



## Vespers Service & Dinner

**Weds., Jan 27, 6:00 pm**



### **Take Courage: Finding Faith in Difficult Times & Fueling the Fire of Commitment**

Join us for a mid-week Vespers Service and meal. From 6-7pm, we'll share a meal (contributions welcome from \$0-\$10/person) and then gather for a 30-minute "campfire" service for all ages—music, poetry, and stories to inspire us to carry our light into the dark night.

## Transitions

**Thurs, Jan. 28, 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. We meet monthly on the 4th Thursday. A potluck meal follows our program/discussion; bring a dish to share or your own brownbag lunch.

This month, CCUU member and educator Bernice McCarthy will present a program on how people learn, the different ways we approach the learning act, and how to better understand our gifts and the gifts that others bring to our lives.

## Chocolate Fest



**Sun., Feb 14, during coffee/fellowship**

Join us for ChocolateFest on Sunday, February 14, during coffee/fellowship. Please bring something chocolate, such as brownies, candy, cookies, cookie-bars. FINGERFOOD only, please.

We also ask that you bring something for the Palatine Food Pantry, such as juice in cartons or boxes, cereal, mashed or canned potatoes, canned meat, chicken soup, tomato sauce, dish detergent, and diapers size 3 or 4.

Volunteers who would take the donated food to the food pantry the next day are also necessary. Please contact Kay Gredell: 847-632-0660 or [kaygredell@att.net](mailto:kaygredell@att.net).

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## Welcome Jules, our new DLRE!

This past Sunday, January 24, we formally welcome Jules Jaramillo (pronounced hara-mee-yo) as our new Director of Lifespan Religious Education (DLRE).

A transition team has been formed to help Jules as she assumes her role as DLRE. If you have any ideas or suggestions you'd like to pass on to Jules but don't want to swamp her as she is just starting, feel free to talk to any member of the transition team and we will discuss it with her during one of our meetings. The transition team is John Conneely, Cara Duffy, Gloria Kinney, and Kim Tilford.

The transition team would like to thank the members of the search committee for their service in finding such a highly qualified DLRE! The Search Committee was made up of Judy Ball, Linda Berry, Kathi Hillyer, CarolAnn Shindelar, Chuck Smith, Kim Tilford and Reverend Hilary.

## News from your Board of Trustees

This month is something of potpourri of topics from the Board of Trustees (BOT):

### **Welcome, Jules!**

First, please join us in welcoming our new DRE, Jules Jaramillo, along with her family, to the Chicago area. Hopefully the warmth of our welcome within our doors will help them forget the bitter cold outside of those doors. We are very excited about the talents and ideas she is bringing to our community and are looking forward to the growth of a Lifespan Religious Education program.

The BOT would also like to give a very heartfelt 'Thank You!' to all those who worked so hard to keep the RE program strong while we searched for a new leader. Lisa Vanderbleek, who stepped up to put in many more than full-time hours. The RE Council who embraced graciously a much heavier load of responsibility. Rev. Hilary, who took on added responsibilities while we were left without an interim DRE. The search committee who worked so quickly and effectively, and many others who pitched in to keep RE running smoothly through this transition period. Ms. Jaramillo has a vibrant RE community to work with. What everyone will be able to accomplish working together will be exciting to see.

### **What are YOU thankful for?**

In the last *Focus*, the BOT listed some of the things we are each thankful for, the things that that make Countryside an important community that we want to be a part of and keep strong. Now, we are asking you to think seriously about what you are thankful for at Countryside. *What are the things about our community that keep you coming back? What would your life be like without our community? We hope you will reach out and share your thoughts with us.*

### **Thank you, Hospitality Teams!**

It has been so wonderful to come Sunday mornings and be greeted by friendly faces at the front door, at the entrance to the sanctuary and in Atherton. Thank you to all of you that joined a Sunday morning team. Your presence and positive energy have such a positive impact on all of us.

### **Long Range Planning**

In past articles, we informed you that the BOT and the Ministry Council (MC) studied the Long-range plan presented at the annual meeting last May and set some priorities. Along with all the work they did to get the Sunday morning teams up and running, the MC has also been busy collecting feedback on the long range plan from many of CCUU's committees and groups. That information will be used as the BOT takes additional steps towards building a long-range strategic plan for Countryside. An important part of that planning will be looking for the most effective ways to insure that Countryside remains fiscally sound and that we can remain an effective and enriching presence for all in the larger community. It will be important that everyone's voice continues to be heard as we plan for our future. Please stay alert to the information we will continue to share in the coming months as we build our budget for next year and plan for the years beyond.

