
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 notice on page 2 for more details.

Aug 30 Core Values, Core Tensions: Invitation to the Dance

Rev. Hilary Krivchenia

The Rugged Individual meets the Larger Landscape of Life. Unitarian Universalism and the new millennium.

Share the Plate: Half of the cash collected in the offering will be donated to *Mental Health America* (formerly known as the National Mental Health Association), the country's leading nonprofit dedicated to helping ALL people live mentally healthier lives.

Sept 6 The Lost Art of Memory

Rev. Dr. C. Scot Giles

In Medieval and Renaissance times people formally studied the "Arts of Memory." In the age before the widespread availability of books and long before computers, people had to rely more on what they could remember. As a result, they developed systems that enabled them to remember things accurately and quickly. We have all but lost this knowledge. However, some of the teachers of the Arts of Memory went a step further and began to make spiritual claims for what they could do. They believed that by carefully remembering things they could actually acquire some of the powers of God. This sermon will explore the Arts of Memory and the lost powers they contain.

Sept 13 All-Church Ingathering & Water Communion

Rev. Hilary Krivchenia

After summer's scattering we come together and mingle water symbolic of the places where we learned and grew over the summer — from the kitchen tap to the Pacific Ocean we have been instructed and changed by our lives — let us share those lessons. Water will be available just in case you left yours at home on the counter, out in the sprinkler or back at the beach.

This is an All-Church Service: Children and Youth will attend the service with their families. Childcare will be available in the nursery for infants and younger children.

Sept 20 Days of Awe: Honest Reckoning

Rev. Hilary Krivchenia

Knowing ourselves and being in the Presence of that which knows us.

Religious Education Classes for Preschool through High School Begin

Share the Plate: Half of the cash collected in the offering will be donated to PADS.

Sept 27 Pulpit Guest: Michael Durall

See letter on page 3

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Upcoming Focus Deadlines

Sept. 14, Sept. 28, Oct. 26

Submit articles by 9 am to ccuu@ccuu.org

We are moving to a monthly newsletter. In between *Focus* issues, updates will be sent out via email & via US mail for those who do not have email and *The Sunday Times* blue insert will be posted on the website.

Submissions for *The Sunday Times* or the email updates should be sent to the church office by 9 am on Wednesday; it will be published in the following Sunday's blue insert and emailed to the congregation on Thursday or Friday.

Come to the Ingathering Potluck!

Sunday, September 13 - the first Sunday of the church year - is also the date of the first social event of the new year—the first Ingathering Potluck Picnic. This special day begins in the sanctuary and continues in Atherton Hall and on the grounds outside the Hall.

The Potluck Picnic is a way to be in community after a long summer; reconnect with one another; and share holiday experiences and favorite summer dishes.

We decided to make dish assignments (in an effort to balance the meal), but feel free to swap with someone or, if you have a specialty, make that.

Last name A - G please bring a dessert

Last name H - L please bring a salad

Last name M - Z please bring an entrée

Bring your dessert, salad or entrée to Atherton Hall between 9:45 and 10:30 am with written directions if the kitchen staff has to do anything with your dish (refrigerate, cook, cut, arrange, etc). We will be happy to take care of any last minute preparation requirements.

Visitors are very welcome to join the festivities. Ingathering Sunday is a great day for meeting most of the congregation. All members make an effort to attend the first Sunday service in September. And Countrysiders are the BEST cooks so you are in for a culinary treat.

Please plan to be there. If you have any questions, contact Cathleen Chay.

Church Office Hours

Through Labor Day:

Monday & Thursday, 9 am to 2 pm

Voice mail & email is checked Monday through Friday

After Labor Day:

Monday through Wednesday: 9 am - 3 pm

Thursday: 9 am - 5 pm

Friday: 9 am - Noon

Colleen's Office Hours

10 am - 2 pm

Mon & Weds - home office

Tues & Thurs - church office: 847-359-8440 x4

Fridays are my Sabbath

Rev. Hilary's Office Hours

Monday: off

Tuesday: 10 am - 12 noon

Wednesday: 9 am - 1 pm

Thursday: 10 am - 12 noon

Friday - sermon writing day at home

Appts also available outside office hours;
contact Hilary at 847-359-8440, ext.2

Church Vision Statement

Earlier this year, a small group of us met with the goal of developing a statement for the church that could serve to articulate our shared view of a vision for Countryside Church. We have had that vision statement on a large board in Atherton Hall for several months now. While we have heard from a few members of the congregation about this vision statement, the start of a new church year reminds us to seek input from the entire congregation.

