

The Open Door Newsletter

March 2024



The fellowship services on March 10 and March 31

Sunday, March 10—*Antidote to Burnout: Spiritual Connection*

Guest Speaker: Kelsey Rothe **Service Lay Leader:** Erin Tenney

Musician: Joni Chapman

In-person at Northland College and live-stream on Zoom at 10 a.m.



The main ingredient to Burn out is emotional exhaustion. So, how do our emotions get exhausted, what is happening in our bodies, and most importantly, what can we do about it? Spoiler alert: It's not self-care! Let's explore the idea of how our spiritual connection could be a missing link in restoring ourselves to being the compassionate, engaged and vibrant humans we want to be. Kelsey is a Licensed Marriage and Family Therapist, who works for North Lakes Community Clinic and also serves as a school-based therapist at Lake Superior Elementary and Ashland Middle school. Kelsey has worked with education and family services entities for more than 15 years, including direct family coaching as a Simplicity Parenting Family Life coach.

Easter Sunday, March 31—*Easter Promises: From Memory to Myth*

Speaker: Rev. Stacy Craig **Service Lay Leader:** Kelby Youngberg

Musician: Joni Chapman

In-person at Northland College and live-stream on Zoom at 10 a.m.

He is Risen! This is the Easter morning pronouncement. It is said the day itself is a statement of faith that when something or someone dies, it is possible for it to have new life. In some religious traditions, this new life means becoming reincarnated, coming back in a body. Yet the Easter story offers an alternative: when the physical falls away, the story of something, the memory and the meaning can become myth. Myth becomes tradition. Tradition lives on. The death of Jesus was the moment when the Jesus movement fell apart and became something more: a universal blessing, a cosmic love, a future beyond the material. This Easter, we will follow the historical Jesus as he moves from memory to myth.

Masking Update: Virus season is here! Please remember that if you are sick or experiencing symptoms, we encourage you to join services in an N95 mask or via Zoom. This time of year everyone is encouraged to practice extra hand washing. Take good care!

Zoom access information for the Sunday services on March 10 and March 31

Link: <https://zoom.us/j/91687042498?pwd=TGpQWW16bk0vM2ZHMVA4U0wrbnYwQT09>

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.

Calendar for the remainder of 2023-2024 service year

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

2024 Schedule

March 10: Guest speaker: Kelsey Rothe
March 31: Speaker: Rev. Stacy Craig
April 14: Guest speaker: John Bates

April 28: All Music Service
May 5: Speaker: Rev. Stacy Craig
May 19: Flower Service

Small group gatherings in March

Get to Know UU

Are you curious about Unitarian Universalism? Would you like to explore becoming a member of Chequamegon Unitarian Universalist Fellowship (CUUF)? This session is for you! Learn a little about the history of this tradition, ask questions, and get to know others who are new to UU. Please register in advance for the session you plan to attend by emailing Fellowship Assistant Adam Haecker at cuufad@gmail.com so we have enough materials. There are two sessions in March—choose the one that works best for you. All sessions are at the CUUF Office, #309 on the 3rd Floor of the Vaughn Library.

Tuesday, March 19 from 7 - 8:30 p.m. OR Tuesday, March 26 from 1:30 - 3 p.m.

Please email Kristin or Henry Quinlan of the Membership Committee (membership@chequamegonuuf.org) or

Minister Stacy Craig (minister@chequamegonuuf.org) if you have questions.

Also, please see the Spotlight article on page 6 for more information about this session and CUUF membership overall.



Soul Matters Discussion Group

The March theme for Soul Matters is ‘The Gift of Transformation’. The groups are currently full. If you are interested in joining, please contact Rev. Stacy Craig at minister@chequamegonuuf.org for more information.