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 the Board President directly via email, Prez@ccuu.org.



### **Saturday, March 5, 7-10 pm**

Do you have a secret desire to sing or play with the band? Or you just gotta dance when the music starts? Or maybe you just like to tap your foot and hum under your breath? *And--do you love to open your heart in charitable giving?*

Then don't miss CCUU's Fourth Annual *Music with a Mission* event! Bring your voice, your instrument, your feet, your ears to our open-mic evening of collaborative music-making. Gray Rock, our own "house band," will provide both entertainment and back-up for those who want to get up on stage.

MwaM's purpose is to raise funds for our local mission partners in a way that's lots of fun and easy on the pocketbook. There are several opportunities for charitable giving:

- \$5 minimum cover charge
- Beer and wine bar donations
- Request a song from the band
- Pay to play/sing with the band
- 50/50 cash raffle
- OR write a big, fat check!

If you want to sing or play *with the band*, or request a tune—Send title, music/chords/lyrics well in advance, so the band can play their best for you. And if you're singing and playing onstage solo or with a group, let us know that, too. Send email to soundpro@gmail.com. (If you're winging it at the last minute, bring six copies of lyrics/chords if you want the band behind you!)

Proceeds from *Music with a Mission* go to our mission partners:

- Journeys: The Road Home (Palatine women's shelter), [www.journeys.com](http://www.journeys.com)
- Interfaith Committee for Detained Immigrants (helping those affected by immigrant detention), [www.icdichicago.org](http://www.icdichicago.org)
- Partners for Our Communities (empowering people to help themselves), [www.palatineopportunitycenter.org](http://www.palatineopportunitycenter.org)

Music with a Mission is always a really rockin' good time for musicians, dancers, listeners—and for getting that warm feeling when you support the work of our church community and that of our outreach partners. Don't miss it!

## Minister's Muse

Once again, I found myself in the car, smacking off the radio out of irritation. I firmly believe that while we have a responsibility to know what is going on in the world, I also believe that we have a responsibility to care for our minds and hearts by not consuming junk that deadens the mind and clenches the heart. Often, that's what I think that the generators of the news actually intend for us — that we will be stunned with news, commercials for perfect skin, and television shows about Satan — and we'll become paralyzed and will feel helpless and unable to put our hands, hearts and minds into history and even our own lives, to shape or influence them. It's pretty effective.

Sometimes, listening to the news, I begin to think that the world has become hard-hearted, unimaginative, and, at my worst, stupid. Then I have a couple of weeks like when I get to see the amazing things that people are doing around the world to bring help, support, and comradeship to others. In London, we met Mark's daughter Lea for dinner with her former boss, Tim Wallis, who is currently working for the International Friends Service Committee in London. There was a bustle of activity there and I was reminded of the many programs they offer for peace and justice. Her former boss was energetic, dedicated and creative. Listening to them catch up, I realized how many people are working around the world for this.

Then in one day, I received an email about a workshop evening with the former chair of the Board of the Parliament of World Religions, Imam Abdul Malik Mujahid from Sound Vision and Justice for All. He'll be talking about 10 ways to combat Islamophobia. He's a wise man and gifted speaker. It would be wonderful to hear him. Then I received an email about a workshop with Chris Crass, a young adult activist who is an inspiring speaker and an authentic person, keen thinker, and fresh voice. I heard him this past year. What he has to say is honest, deeply personal, socially enlightening, and inspiring. A couple of weeks ago, I received an email letting me know about a visit and talk by Kate Braestrup, the UU Chaplain and author of *Here If You Need Me*, a remarkable book about her work as a chaplain for park rangers in Maine. And there is an upcoming conference for the Interfaith Mental Health Group. And that's just a smattering.

Just as the craziness threatens to engulf us, I realize there are many people working hard "out there" and there are amazing people waiting everywhere to be set free, encouraged and invited to discover and to share their gifts. And there are legions of people ready to facilitate that.

We are a learning, evolving animal, an adapting animal. There are different ways that any creature can adapt. One is to become fitted to the new conditions. Another is to become fitted to survive what is, while learning how to change what will be.