Each of you can play an important part in crafting the final vision statement. We ask that you email, call or just talk with one of the members of the group that developed this statement. For those of you who have not seen the large board in Atherton Hall, we've included it here again.

Countryside Church is the growing voice and source of liberal religion in the northwest Chicago suburbs by...

...creating a place of inclusiveness, welcome, connectedness, compassion and respect

...providing for the spiritual and intellectual growth of members of all ages

...cultivating a vital future for our congregation and community through thoughtful stewardship of our financial resources and our environment

...acting on a social conscience

Please provide your feedback to one of us: Judy Ball, Lisa Bohne, Richard Chay, Dan Wiseman, Reverend Hilary Krivchenia.

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.

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Dear Countryside Members and Friends,

We have a special visitor coming to Countryside during the weekend of September 26-27. Our guest, Michael Durall, is a noted parish consultant and the author of five books about congregational life. The hallmark of Mike's work is helping congregations develop tailor-made plans the future. We've invited him to help us put into action some of the long range planning that has been done over the past few years.

Save the Date!

On Saturday, September 26, Mike will lead four sessions focusing on:

- Membership: Defining and initiating "integrity of membership"; 9:15 – 10:30 am
- Stewardship: Giving from the heart and not to the budget; 10:45 am– 12:00 pm
- Lunch and open discussion; 12:00 – 1:00 pm
- Finances and a discussion about the proposed building campaign; 1:00 – 2:00 pm; and
- Long-range planning and outreach: keys to the future; 2:30 – 3:15 pm

These sessions are open to all, and we encourage members and friends to attend at least one session. Child care will be provided.

In addition, Mike will be in our pulpit on Sunday morning, September 27, and will host a 30 – 40 minute discussion following the service. Everyone is encouraged to attend, and child care will be provided.

Caring for the Present, Building for the Future

During this weekend and for a few days following, Mike will also be working with Countryside on the proposed capital campaign, which is needed to fund current and future projects that will keep our facilities and our programs thriving.

For several years now, several skilled volunteer facilities team members (Paul Sneddon, Andy Richards, Mark Huston, and others) have been monitoring our building and facilities from floor to ceiling so that we can better predict upcoming maintenance needs. Our building is aging, and needs some tender loving care.

They are also helping us identify solutions that are both cost-effective *and* environmentally friendly. Some work has been recently completed, including the new roof over the Sanctuary. This new roofing material has many benefits, including durability, energy-efficiency, and insulation. It's white, so it will effectively reduce air conditioning costs and greenhouse gas emissions. The idea is simple: white reflects heat instead of absorbing it. And – no more roof leaks – at least not in the sanctuary, where the work is complete.

But, we still have a list of critical building projects, and it's time to put a long-term plan into motion to tend to the building and our programs. That's why we are beginning efforts to raise money that will support these and other building needs.

Please mark your calendar and plan to attend one of the sessions with Mike Durall.

If you have any questions, please contact Greg Blus, Paul Sneddon, or Reverend Hilary Krivchenia. If you'd like to learn more about Mike's work in the meantime, please visit www.vitalcongregations.com.

The Minister's Muse

The breeze at dawn has secrets to tell you.

Don't go back to sleep.

You must ask for what you really want.

Don't go back to sleep.

People are going back and forth across the doorsill

where the two worlds touch.

The door is round and open.

Don't go back to sleep.

I woke up feeling rushed this morning. So much to do. So much to think ahead to. I felt like leaping up when the sound of a neighborhood dog barking caused me to pause. I worried that Pema Poodle was going to give a loud response to her neighbor and wake the four teenagers sleeping in the house. Then, since Pema didn't answer the call of the not so wild, I found myself relaxing for a moment. And then looking out at the backyard.

