

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

### January 5 - Belonging: How My Disability Identity Fits within Unitarian Universalism

Peighton Carter is the intern minister at the Unitarian Universalist Congregation in Eau Claire, WI. She is also a third year seminary student at Iliff School of Theology in Denver, CO. Peighton has been speaking out about Post-Traumatic Stress, Military Sexual Trauma, and Disabilities for about 7 years. She is a mother of 3, artist, veteran, and person with multiple disabilities.



### January 12 - Elections in Minnesota - Secretary of State Steve Simon

The Unitarian Universalists at their General Assembly adopted "Our Democracy Uncorrupted" as our issue of action. Who better to tell us how the elections systems in Minnesota are working than the Secretary of State who is in charge of them.

### January 19 - The Lynching in Duluth - Michale Fedo

Michael Fedo is a Duluth native and correspondent for The New York Times, Professor at North Hennepin Community College, and author of the book "The Lynching in Duluth"



### January 26 - Predatory Criminal Justice System - Joe Soss

The national UUA is suggesting that we have some programming on the predatory criminal justice system, especially they are concerned about the use of inmates in medical trials. Joe Soss is a professor at the University of Minnesota.

"I should say that I won't be able to say too much about medical trials, specifically. My framing of the discussion would focus more on the big picture of how and why predatory criminal justice practices have expanded so much over the past few decades, how they matter for targeted communities, why we should care, and how we should think about efforts to take action in response."

### February 2 - Science and Politics of Stem Cells and Cloning

All humans start life with only one cell, the zygote, from which arises our brain, heart, liver and every other organ in our body. This one cell contains all the information necessary for making some incredibly complex structures. Stem cells are akin to that original zygote in that they have the ability to divide and generate an array of different tissues and structures. This presentation will focus on the past, present, and future of stem cells and the hope that they can possibly provide treatments for heart disease, specific types of cancer, and other common diseases. We will examine where stem cells exist in adults, and also dive into some of the politics surrounding stem cell research.



Murray Jensen an associate professor, College of Biological Sciences at the University of Minnesota.

## CALENDAR

**Saturday, January 4, 1:00pm - Gray Area Thinking®: human inclusivity training with Ellen (Ellie) Krug at Pilgrim House.** All are welcome. Contact Nancy Olson. See article below.

**Sunday, January 5, 11:30am - Soup Sunday - Join us for Soup following the program.** Bring items for the food shelf donation area and/or sign up to bring soup, both in the entryway. All are welcome. Contact Fred Green for Foodshelf, Bob Treumann for Soup Sunday.

**Sunday, January 12, 12:00pm - Connections Committee meets at Pilgrim House.** Contact Mary Ryan.

**Sunday, January 12, 3:00pm - UU The Vote Watch Party at Pilgrim House.** All are welcome. See article below.

**Monday, January 13, 7:00pm - Pilgrim House Board meeting at Pilgrim House.** All are welcome. Contact John or Shannon Zobitz.

**Tuesday, January 14, 10:00am - Knitting and craft group is meeting at Mary Ryan's house.** All are welcome. Contact Mary Ryan.

**Wednesday, January 15, 10:45am - Social Action Coterie Group meets at Pilgrim House.** All are welcome. Contact David Conradi-Jones.

**Wednesday, January 15, 6:00pm - UUA Webinar "Stewardship and Sustainability in the Long Haul" at Pilgrim House.** All are welcome. Contact Mel Aanerud.

**Sunday, January 19, 12:00pm - Social Action Committee meeting at Pilgrim House.** All are welcome. Contact Fred Green. See Social Action below.

**Monday, January 20, 2:00pm - A covenant group meets at Pilgrim House.** Contact Cynthia LeBlanc.

**Tuesday, January 21, 2:00pm - Congregational Care meets at Pilgrim House.** Contact Nancy Olson.

**Wednesday, January 22, 1:30pm - Novel Exchange Book Club meets at the Shoreview Library.** Contact Sharon Borg.

**Thursday, January 23, 4:00pm - Book Club meets at Pilgrim House.** Book *In an Instant* by Bob and Lee Woodruff. Contact Cynthia LeBlanc.

**Monday, January 27, 2:00pm - A covenant group meets at Pilgrim House.** Contact Nancy Olson.

## RE CORNER

### Children's Religious Education Program

Thank you for your generous contributions to the Alexandra House Holiday Shop, both gift cards and gifts. Also, I would like to thank Mary Carlson, Bobbi

## 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 Co-Chairs:** John and Shannon Zobitz

### 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)

Freeman, Harleen Hollenhorst, Lollie Jensen, Cynthia LeBlanc, Stephanie Lica, Nancy Olson, Mary Ryan and Katy Tharaldson for their commitment to being Teacher's Assistants. If you would like to join this group, contact Carol Green. By the way, men are welcome to become Teacher Assistants.

