

The Open Door Newsletter

February 2017



This Month's Fellowship Services

Fellowship Services are held at 10 a.m. on the Northland College Campus, Second Floor Commons of the Ponzio Center. Find us on the web at www.chequamegonuuf.org

February 12, 2017 — Speaker: Dr. Cynthia Belmont — “What is Your Spirit Animal? Connecting With Other Species Through Poetry”

Starting with the concept of the “Spirit Animal,” this talk will explore the spiritual dimensions of our perception of animals in contemporary American culture, turning to poetry as an art form where options for spiritual cross-species connections are illuminated.

Cynthia Belmont is a professor of English and Gender and Women’s Studies at Northland College. A poet and scholar, her work investigates intersections between feminist, queer, and environmental politics in literature and cinema. She teaches courses in creative writing, literature, and gender studies.



February 26, 2017 — Speaker: David Saetre — “Life Together: Thoughts on Community”

The title of David's talk comes from the German writer Dietrich Bonhoeffer. Bonhoeffer wrote his reflections on the promise and challenge of spiritual communities in the midst of Nazi oppression of progressive religious groups in the late 1930s. For three years he led an "underground" seminary in Finkenwalde, Germany, and his memoir of that time includes an exploration of the strength of community in difficult times. David's talk will include a brief discussion of the life and enduring significance of Bonhoeffer and an exploration of the importance of support communities in uncertain times.



The Chequamegon Unitarian Universalist Fellowship welcomes people of any age, race, gender identity, sexual orientation, language, ability, religion or cultural background.

FELLOWSHIP EVENTS AND ANNOUNCEMENTS

You're Invited — Community Action Study Circle

I met recently with David Saetre and Courtney Remacle to discuss ways to offer more activities for UU members who are interested in becoming involved in more fellowship-sponsored social justice and community outreach activities. As a result of the meeting, we decided to form a Community Action Study Circle.

You are invited to attend CUUF's first educational Community Action Study Circle on Sunday, March 5, at 10:00 a.m. in the conference room on the second floor of the Ponzio Center at Northland College. We recommend reading the book *The Prophetic Imperative* by Richard S. Gilbert; this book outlines the history of Unitarian Universalist community actions around issues of social justice and suggests ways to set up relevant activities. Our six copies of the book are already on loan. Although it is not required that you read the book before attending the meeting, if you wish to read it you will need to purchase your own copy.

Meeting dates will be at 10 a.m. on the following Sundays: March 5, April 2, and May 7. These are Sundays when we do not have our regular services. All meetings will take place in the conference room on the second floor of the Ponzio Center of Northland College.

Please Note: There is a change in our first group discussion. We are not meeting on January 29 as announced at the recent service.

Please bring your ideas and join us!

—Mary Rehwald

Attention UU Women

UU Women will meet on Sunday, February 19, at 10 a.m. at Cafe Coco in Washburn. Please join us for food, coffee, conversation, and laughter. If you have questions, contact Jill at 715-373-5908.



Community Dinners to Continue!

Our fellowship will co-sponsor the community dinners at St. Andrew's Church in Ashland on February 3 and March 24. This free meal has been offered to the community for the past three years. About twelve to fifteen people from our fellowship volunteer to help; we have a great time doing this.

We need a couple more volunteers for the dinner on Friday, February 3. We will once again make lasagnas and volunteer our time to serve the meal and clean up. Contact me at mary.rehwald@gmail.com or call me at 715-682-4662 if you would like to help. This dinner will be very special because it will be Father Mark's last weekend in Ashland before he moves to Colorado, so we anticipate a larger than average turnout. It was Father Mark's idea to have weekly free meals in Ashland, and those of us who have volunteered previously know how special this will be to be able to share this farewell meal with him. Anyone may attend.

A group of volunteers from churches in Ashland have met with the members of St. Andrew's Church and have committed to continue these dinners. We will need volunteers for the March 24 meal; additionally, CUUF may sponsor one or two more dinners this spring. Send me an email if you think this is something you might be interested in doing in April or May.

--Mary Rehwald

Donations of Vitamins Needed

On February 19th I will again be traveling to the rural areas of Honduras. This year I am coordinating a midwife conference to discuss skills for resuscitating newborns. As part of my work there, I also supply the midwives with clean equipment, newborn supplies and prenatal vitamins.



You can help! You can bring a bottle of prenatal vitamins or a bottle of iron supplements to the next service on February 12th. If you are unable to purchase vitamins and would prefer to make a monetary donation, I will gladly use the money to buy more vitamins. I will have a box for the collection. Thank you for your help.

Kathy Gang

Please Note Upcoming Service Dates for 2017

<u>Date</u>	<u>Speaker and Topic</u>
February 12	Cynthia Belmont – “What Is Your Spirit Animal?”
February 26	David Saetre — “Life Together: Thoughts on Community”
March 12	TBD
March 26	David Saetre
April 16	David Saetre – Easter Service
April 30	TBD
May 14	All Music Service
May 21	David Saetre – Flower Service and Child Dedication

Hospitality Schedule

Hospitality hosts for upcoming services are as follows:

	<u>Contact Person and Set Up</u>	<u>Snacks and Clean Up</u>	<u>Snacks and Clean Up</u>
February 12	Erin Tenney & Tony Jennings 715-209-2261	Erica Rosenfeld & Family 715-209-5190	Kim Suske & Family 715-373-5931
February 26	Julia & Hans Veenendaal 715-373-0361	Linda & Ed Calhan 715-682-0446	Ashley Smith smitha-02@hotmail.com
March 12	Kathy Gang 715-373-0133	Kristin & Henry Quinlan 715-685-0041	Diana & Dick Granger 715-373-1133
March 26	Paula & Mike Bunch 715-373-5232	Stacy Craig 715-682-1232	Warren Kehn 715-681-0447
April 16	George & Dorota Bussey 715-682-7943	Deb & Jeff Lewis 715-682-5686	Steve Kassof/Kevin Stranberg 715-292-3082
April 30	Sue & Roger Aiken 715-779-3579	Beth Reed & Doug Liphart 715-682-8385	Carol Kjellander 715-292-6399

If you are unsure of what to do, please refer to the CUUF Hospitality Host Information Sheet on our website, www.chequamegonuuf.org. If you have a conflict with your scheduled service date, please call another member to facilitate a swap or fill-in. You can also contact Betsy and Jim Matzinger at (847) 651-6738 or hospitality@chequamegonuuf.org.

Religious Education News

Religious Education: What's Coming for Winter and Spring

Our kids and youth have been enthusiastic and engaged with the curriculum, which makes being involved with RE a true joy. As we move into winter and spring, we're excited about some special events and activities.

- **Special Craft Day:** In April we are planning a special craft day to make a banner for our fellowship based on input from our RE participants. We asked the kids and youth to tell us what words or themes they thought of at UU. I love that 'snacks' was one of the themes that came forward! Our fellowship coming together around our table of beautiful food is something to celebrate. Along with the other themes (which I won't disclose to keep the element of surprise), we hope to present the fellowship with a new banner in May.
- **Easter Egg Hunt:** On Easter Sunday (April 16th) we are planning a special Easter egg hunt that will combine our care for all creatures with a fun event for all youth to participate in. More information to come!
- **Music Service:** We are planning on having two songs—one that is more challenging and one that includes all kids and youth, even pre-K if they want to participate.

On all of the other Sundays, we'll have the great curriculum lessons with activities and stories. If you have any questions about RE or feedback for us, we welcome your ideas and suggestions.

In Peace,

Deb Aaron and Stacy Craig

Kim's Corner

What We Need
by David Budbill

The Emperor,
his bullies
and henchmen,
terrorize the world
every day

which is why
every day

we need

a little poem
of kindness,

a small song
of peace,

a brief moment
of joy.

Bugs In A Bowl
by David Budbill

Han Shan, that great and crazy, wonder-filled
Chinese poet of a thousand years ago, said:

*We're just like bugs in a bowl.
All day going around
Never leaving their bowl.*

I say, That's right! Every day
climbing up the steep sides,
sliding back. Over and over again.
Around and around.
Up and back down.

Sit in the bottom of the bowl,
head in your hands, cry, moan,
feel sorry for yourself.

Or.

Look around.
See your fellow bugs.
Walk around.
Say, Hey, how you doin'?
Say, Nice bowl!



Editor's Note: This newsletter is *your* newsletter.

Please feel free to submit your letters, poems and other items of personal interest. Artwork is also welcome; Hans or I can work with you to scan items so that they may be included. I will publish as much as space allows. Let your creative side out and share it with the world (or at least with your UU friends).

IN OUR COMMUNITY (AND BEYOND)

Mindfulness and Meditation

Join Amy Billman for an 8 week class in Mindfulness and Meditation from February 2 through March 24. This class will cover the basics to help you start or deepen a meditation practice.

Developing a habit of meditation is a skill that can last a lifetime and can help improve your peace of mind. Reduce your stress levels as you learn more about how your mind works and gain familiarity with new ways to react to situations that might normally cause agitation. All classes include techniques for building compassion as we relate to ourselves and the world around us.

The Ashland classes will be held on Thursdays at 1 p.m. and on Fridays at 10 a.m. and 11 a.m. with an advanced class at noon. These will be located in the chapel on the campus of Northland College. The Washburn class will be held on Fridays at 1:30 p.m. at the Washburn Meditation Center. Anyone is welcome to attend. Meditation cushions are available; chairs can be used if your body will not allow you to sit comfortably on the floor.

You should come away from this class with techniques to start or deepen your own daily meditation practice. There is a \$60 charge with a discounted rate of \$25 for Northland College students. Please enroll as class size is limited by space and number of cushions. For more information contact Amy Billman at 715-373-5836 or abillman@centurylink.net.

WhaleCoast Alaska 2017

Have you ever dreamed of visiting Alaska? If so, **WhaleCoast Alaska 2017** is for you! Four Alaska UU fellowships invite you to experience our eco-cultural and spiritual program next summer! See Alaska through the eyes of local UUs in Anchorage, Fairbanks, Juneau, Seward, and Sitka with friendly homestays and unique tour activities. See wildlife, including moose, bears, caribou, whales, bald eagles, seals, and otters. Visit Denali National Park. Experience Native Alaskan culture.

Forget the cruise ships – our program is the best way to visit Alaska! Programs led by Dave Frey, member of the Fairbanks UU congregation and Alaska travel expert. Find out more about this Alaskan trip of a lifetime before our tours sell out! Visit www.WhaleCoastAK.org, email dfrey@whalecoastak.org, or call 907-322-4966 We would love to share our Alaska with you!



CHEQUAMEGON UNITARIAN UNIVERSALIST FELLOWSHIP MISSION STATEMENT

**We are a welcoming spiritual community that nurtures lifelong journeys of mind and spirit
in the liberal tradition.**

~ Founded, February 22, 1998 ~

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**CHEQUAMEGON UNITARIAN
UNIVERSALIST FELLOWSHIP**

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