Don’t Miss the Passover Seder!

**Friday, April 6, 6:00 pm**

Join us as we share a family dinner in remembrance of the Jewish search for freedom and the need for us all to continue that effort. Please share the cost of the event as you are able: suggested donation: children under 12 $5; individuals $10; families capped at $30. Seder essentials, wine, soup, and roasted chicken will be provided. Please bring a vegetable, salad, side dish, or dessert to share. All dishes should comply with Passover traditions (i.e. no dairy, flour products, yeasts, bread, etc.). For more details of what to expect at our Seder, see the March 7 Focus.

If you would like to come and have not made a reservation, please contact Carol Bobbe NOW, carbobbe@comcast.net.

Journeys: Adult Faith Development Retreat

**Creating Your UU Adult Affirmation**

**May 4-5; Register by Apr 8**

Join us on the beautiful grounds of University of St. Mary of the Lake in Mundelein as we share time together taking a closer look at our stories, identity, practices in connecting our minds, bodies, and spirits; and creating UU personal adult affirmations. The retreat will be held Friday evening, May 4, and Saturday, May 5. Participants may stay overnight or commute. Register by April 8. Registration forms are available at church or on the church website, [http://ccuu.org/journeys/](http://ccuu.org/journeys/). You can also register online here: [https://ccuu.breezechms.com/form/Journeys](https://ccuu.breezechms.com/form/Journeys); once registered, submit your payment to the church office.

Soul Connections

**Still Room for You in New Groups**

We’ve had enough interest to be able to start two additional Soul Connections groups this spring, and there are still a few spots available if you’ve been considering joining. There will be a group on the 3rd Friday and one on the 2nd Wednesday of the month. Soul Connections is a terrific gateway to church community as well as to our UU faith itself. For more information or to join one of these groups, please contact Don Bussey, [SoulConnections@ccuu.org](mailto:SoulConnections@ccuu.org), by April 7.

Mark Your Calendar

**Congregational Annual Meeting: May 20, 11 am**

This is also the day we begin our one-service summer schedule. The Annual Meeting will follow 10:00 worship & R.E. classes. At the Annual Meeting, congregation members will vote on the 2018-19 leadership slate and operating budget. Watch for the leadership slate to be announced on or before April 20 and the meeting agenda and final proposed budget to be emailed on or before May 10. Childcare will be provided during the meeting.

Inside This Edition...

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- Green Sanctuary News & Events: Vegetable Garden plots available, Sustainable Energy Expo, March for Science, Bike to Deer Grove…
- Full Week Faith: Emergence… What does it mean to be a People of Emergence?
- Movies with Meaning… Create Monthly Artwork…
- Social Action News: 40 Days of Action themes, 100 Gather at CCUU for Northern IL Justice Event…
- 20-30s… 40-50s… AHA Discussion… Book Discussions… Buddhist Study Group… Drum Circle… Feminine Divine… Mary Oliver Poetry Series… Open Forum… Yoga… Sing with Choir… Children’s Choir…
- We are Better Together: Chicago Area spring workshop… UU Women’s Connection Retreat… UU General Assembly: All Are Called… Wellness House Offerings at CCUU… Hospitality…
- Church Meetings/Events: April-May
- Focus Deadlines…
Minister’s Muse

I love greeting people on Sunday mornings. Sometimes, seeing someone in the line after the service is the best chance that I have to look into someone’s eyes and see how they’re doing. It’s a gift when someone looks back and I actually get to see their joy, their stress, contentment, grief, healing, depression…, their human experience. I want to know, I want to know if there I can offer some support or a listening ear. I never know if I’ll learn any of this. Lots of people come through the line just to say “hi” and touch base warmly. Some want to engage in a conversation there and then and, of course, I’m eager to know what they’re thinking, how they’re doing, but I have to think about the line of people after them too. In fact, everyone seems to come through in their unique mental spaces.

One challenge is that some folks want to hug and some people don’t. For some, hugging is a personal style issue. My family didn’t hug a lot. Years later, when I became a massage therapist, I hung out with lots of touchy-feely folks and learned to hug and I found that I often, but not always, liked it. Now, I look at people, closely as I can, trying to read the signals – are they a hugger? A hand-shaker? The primary question in my mind has to be, “how do I meet them on their terms?” Sometimes, I ask “would you like a hug” or “may I give you a hug?” I know that even asking the question can make somebody feel under pressure to say yes, so I use it judiciously and mostly rely on body language.

For some people, hugging really is a personal style issue, and for others, even a casual touch is a violation of delicate personal boundaries. We never know whether somebody that we approach and reach out to touch may or may not welcome that – or worse, be traumatized by it. Recently, I talked with a dear colleague whom I’ve known since theological school, Robert Skrocki. Bob runs an interfaith mental health network. He told me about a program that he’d started called “trauma-safe congregations” that helps congregations learn how to support people who have been through trauma. We found ourselves talking about how often people in congregations hug each other and how traumatic that can be for some people. The conversation reminded me that we all need to be reminded that not only hugging but all sorts of touch can be stressful for others without our knowing it before we touch them.

In college, I was assaulted by a young man who walked behind me for about half a block at night. Years later, the sound of footsteps on the street behind me (perhaps this is true for many women) is a source of mild anxiety. For others, a mere touch on the shoulder or a pat on the back can be equally, if not far more, stressful. This can be hard to remember when I’m overjoyed or even merely happy to see someone, and my first impulse is to reach out. It turns out that it’s not what I most want to do that matters, but whether I take the other person to heart and care about their feelings and my impact. It turns out that it’s better to get to know someone and find out how to respect physical boundaries; sometimes they’re easy to read, and sometimes words are essential. In congregational life, there are folks we know we can hug when we greet them or rub their shoulders or pat them on the back.

