Staying with One-Service Schedule (for now)

Excerpt from July Minister’s Muse

For the 2018-19 year, we will stay at one service. This was not a decision made lightly. Multiple factors were taken into consideration. While there is reason to believe and to trust in our future growth in numbers, which leads us not to give up the time slot irreversibly, this coming year, the energies of the staff and the lay leadership of the congregation will be needed to increase our capacity and effectiveness in other areas of congregational life — such as the search for a new settled Director of Lifespan Religious Education and the experimenting with offering lifespan religious education in various formats on Sunday mornings.

When there are staff changes – particularly in a significant ministry of the congregation – attendance fluctuates. Streamlining to one service will give us the capacity to focus on supporting our families and attending more effectively to Adult Religious Education needs.

Staff changes happen; they are natural in the life of the congregation. We have been fortunate over the years to have had and still do have excellent staff, and we will hire more. Changes can challenge any congregation. One of the best things that we can do in a time of challenge 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 purpose 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.

Monthly Potlucks

“More potlucks!” was a cry heard at one or more planning meetings last spring. This year, with our staying at a one-service worship-RE schedule for the time being, we want to take advantage of the opportunity for us all to come together for food and fellowship at Monthly Potlucks to be held in Atherton Hall after worship and religious education. Our first one will be for Ingathering on September 9.

So start checking your favorite recipe sites—or cookbooks, for those of us who still have them—for good dishes to share! Our monthly potlucks will also be an opportunity to get to know one another a little better. We will make an effort to “mix it up” so you can meet new people - one month we might sit by birth month, another by some other theme. We may even provide some conversation starters.

We need teams for set-up and clean-up. Individuals or families can sign up; committees or other groups might want to sign up as a team as a service project or a way to promote your group. The Board of Trustees has already signed up. Simple set-up and clean-up checklists will be available.

- Set-up can mean simply setting up tables & chairs. If the team is feeling creative, you might want table decor or room decor. Supplies such as plastic tablecloths, paper goods, and flatware will be at church; no shopping required unless you want something special.
- Clean-up will involve putting away tables & chairs, vacuuming, and taking trash & recycling to the dumpsters.

To get your pick of a potluck team, go to www.SignUpGenius.com/go/70A044EA4A72FA13-monthly today.
Minister’s Muse
Technology. It’s great when it works. But for the past month, my laptop has been at ‘summer camp,’ and I’ve been using my phone and an old, old computer to try to get work done. Now, what’s interesting about this isn’t just the absolute demise of customer relations and the utter foolishness of having the goods and services we need outsourced beyond our ability to make them convenient or useful to us. No, what’s interesting about this is what it has done to me over the past month. Once again, I’m doing things for which I don’t need the large screen of the computer or a fast processor. My phone is small, I admit that, but on my phone, I’ve been able to keep studying Spanish, using Rosetta Stone and various Spanish language game apps. So, on the one hand, I am frustrated, and on the other hand, que sera, sera.

Studying a language – a pastime I’ve done far too little of in my life – is one of the most invigorating things I can imagine. It opens up new circuits in the mind and blows the dust out of some unused circuits. Studying a language is like meditating for me. The repetition, the need for attending to it. There is something about it that brings me freedom and peace. In addition, studying a language brings me hope. There is the hope that I can communicate with new people. It’s different than when I was studying biblical Hebrew. I loved the exercise of studying and want to get back to it. But, years ago, when I stepped off the plane in Tel Aviv, it was very difficult to speak with other people because I had no contemporary vocabulary and no conversational experience.

With Spanish, it’s all here and now. Of course, I’m learning contemporary Spanish as opposed to 3000-year-old Spanish. That’s a big difference. The other day, as I was thinking about a desire to be in a Spanish language environment, I realized I could find more than one all over the city of Chicago and here in our area. I even discovered that there are MeetUp groups in our area, where you can have lunch or coffee with others learning Spanish and practice. Of course, I don’t feel quite ready for that. I’d like to be able to ask for la leche y el azucar without feeling so bashful. And then, there is the opportunity to listen to Spanish radio stations. This I have found somewhat frustrating. On the one hand, I love the way that Spanish is so melodic, so flowing, the way the words can run into each other which only enhances the beauty of the sound. On the other hand, when the announcers start speaking really fast – I’m lost. I did find a TV series on Netflix called El Ministerio Del Tiempo – perfect for me, science-fiction and Spanish! Except for one thing – it’s Spanish from Spain so it is a bit of a different animal – still, I’m picking up words and experiencing an immersive environment while using subtitles so that I’m not completely guessing about the action. Fundamentally with Spanish, there is the opportunity not simply to learn the language for my own fun and mental exercise but for the opportunity to be able to speak with people for whom English may be a second language while Spanish is the first.

