



## From Countryside's History

Leading up to the celebration of our 60th Anniversary on November 13, we share some excerpts from the newsletters from the year of our founding.

### **The Countryside Universalist Fellowship (CUF) Newsletter: October 1956**

There is lots of GOOD NEWS to report to the Countryside Universalist Fellowship!!!

First of all, WE are now officially a part of larger Universalism. The Fellowship Committee of the Mid-west Conference accepted us and with that goes the fellowship of the Universalist Church of America.

Secondly, scores of people, ministers and laymen, spoke to us at the Muncie meeting congratulating us on our progress and wishing us the best of luck in the hard work ahead. So...they are with us and now we are with them!

Third, those persons who visited the Roselle school were pleased and enthusiastic over its facilities...Exactly the right number of classrooms for the church school and plenty of space for the adult assemblies. We have taken on a large responsibility in using someone else's property for our church...guess nobody can repeat often enough the fact that we must treat it eve better than our own. Certainly Corrine Michel and the Roselle School Board deserve our grateful thanks for giving us this "helping hand."

This coming Sunday, October 28, at 10:30 the first sessions of our church school will be held. This will be an orientation program for both the parents and the children. Because the building and location is new to the children, the parents will remain with them for a while in their respective classrooms, meeting the teacher and learning more about the curriculum for their particular age group. There are no room numbers but the teacher's names are outside each classroom....[the age groupings for the classes were ages 2-4, 5-6, 7-9, 10-12, 12-15.]

ALL adults are welcome to come also. The program committee will try to set up a center such as we will have for our first service on November 4. Suggestions will be welcome and any pertinent points for discussion will be aired during the hour or so this Sunday.

Once again, the location: In Roselle on route 19 turn south at Botterman's Food Store and Methodist Church sign three blocks to Pine Street and you are there!

There will be a Friday night business meeting Nov. 2 and the first service will be the following Sunday with the "Dean" of Universalism, Dr. Stanley Manning. You will hear more of all this on Sunday and in next week's announcement. SEE YOU SUNDAY!

### **From CUF Newsletter: Nov 2, 1956**

We are very elated – and doubly encouraged after our first Sunday (Oct 28). 31 children and 19 adults turned out for our orientation sessions. This was like the long awaited gust of wind on a calm sea for now we have a tangible result and the distinct feeling that the Countryside Universalist Fellowship has set sail with a good crew on board and plenty of room for all the new passengers just waiting for a real opportunity to find a liberal religion and ethic they can adhere to without personal compromise.

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## Minister's Muse

When someone you care about dies there are often ragged questions, regrets, and unfinished business – along with the deep pain of grief. “I wish I could have been there.” “Did I say I love you enough?” “I wish the last thing I’d said to the person wasn’t ‘pick up milk on the way home’” “I wish we had taken that vacation we talked about” and a million other thoughts, questions thread through the process of grieving. The finality of the absence of death takes time to come to terms with. Even if you believe in a life hereafter – life here has irrevocably changed and the new pattern has not been yet created. Of course, there are no losses that are exactly the same from person to person, the nature of grief is different for everyone, the relationships are different and still there are some shared experiences among a number of people.

When you lose someone you care about to suicide, those ragged questions are compounded. As CCUU experienced such a loss so recently, I’ve been communicating, in addition to the family, with any number of folks here about their responses. What I see is a community of compassion. In truth – we’ll all carry the burden of what-ifs and if-onlys. And, the list of people with regrets on top of grief is enormous. We wish that we could wind back the clock -- do something differently and then, thinking magically, she would be alive right now.

Rationally, we know that suicide is often resolute. It seems to come from a powerful place in the brain – as though a switch has been thrown backward. Even if a person knows that, in reality, life is wonderful – the crushing, distorting power of depression can make life itself seem unbearable. Even when there is friendship, love, wonderful family, fulfilling work, extensive and strong community – it can be insufficient to reset that switch right.

That doesn’t change the questions and they’re real because, between the stigma on suicide that keeps at risk people too often silent and the limited approach to mental health care in our society – the kinds of care that might help are either unthinkably expensive or (more often) non-existent. If not one person -- but an entire community -- rallied around someone suffering to that degree -- what would it look like? Would the attention and love around the clock of so many people be enough to love away the powerful urge to escape life? If we had places that nurtured people in when they are in such deep psychic pain --not hospitals -- not pay-through-the-nose-centers but places of joy and love, color and humor, tenderness and vigilance, medical and spiritual attention -- would it make a difference? If there were congregational or school curricula or more thorough education on handling depression, suicidality, etc -- so that everyone of us might have emotional competence from an early age, learn that feelings are not always accurate reflections of genuine desires, that what we want is to end the pain and not life -- and had a larger community of people – friends, pastors, as well as family -- who all knew and could remind us of the skills and understanding we have learned; if there were supports permeating the culture; if there were really less

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## In Memoriam

It is with sorrow that we share the news that Donna Calwas, cherished member of this congregation, beloved wife of Mike and mother of Anita and Melissa, passed away on Sept 23.



Donna was a gracious and loving person -- creative and dedicated. She was an active member of our Choir, of our Green Sanctuary Team, she supported and tended our garden, and encouraged so many things to grow. After a long struggle with depression, Donna took her own life.

The memorial service for Donna will be held at Countryside on October 22. The family will welcome people for a visitation at Noon, and the service will be at 2 pm.

Until then, reach out to one another in compassion, hold one another, hold life close, and remember, by heart, that we are stronger when we open our hearts to one another, respect both our struggles and our strengths, honor our wounds and our wisdom, and move together sharing our burdens and blessings.



## In Sympathy

The sympathy of the congregation is extended to Angelina and Dan Huntsha on the death of Angelina’s stepfather.

The sympathy of the congregation is extended to John Evans and family on the death of his mother.

