

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

October 7 – Healing Ourselves in Trying Times – Kristen Wernecke

Rev. Kristen K. Wernecke is the author of *Choosing Conscious Health for a Vibrant Life*, is an integrative health practitioner, practicing massage therapy and energy healing, since 1990, and is a Wellness Specialist at Hazelden. She will be sharing some techniques for reducing stress and finding personal purpose in this turbulent point in American history.



October 14 – Scandinavian Gods

Anatoly Lieberman has presented at Pilgrim House before. He is a professor in the Department of German, Scandinavian and Dutch at the University of Minnesota, is the author of numerous books and articles, and has taught all over the world. He will present *The Gods of Scandinavia, before Christianity*.

October 21 – Why the Great Cultures Developed around the Mediterranean

John Watkins is a professor of language on the Mediterranean at the University of Minnesota. Major early great cultures developed around the Mediterranean – he answers why.



October 28 – Jim Falbo – Guitarist: from Classical to Pop Classics

Jim Falbo is an eclectic and accomplished classical guitarist, composer, instructor, performer, and music arranger from St. Paul, Minnesota. Jim's music has been featured on Classical MPR 99.5 KSJN and 88.5 KBEM Jazz radio throughout Minnesota. Jim plays a wide selection of music, specializing in classical European, Latin, contemporary, gypsy jazz, world music, pop classics, and acoustic finger style guitar.

Jim has written and recorded several works for the guitar. His compositions are heavily influenced from the romantic era, with European, South American, and even flamenco guitar. <https://www.jimfalboguitar.com>

November 4 – Minnesota from the Road part 2

Doug Ohman returns for part two of his series *Minnesota from the Road* in photos and stories.



CALENDAR

Thursday, October 4, 7:00pm – Great Decisions at Pilgrim House – Tom Hanson speaking about Russian foreign policy. All are welcome. Contact Al Potter. See article below.

Sunday, October 7, 11:30am – Soup Sunday – Join us for Soup following the program. Bring items for the food shelf donation area, also in the entryway. All are welcome. Contact Fred Green for the foodshelf, Bob Treumann for Soup Sunday.

Tuesday, October 9, 10:00am – Needlework group meets at Pilgrim House. Bring your lunch. All are welcome. Contact Carol Green.

Saturday, October 13, 6:00pm – Night Out Supper in members' homes. Contact Fred or Carol Green.

Saturday, October 20, 7:00pm – Game Night at Pilgrim House. All are welcome. Contact Curt Corum. See article below.

Sunday, October 21, 12:00pm – Sunday Stories at Pilgrim House – Stephanie Lica. All are welcome. Contact Gary Borg.

Sunday, October 21 – Newsletter information due. Contact Fred Green.

Thursday, October 25, 5:30pm – Book Club meeting at Gary and Sharon Borg's. The book will be *Radium Girls* by Kate Moore. Contact Cynthia LeBlanc.

Saturday, October 27, 6:00pm – Night Out Supper in members' homes. Contact Fred or Carol Green.

Thursday, November 1, 7:00pm – Great Decisions at Pilgrim House: Bill Davnie covering US Global Engagement. All are welcome. Contact Al Potter.

Saturday, November 10, 6:00 pm – Harvest Fest at Pilgrim House – Potluck supper at 6 pm, barn dance at 7:00 with live music and a dance caller. Family-friendly event! Contact: Les Rogers. See article below.

Friday, November 16, 7:30pm – Amaryllis concert at Pilgrim House. All are welcome. Contact Kathy Aanerud. See article below.

RE CORNER

The children's religious education has been collecting school supplies for Alexandra House, a shelter for battered women and their children. Supplies were sorted on on Sunday, September 30. Thank you to everyone who participated by donating items for this social action.

Thus far we have six children attending class. At this point we are not separating them by age, but using a "one room school house approach" with the teachers adapting the lessons to the age range of the children in attendance on a given Sunday.

Carol Green, Chair Children's RE Committee

Pilgrim House

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

Internet: <http://www.pilgrimhouseuua.org>

Board Chair: Michelle Gardner

Pilgrim's Progress (Pilgrim House Newsletter)

If you have any items for the newsletter, please contact:

Fred Green

newslettereditor@pilgrimhouseuua.org

SOCIAL ACTION

Pilgrim House participated the HopeFest walk/run at Bunker Hills Regional Park on September 29. Four Pilgrim House members braved the chilly temperatures to do the 2 mile walk. The event benefits Alexandra House battered women's shelter.



WINTER COAT COLLECTION

The Winter Clothing Drive is going on now until October 19th. The following items are needed for members of our neighborhood

Winter coats – gently used or new

Gloves, mittens, scarves – gently used or new

Hats – new

Bring the items to Pilgrim House. The coat drive is sponsored by the Social Concerns Network. A few volunteers are needed. There is a sign up clip board in the entry way of PH.

