

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

Pilgrim House is open for both in person and Zoom attendance. Our updated COVID attendance policy is below.

December 4 – AARP Minnesota – Protect Yourself from Fraud and Identity Theft

Financial crimes, including scams, identity theft, and consumer fraud, are the most frequently attempted crimes every day in the United States. In this session, we share an inside look at how scammers think, how to safeguard against identity theft and fraud, first-hand accounts from victims, and what to do if you or someone you know has been a victim.

Presented by Marty Fleischhacker · Senior Financial Fraud Ombudsman at Minnesota Department of Commerce.

Soup Sunday follows the program.



December 11 – Dr. Mark Seeley U of M Meteorologist Professor Emeritus – Climate Change in our own Backyard

Dr. Seeley will link climate trends, climate change, and impacts that are already consequential in Minnesota.

December 18 – Pilgrim House Holiday Celebration!

Please join us for our always-special intergenerational PH holiday program, complete with group caroling, favorite holiday readings, seasonal music, a performance by the PH Chamber Singers, a special guest (possibly from the far north), favorite foods, and more. We want to have a celebration that is inclusive,

but that depends on each member to contribute – Contact Bill Rohde or Mel Aanerud by December 12th if you or the youth or grandchildren in your family have special music or a reading to share. And don't forget to bring that favorite holiday food for our traditional potluck finger foods feast after the program. See you there!



There will be no programs December 25 or January 1.



January 8 – Rev. Leslie Mills returns with “Where are we going?”

These are exciting times in Unitarian Universalism today. Our faith is often described as a "living tradition" because it is not written in stone. We continue to evolve and grow as we learn more about the world around us and our responsibility to build the Beloved Community. So, what does that look like in the coming years?

Soup Sunday follows the program.

CALENDAR

Thursday, December 1, 7:00pm – Great Decisions at Pilgrim House and Via Zoom – Brazil's Presidential Election. All are welcome. Contact Al Potter. See article below.

Friday, December 2, 6:00pm – MSUS youth Coming of Age class social event at Pilgrim House. Contact Amy Luedtke or Laura Smidzik.

Saturday, December 3, 5:30pm – MSUS hosts Potluck and Coffee House, 5:30 potluck, 6:30 hybrid Coffee House at Pilgrim House. All are welcome. Contact Laura Smidzik.

Monday, December 5, 7:30pm – Website meeting via zoom. Contact Marcie Jeffreys.

Tuesday, December 6, 7:00pm – MSUS online event Parents as Spiritual Guides. All are welcome. Contact Laura Smidzik.

Thursday, December 8, 2:00pm – Book club meets at LeBlanc's. The book is *The Little Old Lady Who Broke All the Rules* by C. Ingelman-Sundberg. Contact Cynthia LeBlanc.

Saturday, December 10, 10:00am – The Pilgrim House Chamber Singers will hold its first December Holiday Program practice at Bill and Judy Rohde's home. All adults, high school and college students who like to sing are invited to participate. If you're relatively new to PH and/or haven't sung with the Chorale before, we especially urge you to come and join in the fun. Contact Bill Rohde.

Saturday, December 10, 4:00pm – MSUS Blue Christmas at Pilgrim House. All are welcome. Contact Rev. Laura Smidzik.

Monday, December 12, 7:00pm – Pilgrim House board meeting via Zoom. Everyone is welcome. Contact Les Rogers.

Tuesday, December 13, 7:00pm – MSUS online event Parents as Spiritual Guides. All are welcome. Contact Laura Smidzik.

Thursday, December 15, 11:00am – MSUS hosts Third Thursday 60+ Gathering, discussion and potluck at Pilgrim House. All are welcome. Contact Laura Smidzik.

Saturday, December 17, 10:00am – MSUS cookie/crafts fair. All are welcome. Contact Laura Smidzik.

