come and speak with us. It continues our emphasis on indigenous peoples.

### January 21 – Spiritual Practices – Part 4 – Rev Leslie Mills

This Sunday concludes our four-part exploration of spiritual practices. We will be integrating our new understanding of “mind” (attention, intention, and attitude) with the question of how this can empower us in our spiritual life in more meaningful ways — which will ultimately lead us to cultivate a life that we can look back on with satisfaction and joy.



### January 28 – Ethics in Space – Erika Nesvold or Linda Billings

JustSpace Alliance, <https://justspacealliance.org/>, is a group concerned that we are moving to occupy outerspace with no determination of what the ethics should be. Whether it is countries or corporations, JustSpace believes that we need a set of ground rules by which we will act with each other in space. Astrophysicist Erika Nesvold is the author of the book *Off-Earth: Ethical Questions and Quandaries for Living in Outer Space*.

### February 4 – Minnesota State Parks – Doug Ohman

Famed photographer and story teller Doug Ohman returns to Pilgrim House to talk about Minnesota State Parks.

**CALENDAR**

**Wednesday, January 3, 7:00pm – MSUS Choir Rehearsal at Pilgrim House.** Contact Bruce Van Bronkhorst.

**Saturday, January 6, 5:30pm – MSUS 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.

**Monday, January 8, 7:00pm – Pilgrim House board meeting via Zoom.** Everyone is welcome. Contact Adam Aanerud.

**Wednesday, January 10, 7:00pm – MSUS Choir Rehearsal at Pilgrim House.** Contact Bruce Van Bronkhorst.

**Friday, January 12, 2:00pm – Mission/Vision Feedback at PH.** Contact Les Rogers.

**Sunday, January 14, 12:00pm – Sunday Stories at Pilgrim House with presenter TBD.** All are welcome. Contact Mary Eskelson.

**Wednesday, January 17, 7:00pm – MSUS Choir Rehearsal at Pilgrim House.** Contact Bruce Van Bronkhorst.

**Thursday, January 18**

**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.

**1:00pm – Congregational Care meets at Pilgrim House.** Contact Nancy Olson.

**Friday, January 19, 1:00pm – Social Action Meeting at Pilgrim House.** All are welcome. Contact Judy Bloom Martinez.

**Saturday, January 20, 1:00pm – MSUS Strategic Planning Open Workshop at Pilgrim House.** Contact Laura Smitzik.

**Sunday, January 21**

**Pilgrim House Newsletter information is due.** Contact Fred Green.

**12:30pm – MSUS Mom's Group meets at Pilgrim House.** Contact Laura Smidzik.

**Wednesday, January 24**

**1:30pm – Novel exchange book club meets.** Contact Sharon Borg.

**7:00pm – MSUS Choir Rehearsal at Pilgrim House.** Contact Bruce Van Bronkhorst.

**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](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)

**Thursday, January 25, 1:30pm – Book Club meets.** The book is *A Fever in the Heartland* by Timothy Egan at Judy Rohde's. Contact Cynthia LeBlanc.

**Wednesday, January 31, 7:00pm – MSUS Choir Rehearsal at Pilgrim House.** Contact Bruce Van Bronkhorst.

**SOCIAL ACTION**

December was a very busy month for Social Action.

We decorated the **Giving Tree** with many items for the Homeward Bound Temporary Living Facility which provides space for 50 people and is the region's first homeless shelter targeted for Native Americans. Bruce, Harlene and Judy packed 38 large individual baggies filled with snacks, hygiene supplies, hats, mittens and socks. Thank you Bruce for delivering these gifts.

**Avenues for Youth** has provided youth ages 16-24 a place to stay for 1 night or up to a 1.5 years. They work to provide stability and education, a direction to a career, and health and wellness. With your generous

donations we were able to purchase down coats for a young Mom and her son. We also purchased a pillow and blanket, purse, slippers and a phone case, and beauty items for Mom. The son received a Lego kit, race track with cars and a squishy toy and blanket donated from Bruce and his daughter. With your support a monetary donation was made to the agency to help with items they can purchase for the shelter. Thank you Marilyn for shopping and Ellen for delivering the gifts.

**Ralph Reeder** – Beginning in September we have been collecting monetary donations on Soup Sunday. The outpouring of donations has been very successful. The Food Shelf will be able to purchase a large amount of food through the Food Bank. Thank you Harlene for bringing the money we collected to the food shelf.

Upcoming Event – Movie night with the children at **Alexandra House** – January 30th – A fun evening with the children showing a movie and providing snacks. Volunteers needed. We will carpool from PH. Contact Bruce or Judy.

Ideas for Social Action Items are welcome. Contact Judy Bloom Martinez

## CONGREGATIONAL CARE COMMITTEE

**Mel Aanerud**, is recuperating from spinal care at Anoka Homestead. He's planning to be home early January and appreciates the calls, cards and emails from his Pilgrim House friends.

### Be Careful!

Lots of viruses out there. Don't take any chances if not feeling well with sore throat, coughing, etc and see or call your doctor!! if you need help let us know.

Nancy Olson

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

A good resolution for 2024 is to take time to relax and enjoy a few quiet minutes each day.

## HOLIDAY GATHERING

Our December holiday program with special music and readings, as well as a visit from Ms. Claus, was well attended and enjoyed. The after-program brunch together brought much fellowship and sharing. Thank you to everyone for your food contributions as well as all the help with setting up and cleanup. Working together made for a memorable morning.

## PILGRIM HOUSE HOSTS ART SHOW AND A BOOK LAUNCH

Pilgrim House hosted two weekend community events in December that were enjoyed by many.

**The artistry of Charlie Martin** was on display for an afternoon reception with the artist on Sunday afternoon, December 3. Show arrangements of over 50 pieces of art were made by Michael Servetus Unitarian Society (MSUS) where Charlie is a member.

**Doug Wood** launched his new book, *A Wild Path*, at Pilgrim House with a concert, readings, and book signing on Sunday afternoon, December 10. We enjoyed this special afternoon with Doug and his musically-talented friend Steve Borgstrom.



## JANUARY 2024 MSUS EVENTS

**Potluck and Coffeehouse, January 6, 5:30 potluck, 6:30 performances begin**

Pilgrim House UU Fellowship

If you've not been to the potluck and coffee house yet, why don't you join us on Jan 6th? We always have a good time at this gathering. We gather for a shared meal and then enjoy the coffee house. Performers of all skill levels are encouraged to participate and can perform in person or online. If you would like to perform, contact Chad Snyder at [chadasnyder@msuu.org](mailto:chadasnyder@msuu.org).

**Third Thursday, 60+ Group and Potluck, January 18, 11:00 am to 1:00 pm, Pilgrim House, UU Fellowship**

Each month the 60+ year-olds at MSUS and Pilgrim House gather to reflect on MSUS' monthly theme. January's theme is liberating love. Bruce Van Bronkhorst, MSUS, director of music ministry, and Marie Phillips will lead the discussion prior to the potluck. It's always a friendly and engaged group. All are welcome!

## NEW MEMBERS ARE WELCOME HERE!

*Kathy & Mel Aanerud*, Membership Committee  
[membership@pilgrimhouseuua.org](mailto:membership@pilgrimhouseuua.org)