

The Open Door Newsletter

March 2020



This Month's Fellowship Services

Fellowship Services are held at 10 a.m. on the Northland College Campus in the Alvord Theater of the Ponzio Center unless otherwise noted below. Find us on the web at www.chequamegonuuf.org

March 8—Speaker: Jodi Supanich—*Mindfulness Tools for Sustainable Happiness*



Modern western culture has made incredible advances in external technologies, many meant to help relieve human suffering and provide comfort by manipulating external circumstances. Still, many people find themselves suffering in our rapidly changing world. Mindfulness tools, rooted in Buddhist teachings, offer us "internal technologies" to help us find joy and peace no matter what our external circumstances. This talk will be both informational and experiential—attendees will be given a chance to try some of these mindfulness tools. Seth VanZeeland, Northland College baritone, will be our guest musician for this service.

Jodi runs the non-profit Washburn Meditation Center where she teaches yoga and facilitates meditation. Jodi also teaches math, physics, meditation, and yoga at Northland College. She loves practicing yoga and meditation, salsa dancing, paddleboarding, and playing in her band, The Chequamegon Bay People's Orchestra.

March 22—Speaker: Stacy Craig—*Working in Community with G.R.A.C.E.*

When we work with others, especially in social justice and community care roles, we often encounter trauma. Zen priest and Buddhist teacher Roshi Joan Halifax has spent decades working with psychologists and neuroscientists to understand how contemplative practice can support and build resiliency for caregivers, activists, teachers, parents, humanitarians, and community leaders. At this service, we'll explore the teachings of Halifax on working with G.R.A.C.E.: Gathering our attention; Recalling our intention; Attuning to self and then other; Considering what will serve; and Engaging and then ending the interaction.

From her work responding to international disasters, Halifax recognizes that we can slip into suffering, toxic and chaotic environments, overwork, and burn out. Her teachings provide practical roadmaps to help us stay wholehearted despite difficult work.

This service will include a special dedication by David Saetre and Janet Bewley of a new chalice as well as recognition of new members with a brief New Member Ceremony. Music by Joni Chapman. Please join us!



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

CUUF Winter and Spring Service Schedule and Upcoming Events

March 1	The Other Sunday—Caring for One Another: A Multifaith, Intergenerational Approach
March 1	Ice Fishing Picnic
March 8	Speaker: Jodi Supanich— <i>Mindfulness Tools for Sustainable Happiness</i> (set your clock ahead!)
March 15	UU Women meet at Café Coco at 10 a.m.
March 18	New Member Orientation, CUUF office, 4:30-6 p.m.
March 19	Spring Equinox—Join Stacy for coffee at The Black Cat in Ashland from 9-11 a.m.
March 22	Speaker: Stacy Craig— <i>Working In Community With G.R.A.C.E</i> and New Member Service
March 29	Dear Future Generations Event at Sigurd Olson Environmental Institute, 11 a.m.—1 p.m.
April 12	Speaker: Stacy Craig—Easter Service with music by the Northland College Chamber Choir
April 18-19	Youth Retreat—see Religious Education News article
April 19	UU Women meet at Café Coco at 10 a.m.
April 26	Youth Speakers—Earth Day Celebration
May 3	All-Music Service
May 10	UU Women meet at Café Coco at 10 a.m.
May 16	The Great CUUF Garage Sale
May 17	Speaker: Stacy Craig—Flower Ceremony, Child Dedication, and Graduate Recognition

Daylight savings time begins at 2 a.m. on Sunday, March 8. Set those clocks ahead one hour!



CUUF Ice Fishing Picnic—Sunday, March 1, 10 a.m.

Come join us on the ice! For those who like to fish, feel free to bring your equipment, but there will also be some equipment there for general use. If you don't fish, come and enjoy the fresh air and fellowship. Please meet in Kreher Park in Ashland. Then, we'll head out past the end of the oredock to fish on the ice. (It's about one-third of a mile out onto Lake Superior.) We'll set up at 10 a.m. and grill hot dogs and brats at noon. We hope to see you there. For more information, please contact Zach Jurewicz at 715-685-2733.