CUUF and KUUF Online Group: Monday, March 11 at 7 p.m. EST/6 p.m. CST

CUUF In-Person Group: Tuesday, March 12, Washburn Library, basement room, 4 - 5:30 p.m. CST

Reconnection Group

This support group meets on the following dates in March: Wednesday, March 13 and Wednesday, March 27. If you are looking for a support group, please contact Rev. Stacy Craig at minister@chequamegonuuf.org for more information.

Zoom access information for board meeting in March

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

CUUF Board Meeting, Wednesday, March 20 at 6:00 p.m.

In-person at the CUUF office or on Zoom

Join Zoom Meeting by video:

<https://zoom.us/j/95680285492?pwd=MkhJU3hSaWppQzBxZjNrenhyVWYxQT09>

Meeting ID: 956 8028 5492 —Passcode: 812516

Or, join by phone: 312-626-6799—Meeting ID: 956 8028 5492 —Passcode: 812516

From the Minister's Desk

Where We've Been—Where we are Going

This year, in small groups, publications, and Sunday services, we've engaged with the language that the larger Unitarian Universalist Association is proposing as we reassess beliefs and how they are communicated in our living tradition. As a replacement to the language of the "Six Sources" and the "Seven Principles" a multi-year process has resulted in seven values with covenantal statements for each one. The values are captured in the image to the right. Below is a list of where we've been as a fellowship on this exploration, where we are going, and the UUA proposed statement (if/then) related to each value:



In November, we explored "Generosity"

We cultivate a spirit of gratitude and hope.

We covenant to freely and compassionately share our faith, presence, and resources.

Our generosity connects us to one another in relationships of interdependence and mutuality.

In January, we explored "Liberating Love"

We draw from our heritages of freedom, reason, hope, and courage, building on the foundation of love.

Love is the power that holds us together and is at the center of our shared values. We are accountable to one another for doing the work of living our shared values through the spiritual discipline of Love.

In February, we explored "Justice and Equity"

We work to be diverse multicultural Beloved Communities where all thrive.

We covenant to dismantle racism and all forms of systemic oppression. We support the use of inclusive democratic processes to make decisions within our congregations, our Association, and society at large.

We declare that every person has the right to flourish with inherent dignity and worthiness.

We covenant to use our time, wisdom, attention, and money to build and sustain fully accessible and inclusive communities.

In March, we will explore "Transformation"

We adapt to the changing world.

We covenant to collectively transform and grow spiritually and ethically. Openness to change is fundamental to our Unitarian and Universalist heritages, never complete and never perfect.

In April, we will explore "Interdependence"

We honor the interdependent web of all existence. With reverence for the great web of life and with humility, we acknowledge our place in it.

We covenant to protect Earth and all beings from exploitation. We will create and nurture sustainable relationships of care and respect, mutuality and justice. We will work to repair harm and damaged relationships.

Finally, in May, we'll explore "Pluralism"

We celebrate that we are all sacred beings, diverse in culture, experience, and theology.

We covenant to learn from one another in our free and responsible search for truth and meaning. We embrace our differences and commonalities with Love, curiosity, and respect.

In June, at the UUA General Assembly, delegates from congregations and fellowships will vote on whether or not this language is adopted as the collective expression of Unitarian Universalism. If you are interested in being a delegate from CUUF, please contact your Board President, Beth Lowthian or Fellowship Assistant Adam Haecker for more information. For a full history of the process and the proposed changes (called the Article II Commission), please visit:

https://www.uua.org/uuagovernance/committees/article-ii-study-commission/final-proposed-revision-article-ii?mc_cid=818141a563&mc_eid=86f894c4e6

One of the reasons for these revisions is because lists are always incomplete. Multiple amendments over the years have proposed additional sources and principles. The current language also didn't lead individuals or fellowships into action, which is what the covenantal statements are intended to do. One way I think of the proposed language is that it provides an answer to my least favorite question: *what is Unitarian Universalism?* With the new language, I may say, "we are a diverse religious tradition with shared values, who work collectively to live out those values, changing systems and consciousness, and making change that would be impossible by working individually. This is what we believe in."

