

The Open Door Newsletter

October 2023



The fellowship services for Oct. 8 and Oct. 29

Sunday, Oct. 8—*The Gift of Heritage: Generational Healing*

Speaker: Rev. Stacy Craig

Musician: Jennifer Levenhagen

In-person and online on Zoom at 10 a.m.

Our heritage includes many things: the teachings and stories we're told and our family's culture of origin. How far back do you know the names of relations? Do you know how to say 'hello' or how to swear in the languages of your relatives? Some identify with their heritage and some don't, but those whose heritage comes with generational trauma carry the stories of the past in their bodies and behaviors, whether they want to or not. In the past several years, research on epigenetics has helped us understand that the experiences of children determine which genes are expressed. We are formed by both nature and nurture. If generational trauma can be passed down, isn't it possible to pass down generational healing? What would this mean for humanity in 500 years?

Sunday, Oct. 29—*Navigating Life After Loss*

Guest speaker: Beth Probst

Musician: Joni Chapman

In-person and online on Zoom at 10 a.m.



Beth draws from personal experience to break down some of the common misconceptions around grieving what and who you love. She is candid, quirky and at times a bit raw, but Beth shares her stories of loss to help others navigate grief with humility, humor and human connection. She emphasizes that grief doesn't end, but rather we learn to live with it. She also portrays the fact that there is space to hold joy and sorrow simultaneously. Since losing her parents to addiction, Beth has been on a quest to answer the question, 'Now what?' and hopes by sharing her experience, she can help others trying to do the same.

Zoom access information for Sunday services on Oct. 8 and Oct. 29

Join Zoom Meeting by Video:

<https://zoom.us/j/91687042498?pwd=TGpQWWl6bk0vM2ZHMVA4U0wrbnYwQT09>

Meeting ID: 916 8704 2498—Passcode: CUUF

Or, join us by phone: 312-626-6799—Meeting ID: 916 8704 2498—Passcode: 324633

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

Service calendar 2023-2024

Services begin at 10 a.m. in the Alvord Theatre at Northland College.

2023 Fall Schedule

Oct. 8
Oct. 29: Service of the Ancestors
Nov. 12
Nov. 19
Dec. 3
Dec. 17: Holiday Service

2024 Winter Schedule

Jan. 1
Jan. 28
Feb. 11
Feb. 18
March 10
March 31
April 14
April 28
May 5: All Music Service
May 19: Flower Service

Want to help shape CUUF services?

The Worship Committee is always looking for more people to help shape our services in a variety of ways. If you're interested in any of the opportunities listed below, please contact Jenise Swartley at jenise@chequamegonuuf.org

Altar Creation

This entails bringing two to four items that relate to the season, that align with the theme of the service or that inspire you. Someone from the Worship Committee will collaborate with you through the process.

Lay Leadership

At a minimum, this includes selecting two or three readings. You may choose and read them yourself or find others to choose and/or read them. Lay leaders can also emcee the service, create the altar and/or give a response to the message.

Worship Committee

The Worship Committee meets at least twice a year to coordinate our services and invite guest speakers. Members can also help shape our services by assisting with altar creation, finding/being lay leaders and more.

Access information for Zoom board meeting in October

Please note: The Zoom link for board meetings will stay the same each month.

CUUF Board Meeting, Wednesday, Oct. 18 at 6:00 p.m.

In person at the CUUF office or on Zoom

Join Zoom Meeting by video:

<https://zoom.us/j/98533490376?pwd=cTErZEF6R0tNVmVZWFPaURadHh2dz09>

Meeting ID: 985 3349 0376 —Passcode: CUUF

Or, join by phone: 312-626-6799—Meeting ID: 985 3349 0376 —Passcode: 095767

From the Minister's Desk

I hope that this article finds you with the gifts of the season: a cup of tea, a window to the changing leaves or shorter days that provide pause and reflection.

When people ask me how I'm doing these days, I share (in complete honesty) that my work with CUUF is a highlight. I feel energized and inspired from working with Jenise Swartley and the Worship Committee. I receive hope and joy working with Andrea, Ashley and the Religious Education Committee. At the Water Service on Sept. 10, I was reminded of how spirituality comes so naturally to children, and I was moved by all the stories that folks shared, including Denise Bosak's testimonial and Anne Chartier's testimonial about working alongside Water Protectors.

I know CUUF asks a lot from members and friends. Requests for financial support, service on committees and participation in Sunday services are made repeatedly. The culture I hope that we can cultivate is one where your contributions are generative in that they give back to you. Term limits are honored and celebrated for work on boards and committees. It's work that I love and I invite others to join by considering if one of the following opportunities calls to you.



