Did You Miss the Annual Mtg?
If you missed the May 20 Congregational Annual Meeting, the packet of documents is available on the church website, http://ccuu.org/congregational-annual-meeting, and a few packets are available in the pamphlet rack across from the church office. Minutes of the Annual Meeting will be available at the end of the month, once approved by the Board.

From Your Board of Trustees
First, I’d like to extend a big thank you to all who attended our Annual Meeting on May 20. For those who were unable to attend the Annual Meeting, we voted to approved the leadership slate and proposed budget for 2018, including the Reinstatement List of delayed expenses. With your continued generosity, we hope and plan to pay as many items on the Reinstatement List as possible. For the upcoming year, the Board plans to focus on the following directives:

- Making social action and community engagement part of the individual spiritual journey.
- Becoming a transformational source of spiritual, personal, and intellectual growth for members of all ages.

These directives are used to help us focus our energies and resources, as well as guiding our Ministries as they do their feet-on-the-ground work.

Other priorities include: (1) fair compensation of staff; and (2) being poised for growth. The departure of our Director of Lifespan Religious Education has caused us to take a closer look at the compensation we offer all staff members, and we’ve learned that we have some ground to make up in order to qualify as a “fair compensation congregation.” We will be setting ambitious but attainable goals so that we can move closer to offering “fair compensation” (as defined by the UUA) for all positions over the next few years.

We also want to stay poised for growth, as well. As such, we will strive to increase visibility in the larger community and enhance connections within CCUU, among members and guests. Our current staffing levels are nominally adequate for current membership but don’t necessarily support growth, so we will need to rely on increased volunteer engagement. This is a generous community – both in terms of time and money – and we have no doubt that we can answer the call. In upcoming weeks, we will be sharing a list of specific volunteer opportunities, but if you’d like to get more involved immediately, please email me.

Finally, we are also putting together a North Property Task Force to act as liaison with the tenants and to work toward resolving some of the ongoing questions associated with our use of the North Property.

If you have any questions or concerns, please feel free to contact me at prez@ccuu.org.

...Christine Organ, Board President

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Summer Service Schedule ONE service @ 10 am
EXCEPT for June 24, when we will live-stream the UUA General Assembly worship service from Kansas City, 9—10:30 am. For details, see p.4 or go to http://ccuu.org/services/
Minister’s Muse

After the annual meeting and a few conversations, I slipped down the hall to the Stokes room. I was late, but I wanted to attend the training, offered as part of the 40 Days of Action for the Poor People’s Campaign, on Witness Slip. I’ve filled out witness slips before online. I’ve gotten emails saying that a bill is going to be coming up for a vote or for discussion and I can fill out a witness slip as a way to voice my support or opposition. In the past, I just followed the link sent to me in an email, filled out my witness slip, and called it a day. So, I wasn’t expecting all that much from the workshop – given that I didn’t know what I didn’t yet know.

The workshop turned out to be truly exciting. Hal Snyder was leading it. I learned so much, not just about witness slips, but about how to engage in the democratic process in the state of Illinois. Now I’ve lobbied, created and passed out petitions, sat in the rotunda of state capitols, and generally rabble roused. This was something new. Any bill that is up for consideration and is still in committee and just about to go for its first through sixth round of votes is an opportunity for having a voice and for activism. It’s easy, but what I discovered was it was also quite fun and, profoundly educational.

So, there’s this website called LEGISLATED.org and on the website you can search for current issues facing our state Congress either by the number of that House bill or Senate bill, or you can type in a keyword and all the legislation connected with that keyword will pop up on the page. It’s easy to click around the site and to read the entire text of a resolution or a bill. It’s easy to find out who the legislators are who are sponsoring that resolution or bill. Finding out who’s sponsoring it is important because, if you know your legislators and the positions they often take on bills and where they’re coming from, sometimes that’ll give you a clue about where the bill has come from and what its hidden agenda, if there is one, might be. It’s also important to find out who is sponsoring the bill or the resolution because you can reach out directly to them – but you don’t need to. The key thing is that you can read the bill, decide on its merits, and then click on a box that says “TAKE ACTION”. That box will take you to the http://my.ilga.gov/WitnessSlip witness slip page. From there it’s easy to fill in your name, address, and whether you’re an opponent or proponent of the bill or issue and then click finish and you’re done. I have to tell you that it’s a tremendous feeling to do that. It’s an even more tremendous feeling to do that in concert with friends.

The important thing to note, is that the LEGISLATED website is nonpartisan. There is no debate – not really any conversation – it’s just the facts ma’am. It’s not time-consuming, but you can register with my.ilga.gov and then, when you go to fill out a witness slip through LEGISLATED.org, your information is already on the ilga.gov site and you saved a minute or two. The LEGISLATED site does not keep any information about who is doing what. You search for a bill and it provides links. Anything to do with your identity happens at the state government site, as it should: my.ilga.gov

If any of this is confusing to you – just ask Hal Snyder – and check out LEGISLATED.org. Wander around the site for a while and see just how much you learn in a short time.

So, there I was, having the time of my life – participating in the democratic process – first at the congregational meeting and then in the society at large – just as our principles tell us. the only problem was that there were only four of us. Of course, your witness slip is private – no one is going to ask you how you are weighing in. This is not about lobbying one another – It’s about lobbying the So I know we will offer new trainings – because they are fun as well as educational. Next time – lunch and legislating lessons! Bring a friend!

