



# focus

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## From Your Board President

Our Annual Meeting was Sunday, May 15. Thank you to all the trustees who set-up and cleaned up, as well as providing the food that everyone enjoyed; to Greg Blus for taking care of coffee; and to all those who pitched in to help with AV, childcare, set-up and clean-up. Thanks also to all of you who attended and actively participated. The annual meeting is our opportunity as members to be informed and to have a voice in choices that impact our future as a congregation. As a congregation grounded in democratic principles, our ongoing health and vibrancy is directly linked to how much of our congregation is actively engaged in discussing, voting on, and supporting the decisions made at this meeting.

Our staff updated us on plans for next year during the meeting. Their focus will be on maintaining programming that is already strong while implementing new ideas and approaches to worship, study and music that will further enhance the depth of experience we offer here at Countryside. Our staff has exciting plans for our future and is eager to act on them, with our support. We are very fortunate to have a professional staff with such depth of experience and talent.

The financial health of Countryside was discussed, and a budget for the 2016/17 year was passed. Our revenue comes primarily from the pledges of our members. Currently, there is a gap of approximately \$15,000 between promised revenue for next year and a bare-bones budget presented by the Board. While the board had concerns about presenting a budget with a deficit, we feel that there are good reasons for taking that risk. We have lost key staff members and there has been a lot of turn-over on the board during the past several years. Time and energy of both staff and volunteers has, of necessity, been consumed in searching for new staff, managing transitions, and maintaining programming.

Now we have a full professional staff, and they are working quickly to become a cohesive team. The Board believes strongly in our staff. We also believe that it is important to give them the chance to implement the programming and ideas they have to strengthen our congregation. A balanced budget would have required a cut in staffing or a severe cut in program activities. Either of those two options would have made it next to impossible to take effective action to achieve the growth necessary for us to remain strong for the future or to implement the programming that you have said you want to see here at Countryside. After much discussion, the budget was passed by a large majority of those in attendance at the meeting. The gap in funding will need to either be met by an increase in pledges or by dipping into our reserves.

There will be a surplus from this year's budget, due to the fact that we were not fully staffed for the whole year, which will be carried over to the reserves. That surplus will not exist next year and even now should be going to areas that were cut from our budget, such as UUA dues, professional expenses for new staff, and our underfunded capital reserves. For now, it gives us a brief amount of breathing room which we must take advantage of to adapt to different ways of 'doing church.'

For Countryside to continue to stay strong for our current membership and relevant for the next generation, we need to explore new ways of defining membership. We need to develop an approach to stewardship that gives us stable and consistent resources. We need to determine, as a congregation, the best uses for our resources, including our volunteer and staff time and talents. We need to determine effective and efficient use of our facility to support our congregation and to minimize our impact on the environment. Most importantly, we need to stop talking about what to do and take action.

The Board will be holding its annual retreat on June 18 at Countryside, and we will be opening an afternoon session to any interested members. We want to go beyond a brainstorming of ideas to developing plans for action. If you are interested in the long-term sustainability of Countryside and are willing and able to share your time and talents to make things happen, we hope you will attend. Look for details to be shared soon.

As always, I can be reached at [prez@ccuu.org](mailto:prez@ccuu.org). Please feel free to share your questions and concerns.  
...Karen Noorani

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### Special Worship Time on Sun, Jun 26

9:30—11:00 am

On June 26, we will **live stream the UU General Assembly worship** service, 9:30—11 am CDT (Palatine time). Mark your calendar & plan to join thousands of other UUs in worship!

**The rest of our summer services are at 10:00 am—see page 3 for more info.**

## Minister's Muse

At the Annual Meeting this year, our Music Director, Alison Vernon, spoke lovingly and with great insight to those assembled. Among the wise things that she said, she reminded us that this is a healthy congregation and that it is a congregation in which the members care passionately. She also pointed out that it is that caring that makes us healthy, so that when there are differences of opinion, we can remember that the person who differs from us offers their thoughts because they care. Of course, that doesn't make them right or wrong; it does make them worth taking into account. And, even more, it makes them worth hearing in respect. There were many thoughts shared at the annual meeting and some quite divergent from one another. And most of them were right, in some way, in spite of being in opposition.

We are living in changing times – now that's always been true, but for some time, those who study American congregational life have noticed that the changes are having an impact on how people "do faith." Today, it will require inventiveness to do faith well.

