

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

November 3 – Minnesota From the Road Part 3 – Doug Ohman

Travel with photographer/storyteller Doug Ohman as he photographs many of Minnesota's most interesting landmarks and Icons. Doug will share the stories of how this landmarks became so famous. His pictures and stories will be sure to entertain and bring new interest in more road trips around our great state. This is the third in a series – Southern Prairie Tour – Enjoy the history and charm along the Minnesota River as we make our way to Pipestone and other interesting towns and sites.



November 10 – Census in Minnesota

Andrew Virden, Director of the Census in Minnesota will tell us how it works, why it is important (decides how many congressman we will have, what the redistricting will be based upon, and how many will be allocated – it is important) and how each of us might help to ensure that we get all that is coming to us.

November 17 – Nonviolent Communication

"Out beyond ideas of wrongdoing, and right-doing, there is a field. I will meet you there."

-Rumi

Join Kit Shelton (daughter of Dick & Ellen Shelton and PH-homegrown!) for an introduction to Nonviolent Communication (NVC). We'll discuss its practical form as a concrete set of language skills, its deeper spiritual nature as a way of compassionately re-connecting with our common humanity, and explore how its practice resonates with our seven principles.

NVC creates a path for healing and reconciliation in many applications, ranging from intimate relationships, work settings, health care, social services, police, prison staff and inmates, to governments, schools and social change organizations. For more information about NVC, please visit www.cnvc.org or read through a copy of *Nonviolent Communication: A Language of Life* by Marshall Rosenberg.



November 24 – Our Traditional Pilgrim House Thanksgiving Celebration

Our PH Thanksgiving program is a not-to-be-missed time of celebration and community, bringing together Pilgrim House members and friends with special music and an anticipated performance by the Pilgrim House Chorale, seasonal readings and poetry ... and more. If you or younger members of your family have a musical selection you'd like to share, please contact Bill Rohde by Sunday 11/17. Similarly, if you have a reading you'd like to share, please contact Mel Aanerud. And don't forget to bring a dish to pass for our traditional pot luck feast immediately after the program. See you there!

December 1 – 19th Amendment (Women's Suffrage)

Join members of the fellowship as we cover the story of the 19th amendment. You can participate (see article elsewhere in newsletter).



CALENDAR

Sunday, November 3, 11:30am – Soup Sunday – Join us for Soup following the program. Bring items for the food shelf donation area and/or sign up to bring soup, both in the entryway. All are welcome. Contact Fred Green for Foodshelf, Bob Treumann for Soup Sunday.

Thursday, November 7, 7:00pm – Great Decisions at Pilgrim House: Nuclear Negotiations. All are welcome. Contact Al Potter. See article below.

Monday, November 11, 7:00pm – Pilgrim House Board meeting at Pilgrim House. All are welcome. Contact John or Shannon Zobitz.

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

Wednesday, November 13, 6:00pm – UUA Webinar "Right Sizing Your Congregation's Operations" at Pilgrim House. All are welcome. Contact Mel Aanerud.

Saturday, November 16, 10:00 am – First Thanksgiving PH Chorale Practice at Bill and Judy Rohde's. All singers, high school through adult, are welcome to join in the singing fun. No tryouts, no pressure, just a good time gathering and singing together as we begin preparations for the 11/24 Pilgrim House Thanksgiving Program.

Saturday, November 16, 7:00pm – Game Night at PH. All are welcome. Contact Curt Corum.

Sunday, Nov 17, 11:00 to 2:00 – Annual Ukrainian Dinner and holiday bake sale "next door", at Saint Katherine Ukrainian Orthodox Church, 1600 Highway 96. Let's support our neighbor church. \$15 per plate, \$2 for coffee/tea, croissant. Info/menu here: <http://www.facebook.com/saint.katherine.church/photos/gm.400305823879351/10162294398740635/?type=3&theater>.

Monday, November 18, 2:00pm – A covenant group meets at Pilgrim House. Contact Cynthia LeBlanc.

Tuesday, November 19, 2:00pm – Congregational Care meets at Pilgrim House. Contact Nancy Olson.

Wednesday, November 20, 10:45am – Social Action Coterie Group meets at Pilgrim House. All are welcome. Contact David Conradi-Jones.

Friday, November 22, 7:00pm – Ralph Reeder Food Shelf Benefit Concert at Peace Church in Shoreview. See the Social Action article below.

