



focus

Volume 29, No 7

August 10, 2016



All-Church Potluck & Clean-Up on Sun, Aug 14

Potluck: 11:15-12:00

Please bring a dish to share with everyone. We will need volunteers to assist with the potluck set-up and clean-up. If you are available to volunteer, please email the church office, ccuu@ccuu.org.

Clean-Up 12:00-2:00

Anyone and everyone is invited and may clean any part of the building. We do encourage families to begin together in the RE wing. There are checklists of cleaning needs for every part of the building. Connect with some friends and create a cleaning team—cleaning is always more fun when you do it together.

Supplies Needed:

- Reusable spray containers (preferably with natural and/or non-toxic cleaning solution; see Green Sanctuary News for suggestions)
- Reusable rags
- Newspaper
- Brooms
- Mops
- Carpet vacuums
- Wet/Dry vacuums (shop vacs)
- Buckets



Ingathering is Sept 11 ~ Hope to See You!

Water Communion at 9:00 and 11:00 am

As you enjoy your summer, please remember to collect a bit of water for our *Ingathering Water Communion service on Sept. 11*. Our mingling of water is symbolic of the places where we learn and grow over the summer, from the garden hose to the ocean.

Ingathering Finger-Food Potluck at 10:00 am

Join us as we celebrate the end of summer with a festive potluck coffee hour! It will be held between the two worship services. Those attending the 9:00 service are encouraged to stay, and those attending the 11:00 service are encouraged to come early. *Please bring finger food to share, either sweet or savory (such as appetizers, tapas, or small sandwiches). Coffee, iced tea, and lemonade will be provided.*

We will need assistance with set-up and clean-up for the Ingathering Potluck. If you are available to be part of the team, please email Laurie at ccuu@ccuu.org.

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CCUU Bumper Stickers

Tracy Boland is making bumper stickers available for congregation members to purchase to help spread the word about Unitarian Universalism and CCUU. There are samples of the various designs on the tall metal cabinet on the back wall of the church office and in a blue binder on the front desk. They are \$3.50 each for sticker variety or \$4 each for magnetized variety. Place your order in the blue binder in the office or contact Tracy directly.



I believe in the inherent worth and dignity of every person.

Countryside Church Unitarian Universalist
1025 N. Smith Street Palatine, IL

Board Happenings

Resolution on Muslim Solidarity

One of the actions that came out of the UUA MidAmerica Regional Assembly was a resolution to show solidarity with the Muslims of this country as a demonstration of our UU principles in action. At our June meeting, the CCUU Board voted to join with other UU Boards in being part of this Declaration. You can read the Resolution on page 10 of this newsletter.

Welcome to New Board Members

We welcome our two new Board members and are looking forward to the energy and talents they bring to our group. You can read a little about their journey to Countryside below. They, along with the rest of your trustees, are available to hear your hopes and concerns. Feel free to email prez@ccuu.org or contact any member of your Board.

Kathi Hillyer has been a member of CCUU since 2011, although she attended services here for several years before then. She is a member of the choir, has been involved with Coming of Age, Feminine Divine Women's Group, the DLRE Search Committee, and volunteers at various events. She became a Lay Minister in October 2014 and joined the Board in 2016. She recently retired after 38 years teaching elementary art in Deerfield. She also taught art education courses at North Park University in Chicago and currently supervises student teachers in art for Illinois State University. She and her husband Steve have two children. Allison is a teacher in Naperville, and Brad is a pastry chef in Chicago. Allison, Brad, and his husband Mark all live in Chicago.

Christine Organ has been a member of CCUU since 2011. She first began attending the church in 2009, and after a brief interlude, she rejoined the church in 2011. In addition to joining the Board of Trustees as President-Elect, she currently serves on the Internship Committee, Worship Council, acts as an usher, and coordinates the Spiritual Journeys services. Her faith journey began in Catholicism and after a dabbling in various protestant faiths, she realized that her true faith was grounded in Unitarian Universalism and has felt at home ever since. She lives in Arlington Heights with her husband Matt and two sons, Jackson and Teddy. A former lawyer, she is currently a freelance writer and author. She has even had two articles in UU World, which is among the highlights of her career.



In Sympathy

The sympathy of the congregation is extended to Cheryl Stephanopoulos, whose mother passed away at the beginning of July.

The sympathy of the congregation is extended to Lisa Bohne & Mike Gilley on the death of Mike's father, who passed away mid-July.

The sympathy of the congregation is extended to the Rev. Hilary Krivchenia and family on the death of her father at the end of July.

An Invitation to Create Art!