I was watching a whole bunch of TED talks the other day – on creativity and on creative people. What we are going to need for Unitarian Universalism to move into the future and for Countryside Church UU to thrive in that future is going to be a tremendous creativity. And watching one of Sir Ken Robinson's TED talks, I realized that as a congregation, we will need to be truly creative and that means learning how to be creative together. Sir Ken talks about the fear we instill in people about being wrong in our society. Being wrong is such a stigma that we have built a whole educational system around punishing people for it. But no one can be creative if they can't be wrong. Now, I am not suggesting rushing out and doing the wrong thing – rather, it is an attitude toward experiment, intuition, a balance of practice (action, trying) and reflection (thinking, assessing). Creativity also takes a certain ability not to leap nor to wait until the last minute (the crisis moment) but to find a sweet spot in between those two things. That's the thought of Adam Grant, another TEDster. Somehow, people who efficiently get things done long before they are due fail to give themselves the time to dig deeper into their own creative insight. The people who procrastinate (up to a point) aren't putting things off, they are thinking.

That's certainly what I have noticed in the formation of our Strategic Plan. There was an aching discomfort without one. So we got the process going and then wanted to have fast results from the process. Fast results are easy if you are going to continue as you have been all along. Fast results are both more difficult and perhaps dangerous if you need to change creatively. We took just enough time to assemble a small but strong staff, enough time for the congregation to think about social and global issues, and enough time for some research – and now possibilities, directions, and choices abound around us.

In the coming months, as we roll out Themed Ministry, Full Week Faith, Our Place in the Web of Life, the Pathfinder Process, and more food, fun, faith, and fellowship, we will all have opportunities to get down and get creative. And our greatest creativity will come when we are together, relaxed, playful, spiritually grounded, and mutually encouraging – sharing our passion for Unitarian Universalism and Countryside and our hopes for the future. We are right on time.

## From Our Director of Lifespan Religious Education (DLRE)

### *Let Us Pray*

Unitarian Universalists are often hesitant to embrace the spiritual practice of prayer. When I have spoken to congregants about prayer the resistance seems to rest in the concept that prayer is associated with conjuring up a form of supernatural intervention into our life's troubles. I can relate to this for this was how I was taught to pray as a child in the Christian tradition. I was told that God would not only hear every single one of my prayers but that all of my prayers would be answered. To a child, this was like a magic wand, and I enthusiastically prayed about everything. When my prayers were left unanswered, I was told maybe it was because I was not praying hard enough. So I prayed harder, yet still no magic. Prayer was a disappointment, and I spent many years refusing to pray or so I thought.

Frederick Buechner describes the prayers of everyday people and the form my prayers took perfectly in his book Wishful Thinking:

*Everybody prays whether he thinks of it as praying or not. The odd silence you fall into when something very beautiful is happening or something very good or very bad. The ah-h-h-h! that sometimes floats up out of you as out of a Fourth of July crowd when the skyrocket bursts over the water. The stammer of pain at somebody else's pain. The stammer of joy at somebody else's joy. Whatever words or sound you use for sighing with over your own life. These are all prayers in their way. These are all spoken not just to yourself but to something even more familiar than yourself and even more strange than the world.*

Prayer is a connection we make to our own spirit, our own actions, to other human beings and is how we process the world around us. It is time we spend in reflection about what we are thankful for, what we are sorry for, what we hope for, the beauty and suffering that exists together in this world and allows us to develop deeper connections to the people we love and to the people that love us. The spiritual practice of prayer means taking the time to do these things with intention.

Kierkegaard, 19<sup>th</sup> century philosopher and theologian, wrote, "*The function of prayer is not to influence God, but rather to change the nature of the one that prays.*" I completely agree that when one embarks on the spiritual practice of prayer, it does inevitably change us. It creates a more compassionate heart, it helps connect us to the needs of others, and to rest in sorrow and suffering.

...Jules

**From the 3rd Sunday in May through Labor Day,  
we have one service and religious education program at 10:00 am.**

*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)**

**June 5 All-Church Flower Communion Rev. Hilary L. Krivchenia**

*This is an All-Church Service; young people attend the full service with their families. Childcare for infants and toddlers will be available.*

Please bring a flower or a few flowers from home to share. A Unitarian tradition begun by Norbert Capek, the Flower Communion celebrates the beauty of our diversity and our hope for continued blossoming as a community of spirit.

