

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

November 3 – Plastic Recycling

Join us for an informative presentation on recycling in Ramsey County! We'll cover what items are recyclable, how to properly sort and recycle them, and give insight on where recyclables go after they're collected.

We are hearing that plastic recycling is not worth the effort. We seek to learn the real facts from our presenter Mariah Quick – Health Educator Environmental Health – Health and Wellness Service Team of Ramsey County. As an environmental health educator, Mariah works directly with volunteers in the community through instructional training programs on waste management systems, recycling and environmental justice.



November 10 – Medal of Honor

Do you know how many Minnesotans have received the Medal of Honor? Why they were awarded? Join author and photographer Doug Ohman, our friend and annual presenter, as he honors many of the brave Minnesotans who earned this highest military distinction. Hear some of the incredible stories from the Civil War to the Vietnam War. We present this timely program the day before Veterans Day – Inspirational and instructional.

November 17 – On Being Human Part 2 – Rev Leslie Mills

Rev Leslie Mills continues her series from last month. See article below.



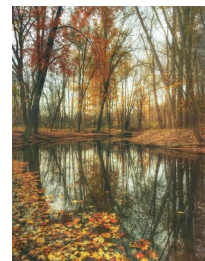
November 24 – Our Traditional Pilgrim House Thanksgiving Celebration



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, a performance by the Pilgrim House Chorale, seasonal readings, 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 to accompany the provided ham for our traditional pot luck feast immediately after the program. See you there!

December 1 – Upstream Minnesota – Loving Where We Live

This is a wonderful time to explore Minnesota, but while exploring hidden gems, it gives you the opportunity to practice responsible stewardship—limit your impact on our shared natural places by traveling in small groups and respecting wildlife habitats. Upstream envisions a future where all who live and work in Minnesota express their connection across race, ideology and geography through a unified culture of caring for our place and each other.



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

The Land Acknowledgment

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

CALENDAR

Saturday, November 2, 5:30pm – MWUUC Coffee House, 5:30 potluck, 6:30 hybrid Coffee House at Pilgrim House. All are welcome. To be on the list for Coffee House, contact Chad Synder.

Sunday, November 3, 6:45pm – Carol's group at Pilgrim House. Contact Carol Gross.

Monday, November 4, 7:00pm – New website editing demo via Zoom. Contact Fred Green.

Thursday, November 7, 7:00pm – Great Decisions via Zoom – Understanding Indonesia. All are welcome. Contact Al Potter. See article below.

Friday, November 8, 1:00pm – Reserved for cleaning. Contact Al Potter.

Saturday, November 9, 10:00am – Meeting room is reserved for Soul Matters group meeting at PH. Contact Cynthia LeBlanc.

Sunday, November 10, 6:45pm – Carol's group at Pilgrim House. Contact Carol Gross.

Monday, November 11, 7:00pm – Pilgrim House board meeting via Zoom. Everyone is welcome. Contact Marcie Jefferys.

Thursday, November 14, 1:00pm – Congregational Care Committee meeting at Pilgrim House. Contact Nancy Olson or Judy Rohde.

Saturday, November 16, 10:00am – First PH Chorale Thanksgiving 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.

Sunday, November 17 –

Newsletter information is due. Contact Fred Green.

12:00pm – Sunday Stories at Pilgrim House with presenters Rita Lafferty and Fred Bailey. All are welcome. Contact Mary Eskelson.

6:45pm – Carol's group at Pilgrim House. Contact Carol Gross.

Thursday, November 21, 1:00pm – Congregational Care meets at Pilgrim House. Contact Nancy Olson.

Friday, November 22, 1:00pm – Reserved for cleaning. Contact Al Potter.

Saturday, November 23, 10:00am – Second PH Chorale Thanksgiving practice at Bill and Judy Rohde's.

Sunday, November 24, 6:45pm – Carol's group at Pilgrim House. Contact Carol Gross.

Wednesday, November 27, 12:30pm – Novel exchange book club meets at a local library. Contact Mary Carlson.

SOCIAL ACTION

Winter Coat Drive

The Winter Coat Drive was successful. Coats and other items were delivered for the distribution on October 19 at Christ the King Church.

Alexandra House

From the Alexandra House Newsletter: We're thrilled to announce that HopeFest 2024 was a phenomenal success, and it's all because of YOU—our incredible participants, sponsors, volunteers, and supporters! This year, over 430 people joined us, raising more than \$53,000 to support Alexandra House's mission of empowering victims of domestic and sexual violence through education, support, and advocacy. Every stride, every dollar, and every show of support makes a lasting impact in the lives of survivors.

Ralph Reeder Food Shelf

We will continue collecting cash and checks on Soup Sunday. PLEASE NO canned or dry foods, because the Food Bank purchases food at a lower price and select the most needed foods for their clients.

CONGREGATIONAL CARE

We send healing thoughts to Mel Aanerud. Mel had knee surgery on October 22 and is now home recovering and doing well.

Our condolences go out to Glennie Gilleen's family. Glennie passed away October 15. We remember Glennie for her knowledge and love of plants and birds. A walk in a park with Glennie gave you new knowledge and appreciation of nature.

Please remember Congregational Care is available if you or a friend need help or is hospitalized.

Next Congregational Care Committee meeting will be November 14, 1:00pm at Pilgrim House. Contact Nancy Olson or Judy Rohde.

ON BEING HUMAN – REV LESLIE MILLS

The series continues this month with the second program in the series on November 17.

What does it mean to be “human”?