In community,
Rev. Stacy Craig

Caring Corner

March is here and in this weird winter, we might be treated to the cheery yellow of daffodils soon. The Caring Committee on behalf of the fellowship hopes this sight will brighten the days for:

Melodie Phipps, who is receiving treatment at Mayo for a collapsed lung.

Marina Lachecki, who is continuing with radiation and chemotherapy treatments.

Glenn Walker Johnson, who is in Duluth healing from a recent stroke.

Deb Aaron, who is still slowly recovering and healing at home.

Sandy Brue, who had Covid while healing from knee surgery.

Donn Christensen, who is healing well from hip surgery.

Please hold these people and all others dealing with similar or other issues in your prayers and positive thoughts. If you have a need, are experiencing a life-changing event of sorrow or joy or know someone who is, please contact Rev. Stacy. Her phone number is 715-413-1593 and her email address is

minister@chequamegonuuf.org

She and the Caring Committee members can connect you to resources and organizations that provide support services.

May this month bring bright sights to lift the spirits of you and yours.

—Lindy Howe, Caring Committee

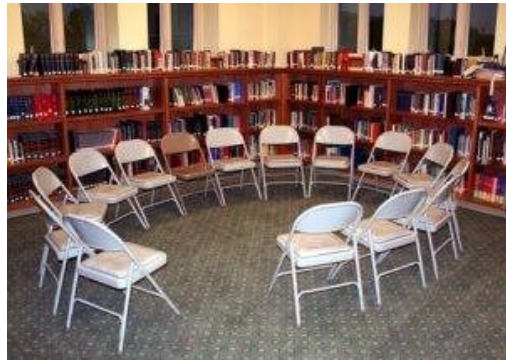
Science group to meet at Coco's

The science group will meet on Sunday, March 24 at 10 a.m. at Coco's restaurant in Washburn. To date, the group has talked about fusion energy, entanglement (something Einstein called "spooky action at a distance"), and Schrodinger's cat. The group hopes to tour the Ashland power plant for one of its meetings.

All are welcome. For more information, please contact Mike Bunch at 715-209-5383.

UU Women

UU Women is a group that meets once a month for conversation and support. Our next meeting is Sunday March 24 at 10 a.m. in the basement of the Washburn Public Library. Use the side entrance. We welcome anyone who identifies as a woman in a way that is meaningful to them. Come check us out! More info: Jill @ 715-292-9163.



UU Women's Retreat & Treat the Early Day - Save the Date on April 20

Hello, friends. Please consider joining us on Saturday, April 20 from 9 a.m. - 4 p.m. at the Washburn Library and the Washburn Meditation Center for a fellowship, sharing, creating, learning, lunching day. All folk who identify as a woman or as a UU'er in ways that are meaningful to them are welcome. Please contact Beth Gehred at 920-728-3170 or beth.gehred@gmail.com if:

—you have a brainstorm for an activity or presentation that you'd like to lead or join

—you have questions about the day

—you need accommodations (child care, ride, etc.) to be able to attend

The day is in the planning stage, so all input is welcome. More information to follow.

Take the moment now to enter the date/time into your calendars and you'll be ahead of the game.

—Beth Gehred

RELIGIOUS EDUCATION NEWS

Greetings!

Building Bridges

This comparative world religions course meets in the basement of the Washburn Library. Due to school breaks and community schedules, our meeting dates are changing for March to:

Wednesday, March 6th from 6:15 - 7:45 p.m. (Buddhism II)

Monday, March 18th from 6:15 - 7:45 p.m. (Religions of Japan: Shinto, Zen, Japanese Aesthetics)

The regular schedule will resume in April:

Tuesday, April 9 (Taoism/Jainism)

Tuesday, April 23 (Humanism/Agnosticism)

Tuesday, May 7 (Final class)

RE Family Survey

The RE committee has put together a survey for RE families to gather input on our program. If your family has participated in any part of the RE program recently, we would deeply appreciate your feedback and ideas as we consider the future of our programs. Feedback is always welcome outside the context of the survey, too, but the survey data will be especially helpful in planning how to best serve our families' needs in the coming years.