Summer Study Leave & Sabbatical

June is going to be a busy month – with General Assembly taking me away from June 17-25 to Kansas City. Following that I will be on Study, Vacation, and one month of Sabbatical leave in July and August. I don’t have special plans for this time in terms of travel. Instead, I look forward to copious reading, some research through Meadville Lombard Theological School, and planning for 2018-19, writing, physical therapy, and – did I mention reading? I will be available, in case of pastoral crisis, through the Lay Ministry Team – who are certainly more than capable and compassionate enough to provide support in a host of situations – and who can reach me if I am, after all, needed or if there is a critical pastoral need. In addition, there will be a UU minister as back-up, through the Lay Ministry Team.

I will be reachable by our administrator Laurie Lantz and our Board President if there is other urgent need.

Celebrate Martha Atherton’s 90th Birthday

On July 1 following the worship service, there will be lunch and cake to celebrate Martha Atherton’s 90th Birthday. Please join us!

In Memoriam

Most of you probably saw our email announcement on May 5 of the death of long-time member Helen Hawthorne. Helen’s memorial service will be held here at Countryside Church UU on Sat, June 30 at 1:00.

In Sympathy

The sympathy of the congregation is extended to Tim Bourn and Courtney Dirksen and their family on the death of Tim’s father.

The sympathy of the congregation is extended to Tony Pretto on the death of his mother on May 21.
From Our Director of Lifespan Religious Education (DLRE)

Love

If I were to come up with one word that would best describe my experience of being Countryside Church’s Director of Lifespan Religious Education- it would be LOVE.

Love has blossomed, grown, been given, received, and taken on a life of its own since I walked into your lives. A love that has been felt, manifested in your relationships, and has taken the form of action in how you show up in the world. A living breathing beautiful love.

I assure you, this love will always remain a part of you. This love… this unique Unitarian Universalist love; belongs to you and I pray you will carry it forward in all you do. It is this love that is and will continue to be the voice of justice, equity, and compassion (our 2nd Principle) within the walls of Countryside Church, in your community and the world. You are this love.

As I am getting ready to finish my time with you, I encourage you to continue the work that has been stirred in your hearts by:

- Embracing all ages so you can continue to learn from one another and share the practices and rituals of our faith.
- Being a voice in social justice, by embracing racial justice more fully. CCUU has an opportunity in the Northwest Suburbs- deepen your connection of creating justice for all.
- Inviting families in and wrap them into the loving arms of this community. They need you and you need them, now and for the future of Unitarian Universalism.
- Taking the first step to get to know your youth. Don’t wait for them to show up. Make space, invite, share your lives, and let them share theirs. You will be amazed!
- Creating opportunities for your elders to share their wisdom stories with the younger generations. They hold context to life and faith that no one else can give.

May it be so.

I believe in Countryside Church, your future, and the power of the love that you create. My life is fuller and brighter from being loved by you. Thank you for all the blessings.

...Jules

Choose to Bless the World
Your gifts—whatever you discover them to be—can be used to bless or curse the world…
~ Rebecca Parker
Full poem can be found at https://www.uua.org/worship/words/blessing/choose-bless-world

Watching GA from Anywhere

General Assembly (GA) is the annual meeting of our Unitarian Universalist Association (UUA). Attendees worship, witness, learn, connect, and make policy for the Association through democratic process. General Assembly 2018 will take place June 20-24 in Kansas City, MO, and online. Attending from Countryside Church UU will be Rev. Hilary Krivchenia, Jules Jaramillo, Judy Ball, Leslie Peet, Laurie Lantz.

A copy of the 2018 GA Program Book, including descriptions of the workshop offerings and the business agenda and the Orders of Service for the many worship services, is available on the Kinship Ministry table – take a look and make a note on the front cover of what you might like to attend.

The following events will be live streamed for everyone and posted for viewing afterwards; registration is not required to view them. Go to https://www.uua.org/ga/offsite/2018 to view. Times are CDT.

Wednesday, June 20
- 7:00 – 8:30 pm ~ Welcoming Celebration and General Session I

Thursday, June 21
- 8:00 – 8:45 am ~ Morning Worship: Presente
- 9:15 am – 12:15 pm ~ General Session II (during this session, there is scheduled to be discussion of a By-Laws Amendment proposed by the Liberal Religious Educators Association, which our Board voted to endorse along with other UU congregations)
- 7:00 – 8:30 pm ~ Service of the Living Tradition: Sounding the Call

Friday, June 22
- 8:00 – 8:30 am ~ Morning Worship: Choosing the Better Part
- 9:00 – 10:45 am ~ General Session III
- 1:30 – 3:30 pm ~ General Session IV
- 4:00 – 5:30 pm ~ Synergy Bridging Worship (watch to see some amazing UU youth)

Saturday, June 23
- 8:00 – 8:30 am ~ Morning Worship: Frayed? Not!
- 9:00 am – 12:15 pm ~ General Session V
- 7:30 – 8:30 pm ~ Ware Lecture by Brittany Packnett

Sunday, June 24
- 9:00 – 10:30 am ~ Morning Worship: No Time for Casual Faith **come to Countryside to view with others in the Sanctuary**
- 11:00 am – 12:15 pm ~ General Session VI
- 1:30 – 4:00 pm ~ General Session VII
- 4:30 – 5:00 pm ~ Closing Celebration: Hold On
**Upcoming Worship Services**

We are now on our Summer Worship Schedule. Services & Religious Education classes are on Sundays at 10:00.