When I find my inbox full of bad news and agitations and also with opportunities for learning, growing, deepening resilience, I remember there is much more than the toxic bad news. There are volumes of good news that could be published, that can and do energize and lift people up. There are a thousand opportunities to join the hope-sweep of history and millions of people who prove every day that the human spirit is strong, flexible, and filled with yearning to live and thrive. I hope that you will allow yourself to go to one or two of these events and to many of the events sponsored here. It's a way that we all evolve together and that we start broadcasting on our own frequency of hope made real by love.

## From Our DLRE

I am overwhelmed with gratitude from the warmth and love I have received as Countryside Church's new Director of Lifespan Religious Education. The lovely gifts left in my office during the week, the notes of welcome, the immediate support from staff, the introduction from Reverend Hilary in Sunday's service, the choir's song Aeyaya Balano Sakkd, the kindness and support of the Search Committee along this journey, the already formed Transition Team, the signs, the flowers, the gifts, the cakes. WOW!

I couldn't have asked for a lovelier first week, yet something else wonderful happened that was quite unexpected... Prelude No. 4 in e minor by Chopin. You see, as a child and through my teens, I studied classical piano with a great passion. I was a dedicated student, competed locally and even had a few mini concerts at McCormick Place in Chicago. Then, without much explanation, years and years passed without a piano in my life until two years ago, when I was gifted a 1910 Hamilton Upright. I did not know the woman that gave it to me. We found each other through a mutual friend. When we spoke, I learned that her piano had been in her family for over a hundred years; her grandfather being the original owner. She was very particular about where her piano's next home would be. She questioned me not about how long I had studied piano- but of how much I loved playing the piano. She didn't want to know the details of how I would dust and keep the piano tuned, she wanted to know that I would cherish it. Her piano had generations of players and now she wanted its heritage to live on in someone else's hands. By the end of our conversation, she decided those hands would be mine.

When the piano arrived to my house, I sat down in front of the keys. My fingers were a little shaky for it had been many years since I had played, but then I remembered her words-her instructions-and my heart settled. I closed my eyes and the one piece of music I could pull from my muscle memory was Chopin's Prelude No.4 in e minor and I played it not just from memory, but from my heart.

It felt a bit serendipitous that this same piece would be played for the prelude at the service that welcomed me to Countryside Church and served as a reminder of the connection we share. You have entrusted me with your memories and made room for me in the dreams for the future; our future. As we begin to create our songs, the notes might not sound the same, but with arms wide and hearts open, I am confident, it will be beautiful.

It is good to be home.  
Love, love and more love.  
Jules



## Social Action News

### ***PADS Meal ~ Weds., Jan. 27 & Feb 24***

Countryside Church provides dinner in the 4th Weds of the month for the PADS shelter at the Presbyterian Church of Palatine. Stay tuned—watch the e-updates and Sunday Times—for notification when the meal sign-up has been posted. For more information, contact Angelina Huntsha.

### ***UUA Common Read Discussion ~ Feb 7 Just Mercy: A Story of Justice and Redemption by Bryan Stevenson***

We invite Countryside congregants and friends to read this book, which is the Unitarian Universalist Assn's Common Read for 2015-16—and was mentioned in Eileen Wiviott's sermon on Jan 17. Then join us to discuss the book on Sunday, Feb 7, at Noon in classroom 6. Colin Tysoe will lead the discussion, aided by the UUA Discussion Guide. A simple lunch will be provided.

Stevenson, founder of the Equal Justice Initiative, has dedicated his legal career to defending those who are trapped by an often capricious, political, and willfully unjust criminal justice system - poor people, people of color, children, and others over whom the system has run roughshod. It speaks to justice, mercy, and compassion, themes of concern to us as Unitarian Universalists and as human beings. It follows on recent Common Reads, such as *The New Jim Crow* and *Reclaiming Prophetic Witness*, and responds to recent statements passed by the delegates to the UUA General Assembly.

### ***Monthly Fair Trade Sales ~ Sun., Feb 21***

Once/month during coffee hour, 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.

### ***Racial Justice, Prisons, and UU March 11-12 at The Peoples Church***

Want to strengthen your understanding of racial justice? As we live out our values in response to mass incarceration, police killings, and the call to deepen our understanding of race, please consider joining the UU Prison Ministry of Illinois for this workshop by nationally known author and activist Chris Crass.

This workshop is for any UU who is willing to play a role in this emerging ministry: bringing our forums and events to your congregation, leading efforts to help your congregation become welcoming to people returning from incarceration, supporting humane policy change, or going into a prison as part of this prison ministry.

