



# Prairie Lakes Unitarian Universalist Fellowship

315 Eureka Street Ripon, WI 54971  
(920) 745-2446 [www.pluuf.org](http://www.pluuf.org) [pluufripon@gmail.com](mailto:pluufripon@gmail.com)



O  
C  
T  
O  
B  
E  
R  
  
2  
0  
2  
0



Would you like to have a  
Prairie Lakes  
Unitarian Universalist  
button, t-shirt, or mug?  
Contact Tanya for details:

[tanyapapermaker@gmail.com](mailto:tanyapapermaker@gmail.com)

## MARK YOUR CALENDARS!

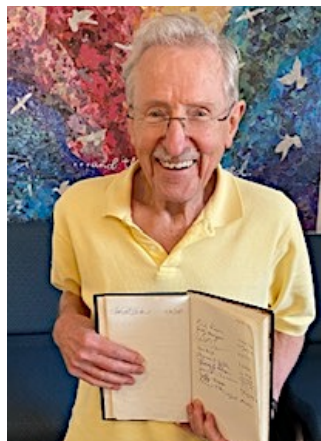
**Sunday, October 4: 10:00 AM** ENGAGE Sunday The video, "Healing the Heart of Democracy" by Parker Palmer and discussion with Becky Feyen (In-person, FB Live or use the link on Page 4)

**Tuesday, October 6: 6-7:30 P.M.** UW Parkside presents a free on-line event, "The People's Map." A panel discussion addressing the increasing concerns throughout the state regarding partisan gerrymandering. To find the link, Google "UW Parkside the People's Map."

**Sunday, October 11: 10:00 AM** Worship Service "UU Sources of Wisdom" (Stay-at Home, In-Person & FB Live)

**Sunday, October 18: 10:00 AM** ENGAGE Sunday "International Pronoun Day" see page 4. (In-person & Facebook Live)

**Sunday, October 25: 10:00 AM** Worship Service TBA Would you like to create a Worship Service? If yes, contact Jill Stiemsma [jstiemsma@icloud.com](mailto:jstiemsma@icloud.com)



## We Welcome our Newest Member

Robert "Spud" Hannaford  
signed the membership  
book after the Water  
Sharing Service on  
September 28.

Welcome Spud!

### Inside this Newsletter:

- A heartfelt message from our moderator and worship service coordinator
- More details on upcoming events
- A list of suggested books for our upcoming book discussion on Nov. 1
- Update from the Social Justice committee
- "In Case You Missed it in September"
- and more!



## Message from the Moderator by Linda DeCramer

In the midst of these extraordinary times, the myriad of challenges we face as individuals, citizens, family and community members are dizzying. Quite often I need to actively seek ways to stay grounded, to keep my heart and mind focused on the positive, the power of one, rather than succumb to despair. Below are a few things that have been meaningful and helpful lately. Maybe you'll find something strikes a chord for you too. Maybe you have a practice or thought you'd like to share with others; please let me know!

I am grateful each and every day for our PLUUF community. The love, support, wisdoms, and camaraderie it provides are necessary for my mental and emotional health. I hope you are finding a lifeline via PLUUF too. If not, please reach out (to me or anyone!) and tell us about your experience, needs, wishes. In times like these our friends and members shine with a readiness and willingness to sustain and support the PLUUF community, individually and collectively.

Gratitude is a balm. I'm reading a book by Galen Guengerich, *The way of gratitude*. It opens with these words from Dietrich Bonhoeffer. "In ordinary life we hardly realize that we receive a great deal more than we give, and that it is only with gratitude that life becomes rich." Wow! I am struck by the riches of my life - the privilege, the stability, the safety, the support, the love – I so often take for granted.

