From Your Board of Trustees

As we begin a new church year, there are a number of noteworthy developments to report.

First, we concluded the year with a surplus sufficient to pay all (or nearly all) of the items on the 2017-18 Reinstatement List, including paying our full fair share of UUA dues. Not only is this significant because it enables us to meet our financial expectations for the year, but it also speaks to the vast well of generosity within this congregation.

Second, with the departure of Jules Jaramillo as our Director of Lifespan Religious Education (DLRE), we will soon be actively engaged in the search process for a settled DLRE. A Search Committee has been convened and they will be moving forward with the process in a swift but thorough and intentional manner.

In the meantime, we are pleased to announce that Kathy Underwood, who has been our Religious Education Assistant for the past 10 months, was offered and has accepted the position of Interim Director of Lifespan Religious Education for one year. She is familiar with and mindful of the UU curriculum, as well as enhanced privacy and other legal considerations.

In addition to ensuring the health and stability of the religious education and adult faith development programs while we are engaged in the search process, Kathy will also be helping to coordinate conversations with families in order to assess the needs of our religious education program. The Board looks forward to working with Kathy over the next year and is committed to meeting the needs and goals of our evolving LRE program.

Finally, thank you all for your continued support, faith, and generosity. Personally, I am immensely grateful for this community, particularly during these uncertain and tumultuous times. It is truly a privilege to be a part of a community that strives to be our best and most faithful together.

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

With gratitude and hope,
Christine Organ
President, Board of Trustees

Collect a Bit of Water

As you go about your summer activities, please remember to collect a bit of water for our All-Ages Ingathering Water Communion service on Sept 9. Our mingling of water is symbolic of the places we learn and grow over the summer, from the garden hose to the ocean.

Nature Prints

At the Flower Communion service on June 3, envelopes of photosensitive paper were distributed. This summer, choose something you’ve found outdoors that awakens your curiosity or wonder, follow the instructions on the envelope of NaturePrint paper to create a photo impression of it. At our Ingathering potluck on September 9, please bring your photo impression and we can share and talk about them as we connect after all our scattered summer plans. There are some extra envelopes of NaturePrint paper in the office if you missed receiving one.

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School Supplies Collection

We are collecting school supply donations for one of our Service Partners, Partners for Our Community (POC). Please bring donations of POST IT NOTES, INDEX CARDS, HIGHLIGHTERS, and KLEENEX to the bins located across from the office. We will be collecting these supplies until August 5 and will give them away at the Better Together Picnic sponsored by POC on August 10 from 4-6pm at Falcon Park. If you would like to volunteer for the Picnic or want more information, contact Matt Myren, 630-992-5627 (cell phone/text).
Minister’s Muse

For the 2018-19 year, we will temporarily move to one service. This was not a decision made lightly. Multiple factors were taken into consideration.

First, despite our membership remaining relatively constant over the last eight years, there is still reason to believe and trust in our future growth in numbers and giving up the earlier time slot on Sunday morning is not something to do irreversibly. Further, the capacity to offer more than one worship time creates marvelous opportunities for varieties of worship styles – when there are funds and volunteers to support it -- and this can provide spiritual nurture to diverse people in our community – for example, people seeking a more meditative opportunity, young adults, etc.

But then...

On one hand, we’ve been holding two services on Sunday morning for eight years and the 2017 – 2018 year is the first one in which there has been a slight increase in the attendance for the first service. The two services have been worth it, in terms of time and energy. What has happened is that the first service has gradually developed a following of folks who find the time convenient, may prefer the smaller sense of community and the more intimate atmosphere.

On the other hand, we have been holding two services on Sunday morning for eight years and it has taken this long for there to be a slight increase in attendance. And this coming year, the energies of the staff and the lay leadership of the congregation will be needed in order to increase our capacity and effectiveness in other areas of congregational life.