In Canada, there seems to be a tension between French and English. Some who would like the languages to get along and coexist, others who would like English to dominate, and others who believe that French should be

Minister’s Muse, cont’d

On 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.

If there is an urgent need, I will be reachable through our administrator Laurie Lantz and our Board President Christine Organ.

Participate in Beloved Conversations
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.

This special program begins with a 1 ½ day retreat on November 16-17 at Unity Temple UU in Oak Park. From there, CCUU participants will meet for 8 sessions, with the group determining the dates for these gatherings. We have space for 8 more participants – perhaps you?

If you would like to participate in this powerful and much-needed conversation, email Kathy, DLRE@ccuu.org, TODAY (August 1 deadline so we can know if we have enough participation to proceed).
From Your Board of Trustees

Greetings! There are several exciting developments to report. As mentioned in the previous Focus, we anticipated paying all (or nearly all) of the items on the 2017-18 Reinstatement List. I am pleased to report that we have, in fact, paid all remaining necessary reinstatement items. The reason for the excess funds in the 17-18 church year were multi-faceted, including below-budget expenses, donations that exceeded pledges, and the payment of past due pledges from the 16-17 church year. This demonstrates the vast generosity and commitment of CCUU members to honoring their pledges and supporting this community.

The DLRE Search Committee is hard at work preparing the materials necessary to find the best candidate to lead our religious education program. Ann Blymire and Ed Rotchford have agreed to serve as co-chairs of the committee, and other members include: Linda Berry, Lisa Bohne, Kathy Motto, and Leslie Vaughn, along with the support of the Board of the Trustees and Rev. Hilary.

Finally, after much hard work by Board Secretary Kathi Hillyer and former Board President Karen Noorani, we are pleased to announce that the CCUU By-Laws, Policies, and Forms are now AVAILABLE ONLINE. The information can be accessed at http://ccuu.org/ccuu-operations-manual. We hope that the accessibility of this information will help committees and members move forward with their work and facilitate progress as we serve the needs of CCUU and the community.

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

With gratitude,
Christine Organ
President, Board of Trustees

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

Sept 30 & Oct 7, 11:30 am—2:30 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. Future sessions have been scheduled for Feb 10 & 17 and June 2 & 9. Sign up at the greeter window or email Tom MacTavish, Membership@ccuu.org.

Summer Movies with Meaning

Fri, August 10, 7 pm ~ Outside!

Please join us for a special summer edition of Movies with Meaning—outside on the north lawn. We’ll picnic from 7-8 pm and watch the film from 8—9:30 pm. Please bring your own lawn chair.

Sponsored by Soul Connections, this movie is offered a chance to make some connections with others in the congregation and as a kick-off to the fall season of our small group ministry program—more info below. Popcorn & beverages included for your enjoyment at this gratis event. For more info, contact Don Bussey at MoviesWithMeaning@ccuu.org.

Soul Connections

As many of you already know, at Countryside, 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

Create Monthly Themed Art

Congregants of all ages are invited to create an original piece of art that represents what the monthly theme means to you in any medium. Bring your original artwork to church the last Sunday of the preceding month. Artwork will be displayed in the Sanctuary or elsewhere in the building as appropriate. For more info, contact Alison Vernon, music.director@ccuu.org, or Lois Phillips.

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

If your family didn’t get an envelope of photosensitive paper in June, please pick one up from the table outside the Sanctuary. Choose something outdoors that awakens your curiosity or wonder; follow the instructions on the envelope of NaturePrint paper to create a photo impression of it. Please bring your photo impression to the Ingathering potluck on Sept 9, so we can share and talk about them as we connect after our scattered summer plans.