This is a topic that has intrigued scholars, mystics, and theologians across continents and cultures ever since our species was able to differentiate itself from other animals. As a thought experiment, it is certainly a curiosity. But the longer I sit with this question, the more I wonder about the practical everyday application of our answer. This leads to other questions:

Are we born human? Or do we become human?

How does our definition of being human influence how we treat one another?

In what ways does our understanding of our humanity inspire growth in our personal lives and relationships?

What sorts of communities do we create when we share an understanding of our humanity?

As we deepen our own understanding of these answers, I believe this gives us a profound opportunity to grow into our own humanity, and provide space for others to do the same. I look forward to joining you this year so we can live into these questions together.

DESTRUCTIVE BEHAVIOR POLICY

At its October meeting, the Pilgrim House Board approved a destructive behavior policy. The committee drafting the policy used recommendations from the Unitarian Universalist Association, examples from other UU fellowships and our own understanding of what would work for our community. The intent is to ensure that PH can carry out its mission to be “a

welcoming community where people of all ages come to learn together joyfully and feel safe, accepted and supported to develop their own understanding of life's meaning and their place in the wider world.”

A copy will be in the office/library at the back of the Fellowship Hall. Please see Marcie Jefferys, current Board Chair, for more information.

GREAT DECISIONS: UNDERSTANDING INDONESIA

November 7. 7:00pm via Zoom

Despite its large size as the fourth most populous country in the world Indonesia remains virtually invisible to most Americans. But as one of the world's largest democracies, the world's largest Muslim-majority country, and as an economic driver of the ASEAN regional trade bloc, why does it fly below the radar? What are current issues in U.S.-Indonesian relations, and what role can the country play in Asia? Moreover, Indonesia is a recognized global leader in global health policy and reproductive health.

Our speaker will be Dr. Richard Leitch, who earned his Ph.D. in Political Science from Illinois in 1995, where he was the recipient of the Harriet and Charles Luckman Award for Distinguished Undergraduate Teaching. He has been a member of the Political Science Department at Gustavus since 1996, where he teaches courses in International Relations, Comparative Politics, Asian Politics, Environmental Politics, and the Politics of Poverty. His research interests include Japanese domestic politics and foreign policy, and he is the co-author of Japan's Role in the Post-Cold War World.

WELCOME TO OUR NEWEST MEMBERS!

We are pleased to welcome Eric and Kim Buck of Shoreview to Pilgrim House membership. Eric and Kim began visiting Pilgrim House a couple of years ago, with their first activity being the Pilgrim House Chorale.

We look forward to getting to know Eric and Kim better through our Sunday programs and activities. Be sure to introduce yourself!

PH SUNDAY STORIES

On October 13th, Lollie Jensen shared her Sunday Story. We all enjoyed it very much. In November, Rita Lafferty and Fred Bailey will be sharing their story as well.

We would love to hear about you and your experiences. Please let Mary Eskelson know if you are interested.



Here is how it works:

Between September and May (approximately once a month), we gather after the Sunday program to hear a member/friend tell their story.

Speakers will be able to share in a relaxed setting. Timewise, it can be up to about half an hour to forty five minutes (with questions) starting at 12 noon.

You may be thinking, how do I begin? or what could I share? Here are suggested topics and questions others have used as a guideline for preparing a Sunday Story:

1. Your background. Tell us about where/when you grew up, your family background, and what influenced you as you grew up.
2. Your journey. Tell us about the path(s) your life has taken. What influenced you and what were some important events? What principles or values were meaningful or not a good fit? What drew you to Unitarianism and/or Pilgrim House?
3. Here and beyond. What is important in your life now? What has meaning for you as you look forward?

If you would like to sign up to tell your story the following dates are available:

December 9, 2024, February 9, 2025, March 9, 2025, April 13, 2025, May 11, 2025 (also Mother's Day)

Please contact Mary Eskelson from the Connections Committee if you are interested or have more questions.

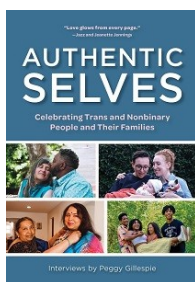
Thank you!

PLAN TO JOIN US FOR THE COMMON READ FROM UUA --

Authentic Selves: Celebrating the Lives of Transgender and Nonbinary People and Their Families

The Connections Committee will be facilitating a group read. Even before it was chosen as this year's UUA Common Read, the participants at our Small Congregations meet-up were recommending this book, *Authentic Selves*. Engaging stories, easy to read, and so useful for building understanding. We will have copies of the book at Pilgrim House for you to check-out -- followed by a wintertime discussion session. (Date to be determined.)

The Common Read, *Authentic Selves*, is a sweeping compilation of life stories and portraits of trans and nonbinary people, as well as their partners, parents, children, siblings, and chosen family members. This important new book was developed in collaboration



with PFLAG National and Transgender Legal Defense & Education Fund.

The length of the book may look daunting to some -- so we will recommend some chapter selections for discussion. More information and video resources here: www.uua.org/lifespan/curricula/read

Kathy Aanerud

Connections Committee

UPDATED COVID-SAFETY CRITERIA WE FOLLOW AS OF 9/11/2023:

- Masks are optional – Masks and hand sanitizer are available.
- Attendees are vaccinated, with exception for children too young to be vaccinated.
- Air purifiers will continue to be run in Program and Fellowship Rooms.
- Food and beverages are provided by our Hospitality Committee.

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



UUA DISASTER RELIEF FUND

Consider making a donation to the UUA Disaster Relief Fund to help UU communities recover from the recent hurricanes effecting Florida and North Carolina.

See <https://www.uua.org/giving/disaster-relief>.