—**Provide snacks for fellowship:** June Bavlnka and Joe Fernandez (pictured) and Jan Perkins come early and stay late every service to set up and be on-hand at the hospitality table for fellowship services. They're looking for three people to bring a snack for each service. By splitting it up, it means you only need to bring one thing to have a full table. Fellowship is a favorite time, especially for the kids, and these contributions are well-appreciated. Text June to sign up at: 715-209-1622.



—**Serve on the Worship Committee:** The group meets about three times per year to brainstorm service speakers, plan special services and create policies for engaging, inspiring worship. Members oversee recruiting volunteers to be lay leaders and to create the altar. They invite and confirm speakers and often help set up worship services. This is a very engaged group and we are looking for two to three additional members to join Jenise Swartley (chair-pictured), Megan Perrine,

Jan Perkins, Charlie Krysinski, Erin Schlager and Kelby Youngberg (Northland College student representative). Being a lay leader and helping create the altar is typically a one-time commitment. Read more about those positions in the [Lay Leader Guidelines](#).



—**Provide Special Music:** The Music Committee is asking for volunteers to provide a musical selection during the offertory during Sunday services when Joni Chapman isn't with us. Strings, winds, percussion, a Capello singing, solo or group, novice or professional—please share your music. Contact Music Committee Chair Linda Calhan at: music@chequamegonuuf.org



—**Help Set-Up/Take Down:** Having a shared worship space saves us thousands of dollars and reduces our carbon footprint, but it comes with a lot of heavy lifting. Are you able to help with set-up before a service and clean-up after the service? If so, contact Fellowship Assistant Adam Haecker at: cuufad@gmail.com

A big shout out to all nine committees and the CUUF board for the leadership and care they put into their work. Please know that if a 'yes' isn't right for you, if this is a time when you need to receive or if you have already said 'yes' to too many other things, that too is part of being the fellowship. I find it helpful to plan out a few years for when my next 'yes' will be possible, and I hope that you'll consider CUUF's committees, board or other volunteer opportunities for that next 'yes'. And, I hope that it becomes a highlight of your days as well. —*In community, Rev. Stacy Craig*

SOS from the Music Committee

We need your voice, your instrument and your own good ideas to bring a variety of musical genres and styles to our Sunday services. Once a month, our favorite pianist, Joni Chapman, shares thoughtfully chosen special music with us. At other Sunday services, the Music Committee needs our own CUUF members to perform two minutes of special music during the offertory. Our fellowship includes a wealth of vocal and instrumental talent from folk to bluegrass to classical. To share your talent as a guest musician (or if you need a pep talk), please contact Linda Calhan at calhan@centurytel.net or Megan Perrine at meganperrine54@gmail.com. Our supportive congregation will celebrate your generous gift of music. Thank you.

Please note that Caring Committee members can assist fellowship members in need. Please contact Stacy if you would find a ride to services helpful, need a short-term meal train, or need assistance in locating area community services.

Why we give to CUUF



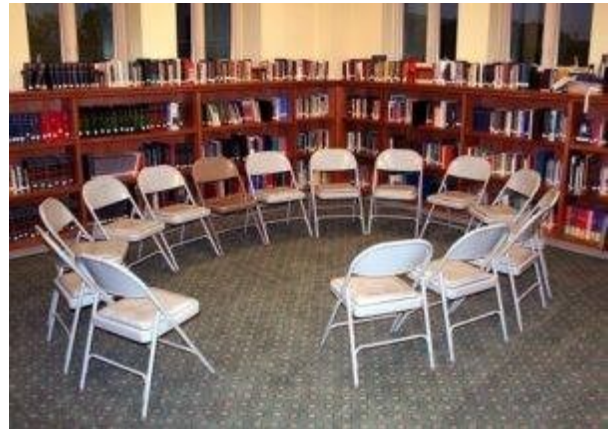
The Grady family chooses to financially give to the Chequamegon Unitarian Universalist Fellowship. Giving allows us to serve our local community not only through our own actions, but our church as a whole. We are relatively new to town, and we are very thankful for being immediately welcomed by the fellowship. Even before we moved here, I was asked by Rev. Stacy Craig to be a Religious Education (RE) director (which I politely declined). Now, I am co-teaching RE with Megan Perrine. Our son, Liam, has had so many special and unique opportunities through the fellowship. He has forged relationships with so many diverse members of the fellowship. Last year was his first time on stage acting during the Holiday Service. Our congregation witnessed him playing guitar in front of an audience for the first time two years ago. The following year, when he was nervous and just learning the violin, Linda Calhan and Kristin Quinlan arranged to come to his violin lesson and had a “rehearsal” before the All Music Service. Their encouragement meant so much to him. Another example: One year ago when I had surgery, imagine my surprise when Rev. Stacy offered to come to Duluth at 6 a.m. to be there for my surgery. What wonderful office hours she keeps. Our pledge supports the talents of others and encourages them to share to make us all better. We are both proud and grateful to be part of the Chequamegon Unitarian Universalist Fellowship community. The fellowship and Rev. Stacy are vital to our family and nurturing our values. It is a blessing in our lives and it is with a cheerful heart that we give.

