



Thanksgiving Day Tromp

10 am at Deer Grove Forest Preserve

All – large & small, young & old, 2-legged & 4-legged — are invited to join our annual Thanksgiving Tromp through Deer Grove Forest Preserve. It's a great way to celebrate the blessings of another year and connect with old and new friends. Some will bring coffee or cocoa for the end of the walk. We will kick off at 10 am from parking lot # 5. Enter Deer Grove's main entrance off Quentin Road, ½ mile north of Dundee Road, turn right at the first stop sign, continue past the 2nd stop sign, and find us on the right before the road ends in a big loop.

Opportunities to Help Others

Helping Needy Youth in Palatine – through Nov 29

According to state reports, almost 100 students at Palatine and Fremd High Schools are classified as homeless. While homelessness in Palatine generally doesn't mean that students are living under bridges, there are a wide variety of situations that might result in being categorized as homeless, including lacking a fixed, regular and adequate nighttime residence; sharing the housing of other persons due to the loss of housing resulting from economic hardship; or being "unaccompanied" - students who are unable to live in their home and are forced to find alternate shelter.

For the second year in a row, churches in Palatine are working together to collect gift cards to enable these students to share in some of the holiday joy that most of us take for granted. The combined effort will be distributed by the school social workers in time for the holidays.

You may drop off your gift card donations at the CCUU Office through November 29. Preferred: \$25 gift cards to Target or Walmart; \$10 gift cards to McDonalds, Taco Bell, or Subway. (No gift card more than \$50.) Please remember to write the amount on the gift card itself. On the gift card envelope, you might want to write a short note of encouragement. (Some people did that last year and the students were really touched.) *Thank you for assisting these students at a particularly challenging time in their lives.*

Outreach Volunteer Opportunities

In addition to the funds we raise for our Outreach Partners at the Time & Talent Auction and Music with a Mission, the Outreach Steering Council is working with the partners to arrange opportunities for the congregation to *get actively involved*. There are several current opportunities to help Palatine Opportunity Center (POC), Faith in Place, (FIP) and Interfaith Committee for Detained Immigrants (ICDI), including:

- Day of Sharing, Fellowship, & Fun at POC—the day after Thanksgiving
- Holiday Caroling & Decorating: Weds, Dec 2 at POC
- Share Your Skills with POC's community school, one hour/week for a month
- Sign up for an info session about FIP opportunities: Nov 29 or Dec 13.
- Help fill backpacks for ICDI—dates to be determined, commitment is one afternoon.

To sign up, go to <http://www.signupgenius.com/o/70a044ea4a72fa13-outreach>. More details can be obtained from our Outreach Liaisons: Matt Myren for Palatine Opportunity Center, Dan Huntsha for Faith in Place, Melanie Schikore for ICDI.

Inside This Edition...

Ministry Council News: Long Range Planning, Hospitality in All of Us...	2
Board Happenings... Music News... Bad Weather Closing Policy...	3
Minister's Muse: Welcoming the Stranger... Congratulations... Guest at Your Table... Wellness Beyond Walls...	4
Upcoming Worship Services...	5
Fair Trade Fair... Movies with Meaning... Religious Education (RE) News... Navigators Chap.30... Chalica: Celebrating UU Principles...	6
20-30 Somethings... AHA Discussion... Yoga... QiGong... Transitions... Buddhist Study Group... Book Discussions... Feminine Divine Women's Group...	7
Mary Oliver Poetry Series... Open Forum Discussion... Sound Meditation... UUs for Social Justice...	8
December Meetings-Events	9
Upcoming <i>Focus</i> Deadlines	10

Holiday Worship Schedule

Mark Your Calendar

On the following Sundays, there will be ONE worship service at 10 am:

December 20

December 27

January 3

Winter Solstice Service

Sun, Dec 20 at 4 pm

Christmas Eve Service

Thurs, Dec 24 at 8 pm

More info on page 6

Long Range Planning

Last year, a wonderful team of our fellow members created a Long Range Vision capturing your inputs on where we would like to see Countryside in the future. In order to turn that plan into action, the Ministry Council is working out a more detailed realization approach to identify how we get from where we are today to how we get to the vision the Long Range Planning team provided us at the end of the last year's church year.

You may be asking, "What are we trying to accomplish in this detailed planning?" Having a long range plan can help the Ministry Council, the Board and the staff focus their activities to help us maximize our (yours as volunteer and ours as the board and staff) efforts and keep a common focus on priorities. This will help us not only work together more efficiently but also help the committees to prioritize their activities in line with the larger church vision.

