

Upcoming Worship Services ~ Worship begins at 10:30 am

Children and youth are welcome in the summer worship services, or religious education for preschool through grade 6 is offered and childcare is provided in the nursery. See article below for more details.

June 14 The Heart of Congregation

Rev. Hilary Krivchenia

Our final traditional service before summer services begin.

Volunteer Appreciation can be a marvelous thing — or it can set people’s teeth on edge. It’s not a time to make people feel bad about how much they don’t do, but about celebrating all the things - both large and small - that go into making our congregational community. This has been a remarkable year for Countryside — and there have been so many things that have made this place positively lively and creative. Come celebrate this as a small element of our larger service. The musical offerings will be rich and new and marvelous elements are planned.

The service will include an *Affirmation by Lisa Hagenbuch*. Lisa, a member since 2006, is an RE teacher and OWL facilitator and is currently co-chair of RE Council.

June 21 Summer Solstice Service

Leslie Peet

The Summer Solstice is the peak of the growing season and full of the exuberance of life and light. We will sing, laugh, and dance to celebrate the longest day of the year!

Share the Plate: Half of the cash collected in the offering will be donated to Palatine Township Apple Tree Campaign.

June 28 Buddhism

Marianne Solome

See page 6 for the rest of the summer worship schedule

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Summer Religious Education (RE) Nature Navigators: Exploring the Interdependent Web of Life

Plan to join us for an exciting series of summer experiences on Sundays, June 14 - September 6, 10:30-11:45 am. Our program is designed to foster reverence for nature and take action to protect our planet. We will explore evolution, measure our carbon footprint, tend to a children’s garden, and learn “green” initiatives to start today. We offer two classes - Pre/K and Grades 1-6.

Lessons will include 2 units:

Our Sacred Connection to the Earth

- * Sacred Space is Everywhere
- * Planting Our Children’s Gardent
- * We are Made of Stardust: Celebration of Darwin & Evolution
- * Celebration of Trees
- * Native Plant Discovery

Protecting our Planet

- * Global Warming
- * Water Conservation
- * Landfills & Composting
- * Eating Green - local and healthy
- * Reducing Plastic
- * The Story of Stuff
- * Clothes, Toy and Book Swap
- * Celebrating the Interdependent Web of Life

Summer Focus Deadlines

July 6, August 3, August 24

Submit articles by 9 am to ccuu@ccuu.org.

The Minister's Muse

On the off chance that it might be useful at some point, I've been reading "The Year Of Living Biblically" by A.J. Jacobs. It's a good read - though I haven't quite finished. The idea that has most stood out is the idea that religions, at their best, prescribe living mindfully so that you become more aware of the blessings of each moment. At one point A.J. says that he feels as though he's constantly being grateful for the smallest things - the elevator not plummeting, the mail arriving, the door opening easily when his hands are full... So many things we take for granted - granted they're often small - but things for which we might well be grateful.

It's not always easy. Some things are, simply, horrendous. I don't think that everything happens for a reason - that, if you just hang on, the reason will be revealed. That belief doesn't address the intense suffering that people experience. Still, there are blessings to be had - countless - and blessings to be made. Sometimes it's hard to see them - and here's why - they're a potential - a possibility - something we have to work (sometimes) hard to draw forth. And they don't make the suffering "worthwhile". Sometimes it @#! happens. And sometimes drawing forth meaning can take a very long time. I've been thinking about this a lot over the last year - since the son of a good friend committed suicide. It came up again as a young man, just graduated from Palatine High School, committed suicide yesterday - the brother of a friend of Chava's. Untenable. I've spent time in the last year simply keeping my friend company through loss. First comes the seemingly impossible grieving. I hope that with time the family will come to understand that they're still each blessings to the world, that his death call them to live life more deeply and mindfully. And there are intimate meanings to be gleaned from each unique situation. There is profound sorrow and shock - nothing changes that - but they will honor him best by looking deep, learning much, and growing as much as they can.