Saturday, November 23, 10:00 am – Final Thanksgiving PH Chorale Practice at Bill and Judy Rohde's. Singers, both high school and adult, join together in song for this final PH Chorale practice prior to our special 11/24 PH Thanksgiving program.

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

Monday, November 25, 2:00pm – A covenant group meets at Pilgrim House. Contact Nancy Olson.

1:30pm – Novel Exchange Book Club meets at the Shoreview Library. Contact Sharon Borg.

RE CORNER

Children's Religious Education Program

Children's RE will again be partnering with Social Action to collect children's gifts and gift cards for the Alexandra House Holiday Shop. See the Holiday Shop at <https://www.alexandrahouse.org/contribute-goods/>. More details will be available later in November.

Due to the lack of response in the past, we will not do the UUSC Guest at Your Table program this year. If you are interested in the program, contact Carol Green.

SOCIAL ACTION

Ralph Reeder Food Shelf Benefit Concert

November 22, 7:00pm, Peace Church

You're invited to the Thanksgiving for All Concert!

Please join us on Friday, Nov. 22nd from 7-9pm. (doors open at 6:30pm) for a FREE CONCERT featuring RUBBER SOUL Beatles Tribute Band at Peace Church 5050 Hodgson Rd, Shoreview.

No admission fee or advance registration.

Complimentary desserts, snacks and refreshments provided.

Free will offering benefits the Ralph Reeder Food Shelf.

22nd Annual Winter Clothing Collection

The Social Concerns Network held its annual winter coat distribution for the 22nd year on October 12th. Thanks to everyone who coordinated efforts, made donations, and volunteered. The drive collected 684 coats (as well as hats, scarves, mittens and gloves). We gave away 457 coats (more than in either of the past two years). The cold weather might have been a factor!

The remaining coats will go to the Mounds View School District for their thrift store.

HopeFest

Pilgrim House sponsored and participated in HopeFest to benefit Alexandra House on September 28. From the Alexandra House newsletter:

We held our second annual HopeFest event on Saturday, September 28 at the YMCA in Lino Lakes.

Through HopeFest, Alexandra House raised nearly \$50,000 in support of our mission and services. HopeFest, the reimagined Walk for Hope event, included more family-friendly activities this year. The goal for this event remains the same as in years past; to raise awareness about domestic and sexual violence, remember those we have lost, and honor the many survivors.

Harvest Fest

Harvest Fest attendees donated 37 pounds of food and \$154.39 to the Ralph Reeder Food Shelf.

Social Action Coterie Group

The Coterie Group completed a letter to the editor on the national debt which was sent to local papers. The group is now evaluating the next topic to address and how to use social media to expand our reach. If you are interested, contact David Conradi-Jones.

PILGRIM HOUSE BOARD AND COMMITTEE STRUCTURE REORGANIZATION

At its October meeting, the Board voted to update the PH committee structure, (and consequently, the Board membership). The Board now consists of the five officers, two at-large members, and the chairs of the following five standing committees: Program, RE, Building, Membership, and Connections. All of the other committees have been assigned as "subcommittees" under these five standing committees. Two of the earlier standing committees are now subcommittees: Finance (under Membership) and Social Action (under Connections). The full Board membership and subcommittee structure is listed under "Board and Committees" in the members' area of the website. We hope that with the reorganization the vital work that these committees do for us as PH members is better supported. In April 2020 the Board Co-Chairs

will collect feedback on this reorganization to evaluate its effectiveness. Please provide any feedback to Co-Chairs John and Shannon Zobitz.

(If you don't know how to sign on to the members' area, talk to Fred Green or Dick Shelton.)

100 YEARS SINCE THE 19TH

December 1 Program

It is the 100th anniversary of the passage of the 19th amendment – meet Abigail Adams, Elizabeth Cady Stanton, Susan B, Anthony, Lucy Stone, Alice Paul, Carrie Chapman Catt and others as they discuss how we got from Abigail's letter to John urging him not to forget the women to the passage of the 19th amendment, finally giving women the right to vote only 177 year later. If you would like to participate by taking on a role, contact Mel Aanerud.

CONGREGATIONAL CARE

Part of our mission statement is to "provide education and support for living well". We are sharing information on a few programs that may interest you in our area.

