



Blessing of the Animals Worship Service: Sun, Aug 2

Bring your well-behaved pets

Feel free to bring well-behaved leashed, crated or caged pets. Also, please feel free to bring photos of pets that have passed away for our memorial table in the back of the sanctuary.

Additional information about upcoming worship services is on page 3.

Intro to Countryside

Sunday, Aug 2 at 11:00 am

Visitors to Countryside, please attend a brief information session after the worship service on the first Sunday of the month in the Stokes Rm (north end of main hallway).

CCUU In The News

The Book Circle made the Chicago Tribune's feature *Readers of the Week!* A copy of the article is posted on the bulletin board, or you can view the article online:

<http://editionmobile.chicagotribune.com/Olive/Tablet/ChicagoTribune/SharedArticle.aspx?href=CTC%2F2015%2F07%2F25&id=Ar01202>

Information about upcoming book discussions is available on page 6 of this newsletter.

Congregational Engagement for 2015-16

At the Annual Meeting, we distributed "Congregational Engagement" sheets for 2015-16. It is part of our effort to mobilize teams of volunteers to make congregational activities and events happen. Thank you to everyone who has turned one in. If you weren't at the Annual Meeting and haven't had a chance to complete yours, you will find the form on page 7 this newsletter. Please complete it and submit it to the offering plate or to the church office. *Thank you!*

Hospitality

Sunday morning hospitality begins with each & every one of us! Sign up to serve as usher, greeter, A/V, or coffee for a summer service—and help us further the reach of love through these acts of hospitality and welcome. Links to job descriptions are available on the sign-up page—

www.signupgenius.com/go/70a044ea4a72fa13-Sunday. *Many thanks to those who helped this past month!*



Collect a Bit of Water

As you enjoy your summer, please remember to collect a bit of water for our *Ingathering Water Communion service on Sept. 13*. Our mingling of water is symbolic of the places where we learn and grow over the summer, from the garden hose to the ocean.

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The happiest man is he who learns from nature the lesson of worship.
~Ralph Waldo Emerson

This red-tailed hawk was spotted at CCUU last week.

Minister's Muse

I look out my sliding doors onto the small garden in the backyard. It was a trim, polite garden when Mark and I moved in eight years ago. But slowly, rather stealthily, my husband's turned it into a patch of wild prairie. The profusion of prairie flowers is surprising. I used to think of prairies (let's just blame Winslow Homer) as wide, windy expanses of grass – graceful grasses certainly – but not much else. So it's a surprise, as Mark continues his passionate study of and engagement with prairies, to find so many beautiful plants. They weren't so brilliant or tall 8 days ago. The garden speaks to me of seasons and not every season holds the same color and vibrancy. In the fall it whispers of the past. In the winter, it sings of loss and risk, of the fragile contours of life.

I take pleasure in this small feast of color. I'm struck by how much I needed it. It's been a tough season. At the church, we've had losses both among and in the families of the members and friends of the congregation. I dedicate children, pray with families at times of loss, join people in marriage – all of which I've done in the last few months. Each one is a reminder that life moves through seasons. There are times, sometimes during a memorial service, when I see the anguish, on the faces of loved ones, and I'm moved to tears, when I would like least to be teary. I pull myself back, remembering that I am there for them and not for myself, that these are the blessings of my work – to be with people in holy moments when there is sorrow – just as much as I'm blessed to be with people when there is joy. Both are astonishing intimacies, windows into the hearts, souls, and lives here and far beyond this place. I pull myself back remembering that all of us are caught in the wheel of life, turning and it is my work to endeavor to be as centered as a hub.

When I sat down, at first I hardly noticed the flowers -- like you'd notice a streetlight over the road. Since May, one of my dearest friends has been in the hospital. I've been a cheerleader and ever hopeful ally (read as paddling down de Nial). Things went from gloomy to gloomier until yesterday, the news came that she had decided to give up the search for treatment and focus on dying well. Feeling heartache, the fragments of loss already taking shape, and recognizing the space she'll leave reminded me that even ministers need ministering. I just didn't expect that this ministering would come from Mark's undisciplined and gangly garden.

