

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.

December 5 – Connecting with Nature - Susan Chaplin

Originally from California, I lived in New York and Missouri for several years before coming to Minnesota in 1985. After finishing graduate school at Cornell in the 1970s, I taught undergraduate and graduate biology in Missouri and Minnesota for 38 years and finally retired from the University of St. Thomas in 2011.

Retirement has been a wonderful time to learn photography, travel in the U.S. and abroad, spend time with grandchildren, and connect with others by writing about the wonders of the natural world. As a teacher I always tried to engage my students (of all ages) with biology by putting the concepts into a context that would grab their attention. How better than to pose a question that would feed their inquisitiveness about how things work in the natural world: how does a cheetah run 60 mph? why are seeds arranged in spirals in a flower head? why do leaves change color in the fall? why are blue eyes and red hair rare? In retirement, I've found that questions like these also pique the interests of readers of my web log (i.e., blog) – most often people who were not all that interested in biology when they were students. And these writing exercises have benefitted me as well, prodding me to observe more closely what's going on in the world around me, from my own backyard to backyards throughout the world. In my talk, I'll present some background on how I got started blogging and some examples of how the blog helps me connect with people about connecting with nature.



December 12 – Pipestone National Monument – Gabby Drapeau

The Pipestone found at the monument in southwest Minnesota is only found one other place on Earth, in Germany. It was considered sacred to most Indian Tribes and was a major trading item, found from Alaska to Patagonia. Only indigenous Indians can now dig Pipestone.

December 19 – Our Traditional Holiday Program

Please join us for a Special Holiday Celebration with contributions from members and friends. There will be songs, seasonal music, favorite holiday readings and more. Your contributions from your family traditions will help shape this program. Please contact Bill Rohde or Mel Aanerud to contribute. See articles below.



December 26 – No Program

January 2, 2022 – Your Favorite Photo – Awe and Wonder – See inside for details.

CALENDAR

Thursday, December 2, 7:00pm – Great Decisions via Zoom – The End of Globalization? All are welcome. Contact Al Potter. See article below.

Wednesday, December 8, 1:30pm – Novel Exchange book club meets at Pilgrim House. Contact Sharon Borg

Thursday, December 9, 3:00pm – Book Club meets at LeBlancs. The book is "Anxious People" by Fredrik Backman. Contact Cynthia LeBlanc.

Monday, December 13, 7:00pm – Pilgrim House board meeting via Zoom. Everyone is welcome. Contact Marcie Jefferys.

Sunday, December 19 – Newsletter items are due. Contact Fred Green.

Sunday, December 19, 11:30am-1:00pm – Ms Claus visits Pilgrim House. All are welcome. See below.

THE PILGRIM HOUSE LAND

ACKNOWLEDGEMENT STATEMENT

Land Acknowledge is a way for the people of PH to be more aware of the presence of Indigenous People and the atrocities they have faced in their lives for many generations. We need to support them. Any ideas will be greatly appreciated. Please think about it and share with me. – Judy Bloom-Martinez

The Land Acknowledgement

Pilgrim House would like to move forward with:

Pilgrim House acknowledges that we gather on the ancestral land(s) of the Dakota People. We honor with gratitude the land itself and the people who have been stewards throughout the generations, including the Ojibwe.

PILGRIM HOUSE

HOLIDAY

CELEBRATION

Participate in our Holiday Program!

Our Pilgrim House Holiday Celebration program will be on Sunday, December 19. Due to COVID restrictions we will not have our beloved chorale, but we will still have a wonderful program for our members, friends and guests with the songs, poetry, stories and traditions that you and your family treasure. Contact Mel Aanerud or Bill Rohde to contribute your piece. Though we won't be having our traditional pot luck after the program, there will be coffee and hot cider in the fellowship room – and, a visit from Ms Claus and her



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

elves. See related article below -- **with an optional drive-by to see Mrs. Claus.**

MS CLAUS WILL VISIT PILGRIM HOUSE

Watch out for the reindeer on Sunday December 19th. Ms Claus and her elves are visiting Pilgrim House with a story and treats for all. They will have presents for the children, cookies, red delicious apples, and hot cider for everyone outdoors at Pilgrim House after the holiday program. **Folks who cannot come to the holiday program are invited to visit Ms Claus and her jolly elves with a drive-through from 11:30 to 1:00.** (Note that unvaccinated children are welcome at the drive by.)

Please contact Nancy Olson with the names and ages of children who will join us in the celebration!