Adult Choir Forming!

Interested in singing in a choir for our annual All-Music Service? I'm organizing an adult choir to sing along with the children at the All-Music Service on May 3. To express your interest, or for more information, please contact Kristi Kiel at kjkk19@yahoo.com or 715-373-0626.

Dear Future Generations—Community Dialogue for Earth Justice—March 29

The coordinators of our April 26 Earth Day service invite you to join them for *Dear Future Generations*, an event to be held on Sunday, March 29, from 11:00 a.m. to 1:00 p.m. in the Sentry Room at the Sigurd Olson Environmental Institute on the Northland College campus. This event will feature a chance to learn about the letter-writing project that will be part of the Earth Day service, and will include a potluck meal and conversation. Free and open to the public.

March 1—The Other Sunday—*Caring for One Another: A Multifaith, Intergenerational Approach*

The Other Sunday for March will be an exploration of humanism and how it can help guide care for one another across faiths and generations. Humanism is aligned with the first UU principle: the inherent worth and dignity of every person. To care for others from a humanistic perspective is to affirm the African term Ubuntu: “I am because we are.” This lecture and time for discussion is intended to support and deepen the work of building compassion for all beings and to serve members of our CUUF caring committee, those in professions of care, or those who find themselves drawn to walk with others in empathy and compassion.

We’ll meet on Sunday, March 1, at 10 a.m. in the Alvord Theater of the Ponzio Center on the Northland College campus. Fellowship to follow. Please join us!

New Member Ceremony—March 22

Do you value the wisdom presented by our speakers? Do you enjoy the sense of unity and caring which characterize our services and meetings? Do you like the camaraderie of being with a group of people who care about our planet and the creatures which inhabit it? If this sounds like you and you have not yet joined the Chequamegon Unitarian Universalist Fellowship, think about becoming a member. To keep our fellowship vibrant, we need your support.

We will welcome new members of our fellowship with a brief ceremony during the March 22 service. To become a member of CUUF, you simply need to sign the membership book in the presence of a current board member at any Sunday gathering or at our Annual Meeting. To become a voting member and have a voice in the democratic decision-making process of our fellowship requires a financial contribution of record of at least \$100. At this level of membership, you will receive the intriguing UU World magazine; additionally, a portion of your financial contribution will support our fellowship’s membership in the UUA and the Mid-America Region of the UUA.

If you’d like to become a member of our CUUF, have further questions about becoming a member, or are uncertain if you’ve followed the steps to become a CUUF member previously, please contact Henry or Kristin Quinlan at 715-685-0041 or quinlan.hk@gmail.com. Or, you may wish to attend the New Member Orientation with Stacy Craig on March 18.

We’d love to welcome you as a new member of our fellowship!

New Member Orientation—March 18

If you are considering becoming a new member of the Chequamegon Unitarian Universalist Fellowship and you would like more information, please join us for a brief orientation. Stacy Craig, our minister, will hold an orientation on Wednesday, March 18, from 4:30-6:00 p.m. in the CUUF office in room 309 on the third floor of Vaughn Library in Ashland. Stacy will provide background information on Unitarian Universalism and on the history of our fellowship. There will be time for questions and to share suggestions and ideas.

New members will be recognized at the March 22 service. Please contact Stacy Craig with any questions at 715-765-4214 or minister@chequamegonuuf.org.

Religious Education News

Fundraiser—Each year, our RE program raises funds for a local cause through our Easter egg hunt on Easter Sunday. Our K-6 students decided that we will give this year's collection to Chequamegon Humane Association. Adults are invited to help by giving any amount of change into the container at the welcome table during Sunday services in March.

Earth Day and All-Music Services—RE children are invited to participate in services this spring with their singing and, who knows, maybe even some instruments. Parents, please encourage your children's attendance in RE classes so they can be prepared for participation in the April Earth Day service and the May All-Music service. Watch for upcoming emails.

