

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

Pilgrim House is open for both in person and Zoom attendance. Our updated COVID attendance policy is below.

There will be no program January 1.



January 8 – Rev. Leslie Mills returns with “Where are we going?”

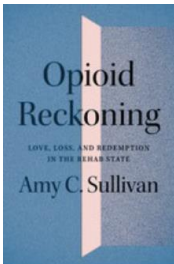
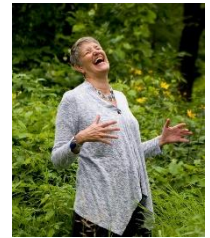
These are exciting times in Unitarian Universalism today. Our faith is often described as a "living tradition" because it is not written in stone. We continue to evolve and grow as we learn more about the world around us and our responsibility to build the Beloved Community. So, what does that look like in the coming years?

Soup Sunday follows the program.

January 15 – Barbara McAfee: Winter Solace: Songs and Poems to Carry Us Through

It's cold. It's dark. The winter months call us to be strong and steady, to nourish ourselves for the long haul to spring. Barbara will offer songs and poems that we can tuck into our soul-pockets as we travel these winter days.

Barbara McAfee is a master voice coach, singer-songwriter, song leader, poet, and author. A native of Stillwater, Minnesota, she recently moved back to the St Croix River Valley to a cottage in St Croix Falls, Wisconsin. She spends hours every day hiking the woods and waters of her new home.



January 22 – Reckoning with Opioids in the Land of 10,000 Rehabs

Amy Sullivan, author of *Opioid Reckoning*, will share insights not only about the history of the opioid epidemic, but also how it collided with Minnesota's pioneering history in drug and alcohol treatment. She will share stories about the intimate lives of families, medical and social work professionals, grassroots activists, and others who contributed their experiences, insights, and potential solutions to ending the epidemic.

January 29 - The Storied History of the Minnesota State Fair

When you walk through the gates of the Minnesota State Fair, you are enveloped with sights, sounds, smells and more that is unlike any other time of the year. You know what the State Fair is like now, but do you ever wonder how it came to be? With its roots in agriculture, the Minnesota State Fair has been a fixture of Minnesota since its first territorial fair in 1855. While agriculture is still the primary focus, the scope of activities has broadened to include large-scale entertainment, technological and industrial exhibits and participation of scores of education and government institutions. With a mix of historical facts, anecdotes and photographs depicting agriculture, competitions, entertainment and exhibits, you will see how the State Fair was, and is a feast for the senses, and that it truly is the Great Minnesota Get-Together.

Keri Huber has worked at the Minnesota State Fair as an archivist for nearly 15 years. With over 22,000 photos in the State Fair's collection, her background in visual arts has proven useful in finding images that tell a story and bring history to life.



CALENDAR

Saturday, January 7, 5:30pm - MSUS hosts Potluck and Coffee House, 5:30 potluck, 6:30 hybrid Coffee House at Pilgrim House. All are welcome. Contact Laura Smidzik.

Sunday, January 8, after the program – Soup Sunday at Pilgrim House. All are welcome.

Monday, January 9, 7:00pm - Pilgrim House board meeting via Zoom. Everyone is welcome. Contact Les Rogers.

Wednesday, January 11, 7:30pm - Website Task Force via Zoom. Contact Marcie Jefferys.

Wednesday, January 18, 2:00pm - Zoom coffee hour. All are welcome. Contact Nancy Olson.

Sunday, January 22 – Newsletter information is due. Contact Fred Green.

Wednesday, January 25, 1:30pm - Novel exchange book club meets. Contact Sharon Borg.

Thursday, January 26, 11:00am - 1:00pm - MSUS hosts Third Thursday 60+ Gathering, discussion and potluck at Pilgrim House. All are welcome. Contact Laura Smidzik.

Thursday, January 26, 2:00pm - Book Club meets. The book is *Murder on the Red River* by Marcie Rendon. Contact Cynthia LeBlanc.