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/](http://ccuu.org/services/)

**June 3 at 10:00 am**  
**All-Church Flower Communion**  
[Image](https://www.ccuu.org/images/flower-communion.png)  
The Rev. Hilary L. Krivchenia  
Please bring a flower or a few flowers from home to share. A Unitarian tradition begun by Norbert Capek, the Flower Communion celebrates the beauty of our diversity and our hope for continued blossoming as a community of spirit.  
We will also formally bid farewell to Jules Jaramillo, our Director of Lifespan Religious Education.  
*This is an All-Church Service; young people attend the worship service with their families; childcare for infants and preschoolers will be available.*

**June 10 at 10:00 am**  
**Pride Service: Rainbow Resistance**  
[Image](https://www.ccuu.org/images/rainbow-resistance.png)  
Share the Plate: Half of the cash collected in the offering will be donated to Gender Cool Project, a national nonprofit based in Highland Park that promotes the WHO not the WHAT behind transgender youth/young adults.  
*Summer Religious Education classes begin today; our Summer RE program will explore world religions. More info at [http://ccuu.org/summer-religious-education/](http://ccuu.org/summer-religious-education/)*

**June 17 at 10:00 am**  
**Summer Solstice Service**  
Leslie Peet  
Join Leslie & the CCUU Choir in celebrating the solstice.  
*Summer Religious Education classes will be held; young people begin in the classrooms. Childcare is available for infants and toddlers.*

**June 24, 9:00—10:30 am**  
**Live-stream of UUA General Assembly Worship Service**  
NOTE THE CHANGE OF WORSHIP TIME. We will live stream the GA worship service from the largest annual gathering of UUs, this year being held in Kansas City, MO. The GA service will be led by Rev. Susan Frederick-Gray, the President of the Unitarian Universalist Association.  
[https://www.uua.org/ga/program/highlights/sunday-morning-worship](https://www.uua.org/ga/program/highlights/sunday-morning-worship)  
Share the Plate: We will share half the cash collected in the offering with Communities Creating Opportunity (cco.org), the social justice organization selected for the GA local service project; CCO is focused on affirming the dignity of all people especially those in communities least likely to have access to hope and opportunity.  
*Summer Religious Education classes will be held; young people begin in the classrooms. Childcare is available for infants and toddlers.*

**July 1 at 10:00 am**  
**American Music**  
Tom Dempsey  
Join Tom & friends for a celebration of the diversity of America through multiple genres of music.  
*Summer Religious Education classes will be held; young people begin in the classrooms. Childcare is available for infants and toddlers.*

**July 8 at 10:00 am**  
**UU Buddhist Service**  
Melanie Terbovic & Buddhist Study Group  
*Summer Religious Education classes will be held; young people begin in the classrooms. Childcare is available for infants and toddlers.*

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**Summer Religious Education**

**Summer Around the World**  
**June 10-August 19**  
Come journey with us this summer at Countryside Church as we explore the similarities and differences of our Unitarian Universalist faith and other world religions. Young people will be introduced to Buddhism, Islam, and Hinduism in a respectful way through stories and activities. Our Unitarian Universalist faith lists “wisdom from the world’s religions” as one of the sources of our living tradition. Join us as we learn and grow our faith, and celebrate the diversity of the human expressions of faith around us.

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**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.

**Path to Belonging**  
**June 3 & 10, 11:15 am -1:30 pm**  
These classes are an opportunity to learn more about CCUU and more about the meaning of membership and to get to know others. Our minister, staff, and lay leaders provide exercises and opportunities to explore what you are seeking at CCUU and to discover the freedom and diversity of our faith. It’s helpful to take both classes in the same session, but you can take one in one session and one in another. Sign up at the greeter window or online at [https://ccuu.breezechms.com/form/PathBelonging](https://ccuu.breezechms.com/form/PathBelonging).

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To bless is to put a bit of yourself into something.  
~ Macrina Wiederkehr & Joyce Rupp

To give a blessing is to affirm, to say “yes” to a person’s Belovedness.  
~ Henri J. M. Nouwen
Social Action News

Monthly Fair Trade Sale: June 3
Once/month we offer fair trade chocolate, coffee, tea, cocoa, olive oil, and snacks from Equal Exchange for sale during our coffee-fellowship time. For each pound of Equal Exchange foods purchased, 20 cents goes to the UUSC’s Small Farmer Fund.

Poor People’s Campaign: 40 Days of Action
We are doing a collection for incarcerated women; bring your donations to the boxes in Atherton Hall. Download a flyer for more info—http://ccuu.org/wp-content/uploads/2018/05/Incarcerated-Women-Collection.pdf Don’t miss any of the PPC actions & events happening in IL during 40 Days of Action; you can find information several different places:
1. The Illinois PPC campaign Facebook page: https://www.facebook.com/IllinoisPoorPeopleCampaign/
4. Check out Countryside’s very own 40 Days of Action calendar - http://ccuu.org/poor-people’s-campaign/ - with reminders about statewide/area activities aligned with PPC’s objectives and simple ideas to do own your own/at home.

