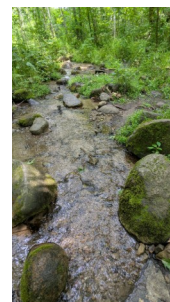


Upcoming Sunday Programs
(10:15 to 11:30 am)

September 13 – Water Communion

Time to re-gather from our summer break as we reimagine this annual tradition. If you like, bring a small container of water that represents your summer (a pitcher of water will also be provided). Through the metaphor of water, we recognize that life can be stormy or sparkling, still or rushing. And sometimes, it can be all of those things at once. With special music from Deb Magnuson, Lollie Jensen and Rev. Leslie Mills will be facilitating this ingathering service, bringing us back together from the four directions with story, poetry, and song.



September 20 – Voting in Minnesota

Early Voting in this year's general election began September 18th. We have Michael Wall from the Minnesota Secretary of State's office to give us a primer on elections in Minnesota and what we can do to ensure they are true and fair. Michael's job for the Secretary of State is primarily to ensure younger voters are informed.

September 27 – 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.



Revolutionary War



October 4 – The Revolutionary War with Doug Ohman

Doug is a popular presenter at Pilgrim House. Bill Rohde noted Doug's recently developed program on the Revolutionary War and suggested that, in this the 250th year of our independence, Doug's program would be both educational and entertaining.

Welcome back to Pilgrim House for our fall program schedule!

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: Paul Kirst 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. Also, every Sunday evening is reserved for Carol Gross from 6-7:30pm.

5 Sep, 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.

12 Sep, Sat, 10am – Reserved for cleaning. Contact Al Potter.

14 Sep, Mon, 7pm – Pilgrim House board meeting via Zoom. Everyone is welcome. Contact Paul Kirst.

17 Sep, Thu, 1pm – Congregational Care/ Welcoming Committee meets via Zoom. Contact Deb Magnusson.

20 Sep, Sun, 12pm – Sunday Stories at Pilgrim House. All are welcome. Contact Mary Eskelson.

24 Sep, Thu, 1:30pm – Book Club meets at Pilgrim House. The book is *Any Way You Can* by Annette Bosworth, MD. Contact Cynthia LeBlanc.

26 Sep, Sat,

9am – HopeFest for Alexandra House in downtown Anoka. The early bird discount date is Aug 31. All are welcome. Register at alexandrahouse.org/hope-fest. Contact Harlene Hagen. See article below.

10am – Reserved for cleaning. Contact Al Potter.

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

27 Sep, Sun, 9am-2pm – Walk to support the Community Support Center at Silver View Park. All are welcome. Contact Harlene Hagen. See article below.

WELCOME BACK, CHILDREN AND FAMILIES!



We are happy to report that Kristen Dins will again be providing child care for children ages 2 through 12 this year. Parents and children alike appreciate the care and fun activities she provides. We are also pleased that Melanie Magidow of our congregation will continue coordinating volunteers supporting Kristen in the classroom. (At least one adult in addition to the teacher must be present while the children are in the room.) If you can volunteer one Sunday or more, please sign up on the sheet in the fellowship hall or online (contact Melanie). Your help is greatly appreciated.

As in the past, the nursery in the fellowship hall (with audio of the program) will be available for parents of infants and toddlers. At the back of the meeting room, the "nest" will continue to have pillows and activities for children wishing to stay for part of all of the program.

To bring more attention to our offerings for children and families, we are establishing a committee for that purpose. Chaired by Marcie Jefferys, it will oversee the child care program, communicate with parents and the Board, consider other activities for families to explore, and investigate more ways to engage across generations. If you are interested in being on the committee or have other suggestions or thoughts, please contact Marcie (religiouseducation@pilgrimhouseuua.org).

PILGRIM HOUSE PARKING....AN OPTION

Would you like to participate in an occasional carpool or shared ride for special Pilgrim House events?

A few times each year, Pilgrim House hosts a well-known, popular speaker or holds a special event—such as the December Holiday Celebration—that attracts many additional guests. This is exciting! When attendance increases, we sometimes run short on on-site parking. One no-cost way to ease this occasional parking crunch would be to organize shared rides for those who are willing to carpool to larger Pilgrim House gatherings.

There is absolutely no pressure. Shared rides may not be the right fit for you or your family, and that's perfectly fine.

You might be interested in joining a shared ride but aren't sure who lives in your area. If you are considering ride sharing, you may not know which Pilgrim House members are nearby. As it happens there are many new tools that can help set up an in-house system to match riders who live near each other.

