

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

November 2 – A Celebration of 55 years!

Join us for this special program that celebrates the 55th anniversary of Pilgrim House. There will be music of the eras, recollections of current events that shaped congregational views, notes about our historic schoolhouse building, and some short recollections from members new and old about their Pilgrim House experience. It's Soup Sunday -- and oh yes, there will be cake!



November 9 – Rev. Leslie Mills

Rev. Leslie Mills returns for another series of programs. Stay tuned for details.

November 16 – New Look at Social Security – Brian Rohrenbach

Brian Rohrenbach, former president of the Farmers Union of Dakota County, has become an expert of Social Security. It has no effect on the national debt except that the treasury borrows money from its fund. It is not a social program; it is insurance. It does need some tweaking to keep up with what it is spending, but it will never run out of money.



November 23 – Our Thanksgiving Celebration

Our Thanksgiving program will include our wonderful Pilgrim House Chorale, and your participation with song, performance, reading or just tell us what you are thankful for. If you or younger members of your family have a musical selection you'd like to share, please contact Bill Rohde by Sunday 11/16. Similarly, if you have a reading you'd like to share, let Mel Aanerud know what you would like to contribute. Don't forget to bring a dish to accompany the provided ham for our pot luck feast immediately after the program.

November 30 – Separation of Church and State

It is the one hundred year anniversary of the famous Scopes trial. Some say this country was founded as a Christian Nation. Others say this country was founded by eliminating religion. It was among other things, founded to insure we would not be a nation supporting any specific religion or not stopping the free exercise of any religion anyone wanted to profess. The argument goes on even today. We will follow the arguments with some of the best advocates for their side. The presentation includes nine members of our congregation taking the roles of historical figures.



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 Mission, Vision, and Value statements <https://www.pilgrimhouseuua.org/our-mission>.

Phone: 651-631-2582 (leave a message)

Email: pilgrimhouse@pilgrimhouseuua.org

Internet: <http://www.pilgrimhouseuua.org>

Board Chair: Dick Shelton chair@pilgrimhouseuua.org

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

Note: the Calendar this month is in the Google Calendar formatting that appears on our website.

1 November, Saturday, 5:30 – 9pm – 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.

2 November, Sunday, 7 – 9pm Reserved for member. Contact Carol Gross.

5 November, Wednesday, 7 – 8:30pm – 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.

8 November, Saturday, 10am – 12pm – Reserved for cleaning. Contact Al Potter. See article below.

9 November, Sunday,

12 – 1pm – Sunday Stories at Pilgrim House with presenter, Melanie Magidow. All are Welcome. Contact: Mary Eskelson.

7 – 9pm – Reserved for member. Contact Carol Gross.

10 November, Monday, 7 – 8pm – Pilgrim House board meeting via Zoom. Everyone is welcome. Contact Dick Shelton.

13 November, Thursday, 1 – 3pm – Congregational Care / Welcoming Committee will meet via Zoom. Contact Deb Magnuson.

15 November, Saturday,

10am – 12pm – Soul Matters group meeting at Pilgrim House. Contact Cynthia LeBlanc.

1 – 3pm – First PH Chorale Thanksgiving practice at Pilgrim House. *Note that this first practice will be at 1:00pm in the afternoon!* All singers, high school through adult, are welcome to join in the singing fun. No tryouts, no pressure, just a good time gathering and singing together as we begin preparations for the 11/23 Pilgrim House Thanksgiving Program. All are welcome. Contact Bill Rohde.

16 November, Sunday, 7 – 9pm – Reserved for member. Contact Carol Gross.

22 November, Saturday, 10am – 12pm – Second PH Chorale Thanksgiving practice at Pilgrim House. All are welcome. Contact Bill Rohde.

23 November, Sunday, 7 – 9pm Reserved for member. Contact Carol Gross.

29 November, Saturday, 1 – 2:30pm – Writing group meets at Pilgrim House. All are welcome. Contact Bruce France.

30 November, Sunday, 7 – 9pm – Reserved for member. Contact Carol Gross.

SOCIAL ACTION

Results from HopeFest

From the Alexandra House Newsletter:

We're thrilled to announce that HopeFest 2025 was a phenomenal success, and it's all because of YOU—our incredible participants, sponsors, volunteers, and supporters! This year, over 350 people joined us, raising nearly \$45,000 to support Alexandra House's mission of empowering victims of domestic and sexual violence through education, support, and advocacy. Every stride, every dollar, and every show of support makes a lasting impact in the lives of survivors.