Become a Deputy Voter Registrar
Saturday, June 16 at 10 am
Countryside Church has created a partnership with Cook County Elections in order to train residents of Cook County to become Deputy Voter Registrars. The Fifth Principle of Unitarian Universalism is the right of conscience and the use of the democratic process within our congregations and in society at large. This is an ideal opportunity to actively live your values while having a real, present and lasting effect on democracy.

This two-hour class will certify you to go out into the community to register citizens of the county to vote in the upcoming and succeeding elections. In order to participate in the class, you must be a resident of Cook County, a registered voter and 18 years of age by the next election, November 6, 2018. All residents of Cook County are welcome to participate in this nonpartisan event.

In coming weeks and months, we will identify targets of registration opportunity throughout Cook County in which you will be invited to participate. No ongoing commitment is required. The class is held in Atherton Hall gathering at 9:30am with instruction to start at 10am. For further information or to register for the class, please contact Don Bussey at db01103@yahoo.com

We Need You...
To join a Countryside Church 2018-2019 Teaching Team! Because your guidance and support are essential to our children and youth’s spiritual and intellectual faith development. And it supports your own adult faith development. And it is loads of FUN!
Young People’s Religious Education classes will run in 2 sessions next year, so we can build strong relationships between our children and adults and provide more flexibility for our adult volunteers.
• Session 1: September 16-January 27
• Session 2: February 3- May 20
Each class will have 4 teacher volunteers per session & 6 floating substitutes. You can view our class prospectus here - http://ccuu.org/religious-education/
We care deeply for the safety of children, youth, and adults; therefore, we require a current criminal background check for any volunteers working with our young people. We also ask that all teacher volunteers be actively engaged within our church community for at least a year prior to teaching, but do not worry if you are new to CCUU - there are many ways you can support our RE program. Contact the RE program at dlre@ccuu.org for volunteer opportunities.
Please join us in creating a vibrant 2018-2019 religious education program for our children and youth. I guarantee you will find yourself learning, growing and connecting to our faith and this community. Please contact the RE program at dlre@ccuu.org if you would like further information or have any questions.

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 June 28 to hear for a presentation by CUU member Rem Stokes called “We Think, We Think.” This is probably one of Rem’s most “thoughtful” topics ever! 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 new writings by members, we are viewing a workshop sponsored by the Timpanogos Storytelling Institute.

A vision for Unitarian Universalism in a multicultural world
With humility and courage born of our history, we are called as Unitarian Universalists to build the Beloved Community where all souls are welcome as blessings, and the human family lives whole and reconciled.
~ UUA Leadership Council
**Full Week Faith**

This summer, let Full Week Faith remind us to carry our Unitarian Universalism into our daily lives. We can do this through rituals which help us slow down and engage in spiritual and mindfulness practices—teaching us to connect our minds, bodies, and spirits to our faith. I invite you to take time daily, individually or as a family, to create rituals and practices in living your Unitarian Universalism faith...

**Summer Chalice Lightings**

Light a chalice to begin your day, before a meal or before your spiritual practice...

**June**

Deep calls unto deep, joy calls unto joy, light calls unto light. Let the kindling of this flame rekindle in us the inner light of love, of peace, of hope.

And "as one flame lights another, nor grows the less," we pledge ourselves to be bearers of the light, wherever we are.

~ Gordon B McKeeman

**July**

In these hard times, let us look first to the response of love. In the midst of challenge, may our chalice flame bear witness to the inherent worth and dignity of every human being.

In the midst of uncertainty, may our chalice be a beacon of encouragement, that our values may guide our choices. Let us look first to the response of love.

~ Maureen Killoran

**August**

We light our flaming chalice

To illuminate the world we seek.

In the search for truth, may we be just;

In the search for justice, may we be loving;

And, in loving, may we find peace.

~ Elizabeth M McMaster

**Summer Reflection**

Discover ways to express yourselves that connect you individually or as a family to your Unitarian Universalist faith through our seven principles:

1st: The inherent worth and dignity of every person;

2nd: Justice, equity and compassion in human relations;

3rd: Acceptance of one another and encouragement to spiritual growth in our congregations;

4th: A free and responsible search for truth and meaning;

5th: The right of conscience and the use of the democratic process within our congregations and in society at large;

6th: The goal of world community with peace, liberty, and justice for all;

7th: Respect for the interdependent web of all existence of which we are a part.

Each month during the summer, find creative ways to express the following ideas:

- My understanding of the inherent worth and dignity of every person is expressed when I...
- Justice, equity, and compassion means I...
- I encourage spiritual growth in my own & other’s lives by...
- Today I search for truth and meaning by...
- Right of conscience looks like....
- Peace, liberty, and justice for all would mean...
- My part in the interdependent web of all existence is...