The moment I sat down it said to me in no uncertain terms, you can't have my beauty without the loss you are experiencing. See my short but brilliant life. And, I could swear that the garden sang to me. I looked out at the rich colors, the energetic stems, the birds exploring the feeder and the birdbath and – heart and soul, mind and body, I remembered that all of that – birth and death, gift and loss are all inside me. The heaviness I was dragging about in denial lightened. For all that life costs, it is worth the payment.

And it reminds me of a verse of a song by Dar Williams – the whole song is about something different than losing a friend – but the words held true.

Well the sun rose, with so many colors it nearly broke my heart

It worked me over like a work of art and I was a part off all that.

And I am, once again, grateful for that great, natural fabric into which we are spun and woven. May we each remember that in that web, life makes sense, has meaning, and when we remember that, it can bind our wounds, balance our hearts, and awaken us to beauty again.

In Sympathy

The sympathy of the congregation is extended to Kamala Urs & Juergen Juffa and their family on the death of Kamala's mother on July 8.

The sympathy of the congregation is extended to Lorraine LeBlond on the death of her mother on July 10.

The sympathy of the congregation is extended to Peggy Simonsen and the family of Richard Hooven. Richard, who frequently attended services and events at CCJU with Peggy, suffered cardiac arrest on July 19; he never regained consciousness and died on Thursday, July 23. A memorial service and reception for Richard is planned at Countryside Church for Wednesday, Aug 5 at 6:00 pm. Peggy Simonsen invites all who would like to attend.

Rev. Hilary's Study Leave

During the summer, Rev. Hilary takes some study, vacation, and preparation leave. She is away in July, during which time she will not be checking her office voice mail. Always, in case of emergency, during the times that she is away, she can be reached through the Lay Ministry co-chairs, Ken Bobbe & Jane Matthews; the Church Office; or Board President Karen Noorani.

Mark Your Calendar

We hope you will join us for these all-church events. Stay tuned for future details.

- Ingathering & Water Communion Service & Finger-Food Potluck: Sept 13. Worship will be at 9 & 11; potluck will be between services at 10:00.
- Ministry Fair: Sept 27—learn what the ministries have in store for 2015-16
- All-Ages Halloween Party: Oct 13
- Winter Farmers Market: Nov 8
- Time & Talent Auction: Nov 21
- Fair Trade Fair: Dec 6
- Chocolate Fest: Feb 14
- Music with a Mission: March 5
- Winter Farmers Market: March 13
- MidAmerica Regional Assembly in Twin Cities, MN: Apr 22-24
- Passover Seder: April 29
- Journeys Adult Faith Development Retreat: May 6-7
- Congregational Annual Meeting: May 15 (one-service schedule begins)
- UUA General Assembly: June 22-26 in Columbus OH

Through Labor Day, we have ONE worship service and religious education program on Sundays at 10:00 am.

NOTE: Announcements begin 5 minutes prior to the start of the worship service.

Summer Religious Education: Join us for a summer of fun in R.E. with stories from Dr. Seuss in the Spirit Play room! In the Chalice Children room, there will be a little more structure and the topics will include recycling, science projects, animals, and water fun! Activities may also include outdoor time, tending to our "service" vegetable garden, and UU-inspired games. The suggested age groups are: infants-age 2 meet in the Nursery for childcare; ages 2-5 meet in the Chalice Children room (room #7); ages 5 and older meet in the Spirit Play room (room #9/10).

Worship descriptions are also on the church website: www.ccuu.org/worship-a-music/worship-schedule.html

Aug 2 at 10 am Blessing of the Animals Sheryl Bass & Countryside Animal Friends

Feel free to bring well-behaved leashed, crated or caged pets. Also, please feel free to bring photos of pets that have passed away for our memorial table in the back of the sanctuary.

Share the Plate: Half of the cash collected in the offering will be donated to Mercy for Animals, a national organization that exposes cruel practices to farmed animals and works diligently to change laws regarding farm animal welfare. MFA works to create a society where all animals are treated with compassion and respect. It serves as a voice for animals through proactive consumer education initiatives, cruelty undercover investigations, corporate outreach, and legal advocacy. In May 2014, Animal Charity Evaluators named Mercy for Animals one of their top two recommended charities, winning over 98 other animal charities they considered.