Annual Retreat—This year's retreat for middle and high school youth will be celebrating the 50th anniversary of Earth Day. We invite any youth to join us for an overnight retreat at Northland College's outpost, Forest Lodge, on Lake Namekagon on Saturday and Sunday, April 18-19. We will spend some time in the great outdoors and have some activities focusing on earth care and justice. David Skogan and Stacy Craig will be this year's facilitators. The deadline to contact us to express interest is March 20. Contact David or Stacy for more information.

Meet our new Pre-K Assistant—Carly Holt! Carly is a junior at Northland College and hopes to work in the field of childhood development after graduation. She also works at the after-school program in Ashland. She will be assisting our Religious Education program with our Pre-K group. Welcome Carly!

We are grateful for the enthusiasm of the CUUF to support our children and youth in the RE program. If you have any questions or concerns, please feel free to contact the co-directors.

—Deb Aaron and David Skogan-Co-directors

News from the Mid-America Region of the UUA



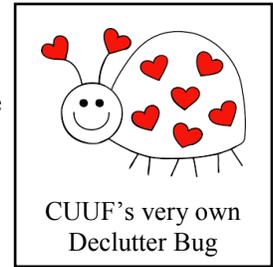
Please save the date for our upcoming Regional Assembly (RA), which will be held at the Unitarian Universalist Church, Rockford, IL, on Saturday, April 18, 2020. Our keynote speaker will be Taquiena Boston, Special Advisor to the UUA President for Institutional Inclusion, Equity, and Change. The day will feature worship, the annual business meeting, lunch, keynote presentation, workshops, and a presentation from members of the Commission on Institutional Change. On Friday evening, April 17, the UU Church in Rockford will graciously host an evening gathering for those in town.

Early bird registration ends March 20; registration closes when full or April 12.

More information can be found at uua.org/midamerica/ra/2020.

Coming Soon! The Great CUUF Garage Sale

Start sorting through your stuff! Our fellowship will once again be participating in the Ashland City-Wide Garage Sale which will be held on Saturday, May 16. A huge thank you to Karyn Watters for once again offering to host this at her super wonderful garage! Watch for the April newsletter for more information. All proceeds benefit our Religious Education program.



Call for CUUF musicians, story tellers, dancers, and other talented folks!

The CUUF All-Music Service will be Sunday, May 3 at 10 a.m. in the Alvord Theatre. Jan Lee will be our guest musician. Many of us know Jan through her leadership and performances with StageNorth Theatre and as a singer/songwriter for Big Top Chautauqua shows.

An important part of the All-Music service includes participation from the membership of our CUUF community. For more information about participating, or if you need a pep talk and encouragement, please contact a member of the CUUF Music Committee:

Linda Calhan music@chequamegonuuf.org
Megan Perrine markperrine54@gmail.com

Karyn Watters karynwatters@gmail.com
Kristin Quinlan krstnquinlan@gmail.com

News from the UUA

Feeling spontaneous (and adventurous?) Consider joining a Living Legacy Pilgrimage with the Living Legacy Project.

What is the Living Legacy Project? The Living Legacy Project grew out of the Reverend Gordon Gibson's and his wife Judy's passion for sharing the Civil Rights Movement story. Recognizing the importance of not only capturing this story and our Unitarian Universalist role in it, but of understanding what this story teaches us about the continued work that still needs to be done, the Reverend Hope Johnson, Janice Marie Johnson, and Annette Marquis formed a partnership with Gordon and Judy to establish the Living Legacy Project. In November of 2013, the founding members, along with singer/songwriter Reggie Harris, formed the Living Legacy Project Board, with a goal of developing long-range sustainability in service of our mission.

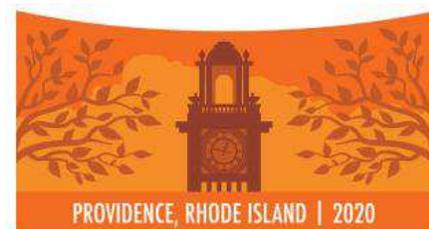
Today, we offer the Living Legacy Pilgrimage and other experiential learning opportunities to deepen understanding of the Civil Rights movement by visiting the sites where it happened and talking with the people who lived it. More information can be found at uulivinglegacy.org. Upcoming pilgrimages:

March 16-20—A five-day Pilgrimage from Memphis to Selma for ages 12 -112.
Sold out, but you can add your name to the waiting list.

