

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

*September 1 – Labor Day Weekend – no program*

### September 8 – 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. The combined water is symbolic of our shared faith coming from many different sources.

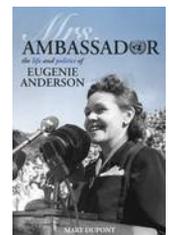


### September 15 – Northern European Immigrants and Unitarian Universalist Humanism

The speaker is Victor Urbanowicz. Victor Urbanowicz has been a member of White Bear UU Church since 1980. Approximately, 1992 he joined a Twin Cities group interested in UU history which became the MidAmerica Region History and Heritage Committee. He is the chair and David Conradi-Jones is a member. The group compiled the histories of local UU congregations and published them in 2013 as a paperback, titled *Twin Cities UU Congregations* which is available on amazon.com. He occasionally writes vignettes, or historical sketches, on Midwestern Unitarian Universalist history which appear on the MidAmerica Region website. This morning's talk is one such vignette titled "Northern European Immigrants and Unitarian Humanism" was first presented at the UU Church of Willmar, Minnesota.

### September 22 – Mrs. Ambassador

The first Woman Ambassador ever in United States History was Eugenie Anderson of Minnesota. She was also one of the founders of the DFL in Minnesota. Her story is told by her grand daughter, Mary Anderson DuPont, author of the new book on her life.



### September 29 – Birds of Minnesota and the Effects of Climate Change – Monica Bryand

Photographer Monica Bryand presents a gorgeous slide show of birds she has photographed within our state 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. Monica will discuss where she photographed various species, and talk about the stresses that put them in danger for decline.

***WELCOME BACK TO PILGRIM HOUSE FOR THE FALL!***

## CALENDAR

**Saturday, September 7, 9:00am – Grounds work day at Pilgrim House.** All are welcome. Contact Les Rogers. See article below.

**Monday, September 9, 7:00pm – Pilgrim House Board meeting at Pilgrim House.** All are welcome. Contact John or Shannon Zobitz.

**Tuesday, September 10, 10:00am – Knitting and craft group is meeting at Pilgrim House.** All are welcome. Contact Mary Ryan.

**Thursday, September 19, 7:00pm – Hostelling International Traveler Circle meets at the Wilder Foundation building in St Paul.** They will be hearing from our own Mel Aanerud on "Around the Horn – Argentina and Chile". Contact Mel Aanerud.

**Saturday, September 21, 7:00pm – Game Night at PH.** All are welcome. Contact Curt Corum.

**Wednesday, September 25, 10:45am – Social Action Coterie Group meets at Pilgrim House.** All are welcome. Contact David Conradi-Jones.

**Wednesday, September 25, 1:30pm – Novel Exchange Book Club meets at the Shoreview Library.** Contact Sharon Borg.

**Thursday, September 26, 4:00pm – Book Club meets at Pilgrim House.** The book is *Educated* by Tara Westover. Contact Cynthia LeBlanc.

**Saturday, September 28, 2019, 9am-2pm – HopeFest to benefit Alexandra House at the Lino Lakes YMCA.** Contact Fred Green. See Social Action article below.

**Thursday, October 3, 7:00pm – Great Decisions resumes at Pilgrim House.** The topic is to be announced. Contact Al Potter.

**Friday evening, October 18 – Save the Date for Harvest Fest at Pilgrim House.** Come enjoy our annual food & barn dance event with a dance caller and live music by Ken Steffenson and friends.

## PILGRIM HOUSE GROUNDS WORKDAY – SEPTEMBER 7

If you have an hour or two to spare, we could use your help on projects to maintain our Pilgrim House grounds.

Adults younger than 65 yrs old are encouraged to help!

When: Saturday, September 7th, 9 am – 12 noon.

What:

Trim shrubs around the PH sign on Hwy 96 side.

Add mulch to both flower gardens (we will have a truckload delivered).

Remove unwanted flowers & weeds from garden.

## 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 Co-Chairs:** John and Shannon Zobitz

### 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)

Finish adding edging bricks to the flower garden.

Plant new shrubs on east side of building.

Miscellaneous trimming & weeding around the lot.

Bring:

Energy, enthusiasm, small garden tools (hoe, lopper, garden fork or spade, rake), water, gloves.

Let me know if you are thinking of helping out, or have questions.

Thanks,

Les Rogers

Grounds Coordinator

## PILGRIM HOUSE IS CELEBRATING 50 YEARS!

PH is celebrating 50 years this year! We are looking to gather fun stories about PH as well as your ideas on how PH can celebrate being 50 years old.

Do you have stories to tell about PH? They could be funny, sad, sentimental, or even silly! There will be a jar in the dining hall to collect your PH stories throughout the year. We will draw the stories from the jar and read them during our programs. It will be fun to hear each other's experiences!