This is an *invitation* to everyone in the congregation – everyone who knows they have the soul of an artist and a need to express it. Starting in September, we will be introducing Monthly Themed Ministry and Full Week Faith. What do these two things have to do with one another?

I'm so glad you asked! We would like to extend an invitation to create an original piece of art that represents what each of the monthly themes means to you. We will display your offerings throughout the church building, protecting anything fragile in our locked display case in the main hall.

What kind of art, you ask? For starters: fiber art, ceramics or pottery, metalwork, woodworking, paintings, photography, poetry, sculpture, etc. are all art. What have I missed?

What are the themes, you ask?

Sept: Covenant	Feb: Identity
Oct: Healing	March: Risk
Nov: Story	Apr: Transformation
Dec: Presence	May: Embodiment
Jan: Prophecy	June: Zest

Please bring your *original* art that shows what COVENANT means to you to church on Sunday, August 28, so we can find the right space for it during the month of September. On the last Sunday of September (Sept 25), we will expect you to take your Covenant art home, and those who have HEALING art will bring their offerings that same day. We will continue that way (exchanging art on the last Sunday of the month) for the rest of the year.

I hope this invitation and the themes will inspire you to create something you would like to share with the congregation! Contact Alison Vernon or Lois Phillips if you have questions.

Final Weeks of Summer R.E.

All children begin in RE classroom unless specified. Countryside Church will offer the following every Sunday during 10:00 services:

- Nursery (ages 0-2 years)
- UU Crafts and Gardening Sunday Summer Camp for ages 2-5 in classroom 7 and for ages 5+ in classroom 9/10.
 - Aug 14: Garden Soup
 - Aug 21: Bubbles /UU Stitching
 - Aug 28: *Childcare & Chalice Children only*
 - Sept 4: *Childcare & Chalice Children only*

Meditation & Mindfulness Mini-Retreat: Sat, Sept 17

Did you miss going to the Journeys retreat this year? Or did you go and enjoy it? Or do you just want to learn more about mindfulness and meditation? Join us in Atherton Hall on Saturday, September 17 for a day-long retreat. Bring a dish to share for lunch and an open mind for activities such as yoga, tai chi, mindfulness, meditation, mindful communication, and a gong bath. A schedule will be available as the date approaches, come for a session or come for the full day!

Minister's Muse

What a summer? Have you been stressed? Oh!?! Whoa! I know! Just a few more days and then – oy –three months (more!) of political complaining – I mean – campaigning. And that's some of the news that's less immediately horrific to take in.

Well - hey! Come over here! Look at this – it's adorable! It's this lamb that adopts orphaned animals. Now she's taking care of a sad baby elephant saved from a mine water pit. See how the lamb is getting the baby elephant to play and walk around! Isn't that just so sweet? Here's this cockatoo that loves to dance to Michael Jackson! So cute!

It's a momentary distraction from the headlines, low-lives, and the slings and arrows of outrageous fortune. Of course, grazing around YouTube to have a heartwarming chuckle or a tender, happy, teary moment wouldn't appeal to anyone I know. Everyone I know has far more sophisticated interests.

I'm aware of the level of anxiety that people, generally, are feeling. Of course, anxiety doesn't happen on it's own. It's the product of some big business – both the business of politics and the business of business. Both thrive, as long as people are just anxious enough to keep voting their fears or purchasing their products. And, of course, heightened fear doesn't really activate people to respond positively, creatively to the large and complex issues that are facing us these days. I am sure that there is a grand scientific and biological explanation for this using words like “receptors” and “norepinephrine” and “fight or flight” and “reptilian brain.”

This was a part of one the questions that was asked during the Question Box Sunday service back in June – how to keep from letting it all get you down. It seems evident that neither being paralyzed by fear or becoming hair trigger reactive is a productive response. How is a brain, heart, body, to respond?

Of course, there's breathing deeply, doing yoga, meditating, hugging a friend, or even moving out of the city to someplace off the map and establishing a self-sufficient homestead, travelling around the world to track down the guru who will deliver you from stress and teach you how to feel at “om.” Maybe the last two are a little extreme – but there are a number of ways of responding to stress in a constructive way.

Turns out there's solid evidence that cute animals and their videos really do help. Back in January the Huff Post ran an article talking about all the benefits of these videos of cute. When we see these pictures, part of our brain lights up and releases dopamine – a neurotransmitter of the nearly ecstatic sensations that accompany – the really good stuff – like chocolate. Also our impulses to love and protect the young are stimulated – so we're given a light bath of love and nurturing strength. So we feel somewhat sweeter, softer, more loving, and stronger as a result of watching the lamb with the baby elephant – more, I suspect than watching the tiny hamsters eating tiny burritos. I think that we also find hope when we see animals triumph

(continued...)

or befriend animals of another species – like the elephant and dog who were such good friends. Certainly if they can make peace, so can we.