March 25-29—A five-day Pilgrimage with an Alabama focus.
Only a few seats left!

November 7-14—Post-election Living Legacy Pilgrimage.
Prepare yourself for whatever is next!

And one more Save the Date! The UUA General Assembly will be meeting in Providence, RI, June 24-28. Info at uua.org/ga/program.



UUA GENERAL ASSEMBLY

From the Desk of the Minister—Equal Parts Light and Dark

For countries in the Middle East and Central Asia, March is known as the Persian New Year. Millions will celebrate the holiday of Nowruz on the first day of spring, the vernal equinox. Like a harvest festival may celebrate the harvest of crops, Nowruz can be traced back to agrarian cultures celebrating the beginning of the planting season. In these parts of the world, schools and businesses close for a multi-day celebration and observance. This is the day when the earth receives equal parts light and dark.

Since I moved to northern Wisconsin twenty years ago, I understand that ‘First Day of Spring’ written on the March calendar is really a euphemism for ‘Several More Weeks of Winter.’ Some years, I didn’t even stop to recognize this universal experience: the two annual equinoxes are the only times when both the northern and southern hemispheres share the same amount of sunlight and night. I find the spring equinox to be a good time to think about equality and the ways that inequality shapes our world.

I recently watched a documentary called Human Flow directed by Ai Weiwei. Weiwei is a contemporary Chinese artist who, because of his investigation into corruption in the Chinese government, cannot return to China. He lives in exile, and because he is a refugee, he decided to make a movie about people all over the world who are refugees and are moving across borders seeking safety from war and violence or leaving areas of natural disaster such as drought or flooding. The documentary visits dozens of countries around the world to follow the 65 million people who have been forced to leave their homes. Sixty five million people is equivalent to the population of France, so this documentary shows the magnitude of what equates to an entire country of people looking for a home. We are currently in the greatest human displacement since WWII, and because of its scale, borders are closing. One of the refugees interviewed said that when you have nowhere to go, nowhere is home. This is just one of the global inequalities that can leave us feeling frustrated and helpless, not to mention the many local challenges right here.

My friend Sarah Holst, who helps coordinate EcoFaith Recovery, recently reminded me that the urgency of the problems we face cannot be met by replicating or reinforcing the structures that created the injustice and inequality. Instead, she asks, can you imagine the community that will heal the crisis? It will not just be you. She suggests that the role of spiritual communities is to come together for healing justice or work that empowers leaders in a grounded community that can be resilient in crisis and supportive of each other. We need support—justice work is physically, emotionally, and psychologically demanding.

As I began as minister this year, I heard several ideas for justice action and initiative. Our weekly collections for the BRICK Food Shelf have not had strong participation. People care deeply about food security in the area but this format doesn’t seem to be working so we’ll discontinue it for now.

During the month of March, when we have equal parts of divine light and welcoming darkness, I invite you to think about the concerns in your heart, and how we may come together as community around them. We will be working on a survey to collect these ideas. In addition, I will host open ‘office hours’ at the Black Cat Coffee shop on the spring equinox, March 19, from 9–11 a.m. where you can stop by for conversation. You are also welcome to email me at any time at minister@chequamegonuuf.org.

Happy (almost) spring!

—Stacy



Excerpt from Stacy's February 9 talk—Who is Spirit Sophia?

There is a great essay called The Historical Roots of our Ecological Crisis written by Lynn White Jr. in 1967. In the essay, he explores the historical threads that have led to environmental degradation. He writes:

“What people do with their ecology depends on what they think about themselves in relation to things around them. Human ecology is deeply conditioned by beliefs about our nature and destiny, that is, by religion.”[1]

Who is Spirit Sophia? For me, She is an invitation to connect to thousands of years of reflection on how we have related to the divine, to our bodies, and to the earth. The research, writing, and rituals around Sophia, Woman Wisdom, have re-entered the world at a time when I would argue we need a deep and powerful way of connecting with our bodies and this world we live in... And why I think this is utterly important, so important that I've suggested a UU revival, is because I believe that a liberative, earth-based embodied theology—an understanding of the sacred—is the only way we are going to adapt to and endure a changing climate. The time to live as one has arrived.