## Minister's Muse, cont'd

shame and stigma about simply saying that you are profoundly suffering -- would our loved ones and the millions of others lost to suicide be with us now?

It’s natural to wish for more power in the face of suffering. Still, there are so many known and unknown factors – none of us, without the larger support of a culture of compassion and healing can have the impact we might hope for. Here at CCUU, our congregational community is one of compassion and healing and each one of us can learn more in order to be of more help, we can remind one another of the importance of speaking up when you or someone you know is suffering, we can continue to make clear to one another that we will be here for one another, that it is a sign of strength to let people know you’re suffering, that it is safe here, and that, in the future – when you feel better – you will not carry a stigma for the past.

This is a critical time to be gentle with yourself and, in time, think about what you and we can do to make a difference in the future.

## Children and Youth R.E. Opportunities

### *Religious Education Floaters Needed*

To foster a welcoming atmosphere and help ensure safety, we ask that teachers and families with a child or youth in the RE program serve as RE Floater at least one Sunday each year. The RE Floater is a vital role for safety and welcoming, and we need to have coverage each Sunday. Please take a minute to review the responsibilities. Thank you for your time and assistance in making our RE program safe and welcoming! Sign up online—  
<http://www.signupgenius.com/go/30e0b45acaa2aaafb6-religious>

### *Teachers Needed*

**Head, Heart, and Hands (Kdgtn–Grade 6), at 9 in room 9/10.** A multi-age story and center-based class focusing on our UU Principles. The stories teach many ingredients to living a good and faith-filled life based on equality, freedom, peace, acceptance, truth, care, and love. Centers are designed to include activities that speak to specific learning styles, personalities, and interests – using head, heart and hands.

**Grades 2–4: Love Will Guide Us, at 11 in room 2.** Young people will learn how to seek guidance in life through the lens of our Unitarian Universalist Principles and Sources, with an emphasis on love. Participants will learn that asking questions is valued in UUism, even as they begin to shape their own answers.

Contact Lisa at [countryside.rea@gmail.com](mailto:countryside.rea@gmail.com) or Jules at [dlre@ccuu.org](mailto:dlre@ccuu.org) for more information.

## Outreach & Service Opportunities

### *Costume & Candy Collection for POC*

We are collecting costumes - new or used, partial or complete, of any size - and candy (individually wrapped) to be donated to Partners for Our Communities (POC).

**Please bring donations to church on Oct 9, 16, 23.**



### *Faith in Action: October 23*

During Sunday school, young people in Kindergarten through grade 12 will sort the donated costumes and fill goodie bags. They will be taken to POC on Oct 25.

### *Trunk or Treat: Oct 28, 6:30-8 pm*

Countryside will participate in this event held by our main outreach partner, Partners for Our Communities, in the parking lot of Falcon Park, 2195 N Hicks, Palatine. It is a family-friendly community event, focused on children ages 0-12. It allows local families who might not otherwise be able to enjoy a "safe" Halloween trick or treating experience to do so - with our help!

Just fill your trunk with some tasty candy or other treats, dress up in costume (or not), decorate your car (or not) and park in the Falcon Park lot handing out treats to the children and families that attend.

If you want to participate with other Countrysiders, please contact Matt Myren, [mmyren@enesco.com](mailto:mmyren@enesco.com), or Jules Jaramillo, [DLRE@ccuu.org](mailto:DLRE@ccuu.org).

### *Time & Talent Fundraiser: Nov 19*

See page 9 for information.

## Board of Trustees Happenings

The Board met recently with the Ministry Council. As our organization of the programming side of Countryside into ministries continues to evolve and mature, this yearly meeting is as an opportunity for Ministry Coordinators to share directly with the Board the progress being made and the challenges being faced by their ministries and our congregation. We reviewed the progress being made on long-range planning. The board sought input from the Ministry coordinators and staff about the increasingly important role that the Ministries have in ensuring that our organization runs effectively and stays connected to the needs and desires of the congregation as a whole.

Your BOT spent time at our retreat and over the summer revisiting the current mission and vision statements. We shared our work with the Ministry Council and sought their input on our work so far. Changes were made and, as we further refine these statements we will be sharing our work with all of you. Why are we spending time on these statements? Because they will serve as the overarching guidelines that the board, the ministries, the staff, and our congregation will use to guide our decisions and choices about the use of our resources going forward. We are not working on these statements to have them be nicely worded, feel good statements that get placed in a document somewhere and that most members don't know about. It is our hope and our intent that these statements accurately reflect the desires of the congregation and serve as our guidelines for action.

We all believe strongly that our congregation and our UU faith are a vital part of our individual lives and have much to offer the larger community. The communities that are organized to adapt, evolve and use their resources wisely and efficiently will be the communities that stay vibrant. Working to have a streamlined, consistent and transparent process for decisions involving our resources is an important part of that. The mission and vision statements will ideally give clarity and consistency to the choices we make and the actions we take.

Another area we covered was a sharing of the many new ideas that were put forward by those of you that attended our open session during the Board retreat in June. Suggestions were made as to how to group those ideas so we can determine a means of implementation for some of them. There was a wide array of ideas for ways to use our resources, but we don't yet have an infinite supply of resources. The resources we have are directly tied to the time, talent and monies that each of us contributes to keep this community vibrant. Our facility is also a valuable resource.

The Board and Ministry Council can organize, prioritize and share ideas, but any implementation will be dependent on the congregation, individually and as a whole, acting to make them happen. Again, our mission and vision statements will serve as guidelines for determining the most effective uses of our resources in ways that align with our goals and values.

As always, we want to hear from you. Please reach out to any board member or contact me at [prez@ccuu.org](mailto:prez@ccuu.org)



## From the Endowment Committee

Let us introduce you to our Endowment Fund. We have answered 11 Frequently Asked Questions that you might find interesting, and we'll reveal them to you in easy-to-digest packets!