Please follow this link: <https://forms.gle/Sed4rMQzWUFiXtkMA>

—Andrea Ward, Director of Religious Education

Worship Committee to conduct survey

Your CUUF Worship Committee is preparing to meet to brainstorm speakers, service themes, and the worship calendar for 2024-2025. Your feedback is so important to help this group continue to provide meaningful, engaged, and inspirational worship experiences. Please share feedback through the following survey or by emailing incoming Worship Committee Chair Tracey Snyder by March 15.

Thank you for taking the time to share feedback. Survey link:

<https://cuuf.breezechms.com/form/e04225>

Lindy Howe accepts position as new chair of Hospitality Committee

Lindy Howe has accepted the position as the new chair of the Hospitality Committee. She will replace June Bavlnka, who is stepping down by the end of this service year on May 19. During the following 2024-25 service year, Lindy will work with Jan Perkins and all of the members who volunteer to bring hospitality fare. The position involves working with volunteers to coordinate the service hospitality, as well as set up and clean up as needed. Please welcome Lindy in her new position the next time that you see or talk to her.

Spotlight: Membership Committee welcomes those to Get to Know UU

Would you like to become a member of Chequamegon Unitarian Universalist Fellowship? During the months of March and April, there will be several educational sessions called Get to Know UU for those who would like to explore belonging in UU. Minister Stacy Craig and the Membership Committee will offer these informational sessions on Tuesday, March 19, from 7 - 8:30 p.m. and Tuesday, March 26, from 1:30 - 3 p.m. at the CUUF office on the 3rd floor of the Vaughn Library. For those who are considering CUUF membership, or who would like to learn more about it, we encourage you to attend one of these sessions. Please email Kristin or Henry Quinlan of the Membership Committee (membership@chequamegonuuf.org) or Minister Stacy Craig (minister@chequamegonuuf.org) if you have questions or would like more information.

There will be a celebration and recognition for new members of the Fellowship on Sunday, May 5. Each new member receives a New Member gift packet containing the UU Pocket Guide, a Welcome Pamphlet, an oval UU decal, and more. To become a voting member and participate in the CUUF democratic decision-making process, a financial contribution of record of at least \$100 is required. Each voting member (or voting member household) will receive a one-year subscription to UU World magazine. Part of each voting member's contribution is used for CUUF membership in the Mid-America Region and nationwide UU Association, for which we receive valuable resources and support.

Pre-Valentine's Bake Sale proves a sweet success

Thanks to all who made the Pre-Valentine's Day Bake Sale a sweet success. Greeting us after the Feb. 11 service were three tables loaded with sumptuous consumables, provided by dozens of CUUF cooks and bakers. By 12:30 p.m., there was just enough left for the Caring Committee to package for home deliveries—and \$710 in the donation basket! Special thanks to CUUF Board Secretary Jen Banowetz for suggesting the event and with her husband, Jeff, followed through from planning to recruiting to serving to sweeping up the crumbs.

—Ed Calhan, CUUF Treasurer

Reflections on the generosity of springtime

Springtime, it's the amazing season of nature's generosity! Our sun shares more light and warmth with each passing day. Earth warms. Plantings green and grow. Flowers bloom, sharing their delightful colors and form. We shed heavy winter garments and live with a renewed lightness of spirit. Maple sap runs and fruiting trees blossom. So if we are feeling a little extra generous and have already fulfilled our fellowship pledge for this service year, the giving of a little extra in this season is another manifestation of the generosity of springtime. The spirit of the season is a lift. And if we strive to yet complete our pledges for this service year (fiscal year ending in June) this new energy of springtime may be just the boost that helps us achieve our goal. We celebrate the spirit of springtime, the spirit of generosity, a season of new life, new energy, and uplifted fellowship. And finally, a note from our Stewardship Committee: financial support isn't everything, but it is an important element in engendering a vibrant and thriving community of spirit.