At the Board/Ministry Council retreat this fall, we took the 7 goals that the board had prioritized from the Long Range Vision and prioritized those to identify the top two that we wanted to ask the Ministry Council to work on this year and provided a detailed plan to reach these priority goals.

- Making social action and community engagement part of the individual spiritual journey
- Become a transformational source of spiritual and intellectual growth for members of all ages

The Ministries are already engaged in activities related to many of the Long Range Vision items but we will be looking at how these activities need to evolve to reach the larger goals. Throughout the winter and spring, the Ministry Council and committees will be identifying key activities that we need to do to align with the prioritized goals and mapping those into an aggregate plan across the committees that will help to achieve our goal over multiple years. These steps include:

1. Collecting individual committee inputs on how to achieve the highest priority goals
2. Aggregating the inputs at the Ministry Council level to identify which teams need to work together and how their proposals will collectively get us to the goal; updating the congregation on progress – targeting Jan/Feb
3. Validating the aggregate proposal with the committees
4. Sharing the final plan with the Congregation – targeting Mar/Apr

We look forward to further dialogues and input through our Ministry Committees as well as the larger congregational input as we develop concrete proposals to share.

Hospitality in all of us!

Dec. 13 at 10:15

As we near the holidays when many of us share our hospitality with friends and family, we want to embark on the next phase of our *Sunday Morning Hospitality*. Last year at the annual meeting, everyone signed up to be part of one of the hospitality teams and to support our major events. We are now ready to kick off the hospitality teams and are looking forward to opportunities to work together to make Countryside hospitality shine.

Hospitality, and especially "Radical Hospitality," refers to the conscious and intentional generosity of spirit that exists in people's behaviors and attitudes, conveying that all are truly welcome. The teams are set up to allow you to work in small groups and get to know other congregational members better as well as to support newcomers and visitors. Visitors can be vulnerable guests. When we invite people into our homes, we do not let them find the bathrooms and coffee; we show them where important things are. We help them feel comfortable. Most guests are looking for connection, kindness, acceptance, and shared values. They want to be personally recognized and welcomed. By working together in teams and demonstrating our connections within the church, we hope to make our spiritual home a welcome place for all and to deepen member-to-member connections at the same time!

We are setting up the Hospitality teams by the week of the month (first Sunday, second Sunday, etc.). As we asked in the annual meeting last year, we are looking to engage everyone in our greeting, ushering, coffee, and AV activities on Sunday morning.

You will receive an email from the church welcoming you to one of the Sunday hospitality teams reminding you of the roll you signed up for. We will be gathering in Atherton Hall on December 13 to introduce you to your roles (providing a brief training) and the teams (first Sunday, second Sunday, etc). You can look for Carol Sweigert if you signed up to be a greeter, Kristin Huston for Ushers, and Jeff Phillips for AV—and don't forget Coffee under the able and generous leadership of Raymond Yee. The teams will allow us to add a second coffee hour. The leaders will be positioned in Atherton Hall where you can find them easily and will spend 15 minutes going over the activity followed by 15 minutes to get to know your Sunday team.

Mark Your Calendar

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

- Chocolate Fest: Feb 14
- Music with a Mission: March 5
- Winter Farmers Market: March 13
- Passover Seder: April 29
- MidAmerica Regional Assembly: Apr 29-May 1, St.Paul
- Journeys Adult Faith Dev. Retreat: May 6-7
- Congregational Annual Meeting: May 15
- UUA General Assembly: June 22-26, Columbus OH

Board Happenings

Recently, there was an incident that occurred after evening meetings which has served as a catalyst for the Board and staff to review our safety procedures here at Countryside. A young man entered our building through the front doors which were unlocked due to evening meetings in Atherton Hall. His language and attitude caused the staff to feel some concern, but he left before the police could arrive. Laurie Lantz spoke with police at the time, and Rev. Hilary met with an officer later in the evening.

It is an unfortunate sign of our times that schools, and more recently churches, are seen as targets by some, making it necessary to take precautions. As UUs, and as members of our communities, we must find a balance between being open and welcoming, standing up for our principals, and being sensible about the safety of all who are using our building. Fortunately, there are concrete, common-sense steps that can be taken to help us achieve this balance.

For many years, all schools and many other religious groups, including many UU congregations have kept their doors locked at all times. Countryside has security cameras in place and had been keeping our doors locked during the day for several years. Anyone wanting to enter during the day rings the bell to be let in by someone in the office, who can see who is at the door via security cameras. In the evenings, or when the office is closed, meeting leaders have had a key to enter the building. As a rule, the first person into the building for an evening meeting has then unlocked the doors for all. This routine will be changing on a permanent basis.