**Have a wonderful summer!**

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**Soul Connections**

Soul Connections is our small group ministry; the groups meet monthly to explore and delve deeper into the monthly themes, using materials provided by the Soul Matters collaborative (similar to what is included on p. 7). 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

**A Soul Connections Testimonial**

by Jackie Dennison, Group Facilitator, Soul Connections Third Tuesday Evening Group

It might (or might not) surprise some of you that I have, in the past, not been known as someone particularly open, warm, or generous. It has, in fact, been the opposite—I have mostly been fairly closed off and downright prickly. I was not, by any means, a "sharer." In coming to Countryside in 2014, I have made a concentrated effort to change this, hoping to show to you all my very best side. The me that, in the past, only my very closest and dearest have known.

This isn’t an easy change to make. It’s taken years and years of mindful repeating that I am safe here. I am safe here. I am safe here. So when Don approached me about engaging with Soul Connections, I was still very nervous, but it came at a time I felt ready to take that leap of vulnerability. Soul Connections seemed like a way to get to know myself and others on a deeper level, to explore issues in a confidential and semi-structured way.

It has been every bit exactly what I’d hoped for. In an increasingly busy life, it’s an amazing way to pause, reflect, and explore. Whether you’re someone who relates best to spoken word, songs, readings, videos, or your own experiences, every month has something that I promise will reach in and pull you forward. Soul Connections was, and is, a place I could come and be my whole self, as Rev. Hilary has put it. Within the safety of our circle, I could know that what I said would be accepted as it was, without judgment and in good faith, and put into practice building that desperately needed space for others. This quote by Dinah Maria Mulock Craik says it best:

*Oh, the comfort, the inexpressible comfort of feeling safe with a person; having neither to weigh thoughts nor measure words, but to pour them all out, just as they are, chaff and grain together, knowing that a faithful hand will take and sift them, keep what is worth keeping, and then, with a breath of kindness, blow the rest away.*

The best part has been getting to hear what my groupmates made of the exercises found with each monthly theme. When we isolate ourselves, we see only the facet of the world that our own light can shine reach. With others shining their light on the world from their own perspective, we are able to see more facets and understand life more deeply in all its complexity. I would encourage absolutely anyone—whether or not you are a natural "sharer"—to join one of these fine groups and explore what it has to offer. It is well, well worth it.
What does it mean to be a People of Blessing?

A Soul Matters facilitator once shared, “I guess after plan A fails, I need to remember there’s still a whole alphabet out there.”

It’s not just our friend who needs help remembering that there’s a whole alphabet out there; it’s all of us. We all get stuck in wanting things a certain way. We all, at times, focus so intently on the few things going wrong that we completely miss the dozens of things going right. Tunnel vision too often takes over our days.

For Unitarian Universalists, this is the central tragedy of the human condition. We respect those who frame the human problem as sin or twisted wills, but it’s nearsightedness that our religion is most worried about. Which is also why blessings are so central to our faith. They are, for us, a way of widening our view.

Unlike some of our brother and sister religions, we don’t say a lot of blessings. Instead we point to them. For us, blessings are not something we give to each other as much as they involve us helping each other notice all that’s already been given to us. And it’s not just about widening our view to see the gifts themselves; it’s about widening our understanding of life. Pointing to blessings repairs our relationship with life, allowing us to see it as generous not threatening, full of grace-filled surprises not dominated by a cold indifference.

And there’s a lot at stake when it comes to this wider view. When the world seems stingy to us, we are stingy to others. Those who feel blessed have little trouble passing blessings on. Our tradition takes this calculus seriously. As UU minister, Rev. Don Wheat, puts it “The religious person is a grateful person, and the grateful person is the generous person.” In short, by noticing our blessings, we become a blessing.

So this month the question in front of all of us is not simply “Do you notice the blessings surrounding you?” It’s also, “How are the blessings in your life leading you to bless others?” That “whole alphabet” out there doesn’t just happen on its own; we add to it. Blessings don’t just fill us up; they cause us to overflow. Life spills into us and we spill into others. In other words, blessings don’t just enrich us; they connect us. And maybe that is the greatest blessing of all.

Questions for Considering Blessing

Don’t treat these questions like “homework” or a list that needs to be covered in its entirety. Instead, 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 blessing means for you and your daily living. So which question is calling to you? Which one contains ‘your work’? Where is that question trying to lead you?