Aug 9 at 10 am Abundance Sharon & Dan Wiseman

Aug 16 at 10 am The Silver Screen of the Mind Rev. Hilary Landau Krivchenia

Aug 23 at 10 am What's your story? What's our story? Rev. Hilary Landau Krivchenia

Share the Plate: Half of the cash collected in the offering will be donated to Meadville Lombard Theological School's International Student Program.

Aug 30 at 10 am The Spirituality of Nature Peggy Simonsen & Ron Vargason

Sept 6 at 10 am to be announced The Rev. Dr. C. Scot Giles

****We return to 2 services at 9 am and 11 am on the Sunday after Labor Day.****

Sept 13 at 9 & 11 am 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. We are pleased that UU Musician [Jim Scott](#) will provide music for our Ingathering Service.

Share the Plate: Half of the cash collected in the offering will be donated to the Minister's Discretionary Fund, used by our minister to help those in need in our congregation.

This is an All-Church service; young people in grades 2 and above attend the entire service with their families. Chalice Children (ages 2-3), and Spirit Play (age 4– grade 1) classes begin today and will be offered at both services. Nursery care is also available at both services.

Sound Meditation

Friday, August 28, 7:00 pm

Join us as we explore our inner worlds through waves of vibrations from gongs and bowls. The evening will include guided meditations with an emphasis on the breath—an anchor for our lives.

Meet us in the sanctuary at 7pm. Bring a mat or blanket if you would like to stretch out, or you can sit in chairs for support. Wear clothing which is relaxed & comfortable and bring a blanket in case you get cool as you relax into the sounds. A free will offering to support the bell and sound resources at CCUU will be welcomed. Join our Meetup group and Facebook page, Primal Wave Sound Meditation, to receive notification of future events.

Monthly Fair Trade Sales

Aug 16 & Sept 27

Once/month after worship, we offer fair trade items from Equal Exchange for sale. This is your opportunity to purchase fair trade coffee, tea, chocolate, olive oil, and snacks.



You can write your expression of gratitude for someone who makes a difference in the life of the congregation and who may go unrecognized and place it in the "Grateful Box" in Atherton Hall.

20-30 Somethings

1st & 3rd Sundays, 11:15 am

If you are in your 20s or 30s, please join us! For more info, email 2030Somethings@ccuu.org. Childcare is available.

Atheist-Humanist-Agnostic (AHA) Discussion Group

2nd Tuesdays, 7 pm

All are welcome to join us on August 11 for a presentation by Bill Marsh on "Knowing and the Metaphysical," followed by a 30 min DVD from PBS Frontline titled "From Jesus to Christ" which discusses the authors of the new testament gospels, their motives, and the reasons for discrepancies.

Journey Inward

3rd Wednesdays, 7 pm

Join us Weds, Aug 19, 7-9 pm, in the Sanctuary to explore, discover, learn about metaphysics, spirituality, alternative healing modalities and much more. Visit www.journey-inward.com.

Restorative Yoga

Fridays, July 31, Aug 14 & 21 at 7pm

Join Elizabeth Vesto for gentle Vinyasa flow yoga on Friday evenings to let go of the stress from the week. Each session will end with an extended gong meditation. Bring a mat, straps, and blocks if you have them, otherwise there will be extras to borrow.

Transitions

Thurs, August 27, 10:00 am

This Kinship group for adult members and friends of CCUU meets the 4th Thursday of the month. This month's program will be *Math Matters*; Hal Snyder will explain how math literacy is critical for our every day life and how to deal with math anxiety. Potluck meal to follow at 11:30; bring a dish to share or your own brownbag lunch. Contact Dan Wiseman or Gloria Kinney for more info.

Buddhist Study Group

Sun, Sept. 13, 12:30 pm

The Buddhist Study Group will meet, beginning in September, on the second Sunday of the month, 12:30 – 2 pm in the Sanctuary. For our first meeting, we will discuss the Five Wonderful Precepts of Thich Nhat Hanh which can be found online or in his book [For a Future to Be Possible](#). We will also chant and meditate. For the second meeting in October, we will discuss Thich Nhat Hanh's new book, [Silence: The Power of Quiet in a World Full of Noise](#).