SUNDAY HOSPITALITY

VOLUNTEERS WANTED

You're cordially invited to assist with our in-person Sunday hospitality! Share some happiness with our attendees. Check out these activities that need volunteers. Then sign up at Pilgrim House -- or email a note to pilgrimhouse@pilgrimhouseuua.org. *If you're new to these activities, or need a refresher, you'll have a mentor to assist.*

- Arrive early to start the coffee and set out other beverages, or



- Arrive early and be a Greeter for Sunday in-person attendees, or
- Lead the clean-up when fellowship time has been completed -- empty the coffee pots, start the dishwasher, bag up the recycles and trash.

Training and mentoring provided -- along with hearty thank-yous from your fellow Pilgrims.

Nancy Olson & Kathy Aanerud, Sunday Hospitality Committee

Mel and Kathy Aanerud, Membership Committee

GREAT DECISIONS AT PILGRIM HOUSE

December 2, 7:00pm – The End of Globalization?

Via Zoom

With the passing of the Brexit vote and Donald Trump's America First doctrine, protectionist policies have become more prevalent, challenging globalization. What is globalization and how will it be affected by protectionist trade policies? How will the United States and the world be affected by such policies? Is globalization really at an end, or in need of a refresh?

Our speaker will be Rob Scarlett, who currently serves as Senior Advisor to Clearwater Biologic, LLC, a bio-remediation business located in Babbitt, Minnesota, and has served as a senior executive in a number of smaller manufacturing companies over the years. Since 1999, he has also led Hunter Scarlett Consulting and serves as a director for start-ups in the US, Europe, and Latin America. Rob is fluent in English, German, Spanish, and Portuguese. He graduated from Carleton College in the mid-1960s and spent much of the past 50 years working and living in various countries in Latin America. In the community, he is a former Chair of Global Minnesota and currently serves as Board Chair for the Venn Foundation and Trustee of the Sundance Family Foundation.

HOLIDAY GIVING – NEEDS FROM THE SOCIAL ACTION COMMITTEE

There are places to put your donations in the entryway at Pilgrim House, or you can donate directly to an organization as indicated below.

PH supports 3 organizations through the Social Action Committee. Here is a list of year end needs from each of our organizations

1. **Alexandra House** – providing help to those with domestic, sexual and domestic abuse.

Support the Holiday Gift Giving – Must be delivered to Alexandra House by December 10th.

Gifts of gift cards with RECEIPTS attached in \$25 increments from Target, Walmart, Visa, Mastercard or

Amazon. This allows the families to shop online if they want to avoid visiting stores. Gift cards from Aldi or Cub for food are also welcome.

You can bring your donation to Pilgrim House by December 5 or mail it to Pilgrim House by December 1.

2. **Ralph Reeder Food Shelf** – Helping those in need with food insecurity.

They accept monetary donations or food. You can drop donations at the food shelf from 9 to noon on weekday mornings, bring them to Pilgrim House, or donate online via the food shelf website at

<https://www.moundsvIEWSchools.org/foodshelf>. The food shelf address is Ralph Reeder Food Shelf, Silver View Plaza, 2544 Mounds View Blvd., Mounds View, MN 55112.



3. **Community Support Center** – preventing homelessness.

Checks can be mailed to:

Community Support Center

1600 Silver Lake Rd NW

New Brighton, MN 55112

GUEST AT YOUR TABLE

Many Pilgrim House members and/or attendees have participated in the Unitarian Universalist Service Committee (UUSC) Guest At Your Table program. This program is the UUSC's annual international program to raise support for and awareness about critical human rights issues. This year the theme is "Now is the Time for Courageous Change."

For more information about Guest At Your Table:

UUSC.ORG/GUEST

Carol Green

Chair Children's Religious Education Committee.

CONGREGATIONAL CARE

During the season of hope and sharing we hold many members in our thoughts.

Candy Lang continues to receive cancer treatment. Opportunities to provide a meal for Candy and Bob can be found on the Care calendar. Cards can be sent to 1290 Osage St, St Paul MN, 55117

Calendar ID : 300932

Security Code: 5784

<https://www.carecalendar.org/v2/calendar.php?month=11&year=2021>

Karen Conradi-Jones is receiving hospice care at Shalom Hospice. Cards for Karen can be sent to David Conradi Jones at 2680 Lexington N, St. Paul 55113.

David is appreciative of rides to visit Karen and can be contacted at 612-247-1107 to make arrangements.

YOUR FAVORITE PHOTO – AWE AND WONDER – JANUARY 2 PROGRAM

This years' Favorite Photo program has a theme – Awe and Wonder!