On the other side is the suffering of the person contemplating suicide. Often there is a degree of pain that seems intolerable. At times I've reminded folk that what they crave is an end to the pain - not a cancelation of all future possibilities of life and happiness. For a young person it may seem unimaginable that there is greater happiness in the future. Yet, sometimes the pain subsides faster than they can imagine. It isn't instantaneous -but it keeps the door open for more and more and more happiness where death ends everything. It can be hard for a person, young or old, to remember that you only experience pain to the degree that you can experience joy. So as awful as you may feel now you will - if you hold on, reach out, ask for help, if you risk - that awful feeling can be replaced by a happiness and contentment in equal measure - or, as many have experienced, in greater measure.

We who are left need to work hard to draw out blessings - not at first - first the anger, the grieving, the raw, impossible loss - a loss of unimaginable proportion. But later, so that we are restored to the gifts that remain - we have to or at least we can turn back to draw out the blessings again. Sometimes much later.

I think that it would make a significant difference if the larger culture - schools, churches would teach young people the simplest and most basic lesson - that there is suffering - certainly - but outnumbering the suffering are these endless, cascading moments of blessing and joy - miracles small and large, friendships of strength and solace, people who love us - with a fierce and boundless love — and even the blessings of a perfect day - when the sun shines and the world, fresh washed from a heavy rain - keeps growing and changing and reminding us that there is much to be grateful for, be in awe of, look forward to and to receive.

How often are young people taught to savor small joys, things of real worth— things that, even in moments of great pain, can sustain us until the moment passes and we emerge in sunlight and gratitude.

So, it sounds small and ineffectual - but in the times when the pain seems ready to rip you in pieces - please do four things - reach out - reach out - reach out - and then take time to look around at the small blessings - just to keep yourself going - until the large ones - the knock your socks off - gonna-feel-stunned-by-gratitude blessings, come along. It seems more powerful than living the entire Bible literally - even for a year.

My Summer Schedule

During the month of July, I will be away on Study Leave. During this time I will be off line. In case of critical emergencies, I can be reached through the Lay Ministry Team or the Committee on Ministry (the Board President will also know how to reach me). I will be away until August 1 and then gone again until August 15, at which time I will be back and rarin' to gallop into another church year.

To Fix What Needs Fixing and To Shape the Future

It's time to strengthen our present and look toward the future. Various groups in the church have been discussing building repairs and maintenance for over a year. Many church members have seen water coming into the sanctuary, and are well aware of the maintenance issues we face.

Many of us are aware of the size of our mortgage and the funds it takes away from our ability to provide for expanded programming and to serve the larger community in a way that truly embodies our Unitarian Universalist principles and values.

In addition many of us are gaining an awareness of the Green Sanctuary Program that is growing here at Countryside.

Thus, this coming fall, we'd like to conduct a brief campaign that would raise around \$450,000 to complete this needed work. A list of items that need fixing will be included in the next newsletter.

Some masonry and roof work is already underway, thanks to our (now significantly dwindled) Capital Reserve Fund. This was a first step not only in building restoration, but also in making our entire physical plant more green.

In this campaign, we also might consider reducing some of our current debt. We pay about \$40,000 a year in debt service. This money would be much better spent for outreach and social action, a significant yearning on the part of many congregants.

Some may question launching a campaign in an doubtful economy. We're certainly aware of the financial times, but don't know what would be gained by waiting until next spring. In addition, the work is scheduled to be completed over the next two years, so that gives us a considerable timeframe.

We welcome questions and comments about this project. Please feel free to contact Greg Blus, Paul Sneddon, Judy Ball, or Rev. Hilary.

Survey of Church Members

Each household is requested to participate in the Survey of Church Members. If you have not already done so, please fill out a survey. The survey is a requirement of the Green Sanctuary Program. Stop by the table in Atherton Hall to sign up for an email version, or pick up a paper survey. Please return the paper surveys to the Green Sanctuary mailbox in the church office as soon as possible. Thanks to all for participating!

Church Office Summer Hours

Mondays & Thursdays, 9 am to 2 pm

Laurie's summer hours
begin June 15 & continue through Labor Day.
Voice mail and email will be checked each day.

Little Water Bottles

There is a basket of small, empty bottles in Atherton Hall - take one. They are for you to collect some small amount of water during your summer - from your travels, from the kitchen sink, from Lake Michigan, from the backyard sprinkler - anywhere you spend some time over the summer months and gain some understanding, learn a life lesson, rejoice or grieve. While our program continues all summer and worship continues all summer, we are a more scattered community.

