

Volume 49 Number 7

March 2019

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

March 3 – When Republicans Were Progressive by David Durenberger and Lori Sturdevant

Lori is back at Pilgrim House with her new book co-written with former Senator David Durenberger.



March 10 – Norwegian Dance Troupe

Det Norske Folkedanslaget (The Norwegian Folk dance club) enjoys sharing the folk dance and music traditions of Norway, and has been dancing and performing since 1956. The group is currently directed by Carol Sersland, whose immigrant father ran the dance groups before her. Dances include waltz's, polka's, village dances, song dances and more, and are performed in traditional bunads and peasant costumes from different parts of Norway.

The program is followed by lunch and the Annual Pilgrim House Auction. See article below.



March 17 – Dream of Wild Health – Ernie Whiteman, Cultural Director

Dream of Wild Health is one of the oldest and longest operating Native American led and focused nonprofits in the Twin Cities. Focusing in the Phillips neighborhood, Dream of Wild Health is working to create and restore an Indigenous relationship with the land and to offer access to healthy foods and lifestyles. Dream of Wild Health owns its 10-acre farm in Hugo, Minnesota. At Dream of Wild Health, we grow seeds, and we grow leaders through summer programs for Native youth. <https://dreamofwildhealth.org/>



March 24 – Sustainable Farming

Mike Miles and Barb Kass have been social justice activists and sustainable farmers for more than 30 years. He has run for Congress, been arrested for protesting nuclear installations, running a sort of collective in WI and focusing on really interesting sustainable farming methods for many years. Here's a video with Mike that helps explain: <https://www.youtube.com/watch?v=4sfQl6GBvY0>.

March 31 – Men and the #MeToo Movement – Tom Esch

#MeToo was founded in 2006 to support sexual violence survivors. Tom will discuss how men are responding and dealing with the #MeToo movement.



April 4 – Rachael Carter

Rachel Carter is currently a ministerial intern at Eau Claire.

CALENDAR

Sunday, March 3, 11:30am – Soup Sunday – Join us for soup following the program. All are welcome.

Bring items for the food shelf donation area and/or sign up for soup, both in the entryway. All are welcome.

Contact Fred Green for Foodshelf, Bob Treumann for Soup Sunday.

Thursday, March 7, 7:00pm – Great Decisions at Pilgrim House – The Rise of Populism in Europe. All are welcome. Contact Al Potter. See article below.

Saturday, March 9, 10:00am – 1:00pm – Bring auction items to Pilgrim House. Contact Les Rogers.

Sunday, March 10, noon – Pilgrim House Auction at Pilgrim House. All are welcome. See article below.

Monday, March 11, 7:00pm – Pilgrim House Board meeting at Pilgrim House. All are welcome. Contact Michelle Gardner.

Tuesday, March 12, 10:00am – Knitting and Craft group is meeting at Pilgrim House. All are welcome. Contact Mary Ryan.

Saturday, March 16, 10:00am – 1:00pm – Bring in books for the Pilgrim House library. See article below.

Saturday, March 16, 7:00pm – Game Night at Pilgrim House. All are welcome. Contact Curt Corum.

Sunday, March 17 – Newsletter information due. Contact Fred Green.

Sunday, March 17, 12:00pm – Sunday Stories at Pilgrim House. All are welcome. Contact Gary Borg.

Wednesday, March 27, 1:30pm – Novel Exchange book club meets at the Shoreview library. The book to be discussed is *Dear Mrs. Bird* by A J Pearce. Contact Sharon Borg for more information.

Thursday, March 28, 4:00pm – Book Club meets at Bob and Candy's. The book is *The Lightkeeper's Daughters* by Jean Pendziwol. Contact Cynthia LeBlanc.

April 7, noon – Adult Education: Book Discussion at Pilgrim House on White Fragility. All are welcome. Contact Ellen Shelton. See article below.

Saturday, April 13 and 27 – Night Out Dinners in member's homes. See article below.