Of course, this is only a temporary “treatment” for symptoms of stress and distress. First, I'd recommend the deep tonic of congregational life. Turning to the people you know share some of the hopes, concerns, and values that you have and reminding one another that you are not alone – but part of a large community – and that there is strength in those numbers and strength in those hearts. It is a community that can lift your spirits with prayerful words, healing music, and people who touch your heart and inspire the mind.

Ultimately, not to practice medicine without a license, finding a way to turn toward the complexity and the real conditions that concern you and imperil our world and work at addressing them is the best medicine for this soul sickness. When you act – participate in a community organization, in supporting the democratic process, in clearing out a plant preventing the flourishing of a prairie or watershed – you reaffirm your real strength, you make a difference— large or small – and you do the only thing that keeps your fears from becoming realities: changing the world. I mean, really, if a deer and a dog or a squirrel and a cat can work it, so can we. Now that calls for two owls playing soccer or maybe the chimpanzee that loves kittens.

Thank You

To the many people who sent words of consolation on the death of my father, thank you. I didn't realize that my blog would publish itself on my Facebook page -- but thank you to the many people who sent kind words on the Facebook page. To everyone, your emails, cards and Facebook messages were/are deeply appreciated and felt. The kindness here is tangible. Thank you, Hilary

Ken Burns Film about WW II Unitarians to premier on PBS Sept 20

Ken Burns's *Defying the Nazis: The Sharps' War*, will premier on PBS on Tues, Sept 20. It is the inspiring tale of the brave actions of WW II Unitarians Waitstill and Martha Sharp to help hundreds escape Nazi Europe. A companion book from Beacon Press will be available through [in-Spirit: the UU Book & Gift Shop](#) on Sept 6, two weeks before the film premier.

The Defying the Nazis UU Action Project, co-sponsored by the UUA, UU Service Committee, and the Fahs Collaborative at Meadville Lombard, hopes every Unitarian Universalist and those who share UU values will watch the film or read the book, and then be inspired to take action to carry on the Sharps' legacy of defying hatred and fear. Islamophobia and the refugee crisis are modern-day parallels to the discrimination the Sharps fought against in their time. Visit UUA.org/sharpstory and follow the discussion on social media with #WeDefy.

At CCUU, we are looking into a possible screening of *Defying the Nazis* here. Stay tuned for details, and plan, at least, to watch the PBS film at home on Sept 20.

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

Each Sunday during the 10:00 service, we offer Nursery care for ages 0-2 yrs and UU Crafts and Gardening Sunday Summer Camp for ages 2-5 in classroom 7 and for ages 5+ in classroom 9/10. All children begin in religious education classrooms unless specified otherwise.

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

Aug 14 at 10 am Taking UU Identity Home Jules Jaramillo, DLRE

Share the Plate: Half of the cash collected in the offering will be donated to Smart Farm Barrington, which cultivates a healthy, eco-friendly community by offering learning opportunities in sustainable gardening; promoting the benefits of sustainable gardening, healthy eating and leading an environmentally friendly lifestyle; and donating fresh produce to support our neighbors in need.

Aug 21 at 10 am Whole: Person, Congregation, World Rev. Hilary Landau Krivchenia

Aug 28 at 10 am Spiritual Journeys Service

Spiritual Journeys services are offered three to four times each year and are opportunities for us to hear the spiritual journey stories of congregation members. This time, we will hear from Vid Axel and Jackie Dennison.

Share the Plate: Half of the cash collected in the offering will be donated to The Buddy Foundation, whose mission is to provide immediate safety and care to stray, abused, and abandoned animals.

Sept 4 at 10 am Leviathan's Treasures Rev. Dr. C. Scot Giles

In the Bible, Leviathan is described as a deep sea monster. Depth psychologists see in the image an echo of our own unconscious minds (which dwell in the depths of our personality). Like many, I believe our unconscious minds offer a treasure trove of wisdom, guidance, and help if we can learn how to listen to it. On Labor Day, as we pause reflectively before taking up the duties of our work after Summer's rest, we can pause to hear a deeper wisdom.

****We return to our 2-service schedule on the Sunday following Labor Day.****

**Beginning with our Ingathering & Water Communion Service on Sept 11,
we will have worship and religious education at 9:00 am & 11:00 am.**

Sept 11 at 9am & 11am All-Church Ingathering & Water Communion Service

After summer's scattering, we come together and mingle water, symbolic of the places where we learned and grew over the summer. From the kitchen tap to the Pacific Ocean, we have been instructed and changed by our lives; let us share those lessons. Water will be available just in case you left yours at home on the counter, out in the sprinkler, or back at the beach. We will also honor the 15th anniversary of 9/11.

