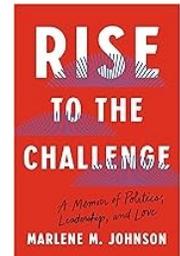


Upcoming Sunday Programs
(10:15 to 11:30 am)

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.



March 8 – Collective Resilience

We as individuals can be resilient, but together, we are more so. Drawing on recent examples here in the Twin Cities, explore how we can be resilient, and can support resilience in our wider community, in these challenging times.

Rev. Diana McLean is the minister at the Minnesota Valley Unitarian Universalist Fellowship in Bloomington. She was among the 100 clergy arrested at the airport last month during an action of moral witness.

March 15 – Sanneh Foundation

Come learn about the [Sanneh Foundation](#) in St. Paul from their Senior Director Kim Werst. This nonprofit organization serves holistic youth development needs of the increasingly diverse Twin Cities Metro area. Their mission is to empower youth by supporting and promoting education attainment through in-school and after-school support, improve lives by providing programs that strengthen physical health and social and emotional development, and unite communities by advancing diversity, equity and community well-being.



March 22 – Behind the scenes of the Minnesota Fringe with Dawn Bentley

Dawn Bentley is Executive Director of the Minnesota Fringe. The Fringe connects adventurous artists with adventurous audiences by creating open, supportive forums for free and diverse artistic expression. As the producer of the largest performing arts festival in the Midwest, the annual Minnesota Fringe Festival event fills tens-of-thousands of seats with audiences viewing dozens of works at hundreds of performances by more than 1,000 artists on a variety of stages in late summer. There may be some free passes.

March 29 – All About the Arboretum with Matt Clark

Matt Clark is Associate Professor and Director of Research (Minnesota Landscape Arboretum). The University of Minnesota Landscape Arboretum is a 1,200-acre public garden in Chaska, Minnesota, that attracts nearly 700,000 visitors per year. Best known for its beautiful display gardens, nationally recognized tree collections, protected natural areas and research activity, the Arboretum is easy to explore via paved paths, such as Three-Mile Walk and Three-Mile Drive, which are open year-round. Many miles of wooded trails, stone pathways and routes for cross-country skiers and snowshoers provide access to the healing power of nature in all seasons.



April 5 – Our Annual Spring Celebration Program.

See article below.

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

1 Mar, Sun,

after the program – Soup Sunday. All are welcome.

6pm – Reserved for member. Contact Carol Gross.

7 Mar, 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 Mar, Sun,

12pm – Sunday Stories at Pilgrim House with presenter, Lisa Ueki. All are Welcome. Contact: Mary Eskelson.

6pm – Reserved for member. Contact Carol Gross.

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

10 Mar, Tue, 7pm – Great Decisions via Zoom – U.S.–China Relations. All are welcome. Contact Al Potter.

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

15 Mar, Sun, 6pm – Reserved for member. Contact Carol Gross.

19 Mar, Thu, 1pm – Congregational Care meets at Pilgrim House. Contact Deb Magnusson.

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

22 Mar, Sun

Newsletter information is due. Contact Fred Green.

6pm – Reserved for member. Contact Carol Gross.

26 Mar, Thu, 1:30pm – Book Club meets at Pilgrim House. The book is *Eleanor Oliphant is Completely Fine* by Gail Honeyman. Contact Cynthia LeBlanc.

28 Mar, Sat

10am – Reserved for cleaning. Contact Al Potter.

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

29 Mar, Sun, 6pm – Reserved for member. Contact Carol Gross.

GREAT DECISIONS VIA ZOOM

Contact Al Potter for a Zoom link.

Tuesday, March 10 – U.S.–China Relations

Relations between the United States and China remain tense. Tariffs, rapid Chinese military modernization, and mounting pressure on Taiwan continue to shape the strategic landscape. Does President Donald Trump have a coherent China policy? Will tariffs on rare earth minerals prove effective? And what are America's realistic strategic options going forward?

Our speaker is Nicholas Hayden.

Nicholas holds a Master's degree in History and International Relations from the University of Utah. He has worked with nonprofit think tanks including the National Council on U.S.-Arab Relations and the Middle East Policy Council.

He currently serves as Marketing & Communications Manager for Global Minnesota.

Nicholas is also the creator of the blog and podcast series *The Orientalist Express*, which aims to make international relations accessible and to explain the benefits of American foreign policy to a broad audience. His publications include his Master's thesis, "Brothers in Arms: American and Saudi Arabian Relations during the Soviet-Afghan War," and "Combating Insurgency in British Palestine."

He serves on the Minnesota Advisory Committee for the U.S. Global Leadership Coalition and lives in Brooklyn Park with his wife, Hannah, and their daughters, Mira and Florence.

