

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

September 7 – Water Communion

Join us for our annual Water Communion Service. This morning's activities will include a book for all ages. Heidi Heyns will share her thoughts on "Man, water, and the intelligence of water that unites us". You are invited to share your water stories as well.

Heidi is a Private, Extended-Stay intuitive Animal and Estate Guardian. She's been traveling Europe and the US non-stop since August 2019 doing this work, while also spreading her knowledge of 18yrs as a Laughter Yoga Teacher. Heidi is a fifth generation Unitarian.

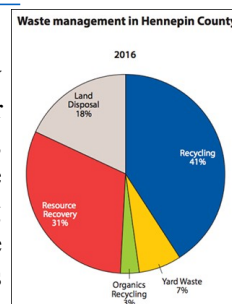


September 14 – Minnesota book award winner – Kao Kalia Yang

We welcome author Kao Kalia Yang back to Pilgrim House. She was honored this spring with three Minnesota book awards in the categories of Children's Literature, Middle Grade Literature, and Memoir and Creative Non-Fiction. In this family-friendly program, she will begin with sharing her children's picture book with power point visuals and a soundtrack that accompanies the book. Her presentation will also include her latest memoir, *Where Rivers Meet: A Story of My Mother's Life*. Book sales and signings will follow the program. <https://www.kaokaliayang.com/>

September 21 – Talking Trash- reducing the amount of trash that we generate

Assistant Director for Hennepin County Environment and Energy Department, Dave McNary has worked 30 plus years for Hennepin County's Environment and Energy Department. Prior to joining Hennepin County, Dave was the Solid Waste Manager for Pierce County, Wisconsin. Additionally, he served as the Recycling Coordinator for the City of Inver Grove Heights. In his current capacity, Dave manages the county's waste reduction and recycling programs, household hazardous waste programs, solid waste operations and oversees the county's district energy facility. Hennepin County's Solid Waste Division has 56 employees and an annual operating budget of ninety million dollars. Dave will be speaking about the county's efforts to reinvent the county's solid waste system and reduce the 1.3 million tons of solid waste materials that are generated annually in Hennepin County.



September 28 – Portraits of our Neighbors: Urban wildlife photography

Karen Kraco is a retired science teacher and writer whose work with the Northeast newspaper put a "real" camera in her hands for the first time in 2016. Her lifetime of paying attention suddenly had an artistic outlet; she learned how powerful the visual can be in evoking emotions and making connections. In recent years, Karen has focused on urban wildlife photography, which she sees as a form of street photography: candid of creatures living their lives, much as we live ours, in spaces that are just as much theirs as ours. She especially enjoys winter "crowtography," tracking the thousands of crows in Minneapolis as they converge every night in a huge roost.

October 5 – Martin Sabo – A Book from Lori Sturdevant

Author and journalist Lori Sturdevant is back with her newest book: *Martin Sabo, The making of the modern legislature*. While best known as a Congressman from Minnesota's Fifth Congressional District, he also made significant contributions to American Political Life earlier in his career as Speaker of the House of the Minnesota House of Representatives. He helped transform the legislature of the 1960's to 1970's to operating more in the public view and taking responsibility for the education and well-being of the Minnesota citizens.

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: Marcie Jefferys

The Land Acknowledgment

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. Newsletter information is always due the next to the last Sunday of the month.

CALENDAR

Saturday, September 6, 5:30pm – MWUUC 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, September 8, 7pm – Pilgrim House board meeting via Zoom. Everyone is welcome. Contact Dick Shelton.

Saturday, September 13, 10am – Reserved for cleaning. Contact Al Potter.

Thursday, September 18, 1pm – Congregational Care meets at Pilgrim House. Contact Deb Magnusson.

Thursday, September 25, 1:30pm – Book Club meets at Harlene Hagen's. The book is *The Women* by Kristin Hannah. Contact Cynthia LeBlanc.

Saturday, September 27,

10am – Reserved for cleaning. Contact Al Potter.

1pm – Writing group meets at Pilgrim House. All are welcome. Contact Bruce France.

