



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

Pilgrim House is open for both in person and Zoom attendance. Our COVID attendance policy is on our website..

March 3 – Best Reads

Our periodic review of the best books enjoyed by Pilgrim House readers.



March 10 – Alexandra House – Amanda Fulk

Amanda Fulk is Community Engagement Coordinator for Alexandra House – Round-the-clock service, advocacy and shelter for all victims of violence.
<https://www.alexandrahouse.org/>

March 17 – Black Pioneers in a White Denomination – Rev Laura Thompson

Rev Thompson is the minister at Minnesota Valley Unitarian Universalist fellowship.

March 24 – Living as Transgender: A Target On My Back

Persons who are transgender have become far more visible, which has partly resulted in greater societal acceptance, but also greater marginalization, if not outright oppression.

Given America's political climate in 2024, what does it mean to identify as "trans" or nonbinary? What are the practical effects of the hundreds of anti-trans legislative bills introduced in nearly every state in the country, with many of those becoming law? How does all of that affect transgender and nonbinary persons emotionally?

And for those who care, what can they do to support trans and nonbinary humans?

Join national speaker, diversity consultant, author, and retired civil trial lawyer Ellen "Ellie" Krug as she shares about the current state of American anti-trans politics and how she and every other transgender and nonbinary person have a target on their back. It is as bad as you might think.



March 31 – Spring Celebration! To welcome spring and the earth's re-awakening please plan to join us for a festive morning of music, readings, food, special treat for kids, and fellowship. If you have a contribution which you'd like to share for the program ... perhaps special music, a reading, poetry, dance, ...?, please contact Mel Aanerud or Bill Rohde by Sunday 3/24. Scheduling of Chorale practices remains to be finalized, but singers are asked to at least pencil in Saturday Morning, 3/30 for our final practice prior to the program (details to be forthcoming). And don't forget to also plan to join us for brunch appetizers, Cookie Cart cookies, and fellowship immediately following the program. We're looking forward to seeing you there. **THINK SPRING!!!**

CALENDAR

Saturday, March 2, 5:30pm – MSUS Coffee House, 5:30 potluck, 6:30 hybrid Coffee House at Pilgrim House. All are welcome. To be on the list for Coffee House, contact Chad Synder. See article below.

Thursday, March 7, 7:00pm – Great Decisions via Zoom: Global Trade and Green Energy. All are welcome. Contact Al Potter. See article below.

Sunday, March 10, 12:00pm – Sunday Stories at Pilgrim House with presenter TBD. All are welcome. Contact Mary Eskelson.

Monday, March 11, 7:00pm – Pilgrim House board meeting via Zoom. Everyone is welcome. Contact Adam Aanerud.

Sunday, March 17, 3:00pm - Pauli Murray movie viewing and discussion at Pilgrim House. All are welcome. Contact Ellen Shelton. See article below.

Thursday, March 21,

11:00am – MSUS Third Thursday 60+ Gathering at Pilgrim House. Join us for an hour of facilitated conversation followed by a potluck. This is an opportunity for people from Pilgrim House and MSUS to gather! It is a great way to connect and share a good meal. All are welcome. Contact Laura Smidzik. See article below.

1:00pm – Congregational Care meets at Pilgrim House. Contact Nancy Olson.

Tuesday, March 26, 10:00am – AED / CPR review at Pilgrim House. All are welcome. Contact Nancy Olson. See article below.

Wednesday, March 27, 12:30pm – Novel exchange book club meets. The book is *Lessons in Chemistry* by Bonnie Garmus. Contact Sharon Borg.

Thursday, March 28, 1:30pm – Book Club meets at Don Wahlberg's. The book is *The Diary of a Young Girl* by Anne Frank. Contact Cynthia LeBlanc.

OPEN PH BOARD POSITIONS

The PH Board of Directors currently has two open positions for 2024-2025: Member-at-Large and Incoming Board Chair. Serving in either position is a good way to get to know PH better and contribute to its successful operation.

The Member-at-Large position allows people who are not committee chairs or officers to observe how the Board works, participate in meetings and vote. The Incoming Chair (Chair-elect) gets the opportunity to observe leadership in action before becoming Chair, participate in discussions and vote.