1. What is an Endowment? An endowment is a gift to the future. It is a way to show your faith in the continuing progress of our church and its programs. It's a fund built up from financial gifts from friends and family of Countryside Church that are then invested in a socially responsible portfolio to create sustainable income for the future benefit of CCUU.
2. Why do we need the Endowment Fund? We need an Endowment Fund to help create a more stable financial future, to help to relieve financial burdens and help to support our church so that it can be a source of liberal religion for our community for many years to come.
3. Did you know that Endowment is more than your will? Gifting to the Endowment Fund can be made way beyond a will. Anytime is a good time to gift and there are many reasons to gift; such as, recognized milestones (birthdays, anniversaries—including CCUU's 60th Anniversary) or holiday contributions; to honor your loved ones in life or to remember those who have passed. You may contribute to the fund directly or from your retirement account as a distribution (a possible significant tax savings) OR, as most people typically think, in your will.

We hope your interest has been piqued and that you are looking forward to learning more about our Endowment Fund. Future articles will give more information. If you want to know something NOW, please talk with one of the Endowment Committee members – Mike Berry, Kay Gredell, Lois Phillips, Tony Pretto, or Bridget Toth.

## Reduce Your Stress with CCUU Choir



*The benefits of singing range from the physical — because it boosts oxygen levels in the blood — to the psychological — because it lowers stress and boosts feelings of community.* ~ Graham Welch, chair of music education, Institute of Education, Univ. of London

Singing is fun, healthy, and spiritually satisfying! Just give us a try for one rehearsal! Thursdays, 7:15-9:15 pm.

- NO audition required!
- NO, you don't have to read music (although basic understanding is useful).
- NO, you don't have to sing every service. We sing about three times a month, sometimes both services, sometimes only one. We're very flexible!
- YES, you will experience the joy of singing in community.
- YES, there's a lot of laughing at rehearsal!
- YES, you'll make new friends and deepen current relationships.

Questions? Ask a choir member or contact Alison Vernon, Music.Director@ccuu.org or 847-359-8440 ext 5.

## Stewardship Conversations

Stewardship means different things to different people. I suspect that most members will tell you that it means making a financial pledge. But is stewardship primarily about giving money? Not really.

I recently had a pleasant conversation with a woman who, along with her husband (and two children), has been a member of Countryside Church for more than 5 years.

I asked her how she found CCUU. Like many of us, she was raised as a Christian, but as she got older, she had difficulty believing what she was taught. When her first child was born, she realized that she didn't want to raise him in a Christian church. She expressed her doubts to her sister, who suggested that she consider a Unitarian Universalist church. At the time, they lived in Chicago and found Second Unitarian. They immediately felt comfortable there. Eventually they moved to the suburbs, tried a number of churches and wound up at CCUU. Over time, they developed a connection to CCUU that they hadn't felt at other churches, which caused them to feel more invested in the health and wellbeing of CCUU and its community.

She and her husband made an intentional decision to give generous financial support, and she also gives generously of her time. She has been active in religious education and is on the Worship Council and the Board. When I asked her why she contributes time and money to CCUU, she said that she wants to ensure that CCUU is here for her family now and for generations to come. Having a church like Countryside is important because it provides a religious community unlike any other. She stressed the fact that when they first joined, her primary contributions were financial because time was tight, but over the years, she has continued to make intentional decisions to give more time and energy toward the church. For her, making connections with other members is just as important as making a financial contribution.

I couldn't agree more.

Gary LaBedz, Chair of the Stewardship Team

## Sunday Morning Hospitality Teams

Hospitality Teams are the friendly, welcoming face to our community! As we work on spreading the Good News of Unitarian Universalism and Countryside Church, we need to be ready to warmly receive those who come – we count on the Hospitality Teams to help with that.

Each team is scheduled for first, second, third, fourth or fifth Sundays. If you are not on a hospitality team, you are welcome you to sign up to help with hospitality. Email the church office, [ccuu@ccuu.org](mailto:ccuu@ccuu.org), if you would like to be assigned to a team.

There are easy directions about each role at the top of the sign-up page—

[www.signupgenius.com/go/70a044ea4a72fa13-sunday](http://www.signupgenius.com/go/70a044ea4a72fa13-sunday)

Please join us to foster kinship and to share the ministry of Sunday hospitality!

...Tom MacTavish and Peggy Simonsen

Kinship Ministry Coordinators, [Kinship@ccuu.org](mailto:Kinship@ccuu.org)

## From Our Director of Lifespan Religious Education (DLRE) *Living Legacy Project Civil Rights Movement Youth Pilgrimage*

In the Spring of 2012, the Living Legacy Project (LLP) held its first ever gathering of Unitarian Universalist veterans of the Civil Rights Movement. Their goal was to “re-imagine social possibility in the world today by experiencing the depth of human spirit in the Civil Rights Movement.” They journeyed through Mississippi and Alabama to meet movement veterans and to learn firsthand of their courage and determination. Since that first gathering, they have held several pilgrimages for adults and a handful of youth that have attended with their families.

Several of my religious education colleagues have had the opportunity to participate in the LLP pilgrimages and the experience deeply impacted their lives personally and professionally. As I listened to their profound experiences, my heart kept returning to our youth. What if *our* youth had this opportunity? What if they too could look into the eyes, walk in the footsteps, and hear the stories of the men and women who *were* the Civil Rights Movement?

After several months of inquiry, meetings, and development, I am honored to share that the board of Living Legacy Project through the support of Rev Gordon Gibson (one of the founders of LLP) has approved the first all-youth Living Legacy Project Pilgrimage! CCUU’s Coming of Age and Senior High youth, as well as youth from New Mexico and Colorado UU congregations, will have the opportunity to participate in the LLP Youth Pilgrimage June 5-9, 2017.