This passage from Jellaludin Rumi captures the feeling that I had this morning, looking out over the yard. The rabbits had already taken cover, the sun was up. I could see the bright signal from the tomato patch. The flowers I had been watering with irregularity were triumphing and showing off their brilliant colors - Mark had done a great job picking those annuals this year. The cross breeze stirred the curtains in the bedroom.

There truly are so many secrets hidden in the morning - so many messages if only I take a moment to look. There was the message of the loving work that Mark puts into the yard - the flowers, the tomatoes he planted, the mowed lawn. I could feel his presence - though he was on the train to the city. It was speaking to me of dailiness, commitment, affection, skill. It spoke to me of his love of the outdoors. There was the message from the fire pit - the young men staying with us - my son and two of his band mates/friends - had been enjoying the firepit two out of three nights. I wanted this house in large part because of that fire circle - which I still want to invite the youth group over to. It whispers to me about how much I love to have our kids and their friends around, about how I work - weeding and weeding so it'll be ready just in case. It whispers to me of the past - of campfires and long evenings. The scattering rain reminds me of droughts and of relief from drought. It whispers with countless generations of human lives hoping for rain - wishing the earth to drink, to green, grow and nourish. (It could remind me of other things that rain has wrought - but not this morning). The morning whispers of life - about generations past and future, lives human and non-human. The breeze carries songs of birds through the suburban air to my ear. It whispers of the tenacity of nature over the urbanizations of humanity - the delicacy of every growing thing in balance with the intense power of the spark of life. It whispers of the part of me that hears these whispers - imagination, spirit, heart, the part that we share as human beings. There is a sense of peace that comes when we wake up this way - stopping to pay attention. To throw oneself out of bed and into the day is not to awaken but merely to hurtle forward. I've hurtled myself out of bed and then paused - a good thing - a very good thing. For now I feel clear headed and centered. More rested - and more alive - awake in a different way - the morning has whispered to me of all that is sacred - and I feel my own sacred center respond. I wish I could feel this way all the time - so refreshed, so grounded in an awareness of the ever present sacred. It is hard to sustain in these rushed lives - yet we each know that such awareness is just on the other side of this moment and that we can access it right away and it can offer great refreshment in an instant that can stay with us for a while. All we need to do is wake up and within that waking up - wake up again and again. It is a simple and deep spiritual practice.

Summer RE

Summer RE continues on Sundays thru' Sept. 6, 10:30-11:45 am. Our program is called *Nature Navigators: Exploring the Interdependent Web of Life* and is designed to foster reverence for nature and take action to protect our planet.

Meet the Minister

Once a month, visitors and new folks with questions about Country-side Church and Unitarian Universalism are welcome to come meet with me. Come join me in the sanctuary after the greeting line has finished and you have gotten a cup of coffee or tea. I would like to meet you and have a chance to connect and to answer questions. I'm eager to welcome you!

Meet the Minister Dates for 2009-10 are: Sept 27, Oct 18, Nov 8, Dec 13, Jan 17, Feb 21, Mar 21, Apr 11, May 23, Jun 6.

RE Council News

Calling All Painters! We're looking for volunteers to help paint our RE classrooms! Whether you like to paint alone or with a party, we welcome your help! We have 3 RE classrooms in much need of color and paint! Please help us create warm and inviting spaces for our youngest members! Contact Linda Berry for more information.

Please join us in extending great appreciation to our Summer RE teachers: Melanie Schikore Andina, Venus Gintowt, Linda Berry, Lisa Hagenbuch, Susan Gordon, Peggy Simonsen, Nancy Klein, Juli Cicarelli, Donna Calwas, Laurie Lantz and Chris Smith! Thank you for sharing your creativity, time, and talents with our children and youth!

We also extend a special thank you to Jeff Hamrick and Meredith Boulet for leading a wonderful "Music in the Classroom" workshop at our RE Teacher Orientation on Aug. 22. Thanks for inspiring all of us to share the gift of music!