In addition to flower communion, this service will also include New Member Recognition and Volunteer Recognition.

**June 12 Question Box Sunday Rev. Hilary L. Krivchenia**

*Summer Religious Education begins today at 10:00 ~ Nursery (age 0-2), Chalice Children (age 2-5), UU Crafts & Gardening Sunday Summer Camp (age 5 and up); see page 5 for more info.*

Rev. Krivchenia's sermon this morning will consist of answering questions from the congregation. Come with your pithy spiritual questions. There will be cards available on which to write them, and Rev. Hilary will choose a few to answer.

Share the Plate: Half of the cash collected in the offering will be donated to the Gender and Sex Development Program at Lurie Children's Hospital of Chicago, providing services for children with gender nonconforming behavior and for gender-questioning & transgender youth. They also provide care for newborns and children with sex development conditions. The Human Rights Campaign (HRC) Foundation recognized Lurie Children's as a "Leader in LGBT Healthcare Equality" based on their top marks in meeting non-discrimination and training criteria that demonstrate a commitment to equitable, inclusive care for LGBT patients and their families.

**June 19 Pride & Prejudice Living the Welcoming Congregation**

Share the Plate: Half of the cash collected in the offering will be donated to Lambda Legal Services, the oldest (founded in 1973) and largest national legal organization whose mission is to achieve full recognition of the civil rights of lesbians, gay men, bisexuals, transgender people, and those with HIV through impact litigation, education, and public policy work. As a 501(c)3 nonprofit organization, they do not charge their clients for legal representation or advocacy, and they receive no government funding. They depend on contributions from supporters around the country. [www.lambdalegal.org](http://www.lambdalegal.org)

**June 19 at 4:00 pm Summer Solstice Service Leslie Peet**

This year's celebration of the summer solstice will take place in the afternoon.

**June 26, 9:30-11am UUA General Assembly Sunday Morning Worship**

**NOTE THE CHANGE OF WORSHIP TIME.** We will be *live streaming the GA worship service* from the largest annual gathering of UUs in Columbus, Ohio. The GA service will be led by Rev. Nancy McDonald Ladd, Senior Minister of River Road UU Congregation in Bethesda MD.

**July 3 Multigenerational Service Tom Dempsey & Friends**

*This is a Multigenerational Service; young people attend the full service with their families. Childcare and Chalice Children classes will be available for infants through age 5.*

**July 10 Melanie Terbovic**

**July 17 Prison Ministry Service Social Action Ctte**

**July 24 Freedom and Obligation Eileen Wiviott, Ministerial Intern**

**July 31 Blessing of the Animals Countryside Animal Friends**

*This is a Multigenerational Service; young people attend the full service with their families. Childcare and Chalice Children classes will be available for infants through age 5.*

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

**August 7 Feminine Divine Women's Group**

**August 14 Jules Jaramillo, DLRE**

**August 21 Rev. Hilary Landau Krivchenia**

**August 28 Spiritual Journeys Service**

**September 4 Rev. Dr. C. Scot Giles**



## Social Action News

### *Interfaith Service Project*

Join Palatine Faith-in-Action (a group of several Palatine faith communities) who will be volunteering at Feed My Starving Children on Sat., June 11. You can

choose either the 4:30 - 6:30 shift or the 7:00 - 9:00 shift. Families are welcome. Sign up on the volunteer board right outside the office or sign up online—go to [www.ccuu.org](http://www.ccuu.org) and click on 'Opportunities to Serve' icon on the right side of the page. *Come have some fun and make a difference to a lot of hungry children!*

### **Social Action Meeting: June 12**

The last Social Action meeting of this church year will be held on Sunday, June 12, 11:15 am, in classroom 2. All are welcome. Please bring something to contribute to potluck lunch.

