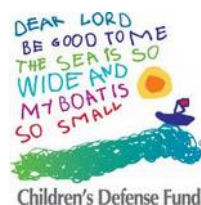


Upcoming Sunday Programs (10:15 to 11:30 am)

April 7 – Speaking Out: Why I Stand

Join Rachel Carter, intern minister at the Unitarian Universalist Congregation in Eau Claire and U.S. Army veteran, as she talks about her journey and advocacy work with military sexual trauma and Post-Traumatic Stress.

Rachel Carter is the intern minister at the Unitarian Universalist Congregation in Eau Claire, Wisconsin and a second year seminary student at Iliff School of Theology. She has been an active advocate regarding Post-Traumatic Stress, Military Sexual Trauma and invisible disabilities. She served as a broadcast journalist assigned to Armed Forces Network-Korea as well as the Wisconsin National Guard. Rachel identifies as a person with multiple disabilities, including Ehlers-Danlos Syndrome, Postural Orthostatic Tachycardia Syndrome, Dysautonomia, and Fibromyalgia. She will be presenting at this year's General Assembly in Spokane, WA on Dis-Abilities: A Discussion on Inclusion, Accessibility, and Identity.



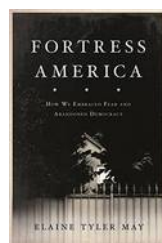
April 14 – Children's Defense Fund-Minnesota – Bharti Wahi, Executive Director

The Children's Defense Fund (CDF) is a non-profit child advocacy organization that has worked relentlessly for more than 40 years to ensure a level playing field for all children. They champion policies and programs that lift children out of poverty; protect them from abuse and neglect; and ensure their access to health care, quality education and a moral and spiritual foundation. Supported by foundation and corporate grants and individual donations, CDF advocates nationwide on behalf of children to ensure children are always a priority.

Minnesota Executive Director Bharti Wahi will discuss local policy issues that affect children's well-being that are currently under discussion at the MN Legislature.

April 21 – Our Traditional Spring Celebration

Join us for our traditional celebration of Spring ... a special morning of intergenerational music and sharing. Look for another performance of the Pilgrim House Chorale, and more. If you have special music or a reading you'd like to share, please contact Mel Aanerud or Bill Rohde by April 14th. Join us for a spring brunch following the program. We'll need a few sign-ups at Pilgrim House for entrees, fruits and breads. All are invited for food, fellowship and celebration. Don't miss it. See you there!



April 28 – Fortress America: How We Embraced Fear and Abandoned Democracy

Elaine Tyler May is Chair, Department of History, Regents Professor, Departments of American Studies and History, University of Minnesota.

May 5 – Flames of Discontent – The Iron Range Strike of 1916 – Gary Kaunonen

Gary is an author who has written books on the mining history of northern Minnesota and Michigan.

CALENDAR

Thursday, April 4, 7:00pm – Great Decisions at Pilgrim House – Middle East in Turmoil. All are welcome. Contact Al Potter. See article below.

Sunday, April 7, 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.

April 7, 12:15pm – Adult Education: Book Discussion at Pilgrim House on White Fragility. All are welcome. Contact Ellen Shelton. See article below.

Monday, April 8, 7:00pm – Pilgrim House Board meeting at Pilgrim House. All are welcome. Contact Michelle Gardner.

Tuesday, April 9, 10:00am – Knitting and Craft group is meeting at Pilgrim House. All are welcome. Contact Mary Ryan.

Saturday, April 13, 10:00 am – Our first PH Chorale practice for this year's PH Spring Celebration will be held at the Rohde's. High school, college and adult members and friends who like to sing are all invited to join the fun as we prepare for our Spring Celebration on April 21st.

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

Wednesday, April 17, 2:00pm – The Pilgrim House social action Coterie group meets at Pilgrim House. Our agree topic is the national debt. All are welcome. Contact David Conradi-Jones.

Wednesday, April 17, 7:30pm – Our second PH Chorale practice for the PH Spring Celebration will be held at the Rohde's. Note the mid-week 2nd practice this year as a result of conflicts the following weekend. All High school, college and adult members and friends who like to sing are all invited as we prepare for our Spring Celebration Chorale performance on April 21st.

Saturday, April 20, 7:00pm – Game Night at Pilgrim House. All are welcome. Contact Curt Corum.

Sunday, April 21, 10:15am – Spring Celebration at Pilgrim House. All are welcome. Contact Bill Rohde or Mel Aanerud.

Sunday, April 21 – Newsletter information due – last newsletter until September. Contact Fred Green.

Wednesday, April 24, 1:30pm – Novel Exchange book club meets at the Shoreview library. The book to be discussed is *Becoming* by Michelle Obama. Contact Sharon Borg for more information.

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

Thursday, April 25, 4:00pm – Book Club meets at Ron Hitzemann's. The book is *Wonder* by R. J. Palacio. Contact Cynthia LeBlanc.

SOCIAL ACTION

Food Shelf

The Social Action Committee voted to send our whole \$400 discretionary budget to the Ralph Reeder Food Shelf for Minnesota FoodShare Month. Also, Pilgrim House members have donated 43 pounds of food and \$525 so far this month. Thank you for your generous donations! A percentage of the donations will be matched by Minnesota FoodShare.

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. The event raised \$4600 for the CSC.



ADULT EDUCATION: BOOK DISCUSSION

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

Author: Robin DiAngelo

You didn't miss it! The book discussion announced this fall was postponed to April 7, following Soup Sunday 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. If you've finished the book you borrowed, please return it on March 31 for others to use. (Also available at Barnes & Noble or Amazon for \$11 to \$13.)

This 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 last summer: <https://www.mprnews.org/story/2018/07/05/robin-diangelo-on-why-its-so-hard-for-white-people-to-talk-about-racism>

Questions: contact Ellen Shelton.

