

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

December 1 – Upstream Minnesota with Andy Goldman-Gray

Upstream Minnesota nurtures Minnesotans' love for our shared places and cultivates greater trust, connection and stewardship. They envision 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

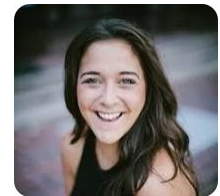


December 8 – The Future of Food Production

Mary Rogers is Associate Professor of Sustainable and Organic Horticulture – A horticultural entomologist. Mary's research focuses on integrated pest management, plant-insect interactions and biological and environmental strategies to manage invasive insect species and improve the production of vegetables and fruit for organic and local markets in the upper Midwest.

December 15 – A Program of Broadway and Jazz with Kate Beahen

Kate Beahen, local actress and singer, who has performed locally and nationally is back to do a program of Broadway and Jazz songs for the Holiday season. She will be accompanied by her brother Bradley who has national and local credentials in performing and directing. Enjoy their music – memorable stage experiences.



December 22 – Pilgrim House Holiday Celebration!

Please join us for our always-special intergenerational Pilgrim House holiday program, complete with group caroling, favorite holiday readings, seasonal music, a performance by the Pilgrim House Chorale, a special guest (possibly from the far north) with a story to read and a big red bag, favorite foods, and more. Contact Bill Rohde or Mel Aanerud by December 15th if you or the youth in your household have special music or a reading to share ... we would like to see and hear your talents as part of the program. And don't forget to bring that favorite holiday food for our traditional potluck finger foods feast after the program.

In addition, if you will have children/grandchildren or other young ones attending the program with you, please give their names and ages to Nancy Olson ASAP so they can be properly recognized by our Visitor.

December 29 – Stories from the Rez – Mel Aanerud

The Merging Waters/Pilgrim House Coffee House events have encouraged Pilgrim House member Mel Aanerud to remember some of the stories of people and events from his time at the Mille Lacs Indian Reservation when he managed their electronics plant in the 1970's.



January 5 – How One Can Make a Living and Still Do What You Love

Often people have jobs they need to do to make a living, while wanting to do something else. James Patrick Barone is a lawyer, but also is very active in politics as a national delegate of his party and in the theatre scene as an actor. You can make a living and still do what you love to do.

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

Thursday, December 5, 7:00pm – Great Decisions via Zoom – High Seas Treaty. All are welcome. Contact Al Potter. See article below.

Saturday December 7th,

9:00am – Please set aside this tentative date for the first December Holiday Chorale practice at Bill and Judy Rohde's home. The Rohdes will be traveling to attend a granddaughter's college graduation on and around our normal first practice day, thus this tentative early first practice date. Final first practice schedules will be determined via email interchange with Chorale members. All adults, high school and college students who like to sing are invited to participate. For those who haven't sung with the Chorale before, we especially urge you to come and join in the fun. See you there.

5:30 – 9:00pm – 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, December 8, 11:30am – 12:30pm – Fellowship time will include celebratory cake and refreshments for the January special arrivals due for Kim & Eric and Alanna & Josh and family. All are welcome. Contact Kathy Aanerud. See article below.

Wednesday, December 11, 1:30 – 3:30pm – Book Club holiday party at LeBlancs. Contact Cynthia LeBlanc.

Saturday, December 14, 10:00am – 12:00pm – Meeting room is reserved for Soul Matters group meeting at PH. Contact Cynthia LeBlanc.

Sunday, December 15, 12:00 – 1:00pm – Deputy Ouellette will visit informally during our social hour. Then an informative safety presentation will follow at Noon in the meeting room. All are welcome. Contact Nancy Olson. See article below.

Thursday, December 19, 1:00 – 2:00pm – Congregational Care Committee meeting at Pilgrim House or via zoom. Contact Nancy Olson or Judy Rohde.

Saturday, December 21st,

10:00am – The Pilgrim House Chorale will hold its final 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. For those who haven't sung with the Chorale before, we especially urge you to come and join in the fun. See you there!