September 13 will be our Ingathering Service during which we will Mingle the Waters from our summer sojourns. Not a travelogue (some of us can travel to exotic places, others have watched every penny and stayed close to home), The Mingling of Waters is a time to share the wisdom we have gained. Reflect as you spend time by water this summer - even by the sink. What are you learning, experiencing, hoping, discovering? In September, let us gather in and share, in brief words, these new insights. Meanwhile, take a bottle and carry it with you. It can remind you of the chance you have every time you come here, to refill your well - by the care and creativity of this congregation.

focus

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Fri:9am-Noon

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Congregational Administrator *Laurie Lantz*

Lay Ministers

Ken Bobbe and Trudy Kleckner, Coordinators

Richard Chay Joyce Swedlund

Larry Frank Kimberly Tilford

Jane Matthews Dan Yokas

For assistance from our Lay or Care Ministries,
please call Ken or Trudy.

From Our Religious Educator

Rachel Carson, visionary environmentalist and Unitarian, wrote: "I would ask that each child in the world be given a sense of wonder so indestructible that it would last throughout life, as an unyielding antidote against the boredom and disenchantments of later years, the sterile preoccupation with things that are artificial, the alienation from the sources of our strength." ~ *The Sense of Wonder*, 1956

Some of you are familiar with Richard Louv's more recent [Last Child in the Woods](#) - a book that articulates a groundswell of concern among parents, psychologists, and teachers, about the lack of unstructured time for our current generation of children. Likewise, Dr. William Doherty, Professor of Family Social Science at the University of Minnesota, and an active UU, has written two works that address similar concerns about time: [Take Back Your Kids: Confident Parenting in Turbulent Times](#) and [Overscheduled Kids, Underconnected Families: Fact Sheet](#).

Since the late 1970s, children have lost, on average, twelve hours per week in free time. That's nearly an entire day that's vanished from each week - or 624 hours less each year - to spend time in nature, to protect a child's natural sense of wonder, to get in touch with what Rachel Carson called "the sources of our strength" and to sustain our children in the years ahead.

I hope and trust that one source of strength is participation in this learning community. As we embark upon the Green Sanctuary journey, and in our children's "green" summer RE program (see related invitation), may we offer encouragement, compassion, and challenge to live lives that are ever more sustainable and rich, and call one another to those grounding experiences, and practices that unite us with the sources of our strength.

As we enter this summer season, I share with you *The Peace of Wild Things*, one of Wendell Berry's great poems:

*When despair for the world grows in me,
and I wake in the night at the least sound,
in fear of what my life and my children's lives may be,
I go and lie down where the wood drake rests, in his
beauty on the water, and the great heron feeds.
I come into the peace of wild things,
who do not tax their lives with forethought of grief.
I come into the presence of still water.
And I feel above me the day-blind stars waiting with
their light.
For a time, I rest in the grace of the world, and am free.*

May this summer bring you and your loved ones many opportunities to "rest in the grace of the world, and (be) free."

Peace ~
Colleen

You're Invited to Summer RE!

Did you know . . .

- Wangari Maathai, 2004 Nobel Peace Prize winner, mobilized women in Kenya to plant 30 million trees?
- If we use cloth bags, we can reduce plastic bag consumption by 288 bags/year or 22,176 bags in a lifetime?
- If we eliminate just two paper bags/day we could save one 15-year-old tree from destruction each year?
- If we install low-flow showerheads and limit showers to a 5-minute maximum, we can save at least 9,125 gallons of water each year - enough drinking water for one child's lifetime?

Join us for our children's summer religious education program, *Nature Navigators: Exploring the Web of Life*. We've created 14 inspiring lessons designed to foster reverence for nature and take action to protect our planet. We will explore evolution, measure our carbon footprint, grow vegetables to donate to our local food pantry, and learn many "green" initiatives to start today!

Each morning will begin with an opening worship circle, and close with a sharing circle for reflection and visual arts. The children will be taking photos each week for our Interdependent Web Photo Mosaic - a cumulative art piece that will be displayed in the RE wing in September. We offer two classes: Pre/K and Grades 1-6. Please join us and bring a friend!

GoodSearch for Church

When you use GoodSearch and GoodShop, Countryside Church UU will earn a penny every time you search the Internet and a percentage of every purchase you make online!

GoodSearch.com is a Yahoo-powered search engine that donates half its advertising revenue to the charities its users designate.