MARCH IS MINNESOTA FOODSHARE MONTH

Donate to the Ralph Reeder Food Shelf during Soup Sunday on March 1. A jar for donations will be in the social hall after the program. The need is greater than ever!

OUR ANNUAL SPRING CELEBRATION PROGRAM APRIL 5

If you have poetry, prose, a song that you would like to contribute to the celebration or, if you want a speaking part in a prepared program, we have that too. Please let Mel Aanerud know. The Pilgrim House chorale will perform and Bill Rohde is looking for singers. There will be special activities for the children and some festive foods for fellowship time.



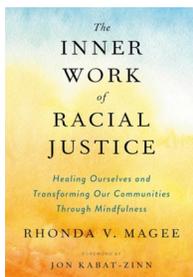
WELCOME TO OUR NEWEST MEMBERS!

We are pleased to welcome Tom and Linda Walsh as the newest members of Pilgrim House. They live in Lino Lakes. They began visiting Pilgrim House last fall and have been appreciating the programs and the hospitality. We look forward to learning more about their story as educators in Wisconsin and coming to Minnesota via a short residency in Colorado. Be sure to introduce yourself and welcome them to Pilgrim House if you haven't already done so.



SAVE THE DATE – COMMON READ AT PILGRIM HOUSE

When Melanie Magidow shared her Sunday Story last fall, she mentioned a book that several of us thought would be a good common read for Pilgrim House: *The Inner Work of*



Racial Justice -- Healing Ourselves and Transforming our Communities through Mindfulness, by Rhonda McGee.

Melanie has agreed to be a discussion leader, so plans are underway to have books available for check-out at Pilgrim House in mid-March -- with a discussion of the book after **Soup Sunday on May 3**.

Briefly, Melanie describes: "In this group read, we have the opportunity to tune our ears and our hearts to see ourselves and others more clearly, less clouded by biases, and more open to acknowledging inequalities and our own blind spots."

So make plans to read, reflect, and join the group discussion on May 3.

Kathy Aanerud for the Connections Committee

FEBRUARY PILGRIM HOUSE BOARD MEETING SUMMARY

The board met to discuss administrative updates, community engagement, and upcoming logistical planning for General Assembly (GA) and the annual pledge campaign.

Key Decisions & Approvals

- Minutes & Agenda:** January minutes were approved with name corrections. The UUA certification documents will now be included in the official record.
- Membership:** Tom and Linda were officially approved as new members.
- Governance:** The board decided **not to pursue a by-law change** regarding the Chair's term this year. Instead, they will focus on a campaign to increase general volunteering.
- GA Program:** The June 21 Sunday program will consist of a live stream of the GA Sunday Service at Pilgrim House.

Financial & Operational Updates

- Treasurer's Report:** CDs were renewed at a **3.1% rate**. Susan is investigating approximately **\$22,000** in uncleared transactions on the checking reconciliation report.
- Member's Will:** Dick is the primary contact for the attorney; the board is waiting for further information from the executor.
- Mid-America Liaison:** Regional communication is shifting to a "top-down" model due to staffing shortages at the regional level.

Parking & Logistics

- Overflow Parking:** To address winter parking shortages, Dick will contact Mina to confirm a

historical agreement with Arden Hills regarding lot usage.

•**Shuttle Service:** The board is considering a volunteer shuttle for those uncomfortable crossing Highway 96 on high-attendance Sundays.

All Pilgrim House members are welcome to attend board meetings, which are held at 7pm the second Monday of the month via Zoom. Contact Fred Green, board secretary, for the Zoom link.

SEEKING ANYONE INTERESTED IN DIETS

& NUTRITION



(DISCUSS FALLACIES, STRATEGIES, ANYTHING)

I was considering another program on Diets and Nutrition but the timing doesn't work for me this spring. Instead, I thought I'd write a Newsletter piece and see if anyone else is interested in the topic. Let me know.

I've read many books on Diets & Nutrition and my conclusion is that the "Standard American Diet" (SAD) is the OPPOSITE of good nutrition. I am totally shocked at how bad the science has been on nutrition! This can not be understated. A Minnesota doctor, Ancel Keys, led himself & virtually everyone astray! Here are brief thoughts.

Life expectancy in the U.S. has gone down. The U.S. faces a significant metabolic health crisis. Research indicates that 90% of U.S. adults are considered metabolically UNhealthy. Over 50% in the US are pre-diabetic or type 2 diabetic. With no symptoms, many don't know they are pre-diabetic. (I didn't know I was pre-diabetic.) And 40% of U.S. adults are classified obese (BMI >30) or up to 70% (2025 data) are obese using updated criteria that includes body fat distribution and waist measurements. Why is the U.S. going downhill in health? Is it genetics or environment? No, it is the SAD diet.