WELCOME BACK, CHILDREN!

We're looking forward to welcoming families back to Pilgrim House this fall.

Kristen Kenney will be returning as our child care provider. Her experience in the child care profession will continue to help us ensure that children, ages 2 to 12, will have a safe, stimulating, and fun space while their parents participate in the Sunday program.



As in the past, we encourage families to be together for the first part of the program, then children can go downstairs before the meditation. For those who prefer to go directly downstairs, Kristen will be available for child care beginning at 10:15.

We will again have a sign-up sheet for one adult volunteer to be present with the child care provider each Sunday. For online signup, parents and other volunteers can add their name to an empty Sunday slot in the Shared Google Calendar. If you want to be added to the Shared Google Calendar, reply and let Melanie know. There will also be a volunteer sign-up sheet at Pilgrim House if you prefer to sign up on paper instead of online.

For parents of infants and young toddlers, the nursery in the back of the Fellowship Hall will continue to be available. Additionally, for families who prefer to stay throughout the entire program, the "Nest" at the back of the Meeting Room will continue to have pillows and some activities to engage children.

See you in September!

Volunteer Coordinator for Child Care Assistants:
Melanie Magidow

Steering Committee: Marcie Jefferys, Lollie Jensen, Kathy Aanerud

CONGREGATIONAL CARE / WELCOMING CONGREGATION

Please remember that we are here to support members and friends of Pilgrim House. We connect and offer support in times of illness or crisis. This might include a visit to a member or Pilgrim House friend in hospital, a home cooked meal or a phone call. And we are here to celebrate your joyful times too!!

This year I will serve as chair for Congregational Care / Welcoming Congregation Committee. Please contact me any time you feel this group can be of assistance to Pilgrim House members or friends who are in need of care and connection.

Love to have more folks join our group! Look for our sign up sheet on the Welcome table. The next meeting is set for September 18 at 1:00pm. We will meet in person here, at Pilgrim House.

"Alone we can do so little. Together we can do much!"
.....Helen Keller

Thanks, Deb Magnuson

SOCIAL ACTION

The Walk

Despite the hot weather on July 27 we showed up! Thirteen Walkers logged 17.2 miles. Overall 265 Walkers did 330 miles, so more miles than 2024. The money raised is more, too. Every mile walked earns ten dollars for CSC (Community Support Center).

Thanks Marcie, Ellen and Marilyn who greeted Walkers at PH Station 4.

Alexandra House

Last year PH made a donation to Alexandra House for the Linus' Pet Haven which opened in January. To date 25 pets have stayed safely with their families and 11 pets have received vaccinations and veterinary care. Fifteen individuals/families benefited from Linus' Pet Haven. The goal is keeping survivors and their pets safe.

Remember to join Alexandra House HopeFest September 27, 2025. Register at <https://www.alexandrahouse.org/hope-fest/>

Thanks for supporting Social Action projects.
Harlene Hagen

SOUL MATTERS

Last year Pilgrim House started a new group called Soul Matters to explore important themes in our lives. This UUA program provides monthly packets for a Sharing Circle of 8 to 10 participants to support one another's spiritual growth and offer a sense of belonging. Participants receive a monthly packet of readings, video and music links, and questions to explore on their own. Then in a monthly gathering, participants share how the insights from the packet have illuminated their own lives. The themes for 2025-2026 are:

- September: Building Belonging
- October: Cultivating Compassion
- November: Nurturing Gratitude
- December: Choosing Hope
- January: Practicing Resistance
- February: Embodying Resilience
- March: Paying Attention
- April: Embracing Possibility

May: Awakening Curiosity

June: Flourishing Together

Watch for a sign-up sheet at Pilgrim House to indicate your interest and your preference for the monthly meeting time. Ideally groups are no larger than 8-10. If you have questions contact Cynthia LeBlanc.

NEW ARRIVAL AT PILGRIM HOUSE!

Pilgrim House received joyful news from Elissa and Michael in late May announcing the early and safe arrival of their baby daughter. They introduced us to her at our Sunday program on August 10, and we were all delighted to extend our best wishes in person.