GoodShop.com is an online shopping mall which donates a % of each purchase to your favorite cause! Hundreds of great stores have teamed up with GoodShop and every time you place an order, you'll be supporting your favorite cause.

Just go to www.goodsearch.com and be sure to enter 'Countryside Church UU' as the non-profit you want to support. And, be sure to spread the word!

Getting to Know Our New Members

Tim Klepaczyk grew up Catholic in Michigan. He received his Bachelors degree in electrical engineering from Wayne State and his Masters from the University of Michigan in Ann Arbor. He moved to the Chicago area for his new job but has suffered the loss of it in this poor economic climate. He would like to stay in the Midwest, which he loves. He enjoys country & western ballroom dancing, cooking, good wine, camping, outdoor sports (bicycling in particular) and astronomy. Tim is very active on the Green Sanctuary Committee and is especially interested in the subject of sustained living.

Jeani McAleer spent part of her childhood in Evanston in a Mennonite church and as a teen in Colorado. She majored in English at North Park University in Chicago, with an emphasis on writing. She found Country-side online before moving from Oak Park, where she and her husband Paul attended Unity Temple. Paul is a team leader for Orbitz's website, and Jeani works from home as a personal assistant for a married couple who each run their own business. She enjoys the wide variety of tasks and challenges her job brings. She loves knitting, participating in a book club in Oak Park (which she started), swimming, and their beagle Wally. She is thinking about possibly joining the choir and a covenant group.

Evan and John Inkman met on a blind date and were married in Oak Park's Unity temple. Evan is a former Methodist and "Willow Creek-er" and works as a computer project manager for United Stationers in Deerfield. She graduated from DePaul University in Chicago. John got his degree in Computer Science at Illinois State and manages computers and web servers for Fermi Laboratories in Batavia. John enjoys bicycling, is a member of Countryside's Menzgroup, and has taken one of Rem Stokes's classes. Evan is a "recovering golfer" and is working on getting her shoulder back in shape; she is considering singing in our choir. They have a Labrador named "Gus."

Book Discussions

Last Mondays Book Group

On June 29 at 7 pm in the Stokes Room, we will discuss The Ride of Our Lives by Mike Leonard.

Book Circle

The Book Circle will meet July 5 at 4 pm at the home of Ron Vargason and Barb Sugden. We will discuss Three Cups of Tea: One Man's Mission to Promote Peace...One School at a Time by Greg Mortenson and David Oliver Relin. All are welcome. Please RSVP to Ron or Gail Wisniewski.

Adult Faith Development (AFD) News

Worklife Support Group

Our next meeting will be Friday, June 12 at 10 am. Peggy Simonsen will facilitate. For more info, contact Dan Wiseman.

Movies with Meaning

On Friday, June 12 at 7 pm in Atherton Hall, the topic will be *Slow Food and Slow Money*. These movements have arisen to help us live well and live sustainably. Find out more as we hear and discuss the ideas of Carlo Petrini, Michael Pollan, Bill McKibben, and Woody Tasch.

On Tuesday, June 16 at 7 pm in Atherton Hall, there will be a screening of *Sicko*. For more info, contact Hal Snyder.

On Friday July 10, we will show a new environmental masterpiece: HOME - a film by Yann Arthus-Bertrand. By bringing us unique footage from the Earth and sharing with us his wonder and his concern, Yann Arthus-Bertrand lays a foundation stone for the world that, together, we must rebuild. The film HOME intends to shift people's perceptions, to make us aware of the tectonic movements at work and to incite us to act.

Adult Faith Development Council Meeting

Our next meeting will be June 30 at 7:30 pm. Bring your ideas for programs or classes! For more information, contact Sharon or Dan Wiseman.

Gong Meditation

On Thursday August 6, 7-9 pm, in Atherton Hall, the AFD Council will sponsor a Gong Meditation with recording artist and sound practitioner Kenny Kolter.

Everyone is invited to an evening of the relaxing and energizing song of the gong. It will both calm and inspire your spirit. The sound and vibration works at a cellular level and can help with stress, fatigue, depression, anger and blocked energy. Immerse yourself in sound with the healing vibrations of the gong. This is an experience you will never forget.