Saturday, December 17, 10:00am – The Pilgrim House Chorale meets for its final December Holiday Program practice. We'll again meet at Bill and Judy Rohde's home. All adults, high school and college students who like to sing are welcome to join. Contact Bill Rohde.

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: Les Rogers

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's Progress (Pilgrim House Newsletter)

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

newslettereditor@pilgrimhouseuua.org

Sunday, December 18 – Newsletter information is due. Contact Fred Green.

Tuesday, December 20, 2:00pm – Zoom coffee hour. All are welcome. Contact Nancy Olson.

Tuesday, December 20, 7:00pm – MSUS online event Parents as Spiritual Guides. All are welcome. Contact Laura Smidzik.

Wednesday, December 21, 6:00pm – MSUS Winter Solstice at Pilgrim House. All are welcome. Contact Rev. Laura Smidzik.

Wednesday, December 28, 11:00am – Craft lunch at Pilgrim House. All are welcome. Contact Bobbi Freeman.

Wednesday, December 28, 1:30pm – Novel exchange book club meets. Contact Sharon Borg.

THE RETURN OF SOUP SUNDAY!

Thank you to soup volunteers and attendees for an enjoyable return to Soup Sunday in November.

These gatherings follow the program on the first Sunday of the month (*except in January when it will be the second Sunday*). We invite you to **sign up to bring a kettle of soup** -- there's a sign-up sheet in the Pilgrim House entryway. Kathy Aanerud is serving as the contact person for this activity until there's a volunteer to oversee sign-ups and make reminder calls.

Kathy Aanerud for the Sunday Hospitality Committee

CONNECTIONS COMMITTEE

This committee is a collection of activities around Pilgrim House that helps us connect to each other and our congregation. For example, this fall:

- We are grateful to Katrina Edenfield for organizing a return to offering a **Thanksgiving Day potluck**
- Al Potter resumed monthly **Great Decisions** programs this fall, with an in-person option, for collectively connecting us to international issues -- and an invitation to the Michael Servetus congregation to join us.
- Marcie Jefferys led a fulfilling discussion at Pilgrim House **on the common read**, *The Wolf at Twilight* by Kent Nerburn. Conversation and connections continued over a light supper in the fellowship room.
- We postponed the arrangements for October **Circle Suppers/Lunches** to a later to-be-determined date due to conflicting schedules and medical situations among those who often form the base for these gatherings.
- Ellen Shelton organized attendance and rides for the "Twin Cities EATSS" event in St Paul in support of **the American Indian College Fund** -- a social (and culinary) outing while supporting an Indigenous-led organization and cause.

And -- many **opportunities for connections, music, and reflection abound** in the listing of events that Michael Servetus Unitarian Society has invited us to attend while they're using our building. See the separate article in this newsletter, "Michael Servetus Events at Pilgrim House."

Kathy Aanerud for Kathy/Nancy Connections Committee

SOCIAL ACTION

Pilgrim House Adopt a Family

If you would like to help our Adopt a Family, please access the Google Docs document at <https://docs.google.com/document/d/1w6A6-uvF53wmqkrNjL2DO3uZB8FQBayQIVclbYbK6FA/edit>

and fill in your name when you have chosen a gift to purchase or after you have purchased a gift. Note that the document is three pages long. If you cannot access the document, please email Judy Bloom-Martinez and she will fill it out for you. If you already signed up at PH, you don't need to fill out the document. All gifts need to be brought to PH by December 18th.

A little information about the family.

