

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

March 1 - A Forecast of Minnesota's Political Year

Political commentator and former Star Tribune columnist Lori Sturdevant returns to give us a forecast of Minnesota's political year.

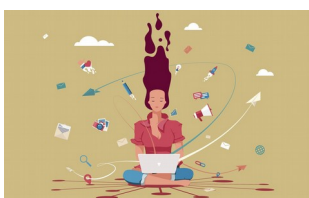


March 8 - Norwegian Folk Dance

The Norwegian Folk Dance Group of the Twin Cities is the primary dance group in Minnesota teaching and exhibiting Norwegian Dance heritage. Come enjoy their performance of traditional Norwegian dances, and then stay for lunch and our lively annual Fun(d)-Raising Auction!

March 15 - Climate Change: Causes, Impacts, and Solutions

Climate Change: Causes, Impacts, and Solutions with Climate Generation: A Will Steger Legacy. Climate Generation has been working with educators, youth, and the public on climate change education and action since 2006. This presentation explores root causes, impacts, and solutions to climate change as well as our personal stake in the issue. They seek to equip audiences with the understanding to effectively communicate climate change and the resources to take meaningful collective action.



March 22 - Mindfulness through Coordinating Mind and Body

It is easy to be mindful when we are relaxed and calm. In this state, mind and body work together. But our daily life is filled with ever-changing demands and challenges that cause stress and strain. In the face of this stress, we often separate mind and body (become distracted) and can no longer perform well. In this short hands-on program, Jonathan Poppele will share simple, interactive exercises to coordinate mind and body, to enable us to perform well in the midst of our busy daily lives. Participation in the exercises is optional.

March 29 - Eight Years to the Moon

Space journalist and insider Nancy Atkinson weaves together the riveting story of NASA's mission to complete "the greatest adventure on which humankind ever embarked." This tribute to the men and women who made the Apollo 11 mission a reality chronicles the highs and lows that accompanied the race to the Moon.



April 5 – GLBT and the ACLU

John Gordon ACLU director in Minnesota will talk about ACLU's efforts to assist the GLBT community.

CALENDAR

Sunday, March 1, 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, March 1, after the program - Pilgrim House group photo at Pilgrim House. Please try to attend. Contact Wayne LeBlanc.

Tuesday, March 3, Minnesota Presidential Primary – you can vote early at your city hall or county courthouse. Contact Mel Aanerud.

Thursday, March 5, 7:00pm - Great Decisions at Pilgrim House: India and Pakistan. All are welcome. Contact Al Potter.

Sunday, March 8, 11:30am - Lunch in the fellowship room. All are welcome. Contact Les Rogers.

Sunday, March 8, 12:00pm, Pilgrim House Auction at Pilgrim House. All are welcome. Contact Les Rogers.

Monday, March 9, 7:00pm - Pilgrim House Board meeting at Pilgrim House. All are welcome. Contact John or Shannon Zobitz.

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

Thursday, March 12 - First Census letter sent out... Please fill it out and be counted. Contact Mel Aanerud.

Saturday, March 14, 11:00am - Special small congregations conclave called Pi-Day will be in Stevens Point Wisconsin. Contact Mel Aanerud.

Monday, March 16, 2:00pm - A covenant group meets at Pilgrim House. Contact Cynthia LeBlanc.

Monday, March 16, 2:00pm - Another covenant group meets at Pilgrim House. Contact Nancy Olson.

Tuesday, March 17, 2:00pm - Congregational Care meets at Pilgrim House. Contact Nancy Olson.

Wednesday, March 18, 10:45am - Social Action Coterie Group meets at Pilgrim House. All are welcome. Contact David Conradi-Jones.

Sunday, March 22 – Newsletter information due. Contact [Fred Green](#).

Sunday, March 22, 12:00pm - Social Action meeting at Pilgrim House. All are welcome. Contact Fred Green. See the Social Action article below.

Wednesday, March 25, 1:30pm - Novel Exchange Book Club meets at the Shoreview Library. The book is *The Magic Bullet: a locked room mystery featuring Shadwell Rafferty and Sherlock Holmes*, by Larry Millett (local author). Contact Sharon Borg.

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

Thursday, March 26, 4:00pm – Book Club meets at Ron Hitzemann's. The book is *The Day the World Came to Town* by Jim DeFede. Contact Cynthia LeBlanc.