1. Is it time to embrace yourself as a blessing once again? We all forget sometimes. We all let others’ definitions of worth determine how we feel about our own. The work of seeing ourselves as a blessing is ongoing. How do you need to re-claim or re-name your blessing to the world?
2. What is your very favorite thing to do? When was the last time you did it? Why again aren’t you doing it all the time? Or at least much more often?
3. Some say a blessing is anything that helps us remember who we really are. We most often lose ourselves in work or relationships that ask us to be something we’re not. Is it time to bless yourself and find yourself by saying goodbye to a job or a relationship that doesn’t bless and see you?
4. Has age helped or hurt? At what age were you best at noticing the blessings around you? Have you gotten better as time has gone on? Or worse? What would improve your gaze?
5. Did your words bless or curse others this past week? A Soul Matters facilitator writes, “My Mom often told us to consider our words before offering an opinion. Her mantra was: ‘Are your words kind and helpful? If both adjectives do not apply, keep the thought to yourself!’ What words have fallen from your lips lately that you need to go back and turn into a blessing?
6. Is it time to bless yourself with the foolishness of believing you can do what others say can’t be done?
7. Have you thanked all of your “fathers” for their blessings? Many of us have more than one father figure in our lives. When was the last time you told them thanks for their gifts? And let them know you carry them and their influence with you still?
8. In the midst of all the praises for ordinary blessings, is a tiny voice inside you whispering “more”?! Maybe it’s ok to ignore a few everyday blessings for a while so you can make that “big blessing” real.
9. Sometimes there aren’t blessings hidden in our pain. Sometimes it’s not you overlooking the blessings; they simply aren’t there. Often we just need space to acknowledge the emptiness, rather than have people try to minimize it, make it go away or convince us we should find a silver lining. Is that the blessing you really need? The blessing of space to do nothing but mourn the loss and feel the pain? What will it take for you to get it?
10. Some blessings are always there; others are fleeting and eventually leave us. Which of your current blessings’ time clock is farther along than you wish? What blessing needs noticed before it says goodbye?
11. Are you more often anxious about scarcity than you are stunned by all the undeserved blessings?
12. What was your biggest “unexpected blessing moment”? When did a blessing surprise and sustain you in the midst of pain? What gift or lesson from that story do you need to most remember today?
13. What if you told yourself that this was the best and most blessed part of your life? What might look or feel differently to you?

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Movies with Meaning

Fri, June 29, 7 pm ~ Garden State

Please join us in Atherton Hall to watch this film story about a quietly troubled young man who returns home for his mother’s funeral after being estranged from his family for a decade. Click here to view official trailer. Sponsored by Soul Connections, this movie is offered as companion to our June ministry theme journey, to continue considering what it means to be a people of blessing. Popcorn & beverages included for your enjoyment at this gratis event. For more info, contact Don Bussey at MoviesWithMeaning@ccuu.org.
**Monthly Meetings: 2nd Sundays**

All are welcome to join us for our next monthly meeting on June 10 at 11:30 am in Classroom 6. Our committee meeting will have a special guest, Jeff Kressmann of Palatine Cool Cities. Jeff will introduce us to this nascent group who seeks to promote environmental progress in Palatine in partnership area wide Cool Cities. Also, we will get updates on ongoing events and projects and developing strategies to move forward on new interests.

**Conservation Work Opportunities: June 2**

Environmental justice has many components. One of the most basic is protecting nature. Consider the gift of time and effort to help two worthy groups actively preserve our environment:

- Deer Grove Natural Area Volunteers: 9am to Noon at both Deer Grove East and West. Contact Mark Krivchenia for details at greensanctuary@ccuu.org
- Citizens for Conservation: 9 to 11 am. Contact Judy Ball for details at greensanctuary@ccuu.org

**Environmental Justice Discussion: June 3, 3 pm Rev. Booker Vance from Faith in Place**

We kick off the Poor People’s Campaign Environmental Justice week with a compelling discussion by Rev. Booker Vance, Policy Director at Faith in Place. Rev. Vance seeks to communicate a vision for environmental justice for all communities by affecting change at the policy level. He is actively working to promote renewable energy sources and energy efficiency in Illinois’ implementation of the Future Energy Jobs Act.

In this discussion, Rev. Vance will help us understand contemporary thoughts on environmental justice and its intersectionality with issues of social justice and what this means in our own community. All are welcome to meet in Atherton Hall gathering at 2:30 pm with presentation at 3 pm. A light afternoon snack of pizza, salad and soft drinks will be available.

**Poor People’s Campaign Action in Springfield: Ecology & Healthcare ~ June 4, Noon**

This week of the Poor People’s Campaign focuses on ecology and health care - healthy bodies and a healthy planet. Meet at SEIU offices, 701 S. Second Street, for lunch. Information pending whether lunch will be provided or bring your own. Direct action time: 2:00 to 3:30 pm. Location to be announced. Vince Unger is offering a carpool opportunity to Springfield; contact Vince at vtunger@comcast.net. For additional and updated information, contact Don Bussey at greensanctuary@ccuu.org

**The End of Water As We Know It ~ Video Lecture and Discussion: June 9 at 10 am**

Argonne National Laboratory scientist Seth Darling most recently spoke at the Sustainable Energy Expo. Here, Dr. Darling speaks at a previously recorded Argonne Out Loud Lecture on the most important resource in the world: water. How can the world deal with increasing demand and dwindling supply? He addresses how access to clean water will affect everything from how our food is raised to how our economies function. This is a one-hour video lecture with discussion to follow. Gather at 9:30 in classroom 6; video will begin at 10 with short discussion to follow. Pancakes, strawberries, and whipped cream served at this free event. All are welcome!

**Bike to Worship: June 10**

We invite the congregation to bike to worship on June 10. Choosing biking is a very immediate and significant way of lowering your environmental impact. It's a great way to reduce the amount of dangerous greenhouse gases (which are responsible for a large chunk of climate change) we release into the environment. We hope you see this as an opportunity to explore the possibility of sustainable travel while embracing your values.