You must RSVP so food and space requirements can be planned. There is no registration fee but attendance will be capped, so be sure to RSVP soon. RSVP to [dalecgriffin@comcast.net](mailto:dalecgriffin@comcast.net) or 312-637-0598.

If anyone from Countryside is interested in attending and/or carpooling, please contact Yvette Johnson, [SocialActionChair@ccuu.org](mailto:SocialActionChair@ccuu.org)

## Path to Membership Class

### ***Sundays, Feb 28 & Mar 6, Noon to 3 pm***

We will hold a two-session course for those considering membership in Countryside Church UU. The first session will include a briefing on UU philosophy and history and will focus on people sharing their spiritual journeys. The second session will focus on making connections with ministry and committee leaders whose presence and presentations will foster the integration of new members into our community.

If you are interested in participating, please email [Membership@ccuu.org](mailto:Membership@ccuu.org) to receive materials needed in advance of the first session. Please let us know if you will need childcare, which can be arranged if we know at least one week in advance.

## Movies with Meaning

### ***Fri., Feb 12 ~ Money & Life***

Join us at 7 pm in Atherton Hall to view and discuss this passionate and inspirational documentary that offers a new story of money based on an emerging paradigm of planetary well-being that understands all of life as profoundly interconnected. This optimistic film takes us on a journey, from the origins of money to connecting the systemic dots on the current global financial crisis and how we got here. Most importantly, *Money & Life* says that we owe it to ourselves to understand the fundamentals of this technology called money in order to be effective participants in the economic transformation that is happening around us, a shift more rapid and as profound as the Industrial Revolution. *Money & Life* aspires to be part of bringing a new consciousness to our understanding and practices in the world of money, bringing a touch of humor and a lot of heart to a matter that concerns us all. More info: <http://moneyandlifemovie.com/>

## Compassionate Choices Presentation

### ***Sunday, Feb 21, 1:00 pm***

Speakers from Compassionate Choices and Final Options Illinois will discuss the proposed law allowing people who are suffering with terminal illnesses and have less than six months to live to die when they choose. Similar laws are present in five states, most recently California. For more information, contact Marge Olszewski.

## Green Sanctuary



### ***Support Local Farmers; Attend Upcoming Indoor Farmers Markets***

Enjoy a wide variety of seasonal and sustainably-produced goods from local farmers such as honey, meats, cheeses, baked goods, tea, and specialty items. Fair Trade coffee and chocolate will be available, too. Join us on Saturday, February 13, 9:00–1:00 at Our Saviour's Lutheran Church, 1234 N. Arlington Hts. Rd, in Arlington Hts. (OSLC is one of our Interfaith Green partners.) We'll be hosting a farmers market here at Countryside Church on Sunday, March 13, 11:00-2:00.

**Sunday Worship Service & Religious Education Classes are held at 9 & 11 am.**  
**Relig. Ed. classes are held at 9am for infants thru' grade 4; at 11am, for infants thru' Sr 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](http://www.ccuu.org/worship-a-music/worship-schedule.html)

**Weds, Jan 27 at 6 pm      Vespers Service & Dinner: Take Courage      Eileen Wiviott**

Join us for a mid-week Vespers Service and meal. The theme is *Take Courage: Finding Faith in Difficult Times & Fueling the Fire of Commitment*. From 6-7 pm, we'll share a meal (contributions welcome from \$0-\$10/person) and then gather for a 30-minute "campfire" service for all ages. Music, poetry, and stories to inspire us to carry our light into the dark night. If you have a song to sing or a reading to share, email Ministerial Intern Eileen Wiviott, by January 20, [ewiviott@hotmail.com](mailto:ewiviott@hotmail.com).

**Jan 31 at 9 & 11 am      It's a Wonderful Church      Rev. Hilary Landau Krivchenia**

What would life be like without CCUU?

*Young people in grades 2 & above begin in the Sanctuary with their family; all other young people begin in classrooms*

**Feb 7 at 9 & 11 am      The Power of Not Giving a Damn      Rev. Dr. C. Scot Giles**

*Young people in grades 2 & above begin in the Sanctuary with their family; all other young people begin in classrooms.*

At times, it can seem that we live in a world gone mad. Social scientists have discovered how to hook our attention and use that to manipulate our opinions and actions. Such information is used to create advertising, political campaigns, and organizational structures in a dizzying array. There is a way to protect ourselves from this form of manipulation.

Share the Plate: Half of the cash collected in the offering will be donated to UU Society for Community Ministries.