– First, we will be in search for a new settled Director of Lifespan Religious Education. While we can’t be certain of the length of that search process – typically a year or less -- it will take some energy and time to do well.

– Second, a single service will give us the capacity both for staff and lay leadership to experiment with offering some lifespan religious education on Sunday mornings, in various formats. It is important to emphasize the experimental nature of this, in part, because congregational life is experimental and evolutionary at its best.

Further, when there are staff changes – particularly in a significant of the ministry of the congregation – such as our Children’s Religious Education program – attendance fluctuates. Streamlining to one service will give us the capacity to focus on supporting our families and attend more effectively to Adult Religious Education needs.

Staff changes happen – they are natural in the life of the congregation. We have been fortunate to have had and still have excellent staff over the years and we will hire more. However, these changes can challenge any congregation. One of the best things that we can do in a time of change for any congregation, is to strengthen the bonds of community – to take more time to get to know one another over coffee, at potlucks, in small group ministry, in meaningful congregational work and learning together, and generally celebrating our common life and purposes as a faith community. We can take some of the freed energy to do these things together.

So, in this upcoming year, you can look forward to

and help to create some new adventures on Sunday morning.

Summer Study Leave & Sabbatical

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 Christine Organ if there is other urgent need.

...Hilary

Beloved Conversations

Countryside Church invites you to participate in Beloved Conversations. This program will begin with a retreat on November 16-17 at Unity Temple UU in Oak Park, IL. CCUU participants will continue to meet for 8 sessions, with the group determining the dates for these gatherings. Beloved Conversations recognizes how centuries of racially informed social, emotional and spiritual practices wound every person, no matter their racial and/or ethnic identity. Nested in the healing and deep work of faith formation, the curriculum calls each participant to reckon with how both their personal and group experiences matter and, when less-than-desirable outcomes are named, how to live and act in a spirit of reconciliation that brings growth and spiritual healing.

If interested, please email Vince Unger, vtunger@comcast.net, or Kathy Underwood, DLRE@ccuu.org, by August 1.

Welcome Our Newest Members

Who joined us on June 10. They will be formally welcomed during our Ingathering Worship Service on Sept 9.

- Damita Fuller
- Judi Holmes
- Tina Mote
- Isobel Peckham
- Mari Peckham
- Victoria Severson
From Our Interim Director of Lifespan Religious Education (DLRE)

Welcomed

This is the first word that comes to mind when I think of my eight months here at Countryside as your Religious Education Assistant. So many of you have blessed me with your warmth, compassion, and support. It has been a pleasure and an honor to walk this path with you.

As I transition to your Interim Director of Lifespan Religious Education, I feel excitement and energy. I look forward to getting to know many more of you this year, and to continuing the passion and work of Unitarian Universalism at Countryside.

I have been asked by several people whether I will assume a permanent position as your DLRE, and the simple answer is “no”. My role this year is to hold the strong and level course that Jules set in her time here and create a calm port for the incoming DLRE. That’s not to say that things will get boring though! One of the joys of this profession is learning about new ways of doing things, tweaking them a bit, and gently adding them into the life of the congregation when appropriate.

I will be working with Hilary, Alison, and Laurie, religious education volunteers, parents, young people, committees, and individuals to discern what it is that YOU want and need to strengthen your faith development and make meaningful connections across all ages, abilities, and identities. My hope is that we can build upon our strong foundation and challenge ourselves in making it even better by:

- Creating opportunities to learn and share from each other, regardless of age
- Letting our UU voice be heard in the larger community through social justice and action
- Honoring and practicing our UU faith through worship and ritual, and ministry to each other
- I invite you to jump on board and take this well-crafted ship to new destinations and experiences!

In faith, Kathy

We Need You...

Come join one of our awesome teaching teams for next year’s religious education program. You can view our class prospectus here - [http://ccuu.org/religious-education/](http://ccuu.org/religious-education/). You can choose to volunteer for half of the year or the whole year. Sign up online: [https://www.signupgenius.com/go/30e0b45caaa2aabf6-children1](https://www.signupgenius.com/go/30e0b45caaa2aabf6-children1).