Reminder: You can find recordings of our services at our website, chequamegonuuuf.org. Just click on “Services and Calendar.”

[1] The Historical Roots of Our Ecologic Crisis. By Lynn White Jr. Science 10 Mar 1967: Vol. 155, Issue 3767, 1205

Standing at the edge, our determination to meet the world of suffering becomes a calling as we discover that compassion is the great vehicle that delivers us from suffering and gives us power, balance, and ultimately freedom, no matter what we have faced. There, we see that all of us share a common life, a common world, a common destiny.

—Roshi Joan Halifax

Only a person who risks is free.

—author unknown

Our Mother's Prayer

Our Mother who art the Earth,
Holy be thy name.
Thy garden come where we are one
And all are face to face.

Give us this day the grace we need
Like mountains capped with snow,
Cascading down and circling round
Your family here below.

—submitted by Linda Calhan, author unknown

Breathe deeply, until sweet air
extinguishes the burn of fear in your
lungs and every breath is a beautiful
refusal to become anything less than
infinite.

—D. Antoinette Foy

Circle Suppers

Here is the schedule for the Circle Suppers for March 28. If you have any questions, please contact Lee Stadnyk at wrfarm@cheqnet.net or 715-765-4555.

Please note: Hosts provide entrée, other dish is a suggestion.

<u>Group I Participants</u>	<u>Please Bring</u>
Jim & Betsy Matzinger—hosts*	Entrée
Julia & Hans Veenendaal	Salad
Adam Haecker	Side
Madeline Lee	Dessert
Stacy & Alan Craig	Bread
*222 11th Avenue West, Ashland	
<u>Group II Participants</u>	<u>Please Bring</u>
Jo & Mike Bailey—hosts*	Entrée
Lee Stadnyk	Side
Karyn Watters	Salad
Emily Schlager & Brian Clements	Bread
Kristin & Henry Quinlan	Dessert
*32150 Whiting Road, Bayfield	
<u>Group III Participants</u>	<u>Please Bring</u>
Deb & Jeff Lewis—hosts* (gluten free)	Entrée
Linda & Ed Calhan (vegetarian)	Side
George/Dorota Bussey/Lewis Kubicek	Salad
Karen Crowell (gluten free)	Dessert
Mary Rehwald	Bread
*722 Chapple Avenue, Ashland	

UU Women's Group

UU Women will meet for coffee and casual conversation at Café Coco on Sunday, March 15, at 10 a.m.

Questions? Contact Jill at jill5908@gmail.com.

UU Men's Group

UU Men's Group has not been meeting. If you miss this group, get in touch with Stacy to express your interest.