September 13th is the first Pilgrim House gathering after our summer break. After the program I'll have a table ready with more information and I will also have a signup sheet for those who may wish to be part of a shared ride option.

Thanks, Deb Magnuson

SOCIAL ACTION

The HopeFest Walk is September 26th at the Anoka City Hall Plaza. Pilgrim House will continue to be a Friends Sponsor for this event. Register by the end of August to get an early bird discount. See <https://www.alexandrahouse.org/hope-fest/> for more information and to buy tickets.

Join us for HopeFest 2026, Alexandra House's annual community event, as we kick off Domestic Violence Awareness Month this fall! HopeFest is a powerful gathering to raise awareness, remember those we have lost, and honor the courage of survivors.

Together, we'll walk, celebrate, and stand united against domestic and sexual violence. The event features a brief program, a 1+ mile walk, the crowd-favorite Kidz Dash, and a lively Kidz Zone with a balloon twister, face painter, and games. Plus, connect with community partners at our vendor and exhibitor resource fair.

Your participation helps raise critical funds that ensure survivors have access to safety, advocacy, and the resources they need to heal and thrive.

Walk a Mile for Our Neighbors

Sunday, September 27, 9am to 2pm

Walk a Mile for our Neighbors is a fundraiser that benefits the Community Support Center. It is a great way to raise money for this organization.

Check in at the shelter at Silver View Park in Mounds View (just east of Silver Lake Road on Co Rd I) between 9am and 2pm on Sunday, September 27. Walk once (or more!) around the park's walking trail loop, and then enjoy a free hot dog at checkout. Walk before or after the Pilgrim House program.

Please continue to support Ralph Reeder Food Shelf with your outreach. Thanks for your generosity on Soup Sunday.

SUNDAY HOSPITALITY

The Sunday Hospitality Committee is on the job preparing for the much-enjoyed gatherings after our Sunday programs. We will continue to stock the kitchen with a supply of snacks to set out and coffee and tea to prepare. We also welcome your contribution of a favorite treat or a treat that celebrates a special occasion. If you know in advance, it's helpful to let us know on the Volunteer Sign-up Sheet or with an email to Kathy Aanerud – but that's not essential.

Speaking of sign-ups, we welcome volunteers who would be willing to start the coffee, set out snacks, or help with clean-up duties. Check out the Volunteer Sign-up Sheet in the doorway to the fellowship room. Know that if you're new to these activities, you'll be cheerfully partnered with an experienced member. There's also a checklist for these duties so you can follow-along.

Cheers!

SOUL MATTERS

Soul Matters is a small group that meets 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. The packets have readings, video and music links, and questions to explore. Then in a monthly gathering, participants share how the insights from the packet have illuminated their own lives. The themes for 2026-2027 are:

September: Beginnings

October: Courage

November: Healing

December: Awe

January: Thresholds

February: Commitment

March: Balance

April: Emergence

May: Play



June: Horizons

Watch for a sign-up sheet at Pilgrim House to indicate your interest and your preference for the monthly meeting time. In the past the group has met one Saturday morning a month at 10:00. If you have questions contact Cynthia LeBlanc.

GREAT DECISIONS VIA ZOOM

Pilgrim House Great Decisions programs will resume October 13, 7:00pm. Stand by for announcements on topic and speaker. Contact Al Potter if you are interested.

PH SUNDAY STORIES FOR FALL 2026

Welcome Autumn! I hope we have beautiful fall colors this year as we come back to PH Programming. Sunday Stories are a way to learn more about our fellow PH members and friends in a relaxed setting. Our next Sunday Stories speaker will be on September 20th. Other available fall dates are November 9th and December 14th. Please let Mary Eskelson know if you are interested in sharing your story.

Here is how it works:

Approximately once a 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.

You may be thinking, how do I begin? or what could I share? Here are suggested topics and questions others have used as a guideline for preparing a Sunday Story:

1. Your background.
2. Your journey. What drew you to PH?
3. Here and beyond.

Please let Mary Eskelson know if you are interested in sharing your story or have questions. Thank you!

OUR NEW MEMBERS IN 2025-26

The New Member Welcome at our Annual Meeting in June joyfully welcomed the year's new members: Dennis O'Rourke, Tom and Linda Walsh, Barbara Cornelius and Barbara MacDonald. We appreciate having them as part of our congregation and community as we embark on our new year of 2026-27.



A PLEASURABLE PICNIC!

