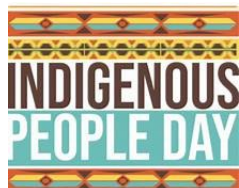
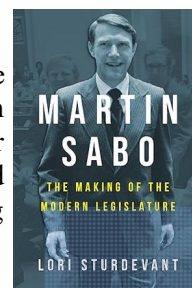


**Upcoming Sunday Programs**  
**(10:15 to 11:30 am)**

**October 5 – Martin Sabo – Lori Sturdevant**

Author and journalist Lori Sturdevant is back with her newest book about 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 wellbeing of the Minnesota citizens



**October 12 – Indigenous People's Day is October 13**

We will either have a speaker yet to be determined, or Mel Aanerud will present more "Stories from the rez."

**October 19 – Best Read**

Best read is a chance for Pilgrim House members to share books that they have read and found meaningful, interesting or just fun! You will have 5 or 6 minutes to provide a review of what was important to you about the book. Any kind of books are welcome. We have time for 5 or 6 volunteers to share their read.

If you want to discuss a book, please contact the facilitator Mina Adsit.



**October 26 – Doug Wood and Steve Borgstrom**

**Minnesota greatest guitarist – a little concert and a little reading.** Douglas Wood is "Minnesota's renaissance man". Artist, musician, naturalist, wilderness guide, and Author of forty-one books for adults and children, with over two and a half million copies in print. His book, "Old Turtle", won the American Booksellers' and International Reading Association Children's Book Awards, and he has written many books about his life and his association with the nature and the wild. We were honored to be the place for his last two book launches.

**November 2 – Pilgrim House 55<sup>th</sup> Anniversary**



## 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](mailto: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](mailto:newslettereditor@pilgrimhouseuua.org). Newsletter information is always due the next to the last Sunday of the month.

## CALENDAR

**2 October, Thursday, 7pm – Great Decisions via Zoom – Artificial intelligence (AI)** is often described as a disruptive force across all segments of society. But what are its implications for U.S. foreign affairs? All are welcome. Contact Al Potter. See article below.

**4 October, Saturday, 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.

**11 October, Saturday,**

**10am – Reserved for cleaning.** Contact Al Potter.

**12pm – Reserved for member event.** Contact Dick Shelton.

**12 October, Sunday, 12pm – Sunday Stories at Pilgrim House** with presenter, TBD. All are Welcome. Contact: Mary Eskelson. See article below.

**13 October, Monday, 7pm – Pilgrim House board meeting via Zoom.** Everyone is welcome. Contact Dick Shelton.

**18 October, Saturday, 10am – Soul Matters group meeting at Pilgrim House.** Contact Cynthia LeBlanc.

**19 October, Sunday – Newsletter information is due.** Contact Fred Green.

**23 October, Thursday, 1:30pm – Book Club meets at Pilgrim House.** The book is *The Quiet Librarian* by Allen Eskens. Contact Cynthia LeBlanc.

**25 October, Saturday,**

**10am – Reserved for cleaning.** Contact Al Potter.

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

## SOCIAL ACTION

**Pilgrim House at HopeFest on September 27**



Pilgrim House participants enjoyed delightful fall weather, fellowship, inspiring presenters, an awareness walk along the river, community vendors, watching kids activities, and a delicious BBQ lunch at Hopefest 2025. Pilgrim House was a sponsor of this annual fundraising event that supports Alexandra House, an organization providing service, advocacy, and shelter for all victims of violence. The City of Anoka provided a nice venue at their city hall plaza.

Read about Alexandra House here: [www.alexandrahouse.org](http://www.alexandrahouse.org)

## GREAT DECISIONS VIA ZOOM

Contact Al Potter for Zoom information

**October 2, 7:00pm – Artificial intelligence (AI)** is often described as a disruptive force across all segments of society. But what are its implications for U.S. foreign affairs? Our speaker will be Ren Bin Lee Dixon, an Artificial Intelligence policy researcher with a Master's in Public Policy, specializing in AI governance, from the Humphrey School of Public Affairs at the University of Minnesota. As a Research Fellow at the Center for AI and Digital Policy (CAIDP), she provides policy

recommendations to governments and multilateral organizations, including the U.K. Information Commissioner's Office and UNESCO, helping shape frameworks for responsible AI governance. Ren Bin also collaborates with the Center for Security and Emerging Technology (CSET) on policy briefs addressing AI harm. She has been invited to deliver guest lectures at the Humphrey School of Public Affairs, where she speaks on pressing issues in AI governance.

## SHARED FROM WATER COMMUNION

The September 7 program welcomed us back from our summer schedule and included sharings from members and friends on the theme of water. Ruth Kreps penned and shared this original composition for the occasion.

### The Mississippi

Oh the stories the Mississippi could tell  
as it rolls along with rhythmic wind-driven swell.  
From Indian's early birch bark canoes to cruisers today,  
old man river has endured pollution and human's  
wasteful way.  
The river has served us well in spite of pollution year  
after year,  
it spreads enchantment, teaches respect but also fear.  
A river is the life blood of all creatures, trade and  
industry-  
without it, who knows where growth and technology  
would be.  
River towns along its way hold data and story  
of Indians, settlers, traders and river captains glory.  
Early steamships carried traders of fur from far away,  
who struggled to fight against the river's power each  
day.  
They knew how to respect this mighty stream  
and managed to survive by working as a team.  
Few can imagine the early struggles of beast and man;  
many were fearful and some doubted their plan.  
The Mississippi keeps many secrets from long ago,  
and carefully hides them in its depth of murkiness  
below.  
We are grateful for the river's bounty and beauty -  
to respect and honor it – is everyone's duty.

*Ruth Dickerson-Kreps*

## 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 life 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.

## MERGING WATERS UU NEEDS A CHILDCARE PROVIDER

Merging Waters UU has an open position of Childcare Provider. See [mergingwatersuu.org/childcarejob](https://mergingwatersuu.org/childcarejob) for more information.

## 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)



**October 18 is No Kings Day**

<https://www.nokings.org/>