WELCOME TO OUR NEWEST MEMBER!

We are pleased to welcome Dennis O'Rourke as our newest member of Pilgrim House. Dennis and his wife live in Shoreview. Dennis began visiting Pilgrim House last November, and we've enjoyed his participation in our programs. This summer he was an active volunteer on remodeling and repair projects for our building. We're very happy to have Dennis joining us as a member.



Be sure to introduce yourself to Dennis and extend a welcome. He's our first new member of the new 2025-26 year.

OUR NEW MEMBERS IN 2024-25

Rounding out the year of new members was Michelle Cheuk. She learned about Pilgrim House from member Deb Magnuson when the two struck up a conversation at a car repair shop. Michelle visited Pilgrim House, joined the discussion group for the common read book that Deb had been reading, and appreciated the array of programs and the people she met. We were happy to receive Michelle's membership card in May.



Our New Member Welcome program at the Annual Meeting in June joyfully welcomed Michelle Cheuk, Gary Averbeck, Kim and Eric Buck, Lisa Ueki, and Elissa and Michael Louks.

IN MEMORIAM: DARLENE C. JOYCE

Longtime friend and Pilgrim House member, Darlene Joyce, passed away July 26, 2025. Darlene and husband Ed (died 2020) was the first marriage

performed at Pilgrim House in May of 1973. Darlene will be remembered for her Religious Education leadership with our youth, and her thoughtful insights she contributed during Sunday morning discussions. Her love of history and genealogy benefited Pilgrim House with a 25-year history book and in 2010 a Pilgrim House Cookbook.

Darlene loved music and she looked forward to singing in the chorale on special holidays as well as special music numbers for various occasions. She loved being with people and was known for organizing activities, whether it was a bike trip or gourmet dinners (precursor to our Circle Suppers).

Darlene is survived by son Karl, his wife Sara and two grandsons. A memorial service was held at Pilgrim House on August 2.

Darlene's obituary can be read on the Bradshaw Funeral Home site: <https://www.bradshawfuneral.com/obituaries/darlene-joyce> and the MN Star Tribune site: <https://obituaries.startribune.com/obituary/darlene-joyce-1093018009?proxy=original>

PH SUNDAY STORIES

Once a month, October through May, we are asking for volunteers to share their Sunday Stories (see details below).

You can do so by zoom or in person and these sessions are not recorded. You can share your story for the first time, or if you have already shared and want to share an updated version, that would work well too. We look forward to hearing about your live and experiences.

Please let Mary Eskelson know if you are interested in sharing your story.

Here is how it works:

Once a month (usually on the second Sunday of the month), we gather after the Sunday program to hear a member/friend tell their story.

Speakers will be able to share in a relaxed setting. Timewise, it can be up to about half an hour to forty five minutes (with questions) starting at 12 noon.

Here are suggested topics and questions others have used as a guideline for preparing a Sunday Story:

1. Your background. Where and when did you grow up? What was your family background/history? What influenced you as you grew up?
2. Your journey. What are some of the path(s) your life has taken? Who or what events influenced or impacted you? What principles or values were meaningful or not a good fit?

What drew you to Unitarianism and/or Pilgrim House?

3. Here and beyond. What is important in your life now? What has meaning for you as you look forward?

CHANGES AT MIDAMERICA

Long time UUA Congregational Life Consultant serving PH, Phil Lund, recently retired. In his place is MidAmerica team lead David Pyle. For small congregations like ours, David will be assisted by the primary contact for small size MidAmerica congregations, QuianaDenae Perkins. Several PH members who have been involved in Phil Lund's prior twice a month small congregation Zoom sharing meetings will be familiar with QuianaDenae through her participation in those recent Zoom meetings.