Carol Green

Children's Religious Education Committee Chair

## SOCIAL ACTION

**In December Pilgrim House donated 12 lbs of food and \$55 to the Ralph Reeder Food Shelf.**

*Errata:* in December, the newsletter reported Harvest Fest donated 42 lbs of food and \$25 to the food shelf. It should have been 42 lbs and \$154.39.

### Alexandra House

Children's RE and Social Action delivered over \$200 in gift cards and a number of donated presents to the Alexandra House Christmas Shop. Thank you for your generous donations!

### Social Action Committee Meets January 19 at noon

We will discuss what we have been doing and what to do in the future. One particular item of interest is the UU the Vote campaign which will be the subject of the UU the Vote webinar on January 12. See the article below.

## UU THE VOTE -- JOIN THE WATCH PARTY AT PILGRIM HOUSE

We heard about UU the Vote at General Assembly last summer, and we're very pleased to see this campaign

taking shape. Join us at Pilgrim House at 3:00pm on Sunday afternoon, January 12, for the webinar launch of #UUtheVote [<https://www.uua.org/justice/vote2020>] Unitarian Universalists from around the country are invited to come together to attend this webinar that launches the support that UU the Vote will provide to UU congregations and partner organizations on voter registration, outreach, voter mobilization, countering voter suppression, and issue-based advocacy -- organized around the 2020 elections.

We appreciate the activism of Pilgrim House members on critical issues. This webinar will further highlight the impact that UUs can have when working together across the nation. Join us for the webinar and follow-up conversation! We will have the webinar on the big screen in the meeting room -- and refreshments will be provided.

More information about the UU the Vote campaign at [www.uuthevote.org](http://www.uuthevote.org).

Mel and Kathy Aanerud

## CONGREGATIONAL CARE

Please check our updated site <http://www.pilgrimhouseuua.org/pmwiki/pmwiki.php?n=PH.CongregationalCare>. We have contacts listed for various services and information provided by congregational care. Call Nancy Olson for more information.

## Gray Area Thinking® with Ellie Krug

We've all heard the phrase, "diversity and inclusion", but what does it take to actually make a workplace or organization or even our personal lives more diverse and inclusive?

How can we get beyond grouping and labeling of other humans according to the color of their skin, the religion they practice, or the country in which they were born?

Can we really build a just and inclusive world, especially in this time of such division?

Even more, how can we make our workplace and lives more inclusive of those who are "Other" and different from "us"? Isn't it time to at least consider a new approach to human inclusivity—where all humans regardless of differences are valued?

Join national speaker, transgender writer and "human inclusionist" Ellen "Ellie" Krug as she conducts her highly valued human inclusivity training, Gray Area Thinking®. This training will provide an easy-to-understand toolset on how to be more welcoming of anyone who is "Other" in our society.



- When: Saturday, January 4, 2020 from 1:00pm to 3:00pm.

- Location: Pilgrim House Unitarian Universalist Fellowship

1212 Hwy 96 West, Arden Hills, MN 55112

## ANNUAL PILGRIM HOUSE AUCTION

The Pilgrim House (PH) auction is scheduled for March 8. Mark your calendars and plan to attend!

The auction, held each year at Pilgrim House, is a major fund-raising event. It accounts for the largest single influx of dollars after the pledges by individual members.

- Auction volunteers are needed – contact Les Rogers or sign up at PH if you are interested.

- We need items to be donated to auction. The best items generally are services or homemade – babysitting, tours, making furniture, dinners in your home, baked items, performances, and crafts. If you have other things about the house that still have value, they may have value to someone at the auction. There will be a table of "buy it now" items on auction day.

- Send your item descriptions and, optionally, a picture, to Fred at [newslettereditor@pilgrimhouseuua.org](mailto:newslettereditor@pilgrimhouseuua.org). Also, there will be a signup sheet at PH.

An auction page on which items can be viewed will be created on the PH website in mid-January. A userid is required to view the auction page – any valid PH userid will work – contact Fred Green if you have questions or corrections.