We were moved by the powerful words shared by Anoka County Sheriff Brad Wise, who gave a heartfelt and personal statement about domestic violence, and by Melissa, a survivor who ended her remarks by

declaring, "Hand over heart, we stand together—for every survivor, for every life touched by abuse. Let this be a symbol of hope, healing, and a future free from violence. No matter how dark the day may feel, keep going. Your story is not over—you are not alone."

Read more about Alexandra House here: www.alexandrahouse.org

HOLIDAY GIVING TREE

Gifts For Alexandra House Shelter

The "Holiday Giving Tree" will be set up on Sunday, November 2nd.

Last Date to donate will be Sunday, December 7th to meet the Alexandra House final delivery date.

All donated gifts must be NEW. No gifts depicting violence or weapons.

Wish List: All Ages & Family

Pajamas

Bathrobes & Slippers

Board Games & Puzzles

Winter Accessories (gloves, hats)

Squishmallows

Gift Cards \$25 Target, Walmart, & Amazon \$25

Grocery Cards (ALDIs & Cub) \$25

Gift Cards Restaurants (Chipotle, Panera, Noodles & Company, etc.)

The "Holiday Giving Tree" is a project of the Pilgrim House Community Service Committee. Our PH members have always supported this project generously and your participation is sincerely appreciated.

GREAT DECISIONS VIA ZOOM

Contact Al Potter for Zoom information

November 5, 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?

Rescheduled from October.

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.

Prior to her policy career, Ren Bin accumulated more than 15 years of international experience in the fashion industry, working in Malaysia, China, and Denmark. Her global background provides her with a unique perspective on the complexities, risks, and opportunities presented by AI.

SHARE YOUR IDEAS FOR THE CONNECTIONS COMMITTEE



This committee supports activities at Pilgrim House to promote a sense of community among Members and Friends. Activities this summer and fall have included a Mississippi River cruise on the Jonathan Paddleford, organizing a Sharing Circle with the new Soul Matters curriculum, resuming monthly Sunday Story presentations, updating the Pilgrim House library, and supporting Sunday child care.

Do you have ideas for additional activities? (And there are bonus points if you'd like to lead it 😊.) Activities could include things such as a movie/potluck gathering at Pilgrim House, host a game night/afternoon, resume our Circle Lunches/Suppers, organize a group to attend a play or concert, offer a book title for a common read that concludes with a discussion and supper...

Let us know your ideas!

Kathy Aanerud for the Connections Committee

connections@pilgrimhouseuua.org

PH SUNDAY STORIES

We look forward to hearing the November Sunday Story from Melanie Magidow on November 9th, 2025!

If you are interested in sharing your story, the details are given 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. There are open times in December 2025 and again in 2026.

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. It is a great way to learn about the people of our fellowship.

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 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?

BEST READ BOOKS

Here are the Best Read books from the October 19th Pilgrim House program:

Erick Buck

The Anxious Generation – Jonathan Haidt

Windows of Brimnes: An American in Iceland – Bill Holm

Harlene Hagen

Somewhere in the Unknown World – Kao Kalia Yang

Les Rogers

The Frozen River – Ariel Lawhorn

Dick Shelton

Buried Book: The Loss and Rediscovery of the Great Epic of Gilgamesh – David Damrosch

There Are Rivers in the Sky – Elif Shafak

Epic Of Gilgamesh – Translation by Andrew George

Gilgamesh – Translation by Stephen Mitchell

Wayne LeBlanc

Dark Calories – Catherine Shanahan, MD

The Fatburn Fix – Catherine Shanahan, MD

Unholy Trinity – Daniel Trevor

Change Your Diet Change Your Mind – Georgia Ede, MD

Good Calories, Bad Calories – Gary Taubes

The Case Against Sugar – Gary Taubes

That Sugar Book – Damon Gameau

Lies I taught in Medical School – Robert Lufkin, MD

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