### **Monthly Fair Trade: June 19**

Once/month we offer fair trade products from Equal Exchange for sale. This is your chance to stock up on chocolate, coffee, tea, cocoa, olive oil, and snacks. *Our next sale will be Sunday, June 19.* For each pound of Equal Exchange coffee, chocolate, tea, and foods that we purchase, 20 cents goes to the UU Service Committee's Small Farmer Fund. For info on the projects funded, go to <http://equalexchange.coop/our-partners/interfaith-partners/unitarian-universalist-service-committee>

We recently received this recognition from Equal Exchange: *We are proud to announce that Countryside Church UU is in the top 5% of over 8,000 faith-based groups that order coffee, tea, chocolate, and snacks from us. The church has been ordering since 2006, so you're one of our long term accounts and we're so appreciative of your support over the years!*



## Green Sanctuary News

### *Walk in the Woods: June 19, 2pm*

The Green Sanctuary Committee and Interfaith Green Partners invites everyone to take a walk in the woods! We plan to meet

on the 3rd Sunday of each month through October at various locations in Deer Grove Forest Preserve. This month, meet at the driveway circle located at the END of the Camp Alphonse entrance. Camp Alphonse entrance is located on Dundee Rd. between Ela & Quentin Rds.

*It's Father's Day, so bring the dads out for the fun!*

Individuals and families are warmly welcome! For more information, contact Gail Wisniewski at [greensanctuary@ccuu.org](mailto:greensanctuary@ccuu.org).

### **Have Fun! Take Environmental Action! Build Community!**

Interfaith Green Partners, an interfaith environmental group of which CCUU is a part, will march together in the Arlington Heights 4th of July parade. We will march at the end of the parade and collect recyclables from the crowd. Come join us! It's fun! For more info, contact Gail, [greensanctuary@ccuu.org](mailto:greensanctuary@ccuu.org).

## In Sympathy

The sympathy of the congregation is extended to Mark Krivchenia and family on the death of his sister.

The sympathy of the congregation is extended to Krista MacTavish and family on the death of her nephew.



## Welcome, New Members!

We welcome the following new members who signed the membership book in May. They will be formally welcomed, along with the five people who joined in March (see *March 30 Focus*), during the worship service on June 5.

Maggie and Dave Coons  
Adam, Meredith

Jackie and Joel Dennison  
Oliver, Owen

Kristen Wunder

[CONTACT INFO OMITTED  
FROM WEBSITE POSTING]

## Transitions

### *Field Trip: Sat, June 11*

The group is heading to the Anderson Japanese Gardens in Rockford. Meet in the church parking lot at 9:30 am to carpool; it will take approximately 1 hour to get to the gardens. Admission is \$8, \$7 for seniors. The area encompasses 12 acres; there are seating areas, if needed, to rest. Fresco Garden restaurant is on-site, and a guided tour is available.

### *Monthly Meeting: Thurs, June 23, 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. The program begins about 10:15 and is followed by a potluck lunch. Bring a dish to share or if you prefer, your individual lunch. Also, if you wish, bring a friend. All are welcome. *Our June program will be presented by Jim Simmons on From Whence We Came: 5 major events in pre-modern human history.*

### *Memoir Makers: 2nd Fridays, 10 am*

Our next meeting is Fri., June 10 in classroom #1. In addition to sharing any new writings by members, we will begin viewing a new course, *The Art of Storytelling*.

## Summer Religious Education Program

Countryside Church will offer the following every Sunday during 10:00 services:

- Nursery (ages 0-2 years)
- Chalice Children (ages 2-5 years)

### UU Crafts and Gardening Sunday Summer Camp

Children 5 years and up will meet for fellowship, stories, games, garden and crafts. All children begin in RE classroom unless specified.

June 5: *Flower Communion Multigenerational Service*  
*Childcare & Chalice Children only*

June 12: Garden Planting & Fun

June 19: Bird Feeder/Ornaments

June 26: Insect Catcher and Nature Journal

July 3: *American Folk Music Multigenerational Service*  
*Childcare & Chalice Children only*

July 10: Garden Art

July 17: Garden Fun

July 24: Mandala Nature Art

July 31: *Animal Blessing Multigenerational Service*  
*Childcare & Chalice Children only*

Aug 7: Garden Fun

Aug 14: Garden Soup

Aug 21: Bubbles /UU Stitching

Aug 28: *Childcare & Chalice Children only*

Sept 4: *Childcare & Chalice Children only*

Please sign up online to teach summer RE at  
<http://www.signupgenius.com/go/30e0b45acaa2aaafb6-uucrafts>

If you have not had a background clearance in the last 3 years, please complete form and personally submit to Lisa or Jules.

