



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

*Pilgrim House is open for in-person programs. To participate at Pilgrim House, you must be vaccinated and wear a mask. There will be no food; drinks are permitted only in the fellowship hall; singing is permitted while masked. Facilitators, musicians, and presenters may opt not to wear a mask. Programs will continue to be offered via Zoom. The Zoom link for these programs will be sent to Pilgrim House members, friends, and others who have requested the link.*

**November 7 – Why Place Matters Now More Than Ever**

According to the latest research, a child's life trajectory is often determined by the neighborhood where they are raised. The Northside Achievement Zone (NAZ) is a comprehensive community strategy to ensure that a child's zip code is not their destiny. While NAZ has seen demonstrable success over the years, the triple threat of the pandemic, killing of George Floyd and historic levels of violence threaten to set us back in incalculable ways. Come learn about what NAZ is doing to address the issues and why they won't give up! In fact they have said, 'we are just getting started!!' Sondra Samuels is President and CEO of the Northside Achievement Zone (NAZ) in North Minneapolis.



**November 14 – Forest Bathing: the Japanese art of "Shinrin Yoku"**

David Motzenbecker introduces Forest Bathing, the Japanese art of "Shinrin Yoku", translated as: 'taking in the forest air with all the senses'. Backed by over 35 years of scientific studies, forest bathing is a gentle, immersive, intentional, and meditative walk through the forest that has been found to reduce stress and boost immune function, as well as increase focus and productivity.

**November 21 – Thanksgiving Celebration**

With us back in the building, we are trying to have a Thanksgiving program more like those in the past. At this time we have not completed planning for the program, but we are looking for your participation (see article below on the Thanksgiving program).



**November 28 – Best Read**

We need 5-6 participants to share their book – Did you make it through that pile of books by your bed this year? Is there one that made you laugh, think, cry or try something new? Best Read is your chance to share your finds with the rest of us. Please contact Mina Adsit if you want to participate. You will have 5 minutes to introduce us to your best book choice (or choices if you keep it short)

**December 5 – Backyard Biology – with Sue Chaplain**

## CALENDAR

**Thursday, November 4, 7:00pm – Great Decisions via Zoom – What does the future hold for the U.S. relationship with the ROK?** All are welcome. Contact Al Potter.

**Monday, November 8, 7:00pm – Pilgrim House board meeting via Zoom.** Everyone is welcome. Contact Marcie Jefferys.

**Sunday, November 14, 4:00pm – Common Read Discussion of *Breathe: A Letter to my Sons*, by Imani Perry via Zoom.** All are welcome. Contact Marcie Jefferys.

**Tuesday, November 16, 2:00pm – Congregational Care meets via Zoom.** Contact Nancy Olson.

**Wednesday, November 17, 1:30pm – Novel Exchange Book Club meets.** The book is *Virgil Wander* by Lief Enger. Contact Sharon Borg.

## COFFEE AND OTHER BEVERAGES ARE BACK FOR YOUR SUNDAY MORNING!

We didn't have beverages at Pilgrim House when we resumed in-person meetings in October with our COVID precautions. The Regathering Committee has since reviewed that guideline and has agreed that beverages may be consumed in the Fellowship Room before and after the program -- but not consumed in the Program Room. Masks must still be worn between beverage sips. So we've started brewing coffee; we have hot water for tea, and we have cold water and juices. Cheers!

The Sunday Hospitality Committee invites you to take a turn at making the coffee and doing the beverage set-up -- or you can sign-up to just lead the clean-up. If you're new to these activities, you'll be paired up with an experienced helper. See the sign-up sheet in the Pilgrim House entryway.

Kathy Aanerud & Nancy Olson  
Sunday Hospitality Committee

## THANKSGIVING

We are meeting in our sacred space again. For Thanksgiving we want to present a program as close to those we presented before Covid. But a lot of that will depend upon you. We are asking you, whether in person or via zoom, to share readings, music, or



## 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](mailto: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](mailto:newslettereditor@pilgrimhouseuua.org)

whatever you would like to share to help us all be more thankful for who we are and where we are in life. Unfortunately there will be no chorale, which we all loved, and we are still working on other aspects of the day. We will have a short recognition of those who passed since we were last together, but we want the total program to be as uplifting as possible. There will be further information as the date approaches. And we will begin calling you if we don't get what we think we need to make it a great program for you and for our fellow pilgrims. Contact Bill Rohde or Mel Aanerud letting us know what you can contribute.