Thank you for supporting those in need.

GAME NIGHT

Attention Gamers:

Game night Saturday October 20th 7pm at Pilgrim House. Bring a favorite board/card game to play or play one of the many others. Ping Pong, popcorn and pool as well!

In keeping with this month's theme, we'll have some Lovecraftian and Apocalyptic games to try...

Game night is every 3rd Saturday. Questions, RSVP email/call Curt Corum.

NEEDLEWORK GROUP

The next knit and crochet meet is Tuesday, October 9th at 10:00am at Pilgrim house. Bring any project you're working on; needlework, scrapbooking, photo sorting, etc. and bring your lunch. There will be someone there until 3:00pm.

Mary Ryan

GREAT DECISIONS AT PILGRIM HOUSE

October 4 – Tom Hanson: Russia's Foreign Policy

Under President Vladimir Putin, Russia is projecting an autocratic model of governance abroad and working to undermine the influence of liberal democracies, namely along Russia's historical borderlands. Russia caused an international uproar in 2016, when it interfered in the U.S. presidential contest. But Putin's foreign policy toolkit includes other instruments, from alliances with autocrats to proxy wars with the U.S. in Georgia, Ukraine and Syria. How does Putin conceive of national interests, and why do Russian citizens support him? How should the United States respond to Putin's foreign policy ambitions?

Our distinguished speaker will be Tom Hanson. Hanson is a former U.S. Foreign Service Officer with the Department of State whose diplomatic postings included East Germany, France, Norway, the Soviet Union, Sweden, and the former Soviet Republic of Georgia.

SOUP SUNDAY AT PILGRIM HOUSE

Join us on the first Sunday of each month, following the program, for a delicious lunch of soups and bread provided by members and friends. All are invited to enjoy food and relaxing fellowship.

There's a sign-up sheet in the entryway for soup, bread and clean-up volunteers; and we have soup kettles in the kitchen for your use. (You can even "cook" your favorite frozen or canned soup -- shhhhh, we won't tell.) Thank you Bob Treumann and Candy Lang for tracking and reminding our volunteers. And thank you, Nancy Olson, for leading clean-up volunteers.

We'll be reviving the tradition of bringing items for the food shelf on Soup Sunday. There's a space in the entryway for your contributions.

Kathy Aanerud and Nancy Olson
Sunday Hospitality Coordinators

HARVEST FEST AT PILGRIM HOUSE!

It's almost here – a gathering for all ages.



Saturday evening, November 10th. – A potluck supper begins at 6:00 pm; and the barn dance begins at 7:00.

Live music will be provided by Ken Steffenson and musical friends. A dance caller will provide instructions for all to join in easy-to-learn circle dancing – or simply sit back and enjoy some great music.

Invite your friends and neighbors!

No admission charge -- but we encourage you to **bring food items or cash/checks for the Ralph Reeder Food Shelf.** Let's fill a bountiful basket of items.

Questions: Contact Les Rogers or Rita Lafferty – Harvest Fest Coordinators

AMARYLLIS CONCERT AT PILGRIM HOUSE

Save the date! Friday, November 16, 7:30 to 9:00 pm – acoustic roots music from Celtic and North American traditions, folk classics, and original tunes and songs.

Amaryllis is the musical duo of Anne Benson (hammered dulcimer, flute, & accordion) and Ken Steffenson, Pilgrim House member (guitar, fiddle, harmonica, & vocals).

All are welcome. Free will donation to Amaryllis.

Questions: Contact Ken Steffenson.

ADULT RE: BOOK DISCUSSION, FALL 2018

This fall, Pilgrim House will continue to help members and friends engage with important social issues through a book discussion open to all who are interested. We will continue the theme of racial disparities and reconciliation. Details of date (or dates) and format are still to be decided, but if you are interested you can start now by reading *White Fragility*, by Robin DiAngelo (154 pages). Pilgrim House will explore ordering several copies that can be shared by members – stay tuned for more information about that. For a preview of the book, you can listen to an interview with the author on MPR this summer:

<https://www.mprnews.org/story/2018/07/05/robin-diangelo-on-why-its-so-hard-for-white-people-to-talk-about-racism>.

If you are interested in being part of the group helping shape the discussion format and questions, please contact Ellen Shelton.

FUND RAISER HELD FOR PILGRIM HOUSE

To raise money for Pilgrim House, a Buffet Lunch Picnic was held on Saturday, September 8, at Ray and Ruth Kreps' home. Pilgrim House received \$600 in donations from 27 people. Thanks to Ray and Ruth for hosting this event!