

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

*The October 3 program will be via Zoom. A survey has been sent out asking if you would like to meet in person in our building. Depending on the results of the survey, we may start meeting in person on October 10. When we start meeting in person, programs will also be presented via Zoom (that is we will have "multi-platform" programs). Our website will have the latest information. **Please complete the survey by Sunday, October 3.***

October 3 – Bees via Zoom

Rebekah Golden is the granddaughter of Bill and Carolyn Easter. She discovered herself as an unexpected bee-lover working as an undergraduate research assistant in a bumblebee pollination behavior lab at the University of Arizona. She found that through bees, she was more in touch with the environment and world around her, and it wasn't long before she became completely mesmerized by the simplicity of the individual and how that translated into the complexity of the honeybee superorganism. Using charismatic honeybees as a gateway to the ecosystem concept, Rebekah and 2 friends started Bee & Bloom LLC in Portland, OR. Together they run an educational apiary with 16 hives & an online resource shining a light on pollinators, sustainability, and natural wellness.



October 10 – State Auditor Julie Blaha

Julie Blaha is an American teacher and politician who is serving as the 19th State Auditor of Minnesota. Blaha earned her Bachelor of Science from St. Cloud State University and her Master of Arts in education from . She worked as a middle school math teacher and secretary-treasurer of the Minnesota AFL-CIO. She was elected State Auditor in the 2018 elections. Blaha and her husband, Roger, live in Ramsey, Minnesota. When she talks about being State Auditor, she is interesting and funny.

October 17 – Great Music – *This program is being rescheduled for a later date.*

Local actress, and musical theater performer Kate Beahen and Lyric Arts music director Louis Berg-Arnold will present a professional music presentation.



October 24 – Alexandra House

Heidi Kopischke Shelter and Supportive Services Coordinator Alexandra House, Inc. The mission of Alexandra House is to empower victims of domestic and sexual violence, and inspire social change, through education, support, and advocacy. Alexandra House is one of the community groups that Pilgrim House supports through it's Social Action programs

October 31 – Minnesota from the Road Session 5 – Doug Ohman

Famed photographer and story teller Doug Ohman returns to Pilgrim House with session 5 of his from the road series.



CALENDAR

Thursday, October 7, 7:00pm – Great Decisions meets via Zoom. The topic is Global Supply Chains and U.S. National Security. All are welcome. Contact Al Potter.

Monday, October 11, 7:00pm – Pilgrim House board meeting via Zoom. Everyone is welcome. Contact Marcie Jefferys.

Tuesday, October 19, 2:00pm – Congregational Care meets via Zoom. Contact Nancy Olson.

Wednesday, October 27, 1:30pm – Novel Exchange Book Club meets outdoors as weather permits or via Zoom. The book is *Finding the Mother Tree* by Suzanne Simard. Contact Sharon Borg.

Thursday, October 28, 4:00pm – Book Club meets. The book is *Apeirogo* by Colum McCann. Contact Cynthia LeBlanc.

REGATHERING AT PILGRIM HOUSE

The Pilgrim House Regathering Team under Adam Aanerud, the Pilgrim House Tech Team under Wayne LeBlanc, the Pilgrim House Safety Team under Dick Shelton, and others have been diligently working toward reopening for in-person programs plus concurrent remote virtual access as soon as local COVID conditions indicate. Above is a picture of the main meeting room seating adjusted for social distancing. The Tech team has purchased two new computers plus mics and mic stands to support live programming in our meeting room concurrent with remote access for those participating via Zoom. All reopening planning is keeping an eye toward safety first, with the hope of being able to see each other in person soon.



See <https://www.uua.org/leadership/library/delta-guidance> for more information on regathering.

If you have questions or concerns, please email pilgrimhouse@pilgrimhouseuua.org.

SMALL GROUPS MEETING AT PILGRIM HOUSE

The board has decided that small groups can again begin meeting at Pilgrim House. To ensure that there are not too many people in the building at one time, please

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 (leave a message)

Email: pilgrimhouse@pilgrimhouseuua.org

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

Board Chair: Marcie Jefferys

Pilgrim's Progress (Pilgrim House Newsletter)

If you have any items for the newsletter, please contact Fred Green

newslettereditor@pilgrimhouseuua.org

check the Calendar on the website (the Calendar selection in the website menu). The group leader should make sure that your meeting is included in the calendar. Please send the date and time of meetings to pilgrimhouse@pilgrimhouseuua.org,

SOCIAL ACTION

Information from the MUUSJA Program on September 26

The slides from the program are at https://docs.google.com/presentation/d/1nw5IEM6-FBNL7WG_StKn6hQ-SydX3HgJfokd9jtCOy8/edit#slide=id.gf2d1cf584a_0_21.

The speaker (Karen Wills) is at director@muusja.org. The MUUSJA website is MUUSJA.org. They are MUUSJA on Facebook.

The UU state action network is at cuusan.org.

Sign up for MUUSJA newsletter at <https://www.muusja.org/contact-us/>.

