



**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..*

**May 5 – Lori Sturdevant**

Lori Sturdevant, respected journalist, retired columnist for the Star Tribune and author or editor of several books about notable Minnesotans is back with her take on the topics of the day. She continues to be one of the congregation's favorite speakers. She plans to talk about the recent steps made by the Legislature to assure that Minnesota continues to be known as "the state that votes." She'll update the case made in her 2020 book, *Turnout*, written with Joan Anderson Growe.



**May 12 – Experiencing the Natural Connection of Mind and Body**

Experience the power of good posture, relaxation, and a positive mind through simple, hands-on exercises. Mind-body practices for improving health, performance, and life-satisfaction are promising new trends in modern medicine, sports, business, and personal development. While relatively new in western culture, such approaches have a long history in Japan. The Japanese art of Ki-Aikido builds on ancient traditions and modern thinking to teach four basic principles to coordination of mind and body: Center, Relax, Settle, Connect. Anyone can learn and immediately apply these principles in their own lives.

Jonathan Poppele works to help people connect more deeply to themselves, to others, and to the natural worlds. Jon is the Head Instructor for Minnesota Ki-Aikido in St. Paul, MN, where he teaches meditation, breathing, bodywork, and the peaceful martial art of Ki-Aikido.

**May 19 – The Tiny Fields Project**

The Tiny Fields Project was founded in 2013 by Emily Organ and uses boulevards and alleys in North Minneapolis to teach residents vegetable gardening and connect neighbor to neighbor through agriculture. Emily will discuss creatively approaching community gardening, how the project was founded and its results, and the challenges of keeping the program sustainable and inclusive.

**May 26 – no program (Memorial Day weekend)**

**June 2 – Flower Communion and Annual Meeting**

Bring a flower from your garden to add to the fellowship bouquet, reflecting the beauty of our diversity and what each of us individually brings to it. Take home a flower from the fellowship representing what the fellowship gives back to each of us. This is a program begun in Czechoslovakia that has been held annually before our summer recess for many years. This is will be a short program followed by the Pilgrim House Annual Meeting.



*See inside for the Annual Meeting and summer programs. Pilgrim House only has one program a month in the summer.*

## CALENDAR

*MSUS events are not listed unless Pilgrim House is invited. Look at the website calendar [pilgrimhouseuua.org/Calendar](http://pilgrimhouseuua.org/Calendar) before scheduling an event at Pilgrim House.*

**Thursday, May 2, 7:00pm – Great Decisions via Zoom – Science Across Borders.** All are welcome. Contact Al Potter.

**Saturday, May 4, 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.

**Monday, May 13, 7:00pm – Pilgrim House board meeting via Zoom.** Everyone is welcome. Contact Adam Aanerud.

**Tuesday, May 14, 10:00am – AED/CPR Review at Pilgrim House.** All are welcome. Contact Nancy Olson.

**Thursday, May 16,**

**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.

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

**Saturday, May 18, 6:00pm – MSUS Spring Concert at Pilgrim House.** Contact Bruce VanBronkhorst.

**Wednesday, May 22, 12:30pm – Novel exchange book club meets.** Contact Mary Carlson.

**Thursday, May 23, 1:30pm – Book Club meets.** Contact Cynthia LeBlanc.

**Sunday, May 26 – No program (Memorial Day weekend)**

**Saturday, June 1, 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.

**Sunday, June 2, 10:15am – Flower Communion and Annual Meeting.** All are welcome. Contact Adam Aanerud.

*For events after the Annual Meeting, see the Calendar page of the website [pilgrimhouseuua.org/Calendar](http://pilgrimhouseuua.org/Calendar).*

## HEARTSAFE AED AND CPR REVIEW

Heartsafe AED and CPR Review is on May 14 at Pilgrim House at 10am. Anyone interested in reviewing or learning the basics of CPR and AED (Automated

External Defibrillator) are invited, friends and families included! We also will discuss how you can be most helpful during an emergency without performing CPR/AED. Healthy snacks provided. Contact Nancy Olson for questions.