In the face of challenges so daunting one simply wants to bury their head in the sand, I seek and engage with words of peace and greater wisdom:

- During the 1960s, Minister A.J. Muste was a key organizer in a broad anti-war movement in response to the Vietnam War. Once a reporter asked him, "Do you really think you are going to change the policies of this country by standing out here alone at night in front of the White House with a candle?" A.J. Muste replied softly: "Oh I don't do this to change the country. I do this so the country won't change me."
- Bob Dylan's lyrics to "Blowin' in the wind" – while I'm saddened that we still have so much work to do, I take heart knowing the voice of the peace makers is unwavering.

How many times must the cannon balls fly before they're forever banned? How many years can some people exist before they're allowed to be free? How many times can a man turn his head and pretend that he just doesn't see? How many ears must one man have before he can hear people cry? How many deaths will it take 'til he knows that too many people have died? -- The answer, my friend, is blowin' in the wind, the answer is blowin' in the wind.

May you keep and nurture hope, stay connected, celebrate love, light and ordinary miracles.

Fondly, and with gratitude for your presence in my life and our PLUUF community,

Linda



## First-Ever Outdoor Movie Night and Chalk-the-Walk Event!

On Saturday, September 26, at 6 p.m., approximately a dozen adults and children showed up for an event to create chalk art, watch a movie, munch on Becky's popcorn and other snacks, drink cocoa and congregate together, safely, in an outdoor environment. Thank you to Robyn Davis-Bartow and Linda DeCramer for coordinating the event and to everyone who attended. Extra special thanks to Jim Goyette for providing his technical expertise to make it possible to project a movie outdoors.



## October Worship Services by Jill Stiemsma

First, thank you to all who have managed to provide PLUUF services during this pandemic. While I may be responsible for the stay-at-home versions, others mysteriously manage to find service leaders and create the venue for turning stay-at-home services into both live and on-line services. It's magic!

Second, thank you to those live service leaders and to Brad Roost who this month created our annual Water Communion. And, thank you to Jim Goyette for creating our Water Communion video – and to all of you who sent in photos. As always, the array was beautiful, and it was soooo wonderful to see y'all, even if just in photos!

Our first service in October (the 11<sup>th</sup>) will review the UU Sources of Wisdom. A few years back, just after the death of Jean Johnson who had planned to read the Reflection on Humanism, we conducted several services focused on individual Sources of Wisdom. These services generated a good deal of excitement. But it's been awhile since we've reviewed them...so let's take the time to contemplate the bedrock of Unitarian Universalism.

Who knows what our focus will be on October 25<sup>th</sup> – but this is an invitation if you have an idea and/or would like to create that service! Please get in touch with me, [jstiemsma@icloud.com](mailto:jstiemsma@icloud.com). Thanks!

Jill Stiemsma

## Book Discussion ENGAGE Sunday, November 1



Becky Feyen will be leading a book discussion on Sunday, November 1. The twist is that you will choose your own reading. Becky has compiled a list of suggested books (see attachment), but feel free to select your own. It doesn't even have to be a book; it can be a poem or article, too.

On November 1st we will gather at Prairie Lakes and present what we have read. You can share:

1. Your interest in the book, article or poem
2. Ideas expressed/message/plot
3. Favorite quotes/lines
4. How it made you feel

If you're not comfortable speaking in front of a group or can't be present that day, no worries! You can submit a paragraph that will be read to the group by Becky. If you have any questions please contact Becky at [r.feyen@yahoo.com](mailto:r.feyen@yahoo.com)

Book Suggestions:

1. *A Year of Living Kindly: Choices That Will Change Your Life and the World Around You* by Donna Cameron
2. *Activist Theology* by Robyn Henderson-Espinoza
3. *Healing the Heart of Democracy: The Courage to Create a Politics Worthy of the Human Spirit* by Parker J. Palmer
4. *Spiritual Care in an Age of #BlackLivesMatter: Examining the Spiritual and Prophetic Needs of African Americans in a Violent America* by Danielle J. Buhuro
5. *Real Change – Mindfulness to Heal Ourselves and the World* by Sharon Salzberg
6. *The Blooming of a Lotus* by Thich Nhat Hanh
7. *A Nature Poem for Every Night of the Year* edited by Jane McMorland
8. *Conflict Resolution for Holy Beings* by Joy Harjo-Sapula/US Poet Laureate
9. *A Man Called Ove* by Fredric Backman



