



Volume 26 Issue 10 October 2025

Amery Congregational United Church of Christ
201 Harriman Avenue N
Amery, WI 54001
715-268-7390
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Worship: Sundays at 10:00 AM

Congregational Clarion

October Meetings

October 5: :	9 am—Diaconate Meeting 11:15 am—Christian Education Meeting
October 8:	7pm - Trustees' Meeting
October 12:	11:15am - Missions & Social Concerns
October 19:	8:00 am - Council Meeting All members are welcome to join
October 26:	9 am—Congo Giving Meeting



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Why We're So Angry and Divided

Opinion article by Rae

In a world overflowing with information, it's easy to feel constantly on edge. We watch the news and scroll through our feeds, and what we see often leaves us feeling more anxious, angry and divided than informed. But what if the very platforms we rely on are designed not to bring us closer to the truth, but to pull us further apart? It's becoming clear that a lot of today's media—especially cable news and social media—are exploiting our deepest fears and angers for profit. This isn't just a hunch; it's rooted in science. These platforms are designed to hijack our brains and understanding how they work is the first step toward reclaiming our peace.

The Science of Anger and Fear

When you see a fear-inducing or infuriating story, your brain goes into a “fight or flight” mode. It releases stress hormones like cortisol and adrenaline. This response makes us feel a sense of urgency and alertness, which can become strangely addictive. For example, fear activates the amygdala, making us hypervigilant, and anger triggers the release of dopamine, a reward chemical.

This combination keeps us coming back for more, craving that feeling of outrage. A study from CU Boulder found that cable news networks have increasingly focused on criticism and repulsive name calling of opposing political parties to “sell anger” and boost engagement. This isn't about informing us; it's about keeping us divided and angry. The result is a win for them, but a loss for our happiness, our well-being, and our relationships.

The Unregulated World of “Infotainment”

A key reason for this problem is the lack of regulation. While traditional broadcast news is regulated by the Federal Communications Commission (FCC), cable news is largely exempt. Social media platforms are also shielded from liability for user-generated content by Section 230 of the Communications Decency Act. This lack of oversight means cable networks can present opinions as facts without legal repercussions. Social media algorithms, meanwhile, amplify misinformation because it generates clicks and engagement. As a result, echo chambers thrive, reinforcing our biases and creating a distorted view of the world.

A Healthier Approach to Staying Informed

You don't have to sacrifice your mental health to stay informed. Here are some alternatives that can help you engage with the world without falling into the traps of anger and fear.

- *Look for Reputable Sources: Seek out news organizations with transparent editorial standards, such as ProPublica, Reuters, or The Associated Press. Consider supporting non-profit newsrooms that prioritize public service over profit.

- *Go Deeper, Not Wider: Instead of endlessly scrolling through headlines, read investigative pieces or listen to in-depth podcasts that explore issues with nuance and context.

- *Consider Think Tanks: For serious, nonpartisan, fact-based analysis, turn to institutions like the Brookings Institution, Council on Foreign Relations (CFR), Peterson Institute of International Economics (PIIE) or the RAND Corporation. These organizations are staffed by scholars and researchers who use peer-reviewed data to inform policy. Unlike cable news, their purpose is not to entertain or sensationalize, but to educate.

Remember the Purpose

Think about it this way: if you want to understand a complex topic like climate policy or global conflict, think tanks are like the library, while cable news is more like the food court. One feeds your mind with substance; the other feeds your emotions with short, unsatisfying snacks.

Anger and fear are powerful tools, and many media outlets use them expertly. But we don't have to be pawns in their game. By understanding how these platforms manipulate our minds and choosing healthier ways to stay informed, we can reclaim our peace and our relationships. This isn't about ignoring the world's problems—it's about engaging with them in a way that builds us up, rather than tearing us down.

“Oh Dear What can The Matter Be Women Are Wanting to Vote”

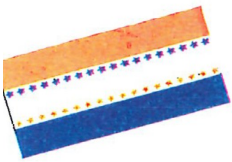
A Readers Theater Performance

Presented by:

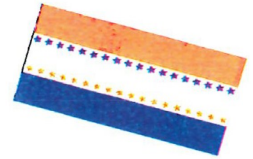
The League of Women Voters St. Croix Valley

In Celebration of their 10th Anniversary

A History of The Suffrage Movement in Wisconsin through
song, poetry, nursery rhymes and narrative



There was a little girl and she had a little curl
Right down the middle of her forehead
When she got the vote she was very good, indeed
But when they kept it from her she was horrid.



