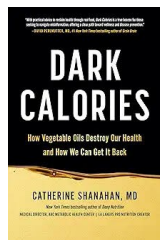


**Upcoming Sunday Programs**  
**(10:15 to 11:30 am)**

**March 2 – On Being Human Part 4 – Rev Leslie Mills**

Rev Leslie Mills presents the final program in her series.



**March 9 – Unhealthy US Dietary Guidelines? What Should I Eat?**

Why are many Americans unhealthy? Why is the US ranked 48th in life expectancy? Why is it FALLING? Diet is a powerful health mechanism. Are the current Dietary Guidelines for Americans (DGA) and American Heart Association (AHA) guidelines a big part of the problem?

Wayne LeBlanc presents this program. See article below.

**March 16 – A Visit with State Representative Kelly Moller**

Kelly Moller represents the area which includes Arden Hills and our building in the state legislature. It will be a good time for an update on the legislative session.

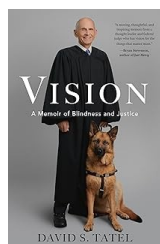
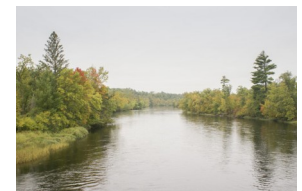


**March 23 – Remembering Minnesota Author Bill Holm**

Bill Holm visited Pilgrim House 2008. He is one of the great Minnesota authors and was extremely well received. Bill Holm promised that day he would come back. But, regrettably, he died in 2009. One year after his visit we did a program for him. This is an encore presentation of that program.

**March 30 – Traveling on the Saint Croix National Scenic Riverway**

Daniel Peterson, Park Ranger, St. Croix River District St. Croix National Scenic Riverway, will present a program about the St. Croix National Scenic Riverway.



**April 6 – Vision: A Memoir of Blindness and Justice** via Zoom. Judge Tatel was a judge in the DC circuit for thirty years, the most influential of all the circuit courts. He was a very active liberal civil rights lawyer before being appointed to the court. He was the only blind circuit judge in the United States. He wrote a book called “Vision” (see separate article). Hear from this accomplished public servant and legal scholar.

## 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, March 1, 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.

**Wednesday, March 5, 7:00pm – Great Decisions via Zoom – U.S.-China Relations.** All are welcome. Contact Al Potter. See article below.

**Sunday, March 9, 3:00pm – Common Read Discussion at Pilgrim House:** 3:00 discussion, followed by light supper. Copies of book available at Pilgrim House to check-out: *Authentic Selves: Celebrating the Lives of Transgender and Nonbinary People and their Families*. All are welcome. Contact Kathy Aanerud. See article at right.

**Monday, March 10, 7:00pm – Pilgrim House board meeting via Zoom.** Everyone is welcome. Contact Marcie Jefferys.

**Saturday, March 15, 10am – Soul Matters meets at Pilgrim House.** Contact Cynthia LeBlanc.

**Thursday, March 20, 1:00pm – Congregational Care meets at Pilgrim House.** Contact Judy Rohde.

**Sunday, March 23 – Newsletter information is due.** Contact Fred Green.

**Wednesday, March 26, 12:30pm – Novel exchange book club meets at a local library.** Contact Les Rogers.

**Thursday, March 27, 1:30pm – Book Club meets at various locations.** The book is *Remember: The Science of Memory and the Art of Forgetting* by Lisa Genova. Contact Cynthia LeBlanc.

## WELCOMING CONGREGATION AND CONNECTIONS COMMITTEE

### March 31 is International Transgender Day of

**Visibility**, an annual event to celebrate transgender and non-binary people and:

- Promote awareness of discrimination they face worldwide,
- Celebrate their contributions to society, and
- Advocate for more protected rights for them.



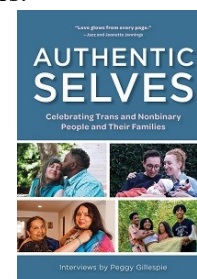
This observance is especially vital at this time. We need to affirmatively recognize and celebrate transgender and non-binary people now, when they are being singled out as a particularly vulnerable group and subjected to demeaning, scare-mongering, and even erasure, with propaganda constantly denying even their genuine existence as the people they know themselves to be.