Wear loose, comfortable clothing, bring a yoga mat, blanket or pillow and water. Advanced registration is kindly requested. Suggested donation is \$10. (No one will be turned away due to lack of funds). To reserve your spot or for more information, contact Erv Toth.

Summer Service Schedule (cont'd from page 1)

July 5	TBA	Rev. Lynne Gardner
July 12	Sacred Guides	Dan Wiseman
July 19	Quaker Theology	Rick Burdsall
July 26	TBA	Marc Adams
August 2	Blessing of the Animals	Ed Waxler
<p>The 2009 "Blessing Of The Animals" service, to be held inside our sanctuary, will honor the human/companion-animal bond. We'd be thrilled if congregants bring their well-behaved and well-housebroken pets to this service. We'll be setting up a table to hold the photographs of other pets to be honored or remembered. Hope to see you there! <i>Share the Plate:</i> Half of the cash collected in the offering will be donated to The Buddy Foundation.</p>		
August 9	TBA	Steve Bero
August 16	TBA	Rev. Hilary Krivchenia
August 23	Lincoln	Laura Gadley
August 30	TBA	Rev. Hilary Krivchenia
<p><i>Share the Plate:</i> Half of the cash collected in the offering will be donated to the National Association of Mental Health.</p>		
September 6	TBA	Rev. Dr. C. Scot Giles

Calling All Photographers!

Do you have photographs from one or more events or special services conducted at Countryside Church over the past year? Would you be willing to share them? We are looking to get the photographs section of the CCUU web site up to date and need your help. Please contact Mike Gilley.

Upcoming Meetings and Events

A complete calendar of all events and meetings held in the building is on the church website (www.ccuu.org) under the "Events & Rentals" heading. If your church meeting or event is not listed there, please fill out a room reservation form (available with the calendar on the website) and submit it to the church office.

Thu 6/11	6pm	Pride Youth - LINKS, 847-441-6191	Sun 6/21	9am	Buddhist Dharma Group
	7:15pm	Church Choir Rehearsal		9:15am	Open Forum Discussion
	7:30pm	Amnesty International Meeting		12pm	Social Action Committee Meeting
Fri 6/12	10am	Worklife Support Group		7pm	Zen Meditation, www.greatplainszen.org
	7pm	AFD Movies with Meaning	Tue 6/23	7pm	Personnel Ctte Mtg
	7:30pm	Women's AA Mtg	6/24-6/28	UU General Assembly, Salt Lake City UT	
Sat 6/13	8:30am	Zen Wkshp, www.greatplainszen.org	Weds 6/24	7pm	Wednesday Kinship Circle
	8:45am	Rise Up and Call Her Name		7pm	Worship Council Meeting
Sun 6/14	8:30am	Conversations with God Covenant Grp	Thu 6/25	6pm	Pride Youth - LINKS, 847-441-6191
	9:15am	Open Forum Discussion	Fri 6/26	10am	Worklife Support Group
	12pm	RE Council Meeting		7:30pm	Women's AA Mtg
	12pm	Green Sanctuary Committee Meeting	Sun 6/28	9:15am	Open Forum Discussion
	7pm	Zen Meditation, www.greatplainszen.org		12pm	Rainbow Friends Meeting
Mon 6/15	7pm	PFLAG Palatine Meeting		7pm	Zen Meditation, www.greatplainszen.org
Tue 6/16	7pm	Movie Screening: <i>Sicko</i>	Mon 6/29	7pm	Last Mondays Book Discussion Group
	7pm	Board of Trustees Meeting	Tue 6/30	7:30pm	Adult Faith Development Council Mtg
	7pm	Experiencing God Covenant Group	Thu 7/2	6pm	Pride Youth - LINKS, 847-441-6191
Wed 6/17	7pm	Compassionate Comm. Support Grp	Fri 7/3	7:30pm	Women's AA Mtg
Thu 6/18	6pm	Pride Youth - LINKS, 847-441-6191	Sun 7/5	9:15am	Open Forum Discussion
Fri 6/19	10am	Daytime Kinship Circle		7pm	Zen Meditation, www.greatplainszen.org
	12pm	CMwD Consultants Meeting	Thu 7/9	6pm	Pride Youth - LINKS, 847-441-6191
	5pm	District Youth Leadership Conference		7:30pm	Amnesty International Meeting
	7:30pm	Women's AA Mtg	Fri 7/10	10am	Worklife Support Group
Sat 6/20	District Youth Leadership Conference			7pm	AFD Movies with Meaning

Job Ministry

If you have questions regarding the St. Hubert Job Ministry events, call Bob Podgorski at 847-925-6005.