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

This is a Multigenerational Service; young people in Spirit Play and above (ages 4 & up) attend the entire service with their families. Nursery care (age 0-2) and Chalice Children class (age 2-3) will be available at both services.

Sept 18 at 9am & 11am Sliding Uphill Rev. Hilary L. Krivchenia

Music News

No More Interim Pianists

Dr. Janice Razaq has been hired as our official Staff pianist, effective immediately! But wait, there's more....Rick Burdsall (schedule permitting) has agreed to sub for Janice several times a year as needed. So, that means we get to continue to enjoy and benefit from the services of these very talented people. This is a kind of "homecoming" for Janice as she was the staff pianist at Countryside Church some years ago and then, of course, became co-interim pianist with Rick two years ago as we transitioned through an interim choir director and then welcomed a settled choir director. It is exciting to keep our musical family as intact as possible.

Janice and Rick were the glue that held the music together through many changes, and they are due a huge Thank You. Please re-welcome Janice, and know that Rick is not far away. What's the saying? "The more things change, the more they stay the same."



Pick-Up Choir on August 21

All singers & voice-types are welcome to participate in a "pick-up choir." Join music director Alison Vernon in the Sanctuary at 9 am for rehearsal and stay to sing for worship at 10 am.

2016-17 Choir Kick-Off

If you are interested in singing with the choir, please join us for our kick-off on Sunday, August 21. We will begin with a potluck lunch after the worship service. After lunch, we'll do some reading of music and will end about 2 or 3 pm. Our regular Thursday rehearsals will begin on Thurs, Sept 8, and we will sing for Ingathering on Sept 11. For more info or if you are new to choir, please contact Alison Vernon, Music.Director@ccuu.org.



Green Sanctuary News

Walk in the Woods: Aug 21, 2pm

Join CCUU and our Interfaith Green Partners for a Walk in the Woods. We'll meet on Sunday, August 21, 2:00 - 3:30 pm, at Deer

Grove WEST Forest Preserve. Enter off of Dundee Road, just East of Northwest Highway. Meet near the parking lot on the right side of the drive. Invite your friends, fellow congregants, and family. It's fun!

Here's a link to a map of Deer Grove - the entrance is located on the bottom left of the map.

<http://fpdcc.com/downloads/maps/trails/english/FPCC-Deer-Grove-Trail-Map-10-15.pdf>

Alternative Cleaning Products: Homemade and Non-Toxic

For the windows: from Leslie, the blogger of Crunchy Betty and a home remedy master

The Best Homemade Glass Cleaner Recipe

1 c. filtered, very hot water

1/2 Tbsp cornstarch

1/8 c. rubbing alcohol (at least 70% isopropyl)

1/8 c. white vinegar

Boil your water and let it cool just a bit. Add cornstarch to your spray bottle, and then the hot water. Shake well to dissolve. Add the rubbing alcohol and vinegar, and shake again. Every time you use this, you'll want to shake it up to avoid clogging the spray nozzle with undissolved cornstarch. Use liberally and happily. Smile.

For everywhere else: Want something that works for all over the house? Live Renewed blogger Emily came up with two fabulous recipes for disinfecting wipes that you can use for quick cleaning in any room:

Disinfecting Wipes Recipe #1: Vinegar and soap – either castile soap or dishsoap – do not mix well for a green and natural cleaning solution, so this recipe just uses vinegar and a mixture of essential oils. The vinegar has disinfecting properties and the essential oils provide anti-bacterial and natural germicide properties, while also giving the solution a pleasant scent.

1 cup water

1/4 cup white vinegar

8-10 drops lemon essential oil

8-10 drops eucalyptus essential oil

5-7 drops tea tree essential oil

Disinfecting Wipes Recipe #2: This is a basic multi-purpose cleaner for using with wipes. Tea tree oil has anti-bacterial properties, and castile soap provides the cleaning power. You can find both castile soap and tea tree oil at Target, but you might find the best prices online.

1 cup water

2 Tbsp Castile Soap

8-10 drops tea tree essential oil

Mix your solution together in a small bowl or measuring cup and pour over your wipes. Be sure to label your wipes well. It's even a good idea to put the recipe right on the label so you won't have to look it up next time you want to make a batch.



Social Action News

Monthly Fair Trade Sale: Aug 21

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, August 21.* 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>.