Two weekends only:

Amery Community Center

Saturday, October 18 - 7:00pm

Sunday, October 19 - 2:00pm



New Richmond Heritage Center Pavilion Building

Saturday, October 25 - 7:00pm

Sunday, October 26 - 2:00pm

The Wisconsin Historical Society's traveling display

***“We Stand on Their Shoulders:
A History of Wisconsin Women and Voting”***

will be on view at The Heritage Center

Birthday Cake and Conversation
following each performance

\$10.00 donation is welcome
But not mandatory

Reservations are Required so call
today!

Chinese Dinner

Authentic Chinese Food by Chef Peter Kwong

Amery Congregational Church, UCC

October 11, 2025

1:00 PM or 4:30 PM

Menu – Spring Rolls, Wontons, Fried Rice,
Beef with Broccoli, Sweet and Sour Chicken

Adults - \$25

Children - \$15



Call 715.268.7390

to reserve tickets!



A Farewell From Catherine

Although I haven't been here very long, my time serving as Office Manager has been such a meaningful blessing in my life. I had truly hoped to serve longer, and it saddens me that this season is ending sooner than I ever expected. Yet in this short time, I have felt an overwhelming amount of love, encouragement, and support from this church family. Your prayers and compassion, especially during the heartbreaking loss of our daughter, carried me through when I needed it most — I can't even try to explain the sense of peacefulness, calmness and safety I've felt just being within the church walls. You made me feel not only welcomed within my short time here, but deeply valued as part of this ministry. I am deeply thankful for the friendships, prayers and memories we've shared, and I will carry them with me as I step into this new chapter in my life where my only focus will be my FAMILY and cherishing all life has to offer in the comfort of our new home in a new location (still close enough to help care for our grandbabies!) My last day is October 17, 2025.



Mark Your Calendars

October 11th: Chinese Dinner is Back
Now Accepting Reservations!!!

Walleye Dinner will be held Friday, February 20, 2026
Volunteers and organizers will be needed as the date gets closer

Dinner Theater will be held the weekend of April 30-May 2, 2026.
Many volunteer opportunities for this event will be needed Start thinking about how you would like to be a part of it....cook, serve or STAR!

Council Meeting September 21, 2025

Attendance: Sherry Monson, Chad Leonard, Abby Betzold, Nyla Anderson, Sandy Morris, Beth Leonard, Maralyn Saleh

Meeting opened in prayer led by Abby Betzold

Approval of Meeting Minutes: after correction to August Meeting Minutes that the Financial Report and Approval will be on a quarterly basis vs monthly basis, Sandy M made a motion to approve the August Minutes and seconded by Abby B. Passed.

Financial/Treasure Report: Chad L. will report quarterly vs monthly

Clerks Report: Sandy M reported current membership at 141 after Pastor Dana's membership was transferred to her current church and 1 member death, Ruth Schafer.

Board of Trustee: no report

Board of Christian Education: Abby B. reported on the following:

Rae Woldridge is continuing to lead the Adult Study

Continuing to have occasional Intergenerational moment during worship.

There will be a small Confirmation Group throughout the school year consisting of Joseph Maukstad and Hayden Leonard.

We will be joining up with Our Saviors Church for the elementary age kids on the 2nd and 4th Wednesday's from 3:30-5:30. Our church will for sure be helping out with some of the meals.

Wapo Bible Camp will be hosting the monthly Community Youth Group.

Breakfast Club for Senior High students will be held every 1st & 3rd Mondays at Our Saviors.

Board of Deacons: Nyla A. reported the following

Continue to do visits with shut ins.

Provided communion to members at Golden Age Manor

Reaching out to potential individuals for new membership. There is one young child asking to be baptized. Barry T. is working on educating the child and parent about baptism.

Board of Congregational Giving: Beth L. and Maralyn S. reported the following

The Memorial Book will be updated at the end of the year

Leaves for the Memorial Tree and the plaque for the fountain are being worked on at Sports – N – More

Noisy Kettle Offering = \$186.04

Board of Mission and Social Concerns: No report

Review Calendar

Old Business:

Answering machine message still not corrected removing Nyla A. name for contacting.

Continuing to explore Electric Charging Stations

Chinese Dinner update: After discussion, a motion was made by Sherry M. and seconded by Abby B. to have the proceeds of the dinner be given to the Amery Schools Mental Health Collaborative. Passed.