[http://www.ccuu.org/members/forms/doc\\_download/147-2016-background-check-consent-form-pdf](http://www.ccuu.org/members/forms/doc_download/147-2016-background-check-consent-form-pdf)

## Movies with Meaning

### *Fri., June 10 ~ Drying for Freedom*

Join us at 7 pm in Atherton Hall to view and discuss *Drying for Freedom*, which reveals the story of our love affair with energy, the people who are campaigning against it, the rules society has created to sustain it, and the destruction it is causing our planet. It explores how outdoor clothes drying is banned in communities across the USA and how corporate America sold its citizens the dream of electric bliss in the 1950s -- a dream which is now America's biggest export, signifying that our future is hanging on the line. For more info on the film, go to [www.dryingforfreedom.com](http://www.dryingforfreedom.com). Discussion follows the movie; all are welcome!

*Movies with Meaning is held the 2nd Friday of the month, is open to the public (invite friends!), and free (voluntary donation to help cost of film licenses).*

## Head, Heart, and Hands

This fall, we will be introducing a new class structure during our 9 a.m. religious education class called Head, Heart, and Hands (thinking, feeling, doing). It is a multi-age class (grades K-6), and every week, there will be a team of 3 volunteer teachers to ensure the needs of all ages are being met. It loosely resembles the Montessori method but is specifically designed to meet the needs of varying age ranges and the variety of learning styles that each child brings with them on Sunday morning. Being a faith community that focuses holistically on our children's needs, we can create opportunities to create stronger connections to our faith-Unitarian Universalism. Head, Heart and Hands (3H) embraces this holistic approach and is designed to create opportunities for our children to learn and experience our faith in ways that help them flourish.

Each Sunday, children will begin in service. When they enter the classroom, they will:

- Begin with the class opening rituals: meditation/centering, lighting the chalice, and sharing & caring (UU prayer).
- The core of the lesson will be introduced to the entire group using stories, videos, music, and/or movement.
- Children will break off into one of the three centers that all have activities focused on the lesson for the week.
- The centers are titled Head, Heart, Hands (thinking, feeling, doing). Each center will have a range of age-appropriate activities that speak to individual learning styles
  - \* Head Center: will have activities that are focused on reading, problem solving, journaling; activities that promote thinking.
  - \* Heart Center: will focus on creative expression through art, music, imagination; activities that stir feelings.
  - \* Hands Center: will focus on activities that encourage physical movement and "doing."

The class will then regroup for a short reflection and closing before being dismissed.

I hope your children will take the opportunity to learn more about Head, Heart, and Hands by joining us on this new adventure. We will meet almost every Sunday morning beginning September 18 during the 9:00 service.

## Open Forum Discussion

Forum meets each Sunday to discuss "the issues of the day" while respectfully welcoming different perspectives. We meet in classroom 5 at 8:30 am and socialize for 15 minutes before discussing the day's topic from 8:45-9:45 am. To be added to the Forum email list to receive supporting materials for the discussions, contact Vid Axel. Upcoming *tentatively scheduled* topics are:

- June 5: Drones Revisited
- June 12: Personal Responsibility
- June 19: Foundations of U.S. Liberal Democracy
- June 26: *Forum will not meet, to avoid conflict with early worship start time*

## 20-30 Somethings

**1st & 3rd Sundays**

If you are in your 20s or 30s, please join us in classroom 4 after worship on the 1st & 3rd Sundays of the month. Childcare is available during meetings. For more info, email [2030s@ccuu.org](mailto:2030s@ccuu.org).

## Atheist-Humanist-Agnostic Group

**2nd Tuesdays, 7 pm**

All are welcome to join us on June 14, when we will hear Tim Smalley's thoughts & reflections on the Reason Rally which he will attend on June 4 at the Lincoln Memorial in Washington DC. The Rally is a celebration of fact-driven public policy, the value of critical thinking, and the voting power of secular Americans. Visit <http://reasonrally.org> for more info.

## Buddhist Study Group

**June 12, 11:30 am - 1 pm**

Join us in the Sanctuary to continue our discussion of Thich Nhat Hanh's book Anger and to practice both walking and sitting meditation. We will lead the worship service on the 2nd Sunday in July. *We will not meet in July or August.* For more info, contact Melanie Terbovic.