While celebrating trans folk and their contributions, however, it is more important than ever to remember not to “out” individuals, who are more unsafe in the U.S. than they have been in many years.

**Book discussion reminder:** Learn more about the experiences of a wide variety of trans folk in our **Common Read** selection for this year,

*Authentic Selves*. Pick up a copy to borrow from the social hall, and join us for a group discussion at 3:00 pm on Sunday, March 9. Then join us for chili supper and fellowship to conclude our discussion.

You do not need to read the entire book to contribute to the conversation, but it is likely once you start you will want to continue reading more of the fascinating and varied stories in it. You will likely also have questions to bring that will also help spur a great conversation. The facilitator will be Rev. Laura Thompson of Minnesota Valley UU Fellowship, an experienced



facilitator and herself a member of the LGBTQ+ community.

Want some **scientific background** on the reasons some people feel they were born with the wrong body? There is a fascinating short (6-minute) video on YouTube in which the MacArthur-awarded neurobiologist Robert Sapolsky discusses how the sense of one's own identity is more linked to the anatomy of certain parts of the brain than to any physical body characteristics, hormone levels, or XY gene combinations: <https://youtu.be/8QScpDGqwsQ?t=26>.

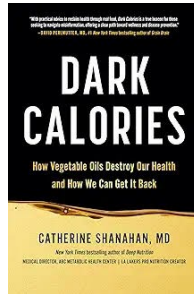
## UNHEALTHY U. S. DIETARY GUIDELINES?

### WHAT SHOULD I EAT?

Program Mar 9, 2025

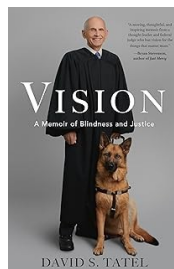
Why are many Americans unhealthy? Why is the US ranked 48th in life expectancy? Why is it FALLING?

Diet is a powerful health mechanism. Are the current Dietary Guidelines for Americans (DGA) and American Heart Association (AHA) guidelines a big part of the problem? Nearly everyone in the US is currently prediabetic or insulin resistant causing a vicious downward spiral on the need to consume sugary foods for energy. Because of the sugary foods, the body can perpetually be in a fat storing mode and may rarely or never get in a fat burning mode. But it is not really the sugar that is the root cause problem, it is the highly processed, man made, unstable, potentially toxic polyunsaturated fats that cause the condition according to Dr Catherine Shanahan's book, "Dark Calories." She explains why current dietary guidelines are off track and how anybody can get back on tract with healthy foods. She explains why there is so much conflicting information about diets: Keto, Paleo, Vegetarian, Fat free, Carbohydrate free, and so on. I believe that Dr Catherine Shanahan has made a real breakthrough but the message has not been heard for many reasons. Wayne hopes to shed some light on these important to everyone, healthy and unhealthy food topics. Highly recommended are 2 of her books, "Dark Calories," and, "The Fat Burn Fix." Also see her website, [DRCATE.COM](http://DRCATE.COM), for information if desired.



## VISION: A MEMOIR OF BLINDNESS AND JUSTICE

A Zoom program with retired Judge David Tatel on April 6<sup>th</sup> You have seen the statue of justice, the woman with the scale who is blindfolded. Judge Tatel takes that image to the extreme; he was the only blind circuit judge in the United States. He



wrote a book called "Vision": a memoir of Blindness and Justice.

We have heard for years about the activist liberal court, which probably was true from the conservative point of view, but now the conservatives have the power and are making judicial activism the norm.

A conservative judge was asked who among his colleagues was the model of judicial conservatism, and he did not say any of the conservative judges, he said Judge David Tatel, a political progressive who follows the law and precedence even when he does not agree with it.

Judge Tatel was a judge in the DC circuit for thirty years, the most influential of all the circuit courts. He was a very active liberal civil rights lawyer before being appointed to the court.