This is your opportunity to tell us about your experience with feelings of awe and wonder, with the help of photographs. Your experience may have come from something in nature, a man-made object, an experience with art, or a special person to you. The photo may be one you personally took, or one you found to illustrate your awesome experience.

We will show your photos on the screen and you will have several minutes to tell us about the images. Your story is as important as the photograph. Each person can share up to three photos. If you would like to be part of the program, email photos (.jpg file) to Les Rogers no later than December 22nd. Contact Les if you have questions.

Additional information:

Eight Reasons Why Awe Makes Your Life Better

https://greatergood.berkeley.edu/article/item/eight_reasons_why_awe_makes_your_life_better

Definitions:

Awe

A mixed emotion of reverence, respect, dread, and wonder inspired by authority, genius, great beauty, sublimity, or might.

Wonder

Something or someone that is very surprising, beautiful, amazing, etc.

A WINTER WALK

Join a group of PH folks on December 15th at Silverwood's Forest Bathing Trail. 🌲 🌲

The path is .25 miles but we will plan on 1 hour to unwind and enjoy our surroundings.

There are guideposts on the trail that invite us to connect with Nature in a different way.

We will meet at the northeast corner of the park at 10:30 AM and meet each other at the snack bar afterwards for socializing.

Masks are encouraged.

Questions... contact Nancy Olson.

ZOOM TIPS

TIP 1

Focus. Focus. I want the Focus when I speak – I want to see myself. If you find that you see someone else when you speak, and you'd really rather see yourself so you know it is working and you have the focus, change the setting with:

Click the "up arrow" by the video icon.

Select "Video Settings."

Scroll down to see other options.

Check the box by "See myself as the active speaker while speaking."

TIP 2

If desired, just below that:

Choose to see 25 or 49 participants in the gallery view.

TIP 3

All participants can choose to see either a "Gallery" view or "Speaker" view. On a PC it's in the upper right corner. On a mobile device, slide the screen left and right.

TIP 4

If desired, turn off the Transcript with "Hide Subtitle."

If there are any suggestions for PH Hybrid programming, contact Wayne LeBlanc.

BOOKS AVAILABLE TO BORROWER

Our Pilgrim House zoom discussion of *Breathe: A Letter to my Sons* was conducted last month, but copies of the book are still available in the Pilgrim House entryway if you'd like to read on your own.

Those participating in our Zoom discussion concluded that the book is Highly Recommended reading. Along with the main theme of white supremacy and racism,



there were overlapping themes of the arts and religion that entered into our discussion too.

Kathy Aanerud

Connections Committee

MORE BOOKS!

If you haven't already or recently done so, look over the books available to borrow in our Pilgrim House library. We have copies of books read by our Pilgrim House book clubs, past Common Read books, books by persons who have been our Sunday speakers, and many other wonderful selections. No check-out process needed. Just select your book, enjoy it, and return it when done.

Judy Bloom-Martinez & Mary Ryan

Library Committee



PILGRIM HOUSE MEMBER IS NAMED SHOREVIEW'S CITIZEN OF THE YEAR

From the Shoreview News:

“Congratulations to Paul Gardner who received the 2021 Shoreview Citizen of the Year Award. Mayor Sandy Martin and the city council presented Paul with the award at the November 18 volunteer appreciation dinner.



“Paul has been giving back to Shoreview and the greater community for two decades, consistently demonstrating his passion for environmental stewardship and helping protect our planet. In addition to serving on the environmental quality committee, Paul has helped initiate successful programs such as recycling at the Slice of Shoreview and a rain barrel sale for Shoreview residents.

“Paul also represented Shoreview as a State Representative. While there, he supported and passed key environmental legislation including the electronics stewardship bill that created the framework for recycling old electronics.”

Read full article here:

<https://www.shoreviewmn.gov/Home/Components/News/News/1691/17>

QCD – HOW TO LEVERAGE YOUR CHARITABLE GIVING TO PILGRIM HOUSE!

Using Qualified Charitable Distributions (QCD), you may be able to leverage the money you donate to Pilgrim House (PH) about 30% MORE (assuming 22% Fed, & 8% Mn tax rates) without affecting your bottom line. A QCD uses your tax deferred account and moves

your money straight to PH without causing you a tax hit. You must be 70½ or older to be eligible to make a QCD. In addition, for those over 72, it qualifies as part of your Required Minimum Distribution (RMD). If you use Fidelity, just type in QCD in their search box and be directed on exactly what to do. For others, check with your tax deferred account company because the money must be sent directly to PH. If you distribute it to yourself first, you will have to pay taxes on that money. So, check out QCD!

Les Rogers Finance Committee

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.

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