Resumé Review: June 6, 9 to 11am, St. Raymond's Church, 301 S. I-o-ka, (Elmhurst road at the 'S' curve) Mt Prospect. Bring your resume for a personal evaluation by one of six HR, search, or career counselors who will be on hand to give you their thoughts and suggestions. This is for all occupations and levels.

Taking Care of You in a Job Search: June 8,** 7 to 9:15pm. St. Hubert Ministry Center, 729 Grand Canyon, Hoffman Estates. Elene Cafasso, health expert and counselor, will provide us the opportunity to understand how we can stay alert, in shape and positively active as we search for that next job opportunity. Our health is as important as our attitude - join us for an important topic we all need to pay attention to.

****For The Newcomer: 2nd Monday of the month at 6 pm:** If you are new to Networking and/or the job search, join us for a one-hour program on how to use a networking meeting effectively; the tools you'll need, such as the Elevator Speech; how to do a Handbill; and how to generate the contacts you need.

Employment Opportunities in Not-For-Profit Sector: June 13, 9 am - Noon, Our Lady of the Wayside Church, 432 W. Park, Arlington Heights. Join us for a Panel discussion on Employment Opportunities in the Not-For-Profit sector. We will be joined by a Search Representative and several Not-For-Profit executives who will talk about what qualities are sought after and how to connect with the Not-For-Profit sector.

A Career Over Age 50: June 20, 9 am - Noon, St. Matthew's Church, 1001 E. Schaumburg Road, Schaumburg. We will feature a panel of individuals who successfully transitioned into new career paths after age 50 and even after age 60. Join us as we explore how these individuals made their transitions and re-invented themselves for their encore careers.

Ten Things To Make Yourself More Marketable: June 22, 7-9:15 pm, St. Hubert Ministry Center, 729 Grand Canyon, Hoffman Estates. Our Coordinator Bob Podgorski will present a seminar on ten things that can make you more marketable and valuable to an employer in today's environment. Times change and so do the needs of employers. Business shifts require new or different talents. Learn what the current ten top talents are, sought after by employers.

Creating a Dynamic Resume: June 27, 9-10:30 am, Ahern Activity Center at St. Juliana's Church, 7200 N. Oketo Ave., Chicago. We have been asked to provide a resume workshop that discusses the various elements of a resume, their importance and how to best present your talents to an employer. Bob Podgorski, Coordinator of the St. Hubert Job and Networking Ministry, will conduct the presentation. Formal networking will follow till noon.

Resume Review: July 11, 9 - 11 am, St. John the Evangelist Church, 513 Parkside Circle, Streamwood. Bring your resume for a personal evaluation by one of six HR, Search, or Career Counselors who will be on hand to give you their thoughts and suggestions. Bring a friend - This is for all occupations and levels.

Intro to Zen Workshop

The Great Plains Zen Center (GPZC) will hold introductory workshops on June 13 and July 18 at Countryside Church UU. The workshop provides basic, practical information including how to zazen (Zen meditation), how to practice at home, the aims of practice. Attendance at an introductory workshop is required of anyone who would like to become a member of the GPZC. The cost for each workshop is \$25/person. Call 847-274-4793 or visit www.greatplainszen.org to register.

Host a Student from France

Host families are needed for French students who will be visiting the Chicago area August 7 - 27, 2009. Single parents and families with or without children can host a student. Students bring their own spending money, and there are planned activities during the week.

The Center for Cultural Interchange is a non-profit student exchange organization dedicated to the promotion of cultural understanding, academic development and world peace through international exchange. For more information, please contact Lynn at chicagoareahost@yahoo.com.

Voices for Creative Non-violence

On Tuesday, June 23, from 7-9 pm at the Wellington Avenue UCC Church, 600 W Wellington Ave in Chicago, Voices for Creative Nonviolence will sponsor a screening of the film "This Palestinian Life," a documentary film by Philip Rizk that takes an oral history approach to telling the stories of rural Palestinians and their experiences under Israeli occupation. For more info, call 773-878-3815.