Religious Education (R.E.) News

Summer RE through Sept 6

Join us for a summer of fun in R.E. with stories from Dr. Seuss in the Spirit Play room! In the Chalice Children room, there will be a little more structure and the topics will include recycling (trash, art & music), science projects, animals, and water fun! Activities may also include outdoor time, tending to our "service" vegetable garden, and UU-inspired games. The suggested age groups are:

- infants-age 2 meet in the Nursery for childcare
- ages 2-5 meet in the Chalice Children room (# 7)
- ages 5 and older meet in Spirit Play room (9/10)

We hope you will join us!

Safety Reminder

This is just a reminder that our Safe Congregation Policy states that young people are not to be left in classrooms without supervision. If you are attending a meeting, please bring your child with you to the meeting rather than leaving him/her in a classroom alone. If you need childcare for a church meeting or event, please arrange for it at least a week in advance by contacting our Religious Education Coordinator, Lisa Vanderbleek, RE.Assistant@ccuu.org. Thank you for assisting in efforts to keep our young people safe!

Registration for Fall Religious Education

Stay tuned and watch your email in August for R.E. registration information. This fall, classes for young people through grade 4 will be offered at 9:00 and for young people through high school at 11:00. For safety reasons, it is important that all children, infants through senior high, be registered.

R.E. Teacher Orientation

We appreciate and welcome any new and returning teachers. Orientation for those planning to teach religious education in 2015-16 will be held on Sunday, August 30, following the worship service. Details will be sent via email to those people whom we know plan to teach this year. **If you would like to teach**, please contact Lisa Vanderbleek, RE.Assistant@ccuu.org, so we can finalize classroom plans. Thank you!

Navigators USA Chapter 30



Navigators USA Chapter 30 is an intentionally inclusive, co-ed scouting group, chartered at CCUU.

Remember, you don't have to be a Navigator to join our events, and our dues are pay-what-you-can, so feel free to check us out. If you know families outside of Countryside who are looking for a coed, progressive scouting alternative, invite them along too. The more, the merrier!

For information or to join our mailing list about our upcoming events, email us at navigators@ccuu.org.

Open Forum Discussion

Sundays, 8:30-9:45 am

In Forum, we discuss “the issues of the day” while respectfully welcoming different perspectives. We meet in classroom 5 and socialize for 15 minutes before discussing the day’s topic. To be added to the Forum email list, contact Vid Axel. Our upcoming tentatively scheduled topics are:

- Aug 2: Supreme Court Decisions in Recent Times
- Aug 9: Gun Violence Prevention, with guest speakers Natalie Warren & Juli Cicarelli, members of a Gun Violence Prevention group which is part of Northwest Suburbs Organizing for Action.
- Aug 16: Chinese ownership of a high proportion of the world’s rare earths
- Aug 23: Do humans gather evidence and reach conclusions rationally or rationalize what they already believe?
- Aug 30: Response in the Ferguson case, UU and otherwise
- Sept 6: Can the U.S. give up the role of “superpower” to play nice with others?

Upcoming Book Discussions

Book Circle

Sunday, Sept. 13, 6:15 pm

All are invited to join us in classroom 6 to discuss Count-down: Our Last, Best Hope for a Future on Earth? by Alan Weisman. We gather at 6:15; discussion begins at 6:30.

Last Mondays Book Discussion

All are welcome to join us at 7pm in the Stokes Room for any of our upcoming discussions:

- Aug 31: Americanah by Chimamanda Ngozi Adichie
- Sept 28: All the Light We Cannot See by Anthony Doerr
- Oct 26: To Kill a Mockingbird by Harper Lee (and maybe Go Set a Watchman?)

Sacred Heartbeat Drum Circle

Join us the 4th Saturday of each month from 7-9 p.m. in the sanctuary for free style drumming in a low key, loving, peaceful, welcoming environment. No drumming experience necessary! This is an adult drum circle but teenagers are welcome. Dancing and chanting is encouraged. For info, contact Erv Toth or Bridget Bryan-Toth or visit www.meetup.com/Sacred-Heartbeat-Drum-Circle.

Outside Groups Held at & Open to CCUU

Several outside groups use space at Countryside Church UU and are in alignment with our UU Principles and open to participation by all. There may be a participation fee or other requirements set by the group and which apply to all participants, regardless of CCUU affiliation.