Please remember that for the safety of children, youth, and adults, we have a Safe Congregation Policy. 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. Do not worry if you are new to CCUU—there are many ways besides teaching for you to support our RE program.

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. If you have any questions, please contact Kathy at dlre@ccuu.org. Thank you!

Full Week Faith

Full Week Faith reminds us to carry our Unitarian Universalism faith into our daily lives. Try to take time each day, individually or as a family, to slow down and engage in spiritual and mindful practices to connect your mind, body, and spirit to our faith.

Chalice Lighting

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

_Blessed is the fire that burns deep in the soul. It is the flame of the human spirit touched into being by the mystery of life. It is the fire of reason; the fire of compassion; the fire of community; the fire of justice; the fire of faith. It is the fire of love burning deep in the human heart; the divine glow in every life._ ~ Harrisonburg Unitarian Church

Spiritual Reflections and Connections

Connecting with our Seven Principles and Six Sources

Each month, we will connect to one of our Principles or Sources. For this month, we will begin with our first principle: _The inherent worth and dignity of every person._

The warmer weather allows us more opportunities to connect to others and nature. Each week try doing one of these practices with a friend, partner, or as a family:

- Do yoga or tai chi outside. Appreciate each other’s abilities and share with each other any challenges you had in trying a certain pose. How does this translate in our first principle?
- Watch a movie through the lens of our first principle. Share your thoughts on which character(s) showed their respect for another’s worth and dignity. Which ones didn’t? Did one prevail over another?
- Take a walk in a neighborhood different from where you live. Encourage yourself to engage in a conversation with someone who appears different from you. Was it difficult to do? What did you learn about this neighborhood and yourself?
- Volunteer for a few hours or more at a local organization or event. How does the work of this organization demonstrate our first principle?

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 July 26 to hear

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 view instructional videos to help us improve our writing.
Upcoming Worship Services

July 8 at 10 am  UU Buddhist Service
    Melanie Terbovic & Buddhist Study Group
    Summer Religious Education classes will be held; young people begin in the classrooms.

July 15 at 10 am  Spiritual Journeys
    Summer Religious Education classes will be held; young people begin in the classrooms.

July 22 at 10 am  A Visitor from UU History
    Summer Religious Education classes will be held; young people begin in the classrooms.

July 29 at 10 am  Blessing of the Animals
    This is an All-Church Service; young people attend worship with their families (and their pets). Feel free to bring well-behaved leashed, crated or caged pets. You are also invited to bring photos of pets that have passed away for our memorial table in the back of the sanctuary.

August 5 at 10 am  Rev. Emmy Lou Belcher
    Summer Religious Education classes will be held; young people begin in the classrooms.

August 12 at 10 am  Rev. Misha Sanders
    Summer Religious Education classes will be held; young people begin in the classrooms.

August 19 at 10 am  Tai Chi as Spiritual Practice
    Last week of Summer Religious Education classes; young people begin in the classrooms.

August 26 at 10 am  Rev. Rudra Dundzila
    Young people attend worship; Nursery and Chalice Children will be available for infants and preschoolers.

Sept 2 at 10 am  Rev. Dr. C. Scot Giles
    Young people attend worship; Nursery and Chalice Children will be available for infants and preschoolers.

Summer Religious Education

Summer Around the World through Aug 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.

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.

Summer Volunteers Needed

Walk in the Woods & Prairie
3rd Sundays, 2—3:30 pm
All ages are welcome to join Interfaith Green Partners, of which Countryside is a founding member, to explore the treasures of our local Deer Grove Forest Preserve. On July 15 and August 19, we will explore Deer Grove East (DGE Parking—off Dundee Road, left where road divides, meet at end of road ). Walks are guided by stewards and naturalists who know how to find those treasures. 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.
Social Action News

Monthly Fair Trade Sale: July 8
Once/month we offer fair trade chocolate, coffee, tea, cocoa, 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.