**Guided Nature Walk: Thurs, June 14, 7 pm**

The Sierra Club of Northwest Cook County June meeting will be a guided walk at Spring Valley Nature Center, 1111 East Schaumburg Road in Schaumburg. All are welcome! Contact Judy Ball for more info at greensanctuary@ccuu.org

**Walk in the Woods & Prairie: Jun 17, 2 pm**

Join Interfaith Green Partners, of which Countryside is a founding member, to explore the treasures of Deer Grove West—Grove 5 (enter off Quentin Road, turn right where the road divides and go to the FIRST parking area on the RIGHT — near but not at the end of the road). Walks are guided by stewards and naturalists who know how to find those treasures. All ages are welcome! Download the flyer & map from the Green Sanctuary page on the church website, (under the Service & Justice tab): http://ccuu.org/green-sanctuary-committee/, or contact Gail at GreenSanctuary@ccuu.org for more info.

**March in the 4th of July Parade**

Join Interfaith Green Partners in their annual march in the Arlington Heights 4th of July Parade. Have fun, take environmental action and build community! Countryside Church is a founding member of the Interfaith Green Partners. Our march position is at the end of the parade where we collect recyclables from the crowd. Get additional information and sign up to participate by contacting Gail Wisniewski at greensanctuary@ccuu.org.

**Bike to Twin Lakes: July 4, 10 am**

Join the Countryside Cyclists on a casual ride of about 14 or so miles round trip, which is suitable for all ages. Pack snacks and refreshments for a picnic, or buy concessions at Twin Lakes. We will meet in the Countryside parking lot. For more info, email Biking@ccuu.org.

**Vegetable Delivery Needed on Mondays**

The Countryside gardeners are looking for volunteers to deliver produce to the Palatine Township Food Pantry this summer. Pick up harvest from Countryside on Mondays around 10am and deliver to the township office. Get further info from Mike Calwas at Gardens@ccuu.org.
**Feminine Divine Women’s Group**  
*June 2 and June 30, 9:30 am*
This year, we are discussing *Warrior Goddess Training* by Heatherash Amara. Due to the Memorial Day holiday, we have elected to hold two meetings in June. On June 2, we will discuss lesson 9: Embody your Wisdom, and on June 30, we will discuss Lesson 10: Choose your Path, which is our final chapter.

**Atheist, Humanist, Agnostic (AHA)**  
**Discussion ~ 2nd Tuesdays, 7 pm**
All are welcome to join us in classroom 4. On June 12, we will watch a documentary from filmmaker Chris Johnson titled, “A Better Life: An Exploration of Joy & Meaning in a World without God.” In this film, Johnson interviews people from all walks of life who do not believe in God yet feel that they have a meaningful life.

**Book Discussions**  
**Book Circle: June 3**
All are welcome to join us in classroom 6 to discuss *Hope in the Dark: Untold Histories, Wild Possibilities* by Arlie Rebecca Solnit. We gather at 6:15 pm, discussion begins at 6:30 pm.

**Last Mondays Book Group: June 25**
Join us at 7 pm in the Stokes Room to discuss *The Hate You Give* by Angie Thomas. In July, we will discuss *A Gentleman in Moscow*.

**Summer Yoga Fundamentals**  
*1st Thursdays, 6—7 pm, June, July, August*
Join Laura from 6 to 7 pm on June 7, July 5, and August 2. This series is perfect for beginners and Level 1 students or as a refresher for all levels. Contact Laura.Mandell@comcast.net with questions.

**Open Forum Discussion**  
**Sundays, 9-9:50 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:
- June 3: Trillionaire Intervention in US Health Care
- June 10: Repercussions of the Trump Cabi t’s Actions, Part 1 of 4: War
- June 17: Repercussions of the Trump Cabinet’s Actions, part 2 of 4: Environment
- June 24: WE WILL NOT MEET THIS SUNDAY (worship service is 9:00—10:30 am)
- July 1: Space Exploration in the 21st Century: Where will Humans Go?
- July 8: Repercussions of the Trump Cabinet’s Actions, Part 3 of 4: Mental Health Issues

**20-30 Somethings ~ 1st & 3rd Sundays**
If you are in your 20s or 30s, please join us following the 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, June 2**
The 40-50s group is for those too old for the 20-30s group and not yet ready for the Transitions group (and the ages listed are guidelines; if you’re over 59, you’re still welcome to join us!).
For our June event, we will hold a Games Night at church at 7:30 pm. Although there are no requirements for game night, we encourage you to consider bringing: snack or appetizer to share, a beverage for yourself (non-alcoholic), your favorite game! Newcomers and latecomers are welcome, so are friends and significant others even if they aren’t Countryside Church members. You do not need to RSVP; simply show up to have a night of fun and fellowship!
*We will not meet in July. Stay tuned for announcement of an August gathering.*

**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. Our featured poet on June 22 will be Naoko Fujimoto, an award-winning poet who writes graphic poetry which melds words & images. The readings are open to the public, and all who love poetry are welcome to join us in classroom 6.

**Buddhist Study Group ~ June 3 & 10**
We are not meeting in May. We will meet June 3 and 10 at 11:30 am to plan our summer worship service, which will be on July 8.

**Drum Circle ~ Schedule Change**
Effective 2019, we will only have 4 drum circles, 1 for each season and we are moving away from meeting once a month. There will be only 2 more drum circles to close out 2018—August 25 & November 24. Thank you for your support, and we look forward to seeing you at the drum circles! For up-to-date information, please visit http://www.palatinedrumcircle.com

**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 to 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!
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.