Along with chaperones, the trip will be staffed by two of LLP’s board members: Rev Gordon Gibson, retired UU minister, founder of LLP and current board member, author of *Southern Witness: Unitarians and Universalists in the Civil Rights Era*, arrested in Dallas County, Alabama after an African American voter registration drive; and Reggie Harris, member of the LLP board and Director of Music. He is also a musician, leader and interpreter of the music of the Underground Railroad and the Modern Civil Rights movement.

We will visit and learn about historical sites in Birmingham – Civil Rights historic district, 16<sup>th</sup> Street Baptist Church, Civil Rights Institute, Bethal Baptist Church, UU Church of Birmingham; Selma – Pettus Bridge, Rev Reeb and Viola Liuzzo memorials; and Marion.

We will meet participants in the Civil Rights Movements:

- Carolyn McKinstry was a 14 year-old Sunday School Secretary at 16th Street Baptist Church. She was in the sanctuary when the bomb went off, killing her best friend and three other young women. She has written While The World Watched. She is now an ordained minister affiliated with a Presbyterian Church;
- Joanne Bland at 11 years old, had already been jailed several times, some of them with her grandmother when

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## Welcome a New Member

Please welcome our newest member, who signed the membership book on September 25.

Angela Lis (Greg\*)

Ava, Kate

[contact information withheld from website posting]

## Our Longest-term Members

Angela Lis is our newest member, and these are the current members who have been here the longest.

	<u>Name</u>	<u>Length of Membership</u>	<u>Membership Date</u>
1.	Martha Atherton	52.5 yrs	4/5/64
2.	Jerry Houghton	48.4 yrs	6/9/68
3.	Hal Cress	47.7 yrs	2/2/69
4.	Ed & Irene Marquardt	44.6 yrs	3/12/72
5.	Joy Ottenbacher	39.6 yrs	3/27/77
6.	Carol & Ken Bobbe	39 yrs	10/9/77
7.	Rem Stokes	38.4 yrs	6/4/78
8.	Joy Simon	38.1 yrs	9/22/78
9.	Ron Vargason	35.7 yrs	1/18/81
10.	Bob & Karen Spielman	35.1 yrs	9/13/81
11.	Edith Scott	34.9 yrs	11/8/81
12.	Cindy Cochrane	33 yrs	10/23/83
13.	duRee Bryant	31.1 yrs	9/8/85
14.	Siri Laurin	31.1 yrs	9/8/85
15.	Nancy & Tom Dempsey	31.1 yrs	9/22/85
16.	Trudy Kleckner	29.9 yrs	11/23/86
17.	Kay Gredell	29.4 yrs	5/10/87
18.	Terry & Larry Frank	27.9 yrs	12/4/88
19.	Gloria Kinney	27.6 yrs	2/19/89
20.	Lois K. Phillips	26.8 yrs	12/17/89

## Youth Pilgrimage (cont'd)

she marched on "Bloody Sunday" and "Turn Around Tuesday," and the first leg of the successful March from Selma to Montgomery;

- Ethel Billingsley Waite was a student working at Selma’s Burwell Infirmary on Bloody Sunday and so treated some of those injured in the attacks;
- and many others.

It is an honor to be collaborating with the LLP board, colleagues from New Mexico and Colorado, and Civil Rights participants in creating this opportunity. My hope is that this journey will be a remarkable experience for our youth and will also create a pathway for UU youth pilgrimages to take place in years to come. May it be so.

...Jules

*Our theme for October is healing. It seems timely after sad losses of September in our congregation, families and friends of people in this congregation, in our nation, and our world. The stresses that we live with are considerable and it's hard to find ways to truly address the causes. It seems like time to do just that – to identify what plagues our minds and hearts as well as to discover what can heal and strengthen us. Healing can come in many forms. It calls upon our deep wisdom, resources, sense of place, connection, and belonging. Healing can work in our bodies, hearts, minds, our sense of fairness. Healing is not an instant fix – it is a process that takes time. As we discover throughout our lives, often a “fix” or “cure” isn't possible – but what is possible is to find a way through “things as they are” with strength, grace, support, and care or on the best path possible.*

*Just as with last month's theme, the folks at Soul Matters have sent a list of questions to ponder. You are invited to do just that. As always, if the questions listed don't include what life is asking from you, spend the month listening to your days to hear it.*

*As you walk about CCUU over the month, you'll find these (and other questions) posted on the walls – at different heights, of course, so that young and old, short and tall, wheeled and on foot, and those who like to bob up and down can read them with pleasure.*

1. Have you been trying to change what can only be healed by embrace? (“Cure seeks to change reality; healing embraces reality.” - Fred Recklau)
2. When was the last time you visited your “healing place”? When in pain, sometimes we need to be around people who love us. Other times, we need to be surrounded by places we love.
3. Are you ready to let yourself be forgiven? Is it possible that you are the only one who thinks you don't deserve healing?
4. Are you exhausted? Have you been running on empty for so long that you no longer notice? Is it time to notice? Is it time to rest and restore, and let yourself heal?
5. Is it time to admit to yourself that you are in pain? Is it time to stop pretending? Is it time to tell others you are in pain?
6. What one small step can you make today toward healing your broken heart? It won't happen all at once. But it also won't happen on its own.
7. What would happen if you admitted it wasn't just their fault?
8. Is taking on the care of the broken things of the world breaking you?
9. Are you looking for love in all the wrong places? Is love's power ... eluding you because it's left the building or because your definition of it is too narrow?
10. Are you ready to heal from your failure? (“Failure should be our teacher, not our undertaker. Failure is delay, not defeat. It is a temporary detour, not a dead end. Failure is something we can avoid only by saying nothing, doing nothing, and being nothing.” - Denis Waitley)

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11. What if talk of healing needs to wait? (“Let us not rush to the language of healing, before understanding the fullness of the injury and the depth of the wound.”)
12. What's *your* question? Your question may not be listed here.