## PILGRIM HOUSE ANNUAL MEETING

The Pilgrim House Annual Meeting will be held Sunday, June 2, following the flower communion. It will be hybrid (in-person and zoom). A Zoom link and agenda will be sent via email closer to the meeting date. A quorum is needed to conduct business. Please plan to attend!

At the meeting, members will elect the board officers for the upcoming year, vote on the Pilgrim House budget, and have an opportunity to briefly review the past year and discuss goals for the next year. Per the bylaws, a proposed slate of officers will be presented; nominations from the floor will also be accepted. Contact Adam Aanerud, current Board Chair, for more information [chair@pilgrimhouseuua.org](mailto:chair@pilgrimhouseuua.org).

Lunch will be provided by the Hospitality Committee following the Annual Meeting. A short Board meeting will follow to approve standing committee chairs, at large members and set future board meeting dates.

Pilgrim House 2024 Annual Meeting Agenda

- Opening Words
- Approve Agenda for 2024 Annual Meeting
- Approve Minutes from 2023 Annual Meeting
- Chair comments / summary of the year
- Treasurer's Report
- Committee Reports
- Outgoing Chair passes gavel to new Chair
- Board Membership for coming year
  - Present the slate of officers for Chair Elect, Secretary, Treasurer
  - Nominations from the Floor
  - Vote
  - Present candidates for Standing Committee Chairs (to be approved at next board meeting)
  - Present At-Large candidates (to be approved at next board meeting)
- Nominations for Delegates to UU General Assembly (all virtual June 20-23, 2024)
- Presentation of Proposed 2024-25 Budget
- Motion to Approve the Budget
- Other Business and vote, if needed
- Closing Words

## SUMMER PROGRAMS

Pilgrim House has one program a month during the summer. This summer's programs are:



### June 22 and 23 – The 2024 Virtual General Assembly

The 2024 Virtual General Assembly will have the Ware Lecture on June 22 at 6:00 our time live via Zoom at Pilgrim House. The speaker, Julia Watts Belser (she/her), is a rabbi, scholar, spiritual teacher and a longtime activist for disability and gender justice. She is Professor of Jewish Studies in the Department of Theology and Religious Studies at Georgetown University. The Sunday Service will be June 23, noon to 1:30 – Live via Zoom at Pilgrim House.

### July 14 – Oliver Kelley Farm

Kelsey Butler, program supervisor at the Oliver Kelley Farm, will give a brief overview of their programs, seasonal experiences, and annual calendar. She can even bring some of their chickens so folks can meet some of the farm's animals.



### August 18 – Norway House

Norway House contributes to the Norwegian-American community and strengthens the Norwegian-American ties. This long-standing relationship, while honoring cultural and historical aspects, focuses on the importance of building a strong connection in arts, business, and culture. Our speaker, Race Fisher, is Membership and Volunteer Coordinator.

## SOCIAL ACTION

### UU the Vote

Pilgrim House has been considering how to support the UU the Vote effort for this year's elections. Karen Wills has sent a detailed document on the MUUSJA plan for UU the Vote. Contact Fred Green if you would like a copy of the document.

### Community Support Center (CSC) Lunch

On April 18<sup>th</sup>, ten of our members (see picture below) participated in the annual Community Support Center luncheon in New Brighton. To personally support or contribute to the CSC, check out their web site: <https://communitysupportcenter.org/>



### *PH at the CSC lunch*

The below is an article from the CSC lunch program that gives a favor of how the CSC actually works.

### Upcoming CSC Events:

**April 28, 2:00pm – a festival of songs and hymns at United Church of Christ in New Brighton on Sunday, April 28th at 2pm.** The event will benefit CSC. Many of the hymns will be led by the composer and lyricist, assisted by UCCNB music staff and choir and children from Redeemer Reformed Church in Golden Valley.

**July 28, 9:00am-1:00pm – CSC Walk for Our Neighbors at Silverview Park in Mounds View.** Enjoy a nice walk around the lake to benefit the CSC.