Countryside’s GOTV Effort Puts Fifth Principle Into Action

A Get Out the Vote (GOTV) campaign is in the works to provide the Countryside Church community meaningful and concrete opportunities to exercise the fifth principle of Unitarian Universalism – “the right of conscience and the use of the democratic process within our congregations and in society at large.”

The campaign follows recent deputy voter registrar training events coordinated by the church and completed by nearly 30 congregants, creating a critical mass of people ready to help drive voter engagement in advance of the November general election.

Below is an overview of the campaign, which will include voter registration events in surrounding communities between August and early October, outreach to encourage early voting and other activities. Look for updates in the coming weeks. If interested in helping, contact Maryanne O’Dowd, mod763@gmail.com or Susan Auld, susanbauld92@gmail.com.

From the Church Office

2018-19 Fiscal Year Began July 1
Pledge statements summarizing 2017-18 and 2018-19 were emailed on July 2. If you missed yours or if that caused some confusion, you may check your giving record anytime using Breeze, our church management system (aka database); download instructions here: http://ccuu.org/breeze-instructions-for-congregation/.

If you pay by check, drop it in the offering plate or mail it to the church office. You may also pay by clicking on the ‘donate now’ button on the front page of the church website. Since we are still somewhat straddling the two fiscal years, please indicate in some way whether your payment is for your 2017-18 pledge or for 2018-19 pledge—and if you are unable to complete your 2017-18 pledge, just start paying your 2018-19 pledge. If you need have questions, please contact the office or treasurer.

Thank you!

Facility Use Volunteers Needed
We are looking for a few church members who would be willing to be present occasionally when outside groups are present, sometimes helping to rearrange tables & chairs, for which the outside group would pay. If you can help in this capacity, let Laurie in the church office know. Thank you!

Recycling Dos & Don’ts
We were recently assessed a contamination charge by Waste Management due to trash contaminating our recycling dumpster. I am reminding the janitorial service and outside groups that use our building of the recycling dos & don’ts, am posting signs on our recycling bins, and will be attempting to put signage on the recycling dumpster itself. I want to provide the same reminders to the congregation.

The larger of our two dumpsters is for trash; the smaller one is for recycling. Please refer to the following Dos & Don’ts, provided by Waste Management:

Recycling Dos
DO recycle all empty plastic bottles, cans, paper and cardboard.
DO keep foods and liquids out of recycling.
DO keep plastic bags out of recycling.

Recycling Don’ts
DON’T bag your recyclables - plastic bags and film get tangled in the machinery.
DON’T include food-soiled items - they can turn an entire load of recycling into trash.
DON’T add sharp or dangerous materials like needles and electronics - they can cause injury to our workers.
DON’T toss in "tanglers" like rubber hoses and wires - they can shut down an entire recycling center!
DON’T include bulky items like propane tanks or construction debris.

What GOTV seeks to accomplish:
1. Help congregants become more informed about key issues relative to the electoral process and to develop a clear, personal plan for voting their issues.
2. Engage the larger community, especially under-represented populations, in the electoral process through voter registration, early voting, and access to voting (i.e. rides to polls).