## LEARNING ABOUT OUR UNITARIAN UNIVERSALIST ROOTS

### A Webinar Series from MidAmerica Region

Would you like to learn more about the roots of our faith tradition? Check out this webinar series from the comfort of your home -- a five-part Monday evening class starting January 24. Topics include:

- Whose story is it anyway? Why history matters.
- The Roots of Liberal Religion, the Universalists, the Unitarians Transcendentalism, Westward Expansion, Humanism, Consolidation
- Principles and Sources
- Drawing the Circle Wider, Indigenous, Latinx, Black, and Non-Black People of Color, GLBTQ and Disability

More information and registration here:

<https://www.uua.org/midamerica/events/webinar-whose-history-it-anyway>. There is a \$25 registration fee for individuals (you could group up in neighborhoods and watch together).

## PILGRIM HOUSE GREAT DECISIONS

Great Decisions will resume on February 6 at 7:00pm at Pilgrim House, with a topic to be announced as speakers come available. Thank all of you who have renewed your membership for this, our fourteenth season!

### 2020 Issues for future programs:

India and Pakistan  
 Red Sea Security  
 Modern Slavery and Human Trafficking  
 U.S. Relations with the Northern Triangle  
 China's Road into Latin America  
 The Philippines and the U.S.  
 Artificial Intelligence and Data

## BOOKS SHARED AT THE BOOK CLUB

### HOLIDAY PARTY

Book titles shared:

*The Weed That Strings the Hangman's Bag* by Alan Bradley. Part of the the Flavia De Luce mystery series (11 year old girl).

*Dangerous Man* by Robert Crais. Part of the Elvis Cole and Joe Pike mystery series.

*Chiefs* by Stuart Woods. Mystery spanning 40 years and 3 police chiefs of a Georgia town. Also *Spaceman of Bohemia* by Jaroslav Kalfar, science fiction about a Russian astronaut whose space mission is thrown into crisis by secret Russian rivals.

*Island of the Sea Women* by Lisa See. A novel about Korean female deep sea divers over a span of time from the 1930's to the present.

*Where'd You Go Bernadette* by Maria Semple. A teenage girl goes on a trip to the "end of the earth" to find her hilarious and sometimes volatile mother. Also *Where the Crawdads Sing* by Delia Owens, novel of the "marsh girl" abandoned in the wilds of North Carolina.

*Sapiens A Brief History of Humankind* by Yuval Harari.

*Small Gods* by Terry Pratchett. Fantasy book part of the Discworld series.

*Language of Flowers* by Vanessa Diffenbaugh. Romance story of woman whose gift for flower arranging helps her overcome her past and help change the lives of others.

*Leadership in Turbulent Times* by Doris Kearns Goodwin. The leadership qualities of four presidents - Lincoln, Theodore Roosevelt, Franklin Roosevelt and Lyndon Johnson.

*Never Enough: The Creative Life of Alex Jordan* by Tom Kupsh. Biography of the architect who created the House on the Rock in Wisconsin.

*Brief Answers to the Big Questions* by Stephen Hawking. A compilation of some of his writings done after his death. Questions such as "Is There a God" and "Is Time Travel Possible?"

*My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies* by Resmass Menakem. Examines the damage done by racism in our society. Also mentioned *White Fragility* by Robin DiAngelo and *This Tender Land* by William Kent Krueger.

*Turn Right at Machu Picchu* by Mark Adams. A deskbound editor from New York retraces the route taken by Hiram Bingam in 1911 when he "discovered" Machu Picchu. Also *Book Woman of Troublesome Creek* by Kim Michele Richardson. Novel about 1930's Kentucky and the Pack Horse Library project and the people of that area whose had a blue skin color.

### NEW MEMBERS WELCOME HERE!

We enjoy the friends and visitors who join us for Sunday programs. If you're ready to consider going the next step of becoming a member of Pilgrim House, we would enjoy talking with you

Membership in Pilgrim House Unitarian Universalist Fellowship is open to all who would like to support and share in the life and programs of Pilgrim House. If you haven't yet been offered a Membership Card, or have a card and want some additional information, let us know.

We'd also be happy to schedule an Orientation-Introduction to Pilgrim House with you. There's prepared information about our history, how we're organized and funded, our Unitarian Universalist connection, our children's program, and the volunteerism that energizes Pilgrim House. Plenty of time for your questions too.

Feel free to call on us with any membership questions.

Kathy and Mel Aanerud, Membership Committee

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

### SHOP AMAZONSMILE AND SUPPORT ALEXANDRA HOUSE!

Your online shopping can create REAL impact for Alexandra House. All you have to do is start your online shopping <https://smile.amazon.com/>, designate Alexandra House, Inc. as your charity of choice, and the AmazonSmile Foundation will donate 0.5% of the purchase price of eligible products to us. Please bookmark the link in your browser.