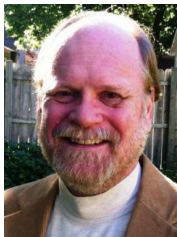
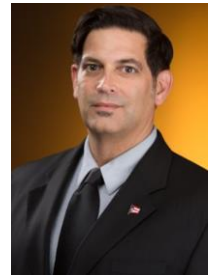


Upcoming Sunday Programs (10:15 to 11:30 am)

Pilgrim House is continuing with programs via Zoom only through March 6. The Zoom link for these programs will be sent to Pilgrim House members, friends, and others who have requested the link. See the following article.

March 6 – Electoral College

Professor Robert Alexander is a professor of political science and the Founding Director of the [Institute for Civics and Public Policy](#) at Ohio Northern University in Ada, Ohio. His pioneering work on presidential electors has positioned him as an expert on the Electoral College. His book, [Representation and the Electoral College](#) (Oxford University Press, 2019) received stellar reviews and was chosen as an outstanding title by Choice Magazine for 2019.



March 13 - Reverend Phil Lund - Realist Hope and Hopeful Realism

According to recent surveys of religion in America, a continued decline of church membership in future decades seems inevitable. What does that mean for those of us who enjoy the important social benefits that belonging to a religious community provides? How do we manage the tension between hope and realism when it comes to the future of our faith? Let us explore what we, as Unitarian Universalists, can do for religion today...and tomorrow.

March 20 - Lori Sturdevant

Lori Sturdevant, columnist for the Minneapolis Star Tribune, who makes an almost yearly track to Pilgrim House to talk with us about the issues of the day in Minnesota.

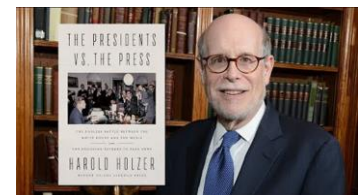


March 27 - Richard Terrill and Larry McDonough – Sources 2

Much as UUs credit a wide range of sources for their spirituality, creative artists “borrow” from those who have come before. In today’s service, pianist Larry McDonough (composition, arranging) and saxophonist Richard Terrill (poetry) will describe and illustrate their process of borrowing material from other sources for use in their own creative work, and attempt to draw parallels to spiritual pursuits.

April 3 - Professor Harold Holzer – The President and the Press

The Endless Battle between the White House and the Media—from the Founding Fathers to Fake News. Harold Holzer is the Jonathan F. Fanton Director of The Roosevelt House Public Policy Institute at Hunter College in New York City, a post he assumed in 2015 after 23 years as senior vice president of The Metropolitan Museum of Art.



CALENDAR

Tuesday, March 1, 2:00pm – Zoom Coffee Hour. All are welcome. Contact Nancy Olson. See article below.

Thursday, March 3, 7:00pm - Great Decisions via Zoom - Russia and the US. Everyone is welcome. Contact Bill Rohde. See article below.

Monday, March 14, 7:00pm - Pilgrim House board meeting via Zoom. Everyone is welcome. Contact Marcie Jefferys.

Tuesday, March 15, 2:00pm – Zoom Coffee Hour. All are welcome. Contact Nancy Olson. See article below.

Sunday, March 20 – Newsletter items are due. Contact Fred Green.

Wednesday, March 23, 1:30pm - Novel exchange book club meets via Zoom. The book is *The Mystery of Mrs. Christie* by Marie Benedict. Contact Sharon Borg.

Thursday, March 24, 3:00pm - Book Club meets. The book is *1/2* by Robert Harris. Contact Cynthia LeBlanc.

Thursday, April 7, 7:00pm - Great Decisions via Zoom – Biden’s Agenda. Contact Bill Rohde.

The Land Acknowledgement

Pilgrim House acknowledges that we gather on the ancestral land(s) of the Dakota People. We honor with gratitude the land itself and the people who have been stewards throughout the generations, including the Ojibwe.

PILGRIM HOUSE WILL BEGIN IN-PERSON PROGRAMS ON MARCH 13

On February 21 the board met and decided that we will continue planning to reopen for in-person programs on March 13 (barring unforeseen developments). Pilgrim House will continue meeting via Zoom through March 6. After March 6 programs will be “hybrid” – both in-person and Zoom.

PH BOARD CHAIR-ELECT POSITION

Pilgrim House is a volunteer-led organization and the Board of Directors is composed of member volunteers.