Countryside's doors are now to be kept locked during evening and weekend meetings and events unless there is a specifically assigned door monitor. For the short term, each group meeting in the evening will have to work out how to let others in their group in. This may cause some short-term inconvenience. Your board asks that everyone remains patient and flexible while we and staff work on a better long-term solution. We will act as quickly as possible, but please understand that it may take time to put new routines in place.

Several board members met with the Safety Task Force soon after the incident described above to review their past recommendations. This team, along with past and current Operations team members, has put in quite a lot of time exploring all aspects of safety at Countryside. The Safety Task Force had made an extensive list of recommendations in past years. Some of their recommendations have been acted on, and there is more that can be done.

At our Nov 18 meeting, the Board of Trustees authorized the expenditure of funds to improve the lighting outside the building and to implement additional safety mechanisms inside, like the ability to lock classroom doors without needing a key. The staff, Board, and Foundations Ministry team will continue to review the Safety Teams recommendations and procedures that will allow all of us to continue to share our beliefs and our building with the community while being confident and comfortable that we are gathering in a safe environment.

If you have questions or concerns, please reach out to any of your Board members. We want to hear from you. You can also contact me directly at Prez@ccuu.org.

~Karen Noorani, President, Board of Trustees

Music News

UU Children's Choir

Youth age 9-12 will sing, volunteer, play, worship, and grow on this 5-night camp experience for young UU musicians held July 19-24 in Madison. Students work with an accomplished children's choir conductor to prepare several performances for the UU Musicians Network conference and the larger community.

Interested in applying? Contact CCUU's Director of Music, Alison Vernon, for more info and assistance with your audition video (Alison will make it easy and painless). Find the online application form at <http://www.uumn.org/uu-childrens-choir>. Deadline: Nov 30, 2015.

Sing with the Choir for Pageant

Young people and adults who would like to sing with the choir for the Christmas pageant on Sunday, Dec 20 are invited to attend a rehearsal on Thurs, Dec 17 at 7 pm. If you would like more information, please contact Alison Vernon, Music.Director@ccuu.org or 847-359-8440 ext.5.

CCUU Caroling Party: Fri, Dec 18

Join us in Atherton Hall at 7 pm to warm up your vocal cords for the holidays! All are welcome – kids and adults – to sing those familiar holiday songs. CCUU musicians will lead us and no need to remember the words; we have them all. Bring a little treat to share, if you like.

Bad Weather Closing Policy

As we head into the beginning of winter, just a reminder of our winter weather closing policy...

- Monday-Friday daytime, we will follow the lead of School District 15 (CCSD 15).
- At times when CCSD 15 is not in session or if bad weather does not strike until the late afternoon or evening, the minister will decide whether or not to close the church. On Saturday and Sunday, the minister will decide whether or not to close the church, ideally no later than 6 am on the day in question.
- During the week, if you are not sure about the weather's effect on your meeting, please check with your group's facilitator before heading to CCUU.

If the decision is made to close the church, we will publicize the decision on the church website and on the church Facebook page, on the Congregational Administrator's voicemail message (847-359-8440 ext 1), and with the Emergency Closing Center (which publicizes on the local TV and radio stations).

CCUU puts a high priority on the safety of staff, members, and guests. Although the church may remain open, individuals may find that their local conditions make it unsafe for them to travel. *When in doubt, please stay home!*

Minister's Muse

Welcoming the Stranger

The tops of the yew trees in my back yard are bent over beneath the burden of the first real snowfall. The wind pushes them back and forth so that they look like great white wooly mammoths shaking their heads, walking slowly in my direction in a herd. But of course, they aren't. They are innocent trees, who may be a little less healthy in the spring for the pounding they are getting now. If there is one thing human beings are great at, it's imagining things and then believing more in the things we have imagined than in what is real. Just sayin'.

I've been thinking a lot about that recently as the United States and some other countries are feeding the imaginations of citizens on fantasies about the dangers posed by immigrants. Some of the earliest stories in the Bible are about hospitality and the absolute importance of welcoming the stranger. The storytellers of the Bible (it's true, I don't believe that God wrote the Bible but that people took their most profound insights, life-lessons, hopes, and fears and then recorded them in story form) lived in ancient times. They knew that survival was a challenge and that we need one another to survive. Therefore, they recorded stories of passing angels needing food and shelter, stories as Paul and the disciples traveled place to place without money or certainty of welcome. They shared stories so that people would remember that we need one another to survive throughout this pilgrimage called life.