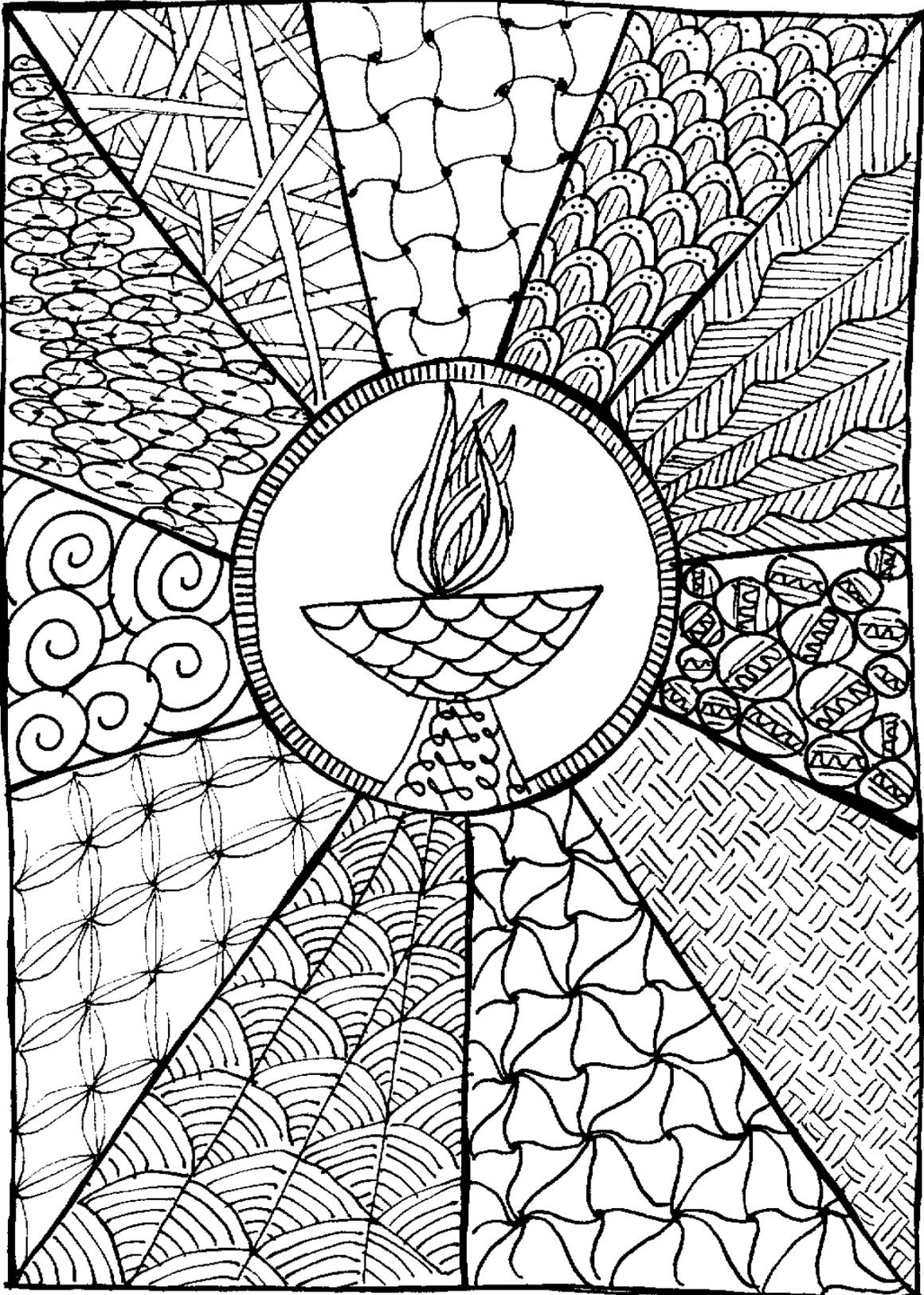


Hospitality Schedule

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>
March 8	Erin & Will Schlager 612-741-7970	Courtney Remacle 920-860-6234	Angela Stroud & Cynthia Belmont 715-682-9155
March 22	Kim Suske 715-373-5931	Monica Lee & Matt Horning 218-591-7007	Aistis Tumas & Megan Salmon-Tumas
April 12	Beth Reed & Doug Liphart 715-682-8385	Deb & Jeff Lewis 715-682-5686	Melodie Phipps
April 26	Heidi & Jeff Ungrodt 715-682-0103	Jo & Mike Bailey 715-779-9712	Volunteer needed
May 3	Youth parents providing treats	Youth parents	Youth parents
May 17	Sue & Roger Aiken 715-779-3579	Adam Haecker 651-303-6031	Marilyn Einspanier 715-372-5103 George Bussey 203-536-6990

Kid's Coloring Page! (Adults are welcome to color, also.)



—author Cynthia Landrum

CLL 2015

Mark Your Calendars!

Our spring Faith In Action fundraiser will be held on Thursday, April 23, at the New China Restaurant in Ashland. Our event will begin at 5 p.m. and close at 8 p.m.

As before, we will have our basket raffle and 50/50 raffle. If you can't make it to the event, consider making a donation of any kind to help fill some of the baskets! Please drop off items at the Enrichment Center, 400 Chapple Avenue, marked "Attention Jane". Thank you! We hope to see you there.