The board is beginning the search process of finding a new Chair-Elect for the PH year beginning in June.

The Chair-Elect position is a three-year commitment. The first year you serve on the board as Chair-Elect, the second year as Board Chair, and the third year as Past Chair.

Pilgrim House UU Fellowship

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 (leave a message)

Email: pilgrimhouse@pilgrimhouseuua.org

Internet: <http://www.pilgrimhouseuua.org>

Board Chair: Marcie Jefferys

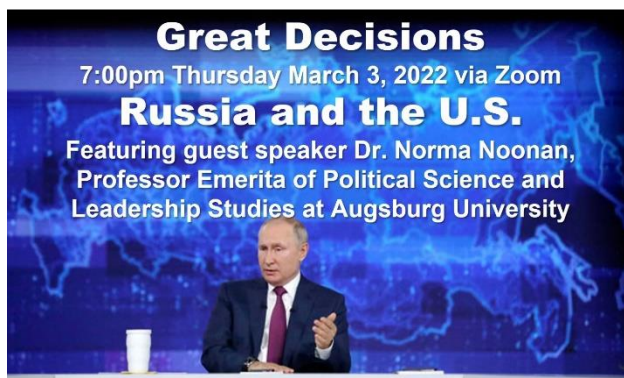
Pilgrim’s Progress (Pilgrim House Newsletter)

If you have any items for the newsletter, please contact Fred Green

newslettereditor@pilgrimhouseuua.org

If you are interested in serving as the Board Chair-Elect, or would like more information about serving on the board, please email Les Rogers at.

GREAT DECISIONS PROGRAMMING TO RESUME MARCH 3RD



We’re pleased to announce that Pilgrim House Arden Hills UU Great Decisions programming will resume on Thursday, March 3rd, with a timely program on “Russia and the US”. Dr. Norma Noonan, Professor Emerita of Political Science and Leadership Studies at Augsburg University, will serve as guest presenter and discussion leader. Those with Great Decisions Books are asked to read chapter 3, “Putin’s Russia”, in your 2022 Great Decisions Book in advance of the program.

Bill Rohde and Susan Setter have stepped in during Program Chairman Al Potter’s temporary medical absence to resume programming after a one-month

break. Program URLs will be sent to participants of record on Tuesday, March 1st. Others wishing to participate are asked to request the meeting URL from Bill Rohde.

A program is also scheduled for April:

April 7th – Biden’s Agenda (see 2022 Great Decisions Book Chapter 8 – Biden Foreign Policy in the Age of Strategic Competition). Dr. Richard Leitch teaches International Relations, Comparative Politics, Asian Politics, Environmental Politics and the Politics of Poverty in the Political science Department at Gustavus Adolphus College. He has received several Distinguished Teaching Awards and been included in the Princeton Review’s list of “best 300 professors”.

SOCIAL ACTION

Ralph Reed Food Shelf Minnesota Foodshare

February 28th – April 11, 2022

From the Ralph Reeder Food Shelf:

The largest grassroots fundraiser and food drive in the state, the Minnesota FoodShare March Campaign brings together various community organizations, businesses, and faith communities to help restock food shelves statewide, including the Ralph Reeder Food Shelf. The Ralph Reeder Food Shelf invites you to participate in the Minnesota FoodShare March Campaign by joining your co-workers, friends and neighbors in collecting donations.

Your efforts will provide food and other programming and services for nearly 3000 children, adults and seniors that receive services from the Ralph Reeder Food Shelf each month.

You may be asking yourself, “How can we help this year?”

Donate Food - With supply chain issues, we are unable to source and purchase larger quantities of certain items as readily as we have in the past. Because of this, we have had many out of stocks on items our families need and enjoy. We are asking our faith partners to consider hosting targeted food drives using the flyers below and collecting food donations. **The more pounds of food and hygiene items we collect, the larger our bonus from Minnesota Foodshare. Drop off times are M-F 9 to Noon or by appointment. Drop off deadline 4/11/22.**

Donate Funds - We know that there are some folks who may still want to donate money or a combination of food and money. Donations can continue to be collected at your churches or members can be directed to make a donation online at www.ralphreederfoodshelf.org

Please feel free to **like and follow us on Facebook** to learn more about our programs and services and for ongoing updates:

<https://www.facebook.com/ralphreederfoodshelf>

Cookie Cart

We will have a special Cookie Cart take-home treat for our first Sunday back in our building on March 13 and in honor of our speaker, Reverend Phil Lund who has guided several of us through many Small Congregations gatherings. You can order your own cookies by March 8 to be delivered to Pilgrim House on March 13. Contact Nancy Olson via phone message or email for your order. Payment accepted when you pick up your cookies at PH.