PILGRIM HOUSE GROUP PICTURE

March 1, Right after the program.

So that we get the most Pilgrim House people for the picture, please try to attend. The program is political commentator and former Star Tribune columnist Lori Sturdevant is scheduled to speak, so it's a program you won't want to miss.

ANNUAL PILGRIM HOUSE AUCTION

Sunday, March 8

Plan your bid strategy for the following items:

Crocheted shawl, softball/baseball lessons, pies & homemade bread, Cuisinart Toaster Oven Broiler, bluetooth headphones, Italian dinner, St. Croix River Valley Tour, and more.

Current items can be viewed on the Auction page of the PH website. A user id is required to view the auction page – any valid PH user id will work – contact Fred Green if you have questions or want to donate an item.

We still need items to be donated to auction.

Ideas for Auction Contributions:

- Host a wine tasting or tea sampling,
- Host dinners in your home



- Offer a kettle of your favorite soup
- Offer to teach a skill that you have
- Tutor on computer use
- Host a tour at a favorite museum
- Cookies!

For lunch, there will be platters of Subway sandwiches provided, plus the addition of fruit, salads and desserts provided by some wonderful volunteers. If you have any questions about the auction, please contact Les Rogers.

Items may be brought to Pilgrim House on Saturday, March 7th between 10:00am and 12:00pm.

If you plan to bring items to the auction, please let Carol or Fred Green know before the day of the auction – it helps us.

SOCIAL ACTION

1. At the Social Action Committee meeting on January 19, we decided to use our remaining discretionary budget to send \$150 to OutFront Minnesota for backpacks of necessities for the homeless and \$100 to Planned Parenthood North Central States. In both cases, checks were sent to the 501C3 organizations.

2. Fred sent a letter as Social Action Chair to the owners of the Pike Lake Apartments in New Brighton asking that they delay eviction of tenants. The Community Support Center had encouraged this action. See <http://www.startribune.com/new-landlord-forces-out-tenants-in-new-brighton-raising-issues-about-renter-s-rights/567411272/>.

3. Sing for Our Neighbors had 200 attendees and raised over \$5000 for the Community Support Center.

4. UUthevote and Coterie – see article below.

5. March is Minnesota FoodShare Month – see article below.

The next Social Action Committee meeting will be March 22 after the program. Topics will include current projects and next fiscal year's social action budget. Everyone is welcome.

ACTIONS FOR UUTHEVOTE AND OUR DEMOCRACY UNCORRUPTED:

- The Presidential Nomination Primary will be March 3– but you can vote early at your city hall or county courthouse. You will have to declare an allegiance to one party to participate.

- The regular Minnesota primary election for all other offices will be August 11th with early voting as early as June 26th. This will include everything from United States Senators to local elections in which the field of candidates needs to be whittled down to two for each office. (Not all local offices need to be condensed to two people – decided by local ordinances)

- At Pilgrim House, we will offer some sessions from the Democracy Uncorrupted congregational study guide to be held in April – there will be a sign-up sheet soon to determine which dates and times work best for the most people. Contact Mel Aanerud.

A YEAR OF LEARNING AND CONNECTIONS FOR SMALL CONGREGATIONS

Our UUA Regional Leaders are supporting smaller congregations: the fourth webinar was held February 12, with seven members of our fellowship in attendance. The series concludes with:

Pi Day: Small Numbers Infinite Possibilities Workshop in Stevens Point WI Saturday, March 14, 2020 - 10:00 am to 4:00 pm CDT at The Point Fellowship, 1756 Dixon Street, Stevens Point, WI.

This one-day event, designed specifically for small congregations will be facilitated by our regional staff with a video welcome from UUA president Rev. Susan Frederick-Gray. It will include opportunities to meet other smaller congregation leaders, have meaningful conversations about what it means to be a small congregation, time to share support, ideas, and resources, and explore opportunities for collaboration and ongoing shared learning. And of course, there will be PIE!

Cost: \$30 per congregation for up to four members to participate. Contact Mel Aanerud.

PILGRIM HOUSE GREAT DECISIONS

March 5 - India and Pakistan

India's Prime Minister Narendra Modi rode a wave of Hindu nationalism to a historic reelection in 2019. His first order of business was to revoke the special status granted to the Kashmir region, inflaming the rivalry between India and Pakistan. How will the Kashmir situation affect the region, both economically and politically?