(continued…)

Minister’s Muse, cont’d

and there are people we simply don’t know about.

We talk about and have a policy about being a safe congregation – background checks for our teachers no matter what, fire escape plans, fire extinguishers, windows on the classrooms, and so much more. Learning how to touch or not touch is also part of that commitment to being a safe congregation. Talking with my friend Bob, I felt like I understood better that we can be a supportive, healing, loving place for all who enter if we approach with care and check for permission.

From Your Board of Trustees

It is indeed a busy and exciting time at Countryside Church. We recently hosted “Tearing Down Walls,” a conference hosted by UU Advocacy Network of Illinois and UU Prison Ministry of Illinois with approximately 100 participants, and our semi-annual Indoor Farmer’s Market. Both events were a success!

Later this month, the Sustainable Energy Expo will be held here at Countryside on Saturday, April 21 from noon to 4pm. The event aims to spark action for sustainable energy and celebrates the completion of our solar panel project with a special public dedication ceremony. Highlights of the event include a discussion on climate change feature two distinguished speakers – WGN meteorologist Tom Skilling and Argonne National Laboratory’s Seth Darling. The expo will feature a number of workshops, exhibits, and interactive displays. The event is free, but space is limited and a large crowd is expected so everyone is encouraged to reserve tickets as soon as possible. Please also email GreenSanctuary@ccuu.org if you are able to volunteer.

Additionally, our annual pledge drive concluded a month ago, and we are happy to report that the vast majority of households submitted their pledge form in record time, and of those households that submitted a form, the total pledges increased by a modest amount. The Board of Trustees, Stewardship Team, and the Minister wish to extend a heartfelt and profound THANK YOU to all who submitted their pledge form, as this community could not function to its potential without your support.

Our budget team is scheduled to meet in early-April to prepare a budget, and we need maximum response and support in order to prepare an accurate budget that enables us to meet our full potential as a congregation.

If you have not yet submitted a pledge form, please do so as soon as possible. If circumstances prevent you from pledging, please let us know and accommodations can be made. If you have already submitted your pledge form for the 2018-19 church year, again, thank you. As always, if you believe there is still room in your household budget, perhaps consider a one-time contribution or a pledge increase. While pledging is a responsibility of members, non-members and guests are also invited/encouraged to pledge if they support and find benefit in Countryside principles and activities.

If you have any questions, comments, or concerns, please don’t hesitate to contact me at prez@ccuu.org.

…Christine Organ, On behalf of the Board
From Our Director of Lifespan Religious Education (DLRE)

Child Dedication: April 22

One of the most important traditions in a religious community is celebrating life transitions with meaningful rituals. Child dedications are one rite-of-passage offered as a celebration of children in our congregation. A child dedication allows parents an opportunity to express their hopes and dreams for their children and allows the congregation to welcome children and dedicate themselves to the spiritual nurturing of each child.

On April 22, during the worship services, we will dedicate any child (infant-age 12) whose family has recently joined our congregation or who has not yet had the opportunity to be dedicated.

Please contact Jules Jaramillo, DLRE@ccuu.org, or Rev. Hilary Krivczenia, Minister@ccuu.org, for more info.

We look forward to celebrating this special day with you!

Turning Points in Unitarian Universalism: An Adult Faith Development Series

There are issues that are pivotal in the history of Unitarian Universalism and in our lives as Unitarian Universalists. Through the exploration and discussion of important themes and challenges in UUism, this series will provide an opportunity to deepen your understanding about UUism, as well as to help you to articulate your faith. Please sign up online: https://ccuu.breezechms.com/form/TurningPts

World Religions & Unitarian Universalism Summer RE Program for Grades K-6+

This summer we will explore world religions through stories and encouraging our young people to explore the differences and similarities in their own lives. We will use beautiful picture books to share stories of Hinduism, Islam, and Buddhism in a gentle and respectful way. The stories illustrate concepts such as the value of wisdom and loyalty in Hinduism, the importance of family in Islam, and the practice of compassion for all living beings in Buddhism.

In the UU faith, we list “wisdom from the world’s religions...” as one of the sources of our living tradition. During the summer, we will share stories from different faiths, to encourage our young people to begin a journey of understanding, tolerance, and celebration for the diversity of human expressions of faith. Our time together will include stories, an activity to connect them to the story, and community building activities inside or outside, if the weather permits.

Our summer RE program runs June10—August 19. If you have had been approved to teach, please sign up at http://www.signupgenius.com/go/30e0b45acaa2aaaf6-summer1.

If you have not taught before and have been actively involved at CCUU for a year and are a member or on the path to membership, please contact Jules, dlre@ccuu.org, or Kathy, re.assistant@ccuu.org, for more information.

Intro to CCUU ~ 1st Sundays

Newcomers are invited to attend a brief orientation to Countryside Church and Unitarian Universalism. It is offered the 1st Sunday of each month following either worship service.

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: 4th Thurs, 10 am

Join us on April 26 to hear guest Claudette Nowell Phillip’s presentation on Storytelling. Potluck lunch follows the program; bring something to share or your own individual lunch. All are welcome—invite a friend!

Memoir Makers: 2nd Fridays, 10 am

All are welcome to join us in classroom #1. In addition to sharing any new writings by members, we are viewing a workshop conducted by Donald Davis and sponsored by the Timpanogos Storytelling Institute.