Nancy Olson.

Check out the cookie choices, as well as special packaging for your cookies at: <https://cookiecart.org/>.

PILGRIM HOUSE. WHO AND WHAT IS IT? (TO ME)

* Pilgrim House is small enough that everyone can actively participate and interact at programs and other functions. Programs are two way, not a one way lecture or sermon.

* Yet, Pilgrim House is big enough to have resources from the UUA and other organizations to leverage opportunities beyond those of a single individual.

* Because Pilgrim House is smaller, it's members and friends can get to know others and establish deeper friendships.

* And finally, the UUA with its "openness to all" and "openness to varying ideas" and the "search for truth and meaning" provides the theme to complete the picture.

These are the main attractions of Pilgrim House to me.

I think there are a lot of other people out there who would embrace these attributes.

Having this unique combination in an organization is extremely rare. No other Unitarian Universalist church or fellowship or any other church in the area, that I know of, has this capability or culture. I suggest Pilgrim House has something really special and good, really unique, and really desirable by many. I see the big problem is, that Pilgrim House, so far, has not been able to identify and promote those unique traits and to find new people who match. Pilgrim House needs to find those people and bring them in to carry it on.

That's roughly what I think. What do you think?

I suggest Pilgrim House people think about and express these and other angles in an effort to carry Pilgrim House into the future. Express your ideas with the PH board, committee chairs, other members, even the PH newsletter. A lot of people are all ears on how to grow PH.

Wayne LeBlanc

CONGREGATIONAL CARE

Alan Potter is making great strides in his recuperation from his health complications with the support of an outstanding medical team and his daughters, Jenny and Erin. They have kept our congregation updated with his progress through CaringBridge. Cards can be sent to:

Select Specialty Hospital
Attn: Alan Potter, Room 2002 2nd
2025 West Orange Grove Road
Tucson, AZ 85704

Volunteers are needed to provide rides for David Conradi Jones to and from Shalom House to visit Karen. Fortunately, Karen is doing remarkably well and receiving excellent care from her medical team, David, and her daughter Meredith. Cards can be sent to:

Shalom East Campus
Hamline Unit
Attn: Karen Conradi-Jones Rm #341
740 Kay Avenue
St. Paul, MN 55102

You can contact Nancy Olson for more information about rides or sign up for rides at: <https://tinyurl.com/DavidRides>

☉ VIRTUAL COFFEE HOUR ☉

March 1st and 15th at 2pm-3pm on Zoom.

Join others PH'ers to chat, share stories about pets, children, grandchildren, staying safe, movies, books and current news. It's fun to catch up with others out of town, state and country! Zoom info provided before meeting.

TECH UPDATE

We are hoping to have new Tech in place for a possible March 13, in-person Hybrid Sunday program at PH. We still have work to do and there could be growing pains as we install a new audio and camera system and attempt to run Tech from the back of the room. This is a whole new level of Tech and we thank you for your patience.

PILGRIM HOUSE DONATION RECEIPTS

Receipts for the past year's donations to Pilgrim House are being sent. Donations to Pilgrim House are tax deductible (to the extent allowed by the law). If you donated and don't receive a receipt, contact the treasurer, Susan Setter, treasurer@pilgrimhouseuua.org.

MEDITATION: THE AFRICAN SONG OF SOUL

Music is a valuable part of our life at Pilgrim House. One of the things I've miss most during the past 2 years, is our singing together. It is so important to me personally. The following story honors the importance of music to many of us. At the same time, it reminds us that love will win out over hate. That punishment doesn't lead to better behavior. We behave our best when we feel loved and connected to others. Something that we sometimes forget when we are upset or feeling threatened. So, remember, tell someone you love them.
Lollie Jensen

The African Song of Soul

When a woman in a certain African tribe knows she is pregnant, she goes out into the wilderness with a few friends and together they pray and meditate until they hear the song of the child. They recognize that every soul has its own vibration that expresses its unique flavor and purpose. Then the women attune to the song, they sing it out loud. Then they return to the tribe and teach it to everyone else.

When the child is born, the community gathers and sings the child's song to him or her. Later, when the child enters education, the village gathers and chants the child's song. When the child passes through the initiation to adulthood, the people again come together and sing. At the time of marriage, the person hears his or her song.