**Feb 14 at 9 & 11 am      Love Lessons: Lawn Signs      Rev. Hilary Landau Krivchenia**

This is one of Hilary's Auction Sermons; the topic was suggested by the winning bidder.

*Young people in grades 2 & above begin in the Sanctuary with their family; all other young people begin in classrooms*

**Feb 21 at 9 & 11 am      Spirituality in a Rational Faith      Rev. Hilary Landau Krivchenia**

This is one of Hilary's Auction Sermons; the topic was suggested by the winning bidder.

*Young people begin in their classrooms; this is a Faith-in-Action Sunday; we'll be learning about how to help the homeless through PADS (People Acting to Deliver Shelter).*

**Feb 28 at 9 & 11 am      Sr High Youth Service**

*Young people in grades 2 and above attend the entire service with their families. Nursery, Chalice Children, and Spirit Play classes will be available at both services.*

Join us as our Senior High Youth Group leads us in worship. Share the Plate: Half of the cash collected in the offering will be donated to Project Fierce, a grassroots collective of social workers, housing advocates, and young people working to establish identity-affirming housing in Chicago. Its mission is to reduce LGBTQ youth homelessness in Chicago by providing transitional housing and support services to homeless LGBTQ young adults.

**Mar 6 at 9 & 11 am      Rev. Hilary Landau Krivchenia**

*Young people in grades 2 & above begin in the Sanctuary with their family; all other young people begin in classrooms.*

## 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](mailto:primalwavesoundmeditation@gmail.com) or 847-847-7068 with any questions.



## Noteworthy

Congratulations to Raelyn Oremland! She auditioned for and was accepted to be in the UU Children's Choir, which will happen as part of the UU Musicians Network Conference in July in Madison, WI.



Thank you to the many people participating in Hospitality Teams! The first month seems to have run smoothly, and Ministry Council heard a couple stories of team members really working together and making new connections with people. An overview of what teams are about is also available in the office. If you aren't on a hospitality team yet, contact the church office and we'll put you in touch with a team.

