

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

### September 9 – Water Communion

This annual welcome back program is held each year. Join us in song, readings and sharing revitalized connections and community. Bring a small amount of water from a place that is special to you. One by one we will pour our water together into a large bowl and tell why this water is special to you. The combined water is symbolic of our shared faith coming from many different sources.



### September 16 – Master Water Stewards: Neighborhood Volunteers Improving Water Quality in the Twin Cities – Paul Gardner

This program offered by the Fresh Water Society. It will be about things we can do at home to improve water quality. Wherever you live, you can make a real difference in the health of our waters! Master Water Stewards is a program that certifies and supports community leaders to install pollution prevention projects that educate community members, reduce pollutants from storm water runoff, and allow more water to soak into the ground before running into storm sewer systems. The program is a partnership between the Freshwater Society and participating cities, watershed management organizations and non-profits.

### September 23 – Love-Letters to the World: Writing Effective Letters-to-the-Editor – Lisa Wersal

It's been six years since Lisa's previous Pilgrim House 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. You will be invited to reflect on how we put our ideas out into the world. Lisa will share insights gained through a recent interview with David Banks, Assistant Commentary Editor of the Star Tribune, examine some sample letters, and include tips from Pat Effenberger of the Pioneer Press and Sara Marie Moore, Editor of the Vadnais Press. Come get recharged and contribute your voice to help shape social discourse!

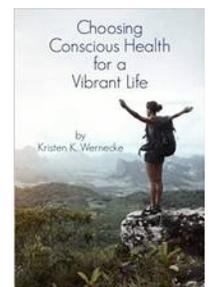


### September 30 – Community Support Center (CSC) – Karen Meyer

We often do not think of all the ways Pilgrim House is involved in community service. One is that we hold a board position on the Community Support Center and we are a major participating sponsor of the "The Walk A Mile for Our Neighbors" which was held July 29<sup>th</sup> – come and hear what else the CSC does.

### October 7 – Healing Ourselves in Trying Times – Kristen Wernecke

Rev. Kristen K. Wernecke is the author of *Choosing Conscious Health for a Vibrant Life* and is an integrative health practitioner, practicing massage therapy and energy healing, since 1990. She has also been trained in Chi Gung healing, Emotional Freedom Technique, Psychic Development, Cranial-Sacral therapy and Healing Touch. Kristen teaches classes on Meditation, Chakras, Energy Healing and Mind, Body, Spirit Healing, and is a Wellness Specialist at Hazelden. She will be sharing some techniques for reducing stress and finding personal purpose in this turbulent point in American history.



## CALENDAR

**Monday, September 10, 7:00pm – Pilgrim House Board meeting at Pilgrim House.** All are welcome. Contact Michelle Gardner.

**Saturday, September 15, 7:00pm – Game Night at Pilgrim House.** All are welcome. Contact Curt Corum. See article below.

**Sunday, September 16, 12:00pm – Sunday Stories at Pilgrim House – Michelle Gardner.** All are welcome. Contact Gary Borg.

**Sunday, September 23 – Newsletter information due.** Contact Fred Green.

**Thursday, September 27, 5:30pm – Book Club meeting at Laura Schommer's.** The book will be *Of Mice and Men* by John Steinbeck. Contact Cynthia LeBlanc.

**Saturday, September 29, 9:00am – HopeFest at Bunker Hills Co Park.** All are welcome. Contact Fred Green. See article below.

**Thursday, October 4, 7:00pm – Great Decisions at Pilgrim House – Tom Hanson speaking about Russian foreign policy.** All are welcome. Contact Al Potter.

**Saturday, October 13 and 27, 6:00pm – Night Out Suppers.** See article below.

**Saturday, November 10, 6:00 pm – Harvest Fest at Pilgrim House – Potluck supper at 6 pm, barn dance at 7:00 with live music and a dance caller. Family-friendly event! Contact: Les Rogers.**

## RE CORNER

Welcome back! We are excited to return to our small groups and hear about everyone's summer activities. We will be serving root beer floats on Sunday, September 9. We are also collecting school supplies for Alexandra House.

In our classes, Carol and Isabelle will lead the Sunday Seekers and planning some activities for any older children who are in attendance.