UUs for Social Justice Quarterly Meeting

All are welcome to attend the UUSJ quarterly program and meeting at 2 pm on Aug. 28 at Unitarian Church of Hinsdale. The program will be from 2-3:30 pm and is a workshop on restorative justice titled *Whose Justice?* Speakers will be Professor Michael Seng, co-director of John Marshall Law School's Restorative Justice Project; Linda Cooper, a Restorative Practices Trainer; and the Rev. Karen Mooney, Minister of Beverly Unitarian Church and peace circle facilitator. UUSJ's quarterly board meeting will be held 3:35-5 pm.

Both the workshop and board meeting are open to the public. Light refreshments will be served. For more info, contact uusj@sbcglobal.net through Aug 27.



Transitions

Monthly Meeting: Aug 25

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 upcoming programs will be:

- Aug 25: Scottish music, presented by Kathy Motto
- Sept 22: panel discussion on humanism, presented by Lloyd Miller, George & Kathy Motto, and others

Memoir Makers: 2nd Fridays, 10 am

Our next meeting is Fri., Aug 12 in classroom #1. In addition to sharing any new writings by members, we will continue viewing *The Art of Storytelling*.

Countryside Animal Friends News



Vegan Bake Sale: Sun, Sep. 18

We will need bakers and folks to staff the table. The sale will be held during the coffee hours. Proceeds will help support the cost of Sept 23 program.

Speaker: Fri, Sep 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." More info here: www.worldpeacediet.com/

Movies with Meaning

August Hiatus: No Movie this month

Movies with Meaning is usually held the 2nd Friday of the month (exception noted below), is open to the public (invite friends!), and free (voluntary donation to help cost of film licenses). If interested in helping, please contact Hal Snyder or Alan Greenland.

All are welcome to join us in Atherton Hall for our upcoming movies.

Fri., September 9, 7 pm: Sonic Sea

Join us in Atherton Hall to view and discuss *Sonic Sea*, a documentary about the effects of industrial and military ocean noise on whales and other marine life. It tells the story of a former US Navy officer who solved a tragic mystery and changed forever the way we understand our impact on the ocean. The film is narrated by Rachel McAdams and features Sting, in addition to the renowned ocean experts Dr. Sylvia Earle, Dr. Paul Spong, Dr. Christopher Clark and Jean-Michel Cousteau. *Sonic Sea* was produced by the Natural Resources Defense Council (NRDC) and Imaginary Forces in association with the International Fund for Animal Welfare (IFAW) and Diamond Docs. Please join us for this enlightening movie and discussion afterward.

Fri., Oct 7: Under the Gun

NOTE: in October, Movies with Meaning will be held on the 1st Friday of the month.

Book Discussions

Book Circle: Aug 28

All are welcome to join us in classroom 6 on Sunday, August 28 to discuss *Thinking Fast and Slow* by Daniel Kahneman. We gather at 6:15 and discussion begins at 6:30. All are welcome ~ please join us!

Last Mondays Book Group

All are invited to join us in the Stokes Room for any of our upcoming discussions:

- Aug 29: *My Brilliant Friend* by Elena Ferrante
- Sept 26: *Memoirs of an Imaginary Friend* by Matthew Dick

Join Justice and Spirit: The UU Book Club

Life never stops sending new spiritual challenges our way. How do we, as individuals and communities, search for truth and meaning, strive for justice and action, navigate our spiritual journeys, and live out our values?

Justice and Spirit: The Unitarian Universalist Book Club is a place where all who are interested in spirituality, religion, and social justice, whether UU or not, can discuss books that relate to these crucial questions. We hope to foster deep, meaningful conversations and a welcoming and loving environment. All are welcome.

Sponsored by UUA publishers Skinner House Books and Beacon Press. All titles can be ordered from inSpirit: The UU Book and Gift Shop. (www.uuabookstore.org) You'll need to create a Goodreads account to join. Lucky for you, it's easy and free! Join today.

<https://www.goodreads.com/group/show/173731-justice-and-spirit-unitarian-universalist-book-club>

Poetry Series ~ 2nd Wednesdays, 7 pm

All who love poetry are welcome to join us in the Sanctuary. On August 10, we will feature Jean Tolle. Jean is a founding member of the Barrington Writers Workshop, winner of the Rhino Prize, co-editor of the prize-winning Whetstone Literary Journal, creative writing teacher at Harper, and a Children's Choice winner by Parents Magazine for her children's book *The Great Pete Penney*. Jean will read her poetry and discuss with us poetry and the creative process.

On Sept 14, our featured poet will be Jan Spaletto.

All readers are welcome after the featured poet's presentation; please sign in when you arrive.