7:30 – Midwinter Celebration at United Church of Christ in New Brighton with Ken Steffenson and the Compass Rose String Band. All are welcome. Contact Ken Steffenson. See article below.

Sunday, December 22, 10:15am – Holiday Celebration at Pilgrim House. All are welcome. Contact Mel Aanerud. See details on the first page.

PILGRIM HOUSE SAFETY

To help you and others attending PH programs, please check out the following safety information :

1. There are 4 entrances/exits at PH
 - a) The ONLY accessible entrance is the front door.
 - b) There are also exits on the lower level, in the meeting room and in the social hall.
2. The cardiac defibrillator/AED is in the entrance.

3. There are First Aid kits available in the kitchen in a labeled cabinet and 1 in the large classroom on the lower level.
4. There are fire extinguishers: 1 in the kitchen, 1 in the large classroom and 1 by the lower level exit in the basement.
5. There is a wheelchair in the meeting room under the coat rack.
6. There is a landline phone in the library area.

We hope that you will stay safe at PH.

Safety Team: Nancy Olson, Richard Shelton, Bobbi Freeman

SAFETY INFORMATION/DISCUSSION ON DECEMBER 15

Have you ever wondered what you could do to prevent or respond to a potential dangerous situation during a congregational service?

Well, fortunately, Deputy Alicia Ouellette from Ramsey County Community Support Services will lead an informal discussion on December 15th to address this very question.

We will gather in the meeting room at 12 noon, after social hour and have a short but informative meeting. We encourage anyone interested about hearing more to attend!

Contact Nancy Olson

HO HO HO!

We are expecting a special Visitor from the North Pole to visit our Holiday Program on December 22 with a story to read and a big red bag.

If you will have children/grandchildren or other young ones attending the program with you, please give their names and ages to Nancy Olson so they can be properly recognized by our Visitor.

SOCIAL ACTION

Alexandra House Holiday Shop

Please bring small gifts for the Pilgrim House holiday tree that will go to the Alexandra House Holiday Shop for their residents. Please bring the items by Sunday, December 8. Item wanted include:

- Mittens, gloves, scarves, hats sizes infant to adult
- \$25 gift cards for Target, Amazon, ALDI, Cub, Chipotle, Panera, Noodles & Co, Visa & Mastercard gift cards

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.

CELEBRATING SPECIAL ARRIVALS!

Join us for cake and refreshments following the program on December 8. We're celebrating the special arrivals due in January for Kim & Eric and Alanna & Josh and family. Be part of sharing good wishes for their health and happiness!



CELEBRATE THE SOLSTICE WITH THE COMPASS ROSE STRING BAND Embrace the Dark....Welcome the light



Saturday, December 21, 7:30 p.m.

United Church of Christ

1000 Long Lake Road, New Brighton, MN

We will gather on the longest night of the year to embrace the dark and welcome the light.

Join us for an evening of music, song, reflection and Solstice cheer.

Compass Rose String Band:

Anne Benson: flute and hammered dulcimer; Joel Pedersen: guitar and vocals; Ken Steffenson: fiddle, banjo and vocals; and Erin Walsh: cello and bass.

The event is free and open to all. Donations are invited to support:

American Civil Liberties Union (ALCU) and
American Near East Refugee Aid (ANERA)

Concert hosted by Merging Waters and Pilgrim House Unitarian Universalist Congregations.

GREAT DECISIONS: HIGH SEAS TREATY December 5. 7:00pm via Zoom

Areas of the seas beyond national jurisdiction comprise the high seas, which are facing a degradation of ecosystems due to climate change and the increase in human activities, such as shipping, overfishing, pollution, and deep-sea mining. The recently negotiated

High Seas Treaty, also known as the Biodiversity Beyond National Jurisdiction treaty, will attempt to address these issues. How difficult will it be to convince nations to participate?

Our speaker is Christi Siver, Professor of Political Science at the College of Saint Benedict and Saint John's University. She did her undergraduate work at Lewis and Clark College in Portland, OR, her Masters in International Relations and International Economics at Johns Hopkins School of Advanced International Studies, and her Ph.D. in political science at the University of Washington. She teaches courses on international relations and international security. Her current research interests include international humanitarian law, military technology, and comparative law.