RE Welcome Packet & New Safety Procedures

Please watch your mail in early September for the annual RE Welcome Letter and information packet.

We want to take this opportunity to make you aware of some new safety procedures in RE. To help ensure the safety of all children and youth entrusted in our care, these new safety procedures will begin in September:

* The RE entrance doors will be locked after 10:35am each Sunday. If you arrive at church after 10:35, please enter via the main doors where ushers will be there to greet you.

* Assigned RE Floater each Sunday - Each Sunday we will assign one adult with a child registered in RE, to be a RE Floater. The Floater will provide an extra adult presence in the hallways, welcome visitors, help with supplies, and additional safety awareness

A complete RE Floater Description and Schedule will be mailed with your RE Welcome packet. With over 90 families in our RE program, each family will only need to fill this role one Sunday every two years. Thank you, in advance, for your cooperation and assistance!

Parents as Spiritual Guides - Tip #1

As a parent or guardian, you are your child's primary spiritual guide. This year we will offer a series of tips to help support you in this vital role, and hopefully help inspire and deepen your family life!

Have you ever found that some of the most meaningful conversations with your child occur at unexpected moments throughout the day - in the car, just before bedtime, or over a quick breakfast? I encourage you to enrich these simple daily moments — carpool trips, bedtime or waking times, mealtimes — with soulful music!

Listed below are some songs we'll be sharing in children's RE this year. Some of them are available for download online, or look for the songbooks, "Come Sing a Song With Me" or "Now Let Us Sing", available for purchase from the UUA Bookstore: www.uuabookstore.org. We'll also have some CDs and songbooks available to check-out later this fall through our new RE Resource Library! Let me know your family's favorite music, and we'll expand our list!

Wishing you a year ahead rich with music and family time!

~Colleen

From the "Come Sing a Song With Me" collection:

1. Gathered Here
2. Come Sing a Song With Me
3. Spirit of Life
4. I've Got Peace Like a River
5. From You I Receive
6. We Give Thanks

From the "Now Let us Sing" collection:

- * Now Let Us Sing
- * One More Step
- * May Love Surround You

Other Favorites:

- * Under One Sky — Ruth Pelham
- * Draw the Circle Wide — Gordon Light
- * We Are - Ysaye Barnwell

Raindrops Keep Fallin' On My Head

- But Not Anymore!

Anyone driving by the church earlier this month may have noticed ladders and activity on top of the building. We are happy to report that a new roof has been installed over the sanctuary! The original single-ply membrane was removed along with any wet plywood under it. An additional 1 1/2 inches of insulation was added and a new two-ply Energy Star-rated material (Soprema) was put down to finish the job. This new roofing material is also a reflective white color, replacing the traditional heat-absorbing black surface. Studies have shown that a white roof can reduce energy costs by 20% or more during hot sunny weather, so our white roof is actually GREEN too.

This is the first phase of a number of exterior building projects that are under consideration for the fall. Next up is the replacement of our original cedar siding product that is another source of water entry. Other projects include additional roof repairs, window repair/replacement and new energy-efficient HVAC units. Look in Atherton Hall next month for more information on these projects and the 'Building Countryside' drive coming this fall.

Open Forum Discussion

Sunday August 30, 9:15am in Rm 5

Temperatures Rising: It's getting HOT out there and here in Chicago, we've had the coolest summer on record! Of course, we're not talking about the weather. Hate speech is increasing, membership in fringe groups is growing, tempers are flaring and bi-partisanship has taken a long vacation. What's really behind the rhetoric and the vitriol? Why does it seem that our country is so divided? And what, if anything, should be done about it? It seems that dialog and compromise are two things in short supply. What are people so afraid of and what's really behind the rage?

Let's talk about it. Bring your attitude, your opinion and your frustration to the forum this Sunday and tell us how you feel about guns at rallies, talk show hosts like Glenn Beck, people who want their country back and the "rise of Socialism" (sic)

GoodSearch for Church

Go to www.goodsearch.com and enter 'Countryside Church UU' as the non-profit you want to support, and the church 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! For more info, contact Bob Spielman.