One of the key teachings of all the Abrahamic faiths is that we should welcome the stranger, for we were all strangers in a strange land. I'm troubled and angry that our leaders are feeding fear and anger. As Thanksgiving comes, I'm troubled and angry that we can't seem to welcome the truly tired and not necessarily poor. It's mentioned that the perpetrators of the killing in Paris were not immigrants or strangers, that they were home grown, as the expression goes. It's noted that the people who fled Syria were fleeing terrorists, but the meaning of this seems far away for most people. These people have lost their country, many have lost loved ones, their sense of security, safety, and most of all, home.

If we had to flee despotism here, we'd hope that other people, other nations would open their doors to us. We'd hope that other nations would trust us, and not leave us waiting in the cold with our few remaining belongings. Collective punishment: to sound an alarm on a whole people for the actions of a few.

I know that politicians are "just" trying to make points by stoking the fears of what I can only hope are ignorant people, but also, I suspect, they're pandering to bigots who cannot think beyond their own front doorsteps. With every refusal of refuge and shelter, we move further and further away from the dreams that the people of the world had for this nation from early days. We harden our hearts, lock away our minds, and hide the silver.

Unitarian Universalists value the inherent worth and dignity of every person and believe in our interdependence. It is our task and invitation to live more care-fully than that – to see each person whole and unique, to take people on their own lights, and to see them in their proper shape and size. May we live far beyond fear and prejudice, may we think far apart from the mob, and may we live and love generously.



Congratulations

To duRee Bryant on the birth of grandson Asher Daniel Bryant, born Nov. 13.

Wellness Beyond Walls

Countryside Church and Wellness House in Hinsdale offer a monthly program of deep hypnosis to help people with cancer and their families. The program is led by our community minister, Dr. Giles. The program is free and is open to anyone in our geographical area who has or has had cancer in any form and to their caretaking or family members. It uses hypnotism to promote healing, emotional resilience, and comprehensive stress management. Space is limited and you must register. To register, email kmitchell@wellnesshouse.org or call 630-654-5197.

Guest at Your Table

At this time of year, we remember to be thankful as we participate in the Unitarian Universalist Service Committee's Guest at Your Table Program. It is a way for us to put our gratitude into action. This year, the Unitarian Universalist Service Committee is celebrating 75 years of advancing social justice and human rights in the world. The UUSC began with the efforts of Rev. Waitsill and Martha Sharpe to help children escape war-torn Europe during World War II and to help them find safety in the United States. And the UUSC is still helping people – refugees of human-made conflict, including those now fleeing Syria, and victims of natural disasters. You can read some of the stories in the Stories of Hope booklet we'll be passing out or on the UUSC website www.uusc.org. Our UU principles call us to affirm and promote the precious human dignity and worth of each of us. We remember that we are all connected and that in sharing with others we are truly nourishing our own selves.

As you are enjoying meals with your family and friends during this season of many gatherings, you can put a Guest at your Table box on your table to remind you of the gifts and treasures you have and to think about how much you have to share. The box is a tangible reminder of all those who are searching for a place to call home, for a table to be welcomed to, and the dignity that each of us deserves. You and the guests in your home can put money in the box and we will be collecting them after the New Year. If you would rather take an envelope and put a check in it, that's fine too. There will also be boxes in the classrooms for students to contribute to. Perhaps your collections this season can be the beginning of an ongoing commitment to the UUSC. It takes only a few dollars a month to be a member. Thank you for your generosity, which in turn creates more gratitude. Many blessings to you and your loved ones.

...Eileen Wiviott, Ministerial Intern

Religious Education classes are held at 9 am for infants through grade 4; at 11:00, for infants through Senior High.
NOTE: Announcements begin 5 minutes prior to the start of the worship service.

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

Nov 29 at 9 & 11 am Gratitude Pulpit Guest: Deb Rostorfer
Young people in grades 2 and above begin in the Sanctuary with their families; all other young people begin in their classrooms.

This Sunday's pulpit guest, Deb Rostorfer, M.Div., is a candidate for UU ministry preparing to see the Ministerial Fellowship Committee in 2016. She is excited to preach at Countryside and practices the spiritual tool of gratitude as often as possible.

Share the Plate: Half of the cash collected in the offering will be donated to The Night Ministry, a Chicago-based organization that works to provide housing, health care, and human connection to members of our community struggling with poverty or homelessness.

Dec 6 at 9 & 11 am The Curious Bees Rev. Krivchenia & John Camardella
Young people in grades 2 and above begin in the Sanctuary with their families; all other young people begin in their classrooms.

The service will include an honoring of Chalica, which begins the first Monday in December.

Dec 13 at 9 & 11 am UUs at All Ages Rev. Krivchenia & Eileen Wiviott
This is an all-church service; young people in grades 2 and above will attend the service with their families; all other young people begin in their classrooms.