Since we have an exceptionally creative congregation, I bet you have some ideas on how PH can celebrate being 50 years old! An ad hoc committee will be formed to organize this exciting event. If interested in being on the committee, make sure you sign your name to the clipboard being passed around in September. Since PH

was established in June, plan for this incredibly fun event to take place following our June annual meeting. Additionally, a second jar will be placed in the dining hall in the month of September to collect the congregation's ideas for the celebration. Beginning in October, the ad hoc committee will then select from the ideas collected in the jar in order to plan the June event.

## 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 8. Isabelle will be the Lead Teacher for the Sunday Seekers. Carol Green will be one of the Second Adult Volunteers and plan activities for any older children who are in attendance.

We need a list of volunteers who are willing to be the Second Adult in the classroom. Several individuals have indicated an interest; however, at the time they talked to me, I had no paper and pencil handy. Please contact Carol Green if you are interested. The job entails being in the classroom and assisting children in completing projects. Please contact me as soon as possible so we can set up a schedule.

Since both Alexandra House and the Ralph Reeder food shelf want school supplies before September, we will not be doing a school supply drive this year.

The Children's Religious Education Committee needs 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

## SOCIAL ACTION

### HopeFest

HopeFest is the annual walk to benefit Alexandra House battered women's shelter. HopeFest Early Registration Ends August 31. You can learn more at <https://www.alexandrahouse.org/get-involved/events/hopefest/>. You can register at <https://www.signmeup.com/HopeFest>. When you register, be sure you join the Pilgrim House team – Pilgrim House UU Fellowship. Pilgrim House is a sponsor of this event. The following information is from the Alexandra House Newsletter:

*Join us on September 28, 2019 at the YMCA Lino Lakes for HopeFest! Alexandra House holds its annual HopeFest event in the fall, as our lead into October, which is Domestic Violence Awareness Month. The core principles of the event are to raise awareness about domestic and sexual violence, remember those we have lost, and honor the many survivors.*

*HopeFest is a family and dog-friendly event that includes 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 that The Bones Brothers, part of the Anoka Masonic Lodge, will be back once again serving their tasty BBQ at this year's event. All purchased admissions will include a meal ticket and proceeds from the event support the programs and services offered by Alexandra House!*

*Details:*

*Saturday, September 28, 2019 | 9am-2pm*

*Registration begins at 9:00 am*

*Program begins at 10:00 am*

*Kidz Dash is at 10:30 am*

*2M Walk begins at 11:00 am*

### Walk a Thousand Miles for Our Neighbors

On Sunday, July 28, Pilgrim House members participated in the Walk a Thousand Miles for Our Neighbors walk to support the Community Support Center. In spite of the rain, 311 walkers chalked up over 600 miles raising over \$15,000 for the CSC. Pilgrim House members walked 32.5 miles. Al Potter led the Pilgrim House field with 5 miles. Pilgrim House also had 5 members who volunteered at the walk.

### 22nd Annual Winter Clothing Collection

Collecting: September 15 – October 6, 2019 at Pilgrim House

The Social Concerns Network is collecting the following items to give away free of charge to those in our community who need them:

- Winter Coats (gently used or new)
- Snow Suits or Pants (gently used or new)
- Gloves, Mittens, Scarves (gently used or new – we love handmade items!!)
- Hats (NEW ONLY PLEASE) – we love handmade items.

Please, No Indoor-Weight Clothing or Light-Weight Coats.

Other details

- We accept all sizes (newborn to plus-size adult)
- Clothing with logos or names on them are accepted
- Please wash or dry-clean all items before donating, most recipients cannot afford to do it themselves.
- We especially need infant/kids and plus-size adult items.

Last year The Social Concerns Network collected 600 coats. They've given over 10,000 coats in their history. Distribution will be October 12, 2019, 10:00 am–2:00 pm at Christ the King Lutheran Church, 1900 7th St NW, New Brighton. If you would like to volunteer to assist on the day of the coat drive distribution, please contact Judy Bloom-Martinez.

### Social Action Coterie Group

The Coterie Group has been completed a letter to the editor on the national debt which will be sent to a local paper. The group is now evaluating the next topic to address. If you are interested, contact David Conradi-Jones.

## PILGRIM HOUSE FOOD AND FRIENDS (FORMERLY NIGHT OUT)

**Scheduled for Saturday, October 26 and November 2**

Food and Friends 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.

We've renamed the group to reflect that some members preferred having an afternoon, rather than an evening meal. When you sign up, there will be an option to select an afternoon meal.

The last day to sign up is Sunday, September 29, when the sign-up 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.

## SUNDAY HOSPITALITY

The Sunday Hospitality Committee met this summer and refreshed plans to have coffee and other beverages ready pre-program and for fellowship following the program along with snacks. Nancy Olson will continue to lead the Sunday coffee volunteers. Want to help?



- There will be an updated sign-up sheet in the entryway for volunteers to make coffee. If you're new to this task, you'll have a personal trainer.
- There's an optional sign-up for volunteers who would like to bring a snack in place of the cookies and crackers that will be kept on hand for post-program hospitality. Honor a birthday, anniversary or other special occasion -- or just share a favorite treat for about 40 friends.