Adult Faith Development News

Cakes for the Queen of Heaven

Join us for an update to the classic Cakes for the Queen of Heaven 1: In Ancient Times. "Cakes" is a woman-honoring curriculum exploring pre-Judeo Christian cultures that worshipped the feminine divine. Women at UU churches across the country have found this curriculum to be an empowering and transforming experience. The class meets monthly beginning Sat., 9/26. Register after church or contact Jeani McAleer.

Last Mondays Book Group

Join us on August 31 at 7 pm in the Stokes Room to discuss The People on Privilege Hill by Jane Gardam (short stories). On Sept. 28, we will discuss The History of Love by Nicole Krauss.

Book Circle

All are welcome to join the Book Circle discussion of Predictably Irrational: the Hidden Forces that Shape Our Decisions by Dan Ariely. We will be meeting on Sunday, September 6 at 6:30 pm in room 6.

Movie Night

Movies with Meaning will resume on Friday, September 11 at 7 pm with *What a Way to Go / Life at the End of Empire*, the film that inspired this AFD series. Join Tim Bennett as he comes to grips with today's most serious problems, crossing the country seeking expert counsel. See interviews with Daniel Quinn, Derrick Jensen, Jerry Mander, Chellis Glendinning, Richard Heinberg, Thomas Berry, William Catton, Ran Prieur and Richard Manning.

Agnosticism, Humanism, Atheism Discussion

We are scheduled to meet on the first Tuesday of each month in Room 6 at 7:00 pm.

Christianity in the Age of Revolution

The eighth of Rem Stokes's Adult Faith Development classes on the Origins of Christianity will be offered on Monday evenings, September 14 through November 9. You do not need to have taken his other classes. The material for this class covers the period 1848 - 1900 and includes Marx, Darwin, Kierkegaard, Socialism, Communism and Nationalism. Interested members and friends should sign up on the bulletin board across from the church office.

Social Action Update

Making Most of Our Money begins Sept. 9

Are you willing to volunteer your Wednesday evenings for 9 weeks to help the Making the Most of Our Money program? We are looking for volunteers to be mentors for the 9-week session which starts September 9. A mentor is assigned to each family. The mentor and client act together as a team to find the best way to improve the family's money management skills. As a mentor, you make sure the family receives individual help during each class to tailor what was learned to the family's specific situation. All mentoring is done during the class. No outside time is required. We provide all of the required training.

Teachers and helpers are also needed for the children's portion of the Making the Most of Our Money program taught simultaneously with the adult program. The children are read books on money management, work on crafts, etc. You can volunteer to help just one night or for the entire 9-week session.

Turn our church covenant into action, recognizing the inherent worth and dignity of every person, no matter the person's financial or social status, by participating in our congregation-wide social action project teaching money management.

To be a mentor, please contact David Cohen, Karen Noorani or Theresa Kenders; to help with the children's portion of the program, contact David Cohen or Juli Cicarelli.

A Teach-In To End Torture and Human Rights Abuses

Sunday September 13, 4:30pm, Free
Unity Temple in Oak Park
875 Lake St, Oak Park IL
708-848-6225
unitytemple.org

Several nationally known speakers will participate, including long-time Chicago physician activist Dr. Quentin Young, who will serve as moderator, Prof. Doug Cassel of the Notre Dame Law School and expert on human rights abuses, Dr George Hunsinger, a professor of theology at Princeton and founder of the National Religious Campaign Against Torture (NRCAT), and Terrence Karney, former U.S. military interrogator and critic of U.S. government torture policy. We will also show a short movie from Amnesty International and have an interactive discussion and workshop with our speakers.

Intro to Enlightenment Intensives

Enlightenment intensives are a form of residential retreat whose purpose is to help you discover that which you most deeply desire - the truth of who you are. Enlightenment intensives are not easy, but the discovery of the truth is priceless and worth every effort.

The enlightenment intensive centers around inquiry into the truth of who you are. For three days, you contemplate the question "Who am I?" The aim of the inquiry is to have a direct experience of the truth, what is sometimes called an "enlightenment experience." The power of the inquiry lies in partner-assisted contemplation and in the combination of contemplation with communication and non-judgmental listening.

