

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



January 1 (New Years) – Pilgrim House Social

New Year's Day we will not have a speaker for the program. Les Rogers will do a short service with our usual Greetings/Opening Words/Announcements/Joys and Concerns/Music. The rest of the morning will be a social hour. We encourage you to bring a food item to share. Soup Sunday will be the following Sunday.

January 8 – Northwest Minnesota tales with music by Noel LeBine

Like the model of Bill Holm in telling tales of Southwestern Minnesota, Noel Labine has mined his personal life in rural northwestern Minnesota to produce vignettes that contain both humor and principles to live by – accompanied by music. Noel is author of three books, the latest *Lessons Learned Through Chaos and Mayhem from Northwest Minnesota*. See <http://noellabine.blogspot.com/>.

It's also Soup Sunday – stay after the program for lunch.



January 15 – Protestant Reformation: 500th anniversary of the Luther's 95 Theses – Protestantism

Presented by Erik Heinrichs, Ph.D., Assistant Professor History Department, Winona State University. This is part of our series on neighboring religions for the youth and adults.

January 22 – Topic to be announced

The speaker will be Terri Burnor is a candidate for UU ministry. She graduated from United Theological Seminary in 2015 and spent the last church year out in Portland, OR, for her FT ministerial internship.



January 29 – Self-healing and Holistic Health: How to Create a Healthy, Vibrant Life from Within

“The awareness of a few simple steps of self-healing can make the world of difference. I'm passionate about giving people a natural, holistic alternative on how to create health from within.” Our presenter is Dr. Ryan Nolte, an Applied Kinesiologist, Chiropractor and Holistic Healer located here in the Twin Cities. See <http://drryannolte.com/about/>

February 5 – Buddhism

Professor Paul Rouzer – a historical scholar, will talk about how attitudes toward Buddhist practice have changed over the centuries, especially in terms of the Zen movement. This is part of our series on neighboring religions for the youth and adults.



CALENDAR

Sunday, January 8, 12:00pm – Program Committee meets at Pilgrim House. All are welcome. Contact Lollie Jensen.

Sunday, January 15, 11:50am – Sunday Stories at Pilgrim House. All are welcome. Contact Les Rogers.

Thursday, January 26, 5:30pm – Book Club meets at Judy Rohde's. The book is *Lighthouse Road* by Peter Geye. All are welcome. Contact Cynthia LeBlanc.

Thursday, February 1, 7:00pm – Great Decisions at Pilgrim House. All are welcome. Contact Al Potter.

MUSINGS FROM THE CHAIR

New Year's Day and thoughts turn to the dreaded New Year's resolutions. Given the current climate in the world, I decided to look to the Golden Rule – Luke 6:31, King James Version, "And as ye would that men should do to you, do ye also to them likewise." Do a bit of research and you will find versions of this statement in many religions and cultures. Here are a few examples. Search around downstairs at Pilgrim House and you might find an eight by eleven sheet, with many more variations.

Buddhism: "Hurt not others in ways that you yourself would find hurtful." Adana-Varga 5:18

Ancient Egyptian: "Do for one who may do for you, that you may cause him thus to do." The Tale of the Eloquent Peasant, 109-110 Translated by R.B. Parkinson. (Original dates to circa 1800 BCE)

The religion of the Incas: "Do not to another what you would not yourself experience." Macon Capo, founder of the empire of Peru.

Judaism: "What is hateful to you, do not to your fellow man. This is the Law: all the rest is commentary." Talmud, Shabbat 31a

Native American Spirituality: "All things are our relatives; what we do to everything, we do to ourselves. All is really One." Black Elk

Carol Green, PH Board Chair

ALEXANDRA HOUSE

Thank you to everyone who participated in the youth project to provide gifts for the Alexandra House battered women's shelter. Pilgrim House members and friends donated over \$300 which our youth used to buy gifts. From the December Alexandra House Newsletter:

The past few weeks, our shelter has been awash in toys and gifts of every shape and size.

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: Kutluhan Erol

Pilgrim's Progress

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

Fred Green

newslettereditor@pilgrimhouseuua.org

Material for the February newsletter is due Sunday, January 22 (always the next to the last Sunday).

Hundreds and hundreds of donations have come in. The generosity is overwhelming.

Thank you. Your dedication to creating a future free from violence is so encouraging.