## Full Week Faith

Some book options on the theme of *Healing*:

- [A Sick Day for Amos McGee](#) by Philip C Stead
- [It's Our World Too: Young People Who Are Making a Difference](#) by Phillip Hoose
- [The Healing of America](#) by Marianne Williamson
- [God, Self & Community](#) by Dr. Bernard Brookes
- [Healing Society](#) by Dr. Seung Heun Lee
- [Anatomy of the Spirit](#) by Carolyn Myss
- [Zink the Zebra](#) by Kelly Weil
- [Gershon's Monster](#) by Eric A. Kimmel
- [Mandala: Journey to the Center](#) by Bailey Cunningham
- [Earth to Audrey](#) by Susan Hughes
- [The Secret-Keeper](#) by Kate Coombs
- [New Year at the Pier](#) by April Halprin Wayland
- [The Red Tree](#) by Shaun Tan
- [This Is Me: A Story of Who We Are and Where We Come From](#) by Jamie Lee Curtis
- [Whimsy's Heavy Things](#) by Julie Kraulis

## Create Monthly Themed Art

Is your Inner Artist looking for a project? Each month, we invite congregants *of all ages* to create an original piece of art that represents what the monthly theme means to you. We will display your offerings throughout the church building, protecting anything fragile in our locked display case. Any kind of art: fiber art, ceramics or pottery, metalwork, woodworking, paintings, photography, poetry, sculpture, etc.

The last Sunday of each month, we ask you to collect your artwork from that month and to bring your **original** art which shows what the upcoming theme means to you. The next few months' schedule is listed below. Contact Alison Vernon or Lois Phillips with questions.

- Oct 30: Bring STORY art to be displayed in November (and pick up your Healing art)
- Nov 27: bring PRESENCE art for December
- Dec 25 (or close to): bring *Prophecy* art for January

## CCUU Bumper Stickers

Help spread the word about Unitarian Universalism and CCUU. There are samples of the various designs on the audio cabinet in Atherton Hall 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 email Tracy Boland, [tbone@speakeasy.net](mailto:tbone@speakeasy.net).



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

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

**Our worship and religious education program are on Sundays at 9:00 am & 11:00 am.**

Unless otherwise noted, young people in Kindergarten through Grade 7 attend the beginning of worship with their families; all other young people begin in their classrooms.

At 9:00, we have classes for infants through Grade 6; at 11:00 for infants through Grade 12.

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

Worship descriptions are also on the church website: <http://ccuu.org/services/>

### Oct 9 Yom Kippur: Coming to the Table

Rev. Hilary L. Krivchenia

Share the Plate: Half of the cash collected in the offering will be donated to Faith Community Homes, which works with families in Arlington Heights and Palatine to assist them with rent subsidy, debt reduction, bill payments, and car repairs; they also provide mentoring for the families by dedicated volunteers in the areas of money management and decision making.

### Oct 16 Beloved Conversations

Eileen Wiviott, Ministerial Intern

### Oct 23 We Are What We Sing: Diversity & Hymnody

Rev. Dr. Mark Morrison-Reed

*Faith in Action: All young people begin in their classrooms; those in Kindergarten through Grade 12 will participate in Faith in Action, our service learning program.*

The Rev. Dr. Morrison-Reed returns to lead us in an exploration of Unitarian Universalist history through our African-American hymnody and how UUism is influenced by that diversity. There will be lots of music and singing of good old favorite songs.

Dr. Morrison-Reed, who hails from Chicago, joined the Chicago Children's Choir in 1957 (the second year of its existence) and was the second African-American child to sing in that fine chorus. He earned his M.A. from the University of Chicago and his D. Min from Meadville Lombard Theological School. He served as co-minister with his wife, Donna Morrison-Reed, in Rochester NY and Toronto, Canada. Currently, he is an Affiliated Faculty at Meadville Lombard and Coordinator of its Sankofa Archive. He is recognized as the premier historian of the African-American experience in UUism.

Following the second service, there will be a chat/workshop with Rev. Dr. Morrison-Reed and a potluck lunch—please join us & bring a dish to share.

### Oct 30 The Voice of the Fire

Rev. Hilary L. Krivchenia

We will explore and honor the wisdom of El Dia de los Muertos (the Day of the Dead). It is an opportunity to connect with the past and to honor the present. Please bring pictures of your loved ones who have died to place on our altars.



Weds, Nov 1, 6 pm

### All-Ages Diwali Vespers Service & Dinner

*Embody your inner light. Allow goodness and love to shine, casting out fear and evil.*

Please join us for dinner at 6:00 pm; the Vespers Service will begin at 7:00. RSVP to [Intern@ccuu.org](mailto:Intern@ccuu.org).

### Nov 6 Scrying Out Loud: The Story of the Future

Rev. Hilary L. Krivchenia

Share the Plate: Half of the cash collected in the offering will be donated to UU Advocacy Network of Illinois, which empowers UUs in Illinois to advocate effectively for our values by strengthening UU congregations as agents of social change; by connecting congregations with each other and with partners aligned with our values; and by mobilizing for collective action around issues of common concern. Contributions will go toward the cost of a staff member to lead the work of UUANI.

### Nov 13 CCUU's 60th Anniversary: Telling Our Story

Rev. Hilary L. Krivchenia

Share the Plate: Half of the cash collected in the offering will be donated to Journeys: The Road Home, which oversees and plans for shelter for those who are homeless or in danger of becoming homeless in suburban Cook County.