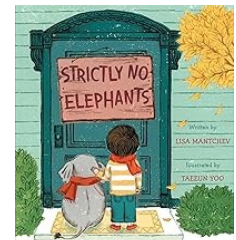
I am very pleased to have convinced Judge Tatel to visit with us via Zoom on April 6<sup>th</sup>. I would suggest his book to you before he comes. Copies of the book are available at Pilgrim House.

Mel Aanerud

Program Committee

## START THINKING ABOUT THE SPRING PROGRAM 4/28

Theme: **We Welcome All**, starting with Family Friendly songs, videos and a book. Let Mel Aanerud know how you want to contribute to the program and approximate time. Sing, dance, read poetry or prose, act. As you plan, take note that Earth Day is April 22 and the program theme is "We welcome all".



## MARCH IS SMALL CONGREGATION MONTH!

The UUA's Congregational Life Smaller Congregation Team is hosting a month of learning for small congregations. They will be hosting a webinar each week in the month of March on a variety of topics for small congregations: Deeper Joy (community building activities); Deep Listening (a foundational element of good communication) and Social Action for small congregations. The final week of Small Congregation Month will be dedicated to convening groups of small congregation leaders: ministers, religious educators, board members, etc. Registration will include access to all materials and webinar recordings. All are welcome. See [www.uua.org/leaderlab/events/small-congregation-month](http://www.uua.org/leaderlab/events/small-congregation-month). Registration fees vary from \$0 to \$20.



## GREAT DECISIONS VIA ZOOM

### March 5, 7:00pm – U.S.-China Relations

Washington's relations with Beijing have reached an ominous low ebb. Both American political parties have identified China as the country's preeminent geopolitical challenger and, in the eyes of many, a systemic threat. What is driving this deterioration of Sino-American relations, and what are America's strategic options in the face of Chinese power and ambition?

Our speaker will be Edmund Downie, a PhD candidate in the Science, Technology, and Environmental Policy program at the Princeton School of Public and International Affairs. He studies how to overcome political and financial obstacles to the energy transition in the developing world, mixing case studies, (India, China, Vietnam) and energy-systems modeling. He is a co-author of the Guide to Chinese Climate Policy 2022 (Oxford Institute for Energy Studies) and has written in the Washington Post, Foreign Policy, Fortune, and Barron's. He served as a Fulbright Scholar at Yunnan University in China (2017-18) and a Yale University Gordon Grand Fellow at the Center for Policy Research (Delhi) and the Center for Studies in International Relations and Development (Kolkata) (2014-15). He received an MPhil in International Relations at Nuffield College, Oxford as a Marshall Scholar (2017) and participates in a variety of Track II dialogues and subnational exchanges around US-China climate cooperation.

### SAFETY AT PH, CAN YOU HELP? FIRST AID? OTHER HELP?

A few of us are looking at safety at PH and I'd like to ask if anyone has First Aid or First Responder training who would like to be identified and help? Where I worked, there was a First Responder Brigade where a group of people were trained in First Aid and knew where the First Aid kits were and they knew what to do. I'd like to see if we might identify some people (whether you been trained in First Aid or not) at PH to help: To know where the First Aid kit is, the AED, and the Fire Extinguishers. An informal PH Brigade. It is not a commitment to a committee, it's just an attempt to improve Safety at PH. Let Wayne LeBlanc know if you would be willing to be part of that, to further improve a response to a potential medical or other safety issue at PH. If anyone has any suggestions or can offer any help in this area, let us know! THANKS! – Wayne



## BAD WEATHER POLICY

At the Pilgrim House Board Meeting on February 10, the board approved a new Bad Weather Policy. Here is that policy:

### Pilgrim House Bad Weather Policy/Procedure February 7, 2025

The Pilgrim House Board recognizes the benefit of community provided to the congregation by in-person Sunday programs. Therefore, it is our policy that in-person programs should be canceled due to bad weather only in extreme cases. For example, if:

- The Minnesota Department of Transportation (MDOT) advises no travel.
- The driveway and parking lot cannot be adequately plowed.
- Key players, such as the facilitator, speaker, musicians, hospitality, or tech support, are unable or unwilling to attend in person.