## QiGong

**Tuesdays, 10-11 am**

Join Emmett in classroom 9/10 to experience slow, gentle body movements & guided meditation. Donations to CCUU will be accepted. *Note: No QiGong on June 21.*

## Poetry Series

**2nd Wednesdays, 7 pm**

Join us in the Sanctuary. Each month features poetry reading by a local published poet. *On June 8, we welcome James Palmer, whose poetry is a celebration of time in dazzling light.* Attendees are invited to read one of their poems after the featured guest's reading. If you wish to read, please submit a request in advance to Trudy Kleckner or Bernice McCarthy.

## Journey Inward

**3rd Wednesdays, 7 pm**

Join us 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).

## Upcoming Book Discussions

**Book Circle: June 5, 6:15 pm**

All are invited to join us in classroom 6 to discuss This Changes Everything: Capitalism vs. The Climate by Naomi Klein. We gather at 6:15; discussion begins at 6:30.

**Last Mondays Book Group**

All are invited to join us in the Stokes Room on June 27 to discuss The Case of the Deadly Butter Chicken by Tarkin Hall and/or on July 25 to discuss Far from the Mad-ding Crowd by Thomas Hardy.

## Watch UUA General Assembly Online ~ June 22-26

UUA General Assembly is the largest annual gathering of UUs.; this year it is being held in Columbus, Ohio. If you aren't able to be there to witness it in person, you might try watching some of the events online. To find out how to do so, go to <http://www.uua.org/ga/offsite>.



## Book Drive Success!

We collected 1,184 items. From those, we donated 434 children's books to Bernie's Book Bank, which should help about 72 kids receive 6 books each for one semester for their home library. Books were also donated to the WINGS Resale shop, the sales of which supports their women's shelters; to Palatine Public Library's used book sale, which supports that library's funding; and to the Women's Prison. Books were also donated to CCUU for our library, for classroom bookshelves, for the nursery, and to support RE lessons.

In addition, a "workbook & activity book exchange" box has been set up outside the Library (classroom 8). They can be used by adults and kids who are just hanging out; they could be taken home to help kids with their studies; or they could be taken home by an adult who just wants to trade puzzle books. The idea is that workbooks and activity books, new or used, could be donated here to find a new home in our community on a regular basis.

**Many thanks** to all the people who donated books and to the families who participated in the sorting day at Bernie's Book Bank on May 7. Our gratitude goes to Cara Duffy for coordinating this Faith-in-Action project and to Crystina Smith, Amy Huber, and Mike Jeschke for helping Cara with the effort.

## Mark Your Calendar

**CCUU to host POC Camp Day Fri, July 29**

Partners for Our Communities (POC, formerly Palatine Opportunity Center) is one of our Outreach Partners. We will host their last day of day camp. We're thinking it will be a games day, ending with lunch—the details are still in the works. We will need help from congregation members & families, so mark your calendar & watch for more info.

## Free Community Meals

Several churches in the area are offering free Summer Suppers, 6:30-8:00 pm, through September (*coinciding with the months when PADS shelters are not open*). All are welcome! The schedule is posted on the bulletin board across from the church office, in the Our Members & Friends section. Every Saturday, Cross & Crown Lutheran Church, 1122 W Rand Road in Arlington Heights, serves breakfast at 9:30 am and lunch at Noon.

## Alternate Methods of Giving to CCUU

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

### ***Countryside Express***

If you would like to make regular monthly payments via credit card or via automatic withdrawal from your checking or savings, a form is available [on the church website](#) or in the church office. Submit the completed form to the congregational administrator for processing.

### ***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

### ***Give by Text Message***

You can also give via text message. For information on this method, contact the church office, [ccuu@ccuu.org](mailto:ccuu@ccuu.org).

## Outside Groups Held at & Open to CCUU

*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. They meet on the 1st & 3rd Weds. More info: <http://angles.org/teens-young-adults/pride/social/>.

***Transcend*** is a program of Youth Outlook which meets the 2<sup>nd</sup> & 4<sup>th</sup> Wednesday of the month. It is a support group focusing on gender identity and is geared towards Trans youth, 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 18 or over (unless accompanied by a parent) who is transgender, gender queer, androgynous, or gender questioning; meets the 2nd & 4th Sundays. [transgender\\_journey-subscribe@yahoo.com](mailto:transgender_journey-subscribe@yahoo.com)

***Great Plains Zen Center.*** sits meditation on Sundays at 7 pm and offers monthly Intro to Zen workshops. For more info, go to [www.greatplainszen.org](http://www.greatplainszen.org).