We had a great turnout of adults and children for the Pilgrim House picnic at Hansen Park in New Brighton on



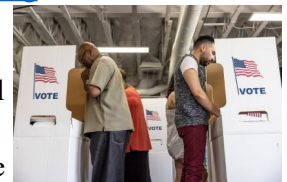
August 15. A few raindrops fell as we arrived, but it was preferable to the severe heat warning that caused us to postpone the July picnic date!

The large shelter with the surrounding trees provided an enjoyable setting for our potluck picnic and conversations – all within site of the large new playground that met the approval of all ages. Options were limited when we sought a location to replace our postponed July picnic – and we appreciate everyone adapting to this nice offering from the City of New Brighton's facilities.

Feedback for a future picnic? Contact this year's picnic planners, Marcie J., Mary E, and Kathy A. at connections@pilgrimhouseuua.org

JUST VOTE!

An appeal from member Mel Aanerud



Not every election can be the most important ever, that was probably 2024, but the upcoming General Election is as important as any. We will elect a new senator, governor and all that state officers and many judges, and every member of the state senate and the state house of representatives. Plus many county commissioners, city officials and school board members. The in-person election is November 3. However, early in-person voting begins September 18. You can do that at your county office or at many city offices. You can find out everything you need to know about what's on the ballot, where to vote, and how to register if you are not registered at <https://mn.gov/portal/government/voting-elections>.

Be informed:

Our Sunday program on September 20 will be presented by Michael Wall from the Minnesota Secretary of State's office. He will provide us with a primer on elections in Minnesota and what we can do to ensure they are true and fair.

Our Sunday, October 11 program will provide information about the work of the Unitarian Universalists with the UU the Vote program.

VOTE and tell our friends, neighbors, relatives to vote, it is the most important right you have.

AUGUST PILGRIM HOUSE BOARD MEETING SUMMARY

Administrative & Approval Actions: Minutes from May 31, 2026, and the agenda were approved. Paul, Les, and Susan were unanimously approved as authorized signatories for the Principal Brokerage Account.

Financial & Software Transition: Pledges remain on track. The Board approved a 30-day trial of ChurchTrac to replace both QuickBooks (saving ~\$1,200 annually) and the legacy ChurchInfo database, with plans to run systems in parallel before the March QuickBooks renewal.

Facilities & Logistics:

Parking: Deb is holding off on parking changes until Pilgrim House (PH) resumes next month, focusing on carpooling for high-attendance events (e.g., Doug Wood on 9/27).

HVAC & Solar Upgrade: Al is gathering detailed quotes for a potential \$30,000 air conditioning installation, matching donor funds, potential solar capacity expansion, and a furnace replacement. The Board directed him to return with a complete proposal.

Website & Programs: Dick is gathering role descriptions to update the website. Programs are scheduled through October, and the August 15 picnic planning is complete.

Leadership & Grants: Paul is developing a separate Board Calendar of Events. PH received 2026 UUA Honor Congregation recognition for dues payment. Grant opportunities (Monroe Husband, Laughlin, and E. Williams funds) are available for AV upgrades, senior support, and event attendance.

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.

REMEMBRANCE EVENT IN ANOKA

1:00 pm, Saturday, September 5

A friend of Pilgrim House, Ed Wehling, has shared information about an upcoming community gathering he's been working with that will be held at Riverfront Memorial Park in Anoka to honor Ernest McDuffey. This 95th Anniversary event honors the name and legacy of a Black garage employee who survived an attempted lynching at the Anoka city jail on September 5, 1931.

Bring a lawn chair and listen to speakers and commemoration. The Anoka City Council has

proclaimed Saturday, September 5, 2026 as Remembrance Day in honor of Ernest McDuffey in the City of Anoka and encourages all residents to reflect on our shared history and reaffirm our commitment to justice and human dignity. The Minnesota Senate has also adopted a resolution to honor the memory of Ernest McDuffey and to help communities see that racial injustice deeply shaped daily life for Black Minnesotans as it did for Black communities across the United States.

More information about this commemoration at First Congregational Church/UCC, Anoka's Facebook page: <https://www.facebook.com/AnokaUCC/>

A REQUEST FROM AN ELECTION PROTECTION TEAM IN ROSEVILLE:

Our group will be staffing a table at the Roseville farmer's market from mid-September till the election, and are hoping to borrow the kind of "tent" that stands up on 4 legs over a table to provide shade and/or rain protection. We'll be answering questions about voting, voter registration, how to find rides if needed, and countering misinformation, with information from the LWV and the Secretary of State. If you have such a tent that you'd be willing to lend for that purpose, please let Ellen Shelton know.

COVID SAFETY CRITERIA WE FOLLOW

- 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