Career Communicators

A Toastmasters International Club dedicated to professional speaking. Meets in Atherton Hall the 1st & 3rd Tuesday of the month, 7-9 pm. For more info, visit www.careercommunicators.com.

Pride Youth

provides a safe & confidential space for all high school youth who identify as lesbian, gay, bisexual, or transgender (LGBT) or who are questioning their sexual orientation. More info at www.linksyouth.org/LGBTPride.

AA

Men’s Meeting: Saturdays, 9-10 am
Women’s Meeting: Fridays, 7:30 pm

Great Plains Zen Center

GPZC sits meditation on Sundays at 7pm and offers monthly Intro to Zen workshops. For info or to register, go to www.greatplainszen.org.

Job Search Circle

JSC meets in Atherton Hall on Wednesdays, 9-11am. \$5/meeting. Dress code is business casual. For more info, contact JSC founder Rosemary Monahan, rmonahan@improve-ization.com.

Journey Transgender Support Group

is for anyone transgender, gender queer, androgynous, or gender questioning; meets the 2nd and 4th Sundays at 2:30 pm in classroom 5. Meetings are limited to people 18 or over, unless accompanied by a parent. transgender_journey-subscribe@yahoo.com

St Hubert Job Ministry

Events are non-denominational, free, open to all occupations, and held at various member churches. For info, go to <http://www.sainthubert.org/ministries/job.html>.

QiGong

Tuesdays & Saturdays, 10-11 am

Join Emmett in classroom 9/10 to experience slow, gentle body movements & guided meditation.

Note: QiGong will meet in Atherton Hall on Aug 4, and there will be no QiGong on August 15 or 22.

CONGREGATIONAL ENGAGEMENT for the 2015-16 CHURCH YEAR

One of our aspirations of membership is to "Engage in congregational projects, programs, or events that support the life of the church." We ask engagement of congregation members not just to support the ongoing life of Countryside Church UU; we ask this commitment of congregation members because it is through engagement with the life of the church that your experience of belonging is made deeper, your opportunities for making new friendships increases, our congregation is made warmer and more hospitable to those who come to visit and perhaps to stay, your skills and personal confidence are stronger, and we set for our children the example of volunteerism which is one of the things that made the U.S. great.

Each RE family is asked to commit 6 hours/year to helping the RE program run smoothly. This time commitment is a good starting point for every member of CCUU to consider contributing to keep our community vibrant.

Thank you!

Please choose one team from each column for participation in the 2015-16 church year (July-June):

Sunday Commitment to the Community

Each team will be provided orientation/training. Specific scheduling will be done within each team.

- _____ Greeter Team
Skills needed: a friendly smile, a welcoming presence
- _____ Usher Team
Skills needed: willingness to sit at the back of the sanctuary or in the narthex during worship, ability to count money & people,
- _____ Audio-Visual Team
- _____ Coffee/Fellowship Team
To promote fellowship and community among the full congregation, we are considering ONE fellowship hour between the two services. As part of the coffee/fellowship team, your commitment would be during the 10:00-11:00 hour during the two-service schedule or during the 11:00-Noon hour during the one-service schedule (summer & winter break).
- _____ Religious Education
We realize that each R.E. family is asked to volunteer at least 6 Sundays each year; if in addition to that, you are able to volunteer 1 or 2 Sundays to another team, wonderful! If your R.E. commitment is all you can manage, thank you!
- _____ Choir
We realize that the choir commitment is already quite large (about 30 Sundays/year plus weekly rehearsals); if in addition to that, you are able to volunteer on another team, wonderful! If your choir commitment is all you can manage, thank you!

Major All-Congregation Events

Participation on an event-team might/will involve planning/ visioning, setting up and/or decorating, facilitation/hosting during the event, and/or cleaning up. The date/month listed is when the actual event takes place; there may be some planning or participation needed in advance of the event. *Depending on the level of participation/commitment, some of these events may be combined (or eliminated?).*