Finally, when the soul is about to pass from this world, the family and friends gather at the person's bed, just as they did at their birth, and they sing the person to the next life.

In the African tribe there is one other occasion upon which the villagers sing to the child. If at any time during his or her life, the person commits a crime or aberrant social act, the individual is called to the center of the village and the people in the community form a circle around them. Then they sing their song to them. The tribe recognizes that the correction for antisocial behaviour is not punishment; it is love and the remembrance of identity. When you recognize your own song, you have no desire or need to do anything that would hurt another.

A friend is someone who knows your song and sings it to you when you have forgotten it. Those who love you are not fooled by mistakes you have made or dark images you hold about yourself. They remember your beauty when you feel ugly; your wholeness when you are broken; your innocence when you feel guilty; and your purpose when you are confused. You may not have grown up in an African tribe that sings your song to you at crucial life transitions, but life is always reminding

you when you are in tune with yourself and when you are not. When you feel good, what you are doing matches your song, and when you feel awful, it doesn't. In the end, we shall all recognize our song and sing it well. You may feel a little warbly at the moment, but so have all the great singers. Just keep singing and you'll find your way home.

-- Alan Cohen, author of *The Dragon Doesn't Live Here Anymore*.

A SECOND SLICE OF PI

A Small Conference for Small Congregations

2:00-4:00 pm -- Saturday, March 14

Join with us and members of other small Unitarian Universalist congregations in our MidAmerica region -- on Zoom -- to share resources, make connections, and learn from others. Just a two-hour commitment for lots of information! Registration fee is on a sliding scale from \$5-25 to fit most budgets. Your fee is reimbursable from the Pilgrim House budget. Register at the link "Register Now" at this link:

www.uua.org/leaderlab/events/second-pi

There will be on demand videos to view ahead of time -- and then lively conversational programs during the two-hour conference. Upon registration (see above) you can begin reviewing some interesting topics that include: Partnering to Serve Community Needs, Moving Beyond Land Acknowledgements, Compassion Gardens, Sharing Space with Other Faiths, Partnering to Serve Common Needs and more.

Questions? Contact

Mel & Kathy Aanerud, Membership Co-Chairs
membership@pilgrimhouseuua.org



UUA GENERAL ASSEMBLY
MULTIPLATFORM / PORTLAND • 2022

GENERAL ASSEMBLY -- THE ANNUAL MEETING OF OUR UNITARIAN UNIVERSALIST ASSOCIATION (UUA)

It's multi-platform this year!

Save the date: June 22-26

Where: Portland Oregon -- or virtually from the comfort of your home

Gather with Unitarian Universalists from across the country. A wide array of workshops, music, keynote speakers, discussions, and business meetings to act on decisions affecting our association.

Open to all! The virtual option makes attending more affordable without travel and lodging expenses. Pilgrim House reimburses the registration fee for our two voting delegates. More event info here: www.uua.org/ga.

Questions related to Pilgrim House? Contact Mel and Kathy Aanerud/Membership Committee
membership@pilgrimhouseuua.org.

REGIONAL ASSEMBLY -- AN ANNUAL MEETING WITH STATES IN OUR UUA MID-AMERICA REGION

Save the date: Saturday, April 30, 9am – 1pm CT

Where: It's online.

This is an Annual Business Meeting with break out rooms for connection and conversation. The keynote speaker, CB Beal, is a writer, storyteller, and UU educator, described as "a dynamic and humorous speaker and frequent presenter and consultant in congregations and schools in the northeast. He will present "The glass is Refillable: Pandemic Exhaustion, Lifelong Faith Formation, and Preemptive Radical Inclusion."

All are welcome to attend. Event information and Registration is on the MidAmerica Region website at: <http://www.uua.org/midamerica/ra/2022>. There is a registration fee on a graduated scale of \$25, \$35, or \$50. Pilgrim House reimburses the registration fee for our two voting delegates.

Questions related to Pilgrim House? Contact Mel and Kathy Aanerud/Membership Committee
membership@pilgrimhouseuua.org.

NEW MEMBERS ARE WELCOME HERE!

We enjoy the visitors and friends who join us for Sunday programs. If you're interested in taking the next step of becoming a member of Pilgrim House, we'd would enjoy talking with you and sharing a short, live Power Point introduction – in person or via Zoom.

Kathy & Mel Aanerud

Membership Committee

membership@pilgrimhouseuua.org