MUSIC with a MISSION

Thank You for Our Success!

Music with a Mission was a big success this year! Music & entertainment from 18 acts and decorations celebrating St. Patrick’s Day were outstanding. There were 148 in attendance raising over $1,800 from entrance fees and the raffle. This year’s raffle winner, Vince Unger, elected to contribute his 50/50 raffle winnings back to the event. Between this and the earnings from the concessions, we will have raised over $2,300 for our 3 Service Partners (Faith-In-Place, Partners for our Communities and Interfaith Communities for Detained Immigrants).

Many thanks to those who attended and contributed to the fun and funds raised! A deep thanks to all who made this year’s event so successful and fun: Jeff Phillips, Edie Reese, Susan Auld, Judy Ball, Don Bussey, Mike Calwas, Juli Cicarelli, Karen Epps, John Evans, Beth Gerson, Phil Goldberger, Mike Graves, Mary Janes, Mark Krivczenia, Laurie Lantz, Krista MacTavish, Pratik Mamtora, Laura Mandell, Sue Montgomery, Leslie Peet, Lois Phillips, Chelsie Scoggin-Chang, Joy Simon, Hal Snyder, Sheilah Sokeland, Naomi Unverzagt, Marcus White, Pat Wydell, Noel Zak.

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every step forward is a step into a new future, new hope and new opportunity. And however scary you find that, what you can’t do, and must never do, is stop walking.

~ Sarah Marsh
Our Worship Services are held on Sunday mornings at 9:00 and 11:00.
Unless indicated otherwise below:
- At 9:00, all young people attend the service with their families; childcare will be available.
- At 11:00, young people in kindergarten through grade 6 attend the beginning of the service with their families; all other young people begin in their classrooms. Religious Education classes are offered for infants through senior high.

NOTE: Announcements begin 5 minutes prior to the start of the worship service.
Worship descriptions are also on the church website: http://ccuu.org/services/

Apr 8  Skandal: Explorations of Self  The Rev. Hilary Landau Krivchenia
Share the Plate: Half of the cash collected in the offering will be donated to the Rohingya Culture Center on Devon Ave in Chicago, which seeks to start an interactive English language class for mothers and their small children. Against all odds, about 1,000 Rohingya have made it to the USA and resettled in Chicago after fleeing their home country of Myanmar (Burma), the government of which continues the genocide of this stateless Muslim minority.

Apr 15  Further Reflections on the Self  The Rev. Hilary Landau Krivchenia

Apr 22  All-Church Earth Day Service  The Rev. Krivchenia & Jules Jaramillo, DLRE
Share the Plate: Half of the cash collected in the offering will be donated to Citizens for Conservation.

Apr 29  Pulpit Guest: Mandie McGlynn

May 6  Fighting for the Imagination  The Rev. Hilary Landau Krivchenia
Share the Plate: Half of the cash collected in the offering will be donated to Chicago Area Center for Arts & Technology.

May 13  The Mother Within  The Rev. Hilary Landau Krivchenia

**Our one-service summer schedule begins May 20 and continues through Labor Day**

May 20 at 10:00 am  The Divinity School Address  The Rev. Hilary Landau Krivchenia
This is the last day of 17-18 academic year religious education classes.
Please plan to stay after service on May 20 for our Annual Congregational Annual Meeting.

May 27 at 10:00 am  What Dr. Frankenstein Got Right  The Rev. Dr. C. Scot Giles
Share the Plate: Half of the cash collected in the offering will be donated to Hart of a Marine Foundation.
Young people attend the worship service with their families; childcare for infants and preschoolers will be available.

Calling all techies who love worship and who want to help us share our message!!

As a congregation, we need to be better at getting our message out beyond the walls of the sanctuary, on a regular basis. We want to be the big, bright beacon that we CAN be, and the way we’ve chosen is through YouTube and Social Media; you can’t hide a message like ours buried under a bushel (NO!).

We are building a larger team of folks to run our visuals on Sunday mornings (sound, camera, and background slides). Graphics and content are created by the worship leader and others, however, the AV, a vital aspect of the service, needs someone to run it from the back of the sanctuary or with a portable remote. We use high end equipment that is user friendly and mostly automated. This is both less complicated and more fun than you might think. Being on the team is a great way to update one’s knowledge of how these things work – as well as being instrumental in sharing our faith.

If/when you are interested, please contact Jeff Phillips or Rev. Hilary (minister@ccuu.org). When we build a strong team, we will hold a training and a refresher for anyone else interested. The more the merrier.

The Sixth Annual Unitarian Universalist Western Crescent Choral Festival

PLEASE JOIN US!
Sunday, April 15 at 4:00 p.m.
Unitarian Universalist Church of Elgin
39W830 Highland Avenue, Elgin, Illinois
uuce.org

A freewill offering will benefit the Community Crisis Center
Featuring Choirs from:
Countryide Church Unitarian Universalist, Palatine
Prairie Circle Unitarian Universalist Congregation, Grayslake
The Unitarian Universalist Church, Rockford
Tree of Life Unitarian Universalist Congregation, McHenry

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If you have questions or would like to help with any of our Green Sanctuary happenings, contact Mark Krivchenia or Don Bussey, co-chairs, at GreenSanctuary@ccuu.org.