We need a list of volunteer substitutes. Please contact Carol Green if you would be willing to be a sub. Also, The Children's, Religious Education Committee welcomes members. You do not need to have a child in the program, we welcome all who have an interest in the spiritual development of our youngest members.

Carol Green

Chair Children's Religious Education Committee

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

## SOCIAL ACTION

Several Pilgrim House members participated in the **Pride Parade** on June 25.

On July 29, 16 Pilgrim House walkers participated in the **Walk a Mile** fundraiser for the Community Support Center walking a combined 31 miles. Judy Bloom volunteered at the registration table.



*Al Potter walked 5 miles*

## HOPEFEST

Join other Pilgrim House members for the annual HopeFest (formerly known as Walk for Hope) for Alexandra House Saturday, September 29 from 9am until 2pm at Bunker Hills Regional Park. As a sponsor, we have 2 free registrations available. If anyone would like one, please contact Fred Green. Help support Alexandra House, a battered women's shelter that Pilgrim House has supported for several years. When you register, be sure to choose the Pilgrim House team! Register online at <https://alexandrahouse.myetap.org/fundraiser/HopeFest-18/>. The following is from Alexandra House:

Join us on September 29, 2018 at Bunker Hills Regional Park for HopeFest! This event is a family and pet-friendly event that includes a 5K fun run, a 2-mile walk, a Kidz Dash and Kidz Zone with games, inflatables, face painting, balloon twisting, food, and an exhibitor fair with vendors and community partners from Anoka County.

We are excited to announce that KS95 will be at HopeFest this year! We will also have delicious BBQ from The Bones Brothers, and all proceeds from their food sales will go back to Alexandra House!

Details:

Saturday, September 29, 2018, 9am-2pm

Registration begins at 9:00 a.m.

Program begins at 10:00 a.m.

Kidz Dash is at 10:30 a.m.

5K Fun Run/2M Walk begins at 11:00 & 11:30 a.m.

## SCHOOL SUPPLY DRIVE

A fall tradition at Pilgrim House is collecting school supplies to be distributed to the children who live at Alexandra House. We encourage you and your family to participate in this school supplies drive. The Children's Religious Education Program will be collecting supplies for the entire month of September and will be packaging them in age appropriate bags for distribution on Sunday, September 30. You can bring supplies to Pilgrim House when programs resume on September 9.

Needed School supplies:

- 3 ring binders
- Backpacks – all sizes (Backpacks may be gently used.)
- Calculators
- Colored pencils
- Compass
- Crayons – 24 or 48 regular size
- Crayons – 8 or 10 big size
- Erasers
- Folders
- Glue sticks or bottles
- Highlighters
- Kleenex – box or packs
- Markers
- Notebook paper (wide or college ruled)
- Pencil sharpeners
- Pencils
- Pens
- Protractors
- Red pens
- Rulers (including metric scale)
- School boxes,
- Scissors (blunt for younger children)
- Spiral notebooks (wide or college ruled)

## GAME NIGHT

Attention Gamers:

There is a game night Sept 15th 7pm at Pilgrim House. Bring a favorite board/card game to play or play one of the many others. Ping Pong and pool as well!

We will schedule every 3th Saturday, 7pm at PH for upcoming months, if that works (let me know!).

Questions, RSVP contact Curt.

## PILGRIM HOUSE NIGHT OUT DINNERS

**Scheduled for Saturday, October 13 and 27.**

Night Out is an opportunity to share a meal and good conversation with fellow pilgrims. You can sign up to be a host (for 6-8) or a guest. When you gather, the host will prepare a main dish and the guests will bring dishes to share. The host and participants will communicate about time and place.

The last day to sign up is Sunday, September 30 when the signup sheet is passed at Pilgrim House.

Matches will be made for the dates listed above. Contact information will be included.

If you have questions, contact Fred or Carol Green.

## MEMBERSHIP

We welcomed new members to Pilgrim House in May – **Ed Dickinson** and **Arleen Hollenhorst**. Ed and his wife live in Arden Hills; and Arlene and her husband live in Arden Hills.

At our June 4 program, flowers and welcoming words were presented to Ed (and to Stephanie Lica who joined Pilgrim House earlier in the year). Arlene was out of town and will be included in a future program welcome

And in June, we welcomed **Glennie Gillean** of Ham Lake and **Ruth and Ray Kreps** of Arden Hills. We will schedule a program welcome with them this fall. In the meantime, be sure to introduce yourself to all of our new members!