Our speaker will be Dr. Arijit Mazumdar, Associate Professor of Political Science at the University of St. Thomas, St. Paul, where he has been teaching since September 2008. He received his Ph.D. in Political Science from Miami University, Ohio. He teaches courses in Asian politics, comparative foreign policy, and developing world politics and government. His research interests include comparative politics and international relations of Asia, particularly India, China, and Pakistan, Indian foreign policy, and India's internal security (insurgencies and terrorism).

LIBRARY NOTES

PH picks - Reviews of some favorite books by our fellow PH friends.

Here is our first review:

Beloved Child by Diane Wilson

This book made me realize how much of an impact our treatment of Native Americans has had on their children. Historically the author's Dakota tribe had key concepts on stages of life and on how to educate children in their way of life. Some of these core concepts were taking the opportunity to improve your character every day, respect and know your place in the immediate and extended family and tribe, and how to behave responsibly. Our treatment of Native families has severely impacted the Dakota way of raising "beloved children" and the author offers solutions including embracing their history, understanding how the trauma manifests, rebuilding physical health and transcending their historical trauma to learn joy again.

- Book club reads are listed for all to find out what is being read by each club. There will be a green or blue dot on the book if it has been read by the book club
- PH speakers: If you missed buying a book from a speaker or the presentation, the book may be in the library. We have many PH speaker's books available.
- Too many books to read??? Check out a book with short stories, poems, photographs or a game.

RELAX, READ, and ENJOY

SAVE THE DATES – FOR LEARNING, SOCIALIZING AND TRAVEL:

MidAmerica Regional Assembly --Saturday, April 18, 2020 at Unitarian Universalist Church, Rockford, IL

The event format has been revised this year to a one-day event. There will be select workshops; annual business meeting, lunch; and keynote speaker, Taquien Boston, Special Advisor to the UUA President for Institutional Inclusion, Equity, and Change. On Friday evening, the UU Church in Rockford will host an evening gathering for those in town. More info here, including registration fees and hotel arrangements:

www.uua.org/midamerica/ra. Pilgrim House has budgeted funds for registration fees for two delegates (but lodging and transportation are at delegate's own expense),

General Assembly of the UUA -- June 24-28

Providence, Rhode Island

General Assembly (GA) is the annual meeting of our Unitarian Universalist Association (UUA). Learning, connections, inspirations, and policy-making for the Association through the democratic process. The event will be held at the Rhode Island Convention Center in the heart of Providence. More info here, including housing, registration fees (including an offsite/remote option, and events): <https://www.uua.org/ga>. Pilgrim House has budgeted funds for registration fees for two

delegates (but lodging and transportation are at delegate's own expense).

MARCH IS FOODSHARE MONTH

This important statewide hunger campaign encourages individuals churches, businesses civic groups, schools and clubs to raise cash and food donations for the local food shelves while raising awareness about hunger through a month long media blitz with WCCO TV. In addition, a percentage of all pounds and dollars raised are matched by Minnesota Foodshare making it the perfect time to give.

Minnesota FoodShare envisions a Minnesota where all residents have access to healthy food and no one struggles with food insecurity. Despite a thriving economy, one in eleven Minnesotans and 1 in 8 children are currently food insecure on a regular basis. Here, closer to home, 1/3 of the students in the Mounds View Public School District are on free and reduced lunches and over half of all individuals served through our food shelf are children.

A successful March campaign is critical for our food shelf to be able to continue to provide important services to all of our neighbors, especially the nearly 1200 children that receive services through the Ralph Reeder Food Shelf each month.

We appreciate your past support and would love to have you participate again this year The more that's donated, the bigger our match!! Here's how you can help:

- DONATE FOOD We appreciate all nonperishable foods, hygiene items and cleaning supplies
- DONATE FUNDS With each \$100.00 gift we can provide up to \$800.00 worth of groceries to families in need through our network of suppliers. Donate online now at www.ralphroederfoodshell.org
- SPREAD THE WORD Please spread the word about March FoodShare and Ralph Reeder Food Shelf services. You never know who may need a helping hand.

Bring your donations to Pilgrim House by April 5. Make checks to Ralph Reeder Food Shelf.

Donations must be received by the food shelf between March 1 and April 13th to be eligible for matching dollars. Everyone can do their part to "End Hunger in Minnesota one step at a time." We look forward to your important and continued support.

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.

Kathy and Mel Aanerud