The Bylaws provide more information about the Board and its committees, and can be found on the members' portion of the website. Please contact a Nominating Committee member (Michelle Gardner, Dick Shelton or Marcie Jefferys—Chair) for more information.

FACILITATOR RECRUITMENT

Each week a volunteer moderates the Sunday program. Facilitators coordinate the standard meeting agenda – chalice lighting, introductions, announcements, meditation, speaker introduction, and closing. The facilitators also have behind the scene roles connecting with the speaker, assembling the Power Point slides that are shown on the screen, time keeping, and assembling the weekly bulletin including printing. There are three members who regularly facilitate and a few more people who occasionally moderate. We could use more members willing to participate in either of those categories.

The facilitator role allows members to be more involved in the weekly programs that shape the culture of Pilgrim House. Working directly with the guest speakers leads to more understanding of their topics and the audience response to programs. You need to be comfortable with technology -connecting with speakers via phone or email, editing the Power Point slides, and producing the weekly bulletin. The UUA website has a Words For Worship section that is helpful for chalice lighting and meditation scripts. The program committee and current facilitators can coach you through the requirements.

If you are interested in learning more about facilitating or training to be a facilitator contact Lollie Jensen or Mina Adsit.

PRECINCT CAUCUSES ARE TUESDAY!

Precinct caucuses will be held on February 27, 2024, one week before the Presidential Nomination Primary. Find your caucus location with the Caucus Finder <https://caucusfinder.sos.mn.gov/>.

AED AND CPR REVIEW AT PILGRIM HOUSE ♥♥

It can be lifesaving to learn the use of AED's (Automated External Defibrillator in the entryway at Pilgrim House), basic CPR and how you can help first responders in the case of a person experiencing a cardiac arrest. You do not need to perform CPR or use the AED if that makes you uncomfortable. We will talk about what you can do besides performing CPR or using the AED (automated external Defibrillator) in an emergency.

Everyone is invited, including Michael Servetus Unitarian Society and neighbors

Renee Handoff, Heart Safe communities coordinator, EMS Educator, is our instructor.

When—March 26 at 10:00am -11:30am

Snacks will be provided.

Contact Nancy Olson for questions or concerns..

SOCIAL ACTION

A **New We Believe sign** was purchased and placed in front of PH by the PH sign on HWY 96. Two additional signs were also purchased and are being stored in the basement for replacements or to put elsewhere.

Alexandra House Movie Night – Bruce and Judy spent the evening on January 30th showing a movie and providing snacks to 4 families. The children had fun eating and running around and watching the movie.

CSC Luncheon – April 18th – Come and learn how the CSC supports people to prevent homelessness. PH has a table for 8 so please let Judy know if you are able to attend.

Get Out The Vote – UU the Vote is having a Zoom kickoff meeting on March 14th at 6pm. Listen in to learn about how PH can join in. To sign up

<https://secure.everyaction.com/15gwk4JrxUO2eEcwBkgl0w2>

War In Gaza – UUA stands with the Palestinians, demanding a ceasefire –

<https://www.uua.org/pressroom/press-releases/uua-condemns-violence-urges-ceasefire>

MOVIE VIEWING AND DISCUSSION

SUNDAY MARCH 17

Come to Pilgrim House at 3:00pm on Sunday, March 17 for a screening the eye-opening 2021 documentary entitled “My Name Is Pauli Murray.” The 1.5 hour movie (93% rating on Rotten Tomatoes) will be followed by a discussion, and then a light supper.

So who was Pauli Murray? And why have we never heard of Pauli?

- A brilliant activist on multiple fronts
- Author of a book about state laws regarding race discrimination that was regarded as the “bible” for the litigation that ended in the Brown v. Board of Education ruling overturning “separate but equal”
- Wrote landmark articles on sex discrimination; credited by Ruth Bader Ginsberg with originating the argument that persuaded the

Supreme Court to prohibit discrimination on the basis of sex

- Identified at birth as female, but never comfortable with that identity
- Friend of Mary MacLeod Bethune, James Baldwin, and Eleanor Roosevelt
- Recognized as a saint by the Episcopal Church

Come and learn (or learn more) about this amazing person who was so far ahead of the times they lived in, but helped spur the progress leading to our times.