Membership in Pilgrim House Unitarian Universalist Fellowship is open to all who would like to support and share in the life and programs of Pilgrim House. If you haven't yet been offered a Membership Card, or have one and want some additional information, let us know.

Also, we'd be happy to schedule an *Orientation/Introduction to Pilgrim House* for an individual or a group. The information session runs about an hour and includes lots of time for your questions and clarifications.

Please feel free to call on us.

Mel and Kathy Aanerud  
Membership Committee

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

## SUNDAY HOSPITALITY

Update on Coffee/Treats -- Volunteer participation in this activity has waned again over recent years, so to preserve our much-enjoyed hospitality after Sunday programs, a simplified plan will be tried out. Nancy Olson, our Coffee/Treat coordinator, will lead a team of folks who will rotate on making coffee, arranging tea and cocoa supplies, setting out cookies that have been purchased and stored at Pilgrim House, and leading the clean-up. Folks participating with Nancy so far are Susan S., Kathy A. and Ed D. If you'd like to be in the coffee-making rotation, let Nancy know some preferred dates, and she will get you on the schedule.

If an individual or group would like to bring an alternative treat to the cookies, just let Nancy know, and she will add the contributor(s) to the schedule. Honor a birthday, anniversary, or other special occasion – or just share a favorite food for about 40 friends.

Help with clean-up is always appreciated -- round up coffee cups, load the dishwashers, tote the coffee urns into the kitchen to dump out, wipe the tables, or grab the recycling or garbage bags to take home (we don't have recycling or garbage pickup at Pilgrim House).

Nancy Olson and Kathy Aanerud  
Sunday Hospitality Co-Chairs

## DAYTIME BOOK CLUB?

Some new members at Pilgrim House have expressed an interest in a daytime book club. Since our group has grown so large it seems reasonable to establish a second group to accommodate newcomers and also for anyone in the current group who would like to switch to a different time. Please contact Sharon Borg if you would like to consider joining a daytime book club. Most likely this new group would meet at the Shoreview library rather than in members' homes.

## GREETINGS FROM GENERAL ASSEMBLY IN KANSAS CITY

Hundreds of banners from congregations across the country were hung in the exhibit hall for General Assembly June 20-24 in Kansas City. Kathy and Mel Aanerud were proud to add Pilgrim House to the "collection of congregations".

This annual event was attended by 2,814, which included 134 youth. This year, workshops, keynote speakers and the Sunday morning service were focused on the topic of dismantling white supremacy. Accented



by motivating and reflective music, there were business sessions that included:

- Adopted *dismantling white supremacy* as the priority for Congregational Study and Action (CSA);
- Approved granting delegate status to Credentialed Religious Educators
- Selected Actions of Immediate Witness that all reflected the urgency of supporting people of color and indigenous people.

Read more about General Assembly actions, speakers, and other highlights at: <https://www.uuworld.org/ga>.

While Kathy and Mel attended General Assembly at their own expense, Pilgrim House has been making funds available for the delegate registration fees for the past few years. **Save the Date** for next year – and make plans to attend. The 2019 General Assembly will be held in Spokane, Washington June 19-23.



Mel and Kathy were proud to display the Pilgrim House banner with hundreds of others in the exhibit hall at the General Assembly of Unitarian Universalists in Kansas City in June.

## MID AMERICA REGIONAL ASSEMBLY



Mel and Kathy also attended the Mid-America Regional Assembly that was held in conjunction with General Assembly. There were only minimal participation/input opportunities for delegates, but Kathy and Mel made connections with Annual Program Fund staff at both the regional and UUA level to urge Mid-America Region to take action on "fair share" contributions based on congregational budget rather than per member.

The new President of the Mid-America Board is David Lauth, member of First Universalist Church of Minneapolis where he serves on several congregational committees and is also a member of a fledgling UU Community of Red Wing in its second year. He was an active volunteer with the former Prairie Star District and was District Coordinator for the 2010 UUA General Assembly in Minneapolis. *Looking forward to the local connection!*

**Save the date** – The next Mid America Regional Assembly will be held in St. Louis, Missouri on April 5-7, 2019.