2019 FINANCIAL CONTRIBUTION PLEDGE DRIVE

It's that time again for our annual pledge drive! The requests will be mailed out the first week of April, with a requested return date of April 21st. The process is explained below.

The board of directors thank you for your continued support of Pilgrim House.

As a lay-led, all volunteer fellowship, we rely on member support in the form of time, talent, and financial contributions.

What is the Process?

- Each year we ask members and supporters to make a contribution pledge for the coming fiscal year (begins June 1, 2019). The board treats these pledges as advisory statements.

- In May, the board develops a budget for the next fiscal year based on pledges received.

- At the annual meeting (May/June), the membership elects a new board of directors and adopts a budget. The approved budget is used to guide expenditures throughout the year.

What does it cost to keep Pilgrim House running?

- Our 2018-2019 budget was \$43,020. We planned \$16,800 for building and grounds, including repairs, utilities, plowing/mowing, cleaning, etc., and \$8,100 for the capital improvement savings account. The remainder was divided among adult programs, children's programs, UUA dues, conferences, and publicity.

- A major expenditure for 2018 was the replacement of the parking lot steps. A major expense for 2019 will be the rain garden installation.

As noted above, we are funding a savings account for future replacements of furnaces, kitchen appliances, siding & roofing, parking lot maintenance, etc.

Please return your pledge form to Pilgrim House by Sunday, April 21th

Thank you, the Finance Committee

INTERESTED IN CREATING BLANKETS?

The Congregational Care committee and Needlework and Craft group are working together to create handmade blankets, shawls, lap pads and scarves.

The theme of this group is to Celebrate and Acknowledge Life Transitions.

Working together as a fellowship we will enjoy each others company while making a comforting article that will keep the person who receives it wrapped in peace and warmth. All are welcome to this event which we will hold in May. No knitting or crocheting skills necessary. Come and enjoy and help tie a blanket or sew a lap blanket!

Contact Mary Ryan for more information.

SUSTAINABLE FARMING BOOKS

The books displayed and referenced in the March 24 – program on Sustainable Farming with Mike Miles and Barb Kass are:

- Josh Tickell. Kiss the Ground.
- Kristin Ohlson. The Soil Will Save Us.
- Mark Shepard. Restoration Agriculture.
- Courtney White. Grass, Soil, Hope.
- Judith Schwartz. Cows Save the Planet.
- Eric Holt-Giménez. Can We Feed the World Without Destroying It?
- Paul Hawken, ed. Drawdown: The Most Comprehensive Plan Ever Proposed to Reverse Global Warming.

RAIN GARDEN STATUS UPDATE

Pilgrim House is eligible for a grant up to \$7,500 from the Rice Creek Watershed District (RCWD) 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.

- The grant application has been submitted to the Rice Creek Watershed District.

- Brian presents the project to the RCWD Citizen Advisory Committee on April 3.

- We expect approval at the RCWD Board of Managers meeting on April 10.

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

GREAT DECISIONS

April 4 – Middle East in Turmoil

As the presidency of Donald J. Trump passes the halfway point, the Middle East remains a region in turmoil. The Trump administration has aligned itself with strongmen in Saudi Arabia, the United Arab Emirates and Egypt, which along with Israel have a common goal of frustrating Iranian expansion. What will be the fallout from policy reversals such as withdrawing from the Iranian nuclear accord and moving the U. S. embassy in Israel to Jerusalem? Does the United States see a path forward in troubled states such as Syria, Yemen, Libya and Iraq?

Our speaker is Nicholas Hayden.

Nicholas is a graduate of the University of Utah with a Master of Arts degree in History. His specializations include the contemporary Middle East, International Relations, Security Studies, and American Foreign Policy. He has worked with nonprofit think tanks such as the National Council on U.S.-Arab Relations and the Middle East Policy Council. His blog and podcast series, The Orientalist Express <http://orientalistexpress.com/>, simplifies current events in international relations to make foreign affairs easier to understand for the everyday person. Other prominent publications include his Master's Thesis "Brothers in Arms: American and Saudi-Arabian Relations during the Soviet-Afghan War," and "Combating Insurgency in British Palestine." He lives in St. Paul with his wife Hannah and newborn daughter Mira.

NEW MEMBERS

WELCOME HERE!

We enjoy the friends and visitors who join us for Sunday programs.

If you're ready to consider going the next step of becoming a member of Pilgrim House, we would enjoy talking with you.

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 a card and want some additional information, let us know.



Also, if you haven't yet attended an Orientation/Introduction to Pilgrim House, we'd be happy to schedule one for you

Please feel free to call on us.

Kathy and Mel Aanerud, Membership Committee

membership@pilgrimhouseuua.org

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.

MEALS ON WHEELS

Tasting Lunches!

Come to one of our Meals on Wheels tasting lunches to taste a meal and find out more about the program. There are no eligibility requirements – we welcome all who might be interested to come. Space is limited so please RSVP to save your spot today!

Menu: Now is your chance to try some of our favorite dishes: Beef Lasagna, Garlic Bread, Garden Salad with Italian Dressing, Milk and Juice, Chocolate Chip Brownies. Wednesday April 10 at 11:30 am at Gladstone Community Education Center, 1945 Manton St, Maplewood, MN 55109, to RSVP call 651-748-7250 by April 3rd. Monday April 15 at 11:30 am at White Bear Area Senior Program, 2484 E County Rd F, White Bear Lake, MN 55110-to RSVP call 651-653-3121 by April 8th. Wednesday April 24 at 11:30 am at Keystone Community Services, 265 Oneida St, St. Paul, MN 55102, to RSVP call 651-298-5493 by April 17th.