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

All are welcome to join us for our next monthly meeting on April 8 at 12:30 pm in Classroom 6. We are putting the final touches on the public side of our Sustainable Energy Expo (see below). We have a dynamic sponsorship including the Citizens Utility Board, Faith in Place, Illinois Solar Energy Association, Northwest Sierra Club as well as Countryside Church. **We need help with event day! Please consider offering the gift of volunteer time to help us make this an extraordinary event.**

**Sustainable Energy Expo: April 21, 12-4 pm**

We are excited about the upcoming Sustainable Energy Expo. This event aims to inspire action for sustainable energy and allow those of us committed to our planet’s healthy future to reach a large audience with important information. Highlighting the event is a thought-provoking discussion on climate change featuring two distinguished speakers: Tom Skilling, Chief Meteorologist at WGN, and Dr. Seth Darling, Director, Institute for Molecular Engineering at Argonne National Laboratory.

Along with our partner hosts, we have developed a number of workshops for the event spanning climate change updates to energy efficiency and solar energy ideas and incentives for home, business and community. Over 20 exhibits include ISEA’s solar house, an electric vehicle demo and area organizations.

The Sustainability Energy Expo is a free, ticketed event. It is open to the public and space is limited. We expect our featured speakers to attract a large crowd. You are encouraged to get tickets before the event is sold out. Please plan to join us, but secure your tickets now: https://sustainableenergyexpo.eventbrite.com/

**Vegetable Garden Plots Available**

There are a few garden plots available for the upcoming garden season. All you have to do is bring seeds, plants, and love. Organic garden plots are located on the north side of the church property. Each plot is approx. 6x12’ and includes access to a shed with tools and water. While you can enjoy the fruits of your labor, you are expected to donate some portion of each harvest to the Palatine Food Pantry to help provide more nutritious food to those in need. This is a terrific way to connect with nature, with family, and to make new friends. For more info or to reserve a garden, email Mike Calwas, anitasdad@earthlink.net.

**March for Science: April 14, 10:30 am**

We’re marching again for science this year! March for Science Palatine is a family-friendly, pro-science event and part of over 175 satellite events planned worldwide. Connect with fellow enthusiasts to show your support for science: learning, teaching, research, and the continual search for scientific truth. All are welcome to attend!

Gather at Palatine Public Library, Room #1 at 10:30am. The March begins around 10:50am covering a distance of less than one mile lasting about one hour. Return to Room #1 afterwards for refreshments and chatting. For further info, see the Facebook Event page or contact Hal Snyder at greensanctuary@ccuu.org.

**Bike to Deer Grove: April 29, 12:30 pm**

Spring is in full swing and that means time to dust off your bike, top off the air in the tires, and join the Countryside Cycling trails on our first ride of the year. We’re heading to Deer Grove Forest Preserve! This is a casual ride of about 10 or so miles and suitable for all ages. Pack snacks and refreshments for a picnic. For more info, contact Barrie Burr, Don Bussey, or Maryanne O'Dowd at biking@ccuu.org.

**CCUU Has a Bike Rack!**

More of us are riding our bikes to Sunday Service or to other events at Countryside. It’s great exercise and a way you can lower your personal carbon footprint all while doing your share for cleaner air. Green Sanctuary Committee wants to remind you that there’s a bike rack on the Northwest corner of the building. Plot your bike path to Countryside knowing you and your bike are welcome here!
April Ministry Theme: Emergence

Full Week Faith

*Full Week Faith* reminds us that our Unitarian Universalism faith is a part of our daily lives and we nourish it by practices we create in our homes. Creating rituals at home help us slow down, create mindfulness, and teach us to connect our minds, bodies, and spirits to Unitarian Universalism. I invite you to take time daily; individually or as a family, to create rituals and practices in living your Unitarian Universalism faith.

If you pay attention, you can hear the whispers of spring arise all around us. Green is starting to peek through the brown earth, birds are chirping, squirrels and chipmunks are bustling about, and all forms of babies are making their way into the world. It is fitting that our theme for April is emergence, as we lift ourselves from the darkest days into light and hope. Let us move into the month, remembering to take moments to breathe, to be patient with ourselves and others, and pay attention along the way.

<table>
<thead>
<tr>
<th>April 2018</th>
<th>Chalice Lighting</th>
<th>Emergence Practice</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Week 1</strong></td>
<td>I light this chalice as a symbol of the values of Unitarian Universalism. May its light be a beacon of hope to me and to all who seek freedom, truth, and meaning.</td>
<td>Begin each morning by taking a mindful breath and saying, “I am alive, I am here, I am in this very moment.” Pause two or three times a day to repeat this practice in your day.</td>
</tr>
<tr>
<td><strong>Week 2</strong></td>
<td>I light a chalice of hope for whatever the day brings. I light a chalice of warmth when I search for the sun. I light a chalice of courage when I need strength. May its glow fill my spirit, my heart, and my life.</td>
<td>Carry 1 of the 7 Unitarian Universalist Principles with you every day this week. Pay attention to how you live these principles and where they emerge up in your life.</td>
</tr>
<tr>
<td><strong>Week 3</strong></td>
<td>As frozen earth holds the determined seed, this sacred space holds our worry, our laughter and our celebration. Let us bring seed and soul into the light of hope and love.</td>
<td>Every night this week before you fall asleep, remind yourself of three things for which you are grateful.</td>
</tr>
<tr>
<td><strong>Week 4</strong></td>
<td>In the mystery of life, there is light. It gives us a place to grow together. It opens the pathways to love, inviting the day to come. We light this chalice - inviting the day.</td>
<td>Every day this week, connect to nature to celebrate the Earth.</td>
</tr>
<tr>
<td><strong>Week 5</strong></td>
<td>May this chalice flame challenge each of us to cherish our dreams, for all things worth doing begin in the courage and inspiration of a dream.</td>
<td>Practice one act of random kindness each day this week. Be creative!</td>
</tr>
</tbody>
</table>

What does it mean to be a People of Emergence?