Share the Plate: Half of the cash collected in the offering will be donated to Clearbrook, located in Arlington Heights and serving people over a range of ages and disabilities, from children diagnosed with developmental delays at birth to the unique needs of seniors with disabilities and all ages in-between. It has educational, employment, and residential programs throughout the Northwest Suburbs.

****Holiday Worship Schedule: On Sundays, Dec 20, Dec 27, Jan 3,
 there will be ONE morning service at 10:00 am****

Dec 20 at 10 am All-Church Christmas Pageant Rev. Hilary Krivchenia
This is an all-church service; young people in Spirit Play and above will attend the entire service with their families. This year's Christmas Pageant is a "pick-up pageant" - no preparation or rehearsals necessary. If you know that you definitely want a role, let Lisa Vanderbleek know (RE.Assistant@ccuu.org or 847-359-8440 ext.6). Otherwise, come as you are, and roles, props, costumes will be distributed that morning.

Share the Plate: Half of the cash collected in the offering will be donated to the UU Musicians Network (UUMN). The mission of the UUMN is to nurture, educate, and inspire UU music leaders to create dynamic and transformative music ministries. Founded in 1983, it is the professional association that supports our musicians through continuing education, professional guidance, networks, publication of useful materials, and grants or scholarships to attend its annual conference. Those who belong include directors, conductors, singers, instrumentalists and composers.

Dec 20 at 4 pm Winter Solstice Service Leslie Peet
 Join us for our annual Yule celebration which includes candlelight and a spiral of greens. Stay after the service for hot beverages and fellowship.

Thurs, Dec 24 at 8 pm Christmas Eve Candlelight Service Rev. Hilary Krivchenia
This is an All-Church Service; all young people, including infants and toddlers, attend the service with their families.
 Join us for Christmas reflections, lovely choral music, beloved hymns, and the magic of candlelight.
 Our Christmas Eve Offering will be donated to the Minister's Discretionary Fund, which is used to help those in need within our congregation.

Dec 27 at 10 am Old Year's Farewell, New Year's Hope—and Beans 'n' Greens Rev. Krivchenia & Eileen Wiviott
There are no RE classes this Sunday; young people will attend the worship service with their families. Childcare will be available for infants and toddlers.

Following the service, the Krivchenias will provide a New Year's lunch of greens and beans and rice to wish health and wealth in the coming year; feel free to bring nonalcoholic beverages, bread, or crackers to add to the meal.

Jan 3 at 10 am Pulpit Guest to be announced
There are no RE classes this Sunday; young people will attend the worship service with their families. Childcare will be available for infants and toddlers.



Social Action News

Fair Trade Fair

Sun., Dec 6, 10 am – 2 pm

Purchase your holiday gifts while supporting the right of people everywhere to earn a living wage at our annual Fair Trade Fair. You'll be amazed at the diversity of the products available including jewelry, handbags, toys, household items, and more. Fair trade coffee, tea, chocolate, and olive oil available as well.

Shop with your conscience knowing that your purchases were created in a safe working environment—not a sweat shop—where the workers earn a fair wage, enabling them to support their families. These quality products—from all around the world—help improve lives while protecting the environment. That's what Fair Trade is all about.

The fair is free and open to the public. Invite your friends! Along with CCUU's Fair Trade offerings, participating vendors include MayaWorks, Gifts of the World, Artisans of Ghana, Blossoms Inspiration, Fairgrass, Colombia Vive Chicago, and Give Hope-Fight Poverty—sure to provide something for everyone.

Movies with Meaning

Friday, December 11, 7 pm

This Changes Everything

What if confronting the climate crisis is the best chance we'll ever get to build a better world? Directed by Avi Lewis and inspired by Naomi Klein's international non-fiction bestseller, *This Changes Everything* presents seven powerful portraits of communities on the front lines of the climate change struggle. Interwoven with these stories is Klein's narration, connecting the carbon in the air with the economic system that put it there. Throughout the film, Klein builds to her most controversial and exciting idea: that we can seize the existential crisis of climate change to transform our failed economic system into something radically better.

This Changes Everything is an epic attempt to re-imagine the vast challenge of climate change, not trying to scare the audience into action, but aiming to empower. The film is about the power of people working together, and that message is most powerful when people watch it together. *This Changes Everything* will leave you refreshed and inspired, reflecting on the ties between us, the kind of lives we really want, and why the climate crisis is at the center of it all. Will this film change everything? No. But we could, by answering its call to action.

Please join us! Discussion will follow the screening.