## October ENGAGE Sundays by Judy Harris & Becky Feyen

October 4 ENGAGE Sunday, 10 AM: PBS special presentation: *Healing the Heart of Democracy* by Parker Palmer <https://pbswisconsin.org/watch/university-place/university-place-healing-heart-democracy/> We will hopefully be streaming this presentation for the full hour. You are welcome to view this ahead of time if you are interested. Becky Feyen will lead the discussion

October 18 ENGAGE Sunday, 10 AM: Both *International Pronoun Day* and *U.S. LGBTQ+ History Month* fall in October. A guest speaker will help us understand how to choose your personal pronouns and why they are important.

### Actions for Social Justice

1. Supporting the Mashpee Wampanoag Tribe (see Summer 2020 *UU World* magazine). Prairie Lakes has contributed \$500 to the Mashpee Wampanoag Tribe's legal fees resulting from a recent and unexpected rescindment of their lands and tribal rights. Four PLUUF members signed a social action request form asking for this monetary support and the Board of Directors approved it on September 10, 2020.
2. Voting for an Amendment to the U.S. Constitution:  
Each voting member of PLUUF will receive via U.S. mail, a packet of information asking you to vote on supporting an amendment to the U.S. Constitution to establish that only human beings have constitutional rights and that money is not speech. Please read the information enclosed in the packet, vote on the ballot page, add your initials, and return the ballot by Oct. 15.
3. Renewal of our Welcoming Congregation status continues: In October several LGBTQ+ dates of importance have been identified. We will focus on understanding reasons for and options for the use of personal pronouns and some of the history of the LGBTQ+ movement in the U.S.

So far this fiscal year, PLUUF has provided monetary support to:

- Sam Luna: Black Lives Matter Mural
- Ripon Food Pantry
- Rainbow Alliance at UW Oshkosh
- Mashpee Wampanoag Tribe (See #1 under "Actions for Social Justice")

Social Justice cannot succeed without action. If you would like to join the Social Justice Committee, please contact [jdlake@centurytel.net](mailto:jdlake@centurytel.net)

### October is LGBTQ History Month

LGBT History month is an annual month-long observance of lesbian, gay, bisexual and transgender history and the history of the gay rights and related civil rights movements.

October 8	International Lesbian Day
October 11	National Coming Out Day
October 17	International Pronoun Day
October 19	Spirit Day
October 26	Intersex Awareness Day
October last week	Asexual Awareness Week

## In Case You Missed It In September



### ENGAGE Sunday, September 6, with Becky Feyen

Becky Feyen led a presentation and discussion, "Caring for Yourself, Each Other, and the World." She began by stating, "Although this presentation is directed toward the subject of social justice, it applies to the collective environment of our culture, down to daily interactions. How do we maintain or build kindness & compassion in a community that seems to be tearing us apart?" Discussion emphasized various practices to maintain focus and determination, while upholding a sense of grace and openness. Becky concluded by saying, "As social justice participants & leaders, it is our responsibility to practice self-care & create limits, in order to align ourselves with the needs of others in creative, helpful & loving actions."

She shared the link below:

[Gandhi's 10 Rules for Changing the World, by Henrik Edberg](#)

### Worship Service September 13 Harvest Sharing



Jill Stiemsma created a stay-at-home harvest fest service that was adapted to in-person by Tanya. Robyn Davis-Bartow and Linda DeCramer led a beautiful and meaningful service at PLUUF. Thank you to everyone who contributed perishable & non-perishable food items, wrote checks or gave cash during the offering. \$100 was collected during the offering and given to the Ripon Food Pantry.



