

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

**February 1 – Join Us Again for an Entertaining Musical Performance by Dan Newton and Elizabeth Rowan**

Daddy Squeeze and Elizabeth play a fun mix of lively tunes on accordion, percussion and vocals. You'll hear European and American Folk, Country, Cajun, Jug Band Blues, Fats Domino, Hank Williams, Beatles and more.



**February 8 – Rev. Leslie Mills – Activism in the Age of Compassion Fatigue Part III**

In her previous program, Reverend Leslie Mills provided thoughts and discussion on the conflicting current priorities of personal activism and compassion. She will be continuing with the theme this Sunday.

**February 15 – Unconditional Love: Best Practice for Times like These**

In the face of ongoing social pain and injustice, how do people of peace maintain our health and sanity? How do we deal with our righteous anger when faced with the harm and cruelty being inflicted by one group of humans upon another group? In this talk, we will tackle these difficult questions with a new and clear-eyed understanding of the masterful practice of unconditional love and forgiveness, a gift to ourselves and those around us.

Mary Hayes Grieco is the author of *Unconditional Forgiveness*, and the director of The Midwest Institute for Forgiveness Training. For over 35 years, Mary has taught people an effective method of forgiveness, and her work has taken her around the world.



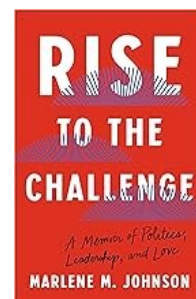
**February 22 – Indivisible**

One question that has come up is who is doing work to make the nation right. Indivisible North Metro is a progressive and locally-focused Indivisible group. You may know Indivisible from their No Kings Rallies among other actions. The organization advocates for policies that build a stronger and more inclusive Minnesota and actively resist policies that threaten those values.

Presenter Ellen Hadley will share how local groups build and wield power in ways that individuals can't. To create change, you need the power that comes with working together.

**March 1 – Marlene Johnson**

Marlene Johnson was Minnesota's first women Lieutenant Governor (with Governor Rudy Perpich) She was a small business owner before and after and a women's advocate. She will share experiences and observations from her book "Rise to the Challenge – A Memoir of Politics, Leadership, and Love." It is a story of learning and leadership in politics, business and public service and facing the loss of her husband with perseverance and grace.



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

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

**Board Chair:** Dick Shelton [chair@pilgrimhouseuua.org](mailto: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](mailto:newslettereditor@pilgrimhouseuua.org). Newsletter information is always due the next to the last Sunday of the month.

## CALENDAR

*Note: the Calendar is in the Calendar formatting that appears on our website. The Calendar does not show the Sunday programs on the preceding page.*

**1 Feb, Sun, 7pm – Reserved for member.** Contact Carol Gross.

**7 Feb, Sat, 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.

**8 Feb, Sun,**

**12pm – Sunday Stories at Pilgrim House with presenter, Dennis O'Rourke.** All are Welcome. Contact: Mary Eskelson.

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

**9 Feb, Mon, 7pm – Pilgrim House board meeting via Zoom.** Everyone is welcome. Contact Dick Shelton.

**10 Feb, Tue, 7pm – Great Decisions via Zoom – America and the World: Trump 2.0 Foreign Policy.** All are welcome. Contact Al Potter. See article below.

**14 Feb, Sat, 10am – Reserved for cleaning.** Contact Al Potter.

**15 Feb, Sun**

**Newsletter information is due.** Contact Fred Green.

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

**21 Feb, Sat, 10am – Soul Matters group meeting at Pilgrim House.** Contact Cynthia LeBlanc.

**22 Feb, Sun, 7pm – Reserved for member.** Contact Carol Gross.

**26 Feb, Thu, 1:30pm – Book Club meets at Pilgrim House.** The book is *Framed: Astonishing Stories of Wrongful Convictions* by John Grisham. Contact Cynthia LeBlanc.

**28 Feb, Sat**

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

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

## GREAT DECISIONS VIA ZOOM

**Tuesday, February 10, 7:00pm – America and the World: Trump 2.0 Foreign Policy**

***Note the change to Tuesday!***

*Contact Al Potter for a Zoom link.*

Donald Trump's return to the presidency marks a sharp break from nearly 80 years of U.S. foreign policy leadership. His renewed embrace of an "America First" approach raises questions about the future of alliances, global stability, and American influence. This topic explores the risks of isolationism and the potential consequences of diminished U.S. engagement in a rapidly changing world.

Our speaker is Kannan Solayappan. Kannan spoke with us last year and it will be especially interesting to hear his current thoughts on India-US relations.

Kannan Solayappan grew up in Chennai in Southern India and earned his undergraduate degree in chemical engineering at a university in Bangalore. In the late 1980s, he saw the promise of computers and went to Australia to study computer science, graduating with a master's in 1992. He then came to work in the U.S. Starting as a software developer in the San Francisco Bay area, he moved to Minnesota in 1998 and has been a software consultant here for over 20 years. In these years he has worked in most of the major companies in Minnesota, including IBM, Mayo Clinic, American

Express, Cargill, 3M, United Health Care, Medtronic, U.S. Bank and now Wells Fargo.

Kannan was first drawn to world affairs in 1979 when he encountered Henry Kissinger's book *White House Years* by way of excerpts in Time Magazine. He was especially fascinated by Kissinger's placement of political events in the grand sweep of history. Kannan's interests expanded over the years to include intellectual history, philosophy and area studies, especially Europe, India and the Middle East. His perspective was also shaped by a wide array of life experiences, including as an international student, when he shared apartments with immigrants from Muslim countries and worked as a kitchenhand, waiter, laborer and market research interviewer to support himself. He has also spent time in Nigeria and Singapore. All of these experiences inform the pan-civilizational approach Kannan brings to politics and history in his book, *Modernity, Civilizations and the Truth*, and he looks forward to sharing his interests and views as a Great Decisions speaker.

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

## WHALECOAST ALASKA – A MORE AUTHENTIC TRAVEL EXPERIENCE

Two unique, exciting fundraising tours organized by 4 Alaska UU congregations are being offered again next summer by WhaleCoast Alaska. Experience majestic scenery, wildlife, Denali National Park, Alaska Native culture, glaciers, and UU homestays. For 32 years, WhaleCoast Alaska tours have been the BEST way to visit Alaska. Register now for this amazing experience!

Details: [www.WhaleCoastAK.org](http://www.WhaleCoastAK.org)  
[info@whalecoastak.org](mailto:info@whalecoastak.org)

Questions:

## 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)

## Donate to the Ralph Reeder Food Shelf on Soup Sunday (February 1).

*Pilgrim House is a volunteer-led fellowship associated with the Unitarian Universalist Association. We welcome people of all races, ethnicities, and affectional orientations. We follow no creed or dogma, but rather ask all alike to think, not all to think alike.*

*We declare that every person is inherently worthy and has the right to flourish with dignity, love, and compassion. (<https://www.uua.org/beliefs>)*

*"If you think you are too small to make an impact, you have never spent a night with a mosquito." Fransiska Kangombe, University of Namibia (via the Back Yard Biology blog)*