## 10 Things Children Can Teach Us about Worship

1. You don't always have to worship in the same way.
2. It's okay to try singing, even if you don't know the tune.
3. Try something new; it could be fun!
4. Worship that's more than listening can be interesting.
5. If something's funny, you can laugh; if it's sad, you can cry.
6. It's okay to be honest about your worship experience.
7. It's good to greet the people around you with a smile!
8. It's okay to draw or take notes.
9. If you don't understand something, don't be afraid to ask!
10. There's mystery and wonder in everyday things.





## Green Sanctuary News

### *Autumn Walk in the Prairie*

**Oct 16, 2-3:30pm**

The Green Sanctuary Committee and Inter-faith Green Partners invite everyone of all ages to take a guided walk in the prairie.

Meet at Deer Grove EAST Forest Preserve, far west parking lot. Enter off Dundee Road, between Quentin and Hicks, and keep turning left to the end.

Contact Gail, greensanctuary@ccuu.org with questions.

### **Our Place in the Web of Life**

So you have this living a sustainable life and Green Sanctuary accreditation at CCUU down, right? At our congregation: use ceramic mugs (check), put recyclables in the recycling bins in the kitchen and throughout the building (check), metal flatware (check), compostable paper plates (check), turn off lights (check), etc. (check, check, check). At home: shop at the local farmer's market (check) or buy organic in the grocery store (check), use cloth shopping bags (check), recycle (check), avoid chemical pesticides, herbicides, fertilizers (check x 3), styrofoam does not cross the threshold (check), every light fixture has an LED or CFL bulb (check). Check, check, check.

There is a piece missing here; not that each action isn't important, but how does it all fit together? How does it all come together for me as a Unitarian Universalist? Is using ceramic mugs at social hour a spiritual practice? Is that all there is to this Green Sanctuary life? We have our Seventh Principle – the interdependent web of existence of which we are a part, but what is this “web of existence” really? What is the connection between what I do as an individual, what I teach my children, and what is happening to the climate? Where does my faith and spiritual practice come in to it?

Do not despair. Help is at hand, or at least an opportunity to move toward some answers. Lifespan Religious Education, assisted by the Green Sanctuary Committee, will present *Our Place in the Web of Life*, a curriculum that will allow you to discuss these issues and come to an understanding of how we as UUs find our place in the web of existence and how we can create a response that is social, political, environmental, and spiritual.

The curriculum consists of four sessions on Mondays, Nov 7, 21, 28 and Dec 5 from 6:30 to 8:30 pm. Through readings, activities, and discussion, we will begin to answer the questions about our place in the web of existence as part of the problem, as the source of the solution, and about our spiritual connection to the life around us.

Please join us as we dive deeper into our interconnected web of all existence. Adults and youth 14 years or older are welcome. The last session is formatted as a fully multigenerational opportunity with a group dinner and classes for all ages. Childcare will be provided upon request. Sign up on the Service Ministry table in Atherton Hall.

...Judy Ball, Green Sanctuary Co-Chair



## Social Action News

### *Fair Trade Sale: Oct 23*

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, Oct 23.* For each pound of Equal Exchange foods that we purchase, 20 cents goes to the [UU Service Committee's Small Farmer Fund](#).

### *Help Needed for Fair Trade Bazaar*

The social action committee is again holding its Annual Fair Trade Bazaar on December 4. We are looking for people to get involved in this exciting project. We especially need a publicity person. We also need people to help with set up and people to help during and before the Bazaar itself. Of course, we need help for clean-up. This is a great way to participate in service without a long term commitment. See or call Yvette Johnson or Marsha Balster if interested.

## Transitions

*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.*

### *Monthly Program & Lunch*

We meet monthly on the 4th Thursday, in Nov & Dec, on the 3rd Thursday, due to the holidays. 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 program topics:

- **Oct 27 (4th Thurs):** *Social Media & CCUU* presented by Tom MacTavish and Jackie Dennison
- **Nov 17 (3rd Thurs):** *Senior Housing* presented by Ellen Vinzani

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

Our next meeting is Fri., Oct 14 in classroom #1. In addition to sharing any new writings by members, we will continue viewing *The Art of Storytelling*. For more information, contact Tom MacTavish.

### *Great Books Reading Group*

We meet the 2nd & 4th Wednesdays at 10 am. We will begin a new book in January. For info, contact Gloria Kinney.

## Countryside Animal Friends

### *Vegan Potluck Dinner: 4th Sundays, 5 pm*

In an effort to promote more plant-based ethical eating, Countryside Animal Friends (our chapter of the UU Animal Ministry) hosts a monthly vegan potluck. Potlucks are open to the community and public, so please bring a friend and join us in Atherton Hall on Oct 23. Please bring a vegan (no meat, dairy, eggs or honey) dish to share (that serves approx. 6-8), and a serving utensil. Everyone is welcome! We encourage non-vegans and vegetarians to join us and experience how tasty and satisfying plant-based cuisine can be! More info at <http://www.meetup.com/Suburban-Chicago-Veg-Meetup/>



## Movies with Meaning

### **Fri., Oct 7 at 7 pm: Under the Gun**

*NOTE: This month, Movies with Meaning is the 1st Friday of the month. In November, we will return to the 2nd Friday of the month.*

Please join us in Atherton Hall to view and discuss *Under the Gun*; the running time of the film is 1 hour, 50 minutes, so we will begin promptly at 7 to allow time for discussion afterward. The film examines the events and people who have kept the gun debate fierce and the progress slow, even as gun deaths and mass shootings continue to increase. Through the lens of families impacted by the mass shootings . . . as well as those who experience daily gun violence in Chicago, the documentary looks at why politicians are finding it difficult to act and what is being done at the state and local levels." The film's executive producer and narrator is Katie Couric and Stephanie Soechtig directed.

View the trailer at <http://underthegunmovie.com>.