How we’ll get it done:
• Create and promote activities that support internal and external strategies
• Partner with organizations that afford access and infrastructure to effectively accomplish objectives, i.e. League of Women Voters and ACLU-IL
• Activate CCUU GOTV “street teams” for voter registration events and other activities
• Develop GOTV “tool kit” allowing for easy and consistent execution of activities
• Respond, as able, to emerging opportunities throughout the 2018 voting season
Reflections on General Assembly (GA)

by Leslie Peet

This was my second time attending GA (annual gathering of the Unitarian Universalist Association of congregations), Louisville in 2013 being the first, and the differences between the two were striking and important. The theme was All Are Called; superficially, not a surprising choice for a religious organization, but the interpretation and expression of that theme is important for our faith and the UUA and demonstrates our commitment to address the controversy of the Southeast Region hiring scandal. It was clear from the opening of the first General Session that the focus was the examination and rectification of white (often male) privilege within the UUA and our congregations in addition to our continuing work on social and environmental justice. The expression of this focus started with an African-American woman and a Trans man as co-moderators and continued with more people of color and women on stage and in positions of authority than white males during subsequent GA sessions, through the workshop topics to the Ware Lecture by Brittany Packnett, https://www.uua.org/ga/off-site/2018/ware, and the Sunday sermon by our UUA President Rev. Susan Frederick Gray (you will find a text of the sermon and a video in which the sermon begins at 42:39 on the UUA website—https://www.uua.org/ga/off-site/2018/worship/sunday).

The workshops were abundant and interesting, forcing some difficult choices. One of the most useful for me was Saying Yes and Saying No: Discernment toward Justice. The goal was to help participants avoid burnout by learning how to center on their deepest calling and recognize that saying no helps to focus attention and energy and is not a value judgement about the importance of those causes not chosen. At a time when so much is so wrong, this workshop taught a useful process. Also important for me was hearing the winner of the Women Are Called to Preach sermon award, #MeToo: What Next?, as well as the Covenant of UU Pagans (CUUPS) Summer Solstice Celebration.

There were four of us from CCUU at this GA: Rev. Hilary, Laurie Lantz, Judy Ball, and I; I recommend the experience to everyone. GA will be in Milwaukee in 2021, close enough for day trips.

by Our Congregational Administrator

I attended three and a half days of meetings prior to the start of General Assembly—first, the Board meetings of the Assn. of UU Administrators (AUUA) and then professional development meetings (aka Pro Days) of the AUUA, along with about 45 other administrators. I was officially elected to the AUUA Board at the AUUA annual meeting on June 19 but was invited to attend the Board meetings June 17-19 as a way to get oriented. The AUUA Board meets monthly via Zoom and annually prior to Pro Days & General Assembly.

The AUUA Pro Days focus was on the role of administrators in racial justice work. We heard some inspiring speakers and were given some tools that I am sharing with Rev. Hilary and the Board. We also got our annual update from the UUA Office of Church Staff Finance, which keeps us informed of changes in the administration of compensation and benefits, and had a session on self-care—various ways to keep our “wells” filled to be able to do our best work. Attending AUUA Pro Days each year is one way that I keep my “well” filled. Meeting face-to-face with others doing UU administration, sharing, and learning new things is refreshing and inspiring.

Attending General Assembly is also inspiring. Witnessing the thoughtfully and skillfully led process during general sessions, where by-laws amendments, study action issues, and actions of immediate witness are discussed, debated, and voted on by thousands of UUs representing hundreds of congregations is impressive. There are worship services every day that are uplifting—we have a lot of talented ministers and musicians in our denomination, and the Youth and Young Adults who participate in General Assembly and who lead the Synergy Bridging Service and this year’s Saturday morning worship are incredible! I attended workshops on leadership development, the white supremacy teach-ins, UU class conversations, worship design, and one particularly inspiring Evensong session/service. I met and chatted with members of all sizes of congregations (from 50 members to 1400 members and in between), all trying to learn more about how to improve the ministries of their congregations to effectively spread the good news of Unitarian Universalism.

If you are ever able, I highly recommend attending a UUA General Assembly. To start your planning, here are the future dates & locations:

- June 19-23, 2019: Spokane WA
- June 24-28, 2020: Providence, RI
- June 23-27, 2021: Milwaukee, WI (we ALL might be able to go then!)
- June 22-26, 2022: TBD
- June 21-25, 2023: Pittsburgh, PA

And if you can’t attend GA in person, it is possible to participate online—as a participant or as a delegate, voting on behalf of Countryside Church UU. I participated online in 2017, and while the experience is different, the democratic process and interaction among online participants is still educational and inspiring. If there were a small group of people to watch the online GA events together, it would likely be even more fulfilling.
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
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!)