Trinia Mom/Grandma – 50 year old who is now on disability due to major heart surgery – was a chef prior to surgery

A'Taevia – daughter 31 – single mother

La'Maya – 9 year old daughter of A'Taevia and very close to her grandmother Trinia

Gyn'Trayl – 25 year old son – lives with his Mom to help with finances -works at Perkins part time – only family member with a car

Requests and ideas -

Trinia – since she loves to cook, one of my suggestions is sauces or spices

Her suggestions: Paint set, Queen size bedding, slippers, robe – probably 1x, body wash , socks. She also takes her granddaughter to Starbucks for a fruit slushie – Starbucks gift card A'Taevia- Blender – bathrobe 3x, slippers – bed and bath body wash and lotion set, Queen size bed set, Target or Starbucks gift card

Gyn'Tayl – Gas card – my suggestion as he is the only person with a vehicle in the family, Slippers – robe 2x, socks, dove men's body wash, bed set queen size

La'Maya – Twin size bed set, size 6 dance shoe – ballerina, African American doll, bathrobe, movie tickets. She also likes art so my suggestion is a Michaels gift card.

Thank you for contributing.

Judy

Ralph Reeder Food Shelf

Donate money or food on Soup Sunday. Remember those less fortunate during the holidays. See <https://www.moundsvIEWSschools.org/foodshelf> for more information or to donate online.

Cookie Cart

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



ZOOM COFFEE HOUR



December 20th at 2pm

Take a little break from all of your busy holiday preparations and check in with your PH friends. Reach across our virtual kitchen table and let us know how you are faring in this hectic and commercial period. What keeps you from becoming overwhelmed during the holidays? Everyone is welcome!!

CRAFT LUNCH

If you have a favorite craft, art or creative activity, join us for lunch and projects at 11:00 the last Wednesday of each month.

This month bring your lunch and current project to PH at 11:00 on December 28. Or drop in to chat, lunch and find a new or rediscover a former creative activity.

Hope to see you and your creative project.

GREAT DECISIONS AT PILGRIM HOUSE

December 1, 7:00pm – Brazil’s Presidential Election at PH and via zoom

We will continue our hybrid PH/zoom programming December 1, 7:00. This will be an off-booklet discussion from Rob Scarlett, our favorite ‘ex-pat’ speaker.

Brazil’s presidential election was complicated and consequential. Rob has followed events there over his career and his first-hand insights will be a fitting capstone to our 2022 season, our 18th year. Here are some of his thoughts leading up to his talk:

“I will be happy to make a special off-topic presentation on the recent Brazil elections and the transition currently underway – along with the backstory that led to this complicated election.

“I started living and working in Brazil in 1968 while the U.S.-supported dictatorship was still running the country and I continued to work there over all the decades since – right up to 2008. I witnessed the re-institution of their new constitutional democracy, the period of hyperinflation and the adoption of the Plano Real that stabilized the Brazilian economy and allowed it to grow – to the point that it almost displaced the UK as the world’s 5th largest economy.

“Since 2008, I have continued to maintain contact with friends and business associates there, still do business there (remotely) and currently serve as Board Vice President for the Brazil-Minnesota Chamber of

Commerce ... <http://brazilminnesotachamber.org/>”

FOLLOW UP TO JUSTIN LEWANDOWSKI PRESENTATION ON THE BEACON INTERFAITH HOUSING COLLABORATIVE

We are invited to a “Congregational Convening” Thursday, December 1 from 6:30PM to 8:30PM at Gloria Dei Lutheran in Saint Paul. It will be in-person and on-line.

According to Justin, attendees will:

- Learn more about the collaborative, including the new five-year strategic plan and newest housing developments.
- Learn about the newest policy effort, “Unlock the Metro Campaign,” a Campaign for Project Based Vouchers, and see a preview of the Collaborative’s plan for the upcoming legislative session including Bring it Home Minnesota.

Here is the registration

link: <https://www.beaconinterfaith.org/event/congregational-convening/>. For more information, contact Marcie Jefferys.

NEW PROGRAM FOR LAY-LED CONGREGATIONS

Saturday, Dec 10 -- 11:00 to 3:00

We’re hoping some members of the Pilgrim House Board can attend this session -- but *all* are invited! Help us gather information to strengthen the operations of our congregation!