Let mystery have its place in you; do not be always turning up your whole soil with the plowshare of self-examination, but leave a little fallow corner in your heart ready for any seed the winds may bring, and reserve a nook of shadow for the passing bird; keep a place in your heart for the unexpected guests, an altar for an unknown God.

~Henri-Frederic Ariel

Make a bit of room. Leave a little space. Keep a lookout for the unexpected. These directions may not sound like anything radical or revolutionary. But it turns out that these are often Life’s favorite ways to help us emerge into something new.

Henri-Frederic Ariel’s reminder about leaving room and letting some things be is especially important as we move into the season of spring. During this time of year, it’s not just farmers but us all who turn to the work of “tilling and turning up our whole soil.” All around us, the culture shouts its heroic talk about striving and perfecting. Struggle is the dominant metaphor of the day. We talk of “fighting” to become all we can be. Images of sprouts breaking through concrete start showing up everywhere. Yet, we need to be careful because, more often than not, emergence and transformation is a much subtler art. It’s about stillness, listening and waiting to be led, not conquering, struggling and taking charge.

In other words, when it comes to emerging into something new, the message of spirituality is “Be careful with what you’ve been taught and told because much of it takes us in exactly the wrong direction.” As a people of emergence, we are called to take a different tack. We’ve been entrusted with the wisdom that emergence is most often about breathing rather than becoming better, pa-
tience not perfection, depth not dominance; acceptance not striving, attention not constant improvement.

That part about attention instead of improvement is especially important. It’s so easy to get transformation mixed up with fixing. And fixing is emergence’s biggest foe. Trying to perfect or prove ourselves is the surest way to stay stuck. The pursuit of constant improvement and perfection focuses us on our inadequacy and inferiority, causing us to overlook those unexpected guests that Henri-Frederic speaks of.

And, friends, we don’t want to miss those unexpected guests! Those seeds brought by the wind and those passing birds are the partners that make emergence possible. They help us notice new paths. They invite us to walk with a new step. They awaken in us new songs. They remind us that new life is not something we do alone. They assure us that transformation doesn’t have to be a long and lonely struggle, but instead can be more like learning a new dance with a new friend. All we have to do is trust, take the hand of that “unknown God” and follow its lead.

So, this month, leave some room on that dance floor of yours. Keep your eyes peeled. And when that unexpected guest reaches out its hand, make sure you’re ready to take hold.

Questions for Considering Emergence
Pick the single question that speaks to you most and let it lead you where you need to go. The goal is to figure out what being a part of a people of intention means for you and your daily living. Is that broken thing you keep trying to put back together keeping you from the beautiful thing that is waiting to be built?

1. Is one well-crafted and comfortable life you really want? Was there a time when you planned on experiencing many lives in this one lifetime you’ve been given?
2. Have you taken the time to mourn and give thanks for your old life? Have you rushed too quickly into the excitement of your new journey? Even if it was time to leave it, your old life gave you great gifts (even if they were laced with pain). Have you taken time to say goodbye and thank you?
3. Is your armor in your way?
4. Have you been sitting and simmering in stress for so long that it now feels normal? Is it time for you, like the proverbial frog in boiling water, to notice that a boiling pot is no place to live?
5. Has worry become your tomb?
6. It’s said that we don’t fear change, but the loss and letting go that comes with change? You do know what you need to let go of, right? But do you know why you are holding on so tight?
7. Are you tired of being told that you need to emerge into something entirely new, and better? Are you looking for people (and a religion) that welcomes you as you are? That says, “Come as you are and be blessed”?
8. Are you moving on or running away?
9. They say we heal only to the degree we look at our role in the pain of our past. Are your wounds still open because you continue to turn a blind eye about your part in things?
10. Are you the one who needs to be more gentle with yourself? Is it time to forgive yourself for the mistakes that were made in the past?
11. Is it possible that emergence from pain requires you figuring out its gift? Is it possible that instead of asking, “How do I escape?” you need to first ask “What is Life trying to get me to see?”
12. Instead of feeling punished or wronged, what if you choose to see your current mess as Life telling you, “It’s time to reboot!”
13. Is regret over what could have been preventing you from fully leaning into what’s being offered?
14. What if we become beautiful only by helping others find their beauty?
15. What if we become free only by helping others find their freedom?
16. Who is behind your mask, longing to come out and be seen?
17. What if Life isn’t trying to get us to transform into something new or better? What if it simply wants us to emerge into the awareness that we are already enough?
18. Ralph Waldo Emerson said we need to be careful about what we worship because “what we are worshipping we are becoming.” When was the last time you asked, “What am I really worshipping?”
19. Are you in the way of someone’s emergence?

If you would like to request a complete theme resource packet or obtain more info about the Soul Connections program, email Don Bussey, SoulConnections@ccuu.org.

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Movies with Meaning
Fri, Apr 27, 7 pm
Short Term 12
Please join us in Atherton Hall to watch this story about a “damaged” supervision, a halfway house of “damaged” teens, the grace-filled mess that ensues and the wholeness that emerges. Click here for official trailer.

Sponsored by Soul Connections, this movie is offered as companion to our April ministry theme journey, to continue considering and thinking about what it means to be a people of emergence. Popcorn, cold and hot beverages included for your enjoyment at this gratis event. For more info, contact Don Bussey at MoviesWithMeaning@ccuu.org.