### Decision

The key players (noted above), plus the Building and Grounds Chair, will decide whether or not to cancel the in-person part of the program. Also, with input from the speaker, they will determine if it works to provide a Zoom-only program. If there is no consensus, the Board Chair will be contacted for a final decision.

### Communication

- Ideally, the decision will be made by 6 pm Saturday to allow timely communications.
- A mass email will be sent as soon as possible to members and friends.
- The website will be updated with a closure notice (note: White Bear UU has a permanent place on the website for weather notices).

## WELCOME TO OUR NEWEST MEMBER!

We were pleased to welcome Lewis Campbell to Pilgrim House membership in February. Lewis lives in St. Paul. He began visiting Pilgrim House this past fall and has been appreciating the range of topics covered by our Sunday programs.

We look forward to getting to know Lewis through our programs and activities. Be sure to introduce yourself!



## WELCOME TO THE NEWBORNS AT PILGRIM HOUSE!

Alanna and Josh welcomed Mona Lucille Larsen's arrival on January 17



She joins big brother and sister, Huey and Astrid, in the Larsen family.

Kim and Eric welcomed Oliver Isaac Buck's arrival on December 29. Pilgrim House is delighted to have these young ones joining us on Sunday mornings and events.

## YOU'RE INVITED TO RAMADAN OPEN HOUSES AND DINNERS

During the month of Ramadan (this year February 28 to March 29), the Minnesota Council of Churches and the Muslim American Society of Minnesota bring members of other faith communities together with Muslims for food and conversation

Minnesota mosques and Islamic Community Centers welcome their non-Muslim neighbors for a traditional Iftar, inviting a time of encounter and learning. Locations, registration form, and more information about Ramadan are at this website:

<https://mnchurches.org/what-we-do/taking-heart>

Pilgrim House members have participated in these events in past years and enjoyed the experience and hospitality. We won't be doing a group registration, but we will have a sign-up sheet at Pilgrim House so you can see who else is considering attending at which location -- and then you can do a self-registration at the above link.

Questions: Kathy & Mel Aanerud

## COMING IN JUNE – GENERAL ASSEMBLY

General Assembly is the annual gathering of Unitarian Universalists from across the country. There are workshops, music, keynote speakers, discussions., and business meetings that make decisions affecting the Unitarian Universalist Association (UUA).

Attend virtually or in person. Dates are June 18-22. For in-person, this year's location is the Baltimore Convention Center in Baltimore, MD. The event is open to all, but note that Pilgrim House will reimburse the registration fees for our two voting delegates.

Read more about General Assembly here: [www.uua.org/ga](http://www.uua.org/ga) Let Mel or Kathy Aanerud know if you have questions or are thinking of attending. Registration fees increase April 1 and again after May 15.

## RALPH REEDER FOOD SHELF

Help Us Help Others!  
We need BROWN GROCERY BAGS WITH HANDLES to continue serving



our community efficiently. These bags are crucial for packing and distributing food to those in need. If you have any clean and sturdy brown grocery bags lying around, please consider donating them! Drop them off at Pilgrim House or at the back entrance of the food shelf anytime and place in the donation bin on the backside of building Monday thru Friday. Spread the word. 2544 Mounds View Blvd, Mounds View.

Thank you for your support!

## BAYSIDE UU FAMILY CAMP

Looking for a great summer experience? Join us at Bayside UU Family Camp held at Wesley Woods Conference Center on the shores of Geneva Lake in Williams Bay, WI. This year, camp will take place July 6th - 12th. This special week includes adult workshops, activities for children, free time for family fun and relaxation, and intergenerational activities. For more information visit our website at [baysideuu.org](http://baysideuu.org) or contact [baysideuu@gmail.com](mailto:baysideuu@gmail.com).

## 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)



*"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)*