The next PFLAG meeting is Tuesday, March 31, at 6:30 p.m. at the Washburn Cultural Center.

March 31 is Trans Day of Visibility. Transgender people have always existed, albeit outside the focus of public attention. With the growth of transgender visibility, what does it mean to raise a transgender or gender-expansive child today? Let's dispel myths, ask questions, and learn more about how we can support the next generation of LGBTQ+ people!

PFLAG (Parents, Family, and Friends of Lesbians and Gays)—Washburn reaches out to youth and adults throughout the Chequamegon Bay area. We are a local chapter of a national support, education, and advocacy organization for gay, lesbian, bisexual, and transgendered (GLBT) people, along with their families, friends, and allies. PFLAG is a non-profit organization and is not affiliated with any religious or political institutions.

We usually meet every other month—for dates and times, please check our website www.pflagwashburn.org or contact Nancy Hanson at 715-209-1100 or nancyhanson1958@yahoo.com. Meetings are generally held on the 3rd floor of the Washburn Cultural Center located at 1 East Bayfield Street in Washburn unless otherwise noted.



**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 ~

In Our Community—Dancing, a PowWow, Lectures, Art, and Music

There will be a First Friday Dance on March 6 from 7:30-10 p.m. at the Sigurd Olson Environmental Institute of the Northland Campus. Beginner dances at 7:30 with full dancing beginning at 8 p.m. Every dance is taught and called and no prior experience is necessary. You don't need to come with a partner. Dances will include mixers, reels, square dances, contras, and waltzes.

First Friday Dances, a long-standing tradition at Northland, are offered by the Northland College Student Association for the Ashland community. Come and square dance the night away with a live band and a caller. All are welcome for this free evening of dancing.

Join Northland College on Saturday, March 14, from 1-9 p.m. for the 46th annual Spring Powwow—everyone is welcome! As part of Indigenous Cultures Awareness Month, an annual powwow is a signature event at Northland College. All events are free and open to the public.

Northland College has several environmentally-focused lectures this month. Here is a quick overview. More information on these events can be found at northland.edu/calendar/2020-03/.

March 13, 5-6:30 p.m.—Big Ag's Final Frontier: The Racial Politics of Bringing Climate-Smart Seeds to Africa
Influential voices in international development argue that farmers across Africa urgently need genetically modified seeds to combat the effects of climate change. As debates about solving the climate crisis with GMOs continue, this talk unearths how today's effort to bring biotech crops to Africa builds upon a longer history of racism and American-led efforts to transform farming systems across the Global South.

March 19, 7:00–8:30 p.m.—World Water Day: The Perils of Plastic

Join us for The Marvin Pertzik World Water Day Lecture. Our guest speaker will present an overview of what plastic is, its proliferation in our society, and its emergence as one of the most prominent environmental pollutants.

March 30-31—Apostle Islands 50th Anniversary Resource Stewardship Symposium

The Apostle Islands are an important place of sustenance for people, plants, wildlife, and more. Throughout the years and continuing today, people experience the dynamic landscape and ask questions to understand what makes this a special place. Join us as presenters share the rich story of the Apostle Islands—water quality, fisheries, and underwater landscapes; wetlands, plants, birds, and mammals; cultural heritage, Ojibwe culture and fire, and traditional ecological knowledge. There is a fee for this symposium; advance registration required.

The Washburn Cultural Center will be hosting CBAC's spring show, Take a Stand. The exhibit will feature the artwork of community members and will run for the month of March with a public reception on March 5. The Washburn Cultural Center is open weekly Thursday-Saturday from 11 a.m. to 4 p.m.

Chequamegon Symphony Orchestra will present *A Tribute to Women Composers* on Saturday, April 4, at 7:30 p.m. in the Alvord Theater at Northland College.

When we think of Classical music, we're apt to think of the Three B's—Bach, Beethoven, and Brahms—but there's a whole musical world out there of under-represented composers. Although not firm at this point, under consideration is the music of Minneapolis composer Libby Larsen and a commission with Duluth composer Wendy Durrwachter. Please stay tuned and join us for *A Tribute to Women Composers*.

Chequamegon Unitarian
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