Create Monthly Themed Art
Congregants of all ages are invited to create an original piece of art that represents what the monthly theme means to you in any medium. Bring your original artwork to church the last Sunday of the preceding month. Artwork will be displayed in the Sanctuary or elsewhere in the building as appropriate.

Upcoming themes are: May-Creativity; June-Blessing. For more info or if you have questions, contact Alison Vernon, music.director@ccuu.org, or Lois Phillips.
SAC Meetings: April 8 & 29
All are welcome to join us 12:30-2 pm in classroom 1. Please bring something to share for our simple potluck lunch (please no nuts). Send agenda items to SocialAction-Chair@ccuu.org.

Poor People’s Campaign Update: 40 Days of Action Themes Announced
Weekly themes just released by Illinois coordinators of the new Poor People’s Campaign: A National Call for Moral Revival will help shape the initiative’s locally-based 40 Days of Action efforts, starting Mothers’ Day.

40 DAYS OF ACTION THEMES

WEEK 1: Somebody is hurting our people and it’s gone on far too long! (women, youth, disabled people and children in poverty)

WEEK 2: Systemic racism and economic justice (voting rights and just immigration)

WEEK 3: Veterans, our war economy and militarism

WEEK 4: The right to health! (ecology, justice and health)

WEEK 5: Everybody’s got a right to live! (living wages, guaranteed income, housing and social services)

WEEK 6: A new and unsettling force challenging our nation’s distorted moral narrative

As announced here in January, the new Poor People’s Campaign (PPC), led nationally by Rev. Dr. William Barber and supported by the Unitarian Universalist Assn, is serving as a beacon for putting UU values into action through a variety of activities and networking opportunities right here at Countryside Church Unitarian Universalist (CCUU).

CCUU is working in close partnership with the Unitarian Universalist Advocacy Network of Illinois (UUANI) to help congregants tap into a statewide framework of activities and partners. A Countryside-specific 40 Days of Action Calendar is coming soon. In the meantime, there are a number of way to become involved:

1. Sign up for the PPC through UUA at https://bit.ly/2E0p7e

2. Read the campaign’s preliminary audit “The Souls of Poor Folk: Auditing 50 Years After the Poor People’s Campaign Challenged Systemic Racism, Poverty, the War Economy/Militarism, Ecological Devastation and Our National Morality” at https://bit.ly/2lwSxZZ

3. Attend upcoming local PPC training, April 7, 1 pm to 5 pm, SEIU HCI, 2229 S. Halsted, Chicago. Free parking on site. RSVP to Illinois@poorpeoplescampaign.org.


5. Participate in Fair Tax activities at local post offices. Email socialactionchair@ccuu.org, put “Fair Tax Post Office” in the subject line and include your contact information.


Contact CCUU’s Social Action Committee with general inquiries about PPC at socialactionchair@ccuu.org. Provide contact information, area/s of interest or any questions.

100 Gather for Northern IL Justice Event
100 area advocates, organizers and supporters working to abolish unjust systems gathered at Countryside Church Unitarian Universalist March 23 and 24 for Tearing Down Walls | Building Up Connections, Community, Solidarity. Organized by Unitarian Universalist Advocacy Network of Illinois (UUANI) and UU Prison Ministry of Illinois (UUMPI), it afforded area UUs practical insight to complex issues affecting racial and restorative justice.

The weekend kicked off with a thought-provoking panel discussion The Big Question: What Does A World of Racial and/or Restorative Justice Look Like?, that addressed a broad spectrum of possible solutions, from abolition of police/prison systems to strengthening connections and relationships in communities. Saturday featured time for worship, networking and fellowship and was anchored by two tracts of workshops focused on gaining knowledge about the issues and committing to take action.

Workshops were led by representatives from various NGO/non-profit/community groups, including Interfaith Community of Detained Immigrants, Faith in Place, Responsible Budget Coalition, Live Free Chicago, Westside Justice Center, Nehemiah Trinity Rising, Circles & Ciphers, and Community Renewal Society.
Feminine Divine Women’s Group
Last Saturdays, 9:30 am
This year, we are discussing Warrior Goddess Training by Heatherash Amara. On April 28, we will discuss chapter 8. Newcomers are welcome to join us in classroom 6. For more info, contact Wendy Ingrassia

Atheist, Humanist, Agnostic (AHA) Discussion ~ 2nd Tuesdays, 7 pm
All are welcome to join us in classroom 4. On April 10, we will watch and discuss Letting Go of God, a one-hour video by former Saturday Night Live actress Julia Sweeney.

Book Discussions
Book Circle: April 15
All are welcome to join us in classroom 6 to discuss Strangers in Their Own Land: Anger and Mourning on the American Right by Arlie Russell Hochschild. We gather at 6:15 pm, discussion begins at 6:30 pm.

Last Mondays Book Group: April 23
Join us at 7 pm in the Stokes Room to discuss The Behold the Dreamers by Imbolo Mbue. NOTE: this is the 4th Monday in April, not the last. In May, we will meet on May 21 (3rd Monday, to avoid Memorial Day) to discuss Sing Unburied Sing by Jesmyn Ward.

Warm-Up Yoga
1st & 3rd Thursdays, 6:20-7:05 pm
A gentle yoga class will be held on the first and third Thursdays of the month, through May, in the Spirit Play room (rm 9/10) from 6:20 - 7:00 pm. The emphasis is on stretches and strengthening poses that reduce tension and calm the mind. Class will end at 7 for those attending Soul Connections. Contact Laura Mandell with questions.