Religious Education (R.E.) News

UU Children's Choir: July 19-24 in Madison

See Music News on page 3. Deadline: Nov 30.

Advent Workshop: Nov 29

Our activities will focus on the spirit of peace, joy, and giving.

Hanukkah Workshop: Dec 6

RE classes will participate in various stations of Hanukkah activities, including eating latkes.

Christmas Pageant: Dec 20 at 10:00 am

This year's Christmas Pageant is a "pick-up pageant" --no preparation or rehearsals necessary (unless you plan to sing with the choir). If you know that you definitely want a role, let Lisa Vanderbleek know (847-359-8440 ext 6 or RE.Assistant@ccuu.org). Otherwise, come as you are, and roles, props, costumes will be distributed that morning.

Holiday Worship & RE Schedule

On Sundays, Dec 20, Dec 27, and Jan 3, there will be ONE worship service at 10:00 am.

Dec 20: young people in Spirit Play and above attend the worship service with their families. Childcare will be available for infants through age 4.

Dec 27: there are no RE classes. Young people attend the worship service with their families. Childcare will be available for infants through age 4.

Jan 3: there are no RE classes. Young people attend the worship service with their families. Childcare will be available for infants through age 4.

Navigators USA Chapter 30



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

Join us at the Palatine Opportunity Center for a family-friendly afternoon of holiday crafts, games, snacks, and a family movie on the Friday after Thanksgiving 2-5pm.

Our next meeting at CCUU will be on Dec. 13 at Noon in the Spirit Play room. Bring a dish to share and we will make string ornaments for the winter holidays.

To join our mailing list for info about our upcoming events, email us at navigators@ccuu.org.

Chalica: Celebrating UU Principles



Part of worship on Dec. 6 will include honoring Chalica, a week-long celebration of our UU Principles which begins on the first Monday in December. Each day, a chalice is lit and the day is spent reflecting on the meaning of that day's principle and doing a good deed that honors that principle. Not all UUs celebrate Chalica, but it has a growing following. There is a Chalica Facebook page and blog, Chalica-themed YouTube videos, and an article on the UU World Parenting Blog —

<http://blogs.uuworld.org/parenting/2010/12/06/celebrating-the-winter-holidays/>

20-30 Somethings

Tree-trimming & Potluck: Sat, Nov 28, 6 pm

For the past several years, our group has volunteered to set up the church Christmas tree. This year, we will set up the tree and have a 20/30s Thanksgiving potluck/leftover feast on the Saturday after Thanksgiving.

1st & 3rd Sundays, Noon

If you are in your 20s or 30s, please join us in classroom 4 after the second service. 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 December 8. We will show a series of short videos showing how various religions celebrate this time of year.

Yoga

Fridays at 7pm: Dec 4 & 18; Jan 15, 22, 29

Join Elizabeth Vesto in the Spirit Play room for gentle flow yoga to let go of the stress from the week. Each session will end with an extended meditation, including guided meditations and gongs. Bring a mat, straps, and blocks if you have them; otherwise there will be extras to borrow. Donations to CCUU will be accepted.

QiGong

Tuesdays, 10-11 am

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

Note: No QiGong on Dec 29

Transitions

Thurs, Dec. 17, 10 am

The mission of the Transitions group is to provide a forum for mature adults to explore life transitions with a supportive community during daytime hours. Note: in December, due to the holidays, we will meet on the 3rd Thursday of the month; we will return to our regular schedule of 4th Thursdays in January.

For December, our program will feature stories of the season, singing, and maybe guest artists from our distinguished ranks. Potluck meal to follow at 11:30; bring a dish to share or your own brownbag lunch.

Buddhist Study Group

Sun, Dec. 13, 12:30 pm

We meet on the second Sunday of the month, 12:30 – 2 pm, in the Sanctuary. For more info, contact Melanie Terbovic, terbovicm@yahoo.com.

Journey Inward

Journey Inward will not meet in December. Join us again the 3rd Wednesday in January. For more info, visit www.journey-inward.com.

Monthly Meatless Potlucks

We will not hold a potluck in December. Please plan to join us again on the 4th Sunday in January. For more info, contact Sheryl Bass, mystics999@aol.com, or Steve Combs, stephencomb@gmail.com.

Sacred Heartbeat Drum Circle

We will not meet in December. Join us again on the 4th Saturday in January. For more info, visit www.meetup.com/Sacred-Heartbeat-Drum-Circle.

Upcoming Book Discussions

Book Circle: Sunday, Jan. 10, 6:15 pm

All are invited to join us in classroom 6 to discuss *The End of Food* by Paul Roberts. We gather at 6:15; discussion begins at 6:30.