***AA.*** Men: Saturday, 9am; Women: Friday, 7:30pm

***Job Search Circle (JSC)*** meets in Atherton Hall on Wednesdays, 9-11am. \$5/meeting. Dress code is business casual. Email: [rmonahan@improve-ization.com](mailto:rmonahan@improve-ization.com)

***Career Communicators,*** a Toastmasters International Club dedicated to professional speaking. Meets the 1st & 3rd Tuesday of the month, 7-9 pm. For more info, [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. For info, go to <http://www.sainthubert.org/ministries/job.html>.

## Countryside Animal Friends News

### ***Mark Your Calendar***

#### **Blessing of the Animals service: July 31**

CAF will lead this Sunday worship service; see the description on the Worship services page of this newsletter. If you are interested in doing a reading or helping in another way (e.g. setup, cleanup, bringing vegan treats, etc.) please contact Sheryl Bass.

#### **Vegan Bake Sale: Sun., Sept. 18**

We need bakers and folks to staff the table; the sale will be held during the coffee/fellowship hours. Proceeds will go to help support bringing in a speaker on Sept 23.

#### **Special Speaker: Fri, Sept 23, 7 pm**

CAF invites you to hear Dr. Will Tuttle, animal welfare advocate and the author of "World Peace Diet: Eating for Spiritual Health and Social Harmony" and "Circles of Compassion: Essays Connecting Issues of Justice." You can check out his work here: [www.worldpeacediet.com/](http://www.worldpeacediet.com/) More details will be available closer to September.

## Sacred Heartbeat Drum Circle

### **Sat., June 25, 7 pm**

Adults and teens are invited to join us in Atherton Hall for free-style drumming in a low key, peaceful, welcoming environment. No drumming experience necessary! Please bring your instrument(s); some limited hand percussion is available to share. For more info, visit [www.PalatineDrumCircle.com](http://www.PalatineDrumCircle.com).

## Wellness Beyond Walls

Countryside Church and Wellness House in Hinsdale are partnering to offer programs here at Countryside. The programs are *offered at no cost* and as a complement to medical treatment to help participants improve their physical and emotional well-being. *To register, contact Kelli Mitchell, 630-654-5197 or [kmitchell@wellnesshouse.org](mailto:kmitchell@wellnesshouse.org).*

### ***Stronger Together ~ Two Support Groups, One Time***

Come together with other cancer patients and caregivers on the journey. The groups meet the first Wednesday of the month, 7-8 pm, in classrooms 4 & 6. One-time phone registration is required.

### ***Hypnosis Group***

This program of deep hypnosis is offered the first Saturday of the month 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. The program is led by our community minister, Rev. Dr. Giles, and uses hypnotism to promote healing, emotional resilience, & comprehensive stress management. *Space is limited; registration required.*

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 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 2016-17 CHURCH YEAR (JULY-JUNE):

#### Sunday Commitment to the Community

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

\_\_\_\_\_ Hospitality Team  
We have created Hospitality Teams for each Sunday of the month (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>). By participating in key activities like greeting, ushering, coffee, and audio-visual assistance, team members get to know each other while helping to make all who come on Sundays feel welcome. *Hospitality activities allow families to participate together.*

\_\_\_ If you are already part of a team, thank you!

\_\_\_ If you are not yet part of a team, please consider participating. The commitment is at most one Sunday/month.

\_\_\_\_\_ 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?).*

\_\_\_\_\_ 60<sup>th</sup> Anniversary Celebration Team: we will celebrate the church's 60<sup>th</sup> anniversary during worship on Nov 13. What else might we do to celebrate? Have one event or a series of them? Be part of the team that helps decide & plan.

\_\_\_\_\_ Stewardship Team-vision & approach  
\_\_\_\_\_ Ingathering Potluck (Sunday after Labor Day)

\_\_\_\_\_ Halloween Party (Oct 29, 2016)

\_\_\_\_\_ Farmers Market-fall (Nov 6, 2016)

\_\_\_\_\_ Time & Talent Auction (Nov 19, 2016)

\_\_\_\_\_ Fair Trade Fair (Dec 4, 2016)

\_\_\_\_\_ All-ages Caroling Party (Dec 2, 2016)

\_\_\_\_\_ ChocolateFest (a special coffee hour near Valentine's Day)

\_\_\_\_\_ Music with a Mission (March 11, 2017)

\_\_\_\_\_ Farmers Market-spring (March 19, 2017)

\_\_\_\_\_ Seder (April 2017)

\_\_\_\_\_ Climate Action Event (April or May?)