BOOK CLUB BOOKS

At this year's Book Club Holiday Party, the following books were presented:

Carol – *Journey to Munich* (Maise Dobbs series) by Jacqueline Winspear

Sharon – *Karolina's Twins* by Ronald Balson

Gary – *Between The World and Me* by Ta-Nehisi Coates

Susan – *Miller's Valley* by Anna Quindlen

Judy Potter – *In an Instant* by Lee Woodruff

Fred – *Turbo 23* (Stephanie Plum series) by Janet Evanovich

Ron – *Paris Architect* by Charles Belfoure

Nuri – *Super Brain* by Deepak Chopra

Kate – *Kitchen House* by Kathleen Grissom

Rob – *Where'd You Go Bernadette* by Maria Semple

Jane – *Tuck Everlasting* by Natalie Babbitt

Don – *History of Norway* by ?

Judy Rohde – *The Light of the World : A Memoir* by Elizabeth Alexander; *Mrs. Lincoln's Dressmaker* by Jennifer Chiaverini

Darlene – *When the Last Acorn Is Found* by Deborah Latzke

Laura – *Dog Medicine* by Julie Barton; *Dimestore* by Lee Smith

Wayne – *Spark Joy* by Marie Kondo; *Courage to Act* by Ben Bernanke

Cynthia – *Wintering* by Peter Geye; *The Tale of Halcyon Crane* by Wendy Webb

Bill – *Newlyweds Afloat* by Felicia Schneiderhan

Al – *Citizen Swain* by Tom Swain and Lori Sturdevant; *100 Year Old Man Who Climbed Out the Window and Disappeared* by Jonas Jonasson

Candy – *Last Painting of Sarah de Vos* by Dominic Smith

Bob – *Nazis, Women and Molecular Biology* (written by father's best friend); a book from Adolf Hitler's library with nameplate

Dee – *Escape Clause* by John Sandford (Virgil Flowers series); *Chestnut Street* by Maeve Binchy

JOB OPENINGS AT CAMP UNISTAR

[Camp UniStar is a camp for Unitarian Universalists, formerly part of the Prairie Star District, but now independent and affiliated with the Midwest Region.]

Camp UniStar is hiring! Spend the summer working where natural beauty is rich, life is simple, and community is cherished on Star Island in Cass Lake, Minnesota.

Positions: Camp Director, Food Service Director, Lead Cook, Lead Baker, Waterfront Director, Assistant Director, Children's Program Director, Youth Program Director, Program Area Staff

Qualifications: lived away from home 1+ year; experience working in team; self-starter and motivated to help; able to live and work in the North Woods; experience in food service (kitchen jobs); experience working with youth or children (Children and/or Youth program); have or are willing to get lifeguard, CPR, and First Aid training (reimbursable)

Training and camp season is June 5 to Sept. 2, with some personalization of schedules possible.

Starting salary for first year general camp staff is \$270 per week, room and board included.

Application and position details at: <http://www.CampUniStar.org> Please contact 612-354-6566 or jobs@campunistar.org with any questions.

Applications due January 31, 2017.

WHALECOAST ALASKA 2017

Have you ever dreamed of visiting Alaska? If so, WhaleCoast Alaska 2017 is for you! Four Alaska UU fellowships invite you to experience our eco-cultural and spiritual program next summer! See Alaska through the eyes of local UUs in Anchorage, Fairbanks, Juneau, Seward, and Sitka with friendly homestays and unique tour activities. See wildlife, including moose, bears, caribou, whales, bald eagles, seals, and otters. Visit Denali National Park. Experience Native Alaskan culture. Forget the cruise ships – our program is the best way to visit Alaska! Programs led by Dave Frey, member of the Fairbanks UU congregation and Alaska travel expert. Find out more about this Alaskan trip of a lifetime before our tours sell out!

TOUR #1: National Park Tour, June 10 to 20 -- \$3,156

TOUR #2: All-Alaska Tour, July 7 to 19 -- \$3,758

Visit <http://www.WhaleCoastAK.org>, email dfrey@whalecoastak.org, or call 907-322-4966. We would love to share our Alaska with you!

So often we dwell on the things that seem impossible rather than on the things that are possible. So often we are depressed by what remains to be done and forget to be thankful for all that has been done.

--Marian Wright Edelman

My grandson was visiting one day when he asked, "Grandma, do you know how you and God are alike?" I mentally polished my halo and I said, "No, how are we alike?" "You're both old," he replied. [from the Unisys Bluebell Retiree's Newsletter]

Happy New Year!

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Pilgrim House Newsletter

1212 W. Hwy 96

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