UU Women

UU Women is a group that meets once a month for sharing and listening. The group is open to anyone who identifies as a woman in a way that is meaningful to them.

UU Women will meet on Sunday, Oct. 22 at 10 a.m. at the Washburn Public Library. If it's a beautiful warm day, we'll meet outside. Otherwise, we'll meet in the basement. Last time, we used one of the smaller rooms, so if you don't see anybody when you come in, look around a bit. We'll be there.

If you have any questions, please contact Jill at 715-292-9163.



RELIGIOUS EDUCATION NEWS



RE time at the On the Water service at Long Lake on Sept. 10

Greetings, RE families,

—From Andrea Ward, Director of Religious Education

A new RE season is in full swing. We are looking forward to a record turnout this year with nearly 40 expected participants. We kicked off the season with a nature hike and art activities at Long Lake during the annual “On the Water” service on Sept. 10, and we are now meeting in our small groups during each Sunday service, building community, engaging with the UU principals through stories and activities, and creating the covenants that will help us learn and grow together throughout the year. The Our Whole Lives (OWL) program for grades 4-6 is also underway. A group of parents, students and educators gathered for a program orientation at the end of September.

RE Offerings

This year, we are offering regular RE programming during the Sunday services for grades K-8; outside of service time, we also are offering the Our Whole Lives (OWL) program for grades 4-6 and Building Bridges for grades 9-12. (High school students are encouraged to attend on Sundays in the fall for the RE pageant.) Based upon completed registration forms and communicated interest, there is currently no organized RE programming available for children 4 years old and younger. Please follow this link to complete the RE registration form if you’re interested in RE programming for your child: <https://cuuf.breezechms.com/form/fl0dc4935> We strive to offer age-appropriate programming for all who are interested. Please reach out to Andrea Ward at andrea@chequamegonuuf.org if you’re a potential volunteer interested in working regularly with our pre-K learners.

Parents with babies, toddlers and preschoolers are welcome to use the small conference room on the 2nd floor of the Ponzio Center as an alternative space for rest and quiet play during the service. Please note that this space is not currently staffed by a volunteer, but parents are welcome to self-organize and share care duties within this space.

RE Holiday Pageant

In late October, we will introduce and begin preparing for the RE Holiday Pageant this year based on the legend of the Birkebeiners. All RE students are welcome and encouraged to participate. Pageant rehearsals will take place during RE time on regularly scheduled service Sundays with two additional rehearsals yet to be scheduled (likely outside of Sunday service time). Families, please let us know if your children will not be able to attend on the day of the performance or attend rehearsals regularly. For those who cannot attend regularly or who prefer not to perform onstage, there are plenty of opportunities for backstage roles, including with props and sound effects. Parents, if you are available and interested in assisting with pageant preparation during RE, we also have opportunities for you. Please reach out to Megan Perrine at 715-781-4123 or meganperrine54@gmail.com or Andrea Ward at 608-438-6156 or andrea@chequamegonuuf.org to notify us of your family’s availability or get involved with the pageant as a parent volunteer.

RE/Pageant Fall Schedule*

Sept. 24: Regular RE; Oct. 8: Regular RE; Oct. 29: Introduce and begin pageant preparation; Nov. 12 and Nov. 19: Pageant preparation; Dec. 3: Pageant preparation; Dec. 17: Dress rehearsal (before the service) and pageant performance (afternoon).

** Please note that there might be one more pageant practice scheduled. It will be subject to the availability of space at Northland College. More details will be available in the November newsletter.*

Soul Matters Sharing Circle for October

The theme for October is 'The Gift of Heritage'. We'll start each group with Mementos that Matter. Bring a memento that has been passed down and is meaningful to you. Topics we might explore include: How is heritage a gift when it includes generational trauma? What metaphor best describes your relationship to your family heritage? A giant hug? Do you believe in ghosts?

An afterlife? Why or why not?