### ENGAGE Sunday September 20 with Christopher Szymczak (The full presentation is available on PLUUF's Facebook page)

We welcomed Christopher Szymczak, past president of UW Oshkosh's Rainbow Alliance for Helping Others Perceive Equality (H.O.P.E.). He represents the student organization on campus that supports, educates and provides a social environment for GSRD (Gender, sexual and romantically divergent) students and their allies. Judy shared a handout, "Bi-101: Some Basics about Bisexuality" and "Transgender 102" from the office of bisexual, gay, lesbian and transgender concerns UUA. A great speaker, Christopher thoughtfully answered all questions during congregational sharing. The \$80 of the loose offering collected during the service was donated to UWO Rainbow Alliance.

### Worship Service Sunday September 27 (The full presentation is available on PLUUF's Facebook page)



Prairie Lakes and many UU congregations have an annual tradition of celebrating a Water Ceremony as a ritual of welcoming members of the congregation to a new church year. The stay-at-home service Jill Stiemsma and Brad Roost created was adapted to an in-person event. Brad Roost selected and presented the reflection "The Spirituality of Water" by Beth Norcross. Music from the Wade Fernandez CD, "Water is Life," was incorporated into the service and participants shared water or symbolic water from a source they visited this summer. Many participants shared their concerns about polluted oceans and rivers and the importance of protecting our water supply.

# Wearing Fabric Masks

**Wearing a fabric mask DOES NOT protect YOU from other people's germs  
It DOES help protect OTHERS from your germs**

**Fabric Masks Offer  
Some Protection**

**BUT**

**Additional Prevention  
Practices are Needed**



**WASH HANDS  
OFTEN**



**DISINFECT  
SURFACES**



**SOCIAL  
DISTANCING**



**STAY  
HOME**

## Wearing Reusable Face Masks



Wash hands before  
putting on mask



Wear mask the same way each  
time: same side facing out



Mask needs to cover  
nose and mouth



Do not touch your mask  
while wearing it



If you touch your mask  
wash/sanitize hands  
immediately



Do not remove your mask  
to talk to others

## Removing Reusable Face Masks



Do not use dirty masks,  
always wash between use



To remove mask take  
straps and pull forward



Wash hands before and  
after removing mask



Place mask in plastic  
bag until ready to wash



Wash mask with hot water and  
detergent, completely dry mask  
before reuse

**Read CDC guidance on how to  
make fabric masks**

**Best Fabric**

- 100% Cotton
- Two Layers

**General Public SHOULD NOT USE medical masks including:**

**Surgical masks and N95 respirator masks**

**These mask should be saved for healthcare providers:  
doctors, nurses, first responders.**

Since August, we have been fortunate to resume in-person gatherings at Prairie Lakes!

Most of our gatherings have been outdoors, but with the cooler weather we will be holding indoor Worship Services and ENGAGE Sundays exclusively indoors.

We encourage you to follow the guidelines to the left.

We understand how challenging it is for the members of our congregation who are hard-of-hearing to communicate with people wearing masks. Thank you to Linda DeCramer for ordering clear window masks. If they work, we will make sure we have an adequate supply on hand.

### Board of Directors\*

#### Moderator

Linda DeCramer

#### Secretary

Robyn Davis-Bartow

#### Treasurer

Jim Goyette

#### At Large Representative

Joe Hatcher

#### At Large Representative

Jessica French

#### Staff Position

#### Administrator Manager

Tanya Schwartz-Roeper

## Treasurer's Report as of September 30, 2020

	September 2020	Year to Date	Annual Budget
Income	\$1,610	\$4,468	\$26,610
Expenses	\$1,828	\$5,485	\$31,610

Detailed financial reports are always available at PLUUF or by contacting [tanyapapermaker@gmail.com](mailto:tanyapapermaker@gmail.com)

Board meetings take place monthly. If there is anything you'd like to put on the agenda, please contact Linda DeCramer [lindadecramer@yahoo.com](mailto:lindadecramer@yahoo.com) or Robyn Davis-Bartow at least one week in advance.