

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

**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.



**January 12 – The World has Need of You**

Through readings and musical interludes, essayist Richard Terrill and pianist Larry McDonough will explore the ways that our dependence on each other, and with elements of the physical world, defines our experience. The presentation explores three varieties of interdependence: between two people, between a person and the physical world, and among people in concert. Readings will be drawn from the anthology, *The World Has Need of You: Poems for Connection*. Featured Music: “As Time Goes By,” “La Marseilles,” “You Must Believe in Spring,” and more.

**January 19 – Barn Quilt Trails – Jay Grammond**

Minnesota is fortunate to have several Barn Quilts Trails. Pieces of art that adorn the sides of barns and buildings throughout the state are set up to not only pay homage to heritage or interests; but to bring visitors into an area. Speaker Jay Grammond will lead you to parts of Minnesota and give you a sampling of what quilts are out there in hopes you will make your own trip! He is a photographer, organizes and leads photography adventures, and gives presentations on historical and regional topics.



**January 26 – Animals Nobody Loves – Wildlife Science Center**

The mission of WSC is to serve as an educational resource for all ages; by: providing exposure to wild animals and the body of knowledge generated for their conservation to advance understanding of wild animal biology through long-term, humane scientific studies on captive populations, thus contributing to technical training for wildlife agencies, educational institutions and conservation agencies. <https://www.wildlifesciencecenter.org/>

**February 2 – Why an Agnostic Should Read the Bible - R. Lee Stagg**

## 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](mailto: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](mailto:newslettereditor@pilgrimhouseuua.org)

## CALENDAR

**Saturday, January, 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, January 12, noon – Sunday Stories at Pilgrim House with presenter Karin Magill-Cuerden.** All are welcome. Contact Mary Eskelson.

**Monday, January 13, 7:00pm – Pilgrim House board meeting via Zoom.** Everyone is welcome. Contact Marcie Jefferys.

**Thursday, January 16, 1:00pm – Congregational Care meets via Zoom.** Contact Nancy Olson.

**Sunday, January 19 – Newsletter information is due.** Contact Fred Green.

**Wednesday, January 22, 12:30pm – Novel exchange book club meets at a local library.** Contact Mary Carlson.

**Thursday, January 23, 1:30pm – Book Club meets at various locations.** The book is *The Book of Hope* by Jane Goodall. Contact Cynthia LeBlanc.



The Holiday program was a great hit and I want to thank you all for your contribution, from performing, to food and clean up, to technical, to chorale. It takes a family and I can not think of a better group to work with, thanks and thanks again.

Mel Aanerud

Wow! Look at that list of people (29 people were involved in pulling it off) who made it all possible! A double thanks.

Wayne

This is one of the things I deeply appreciate with our lay-led fellowship. Churches where a minister leads the congregation don't seem to have the same deep and widespread level of engagement that we see at PH every day. That is our gift to all.

Bill

## SOCIAL ACTION

**Thanks Pilgrim House Family** for your generous support to Ralph Reeder Food Shelf, Alexandra House and the Community Support Center this Fall.

**The Giving Tree for Alexandra House** yielded 21 gift cards @ \$25 = \$525, plus cash for a total of \$570. Other donations filled 2 bags with winter hats, scarves, mittens, gloves, vests, cozy slippers and socks in all sizes. Books, too.

Last Fall a speaker here from Alexandra House shared their need to accommodate clients pets. Pets are often the reason a person cannot get help. They named the project "Linus Pets". From the Social Action budget we decided to make an additional gift of \$500 to Alexandra House for this project which is scheduled to open in January 2025.

**Soup Sunday has given over \$400 to Ralph Reeder Food Shelf** this Fall.

**PH supports the Community Support Center** by participating in the Walk, a Coat Drive each Fall, and the annual luncheon/fundraiser for the Center. In 2024 CSC helped 54 families stay in their homes by giving them money or developing a plan to avoid eviction. In addition 232 callers for help were referred to a more appropriate resource.

Harlene Hagen, Chr  
Marilyn Jones

## SOLSTICE CELEBRATION WAS A SUCCESSFUL SHARED EVENT

We thank member Ken Steffenson for engaging a combined partnership of Pilgrim House and Merging Waters Unitarian Universalist congregations to provide a heartwarming concert in Celebration of the Solstice on Saturday evening, December 21. We also thank the United Church of Christ New Brighton for providing a beautiful setting for this gathering of our congregations and the community.

The celebration featured a concert by the Compass Rose String Band, of which Ken is a member, along with Ann Benson, Joel Petersen, and Erin Walsh. The band donated their time; and the event was free. There was a table where donations could be made to American Civil Liberties Union (ACLU-Minnesota) and/or to American Near East Refugee Aid (ANERA), and attendees responded generously.

Ken shared that the preparations and working together were therapeutic following this fall's current events and says "Let's keep the hygge rolling."

Connections Committee  
Pilgrim House

## 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](http://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](mailto:newslettereditor@pilgrimhouseuua.org).

## PH SUNDAY STORIES

Happy New Year to one and all! Now that the holidays have come and gone, you may have more stories to share!

Our next Sunday Stories speaker speaker will be Karin on January 12, 2025. There are still a few dates for sharing your story. Please let Mary Eskelson know if you are interested in sharing your story.

Here is how it works:

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?
3. What principles or values were meaningful or not a good fit? What drew you to Unitarianism and/or Pilgrim House?
4. 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

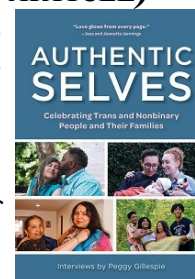
April 13, 2025

May 11, 2025 (also Mother's Day)

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

## PLAN TO JOIN US FOR THE COMMON READ FROM UUA (UPDATED ARTICLE)

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



The Pilgrim House Connections Committee will be facilitating a group read and discussion session of this book with Welcoming Coordination. Engaging stories, easy to read, and so useful for building understanding. We have copies of the book at Pilgrim House for you to check-out -- followed by a wintertime discussion session. (Date to be determined.)

The book is an engaging compilation of life stories and portraits of trans and nonbinary people, as well as their partners, parents, children, siblings, and chosen family members. It was developed in collaboration with PFLAG National and Transgender Legal Defense & Education Fund.

If the length of the book looks daunting, know that we will recommend some chapter selections to read in preparation for our discussion. More information and

video resources here: [www.uua.org/lifespan/curricula/read](http://www.uua.org/lifespan/curricula/read).

--Kathy Aanerud, Connections Committee

--Ellen Shelton, Welcoming Congregation

## WE GATHER WITH LOVE: A HOLIDAY MESSAGE FROM UUA PRESIDENT SOFÍA BETANCOURT

With gratitude for all of the ways that UUs have been living their faith boldly in the past year, may this season be a time for us all to reflect on our renewed commitments to justice and compassion in 2025 together.

Watch the video <https://youtu.be/7tNkFXqhAIs>.

## 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

## 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](mailto:membership@pilgrimhouseuua.org)



## WHALECOAST ALASKA – A MORE AUTHENTIC TRAVEL EXPERIENCE

Two unique, exciting fundraising tours organized by 4 Alaska UU congregations are being offered again next summer by WhaleCoast Alaska. Experience majestic scenery, wildlife, Denali National Park, Alaska Native culture, glaciers, and UU homestays. For 31 years, WhaleCoast Alaska tours have been the BEST way to visit Alaska. Register now for this amazing experience! Details: [www.WhaleCoastAK.org](http://www.WhaleCoastAK.org) Questions:

[info@whalecoastak.org](mailto:info@whalecoastak.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)*