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.

Atheist-Humanist-Agnostic Group

All are welcome to join us on the 2nd Tuesday of the month at 7 pm in classroom 6.

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 Aug 23.*

No Journey Inward in August

Join us again on the 3rd Wednesday in September. For more info, visit www.journey-inward.com.

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:

- Aug 14: Behavior of Non-profits
- Aug 21: The Character of Candidates (for US President)
- Aug 28: The competence of Candidates (for US President)
- Sept 4: to be determined

On Sept 11, with the return to the 2-service worship schedule, Forum will return to meeting at 8:45 for socializing and discussion of the topic from 9 to 10 am.

Drum Circle ~ Sat, Aug 27, 7 pm

Adults and teens are invited to join us the 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.

R.E. Teacher Orientation: Aug 28

We appreciate and welcome any new and returning teachers. Orientation for those planning to teach religious education in 2016-17 will be held on August 28 following the worship service. Details will be sent via email. We still have openings, so if you would like to teach or would like more information, please contact Jules Jamarillo, Director of Lifespan Religious Education, at dlre@ccuu.org. Thank you!

Children’s Religious Education Fall Program ~ Classes begin Sept 18

Please look for registration information in the weekly announcements.

9:00 Classes

Chalice Children (ages 2-5) ~ In this group setting, with loving adult guides, our young children are encouraged to develop their openness to sharing and experience the benefit of a supportive community. We share lessons about UU 7 principles, sources of our living tradition and experience the wonder and awe of the everyday.

Head, Heart, Hands (Kindergarten and older) ~ We are very excited to be offering this new multi-age children’s program. Children will begin in worship and when they are lovingly sung out to their religious education class, they will all meet in room 9 & 10.

Once in class, they will sit together for their opening rituals- lighting the rainbow chalice and an affirmation of our Unitarian Universalist faith. They will actively participate in a telling of a story and discussion that relates to our 7 Principles, the sources of our living tradition and monthly themes.

When the discussion has concluded, the children will move to one of three different centers; Head, Heart or Hands. Each center is designed to have activities that speak to our different learning styles, personalities and interest- Head (reading, journaling, puzzles, activity books and discussion), Heart (art, music, singing, imagination) and Hands (yoga, movement activities, building, string and bead projects, origami).

For closing, the children will return to sitting together for a last check in and closing.

I hope you will join us on this new adventure during 9:00 service. It is going to be great fun.

11:00 Classes

Grades 2-7 will begin in worship with their families.

Chalice Children (ages 2-5) ~ In this group setting, with loving adult guides, our young children are encouraged to develop their openness to sharing and experience the benefit of a supportive community. We share lessons about UU 7 principles, sources of our living tradition and experience the wonder and awe of the everyday.

Spirit Play (age 4—grade 1) ~ We use the Montessori approach method teaching our children the values that support Unitarian Universalism. Stories have been developed in the following categories:

- Unitarian Universalist Focus Lessons and Stories
- Promises (Our Principles)

- Stories from our UU Sources
- Stories of the Mystery that some people call God, Beginnings and Ends, Sacred Places, Church Corner or Altar Table, Ways to Pray
- Heroes and Heroines (Prophetic Women and Men)
- World Religion Stories and Lessons
- Judeo-Christian Stories
- Stories based in Science
- Stories of our Interdependent Web

Grades 2-4: Love Will Guide Us ~ This class will learn to seek guidance in life through the lens of our Unitarian Universalist Sources, with an emphasis on love. Together we ask questions such as, "Where did we come from?" "What is our relationship to the Earth and other creatures?" "How can we respond with love, even in bad situations?" "What happens when you die?" Sessions apply wisdom from our Sources to help participants answer these questions. Participants will learn that asking questions is valued in Unitarian Universalism, even as they begin to shape their own answers.

Grades 5-7: Love Connects Us ~ We will learn to celebrate important ways that UUs live our faith in covenanted community. We will learn about what moves us by love and gathers us in spirit. How we embrace our responsibility toward one another and the world at large. How we encourage one another's search for truth and meaning and how we are striving to be active in peace-making and other efforts to improve our world.

Grades 8-9: Coming of Age ~ The Coming of Age program guides adolescents on a yearlong spiritual journey with opportunities to explore their identities, their beliefs, their Unitarian Universalist faith, their relationships with others and their connections to the world. Outside of weekly classes each youth is paired with a trained adult mentor support them in the coming of age journey.