SOCIAL ACTION

Pilgrim House Adopt a Family

Thank you for your generosity, support and willingness to make this holiday a great day for the family. Your cash, gift cards and beautiful useful gifts for the entire family were well received. Each person was gifted a comforter, sheets, bathrobe and slippers and a Target gift card. There were many other fun items too. Nine-year-old La'Maya received a bicycle.



A note from Trinia - Mom and Grandma:

Thank you and the church for making our Christmas great. La' Maya loves her bike and can't wait to ride. Everyone was happy with their gifts. Thank you again and God Bless You.

Pilgrim House UU Fellowship

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: Les Rogers

The Land Acknowledgement

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's Progress (Pilgrim House Newsletter)

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

newslettereditor@pilgrimhouseuua.org

Ralph Reeder Food Shelf

Donate money or food on Soup Sunday. Remember those less fortunate. See

<https://www.moundsvIEWSschools.org/foodshelf> for more information or to donate online.

Cookie Cart

Check out the cookie choices, as well as special packaging for your cookies at <https://cookiecart.org/>.



ZOOM COFFEE HOUR



Join us for Zoom coffee hour on January 18 at 2 pm. This is a nice time to check in with your friends while you sit in your warm and cozy armchair! Everyone welcome.

Nancy

MICHAEL SERVETUS EVENTS AT PILGRIM HOUSE

We are invited to attend these events:

Potluck and Coffee House

Saturday, January 7 5:30 pm Dinner, 6:30 pm Coffee House (Hybrid), Pilgrim House

People of all ages and talent levels are welcome to perform at the monthly MSUS coffee house. If you'd like to perform contact Chad Snyder. The potluck will run from 5:00-6:00 pm and the coffee house starts at 6:30 pm and is hybrid. People can perform in person or online.

Third Thursday 60+ Gathering [NOTE DATE CHANGE]

Thursday, January 26, 11:00 am-1:00 pm, Pilgrim House

Join us for an hour of facilitated conversation followed by a potluck. We had 12 people attend in November! It is a great way to connect and share a good meal.

Save the Date:

MSUS Delphi Jazz Concert, Saturday February 25

Delphi Jazz is pleased invite Pilgrim House to their annual concert. This beloved group plays music from Broadway, classic jazz, and sometimes folk as well.

KARA PROGRAMS

Pilgrim House member Mike Tikkanen sent the following information on KARA for at risk kids:

Financial Literacy for at risk youth and Campus Child Abuse & Child Protection are programs our nonprofit is running in the new year (videos below).

The COVID lockdown increased domestic violence and child abuse in MN. This is impacting our public schools, public safety and healthcare.

[Financial Literacy Peer Groups](#) (3 Min Video)

[KARA Who We Are What We Do](#)

30 DAYS OF LOVE 2023

Side With Love is thrilled to announce [30 Days of Love 2023](#)! Our annual month of spiritual nourishment, political grounding, and shared practices of faith and justice, 30 Days of Love will go from Martin Luther King, Jr. Day (January 16) through Valentine's Day (February 14).

This year's 30 Days of Love is a gift to our whole community: a love letter, a warm hug, a spiritual

balm for all of the individuals, families, religious professionals, partners and communities that embody our values and work for justice and liberation year-round. Each week will feature a spiritual theme overlapping with one of Side With Love's intersectional justice priorities, and we'll share an array of offerings to help nourish your spirit and give gratitude and affirmation.

WEEK 1 (January 16-22): **Interdependence: Democracy & Electoral Justice**

WEEK 2 (January 23-29): **Embodiment: LGBTQIA+, Gender & Reproductive Justice**

WEEK 3 (January 30 - February 5): **Resilience: Climate Justice**

WEEK 4 (February 6-12): **Healing: Decriminalization**

BONUS DAYS (February 13-14): **Blessings: Liberatory Intersections**

CURRENT PILGRIM HOUSE COVID POLICY

Vaccines: We are still asking attendees to be vaccinated, however there will be an exception for children too young to be vaccinated.

Masks: Masks are optional in the entire building.

Program Room: Social Distancing is encouraged. We will continue to run air purifiers.

Beverages are allowed.

Fellowship Room and nursery: There is no expectation of social distancing.

We will continue to run air purifiers.

Food and beverages will be provided by Hospitality.

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