## Upcoming Church Meetings &amp; Events: February

January 27, 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>This calendar shows upcoming Church meetings &amp; events. All meetings and events held in the building are listed on the church website, under Events &amp; Rentals - <a href="http://www.ccuu.org/programs-and-events/">http://www.ccuu.org/programs-and-events/</a> 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>						
<b>Jan 31</b> <b>8:45 am</b> Open Forum Discussion <b>9 &amp; 11 am</b> Worship & Relig.Educ. <b>10am &amp; Noon</b> Coffee/Fellowship	<b>Feb 1</b> <b>7pm</b> Outreach Steering Council	<b>Feb 2</b> <b>10am</b> Qigong <b>7pm</b> Ministry Council	<b>Jan 27</b> <b>9am-5pm</b> PADS Meal Delivery <b>10am</b> Immigrant Voices <b>Noon</b> Focus folding <b>6:00pm</b> Vespers Service & Dinner	<b>Jan 28</b> <b>10am</b> Transitions <b>7:15pm</b> Choir Rehearsal	<b>Jan 29</b> <b>7pm</b> Yoga	<b>Jan 30</b> <b>9:15am</b> Feminine Divine
<b>Feb 7</b> <b>8:45 am</b> Open Forum Discussion <b>9 &amp; 11 am</b> Worship & Relig.Educ. <b>10am &amp; Noon</b> Fellowship <b>10am &amp; Noon</b> Intro to CCUU <b>Noon</b> 20-30 Somethings <b>Noon</b> Book Discussion: <i>Just Mercy</i>	<b>8</b> <b>7pm</b> Your Spacious Self: Clearing Circle <b>7pm</b> Rem's Class: Cognitive Behavior	<b>9</b> <b>10am</b> Qigong <b>7pm</b> AHA Discussion	<b>10</b> <b>10am</b> Immigrant Voices <b>10am</b> Weds Chalice Circle <b>7pm</b> Finance Ctte <b>7pm</b> Mary Oliver Poetry Series	<b>11</b> <b>7:15pm</b> Choir Rehearsal	<b>12</b> <b>7pm</b> Movies with Meaning	<b>13</b>
<b>Feb 14</b> <b>8:45 am</b> Open Forum Discussion <b>9 &amp; 11 am</b> Worship & Relig.Educ. <b>10am &amp; Noon</b> ChocolateFest <b>Noon</b> Nominating Ctte Mitg <b>12:15pm</b> Green Sanctuary Mtg <b>12:30pm</b> Buddhist Study Group	<b>15</b> <b>9am</b> Focus deadline <b>11am</b> Memoir Makers <b>7pm</b> Rem's Class: Cognitive Behavior	<b>16</b> <b>10am</b> Qigong <b>7pm</b> Worship Council	<b>17</b> <b>7pm</b> Board of Trustees <b>7pm</b> Journey Inward	<b>18</b> <b>7pm</b> Thurs Chalice Circle <b>7:15pm</b> Choir Rehearsal	<b>19</b> <b>7pm</b> Fri Chalice Circle	<b>20</b> Circle Suppers
<b>Feb 21</b> <b>8:45 am</b> Open Forum Discussion <b>9 &amp; 11 am</b> Worship & Relig.Educ. <b>10am &amp; Noon</b> Fellowship & Monthly Fair Trade Sales <b>Noon</b> Nominating Ctte Mitg <b>Noon</b> 20-30 Somethings <b>12:15pm</b> Navigators: break-&-build <b>12:15pm</b> Internship Ctte Mitg <b>1pm</b> Compassionate Choices Presentation	<b>22</b> <b>7pm</b> Rem's Class: Cognitive Behavior	<b>23</b> <b>10am</b> Qigong <b>7pm</b> Experiencing God Cov Grp	<b>24</b> <b>9am-5pm</b> PADS Meal Delivery <b>10am</b> Immigrant Voices <b>Noon</b> Focus folding <b>7pm</b> Sound Meditation	<b>25</b> <b>10am</b> Transitions <b>7:15pm</b> Choir Rehearsal	<b>26</b>	<b>27</b> <b>9:15am</b> Feminine Divine
<b>Feb 28</b> <b>8:45 am</b> Open Forum Discussion <b>9 &amp; 11 am</b> Worship & Relig.Educ. <b>10am &amp; Noon</b> Coffee/Fellowship <b>Noon</b> Path to Membership class <b>Noon</b> Nominating Ctte Mitg <b>5pm</b> Vegan Potluck Dinner <b>6:15pm</b> Book Circle: <i>Don't Even Think About It</i>	<b>Feb 29</b> <b>7pm</b> Last Mondays Book Group: <i>Girl Who Saved King of Sweden</i> <b>7pm</b> Rem's Class: Cognitive Behavior	<b>Mar 1</b> <b>10am</b> Qigong <b>7pm</b> Ministry Council	<b>Mar 2</b>	<b>Mar 3</b> <b>7:15pm</b> Choir Rehearsal	<b>Mar 4</b> <b>10am</b> Memoir Makers	<b>Mar 5</b> <b>10am</b> Wellness Beyond Walls, must register <b>7pm</b> Music with a Mission

## Navigators USA Chapter 30



*Navigators USA Chapter 30 is an intentionally inclusive, co-ed scouting group for kids ages 6-16, chartered at CCUU.*

### **Updated your electronics recently?**

Let the UU Navigators turn them into something new! We are looking for devices to recycle such as old computers, tablets, or phones. You can drop them at the church by February 19 or call Anni Martin (224-315-1037) for a pick up.

### **Calling all Navigators: Break & Build Event!**

Join us on Feb 21 at 12:15 pm in Classroom 1 for a potluck and Break-and-Build event. We will take apart old electronic devices, learn about what makes a computer work, and see what we can build with the old parts.

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 looking for a coed, progressive scouting alternative, invite them along too—the more the merrier! To join our mailing list for info about our upcoming events, email us at [navigators@ccuu.org](mailto:navigators@ccuu.org).

## Service Partner Update

The Time, Talent and Trivia event in November was a lot of fun and we raised a total of \$24,536! Ten percent has been retained in an outreach reserve fund, and the remainder has been distributed and gratefully received by our three service partners: Palatine Opportunity Center, Faith in Place and the Interfaith Committee for Detained Immigrants. Thanks to all who donated, organized and attended.

The year's second and final fundraiser in support of our service partners is coming up on March 5—see *the article p.2!* Music with a Mission is a casual evening of music featuring your fellow Countrysiders backed by Grey Rock. Come to listen or come to sing, and be sure to bring your friends!

Over the next few months, we are seeking your ideas and opinions on congregation-wide service projects and partners. Please contact a member of the Outreach Steering Committee: members include Mike Graves, Laura Mandell, Matt Myren and Melanie Schikore. Yvette Johnson manages Share the Plate.