Online: Monday, Oct. 9 from 7 - 8:30 p.m. on Zoom

In-person: Wed., Oct. 25 from 3:30 - 5 p.m. in the CUUF office, Room 309 of the Vaughn Library in Ashland. There's still room to register for the in-person session. However, the online group is full. Contact Stacy Craig to register by sending her an email message to: minister@chequamegonuuf.org

Building Bridges World Religions for grades 8 and up for October

Co-instructors: Rev. Stacy Craig and Doug Liphart

Every other Tuesday from 6 - 7:30 p.m. (Oct. 10, Oct. 24, Nov. 7, Nov. 21, Dec. 5 and Dec. 19)

Washburn Library Basement Greenwood Room

From 2020-21, we were unable to offer several of our Religious Education core curricula. Last spring, we began offering a 'catch up' version of the Building Bridges World Religions program. We covered Judaism and Christianity. This fall, the exploration continues with Islam, Norse Mythology and areas that participants wanted to learn about such as Humanism, Mormonism, Scientology, Catholicism, Sikhism and Celtic Spirituality. Next January, we'll move into Eastern religions such as Buddhism, Taoism, Hindu, Shinto and Japanese Aesthetics, as well as Indigenous, Pagan and Wiccan worldviews.

Since we meet during the dinner hour, we'll provide pizza, veggies and beverages. Registration is requested, so we know how many participants to expect. Even if you didn't start last year, you're welcome to join us this year. Please email Stacy Craig to register at: minister@chequamegonuuf.org

Covid cases increase in Chequamegon Bay area

Due to the increased cases of Covid in our community, we wanted to share a gentle reminder about our Covid policy for the Chequamegon Unitarian Universalist Fellowship per the Centers for Disease Control and Prevention (CDC) guidelines to keep everyone as safe as possible.

Regardless of your vaccination status, you should isolate from others when you have Covid-19. You should also isolate yourself from others if you're sick and suspect that you have Covid-19, but don't yet have test results. If your results are positive and if you had symptoms: **Day 0** of isolation is the day of symptom onset, regardless of when you tested positive. **Day 1** is the first full day after the day your symptoms started.

If you test positive for Covid-19, stay home for at least five days, as you're likely most infectious during this time. Do not go places where you are unable to wear a mask. If you have no symptoms, you may end isolation after **Day 5**. If you had symptoms and your symptoms are improving, you may end isolation after **Day 5** if you're fever-free for 24 hours (without the use of fever-reducing medication).

Note: If you're home-testing during isolation and results are positive, you may still be infectious. You should continue wearing a mask and wait at least 48 hours before taking another test. This may mean that you need to continue wearing a mask and testing beyond **Day 10**.

Sometimes these guidelines can be confusing to interpret. If you have a current Covid infection, consider attending services via Zoom if you have any questions about whether or not you are still contagious and/or symptomatic after **Day 5**. If you're attending services in-person, please consider masking, and if you have questions, contact your health care provider or your local health department. For CDC guidelines, visit: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html>

Thank you for your assistance in keeping our community safe and well! —*Warmly, Ashley Smith*

IN OUR COMMUNITY

Workshop to provide first aid training for mental health of teens

The University of Wisconsin-Madison Extension and the Northwest Wisconsin Lung Health Alliance are providing a free workshop to the community on the mental health of teens.

The workshop will teach you how to identify, understand and respond to signs of mental health and substance abuse among teens who are 12-18 years old. The workshop is expected to build the skills and confidence you need to provide support to teens who are struggling.

It will be held on Saturday, Oct. 28 from 8 a.m. to 4 p.m. at the Bayfield County EOC Building, 116 East 6th St., Annex Building in Washburn. Lunch and refreshments are included. Please register for this workshop at: <https://go.wisc.edu/2841jv>

Please contact Tracy Henegar for more information at 715-395-1426.

Happenings at Copper Falls State Park

For information on upcoming events at Copper Falls State Park, please visit the Facebook page for the park at <https://www.facebook.com/friendsofcopperfalls> or the Events page on the park website at <https://sites.google.com/friendsofcopperfallssp.org/focfsp/events>

Or, you can get more information by calling the park at 715-274-5123.



Greetings and news from Washburn-Chequamegon Bay PFLAG

Washburn-Chequamegon Bay (WCB) PFLAG welcomed the new school year by joining together with the League of Women Voters on Sept. 12 for a presentation and panel discussion on “Demystifying Transgender Healthcare”. If you missed it, they are willing to do it for UU too. It was well-attended with great questions and discussion. Also, please join WCB PFLAG for its upcoming “Third Thursdays” event on Oct. 19 at 6:30 p.m. at the Washburn Public Library or via Zoom. (See the

link below.) Vincent Schueren, creator of “Spoons For The People” will play his music, involve the audience in his art and tell the story of how he “found his authentic self” with the help of music.

To join the Third Thursday via Zoom, please follow this link:

<https://us02web.zoom.us/j/85075695163?pwd=YXZodzdCNTkxOWJxQWVNbHdGbWdLUT09>

Meeting ID: 850 7569 5163

Passcode: 493547

Please visit the WCB PFLAG website at www.pflagwashburn.org for more information on these and other events. Thank you.

—Kate Stolp, Volunteer Executive Director

Chequamegon Unitarian
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