## HOW THE COMMUNITY SUPPORT CENTER WORKS

### Profile of Applicant

- Single mom of 2 girls and pregnant
- Is a Personal Care Attendant earning \$20/hr
- Owes 2 months back rent (\$2800)
- Used County aid too recently to reapply
- Worked only part time because of pregnancy
- Baby coming in one month
- Will return to work when baby is 6 weeks old
- Family unable to support financially
- Landlord threatening to evict

### CSC Challenges

How to prevent the eviction

Apply to another organization to help with back rent

How to determine that she can pay her bills next month

Complete budget to show if income exceeds expenses

How to guide her to improve her situation

File for tax refund and child credits

Apply for energy assistance

Make appointment at Ralph Reeder Food Shelf

Apply to Ramsey County for daycare assistance

Pay off credit card to improve credit score

Consider buying a less expensive car

Investigate requirements to complete degree

## GREAT DECISIONS

### May 2, 7:00pm – Science Across Borders

Climate change poses an urgent challenge and despite current efforts, the risk of “overshooting” the 1.5 degree Paris Agreement goal is likely. In this environment, should all options, including risky technological “fixes,” be considered? Solar radiation modification, which promises to reduce the surface temperature of the earth, also carries substantial risks, including regional droughts, flooding, and extreme weather events. Unfortunately, the effects (both positive and negative) of solar radiation modification, which is being researched by international organizations, global networks of scientists, individual countries, and private sector groups, cannot be confined to a single country or region. Who should decide on how to address the urgent threats from climate change?

Christi Siver is a Professor of Political Science at the College of Saint Benedict and Saint John’s University. She did her undergraduate work at Lewis and Clark College in Portland, OR, her Masters in International Relations and International Economics at Johns Hopkins School of Advanced International Studies, and her Ph.D. in political science at the University of Washington. She teaches courses on international relations and international security. Her current research interests include international humanitarian law, military technology, and comparative law.

## MIDAMERICA REGIONAL ASSEMBLY

### April 19-20 / Madison, WI

Pilgrim House was among the 63 congregations in attendance at our MidAmerica Regional Assembly on April 19-20. We are allocated two voting delegates for the business meeting, and our Board nominated Marcie Jefferys and Kathy Aanerud to serve. Marcie (and Steve White) attended in-person in Madison, Wisconsin and Kathy (and Mel Aanerud) attended virtually. In addition to the business meeting, workshops included "Deeper Joy: Youth at the Center," reviewing the Article II revisions, relationship between MidAmerica Region and UUA, and Side With Love resources.

At the business meeting, **Marcie Jefferys was elected to serve on the Nominating Committee for the MidAmerica Region's Board.** The Region provides congregations with training resources, programming support, consulting on congregational issues, identifying financial opportunities, and more. MidAmerica Region includes parts or all of the states of Illinois, Wisconsin, Indiana, Michigan, Missouri,

Kentucky, Ohio, North Dakota, South Dakota, Minnesota, Iowa, Kansas, and Nebraska.

The host venue was First Unitarian Society of Madison. Its meeting house was **designed by Frank Lloyd Wright** and has been designated a U.S. National Historic Landmark. There were cost overruns during construction in 1949-51, and member volunteers helped finish construction. Take a short tour here: <https://vimeo.com/570521461>

## MEL’S QUOTES FROM THE SPRING CELEBRATION

In the Spring Program Mel had a number of quotes between each presenter – He was asked for them. Here they are:

*“I know one thing, it is only when it is dark enough that one can see the stars.”* Martin Luther King

*“Hope is that thing inside us that insists, despite all the evidence to the contrary, that something better awaits us if we have the courage to reach out for it, and work for it, and to fight for it.”* Barack Obama

*“When you are at the end of your rope, tie a knot and hold on.”* Theodore Roosevelt

*“The things you do only for yourself are gone when you are gone, but the things you do for others for others remain your legacy forever.”* Kalu Ndukwe Kalu

*“Fear never built the future only hope does”* Joe Biden

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