## Book Discussions

### **Last Mondays Book Group: Oct 24**

All are invited to join us in the Stokes Room at 7 pm on Oct 24 to discuss *Station Eleven* by Emily St. John Mandel. *Note: in October, we are meeting the 4th Monday to avoid meeting on Halloween.*

### **Book Circle: October 30**

All are welcome to join us in classroom 6 on Sunday, Oct 30 to discuss *The Price of Inequality: How Today's Divided Society Endangers Our Future* by Joseph Stiglitz. We gather at 6:15 and discussion begins at 6:30. We are always happy to welcome new people!

### **Transitions Great Books Reading Group**

We meet the 2nd & 4th Wednesdays of the month, 10 am-Noon. We are currently reading a collection of short stories on the Seven Deadly Sins; we will begin a new book in January. For information, contact Gloria Kinney.

## 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 8:45 am and socialize for 15 minutes before discussing the day's topic from 9:00 to 10:00 am.

To be added to the Forum email list to receive supporting materials for the discussions, contact Vid Axel.

Future topics are tentative. The ones that are scheduled for the upcoming two Sundays are the least likely to change, but current events developments or other factors sometimes inspire us to switch.

- Oct 9: Other Models for the Election of U.S. President
- Oct 16: Informing Ourselves about Local Elections
- Oct 23: Media coverage of the upcoming general elections: fair or unfair?
- Oct 30: Voter registration
- Nov 6: Term limits for elected officials

## Poetry Series ~ 2nd Wednesdays, 7 pm

All who love poetry are welcome to join us in the Sanctuary. On Oct 12, our featured poet is CCUU's own Trudy Kleckner, who will be showcasing her new book of poetry, *Paper Airplanes*. In her intro, she states, "In middle life, poetry simply snuck in and stole my heart and my imagination. A morning run and a poem kept writing itself in my head. I wrote it down, played with it, and found myself listening to the whisper of my own spirit." Trudy roots her words in nature. They are filled with powerful imagery, each a story dedicated to the miracle of being alive. Her poems offer the reader a moment of respite, a glimpse of beauty, perhaps a smile.

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

## 20-30 Somethings

If you are in your 20s or 30s, please join us! For more info or to be added to our email list, send an email to [2030s@ccuu.org](mailto:2030s@ccuu.org).

### **Sunday meetings/discussions**

Join us on the 1st & 3rd Sundays of the month at 12:15 in classroom 4. Childcare is available during meetings.

### **Social Event: Sat, Oct 15**

We are going to see Rocky Horror Picture Show at Cutting Hall in Palatine. Please RSVP, [2030s@ccuu.org](mailto:2030s@ccuu.org), so we can get tickets together as a group!

## Atheist-Humanist-Agnostic Group

All are welcome to join us on the 2nd Tuesday of the month at 7 pm in classroom 6. On Oct 11, we will get a little interactive and introspective. Each person will spend five minutes reflecting on how they identify themselves. Unitarian? Atheist? Unitarian Humanist? Humanist? Agnostic? Something else? We ask everyone to share with and reflect on how they came to that position over the course of their life. If for any reason someone wishes to take a pass when it is their turn, that is totally fine.

## QiGong ~ Tuesdays, 10:30-11:30 am

Join Emmett in classroom 9/10 to experience slow, gentle body movements & guided meditation. Donations to CCUU will be accepted. *Please note the time change.*

## Journey Inward ~ 3rd Weds, 7 pm

Join us in Atherton Hall. Visit [www.journey-inward.com](http://www.journey-inward.com) for more info.

## Drum Circle ~ Sat, Oct 22, 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](http://www.PalatineDrumCircle.com).

## Time, Talent, and Trivia: Saturday, November 19

### Fun, food and friendly competition for a good cause

Round up your smarty-pants friends or join a house team for a night of laughs and fun-spirited competition at the annual Time and Talent auction to support our service partners.

#### **This is Countryside’s annual Time and Talent fundraiser with a twist – Trivia!**

The night features silent and live auctions, a 50/50 raffle, and a friendly trivia competition. Teams of five or six people compete to answer the most questions correctly in three rounds of trivia.

- √ Team costumes and table decorations encouraged!
- √ Prizes awarded to biggest winners, biggest losers and the most creatively themed team table.

#### **You can form your own team or you can be a part of a house team.**

If you choose to be a part of a house team, we will contact you as soon as a team is full with the names of other Countrysiders or guests on your team. If you aren’t placed prior to the event, no worries, we will find room for you -- this is a casual and fun affair!

#### **It’s for a good cause**

100% of the funds raised will support CCUU service partners: Partners for Our Community, Faith in Place and Interfaith Committee for Detained Immigrants.

**Tickets are \$30 per person and include dinner, dessert, and coffee.**

**Specialty drinks, beer, and wine available for a cash donation.**

Invitations and reservations forms have been mailed; watch for reservations to be taken at church on upcoming Sundays. For more info or for answers to questions, contact Linda Berry.

### Reservation Deadline November 13

#### **What do you need to do?**

- √ Organize a trivia team (or simply plan to join a house team)
- √ Name your team and use that theme to plan your table decorations
- √ Send in your reservation form
- √ Be ready for a night of fun, fellowship, and friendly competition for a good cause

## Time, Talent, and Trivia: Auction Donation Form

(please print)

Name:

Telephone:

Email:

Describe your donation:

Guests/minimum:

Guests/maximum:

Donation offered more than once? Y/N

How many times?

Minimum donation (if applicable): \$

Approx. value\* of your donations: \$

*\*Maximum amount taken as charitable contribution. Personal time preparing your donation is not deductible. For example, the cost of food you prepare for a dinner in your home is deductible, but not your time shopping, cooking, etc.*

**PLEASE SUBMIT FORM TO CHURCH OFFICE NO LATER THAN OCTOBER 23.**

**THANK YOU FOR YOUR DONATION!**

If you know a local business contact who might be interested in making an auction donation, contact Linda Berry or email [Fundraising@ccuu.org](mailto:Fundraising@ccuu.org).