Memorial Book display case or cabinet. Abby B. will talk with Scott Smith, who made the offering boxes, if he would interested in making something for the Memorial Book and then report to trustees with his answer.

New Business:

Budget and Election Meeting will be held after worship on November 2. Committees will have until Sunday, October 5 to get budget requests to Chad L. Committees need to put together a list of new members to their committees to be voted on at the budget and election meeting.

Start announcing the Budget/Election Meeting on Sunday, October 12.

Next Meeting: Sunday, October 19 at 8:00 am

Motion to adjourn made by Nyla A. and seconded by Maralyn S. Passed.

Submitted by Sherry Monson, Recording Secretary

Friends and Visitors of Congo Birthdays

October 1: Jeff Bylander
 October 4: Sylvia Schillinger
 October 5: Chuck Hoppe
 October 6: Mike Swank
 October 8: Penny Carter
 October 9: Andrew Stalhiem
 October 11: Barry Tulkki
 October 20: Peter Kwong
 October 20: Abby Betzold
 October 21: Morgan Leonard
 October 21: Walter Richey
 October 26: Elizabeth Sigsworth
 October 31: Brand Anderson

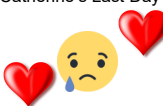


October Worship Schedule

October 5:	Abby Betzold
October 12:	Chad Leonard
October 19:	Colleen Kwong
October 26:	Abby Betzold





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:00am - 2:00pm Office Open 7:00pm - 8:00pm Acapella Group	2 10:00am - 2:00pm Office Open	3 10:00am - 2:00pm Office Open 5:00pm Lefse	4
5 9:00am Diaconate Meeting 10:00am Communion 10:00am Sunday Worship 11:00am Lefse 11:15am Christian Ed. Mtg	6 7:00am - 8:00am Breakfast Club at Our Saviors 10:00am - 2:00pm Office Open 6:30pm Boy Scouts	7 10:00am Adult Studies 10:00am - 2:00pm Office Open	8 10:00am - 2:00pm Office Open 3:30pm - 5:30pm Faith and Fun - Our Savior's 7:00pm - 8:00pm Acapella Group 7:00pm Trustee Mtg.	9 10:00am - 2:00pm Office Open	10 10:00am - 2:00pm Office Open	11 1:00pm - 3:00pm Chinese Dinner 4:30pm - 6:30pm Chinese Dinner
12 Budget & Elections Meeting - Nov. 2 - Notice 1 10:00am Sunday Worship	13 10:00am - 2:00pm Office Open 6:30pm Boy Scouts	14 10:00am Adult Studies 10:00am - 2:00pm Office Open	15 10:00am - 2:00pm Office Open 6:00pm - 7:00pm Confirmation Class 7:00pm - 8:00pm Acapella Group	16 10:00am - 2:00pm Office Open	17 10:00am - 2:00pm Office Open 5:00pm Lefse Catherine's Last Day 	18
19 Budget & Elections Meeting - Nov. 2 - Notice 2 8:00am Council Mtg. 10:00am Sunday Worship 11:00am Lefse 11:15am Missions & Social Concerns Mtg.	20 7:00am - 8:00am Breakfast Club at Our Saviors 10:00am - 2:00pm Office Open 6:30pm Boy Scouts	21 10:00am Adult Studies 10:00am - 2:00pm Office Open 5:00pm Gaither Video	22 10:00am - 2:00pm Office Open 3:30pm - 5:30pm Faith and Fun - Our Savior's 7:00pm - 8:00pm Acapella Group	23 10:00am - 2:00pm Office Open	24 10:00am - 2:00pm Office Open 5:00pm Lefse	25 8:00am - 1:00pm Scouts Eagle Project Pancake Fundraiser - ALL ARE WELCOME
26 Budget & Elections Meeting - Nov. 2 - Notice 3 9:00am - 10:00am Congo Giving Mtg 10:00am Sunday Worship 11:00am Lefse 2:00pm - 4:00pm Amery Community Youth Group	27 7:00am Breakfast Club at Our Saviors 10:00am - 2:00pm Office Open 6:30pm Boy Scouts	28 10:00am Adult Studies 10:00am - 2:00pm Office Open	29 10:00am - 2:00pm Office Open 7:00pm - 8:00pm Acapella Group	30 10:00am - 2:00pm Office Open	31 10:00am - 2:00pm Office Open	1