—George Bussey, CUUF Stewardship Committee

CUUF Board hopes to revitalize annual trunk sale

Do you love a good garage sale? Are you available to volunteer a few hours for the fellowship? We have the perfect position for you!! The CUUF Board is looking for someone to revitalize the annual Trunk Sale during Ashland's city-wide rummage sale to be held on Saturday, May 18. Participation is minimal; fun is maximum. If this sounds like the right fit, please contact Beth Lowthian for more information: beth@chequamegonuuf.org

UUA Regional Assembly and UUA General Assembly

The MidAmerica Region UUA is holding its **Regional Assembly** this year on Friday, April 19 and Saturday, April 20 both online and at the First Unitarian Society of Madison. The keynote address will be given by the Rev. Dr. Sofia Betancourt, President of the Unitarian Universalist Association of Congregations, and Rev. Dr. Karen Georgia A. Thompson, General Minister and President of the United Church of Christ. There will be workshops, the annual business meeting of the MidAmerica Region and opportunities to meet many UU leaders. For in-person attendees, there also will be an opportunity to tour the historic building where the Regional Assembly will be held.

UUA General Assembly is the annual gathering of Unitarian Universalists, where the UUA conducts business, explores the theological underpinnings of the UU faith, and leans fully into its mission and principles. The 63rd General Assembly will be held online only this year from Thursday, June 20 to Sunday, June 23. The theme is titled "Love Unites, Stories Ignite". In a world filled with division and challenges, this theme is a powerful reminder of the core principles that unite us as Unitarian Universalists. "Love Unites, Stories Ignite" celebrates the profound effect of love as a binding force that transcends boundaries and fosters connections within our faith community and beyond. For more information, please contact generalassembly@uua.org

Vaughn Library to host events on technology support

Community Program: Sip & Swipe Cafe

We understand the importance of staying connected and informed in the rapidly evolving world of technology. To foster a sense of community, the Vaughn Public Library in Ashland is launching "Sip & Swipe Café": a program designed to bring tech enthusiasts and novices alike into meaningful conversations. The aim is to boost your confidence in tech skills through these conversations and create an environment where you can mutually learn from one another. The program is held the last Thursday of every month from 9 - 10 a.m. in the 2nd floor Community Room of the Vaughn Library. Please bring your smartphone, tablet or laptop...and coffee if you wish. All skill levels are welcome.

One-on-One Computer Help Service

In addition to "Sip & Swipe Café", the Vaughn Public Library also is introducing a personalized one-on-one computer and smartphone help service **by appointment**. Whether you need help with software, navigating a device, completing online forms or general troubleshooting, this service is for you.

For CUUF, these programs could be beneficial for those who regularly attend our Sunday services on Zoom. For more information, please contact Sam Ray at the Vaughn Public Library at 715-685-1671.

Chequamegon Unitarian
Universalist Fellowship
P.O. Box 641
Ashland, WI 54806

**CUUF
CONTACT
INFORMATION**

PO Box 641, Ashland, WI 54806
Fellowship Website: www.chequamegonuuf.org
Facebook: www.facebook.com/Chequamegonuuf
Twitter: <https://twitter.com/chequuf>



**Fellowship Assistant/Newsletter Editor/
Minister/Director of Religious Education/
Coordinator of Our Whole Lives**

Adam Haecker
Fellowship Assistant
cuufad@gmail.com
and
Newsletter Editor
uunews@chequamegonuuf.org
651-303-6931 (cell)

Andrea Ward
Director of Religious Education
andrea@chequamegonuuf.org
608-438-6156

Ashley Smith
Coordinator of Our Whole Lives
smitha-02@hotmail.com
715-209-8200

Stacy Craig, Reverend
stacymariecraig@gmail.com
minister@chequamegonuuf.org
715-765-4214 (home)
715-413-1593 (cell)