Finally, if you want to help steer Countryside's outreach efforts in the coming year, you might consider joining the committee. 2016-2017 will be focused on building deeper relationships with our service partners through volunteer opportunities and fundraising. Contact OSC for more info.

## 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@axeldesigins.com](mailto:vidaxel@axeldesigins.com). Our upcoming *tentatively scheduled* topics are:

- Jan 31: Medicare Abuse
- Feb 7: Meta-topic—Foundations of US Liberal Democracy, part 1 & 2 pre-U.S. & U.S. foundational documents
- Feb 14: Politics in the Exam Room
- Feb 21: Liberty vs Safety
- Feb 28: U.S. culture today—likes, dislikes, and why
- Mar 6: Meta-topic—Foundations of US Liberal Democracy, with the lead-up to presidential election, part 3—additional U.S. documents

## 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. A flyer with a list of the monthly topics for 2016 is available on the bulletin board across from the church office. *Space is limited and you must register. To register, call 630-654-5197 or email [kmitchell@wellnesshouse.org](mailto:kmitchell@wellnesshouse.org).*

## Mark Your Calendar

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

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

## WhaleCoast Alaska 2016

Four Alaska UU fellowships invite you to experience our eco-cultural and spiritual program next summer! See Alaska through the eyes of local UUs in Anchorage, Fairbanks, Juneau, Seward, and Sitka with friendly homestays and unique tour activities. Find out more about this Alaskan trip of a lifetime: visit [www.WhaleCoastAK.org](http://www.WhaleCoastAK.org), call 907-322-4966, or email [dfrey@whalecoastak.org](mailto:dfrey@whalecoastak.org). We would love to share our Alaska with you!

## 20-30 Somethings

**1st & 3rd Sundays**

If you are in your 20s or 30s, please join us in classroom 4 after second service. For more info, email 2030Somethings@ccuu.org. Childcare is available during meetings.

## Atheist-Humanist-Agnostic Group

**2nd Tuesdays, 7 pm**

All are welcome to join us on Feb 9, when we will discuss Secularism, Politics and Religion and tie this in with a discussion of the Iowa caucus results of Feb 1.

## QiGong

**Tuesdays, 10-11 am**

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

## Buddhist Study Group

**2nd Sundays, 12:30 pm**

Join us on February 14, 12:30–2 pm, in the Sanctuary. Contact Melanie Terbovic, terbovicm@yahoo.com, for more info.

## Memoir Makers

**1st Fridays & 3rd Mondays**

We meet to share our recent writings and to view & discuss lectures from *Writing Creative Nonfiction*, a Great Courses video course by Dr. Tilar J. Mazzeo. Memoir Makers meets twice/month: 1st Fridays (10am-Noon) and 3rd Mondays (11am-1pm). For more info, contact Barbara Griggs or Tom MacTavish.

## Mary Oliver Poetry Series

**2nd Wednesdays, 7:00 pm**

Each month, we feature poetry readings by a local published poet. Upcoming featured poets are:

- Feb 10: Jane Matthews (CCUU member!), whose work focuses on “psychological and spiritual growth in myself and my relationships.”
- Mar 9: we will welcome poet Harlene Henry.

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.

## Journey Inward

**3rd Wednesdays, 7:00 pm**

Join us on February 17 in Atherton Hall to explore and learn about metaphysics, spirituality, alternative healing modalities and much more. For more info, visit [www.journey-inward.com](http://www.journey-inward.com).

## Sacred Heartbeat Drum Circle

We will not meet the 4th Saturday in February. Stay tuned for the announcement of the rescheduled date. For more info, visit [www.PalatineDrumCircle.com](http://www.PalatineDrumCircle.com).

## Cognitive Behavior: Insights on why we think the way we do

This nine-week class will be facilitated by Rem Stokes on Mondays, Feb 8 through April 4, 7-9 pm, in classroom 1. If interested, sign up on the Study Ministry table in Atherton Hall or contact Rem directly, 847-756-3054 or [rembertstokes@gmail.com](mailto:rembertstokes@gmail.com).

## Monthly Meatless Potlucks

**4th Sundays, 5 pm**

Please join us on February 28 in Atherton Hall. Bring a vegan (no meat, eggs, dairy, or honey in the ingredients) dish to share that more-or-less serves 6-8. We will provide drinks, dishes, utensils. If this is your first time attending and you don’t know what to bring, please just bring yourself. For more info, contact Sheryl Bass, [mystics999@aol.com](mailto:mystics999@aol.com), or Steve Combs, [stephen-comb@gmail.com](mailto:stephen-comb@gmail.com).