MARCH 31 IS INTERNATIONAL TRANSGENDER DAY OF VISIBILITY

The news keeps bringing us reports of increasing slurs, discrimination, and legal and even physical attacks on transgender people. We are lucky in Minnesota to have laws that protect trans people’s rights and safety, but the stress takes a toll. Help celebrate the courage of people who insist on their right to openly express all of who they are, and appreciate the contributions they make to our shared community.

Pilgrim House will be recognizing this important annual event in two ways:

- On March 17 (Sunday afternoon) we’ll be watching and discussing a documentary about Pauli Murray – see the separate article in this newsletter.
- On March 24, the Sunday morning program will be presented by Ellie Krug, a dynamic speaker and trainer and herself a trans woman. You may remember the workshop Ellie gave in January 2020, entitled Gray Area Thinking, about overcoming personal biases and strengthening positive interactions among people. She will describe her experiences “with a target on her back” and what we can do to support trans and nonbinary people.

GREAT DECISIONS

March 7, 7:00pm – Global Trade and Green Energy via Zoom

Will the United States and China, with other powerful countries following suit, approach current and future climate initiatives with an increased commitment to trade protectionism and nationalism, by various measures including trade restrictions? Or could a growing spirit of international accord develop to confront the “common enemy” of climate change?

Our speaker, Todd Lefko, has taught sociology and urban affairs at the University of Minnesota as well as political science, international relations, political philosophy, political campaign management,

leadership, and organizational development at other Minnesota colleges. He has lectured at universities in Russia, China, Germany, Belarus, Kazakhstan, and Turkmenistan. He has an M.A. in Public Administration and coursework for a Ph.D. from the University of Minnesota and studied public policy as Bush Fellow at Harvard and urban planning at the University of Manchester, England.

On the local level, 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.

YOU'RE INVITED TO THE TAKING HEART OPEN HOUSES AND DINNERS

Taking Heart Open Houses is a long-running program coordinated by the Minnesota Council of Churches and the Muslim American Society of Minnesota to bring Christians and members of other faith communities together with Muslims for food and conversation during Ramadan. Minnesota mosques and Islamic Community Centers welcome their non-Muslim neighbors for a traditional Iftar, inviting a time of encounter and learning.

The locations, dates, registration form, and more information about Ramadan are at this website: <https://mnchurches.org/what-we-do/taking-heart>

Pilgrim House members have participated in these events in past years and enjoyed the experience and hospitality. We won't be doing a group registration, but we will have a sign-up sheet at Pilgrim House so you can see who else is considering attending at which location.

Kathy & Mel Aanerud

MSUS CALENDAR FOR PH NEWSLETTER Potluck and Coffeehouse, March 2, 5:30 potluck, 6:30 Coffeehouse

Pilgrim House UU Fellowship

Join us for dinner, the coffee house (in person or online) or both! If you are interested in performing contact Chad Snyder at chadasnyder@gmail.com. Performers of all skill levels are encouraged to participate and can perform in person or online through the MSUS zoom room.

Third Thursday 60+ Group and Potluck, March 21, 11:00-1:00 pm, Pilgrim House UU Fellowship

Each month the 60+ year olds at MSUS and Pilgrim House gather to reflect on MSUS' monthly theme. March's theme is transformation. Rev. Laura will lead

the discussion prior to the potluck. It's always a friendly and engaged group. All are welcome!

UU HUMOR

How many Unitarians does it take to change a light bulb?

We choose not to make a statement either in favor of or against the need for a light bulb. However, if in your own journey, you have found that light bulbs work for you, that is wonderful. You are invited to write a poem or compose a modern dance about your personal relationship with your light bulb. Present it next month at our annual Light Bulb Sunday Service, in which we will explore a number of light bulb traditions, including LED, incandescent, fluorescent, 3-way, long-life, and tinted, all of which are equally valid paths to luminescence or are they?

Why can't UUs sing very well in choirs?

Because they're always reading ahead to see if they agree with the next verse.

What do you call a dead Unitarian Universalist?

Someone who has moved on to the next great adventure, exploring the mysteries of the universe.

UPDATED COVID-SAFETY CRITERIA WE FOLLOW AS OF 9/11/2023:

- Masks are optional – Masks and hand sanitizer are available.
- Attendees are vaccinated, with exception for children too young to be vaccinated.
- Air purifiers will continue to be run in Program and Fellowship Rooms.
- Food and beverages are provided by our Hospitality 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