\_\_\_\_\_ 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)

Name \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_



## Upcoming Church Meetings &amp; Events: June

June 1, 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/calendar">http://www.ccuu.org/programs-and-events/calendar</a>. 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>June 5</b> 8:30 am Open Forum 10 am Worship & RE 11am Fellowship & Intro to CCUU 11:15pm 20-30 Somethings 2pm UUs for Social Justice 6:15pm Book Circle	<b>6</b> 7pm Outreach Steering Council Mtg	<b>7</b> 10am Qigong 7pm Ministry Council	<b>June 1</b> 7pm Wellness Beyond Walls cancer support & caregivers groups	<b>2</b>	<b>3</b>	<b>4</b> 10am Wellness Beyond Walls hypnosis group
<b>June 12</b> 8:30 am Open Forum 10 am Worship & RE 11am Fellowship 11:15pm Green Sanctuary Mtg 11:30pm Buddhist Study Group 11:30pm Social Action Mtg 11:30pm Compassionate Communication course	<b>13</b> 7pm Your Spacious Self	<b>14</b> 10am Qigong 7pm AHA Discussion	<b>15</b> 7pm Journey Inward	<b>16</b>	<b>17</b>	<b>18</b>
<b>June 19</b> 8:30 am Open Forum 10 am Worship & RE 11am Fellowship & Fair Trade monthly sale 2pm Walk in Woods with Interfaith Green Partners 4pm Summer Solstice service	<b>20</b>	<b>21</b>	<b>22</b> 10am Transitions Reading Group	<b>23</b> 10am Transitions	<b>24</b>	<b>25</b> 9:15 Feminine Divine Women's Group 7pm Drum Circle
Jun 22-26: UUA General Assembly in Columbus Ohio						
<b>June 26</b> 8:30 am Open Forum <b>9:30-11am: Worship &amp; RE-Note the DIFFERENT WORSHIP TIME, we'll be LIVE STREAMING the GA WORSHIP SVC</b> 11am: Fellowship	<b>27</b> 9am Focus deadline 7pm Last Mondays Book Discussion	<b>28</b> 10am Qigong 7pm Experiencing God covenant group	<b>29</b>	<b>June 30</b>	<b>July 1</b>	<b>July 2</b> 10am Wellness Beyond Walls hypnosis group
<b>July 3</b> 8:30 am Open Forum 10 am Worship & RE 11am Fellowship 11am Intro to CCUU 11:30am 20-30 Somethings	<b>July 4</b> March with Interfaith Green Partners in April Hts 4 <sup>th</sup> of July parade	<b>July 5</b> 10am Qigong	<b>July 6</b> <i>Focus publication</i> 7pm Wellness Beyond Walls cancer support & caregivers groups	<b>7</b>	<b>8</b> 10am Memoir Makers 7pm Movies with Meaning	<b>9</b>

# Focus

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1025 N Smith Rd · Palatine IL 60067  
847-359-8440 · [ccuu@ccuu.org](mailto:ccuu@ccuu.org) · [www.ccuu.org](http://www.ccuu.org)

Summer Office Hours: Tues-Thurs 10am-4pm

Minister Rev. Hilary L. Krivchenia  
[Minister@ccuu.org](mailto:Minister@ccuu.org)

Director of Lifespan Religious Education Jules Jaramillo  
[DLRE@ccuu.org](mailto:DLRE@ccuu.org)

Community Minister Rev. Dr. C. Scot Giles

Music Director Alison Vernon  
[Music.Director@ccuu.org](mailto:Music.Director@ccuu.org)

Music Director Emeritus John Denny  
Congregational Administrator Laurie Lantz  
[ccuu@ccuu.org](mailto:ccuu@ccuu.org)

Religious Education Assistant Lisa Vanderbleek  
[RE.Assistant@ccuu.org](mailto:RE.Assistant@ccuu.org)

Ministerial Intern Eileen Wiviott  
[Intern@ccuu.org](mailto:Intern@ccuu.org)

### Lay Ministers

Ken Bobbe, Coordinator

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 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)

- ◆ June 27 (to be publ July 6)
- ◆ Aug 1 (to be publ. Aug 10)
- ◆ Aug 29 (to be publ. Sept 8)

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