ANNUAL PILGRIM HOUSE AUCTION

March 10

Plan your bid strategy for the following items:

Crocheted silk shawl, framed bird prints, personalized scrapbook, softball/baseball lessons, tickets for Science Museum and Omni-Theater,



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

handmade quilted table accent, homemade bread, Stanley Brand Tool Kit, Mexican jewelry, room humidifier, small crockpot, and more.

We still need items to be donated to auction – current items can be viewed on the Auction page of the PH website. A user id is required to view the auction page – any valid PH user id will work – contact Fred Green if you have questions or want to donate an item.

Ideas for Auction Contributions:

- Host a wine tasting or tea sampling,
- Host dinners in your home
- Offer a kettle of your favorite soup
- Offer to teach a skill that you have
- Tutor on computer use
- Host a tour at a favorite museum
- Cookies!

There will be platters of Subway sandwiches provided, plus the addition of fruit, salads and desserts provided by some wonderful volunteers. If you have any questions about the auction, please contact Les Rogers.

Items may be brought to Pilgrim House on Saturday, March 9th between 10:00am and 12:00pm.

If you plan to bring items to the auction, please let Carol or Fred Green know before the day of the auction – it helps us.

PLEASE BRING IN BOOKS

The Pilgrim House library will open this spring!

We are asking anyone who would like to donate books to bring them in on Saturday, March 16th between 10:00am and 1:00pm. Please bring books that you think would be of interest to others including young adult books. Bring no more than 10 books per person. We will not be taking children's books (or sets of encyclopedias). We are also collecting bookends.

Our plan is to keep track of books being checked out to see which ones are being read. We are planning to rotate books to keep the library fresh and up to date. All you will need to do to check out a book is write the name of the book in the notebook provided and check the box that says 'Out'. When you return the book check the box marked 'In'. You don't need to write your name in the notebook.

If you have any questions about what books to bring in just contact Judy Martinez or Mary Ryan.

SOCIAL ACTION

Food Shelf

Pilgrim House is having a Sunday program on the food shelf on February 24.

Sing for Your Neighbors

Sing for Your Neighbors was an event to support the Community Support Center (Pilgrim House is represented on their board) on January 27. The Pilgrim House



Chorale performed. The picture shows the Chorale performing.

NIGHT OUT

April 13 and 27

Would you like to meet Pilgrim House friends in a smaller setting than on Sunday morning? Would you like to get to know newer members in casual and relaxed way? Then Night Out may be just right for you. 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, March 24 when the signup sheet is passed at Pilgrim House. A sign up sheet will be available at Pilgrim House in early March.

Matches will be made for the dates listed above.

Contact information will be included.

If you have questions, contact Fred or Carol Green.

VOLUNTEER FOR SAFETY!

In order to help reduce our risks and increase our level of preparedness for most any emergency, at the February meeting the Pilgrim House Board passed a resolution to establish and maintain a Safety Committee. This is recommended as a "best practice" by the Ramsey County Sheriff's Office and is in line with other area churches.

The committee will be responsible for evaluating and documenting safety at PH with regards to weather, health, or other emergencies. Having plans in place for emergencies and sharing those plans with our community and congregation will ensure we have a guide for what to do. A side benefit is building a stronger, interconnected community. Please consider leading or joining this very important committee and setting us up for success! We are looking for any level of experience (from zero to expert) with a desire to help our congregation. Ideally, this committee should be formed by the end of March. Until we have an identified committee chair or co-chairs, please contact our current board chair, Michelle Gardner with questions or to express an interest!

SUNDAY STORIES

Looking for Story Tellers!

Sunday Stories have become a popular way for our congregation to get to know each other. Glennie Gilleen will talk on March 17. We enjoy hearing the stories of people new to Pilgrim House as well as those who have been here for years.

Available dates are 4/21 and 5/19.

Contact Les Rogers if you are just inquiring about telling your story or if you are ready to signup. We can assist you in coming up with ideas. We take care of all chair setup and will introduce you.

GREAT DECISIONS

March 7 – The Rise of Populism in Europe

This is the program that was canceled due to weather on February 7.