## Yoga

**7 pm on Fri., Jan 29, Feb 12, Feb 26**

Join Elizabeth Vesto in the Spirit Play room for gentle flow yoga to let go of the stress from the week. Each session ends 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.

## Upcoming Book Discussions

**UUA Common Read: Sun., Feb. 7, Noon**

We invite Countryside congregants and friends to read *Just Mercy: A Story of Justice and Redemption* by Bryan Stevenson and to join the Black Lives Matter team to discuss it on Feb 7. Colin Tysoe will lead the discussion, aided by the UUA Discussion Guide. Simple lunch provided.

**Book Circle: Sunday, Feb. 28, 6:15 pm**

All are invited to join us in classroom 6 to discuss *Don't Even Think About It: Why Our Brains Are Wired to Ignore Climate Change* by George Marshall. We gather at 6:15; discussion begins at 6:30.

**Last Mondays Book Group: Feb. 29, 7 pm**

All are invited to join us in the Stokes Room to discuss *The Girl Who Saved the King of Sweden* by Jonas Jonasson.



## New Methods of Giving to CCUU

If you prefer credit card or online giving to writing a check, there are a couple of new options for giving to CCUU:

### ***Manage your giving online***

Giving online is easy and allows you to make one-time or recurring contributions and to view your complete online giving history from anywhere you have access to the Internet. Simply follow these easy steps:

1. Visit the church website at [www.ccuu.org](http://www.ccuu.org)
2. Click on the Donate Now button,
3. Click on the Create Profile button, then
4. Follow the onscreen instructions to create a profile and to schedule your contributions.

### ***Make a contribution with a text message***

- Simply send a text to 847-973-7344 with the amount you would like to contribute.
- Be sure to include the dollar sign before the amount. Example: \$25.
- Within a few minutes, you'll be sent a text with a link to register.
- Click on the link and enter your cardholder name and credit or debit card information.
- Once your registration is complete, you will receive a text verification and a receipt via email.
- For future giving, simply send a text with the amount you wish to give, and it will process automatically! If you have questions about giving-by-text, contact the church office for more information.

If you have questions, contact the church office for more information.

## Bad Weather Closing Policy

Just a reminder of our winter weather closing policy.

We 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!*

## 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.

***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](http://www.linksyouth.org/LGBTpride).

***Transcend*** is a program of Youth Outlook which meets the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month. It is a support group focusing on gender identity and is geared towards Trans youth. It is suggested for 14-20 yr olds. For more info, talk to Kimberly Tilford or go to [www.youth-outlook.org](http://www.youth-outlook.org).

### ***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](mailto:transgender_journey-subscribe@yahoo.com)

### ***Great Plains Zen Center***

GPZC sits meditation on Sundays at 7 pm and offers monthly Intro to Zen workshops (Feb 20, Mar 12, Apr 16). On Jan 31, GPZC will present a talk on Indigenous Peacemaking by Chas Jewett Red Morning Star Woman.

On Feb 20, there will be a benefit concert at Countryside; all proceeds will go to the Myoshinji Building Renovation Project to upgrade GPZC's practice facilities at their retreat center in Monroe, Wisc.

For more info about GPZC's programs, refer to the flyers on the "Other Religious Voices" bulletin board across from the church office or go to [www.greatplainszen.org](http://www.greatplainszen.org).

### ***AA***

Men's Meeting: Saturdays, 9-10 am

Women's Meeting: Fridays, 7:30 pm

### ***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](mailto:rmonahan@improve-ization.com).

### ***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](http://www.careercommunicators.com).

### ***St Hubert Job Ministry***

Events are non-denominational, free, open to all occupations, and held at various member churches. Listings of upcoming events are posted on the Community bulletin board across from the church office. For info, go to <http://>

# Focus

Published by Countryside Church UU

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Ken Bobbe and Jane Matthews, Coordinators

Karen Greenland Joy Simon  
Barbara Griggs Chris Smith  
Kathi Hillyer Kimberly Tilford

Melanie Schikore

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](mailto:ccuu@ccuu.org)

- ◆ February 15 (to be publ. Feb 24)
- ◆ March 21 (to be publ. Mar 30)
- ◆ April 18 (to be publ. Apr 27)

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.

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