- Helpers for clean-up are always welcome – round up coffee cups, wipe tables, tote the coffee urns to the kitchen to dump out and rinse, load the dishwashers, or grab the recycling or garbage bags to take home (we don't have recycling or garbage pickup at Pilgrim House.)

We will continue to enjoy Soup Sunday the first Sunday of each month, with Candy Lang and Bob Treumann managing the sign-up sheet that's in the entryway as well as online on the Pilgrim House website.

Sunday Hospitality Committee members are Kathy Aanerud, Barb Camp, James Cadwell, Nancy Olson, and Susan Setter. More are welcome! In addition to arranging coffee volunteers and supporting Soup Sunday, the committee arranges for potluck lunches that follow the holiday programs.

Nancy Olson & Kathy Aanerud

Sunday Hospitality Co-Chairs

## GOOD TIME WAS HAD BY ALL!

A hearty thank you to the Sunday Hospitality Committee for the picnic-themed potluck lunch that followed the program on August 11! Along with the fried and grilled chicken and beverages that the committee arranged for, the 70 in attendance enjoyed an array of potluck dishes and good conversations.



The meal followed an enjoyable and informative summer program, complete with power point photos, presented by John Poppele on "Bird Language: Understanding the Language of Nature".

## PILGRIM HOUSE ATTENDEES AT GENERAL ASSEMBLY

The annual gathering of the member congregations of the Unitarian Universalist Association (UUA) was held in Spokane, Washington in June. In attendance were Mel and Kathy Aanerud; and, this year, Pilgrim House had an on-line participant, Nancy Olson.



Nancy and Kathy were the voting delegates from Pilgrim House. There were workshops, keynote speakers, and a Sunday morning service that included the Spokane community. Business acted on included:



- Adoption of a Statement of Conscience, "Our Democracy Uncorrupted," which affirms the importance of democracy as an ideal and identifies historic and current restricting dynamics. (See related article below.)

- Adoption of three Actions of Immediate Witness -- endorsing the Green New Deal, supporting the right to boycott in support of Palestinian rights, and condemning US treatment of immigrants and asylum seekers.

The General Assembly attendees will do a noontime summary presentation this fall at Pilgrim House, following a Sunday program.

Save the date: Next year's General Assembly will be in Providence, Rhode Island, June 24-28, 2020.

## OUR DEMOCRACY UNCORRUPTED – UUA's Statement of Conscience

At this summer's General Assembly of the Unitarian Universalist Association (UUA) delegates adopted a Statement of Conscience, "Our Democracy Uncorrupted," which affirms the importance of democracy as an ideal and identifies historic and current dynamics that restrict its practitioners and beneficiaries.

Democracy, the UUA officially declares, is "an end in itself, an ethical ideal, a moral and spiritual way of relating to one another. Sadly, many of our democratic institutions have been corrupted into being merely a means for giving powerful interests the appearance of legitimacy."

The Statement of Conscience, which grew out of the Congregational Study/Action Issue delegates selected in 2016:

- discusses the importance of democracy at the congregational, denominational, and civic level
- calls for continued expansion of voting rights and participation in democratic processes at all levels of political life
- calls UUs to attend to democratic practices in congregational and denominational life because "realizing true democracy requires expanding to include more diverse voices."

At Pilgrim House, activities related to this Statement of Conscience will include a Sunday program on Elections in Minnesota with Secretary of State Steve Simon, programs on the 19th Amendment referenced under Women's Suffrage Day below, ongoing discussions led by David Conradi-Jones's political coterie on political questions of the day and urging of individual action, and other activities still to be developed.

## MINNESOTA WOMEN'S SUFFRAGE DAY

Sunday, September 8,  
Noon to 5:00 pm

### Minnesota State Capitol

A celebration of Minnesota's ratification of the 19th amendment: Read about it here:

<https://www.lwvnmn.org/minnesota-womens-suffrage-day>

Learn more about the women and men who made this expansion of voting rights for women possible and how your voice still matters today in shaping an inclusive democracy.

At Pilgrim House, programs this year will include history of this historic event in Minnesota, the national ratification of the 19th amendment in 1920, and the ongoing struggles for voting rights.

## OUR MIDAMERICA REGION REACHES OUT TO SMALLER CONGREGATIONS

Our MidAmerica Region will be hosting "a year of learning and connections for smaller congregations". There will be webinars beginning in October, and there will be some regional gatherings in several locations. More info here in the August issue of MidAmerica Messenger: <https://mailchi.mp/uua.org/midamerica-messenger-august-2019?e=dc1e15cf3f>. Registration opens August 15.

The above news item from MidAmerica Region comments that "We know that small congregations are sharing the Love and Grace of Unitarian Universalism with their people and communities every day. We also know that small churches can be faced with big challenges. Together we can help small congregations reach toward their greatest potential."

At Pilgrim House, watch for possible plans to view the webinars together at Pilgrim House on dates in October, November, January, and February and/or viewing recorded versions of the webinars.

*What if we encouraged and celebrated each other for who we are? What if, instead of criticizing, we challenged with love, affirming the good we see in one another?*

<https://www.uua.org/braverwiser/kindling-spirit>