Attention all 40-50 Somethings who are looking for some summer fun! Join us on Friday, July 13 at 7 pm for a game night at Mary Beth Van Wijk's home. Usher in August with a night of socializing and live music on Friday, August 3; we'll meet at Leslie and John Vaughn's home and go from there to Twin Lakes for live music on the deck - time to be announced. Newcomers, latecomers, and non-members are welcome. Contact Mary Beth Van Wijk, 4050s@ccuu.org for more details.

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 July 27 will be Barbara Skalinder, whose poems resonate with the songs the world sings, be they hallelujahs or dirges; they record the way life is perfect because it is perfectly what it is. The readings are open to the public, and all who love poetry are welcome to join us in classroom 6.

Open Forum Discussion
Sundays, 9-9:50 am
Please join us in classroom 5 to discuss “the issues of the day” while respectfully welcoming different perspectives. Topics for the upcoming two Sundays are least likely to change, but current events developments or other factors sometimes inspire us to switch. To be added to our email list for receiving notices and suggested readings, email vidaxel@axeldesigns.com.

- July 8: Repercussions of the Trump Cabinet’s Actions, Part 3 of 4: Mental Health Issues
- July 15: Repercussions of the Trump Cabinet’s Actions, Part 4 of 4: Immigration
- July 22: Is there financial slavery in the 21st century? Debt, college tuition, and golden handcuffs
- July 29: Amazonia? Corporate vs. Government Power on the Global Stage, Now and in the Future

Summer Yoga Fundamentals
1st Thursdays, 6—7 pm, July & August
Join Laura from 6 to 7 pm on 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.

Atheist, Humanist, Agnostic (AHA) Discussion
2nd Tuesdays, 7 pm
All are welcome to join us in classroom 4. On July 10, we will watch and discuss a debate on the existence of God between Professor, philosopher, and noted Atheist AC Grayling and Rabbi Daniel Rowe. AC Grayling has written many books and articles on atheism. Rabbi Daniel Rowe completed a postgraduate in the philosophy of mathematics. The two went head-to-head amidst a packed hall in London in June 2016.

Book Discussions
Book Circle: July 22
All are welcome to join us in classroom 6 to discuss The Great Lakes Water Wars by Peter Annin. We gather at 6:15 pm, discussion begins at 6:30 pm.

Last Mondays Book Group: July 30
Join us at 7 pm in the Stokes Room to discuss A Gentleman in Moscow by Amor Towles. In August, we will discuss Eleanor Oliphant is Completely Fine.

Drum Circle
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

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.
Soul Connections

As many of you already know, at Country-side, we explore monthly ministry themes through our worship services and in our religious education program; we post questions for reflection on the theme in this monthly newsletter and in the hallway of our building. You can also reflect on the themes while getting to know others through participation in Soul Connections, our small group ministry, which will begin again in September—stay tuned for info about how to join a group. The themes that we’ll explore in 2018-19 are:
- September: Vision
- October: Sanctuary
- November: Memory
- December: Mystery
- January: Possibility
- February: Trust
- March: Journey
- April: Wholeness
- May: Curiosity
- June: Beauty

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, cceu@ccuu.org. Be sure to include the date of your request.

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.

Explore Unitarian Universalist History Through Summer Reading

From Harvard Square Library, a digital library of Unitarian Universalist Biographies, History, Books, and Media

While there are many Unitarian Universalist authors, not many novels take on explicitly Unitarian Universalist subject matter. Here are four exceptions—all highly readable pieces worthy of space on your beach blanket and each with its own take on Unitarian Universalist history. Explore these Summer Reading suggestions at:
http://www.harvardsquarelibrary.org/featured-new/summer-reading-explore-unitarian-universalist-history-

The UU Common Read

A Common Read invites participants to read and discuss the same book in a given period of time. A Common Read can build community in our congregations and our movement by giving diverse people a shared experience, shared language, and a basis for deep, meaningful conversations.