- _____ Ingathering Potluck (Sunday after Labor Day)
- _____ Halloween Party
- _____ Time & Talent Auction (usually Nov)
- _____ Farmers Market-fall (Oct or Nov)
- _____ Farmers Market-spring (Feb or March?)
- _____ Fair Trade Fair (1st Sunday in Dec)
- _____ Stewardship Team-vision & approach
- _____ Souper Bowl Sunday - fundraiser for future Coming of Age scholarships (1st Sunday in Feb)
- _____ Music with a Mission (March 2016)
- _____ Seder (April 2016)
- _____ Climate Action Event (April)
- _____ Organizing team for a day of Outreach service
- _____ Work Day (inside projects/repairs to CCUU)
- _____ Work Day-outside
- _____ End-of-church-year celebration/picnic (June)

Please print:

Name _____

Email _____ Phone _____

Upcoming Church Meetings & Events: August

July 29, 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>This calendar shows upcoming Church meetings & events. All meetings and events held in the building are listed on the church website, under Events & Rentals - http://www.ccuu.org/programs-and-events/calendar. If your meeting or event is not listed, please submit a room reservation form (available in the office or on the website with the calendar) to the office.</i></p>						
8/2 8:30 am Open Forum Discussion 10 am Blessing of the Animals worship & Childcare 11am Fellowship 11am Intro to CCUU 11:20am 20-30 Somethings	8/3	8/4 7pm Ministry Council	8/5 6pm Mem'l Svc for Richard Hooven	8/6	8/7 10am Memoir Mak-ers	8/8
8/9 8:30 am Open Forum Discussion 10 am Worship & Summer Rel.Ed. 11am Fellowship 11:15am Green Sanctuary Mtg	10	11 7pm AHA Discussion	12 7pm Finance Ctte Mtg	13	14 7pm Movies with Meaning 7pm Yoga	15
8/16 8:30 am Open Forum Discussion 10 am Worship & Summer Rel.Ed. 11am Fellowship & Fair Trade Sales 11:20am 20-30 Somethings	17 9am Focus news-letter deadline	18 7pm Journey In-ward	19 7pm Board of Trustees	20	21 7pm Yoga	22 9am Ministry Council Retreat 7pm Drum Circle
8/23 8:30 am Open Forum Discussion 10 am Worship & Summer Rel.Ed. 11am RE Council Mtg	24	25 7pm Experiencing God Covenant Group	26 9:30am Focus folding	27 10am Transitions	28 7pm Sound Meditation	29 <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;">Board Retreat</div>
8/30 8:30 am Open Forum Discussion 10 am Worship & Summer Rel.Ed. 11am Fellowship 11am R.E. Teacher Orientation 11am Choir Kick-Off Retreat	8/31 7pm Last Mondays Book Discussion: <i>Americanah</i>	9/1 7pm Ministry Council 7pm Vine & Branches	9/2	9/3	9/4 10am Memoir Mak-ers	9/5

Focus

Published by Countryside Church UU

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Summer Office Hours: Mon-Thurs: 10am-3pm

Minister	Rev. Hilary L. Krivchenia Minister@ccuu.org
Community Minister	Rev. Dr. C. Scot Giles
Music Director	Alison Vernon Music.Director@ccuu.org
Music Director Emeritus	John Denny
Congregational Administrator	Laurie Lantz ccuu@ccuu.org
Religious Education Assistant	Lisa Vanderbleek RE.Assistant@ccuu.org

Lay Ministers

Ken Bobbe and Jane Matthews, Coordinators
Karen Greenland Melanie Schikore
Barbara Griggs Joy Simon
Kathi Hillyer Chris Smith
Bill Marcum Kimberly Tilford

For assistance from Lay or Care Ministry,
please call Ken or Jane or Rev. Hilary.

Our Covenant

We unite to strengthen the bonds of kinship among all persons, to promote human dignity, and to increase reverence for life's creating, sustaining, and transforming power through worship, study, and service.

Our Vision

We come together as a congregation to inspire our quests for the spiritual, ethical, and meaningful in life and to advance respect, compassion, and justice in the wider world.

Our Mission

Countryside is seen as 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

Upcoming Focus Deadlines

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

- ◆ August 17 (to be published Weds, Aug 26)
- ◆ September 21 (to be published Weds, Sept 30)
- ◆ October 19 (to be published Weds, Oct 28)

Between *Focus* issues, written communication is via E-Updates & the *Sunday Times* insert to the Order of Worship. Submission deadline for e-updates & *Sunday Times* is Weds at 9 am.

Return Service Requested
Time-dated Material—Prompt Delivery Requested

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