*Not donating? you can still join us for a night of fun and fellowship.*

## Wellness House



### **Cancer Support in Palatine**

Wellness House and Countryside Church have partnered to offer cancer patients and their loved ones support services in Palatine. These programs take place at CCUU. *The programs are offered at no cost, but registration is required. To register, contact Kelli Mitchell, kmitchell@wellnesshouse.org or 630-654-5197.*

**Support and Networking ~ Living with Cancer, Being a Caregiver.** Come together with other cancer patients and caregivers on the journey. The groups meet the first Wednesday of the month, 7-8 pm. One-time phone registration is required.

**Stress Management ~ Wellness Through Deep Hypnosis.** This program is offered on the first Saturday of the month, 10 am—Noon, and is open to anyone 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.*

**Healthy Living ~ Mindful Yoga.** Cancer patients and their loved ones are invited to nurture your entire being with mind/body movement on Tuesdays, 10-11 am, Oct 25—Dec 13.

## 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).

## Did you miss *Defying the Nazis*?

For a limited time, you can stream this film about two courageous Unitarians who helped hundreds escape from Nazi Europe, free on PBS.org through October 5. Watch with your family, share with a friend, or host a public viewing. <http://www.pbs.org/video/2365845819/> Local PBS stations are also re-airing the film in the coming days - check your local listings!

The companion book is available for sale in the church office for \$17.

There is also video of a live event featuring Ken Burns, which connected the story of the Sharps to today's ongoing international refugee crisis. Watch here—<https://www.youtube.com/watch?v=nVvVO2LXCbE>

## 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 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). **Volunteers Needed:** If you have 3-5 hours/month to spare, the needed training will be provided. Contact Nancy Mullen, Exec. Director, [nancy.mullen@youth-outlook.org](mailto:nancy.mullen@youth-outlook.org) or 815-754-5331. Training Dates: Oct 8, 15, 22.

**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 (Aug 20, Sep 10, Oct 22). 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)

**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](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>.



## Upcoming Church Meetings & Events: October

Sun	Mon	Tue	Wed	Thu	Fri	Sat
This calendar shows upcoming Church meetings & events. All meetings and events held in the building are listed on the church website, under Events & 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.						
<b>Oct 9</b> 8:45 am Open Forum 9 am Worship & R.E. 10am Coffee/Fellowship 11am Worship & R.E. 12pm Coffee/Fellowship 12:15pm Green Sanctuary Mtg 12:30pm Buddhist Study Group 1pm Beloved Conversations group movie viewing	<b>10</b> 7pm Remnants: Rem's Little Thought Provokers	<b>11</b> 10:30am QiGong 7pm AHA Discussion	<b>Oct 5</b> Focus publication 7pm Wellness House cancer support & caregivers groups 7pm Outreach Steering Ctte Mtg	<b>6</b> 7:15pm Church Choir Rehearsal	<b>7</b> 7pm Movies with Meaning: <i>Under the Gun</i>	<b>8</b> Coming of Age retreat/lock-in
<b>Oct 16</b> 8:45 am Open Forum 9 & 11am Worship & Relig. Education 10am & Noon Coffee/Fellowship 12:15pm Intership Ctte Mtg 12:20pm 20-30 Somethings 2pm Walk in Prairie with Interfaith Green Partners	<b>17</b> 7pm Remnants: Rem's Little Thought Provokers	<b>18</b> 10:30am QiGong 7pm Interfaith Green Partners Mtg 7pm Soul Intentions Tues Cov Grp	<b>19</b> 7pm Board of Trustees Mtg 7pm Journey Inward 7pm Soul Intentions Weds Cov Grp	<b>20</b> 7:15pm Church Choir Rehearsal	<b>21</b> 7pm Soul Intentions Fri Cov Grp	<b>22</b> 2pm Memorial Svc for Donna Calwas 7pm Drum Circle TBA Circle Suppers
<b>Oct 23</b> 8:45 am Open Forum 9 & 11am Worship & Relig. Education 10am & Noon Coffee/ Fellowship Noon Special Lunch-Workshop with Dr. Morrison-Reed	<b>24</b> 9am Focus deadline 7pm Last Mondays Book Discussion (4 <sup>th</sup> Mon in lieu of Halloween) 7pm Remnants: Rem's Little Thought Provokers	<b>25</b> 10am Wellness House Yoga 10:30am QiGong 7pm Experiencing God Cov Grp	<b>26</b> 10am Transitions Great Books Group 7pm Beloved Conversations Grp Mtg	<b>27</b> 10am Transitions 7:15pm Church Choir Rehearsal	<b>28</b>	<b>Oct 29</b> 9:30am Feminine Divine Women's Group
<b>Oct 30</b> 8:45 am Open Forum 9 & 11am Worship & Relig. Education 10am & Noon Fellowship 6:15pm Book Circle	<b>31</b> 7pm Remnants: Rem's Little Thought Provokers	<b>Nov 1</b> 10am Wellness House Yoga 10:30am QiGong 7pm Ministry Council Mtg	<b>2</b> 6pm Diwali Vespers & Dinner 7pm Wellness Beyond Walls cancer support & caregivers groups	<b>3</b> Focus publication 7:15pm Church Choir Rehearsal	<b>4</b>	<b>Nov 5</b> 10am Wellness Beyond Walls hypnosis group

# Focus

Published by Countryside Church UU

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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 10 am to [ccuu@ccuu.org](mailto:ccuu@ccuu.org)

- ◆ Oct 24 (to be publ Thurs, Nov 3)
- ◆ Nov 28 (to be publ Dec 7)
- ◆ Jan 2 (to be publ Jan 11)

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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