Each year, the Unitarian Universalist Common Read is chosen by a committee including both headquarters and field staff of the UUA. Anyone may nominate a book. More info about how to nominate a book for 2019-20 can be found at https://www.uua.org/books/read.

Common Read 2018-19

The Common Read Selection Committee is pleased to announce the 2018-19 Common Read: Justice on Earth: People of Faith Working at the Intersections of Race, Class, and Environment, edited by Manish Mishra-Marzetti and Jennifer Nordstrom ( Skinner House Books, 2018).

At a time when racial justice, environmental justice, and economic justice are seen as issues competing for time, attention, and resources, Justice on Earth explores the ways in which the three are intertwined. Those on the margins are invariably those most affected by climate disaster and environmental toxins. The book asks us to recognize that our faith calls us to long-haul work for justice for our human kin, for the Earth and for all life. It invites us to look at our current challenges through a variety of different perspectives, offers tools to equip us for sustained engagement, and proposes multiple pathways for follow-up action.

Justice on Earth is available at inSpirit: UU Book and Gift Shop. A discussion guide for congregations, offering both a single session and a three-session format, will be available online Octo-

Used Bookshelf

This small fundraiser for the church operating budget is in Atherton Hall. If you have books which you no longer want, you may place them on the shelf. If you see a book on the shelf you’d like, we ask that you leave $1 per book in the box on the shelf. Periodically, it is refreshed by donating all the books to Palatine Library book sale.
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<td><strong>This calendar shows upcoming Church meetings &amp; events. All meetings and events held in the building are listed on the church website, under Programs &amp; Events - <a href="http://ccuu.org/calendar/">http://ccuu.org/calendar/</a>. If your meeting or event is not listed, please submit a room reservation form (available in the office or on the website with the calendar) to the office.</strong></td>
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<td>9 am Open Forum</td>
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<td>7pm 40-50s Outing</td>
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<td>The Earth and her health is a problem and for the youth of this world it is scary because we want the future to be on a planet that is green and full of life. I want to be able to show my kids New York City above water. I want to be able to take my kids to the zoo and see a polar bear in real life and not just read about them in books. I want my kids to grow up in a world where they can breath clean air and drink clean water, and live a life surrounded by nature and life.</td>
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<td>Kids are doing some amazing things to fight climate change in Indiana where I live. Groups of youth have gotten resolutions passed thru 3 major cities including the capital of Indianapolis for communities to agree to go carbon neutral by 2035 and youth are working to get similar resolution passed in 3 more towns in the state. High school senior Jonny Cohen created Green Shield in his garage - it’s an inexpensive device when put on a school bus decreases fuel use by 25%.</td>
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<td>And if we look at the big weather map—we see Little Miss Flint, Mari Copeny who reminds us that it’s four and a half years since there was clean water in her city. And so many other places.</td>
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<td>Enough is Enough. We despair, and we are tied up in knots of worry. AND…</td>
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<td>We gather as faithful justice makers to do what we CAN do—all of us—young, old, and in between. Even if we are afraid, or overwhelmed by the storms that threaten our lives.</td>
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<td>~ From Saturday Morning Worship: Frayed? Not!, led by the Youth@GA</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
Countrywide 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
- July 23 (publ. Aug 1)
- Aug 7 (publ. Sept 6)
- Sept 24 (publ. Oct 3)

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
Karen Greenland
Barbara Griggs
Melanie Schikore
Joy Simon
Chris Smith

For assistance from Lay or Care Ministry, please call Ken or Rev. Hilary.