Last Mondays Book Discussion

All are invited to join us for any of our upcoming meetings:

- Nov 30: 7 pm in the Stokes Room to discuss *Big Little Lies* by Liane Moriarty
- Dec 28: 6 pm in Atherton Hall for a potluck meal and to view the film *To Kill a Mockingbird*, following on our October discussion of the book.
- Jan 25: 7 pm in the Stokes Room to discuss *A Visit from the Goon Squad* by Jennifer Egan, which won the 2011 Pulitzer Prize for Fiction.

Join the new Goodreads book club for UUUs!

Just Mercy is a powerful true story about the potential for mercy to redeem us and a clarion call to fix our broken system of justice from one of the most brilliant and influential lawyers of our time. Named the 2015-2016 UUA Common Read and recipient of wide national acclaim, this moving book speaks to justice, mercy, and compassion and follows on other recent Common Reads, such as *The New Jim Crow* and *Reclaiming Prophetic Witness*.

Just Mercy is the first book selected for [Justice and Spirit: The Unitarian Universalist Book Club](#) on Goodreads! The new book club is a place where all who are interested in spirituality, religion, and social justice can discuss books that relate to these crucial questions. Join us! Sponsored by Skinner House Books and Beacon Press. For any questions or help getting started on Goodreads, please contact palquist@uua.org.

Feminine Divine Women's Group

This year, we have two groups. One meets the last Saturday of the month from 9:30-11:30 am in classroom 6 and is discussing "The Return of the Feminine and the World Soul" by Llewellyn Vaughan-Lee. We have a second "spin-off" group meets the 2nd Monday of the month, 7-9 pm in classroom 6, to discuss "Your Spacious Self" by Stephanie Bennet Vogt. As always, you are free to join us if you have read the material or not. For more info, contact Kathi Hillyer, kathioh@aol.com or 847-477-8331.

New! The Mary Oliver Poetry Series

The Study Ministry of Countryside Church UU announces a series of poetry readings which will begin January 13 and will be held the 2nd Wednesday of each month in 2016.

Each month, we will feature poetry readings by a local published poet. The scheduled poets and brief descriptions of their work are included below. We are honored to have them with us. Attendees will be invited to read one of their poems after the honored guest's reading. If you wish to read, please submit a request in advance of the session to Trudy Kleckner or Bernice McCarthy.

- January: Gene Kimmet. Gene's work honors a family legacy of work in the smoke, heat, and dust of the mills.
- February: Jane Matthews. Focuses on psychological and spiritual growth in myself and my relationships.
- March: Harlene Henry. Haiku articulates her impressions and observations of nature. Also explores her thoughts in free verse, cinquain, and lyric poetry
- April: Youth Month. High School and Junior High Students will take the mike.
- May: Tobin Fraley. Free form wide range of subjects: the writing itself, world frustrations, childhood memories, and completely silly things.
- June: James Palmer. Jim's philosophy of Poetry is contained in this Haiku:
 Poetry paints life
 A celebration of time
 In dazzling light.
- July: Toni Diol. Memories of forgotten yesterdays, children's antics, gifts of nature, oceans, wind, falling leaves, and winter reflections.
- August: Jean Tolle. Poetry seems sometimes to be invisible in the "real world," but it's always there waiting for a response.
- September: Jan Spaletto. Family, aging, and values; uses a variety of forms
- October: Trudy Kleckner. The beauty, the brokenness, and the sacredness of life. Sometimes questions, other times answers.
- November: Jim Kipp. My poetry helps me lighten life's load. Poetry is my therapy.
- December: Tamara Tabel. Poetry has the power to heal. It allows us the peace and space to reflect, to grieve, to rant, to thank, to forgive, and ultimately, to help ourselves heal from our emotional wounds.

Open Forum Discussion

Forum meets each Sunday morning to discuss "the issues of the day" while respectfully welcoming different perspectives. We meet in classroom 5 at 8:45 am and socialize for 15 minutes before discussing the day's topic from 9-10 am. To be added to the Forum email list, contact Vid Axel, vidaxel@axeldesigns.com. Our upcoming tentatively scheduled topics are:

- Nov 29: Artificial Intelligence and the future – robotic cars, hacking, etc.
- Dec 6: Terrorism in France
- Dec 13: Religion – source of salvation or conflict? Including Sam Harris and his views
- Dec 20: How well can humans overcome their religious background? The challenge of being objective
- Dec 27: Tribalism, the good and the bad
- Jan 3: Meta-topic – Foundations of US liberal democracy with lead-up to presidential election; part 1 – pre-US foundational documents and the pros & cons of the current US Presidential candidates

Sound Meditation

Weds., February 24, 7:00 pm

Join us to chase away the chill of a cold winter's day with a sound meditation to help silence the chatter of our minds and allow space for healing. Enjoy the soothing sounds of crystal bowls, followed by waves of resounding vibrations from Paiste gongs played by Rev. Krivchenia and Elizabeth Vesto.