Mass migration, and the problems associated with it, have directly abetted the rise of populist parties in Europe. Opposition to immigration was the prime driver of support for Brexit, it brought a far-right party to the German Bundestag for the first time since the 1950s, and propelled Marine Le Pen to win a third of the vote in the French presidential election. In addition to calling for stronger borders, however, these parties are invariably illiberal, anti-American, anti-NATO and pro-Kremlin, making their rise a matter of serious concern for the national security interests of the United States.

Our speaker is Christa Tiefenbacher-Hudson A native of Germany, Christa is a founding member of the German American Chamber of Commerce Midwest, Minnesota Chapter, and served as the Chamber's president from 2000 to 2004, as vice president from 2010 to 2016, and is now an honorary director. From March 2010 until May 2016, Christa held the post of honorary consul of the Federal Republic of Germany in Minneapolis, with a consular district that encompassed Minnesota, North and South Dakota and Western Wisconsin. In September 2018, Christa was awarded the Order of Merit of the Federal Republic of Germany for her contributions to enhancing Germany's standing abroad and its relations with the United States in economic, cultural, political and social matters.

ADULT EDUCATION: BOOK DISCUSSION

White Fragility -- Why it's so Hard or White People to Talk about Racism

Author: Robin DiAngelo

You didn't miss it! The book discussion announced this fall has been postponed due to scheduling conflicts. So there's still time to read the book (or to recall your thoughts if you've already read it). Books are available in the back of the meeting room at Pilgrim House for you to borrow.

We are now planning the book discussion for April 7 at Noon, following Soup Sunday.

The book reading and discussion are a continuance of helping members and friends engage with important social issues, this time focusing on racial disparities and reconciliation. For a preview of the book, you can listen to an interview with the author on MPR this summer: <https://www.mprnews.org/story/2018/07/05/robin-diangelo-on-why-its-so-hard-for-white-people-to-talk-about-racism>

If you have questions and/or would be interested in helping shape the discussion, please contact Ellen Shelton.

COMING SOON!

RAIN GARDEN AT PILGRIM HOUSE

The Pilgrim House (PH) Board has approved moving forward with the installation of a rain garden. The rain garden will be located in the depressed area just west of the driveway as you turn off Highway 96 to enter the PH parking lot. Currently the area is filled with chunks of concrete and invasive and non-attractive plants. Rain water, with pollutants from the parking lot, washes into the depression and overflows to the trail and into the storm sewers of Highway 96.

A properly constructed rain garden prevents water from rushing through by using an elevated berm and a re-

constructed basin using amended soils. Water then infiltrates into the soil and is sucked up by the plants within 24 hours. A rain garden is not a pond with standing water.

PH qualifies for a grant up to \$7,500 from the Rice Creek Watershed District toward the installation of a rain garden. We worked with Brian Olsen from Ramsey County Soil and Water Conservation District to get detailed plans for the rain garden. Brian determined that the total catchment area treated by the proposed project is 23,912 square feet, and is mostly impervious surfaces. Once established, this rain garden will greatly increase the runoff captured from the church's impervious surfaces and be an effective measure to filter runoff, reduce sediment movement, and reduce the rate and volume of stormwater that would otherwise run off into the storm sewers, ultimately ending up in Karth Lake.

The rain garden design was submitted to approved vendors and the best bid was from Outdoor Lab Landscape Design, St. Paul for a total cost of \$12,128. Pilgrim House is responsible for \$4,628, the amount that the project will cost beyond the \$7,500 grant. The PH board approved spending that amount. The grant application has been submitted to the Rice Creek Watershed District for their approval. We expect approval at their March meeting.

The installation date is tentatively set for mid-June. Actual timing will depend on weather and previously scheduled project completion. The plan includes 166 native plants which will be a beautiful addition to other work that has been done at PH to remove invasive species. The project will have a great educational benefit with high visibility, both to members attending PH, and to the public who are using the trail or driving by on Highway 96

Once the rain garden is installed, volunteers to maintain the area will be needed. If this is something you are interested in, let us know.