CCUU No Photo List

We are maintaining a No Photo List of people who want to opt out of having their image used by and for the benefit of CCUU in internal and external publications including print, digital, and social media. Any person may instruct CCUU to place their name and/or the names of any of their children on our No Photo List by advising the Congregational Administrator in writing, ccuu@ccuu.org. Be sure to include the date of your request.

Support CCUU through GoodShop

Raise a tiny bit of green for CCUU. Through GoodShop, many of the retailers you use are likely to give a small amount per purchase to a non-profit of your choice – CCUU! Go to https://www.goodsearch.com, search for Countryside Church Universalist, select us as your non-profit. Whenever you shop online, go to goodsearch.com before you shop, go from there to the retailer. Tell your friends and family to shop through GoodShop too, and you can multiply your impact. If you shop online, Goodshop for CCUU!

Reminder: Nut-free Practices

This information is also posted on the kitchen door and on the bulletin board near the microwave.

Countryside Church has put into place restrictions around peanuts and tree nuts in our building. This practice reflects our desire to be a welcoming and safe congregation for members, friends, and visitors that have potentially life threatening allergies to peanuts or tree nuts.

- Please do not bring any food item that contains nuts or has allergen warnings that it may contain nuts. If you are unsure, do not bring it to church.
- Check and recheck labels on all food.
- Bring snack foods that ARE peanut & tree nut safe.

We ask that everyone work together to remind each other not to bring or serve anything with peanuts or tree nuts. If a snack or food item has nuts, we will ask that it be removed and returned to your car. If we do not know who brought the nut item, we will place the item in a labeled Ziploc bag and if no one retrieves the item, it will be discarded.

Empathy and compassion are the key elements to understanding the reason behind these practices. Thank you for assisting to make Countryside Church a more welcoming and even safer place for everyone who walks through our doors. Further details are posted in the kitchen and at http://ccuu.org/peanut-tree-nut-practices/.

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.

Outside Groups Held at & Open to CCUU

Several outside groups use space at Countryside Church UU and are in alignment with our UU Principles and open to participation by all. There may be a participation fee or other requirements set by the group and which apply to all participants, regardless of CCUU affiliation.

- **Agape—A Community of New Hope** holds worship in our Sanctuary on Saturday evenings. We are happy to help an emerging faith community that, although a different denomination, is welcoming of all and aligns with UUism on social justice issues.
- **Transcend** is a program of Youth Outlook which meets here every Wednesday evening. It is a support group focusing on gender identity and is geared towards Trans youth. It is suggested for 14-20 yr olds. For more info, go to www.youth-outlook.org or talk to CCUU member Kimberly Frank.
- **Journey Transgender Support Group** is for anyone transgender, gender queer, androgynous, or gender questioning; meets the 2nd and 4th Sundays, 2:30-3:30 pm in classroom 5. Meetings are limited to people 18 or over, unless accompanied by a parent. For info or to be added to the closed yahoo group, email jb14700@yahoo.com.
- **Great Plains Zen Center (GPZC)** sits meditation on Sundays at 7 pm and offers monthly Intro to Zen workshops. For more info about GPZC’s programs, refer to “Other Religious Voices” bulletin board across from the church office or go to www.greatplainszen.org.
- **AA**: Men’s Meeting: Saturdays, 9-10 am; Women’s Meeting: Fridays, 7:30 pm
- **Job Search Circle (JSC)** meets in Atherton Hall on Wednesdays, 9-11am. $5/meeting. Dress code is business casual. For more info, contact JSC founder Rosemary Monahan, Rmonahan@improve-ization.com.
- **Career Communicators** is a Toastmasters International Club dedicated to professional speaking. Meets in Atherton Hall the 1st & 3rd Tuesday of the month, 7-9 pm. For more info, visit www.careercommunicators.com.
- **St Hubert Job Ministry** Events are nondenominational, free, open to all occupations, and held at various member churches. Upcoming event listings are posted on the Community bulletin board across form the church office or go to http://www.sthubert.org/ministries/job.html.
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://ccuu.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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<td><strong>June 3</strong></td>
<td>Noon: PPC Action Day in Springfield</td>
<td><strong>June 2</strong></td>
<td>May 31</td>
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<td>9 am Open Forum</td>
<td>10 am All-Church Flower Communion Service &amp; childcare</td>
<td>9 am Ministries-Board Planning Mtg</td>
<td>Focus publication</td>
<td>9 am Memoir Makers</td>
<td>10 am The End of Water as We Know It video lecture &amp; discussion (rm6)</td>
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<td>Fellowship &amp; Intro to CCUU</td>
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<td>11 am</td>
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<td>10 am Wellness House Hypnosis Group &amp; Reiki Sessions</td>
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<td>Pride Service &amp; Summer Religious Education</td>
<td>10 am Poor People’s Campaign Deputy Voter Registration class</td>
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<td><strong>Focus publication</strong></td>
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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.

Upcoming Focus Deadlines
Submit all articles by 10 am to ccuu@ccuu.org


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.

Lay Ministers
Ken Bobbe, Coordinator  Melanie Schikore
Karen Greenland  Joy Simon
Barbara Griggs  Chris Smith
For assistance from Lay or Care Ministry, please call Ken or Rev. Hilary.