The typical U.S. SAD diet is a low fat, fake fat oil, high carbohydrate, and high sugar diet. The fake fat oils can be only 30% efficient for the mitochondria engines in our cells resulting in the body craving more energy, signaling the body to eat more food. You're always hungry. (BTW olive oil is a 110% efficient oil!) The fake oils can be toxic too. Avoid these fake oils, the "Hateful 8:" Canola, Corn, Cottonseed, Grapeseed, Rice Bran, Safflower, Soybean, & Sunflower oil. (They are everywhere! Mayo, dressings, chips, peanut butter, nuts, everywhere! Read labels!)

A low fat diet means you eat more carbs which essentially becomes sugar. In addition, the typical U.S. diet already has tons of sugar. Consuming carbs and

sugar in the diet spikes glucose in the blood which spikes insulin (which lets the glucose into cells). If there is too much glucose and the cells are full, the insulin triggers conversion of the sugar into fat. The consumption of so much sugar and carbs causes your body to go into "Fat Storage Mode." Virtually everyone in the U.S. is in and stays in this "Fat Storage Mode" all the time. After years of this, it leads to insulin resistance as the body is unable to deal with all that sugar (which can be toxic) and fat storage. It can't keep up and it starts storing the fat in the liver and pancreas and everywhere else and causes fatty liver and fatty pancreas which leads to insulin resistance, pre-diabetes, type 2 diabetes, obesity, and many other problems.

Carbs and sugar are not satiating and you want more. It's a viscous cycle. The only way to break the cycle is to do the opposite of what your body wants, stop eating the sugar and eat mostly fats and protein instead.

Get Tested!!!

When you get a blood draw, ask them to measure your HOMA IR (additionally needs your insulin value, normally not measured) and get your A1C.

Triglycerides are a marker for heart disease, LDL CHOLESTEROL IS NOT(!). Also see Chapter 10 of Dark Calories or Chapter 22 of Unholy Trinity discussing tests. I didn't know I was pre-diabetic until I demanded they measure my HOMA IR and A1C in my blood test. (Huhhh. Look at that. You're pre-diabetic.)

The Good News!!!

Type 2 diabetes, obesity, and an unhealthy metabolic condition, is fully REVERSABLE according to Dr Jason Fung (see books below) and others. If you are pre-diabetic or have type 2 diabetes, use caution and seek help because blood sugar could go too low and cause a real problem. Most people in the U.S. have conditioned their bodies to only burn sugar and your body may not be good at switching to "Fat Burning Mode" to get energy. Teaching your body to burn fat can take time and effort.

What To Do?

* Avoid the Hateful 8 vegetable oils. They are fake fats. Read labels!

* When eating out, avoid fried food, French fries, etc. They are usually fried in one of the Hateful 8. Some have likened the toxicity of French fries to smoking cigarettes.

* Eating out is problematic because the "Hateful 8" are everywhere and you don't know what's in the food or how it was prepared. The books help with this.

* Cut carbs: reduce sugar, candy, bread, pasta, and starchy veggies.

* Limit sugar to 20 to 40 grams per day.

* Try to reach ketosis to burn fat instead of sugar. This is tricky.

* Increase healthy fats: olive oil, avocado oil, nuts, cream, butter, (see books)

* Eat healthy protein: eggs, meat, cheese, peanuts, pumpkin seeds, hemp seeds, (see books)

* Stay hydrated.

* Use salt.

* Consider Intermittent Fasting to get to ketosis to burn fat & get other benefits.

(A bit overwhelming maybe, go slow, one step at a time.)

This has been brief and simplified to keep it short. If anyone would like to discuss, I'm all ears.

Good luck to all of us!

RESOURCES:

- DrCate.com - an excellent in depth site on diet by Dr Catherine Shanahan.
- Dark Calories: How vegetable oils destroy our health and how we can get it back. by Dr Catherine Shanahan. (In the PH library.)
- The Fatburn Fix: Boost Energy, End Hunger & Lose Weight by Using Body Fat for Fuel by Catherine Shanahan. (In the PH library.)
- The Obesity Code by Jason Fung
- The Diabetes Code by Jason Fung
- Unholy Trinity: How Carbs, Sugars & Oils Make Us Fat, Sick, & Addicted & How to Escape Their Grip by Daniel Trevor
- Ultra Processed People: Why we can't stop eating food that isn't food by Chris Van Tulleken
- Good Calories, Bad Calories by Gary Taubes
- The Case Against Sugar by Gary Taubes
- Video link to my program on Dark Calories: <https://youtu.be/ewq9v-9p9Cs>



Wayne LeBlanc

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

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

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

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)