## SUNDAY HYBRID (MULTI-PLATFORM) PROGRAMS

Pilgrim House has produced 3 Hybrid (UUA calls them Multi-platform) combined in-person and Zoom remote Programs, Oct 10, Oct 17, and Oct 24. All 3 have allowed both in-person people and Zoom remote people to experience a Sunday Program! This capability has not come easy, and programs have had some glitches, but all, so far, have allowed decent participation of all the people, both in-person and remote. We are learning and the production of a program is getting better. The first program, was State Auditor Julie Blaha who is an excellent speaker. The second was mostly a slide show talk, "Alexandra House Women's and Family Shelter" by Heidi Kopischeke. The third was a live "Music Program Featuring Kate Beahen." This was a special all-music program by Twin Cities Actress and Vocalist

Kate Beahen, accompanied by Lyric Arts music director Louis Berg-Arnold. They got a standing ovation. With these 3 very different programs, PH has shown it can handle a wide variety of program formats and allow active participation from people, both in-person and remote via Zoom. In the first program, PH featured our first in-person speaker since the pandemic began. The second was a slide show presentation. The third was a LIVE all music show. Our technology is improving but there could still be more growing pains.

For the October 24 program, we had 30 in-person participants and 24 Zoom participants for a total of 54 people. Before that, there were only 15 or so in-person and 20 or so Zoom. It's encouraging to see this renewed good attendance and shows that both in-person and Zoom capability is important.

In any case, here are just a few tips for Zoomers.

\* Remember to mute your device. If you are not muted, your voice or singing is heard by all the in-person people at PH. You might find that a co-host has muted you if you forget.

\* Use the Chat for questions, comments, or trouble reports.

\* Select a display mode (gallery or speaker). On a PC, it's in the upper right corner, on a mobile device, slide the screen.

\* On a PC, when Zoom does a share screen, a bar between the shared screen and the people can be slid to reduce the size of the shared screen and increase the number of people seen in the gallery if you so desire.

\* If desired, turn off the Zoom Live Transcript with Hide Subtitle. Each person can control that feature themselves.

\* We'll coordinate interaction from everyone with in-person people first, then with remote Zoom people (raise your hand, enter something in the Chat, or just unmute and speak).

Suggestions, comments, and ideas are welcome.

Wayne LeBlanc, Technology Chair

## CONGREGATIONAL CARE

### Food request for Candy Lang:

Candy's chemo has changed, from once every three weeks for 18 weeks, to once a week, for nine weeks. That takes us right up to Christmas – the week of Christmas will be her final dose, before she takes a month off from chemo to allow her body to recover before having surgery.



If you are wondering how to contribute, maybe once in the next nine weeks, please go to [carecalendar.org](http://carecalendar.org); use calendar ID 300932, and security code 4546 to sign up. You can also purchase a gift card to a restaurant. There is more information on the site about preferred food. Information is on the left side – under Candy's name click on 'details'

Questions:

Contact

Candy's sister

Terri Lang

or

Judy Bloom Martinez

### Karen Conradi-Jones

We miss seeing Karen Conradi-Jones and David at PH on Sundays but it is wonderful to see them both on Zoom. Our love goes out to Karen as we know every day she is fighting a difficult battle. Cards for Karen can be sent to David at

If you would like to provide rides for David to visit Karen at Shalom contact David.

### Judy Rohde

Our fellowship is so happy that Judy Rohde's recent surgery at Mayo in Rochester to remove a tumor compressing a facial nerve went well. We miss her! We are sending healing thoughts and good vibes to Judy and Bill in her recovery so she can return to PH soon.

## JOIN IN OUR COMMON READ AND DISCUSSION

### *Breathe: A Letter to my Sons*, by Imani Perry

All are invited to join us in a congregational read and discussion of the book that was chosen for the 2020-21 Unitarian Universalist Common Read: *Breathe: A Letter to my Sons*, by Imani Perry.



**Save the date to discuss the book:** Marcie Jefferys has volunteered to lead a book discussion on Sunday afternoon, November 14, 4:00 pm, *via Zoom*.

**Need a copy of the book?** In addition to availability in local library systems, including cloud libraries, we also have some hard copies of the book to rotate among readers. If you're not at Pilgrim House on Sundays, or if our supply is currently out, contact Nancy Olson, and Nancy will arrange to get a copy to you.

**Background info:** The UU Common Read builds community in our congregations and our movement by giving diverse people a shared platform for reflection



and a shared focus for action. From the UU Common Read website for *Breathe: A Letter to my Sons* ([www.uua.org/read/breathe-a-letter-to-my-sons](http://www.uua.org/read/breathe-a-letter-to-my-sons)):

.....The writer challenges society to recognize Black children as deserving of humanity. She shares her fear and frustration for her African American sons in an increasingly racist atmosphere. However, as a mother, feminist, writer, and intellectual, Perry offers an unfettered expression of love—finding beauty and possibility in life... The *New York Times* calls *Breathe* “an elixir of history, ancestry and compassion, which, together, become instruction... a parent’s unflinching demand, born of inherited trauma and love, for her children’s right simply to be possible.”

We hope you'll plan to join in the discussion. Questions? Contact Kathy Aanerud, Connections Committee, [membership@pilgrimhouseuua.org](mailto:membership@pilgrimhouseuua.org).