Enlightenment Intensives are unique. They belong to no tradition though they have their roots in the same soil that all the great traditions have grown from - humanity's longing for awakening. And they have no doctrine, no ready-made map that explains how the truth looks when you wake up. The fact of the matter is that no one can tell you the truth. Only you can discover the truth for yourself. What enlightenment intensives do is place you in an environment in which you can open to the truth and in which you can let the truth reveal itself to you.

This introduction is on Sunday, September 20, from 1:30 to 3:00 at the church and is presented by John Stone. He offers 1 or 2 intensives a year at a retreat center outside of Madison, Wisconsin. His next retreat is on October 21 - 25. You can go to his website at: www.heartland-ei.com

The presentation is sponsored by Adult Faith Development Council. For more information, please contact Janeane Weprin.

Fair Trade at Countryside

For several months, Countryside has sold fairtrade products on the first Sunday of the month. Thanks to all those who support this fundraiser. Coffee, tea and soon-to-be-offered chocolate products are marked up a little as a fundraiser for the operating budget. At no cost to Countryside, with the Interfaith Program at Equal Exchange, 20 cents per pound of product sold also goes to the UU Service Committee. For people who would like to support this even further, Fair Trade Halloween Candy can be pre-ordered by September 25. Single orders are 15 pieces for \$3. Please email your name, phone number, and # of orders to Lois S. Please pay when ordering. You will be notified when it arrives.

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 8/27	6pm	Pride Youth - LINKS,847-441-6191	Thu 9/10	6pm	Pride Youth - LINKS at 847-441-6191
	7:15pm	Church Choir Rehearsal		7:15pm	Church Choir Rehearsal
Fri 8/28	10am	Worklife Support Group		7:30pm	Amnesty International Meeting
	7:30pm	Women's AA Mtg	Fri 9/11	10am	Worklife Support Group
Sat 8/29	8:30am	Zen Workshop, www.greatplainszen.org		7pm	AFD Movies with Meaning
	9am	Mentor Training-Making Most of Money		7:30pm	Women's AA Mtg
Sun 8/30	9:15am	Open Forum Discussion	Sat 9/12	8:30am	Zen Workshop, www.greatplainszen.org
	12pm	Rainbow Friends Meeting	Sun 9/13	9:15am	Open Forum Discussion
	12pm	Mentor Training-Making Most of Money		11:30am	Welcome Back Potluck Lunch
	7pm	Zen Meditation, www.greatplainszen.org		12pm	Green Sanctuary Committee Meeting
Mon 8/31	7pm	Last Mondays Book Discussion Group		7pm	Zen Meditation, www.greatplainszen.org
Tue 9/1	7pm	Agnosticism, Humanism, Atheism Group	Mon 9/14	7pm	Christianity in an Age of Revolution
	7pm	Program Council Meeting	Tue 9/15	7pm	Social Action Committee Meeting
Wed 9/2	6pm	Making Most of Our Money Ctte Mtg		7pm	Worship Council
Thu 9/3	6pm	Pride Youth - LINKS at 847-441-6191	Wed 9/16	6pm	Making the Most of Our Money
	7:15pm	Church Choir Rehearsal		7pm	Board of Trustees Meeting
Fri 9/4	7:30pm	Women's AA Mtg	Thu 9/17	6pm	Pride Youth - LINKS at 847-441-6191
Sun 9/6	9:15am	Open Forum Discussion		7pm	Journey Inward
	12pm	Dance for Fun Covenant Group		7:15pm	Church Choir Rehearsal
	6:30pm	Book Circle	Fri 9/18	10am	Daytime Kinship Circle
	7pm	Zen Meditation, www.greatplainszen.org		7pm	Song Circle
Mon 9/7	Labor Day - Church Offices Closed			7:30pm	Women's AA Mtg
Wed 9/9	6pm	Making the Most of Our Money	Sat 9/19	9am	Resume Review Workshop
	7pm	Finance Ctte Mtg		1pm	Board Retreat

Return Service Requested
Time-dated Material - Prompt Delivery Requested

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