REPORTING FROM GENERAL ASSEMBLY

General Assembly, or often referred to as "GA," is the annual national gathering of Unitarian Universalist congregations – with workshops, business meetings, fellowship, music and future planning. The event was held at the Baltimore, Maryland convention center with an option for virtual attendance. **Kathy and Mel Aanerud attended in-person in Baltimore, and Marcie Jefferys attended virtually. The voting delegates from Pilgrim House were Marcie and Kathy.**

The theme, "Meet the Moment" set forth challenges for UUs to take values-based action in response to today's political, cultural, and religious realities. Following presentations, GA attendees met in cohort groups to discuss questions such as: "What are the most urgent and important needs and opportunities of this moment?" and "How do our UU values call us to respond to this moment?"

Delegates elected co-moderators for the upcoming six years, they being Re Kimberly Quinn Johnson and Bill Young. Moderators serve as the Chief Governance Officer of the UUA. More info about their role here: www.uua.org/uuagovernance/officers and their bios here: www.uua.org/uuagovernance/elections/candidates-uua-moderator-2025-2031.

Congregational Study/Action Issue (CSAI) invites UU congregations to engage in a multi-year period of study, reflection, and action around a topic voted on at GA. The topic with the most votes this year was "Abolition, Transformation, Faith Formation". The study list includes such issues as replacing retribution justice with transformational justice, how do we disrupt and reverse the dehumanization of incarcerated people, and many topics related to changing systems, hearts,

minds and spirit. More info here:

www.uua.org/action/process/2025-proposed-csa/abolition-faith-formation

Actions of Immediate Witness (AIW) Delegates also voted to affirm all three AIWs that were submitted for consideration. The AIWs are statements about a significant action, event, or development in the world that necessitates immediate **engagement and action among UU congregations and affiliated groups.**

- “Faithful Defiance of Authoritarianism, a Call to Action: Reaffirming Our Covenants for Democracy and Freedom”
- “Funding Global LGBTIQ Freedom Amid Crisis: A Call for Immediate Action and Solidarity”
- “We Declare and Reaffirm: All People Have Inherent Worth and Inalienable Rights.”

Other activities included a hymn sing from the new Virtual Hymnal that will provide new ways for congregations to engage with music; many workshop topics, and the Sunday morning worship service providing a sense of belonging, which was live streamed here at Pilgrim House.

Next year's General Assembly, in mid-June 2026, will be an all-virtual meeting with optional in-person gatherings hosted by UUA host sites that could include community connections, development opportunities and live streamed programming such as the Ware lecture and Sunday worship. **Then in 2027, it's on to San Jose, California** for in-person General Assembly, with virtual option.

URBAN BIRD COLLECTIVE (UBC)

The Urban Bird Collective is doing a program this month at Pilgrim House with Monica Bryand. She thought Pilgrim House may be interested in their gala:

As you may know, UBC is hosting our second annual gala! This year's theme is "Wings of Unity: A Celebration of Nature and Inclusion." We hope you will help us spread the word, and join us this September in celebrating UBC, our work, and our mission.

What is UBC?

The Urban Bird Collective (UBC) is a Black, indigenous, and people of color (BIPOC)-led environmental stewardship organization founded in the Twin Cities in 2018 to promote outdoor recreation and healing for all, with a focus on BIPOC and LGBTQIA+ communities. Our vision is to empower individuals to learn bird identification and gain appreciation of natural spaces by offering guided nature walks.

What is the UBC Gala?

Our 2025 gala be hosted at Dodge Nature Center in Saint Paul on Sunday, September 28. The event will feature food, music, nature walks, a silent auction, and a costume contest. We invite our guests to express their creativity and wear a bird-themed costume or make one at the event, if they choose.

You can view the Eventbrite page here:

<https://ubcgala2025.eventbrite.com>

How can I help?

Ticket sales are live, and we would greatly appreciate your support in spreading the word.

How else can I support this event?

We have sponsorship opportunities at all giving levels (\$250-\$5,000+), and are still accepting donations for the silent auction. If you are interested in sponsoring the gala and learning more about sponsorship benefits, please email Monica Bryand at mjbryand@gmail.com

Organizations and individuals can also purchase “donor” tickets to sponsor other gala attendees at the Eventbrite page, or make direct donations on our website: <https://urbanbirdcollective.org>

Thank you so much for your help and support!

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