Sr High, Grades 10-12: A Place of Wholeness ~ Students meet weekly to share in community, fellowship and love. They are involved in many youth activities throughout the year in our local area and beyond. They engage in social justice work and are a vital part of our faith community. This year, during Sunday morning class, they will also take the opportunity to look closer at UU faith journeys to better understand themselves in the context of Unitarian Universalism.

Themed Ministry

This year, we will begin Themed Ministry, and each month, the theme will be woven in to the weekly lessons as well as activities specifically focused on the theme.

Our themes for the year are listed on page 2, along with an *Invitation to Create Art* that your family might be interested in.

Bulletin Board on Wheels

Look for this in Atherton Hall. It will contain: Monthly Theme Info, Full Week Faith Practices, Multigenerational Opportunities, Questions and Answers, Taking it Home Activities, Sharing Ideas and Experiences.

Wellness Beyond Walls

Countryside Church and Wellness House in Hinsdale have partnered 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.*

Stronger Together ~ Two Support Groups

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.*

Outside Groups Held at & Open to CCUU

There may be a participation fee or other requirements set by the group and which apply to all participants, regardless of CCUU affiliation.

Transcend is a program of Youth Outlook which meets the 2nd & 4th 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.

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@yahoogroups.com

Great Plains Zen Center sits meditation on Sundays at 7 pm and offers monthly Intro to Zen workshops (Aug 20, Sep 10, Oct 22). For more info, go to 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

Care Café—This group is for those who are caring for a loved one with dementia or special needs while job hunting. It provides support, resources, education, and idea sharing and meets the 2nd Wednesday of the month at 11:15 am, right after the Job Search Circle (JSC) meeting at Countryside. Open to all anyone caring for a loved one.

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.

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>.

Mark Your Calendar

As we gear up for the start of another church year, we hope you will participate in these 2016-17 congregational events. Mark your calendar & stay tuned for future details.

If you would like to be involved in the team planning of any of these events, complete the Congregational Engagement sheet on page 9 of this newsletter and submit it to the church office.

- Sun, Aug 28: RE Teacher Orientation
- Sun, Sept 11: Ingathering & Water Communion Service & Finger-Food Potluck; Worship will be at 9 & 11; potluck will be between services at 10:00.
- Sat, Sept 17: Mindfulness & Meditation Mini-Retreat
- Sun, Sept 18: Hospitality Teams quarterly gathering (a chance for training, socializing, & scheduling the next quarter)
- Fri, Sept 23: Special speaker, Dr. Will Tuttle, hosted by Countryside Animal Friends
- Sun, Sept 25: Ministry Fair—learn what the ministries have in store and where you can engage for 2016-17
- Sat, Oct 29: All-Ages Halloween Party
- Weds, Nov 2: Diwali vespers service
- Sun, Nov 6: Indoor Farmers Market
- Sun, Nov 13: CCUU 60th Anniversary worship service & reception
- Sat, Nov 19: Time & Talent Auction (outreach fundraiser)
- Fri, Dec 2: All-Ages Carol Sing (kick off the holiday season!)
- Sun, Dec 4: Fair Trade Fair
- Sat, March 11: Music with a Mission (outreach fundraiser)
- Sun, March 19: Indoor Farmers Market
- Apr 28-30: MidAmerica Regional Assembly in Oak Brook, IL
- Passover Seder: April 7 or 14 (we're trying to decide if it will be possible to hold both a Seder and a Tenebrae service in April)
- Sun, May 21: Congregational Annual Meeting & beginning of one-service summer schedule
- UUA General Assembly: June 21-25 in New Orleans LA

Winter Holiday Schedule—take note!

Christmas Day & New Year's Day are on Sunday this year. *We will hold ONE worship service at 11:00 am on Dec 18 & Dec 25 & Jan 1.*

- Sun, Dec 18, 11:00 am: All-Church Christmas Pageant
- Sun, Dec 18 at 4:00 pm: Winter Solstice Service
- Sat, Dec 24, 5 pm: Christmas Eve Candlelight Service
- Sun, Dec 25 at 11 am: All-Ages Service featuring stories & carols
- Sun, Jan 1 at 11 am: All-Ages Service

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 (1st, 2nd, 3rd, 4th). 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?).