Staff at the Unitarian Universalist Association is offering **Essentials for Lay-Led Congregations** just for congregations like us who operate without a minister. Choices for breakout sessions will include; Pastoral Care, Small Group Ministry, Leadership Development, Family Ministry, Worship, and Staffing.

The program includes an email subscription to a newsletter (full of helpful tips, tools, training opportunities, and other resources), **and** admission to the December 10, 2022 Lay-Led Congregation Convergence. There you will get to connect with leaders from other lay-led congregations.

[Learn more at the UUA website. www.uua.org/leadership/events/lay-led-essentials?mc_cid=db7b2b8f89&mc_eid=dc1e15cf3](http://www.uua.org/leadership/events/lay-led-essentials?mc_cid=db7b2b8f89&mc_eid=dc1e15cf3) f. **Registration deadline is December 2. Let Mel or Kathy Aanerud know if you’re thinking of attending.**

MICHAEL SERVETUS EVENTS AT PILGRIM HOUSE

We are invited to attend these events:

Potluck and Coffee House

**Saturday, December 5:30 pm Dinner, 6:30 pm
Coffee House (Hybrid), Pilgrim House**

All welcome to attend or perform at the monthly MSUS coffee house. If you'd like to perform contact Chad. The potluck will run from 5:00-6:00 pm and the coffee house starts at 6:30 pm and is hybrid. People can perform in person or online.

Blue Christmas

Saturday, December 10, 4:00 pm, Pilgrim House/Hybrid

Join us at this annual service for those who are entering the Christmas holiday with grief of any kind and no matter how old. Kate Burek, from Delphi Jazz, will be providing music.

Third Thursday 60+ Gathering

**Thursday, December 15, 11:00 am-1:00 pm,
Pilgrim House**

Join us for an hour of facilitated conversation followed by a potluck. We had 12 people attend in November! It is a great way to connect and share a good meal.

Winter Solstice Service

Wednesday, December 21, 6:00 pm, Pilgrim House/Hybrid

Our annual solstice service is a time to honor the solstice, the changing seasons, and take part in a ritual of letting go. Music will be provided by a number of MSUS musicians.

**Holiday Craft and Cookie Buffet, December 17,
11:00 am – 1:00 pm**

Come select your favorite holiday treats and purchase some creative gifts.

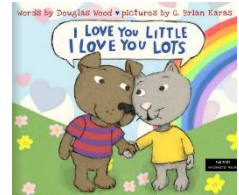
MUUSJA EVENT ON THE 8TH PRINCIPLE

What?: Paula Cole Jones, a UU diversity and inclusion consultant who originated the proposed 8th Principle centering active anti-racism, and is involved with updating the UUA by-laws as a member of the Article II Commission, joins MUUSJA to keynote the Annual Convening on December 6th at 6:30-8:30 PM via Zoom.

Register to get the Zoom

link: <https://us02web.zoom.us/meeting/register/tZYuf-yvqz8vHdA0h7M8F1IekL0JYvFPMx37>

BOOK LAUNCH – SOMETHING NEW AT PILGRIM HOUSE



On November 19 at 4:30 in the afternoon 42 people, 20 from Pilgrim House, gathered at Pilgrim House for a book launch for Doug Wood and his new book “I Love You Little –I Love You Lots” – With his friend Steve Borgstrom on Guitar, he provided those in attendance with an hour-long concert of music, stories and of course the book reading. He announced that there would be an adult book out within the year and would like to do it again. If you missed the launch, you missed a really good time.



CURRENT PILGRIM HOUSE COVID POLICY

Vaccines: We are still asking attendees to be vaccinated, however there will be an exception for children too young to be vaccinated.

Masks: Masks are optional in the entire building.

Program Room: Social Distancing is encouraged. We will continue to run air purifiers.

Beverages are allowed.

Fellowship Room and nursery: There is no expectation of social distancing.

We will continue to run air purifiers.

Food and beverages will be provided by Hospitality.

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