Bring a mat or blanket if you would like to stretch out, or you can sit in chairs for support. Come in comfortable clothes and bring a blanket in case you get cool when you relax. A free will offering will be welcomed and will go toward expanding our sound healing and bell resources at CCUU. Join our Meetup group, Primal Wave Sound Meditation, to receive updates on future events. Contact us at primalwavesoundmeditation@gmail.com or 847-847-7068 with any questions.

UUs for Social Justice



Sun, Dec 6, 2-5 pm

Green Illusions: The Dirty Secrets of Clean Energy

UUSJ's annual meeting will be held at Peoples Church, 941 W Lawrence Ave, Chicago 60640. The program, 2-3:15 pm, will be "Green Illusions: The Dirty Secrets of Clean Energy & the Future of Environmentalism." Ozzie Zehner's controversial book with that title will be the focus of the program sponsored by the UUSJ Environmental Task Force. There will be a presentation & opportunity for questions & comments on the ideas presented. The UUSJ Annual Meeting will follow the presentation. All are welcome. For more info, write to UUSJ@sbcglobal.net prior to Dec 6.

Upcoming Church Meetings & Events: November

November 24, 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>						
Nov 29 8:45 am Open Forum Discussion 9 & 11 am Worship & RE 10am Fellowship	11/30 7pm Last Mondays Book Discussion	12/1 10am Qigong Ministry Council 7pm Interfaith Green Partners	12/2	12/3 7:15pm Choir Rehearsal 	12/4 10am Memoir Makers	12/5 9:30am Wellness Beyond Walls
Dec 6 8:45 am Open Forum Discussion 9 & 11 am Worship & Rel.Ed. (Hanukkah-fest) 10am-2pm Fair Trade Fair 10am & Noon Intro to CCUU 12pm 20-30 Somethings	7	8 10am Qigong 7pm AHA Discussion	9 10am Immigrant Voices Discussion 10am Weds Chalice Circle 7pm Finance Ctte	10	11 7pm Movies with Meaning: <i>This Changes Everything</i>	12 TBA Circle Suppers
Dec 13 8:45 am Open Forum Discussion 9 & 11 am Worship & Rel.Ed. 10am Coffee/Fellowship 10:15-10:45: Hospitality Teams Noon: Navigators Chap 30 12:15pm Green Sanctuary Mtg 12:30pm Buddhist Study Group	14	15 10am Qigong	16 7pm Board of Trustees	17	18 7pm Fri Chalice Circle 7pm Yoga 7pm Caroling Party	19
Dec 20 8:30 am Open Forum Discussion 10 am All-Church Christmas Pageant 11am Coffee/Fellowship 12pm 20-30 Somethings	21 9am Focus deadline 11am Memoir Makers	22 10am Qigong	23 9am-5pm PADS Meal Delivery	24 8pm C'mas Eve Worship Service	25	26 9:15am Feminine Divine
Dec 27 8:30 am Open Forum Discussion 10 am Worship & Childcare 11am Beans 'n' Greens	28 6pm Last Mondays Book Group: <i>To Kill a Mockingbird</i> movie & potluck	29 7pm Experiencing God Cov Grp	30	Dec 31	Jan 1, 2016 	Jan 2 9:30am Wellness Beyond Walls
Jan 3 8:30 am Open Forum Discussion 10 am Worship & Childcare 11am Coffee/Fellowship 11am Intro to CCUU 12pm 20-30 Somethings	4	5 7pm Ministry Council	6	7 7:15pm Choir Rehearsal	8 7pm Movies with Meaning	9

Focus

Published by Countryside Church UU

1025 N Smith Rd · Palatine IL 60067
847-359-8440 · ccuu@ccuu.org · www.ccuu.org

Office Hours: Mon-Thurs 10am-4pm, Fri 9am-Noon

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

Acting Religious Education Coordinator 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

- ◆ December 21 (to be published Weds, Dec 30)
- ◆ January 18 (to be publ. Jan 27)
- ◆ February 15 (to be publ. Feb 24)

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

Follow us on Facebook
<https://www.facebook.com/pages/Countryside-Church-Unitarian-Universalist/218478024883750>

Countryside Church
Unitarian Universalist
1025 N Smith Rd
Palatine, IL 60067