## GREAT DECISIONS PROGRAM AT PILGRIM HOUSE

**November 4, 7:00pm via Zoom – What does the future hold for the U.S. relationship with the ROK?**

The Korean Peninsula is facing a defining era. Attempts by South Korean President Moon Jae-in and U.S. President Donald Trump to repair the rift between North and South have lost any momentum as Pyongyang continues to test long-range missiles for its nuclear weapons program. As the rift between the U.S. and China grows further, South Korea may end up in the middle of the two superpowers. What does the future hold for the U.S. relationship with the ROK?

Our speaker will be Richard Leitch, Professor at Gustavus. He spoke with us last year on Climate Change and the Philippines.

Dr. Richard Leitch earned his BA in East Asian Studies from Colby College in 1985 and went on to earn an MA in Asian Studies from the University of Illinois, Urbana-Champaign after a two-year career on Wall Street. He earned his Ph.D. in Political Science from Illinois in 1995, where he was the recipient of the Harriet and Charles Luckman Award for Distinguished Undergraduate Teaching, and the College of Liberal Arts Award for Distinguished Teaching by a Graduate Assistant. He has been a member of the Political Science Department at Gustavus since 1996, where he teaches courses in International Relations, Comparative Politics, Asian Politics, Environmental Politics, and the Politics of Poverty. In 2000 he received the Swenson-Bunn Award for Teaching Excellence at Gustavus, and in 2008 the Edgar M. Carlson Award for Distinguished Teaching. In 2012 he was included in The Princeton

Review’s The Best 300 Professors. His research interests include Japanese domestic politics and foreign policy, and he is the co-author of *Japan’s Role in the Post-Cold War World*.

## PH RECORDINGS, CAN I GET THEM?

Are you interested in a recording of a PH program? Here is what's available. Members can sign in to the member section of the website and find a section listing edited recordings of the Sunday Programs. Click the link to listen to the YouTube video. Friends can ask for a recording and they will be provided a way to view edited programs. Members can obtain the full recording for up to 7 days after the program via a [wettransfer.com](http://wettransfer.com) mp4 file transfer. If you missed the Sunday Program "Pollinators, Sustainability, and Natural Wellness," by Rebekah Golden, you're in for a treat.

## REVIVAL OF CIRCLE SUPPERS (AND LUNCHES)

We had a good response to our revival of this activity. There were 16 people from 11 households that signed up to be grouped into a lunch or supper in a gathering not to exceed 6 people. Participants could choose daytime or evening from 3 dates offered and could choose gathering in a home or at Pilgrim House. All were comfortable meeting in homes. We thank our volunteer hosts who welcomed us to their homes -- Glennie Gilleen, Susan Setter, and Ruth and Ray Kreps! Our hosts offer a main course, and participants bring the other components of the meal, usually salad, sides, and dessert. These casual and fun mealtime gatherings allow us to get to know each other better outside of Sunday mornings. We will likely offer this activity again in the early spring, so think about hosting or joining as a guest.

Kathy Aanerud  
Connections Committee



## MEDITATION

From <https://www.uua.org/worship/words/affirmation/i-want-be-people> via Lollie Jensen

### I Want to Be with People

By Dana E Worsnop

A birds-eye view of about six sets of hands, stacked on top of one another

Often people say that they love coming to a place with so many like-minded people.

I know just what they are getting at -- and I know that they aren't getting it quite right.

I don't want to be with a bunch of people who think just like me.

I want to be in a beloved community where I don't have to think like everyone else to be loved, to be eligible for salvation.

I want to be with people who value compassion, justice, love and truth, though they have different thoughts and opinions about all sorts of things.

I want to be with independent-minded people of good heart.

I want to be with people who have many names and no name at all for God.

I want to be with people who see me in me goodness and dignity, who also see my failings and foibles, and who still love me.

I want to be with people who feel their inter-connection with all existence and let it guide their footfalls upon the earth.

I want to be with people who see life as a paradox and don't always rush to resolve it.

I want to be with people who are willing to walk the tight rope that is life and who will hold my hand as I walk mine.

I want to be with people who let church call them into a different way of being in the world.

I want to be with people who support, encourage and even challenge each other to higher and more ethical living.

I want to be with people who inspire one another to follow the call of the spirit.

I want to be with people who covenant to be honest, engaged and kind, who strive to keep their promises and hold me to the promises I make.

I want to be with people who give of themselves, who share their hearts and minds and gifts.

I want to be with people who know that human community is often warm and generous, sometimes challenging and almost always a grand adventure.

In short, I want to be with people like you.

## CALL FOR TECH PROGRAM VOLUNTEERS

PH has installed equipment and established procedures to run Hybrid (Multi-platform) Programs In-House. The plan is to have PH open 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.

## 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](http://cookiecart.org).

If you have questions, contact Nancy Olson.

## 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)