A COMMON UBIQUITOUS FOOD THAT IS LIKELY HARMFUL!

(A potential future PH program)

Wayne LeBlanc

A biochemist doctor had a serious and mysterious medical condition that made it difficult for her to walk. Doctors and modern medicine didn't help. She thought it might be the loads of sugar in her diet. Reducing sugar didn't help. With deeper digging on sugar, she saw the important role of essential fatty acids, which are fats our bodies can't make and that we need to get from our diet. She thought this might be related to her problem. She learned 30% of the calories in the American diet are coming from new, since the 1950's or so, processed substances that medical science knows little about! She had to dig deep to find lipid scientists to better understand their effects. She was hoping these man-made & refined polyunsaturated fats (like those in vegetable oils) would fix her problem. The deeper she dug, the more she realized these fats were instead, likely causing her problem and posed dangers to the health of anyone who consumed them. She saw that polyunsaturated fats form a sticky substance that resists cleaning. Special solvents were needed for cleaning. Your body doesn't have those special solvents. Is that sticky substance sticking to artery walls?.She eliminated the polyunsaturated fats from her diet and her mysterious problem disappeared. Her book, Dark Calories, is trying to sound the alarm on polyunsaturated fats – certain vegetable oils. I intend on presenting a PH program on this topic. I perceive this topic as an extremely important development in nutrition and medicine but there is HUGE ENTRENCHED resistance for a number of reasons. All this to be explored in a future PH Program. (If anyone has read Dark Calories, let me know.)

PILGRIM HOUSE PROGRAM RECORDINGS ARE NOW ON THE NEW WEBSITE!

Videos of 3+ years of Pilgrim House Sunday programs are now available for members on the new website at pilgrimhouseuua.org. To access the videos, scroll to the bottom of the right hand column (or the bottom of the website page on a phone) and enter the userid *pilgrim* and the password. Then click Log In. The Recordings item in the menu gets you to the recordings. Note that clicking the Recordings menu item without logging in will get a message "Please Login to view this page." If you have questions, please contact Fred Green newslettereditor@pilgrimhouseuua.org.

PH SUNDAY STORIES

We will be taking a break from Sunday Stories in December with all the busyness of this time of year.

Our next speaker will be Karin on January 12, 2025. Please let Mary Eskelson know if you are interested in sharing your story.

Some details are given below.

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:

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.

UU THE VOTE THANKS

Hi, to all of the Pilgrim House folks who worked on "UU the Vote" contacts with young renters:

On behalf of MUUSJA, I want to say thank you for your work throughout this year and all the years. I am particularly grateful to you, of course, for your presence and collaboration with MUUSJA's Voter outreach to young renters across our state.

I will be taking a look at some statistics when they are available, But I do believe the work we did together helped hold on (barely!) to a Minnesota legislature that will stand against demonizing immigrants, LGBTQ+ families, and other vulnerable communities.

And it is our big wondrous "community of communities" which sustains me, and I hope will sustain us all.

Thank you very much for sharing this note of gratitude with folks in your congregation who contribute mightily in so many different ways to make Minnesota "above average" as a state of refuge and welcoming. You did amazing work. And it made a difference.

With respect and gratitude,

Karen Wills, MUUSJA

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:

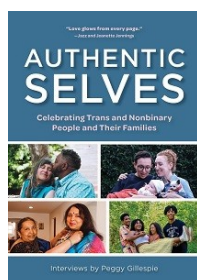
- Masks are optional – Masks and hand sanitizer are available.
- Attendees are vaccinated, with exception for children too young to be vaccinated.
- Air purifiers will continue to be run in Program and Fellowship Rooms.
- Food and beverages are provided by our Hospitality Committee.

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



"If you think you are too small to make an impact, you have never spent a night with a mosquito." Fransiska Kangombe, University of Namibia (via the Back Yard Biology blog)