Roseville Senior Health Fair— Wed, Oct 30, 9-11AM, Roseville Fire Station, 2701 Lexington Ave. Some of the fair includes flu and pneumonia vaccinations, fall prevention, blood pressure checks, vial of life and much more. Nancy Olson will be attending and she would be glad to pick up people who want a ride. Maybe we can go out for a healthy lunch afterwards!

Let's Talk About Endings Jane Whitlock, an end of life doula, and Pam Tsatos of Washburn-McReavy explore transition and demystify the death experience on Nov. 9 or Nov 14. Registration is on <https://www.eventbrite.com/e/minnesota-womens-press-lets-talk-about-endings-tickets-72371098905>.

WELCOMING COMMITTEE

Gray Area Thinking: Ellie Krug, transgender activist and author, will give a two-hour workshop to help people learn how to get out of bi-polar, either-or ways of viewing others and be more inclusive toward people who are "different" or "outsiders." (Falcon Heights City Hall, Monday Nov.18, 6-8 pm).

BLUU (Black Lives Unitarian Universalist) Symposium—October 31—information and on-line registration available for streaming a 4 day symposium —proclaiming and clarifying a vision for a Black Unitarian Universalist.

<https://www.blacklivesuu.com/live>

If either of these programs interest you, we can check into possibility of scheduling a program for Pilgrim House. Contact Nancy Olson.

WEBINARS FOR SMALL CONGREGATIONS

Unitarian Universalist Association is beginning a series of Webinars for small congregations – The first was October 16 at 7:00 entitled “Small Making a Big Difference” – The board has paid for our congregation. We had 8 people attending. The next will be November 13 and it is called “Right sizing your congregation’s operations.” We will gather at Pilgrim House and watch on the big screen in the meeting room. It begins at 6:00pm. For more information you can contact Mel Aanerud. All members are welcome and urged to attend. It doesn’t cost any more if we have a full house.

PILGRIM HOUSE GREAT DECISIONS

November 7, 7:00 at Pilgrim House – Nuclear Negotiations

Nuclear weapons have not gone away, and the Trump administration has brought a new urgency, if not a new approach, to dealing with them. The President has met with Vladimir Putin as the New Start Treaty with Russia comes up for renewal in 2021, the first presidential summit ever with Kim Jong-un occurred to discuss denuclearizing the Korean Peninsula, and President Trump has decertified the Obama nuclear deal with Iran. To what degree should past nuclear talks guide future U.S. nuclear arms control negotiations? Can the art of the deal apply to stabilizing our nuclear future?

Our speaker will be Dr. Mary T. Curtin, a Minnesota native, who joined the Humphrey School of Public Affairs at the University of Minnesota in 2013 after a twenty-five-year career as a Department of State Foreign Service Officer.

PILGRIM HOUSE EVENT PHOTOS

Photos from the October Harvest Fest Celebration and of the construction of our rain garden are available on the News and Events page of the Pilgrim House website <http://www.pilgrimhouseuua.org/pmwiki/pmwiki.php?n=PH.News>.

PILGRIM HOUSE IS CELEBRATING 50 YEARS!

PH is celebrating 50 years this year! We still 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 at PH. Since PH was established in June, plan for this incredibly fun event to take place following our June annual meeting. Additionally, a second jar has been placed in the dining hall 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.

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.

We’d also be happy to schedule an Orientation-Introduction to Pilgrim House with you. There’s prepared information about our history, how we’re organized and funded, our Unitarian Universalist connection, our children’s program, and the volunteerism that energizes Pilgrim House. Plenty of time for your questions too.

Feel free to call on us with any membership questions.

Kathy and Mel Aanerud, Membership Committee

membership@pilgrimhouseuua.org

KARA JOB OPENING

Contract Admin assistant for Kids At Risk Action www.invisiblechildren.org.

Work with the Executive Director to help organize, execute & track current projects;

About 30 hours/month, About \$30/hour

Responsibilities include Events, Social Media, Volunteer management, Database management.

Qualifications: · Minimum two years related experience; nonprofit experience a plus. · Proficiency with spreadsheets, databases, and word processing. · Ability to multi-task and prioritize in a dynamic work environment. · Strong attention to detail and ability to work as a team member with minimal supervision. · Solid written and oral communication skills and excellent phone manner. · Ability to develop effective work plans, organize details, set priorities, and meet deadlines. · Interest in and commitment to KARA’s mission is helpful.

If you are interested contact Mike Tikkanen mtikkanen@invisiblechildren.org.