_____ 60th Anniversary Celebration Team: we will celebrate the church's 60th 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 _____

Resolution on Muslim Solidarity

MidAmerica Regional Assembly Resolution on Muslim Solidarity Drafted by Southeast Michigan UUMA Cluster

WHEREAS the Unitarian Universalist Association's Principles call us as member congregations to affirm and promote "The inherent worth and dignity of every person" and, "The goal of world community with peace, liberty, and justice for all";

WHEREAS our living tradition draws from many sources, including "Wisdom from the world's religions which inspires us in our ethical and spiritual life" and "Jewish and Christian teachings which call us to respond to God's love by loving our neighbors as ourselves";

WHEREAS the United States Constitution is founded in part on the freedom of religious belief and practice;

WHEREAS the histories of Unitarianism, Universalism, and Unitarian Universalism affirm the importance and centrality of freedom of religious belief and practice in this country;

WHEREAS Muslims in the United States have faced increased levels of discrimination and hate crimes since 9/11;

WHEREAS an additional layer of fear, prejudice; and xenophobia have arisen following the Paris and San Bernardino terrorist attacks in 2015; and the refugee crisis in Syria has become a target of this fear, prejudice, and xenophobia;

THEREFORE BE IT RESOLVED: The 2016 MidAmerica Regional Assembly expresses its love and support for Muslims in our communities and encourages congregations in the MidAmerica Region to build bridges of partnership with Muslim neighbors in our local areas; increase understanding of Islam within and beyond our local congregations; learn more about the realities of religious discrimination and the Syrian refugee crisis; and work to foster greater inclusion of all peoples, regardless of their religious, ethnic, national, or racial identity(s).

Endorsing Congregations by Board Vote, February 2016:

Universalist Unitarian Church of East Liberty, Clarklake, MI
Northwest Unitarian Universalist Church, Southfield, MI
First Unitarian Universalist Congregation of Ann Arbor, Ann Arbor, MI
Community Unitarian Universalists of Brighton, Brighton, MI
Universalist Unitarian Church of Farmington, Farmington, MI
Unitarian Universalist Church of Greater Lansing, East Lansing, MI
First Unitarian-Universalist Church of Detroit, Detroit, MI
Unitarian Universalist Congregation of Owensboro, Owensboro, KY
First Unitarian Church, Louisville, KY
St. John's Unitarian Universalist Church, Cincinnati, OH
Countryside Church Unitarian Universalist, Palatine, IL

Upcoming Church Meetings & Events: August-Sept

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>						
Aug 14 8:30 am Open Forum 10 am Worship & RE 11am Fellowship 11am All-Church Potluck & Work Day 11:15pm Green Sanctuary Mtg	15	16 10am QiGong	17 7pm Board of Trustees Mtg	18	19	20 9am Ministry Council kick-off 1pm Northern IL Area Youth Council Mtg CCUU-UCE Camping Trip
Aug 21 8:30 am Open Forum 9am Pick-up Choir Rehearsal 10 am Worship & RE 11am Fellowship 11am Choir Potluck & Kick-Off 11:20am 20-30 Somethings 2pm Walk in Woods with Interfaith Green Partners	22	23	24 10am Transitions Great Books Group	25 10am Transitions	26	27 9 or 10 am: possible Prison Ministry Radical Hospitality Workshop 7pm Drum Circle
Aug 28 8:30 am Open Forum 10 am Worship & RE 11am Fellowship 11am Teacher Orientation & Lunch 6:15pm Book Circle	29 9am Focus deadline 7pm Last Mondays Book Discussion	30 10am QiGong	31	Sept 1	Sept 2	Sept 3 10am Wellness Beyond Walls hypothesis group
Sept 4 8:30 am Open Forum 10 am Worship & RE 11am Fellowship 11am Intro to CCUU 11:20am 20-30 Somethings	5 Labor Day-church offices closed	6 10am QiGong 7pm Ministry Council Mtg	7 7pm Wellness Beyond Walls cancer support & caregivers groups	8 Focus publication 7:15pm Church Choir Rehearsal	9 10am Memoir Makers 7pm Movies with Meaning	10
Sept 11 *return to 2-svc schedule* 8:45 am Open Forum 9 am Ingathering & Water Communion Worship Service 10am Fellowship 11am Ingathering & Water Communion Worship Service 11:15pm Green Sanctuary Mtg 12:30pm Buddhist Study Group	12	13 10am QiGong 7pm AHA Discussion	14 10am Transitions Great Books Group 7pm Finance Ctte 7pm Poetry Series	15 7:15pm Church Choir Rehearsal	16	17 9am Mindfulness & Meditation mini-retreat (on-site)

Focus

Published by Countryside Church UU

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

Minister Rev. Hilary L. Krivchenia
Minister@ccuu.org

Director of Lifespan Religious Education Jules Jaramillo
DLRE@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

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RE.Assistant@ccuu.org

Ministerial Intern Eileen Wiviott
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

- ◆ Aug 29 (to be publ. Thurs, Sept 8)
- ◆ Sept 26 (to be publ Oct 5)
- ◆ Oct 24 (to be publ Thurs, Nov 3)

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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