The Joint Religious Legislative Coalition is at <https://jrhc.org/>.

Pilgrim House at HopeFest for Alexandra House

Pilgrim House sponsored HopeFest again this year. There were \$300 in Pilgrim House donations. The picture show some of our attendees.



**Social Action Program:
November 7 – Northside
Achievement Zone –
Sondra Samuels**



Sondra Samuels is President and CEO of the Northside Achievement Zone (NAZ) in North Minneapolis. The Northside Achievement Zone (NAZ) exists to permanently close the achievement gap and end generational poverty in North Minneapolis. Together with our partner organizations, we are walking side by side with low-income families as they put their children on a path to college.

Social Concerns Network Winter Coat Drive has been canceled due to COVID-19 concerns and building availability.

Cookie Cart 🍪

Cookie Cart provides teenagers “with lasting and meaningful work, life and leadership skills through employment and training in urban nonprofit bakeries.” If you are interested in supporting this organization you can order cookies on-line to pick up or be delivered. If you don’t want cookies, consider ordering a dozen for your friends or family, or make a donation to Cookie Cart (there’s a Donate button on the website).

Check out cookiecart.org.

If you have questions, contact Nancy Olson.

CONGREGATIONAL CARE

We wish you all a safe and healthy season. The Congregational Care Committee thanks all that have supported our congregational family through out this very rough year. We miss our Pilgrim House friends, Judy Potter, Carolyn Easter, and James Cadwell. We have been not only able to share our grief but our memories with their families and each other. The cards, flowers, meals, rides and visits have been very much appreciated. We also are aware Karen Conradi-Jones remains in hospice and she and David are able to zoom.



Sometimes we hear “through the grapevine” of folks having short hospitalizations or medical treatments. Last year we had calling lists to check on each other during the pandemic which fell to the wayside. If you have missed seeing or hearing from someone give them a call or a text to say “Hi”. With consent...let our congregation and Congregational Care know of ways we can be supportive.

Looking forward to seeing everyone via zoom or in-person throughout the year.

Nancy Olson

CALL FOR TECH PROGRAM VOLUNTEERS

PH has installed equipment and established procedures to run Hybrid (Multi-platform) Programs In-House. The plan is to open PH to in-house attendance and "Zoom" the whole program at the same time. To accomplish this broadcast capability, PH currently needs a Tech person to run equipment so the facilitator and speaker can do a program without complication. The process is not terribly complicated - learning it involves use of Zoom, PowerPoint, and a few other bits, things many people already know. Consider too, existing Facilitators could learn the Tech job to help a second Facilitator who does a program. Please contact Wayne LeBlanc if you'd like to learn more.

JOIN US FOR “CIRCLE SUPPERS” -- OR LUNCH OR BRUNCH

We're reviving our “Circle Suppers” for small groups of Pilgrim House members and friends to share a Saturday meal. A host prepares a main dish, and participants provide a dish to pass, and/or beverages, to round out the meal.. It could be a supper -- or a group could choose to make it a brunch or lunch. This year we're suggesting that meals could be hosted at Pilgrim House or in the host's home. Group size would be up to 6 in a home, and up to 8 if held at Pilgrim House.

These gatherings have been enjoyable opportunities for us to share some fun and fellowship in the past -- and we're looking forward to providing that experience again.

To participate, just send an email to pilgrimhouse@pilgrimhouseuua.org with your responses to these items. (It's like a "virtual clipboard." 😊)

1. Name(s) of those attending
2. Indicate all Saturday dates that work for you: Oct 16, October 23, Oct 30
3. Do you have a preference for gathering at Pilgrim House -- or prefer to gather in the home of a host -- or "either"
4. Do you prefer daytime -- or evening -- or "either"
5. Would you be willing to host?

All participants must be fully vaccinated.

Upon having this information, we will form groups and send you an email with names in your group and your volunteer host. We will ask the host to contact their

group members to: (1) propose a time to meet (2) confirm whether the location will be Pilgrim House in their home (3) suggest/coordinate items for attendees to bring (such as salad, bread, side dish, dessert -- and beverages).

Looking forward to your participation!

Kathy Aanerud

Connections Committee

GREAT DECISIONS PROGRAM AT PILGRIM HOUSE

Great Decisions is a dynamic citizen education and discussion program, sponsored nationally by the Foreign Policy Association and coordinated locally by the Minnesota International Center. Speakers are informed and interesting observers of Foreign Policy affairs. We meet the first Thursday of the month at 7:00pm -- currently via Zoom -- and invite all to attend.

The purpose of Great Decisions is to educate citizens about issues of importance to American foreign policy and to provide them with the information to form opinions about the topics covered. Pilgrim House has held a Great Decisions Program since 2007. We have found Great Decisions to be a stimulating and provocative learning exercise, and we encourage others to join us.

Each year eight issues significant to the United States' role in the global community are chosen for discussion. For 2021-22 these issues are: Global Supply Chains and National Security, Persian Gulf Security Issues, Brexit and the European Union, Struggles Over the Melting Arctic, China's Role in Africa, The Korean Peninsula, Roles of International Organizations in a Global Pandemic, and The End of Globalization?