Les Rogers, Outdoor Planting Coordinator

Sharon Borg, grounds volunteer

MIDAMERICA REGIONAL ASSEMBLY

St. Louis, Missouri -- April 5-7, 2019

This regional event includes the nearly 200 Unitarian Universalist congregations in our region.



- Workshops, music, keynote speaker, exhibitors
- Location: Marriott-St. Louis Airport Hotel; **discounted hotel rooms (until March 5)**

- Pilgrim House has two voting delegates, and will reimburse the delegates' early-bird registration fee which includes some meals. (Lodging and transportation are at delegates' expense.) **Early-bird registration ends February 28; regular registration ends March 22.**

Any number can attend this event as participants! Let our Board Chair, Michelle Gardner, know if you're interested in attending. More info:

www.uua.org/midamerica/ra

GENERAL ASSEMBLY – UNITARIAN UNIVERSALIST ASSOCIATION Spokane, Washington – June 19-23, 2019

General Assembly is the annual gathering of our Unitarian Universalist Association



(UUA). Meet hundreds of attendees from UU congregations across our nation and international locations.

- Workshops; various keynote speakers; music; exhibit hall with books and more!
- Delegates attend business meetings to set policy and action/study priorities for the UUA.
- Pilgrim House has two voting delegates and will reimburse the delegates' registration fee. Delegates pay their own lodging, meals, and transportation.) **Early-bird registration fee ends April 30.** Regular registration fee continues to the start of the event.
- Blocks of hotel reservations at group rates available beginning March 1. See General Assembly website below.

Any number can attend this event as participants! Let our Board Chair, Michelle Gardner, know if you're interested in attending. More info: www.uua.org/ga

ALEXANDRA HOUSE THANKS PILGRIM HOUSE

Pilgrim House is a sponsor of the annual HopeFest for Alexandra House battered women's shelter. Below is a thank you video they sent us that helps us appreciate their work.

<https://youtu.be/ReYvbTiAtdg>

DELPHI CONCERT

Saturday, March 16, 2019 – 7:30pm to 9:30pm

Annual Dephi Quartet Concert

Event Contact: Bruce Van Bronkhorst

Place: Sanctuary at Michael Servetus

No Childcare Provided

SUNDAY HOSPITALITY

Thank you to our small but industrious committee who have your coffee and other beverages ready on Sunday mornings, oversee serving and cleanup, and in many cases bring personal treats to supplement the on-hand cookies – Susan Setter, Judy Rohde, Bobbi Freeman, Mary Eskelson, and Allan & Gloria Carstens, plus assistance from James Cadwell. All happening without the passing of a clipboard!



And we thank those others who bring treats to share – which we try to note on the serving table easel, but sometimes the treat arrivals just sneak right onto the table.

If you'd like to join us in the coffee-making rotation, let Nancy know some preferred dates and she will be get you on the schedule. Also, if an individual or group would like to schedule an alternative treat to the on-hand cookies, let Nancy know. 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 empty ,wipe the tables -- or grab the recycling or garbage bags to take home (we don't have recycling or garbage pick-up at Pilgrim House).

*Cheers from your Sunday Hospitality Co-Chairs--
Nancy Olson and Kathy Aanerud*

OPEN EVENTS PRESENTED BY THE MSUS ACTION AND JUSTICE TEAM

*At Michael Servetus Unitarian Society in Fridley MN
Free Events, No RSVP Required*

Sunday, February 24, 12:30 pm: Seeing Minnesota's Indigenous History

Sunday, March 24, 12:30 pm: Teachings of the Medicine Wheel

The Medicine Wheel is an ancient Native American symbol used for teaching. The Medicine Wheel teaches that we are all related and connected to each other. We need to share information with each other so the healing can begin among the people.

Sunday, April 28, 12:30 pm: Birds of Minnesota and the Effects of Climate Change

Photographer Monica Bryant presents a gorgeous slide show of birds she has photographed in the State of Minnesota for the Audubon Society of Minnesota. This multi-year effort is part of the tracking of the effects of climate change on bird populations in the United States.