Open Forum Discussion
Sundays, 10-10:50 am
Please join us! We meet in classroom 5 to discuss “the issues of the day” while respectfully welcoming different perspectives. Future topics are tentative. The upcoming two Sundays are least likely to change, but current events developments or other factors sometimes inspire us to switch. Email vidaxel@axeldesigns.com to be added to our email list to receive notices and suggested readings.
- Apr 8: Is English Deteriorating?
- Apr 15: The Future of Language Translation and its Cultural Implications
- Apr 22: Free speech on campuses, and the University of Chicago statement
- Apr 28: shutdown of the U.S. Federal Government
- May 6: wonder woman as a Feminist, Cultural force
- May 20: Music—what and why, revisited (brought back by popular demand)
- May 27: Ratifying the Equal Rights Amendment—is now the time?

20-30 Somethings ~ 1st & 3rd Sundays
If you are in your 20s or 30s, please join us following the 11:00 worship service in classroom 4. Childcare is available during the meetings. We also meet at other times during the month for socializing and service. For more info or to be added to our email list, email 2030s@ccuu.org.

40-50 Somethings: Sat, April 7
This newish group is for those too old for the 20-30s group but not yet ready to retire and attend Transitions. To subscribe to our group email list, go to http://ccuu.org/mailman/listinfo/4050slist_ccuu.org.
Please join us for a game night on April 7 at 7 pm at the home of Mary Beth and Theo Van Wijk. They will provide snacks and drinks. You may bring an appetizer or beverage if you have something you would like to share with everyone. Newcomers and latecomers are welcome! For more details, please email 4050s@ccuu.org.

Mary Oliver Poetry Series
4th Fridays, 7 pm
Each evening a featured poet will read his/her own poetry followed by an opportunity for others to read during an open mike session. The readings are open to the public, and all who love poetry are welcome to join us in classroom 6. Our featured poet on April 27, Jan Bottiglieri will be our featured poet. Jan’s poems ask how do memories of people we love shape our sense of self? How do our keenest pleasures, our deepest losses, our daily miracles, tech us how to make our way through the world?

Buddhist Study Group ~ 2nd Sundays
All are welcome to join us on April 8, 12:30-2 pm, in the Sanctuary. In April and May, we are studying Boundless Heart: The Buddha’s Path of Kindness, Compassion, Joy, and Equanimity by Christina Feldman. Reading the book is not required for participation.

Drum Circle ~ 4th Saturdays
Adults & teens are invited to join us on April 28 at 7 pm 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, go to www.PalatineDrumCircle.com.

Sing with Choir
For more info, contact Alison Vernon, Music.Director@ccuu.org or 847-359-8440, ext.5.
Adults: Thursdays, 7:15 pm
Join us for rehearsal on Thursday evenings in the music rehearsal room - just north of Atherton Hall. Childcare is available if requested.
Children: Sundays, 12:15 pm
1st through 4th graders are invited to join us in the music rehearsal room (the room immediately north of Atherton Hall) on Sundays at 12:15 pm (after Sunday School).
We Are Better Together
Chicago Area UU Spring Workshop
May 12, 9am-2pm at CCUU

The Chicago Area UU Council has organized a day of coordination, collaboration, communication, and celebration for congregational leaders, staff, and clergy. Given the limited volunteer, professional, clergy, and financial resources, the spring workshop is aimed at finding ways to leverage best practices, partner, and limit “re-inventing the wheel.” We are looking to create ways for people across the greater Chicago area that shares common interests to find each other so they can work together in community.

To promote the richest collaboration and best use of our time together, we ask participants to complete the workshop pre-work as best as possible and to return the pre-work form to CAUUC by April 28 so it can be used to help tailor the workshop. That will provide time to incorporate some of the best practices into the panel and breakout sessions. Please join us!

A donation of $6 is requested to help cover snack and lunch items. Register online: uuchicagoarea.org/workshop

UU Women’s Connection Spring Retreat
June 1-3 at Pilgrim Park
Awakening Shamanic Consciousness: A New Birth

Our keynote speaker will be Carley Mattimore, Shamanic Psychotherapist who midwives others on their spiritual and psychological path towards healing and whole-ness in their lives. She is a gifted practitioner with 30 years of experience working with children, adults and families in both public and private practice. Carley is a Shamanic Breathwork Facilitator and Shamanic, Usui, Tibetan Reiki Master as well as a Healing Touch Practitioner and a Practitioner of the 13 Laws of Lionhearted Leadership. Carley is the co-founder, along with her husband, John Malan, of Ahara Spiritual Community, a 501c3 congregation of Venus Rising in the “Heartland” of Springfield, IL offering psychospiritual workshops in the Midwest.

For more info and to register, go to https://www.uuwomensconnection.org/retreats

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**: To make regular payments via credit card or automatic withdrawal from your bank account, a form is available on the church website or in the church office. Submit the completed form to the congregational administrator for processing.

- **Giving online** 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. Visit the church website; click Donate Now button; click Create Profile; then follow the onscreen instructions.

- **Give by Text**: Pick up a yellow card from greeter table or back of sanctuary, or contact the church office.

UU General Assembly: All Are Called
June 20-24 in Kansas City, MO

General Assembly is the annual meeting of our Unitarian Universalist Association. Attendees worship, witness, learn, connect, and make policy for the Association through democratic process. Anyone may attend; congregations must certify annually to send voting delegates. The 2018 General Assembly will be June 20-24 in Kansas City, Missouri. Most General Assembly events will be held in the Kansas City Convention Center. More info: www.uua.org/ga.