See the following article for details of our October 7 program. Hope you can join us!

October 7, 7:00pm, will be the first of our fall Great Decisions programs. The topic is chapter 1 in the booklet, Global Supply Chains and U.S. National Security. Zoom information will be sent closer to the date. I look forward to restarting and hope you can join us.

What are some of the lasting effects that the pandemic could have on global supply chains and trade?

The shutdown of global supply chains due to the Covid-19 pandemic brought to the fore an issue with the high level of global economic interdependence: what happens when one country is the main source for an item, say face masks, and then can no longer supply the item? Countries suddenly unable to meet the demand

for certain supplies are faced with growing calls for economic nationalism. What are some of the lasting effects that the pandemic could have on global supply chains and trade? How would this affect national security?

Our speaker will be Todd Lefko, one of our entertaining 'regulars'. Todd is President of the International Business Development Company, an import-export firm dealing with water purification equipment, kilns, linen, art and new technologies. He has homes in both Minnesota and Moscow, and has written more than 680 articles, which appeared weekly in *Rossiske Vesti*, the political newspaper of the Russian Presidential administration, as well as other Russian newspapers. Todd is on the editorial board for the *Russian Historical Review*, a quarterly journal, as well as being the English editor for four Russian books. Todd has worked in Russia for over 32 years. Todd has taught sociology and urban affairs at the University of Minnesota and political science, international relations, political philosophy, political campaign management, leadership and organizational development at other Minnesota colleges. He has an M.A. in Public Administration and coursework for a Ph.D. from the University of Minnesota and has studied public policy as Bush Fellow at Harvard and urban planning at the University of Manchester, England. He is one of the founders of Global Volunteers and has been their Treasurer and representative at the United Nations and serves on their Board of Trustees. Todd has also been a member of the Twin Cities Metropolitan Council, The Regional Transit Board and the Minnesota Experimental City Authority. He is currently Chairperson of the Russian-American Business and Culture Council.

JAMES CADWELL

The family of James Cadwell (who passed away in June) sent Pilgrim House \$500 and a nice card thanking us for our support:

Dear Nancy,

Thank you for coming to James' Celebration of Life, it meant a lot to see so many people from Pilgrim House.

We also want to the Congregational Care at Pilgrim House for the very beautiful stone, it will hold a special place in our hearts.

I have enclosed a check from the donations of family & friends and would appreciate it if you could get it to the appropriate people.

Thanks so much,

Steve, Joy & Rachel

PILGRIM HOUSE MEMBERS ATTEND THE WILD RICE FESTIVAL IN ROSEVILLE



Here are some of the Pilgrim House folks who enjoyed the beautiful weather, cultural foods and performances, and nature exhibits on Saturday. It was the 17th annual -- and some of us were just learning about it for the first time!

FALL EVENTS AT LANDMARK CENTER

Our summer programs at Pilgrim House included a virtual tour of the historic Landmark Center in downtown St. Paul and it's ongoing vibrancy as a home to arts organizations, galleries and performance spaces.



Check out a couple of upcoming events that Pilgrim House folks might enjoy attending together:

- **History Play:** The unique feature with this play is that noted Twin Cities, judges, legal practitioners, and academics take on the costumes and roles of the characters in the play. Dates are Oct 7 & 8 at 7 pm and Sunday Oct 10 at 2 pm. Tickets \$10. Info and ticket order here: <https://landmarkcenter.ticketleap.com/obscenity-on-trial/>.
- **Gangster Ghost Tour:** Guided groups travel down the shadowy halls of Landmark enter and stop to talk with "ghosts" of infamous inhabitants. October 28, tours begin at 6 pm and depart every 15 minutes. Tickets \$10. Info and ticket order here: <http://www.landmarkcenter.org/gangster-ghost-tour/>

We're planning to attend the History Play on Sunday afternoon Oct 10. If you'd like assistance ordering tickets and/or arranging carpooling/rides, let us know.

Mel & Kathy Aanerud
Membership 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

THE IMMORTAL PLASTIC BOTTLE

A Live Zoom Event:

Type this link in your browser:

<https://tinyurl.com/uPlastics>

Monday, October 18, 2021, 7:00 PM

What are plastics and how did they become such an integral part of our daily lives? Invented around the turn of the 20th century, when raw materials seemed infinite and the natural world's ability to buffer human waste and pollution seemed boundless, plastics have grown evermore abundant and diverse. This presentation will examine the hidden costs of convenience and offer sustainable alternatives to this modern marvel, plastics.

Hosted By: Northeast Metro Climate Action

Website: northeastmetroclimateaction.org

On Facebook: NortheastMetroClimateAction

On Twitter: @NemcaClimate

Free Event!

About the speaker:

Mary Kosuth is a Climate Change

Instructor and PhD student at the University of Minnesota's School of Public Health (SPH), in the Environmental Health Sciences Division.