If you plan to go to General Assembly, please let a staff member or Board member know, so we can designate delegates and coordinate carpools or meals together – or a team approach to all GA has to offer. If you want to speak with Countrisiders who have attended previous General Assemblies: Martha Atherton, Judy Ball, Lisa Bohne & Mike Gilley, Barb Braje, Gloria Kinney, Laura Mandell, Ian Michalec, Karen Noorani, Leslie Peet, Chris Smith, Greg Sweigert, Elizabeth Vesto; or staff members: Rev. Hilary, Jules Jaramillo, Laurie Lantz.

Wellness House Offerings at CCUU

**Hypnosis Group & Reiki Sessions**

Held here at CCUU the 1st Saturday of the month, these offerings are open to anyone in our geographical area who has or had cancer of any kind. The hypnosis program is led by our community minister, the Rev. Dr. Giles, and the reiki sessions are offered by his wife, the Rev. Lindsay Bates. These are free, and registration is required. To register, email kmitchell@wellnesshouse.org or call 630-654-5197.

**Welcoming** is very important work. Hospitality, and especially ‘Radical Hospitality,’ refers to the conscious and intentional generosity of spirit that exists in people’s behaviors and attitudes, conveying that all are truly welcome. The presence of our Hospitality Teams, which are made up of church members & friends who take responsibility for one Sunday each month, ensures that all are welcomed warmly on Sunday mornings. Think about when you first came to Countryside Church. Who welcomed you (or didn’t)? Can you make others who arrive on Sunday morning feel as welcome as you felt – or more so? Being part of a Hospitality Team is a way to get to know other church members while making newcomers feel welcome. The more members we have participating on a team, the less frequently any one person has to show up.

If you are already part of a Hospitality Team, please remember to sign up online to help - http://www.signuppenius.com/go/70a044ea4a72fa13-sunday

If you are not yet part of a Team, please contact the church office and we will connect you with one, or feel free to sign up to help at the link above.

Thank you, all!
This calendar shows upcoming Church meetings & events. All meetings and events held in the building are listed on the church website, under Programs & Events - [http://cciu.org/calendar/](http://cciu.org/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.

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### Upcoming Church Meetings & Events: April-May

**April 8**
9am Worship, Nursery, Chalice Children
10am Town Hall & Fellowship
10 am Open Forum
11am Worship & RE
Noon Town Hall & Fellowship
12:15pm Children’s Choir
12:15pm Green Sanctuary Mtg
12:30pm Social Action Mtg
12:30pm Buddhist Study Group

**April 15**
9am Worship, Nursery, Chalice Children
10 am Open Forum
11am Worship & RE
10am & Noon Fellowship
12:15pm Children’s Choir
12:20pm 20-30s Group
4pm Western Crescent Choral Fest
6:15pm Book Circle

**April 22**
9 & 11am All-Church Worship, Nursery, Chalice Children
10 am Open Forum
10am & Noon Fellowship
Noon Congregational Solar Panel Celebration
12:15pm Children’s Choir

**April 29**
9am Worship, Nursery, Chalice Children
10 am Open Forum
11am Worship & RE
10am & Noon Fellowship
12:15pm Children’s Choir
12:30pm Social Action Mtg

**April 30**
May 1
7pm Ministry Council Mtg

**May 1**
7pm Ministry Council Mtg

**May 2**
Focus publication

**May 3**
6:20pm Warm-up Yoga
7:15pm Choir Rehearsal

**May 4**

**May 5**
10am Wellness House Hypnosis Group & Reiki Sessions

**May 6**
9am Worship, Nursery, Chalice Children
10 am Open Forum
11am Worship & RE
10am & Noon Intro to CCUU & Fellowship
12:15pm Children’s Choir
12:20pm 20-30s Group
Focus
Published by Countryside Church UU
1025 N Smith Rd · Palatine IL 60067
847-359-8440 · ccuu@ccuu.org · www.ccuu.org

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<tr>
<td>Minister</td>
<td>Rev. Hilary L. Krivchenia</td>
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<td>Jules Jaramillo</td>
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Office Hours: Mon-Thurs 10am-4pm, Fri 10am-Noon

Upcoming Focus Deadlines
Submit all articles by 10 am to ccuu@ccuu.org
Apr 23 (publ. May 2)  May 21 (publ. May 31)  June 25 (publ. July 5)
Between Focus issues, written communication is via E-Updates & the Sunday Times insert to the Order of Worship. Deadline for e-updates & Sunday Times is Weds at 9 am.

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 Mission
We are a spiritual community actively answering the call for love, compassion, reason, and justice.

Our Vision
Countryside is committed to being a voice of and active presence for liberal religion in the northwest suburbs. Empowered by our Mission Statement, we endeavor to:
- Create a welcoming place of connectedness, compassion, and respect for people of all ages.
- Advance inclusivity and diversity within our congregation and community.
- Care for each other in times of joy, sorrow, and transition.
- Provide for spiritual and intellectual growth and inspire lifelong learning.
- Promote a sustainable future for our community and world by acting with a social, environmental, and global conscience.
- Communicate and spread the message of Unitarian Universalism within and beyond our community.
- Promote peace and justice in our congregation, communities, and the world.
- Engage in thoughtful stewardship of our resources to achieve our mission and carry out our vision.

Follow us on Facebook
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847-359-8440 · www.ccuu.org
1025 N Smith Rd · Palatine IL 60067
Unitarian Universalist
Countryside Church