Have a Smart Phone or Tablet?

Download the free Breeze CHMS (church management system) app! Once downloaded, the church ID is CCUU. Check your giving and access the church directory right from your phone.

With gratitude,

Christine Organ
President, Board of Trustees
From Our Interim Director of Lifespan Religious Education (DLRE)

As I write, I am almost three weeks in as your Interim Director of Lifespan Religious Education. The to-do list is growing but it doesn’t feel burdensome. Rather, it is energizing to talk to others at Countryside about the possibilities for the coming year!

I would like to take this opportunity to thank the people who have helped me personally, as well as those who have volunteered in the summer program: Linda Berry, Debbie Lee, Crystina Smith, Michelle Hitchcock, Juli Cicarelle, Jen and John Alton, Lisa Eddin, Chris Kowske, Jenny and Andres Morales, Angela Lis, and Pratik Mamtora. And of course, Laurie Lantz, who knows everything one needs to know at Countryside!

Looking towards September, I will be meeting with the Family Ministry Team to share ideas on how families can get to know each other better and to explore what they need from our faith community. I will be working with Rev. Hilary to coordinate meaningful adult faith programming as well.

There are plans to have a Coming of Age program for 8-9th graders this year as well as Our Whole Lives Sexuality Program for 10th-12th graders.

Of course, we will continue with our Sunday program and Faith in Action projects during the year. There will be many ways for everyone to participate! If any of the programs I mentioned interest you or your family, feel free to call or email me, or stop in to chat. My office hours are posted on the wall outside of my door or call to set up a time to meet for coffee or tea.

In faith, Kathy

It Takes a Village...

It might sound obvious, but it really does take a village to raise a child. While parents are the primary influence on their child’s faith formation, parents need the support of our community to be spiritually fed themselves. With the care of our many volunteers, parents can worship knowing that their children are safe and being spiritually fed too.

Volunteering in the religious education program benefits the volunteers too! You will learn new things about the young people and yourself, and have experiences that you will not get otherwise. You can choose to volunteer for half of the year or the whole year. Sign up online: https://www.signupgenius.com/go/30e0b45acaa2aaafb6-children1

There will be a Teacher Orientation on August 19 after the worship service where you can learn more about the program, meet other teachers, and ask questions. Please remember we have a Safe Congregation Policy and require a current criminal background check for those working with our young people. We also ask that volunteers be actively engaged within our church community for at least a year prior to teaching. If teaching is not for you, there are plenty of other opportunities to help our program!

Join us in creating a vibrant 2018-19 program for our children and youth. I guarantee that you will find yourself learning, growing and connecting to our faith and this community. Please contact Kathy at dlre@ccuu.org for more info. Thank you!

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.

Chalice Lighting

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

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

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 explore our second principle: Justice, equity and compassion in human relations. As summer continues, take the opportunity to get out in your neighborhood or seek refuge out in nature. Here are some suggestions for exploring our second principle:

• Talk with a friend, partner, or children about a recent time when they experienced injustice or unfairness. How did they react? Do they think about our second principle when these incidents occur? Why or why not?

• Watch a movie or television program through the lens of our second principle. How did the character(s) handle the times when they were being treated unfairly or witnessed another being treated unfairly? What were the consequences of their (in)actions?

• Explore on the internet organizations in your area that advocate for underserved and oppressed people. What organizations spike your curiosity and passion? How can you help them in their endeavor to make the world a more equal and just place?

• While out and about, look at your surroundings more closely. Do you notice an invisible dividing line between neighborhoods, such as a change in the size of houses, an increase in multi-family housing, run-down buildings? If others are with you, share your thoughts and feelings on why this is. What can you and your family or friends do to make things more equitable in your area?

Summer Religious Education

Summer Around the World through Aug 19

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. More info at http://ccuu.org/summer-religious-education/
We are now on our Summer Worship Schedule. Services & Religious Education classes are on Sundays at 10:00.
Nursery care and Chalice Children will be available every Sunday for infants and preschoolers.

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/

Aug 5 at 10 am        Rev. Emmy Lou Belcher
This morning’s worship leader is Minister Emerita of the DuPage UU Church in Naperville. 
Summer Religious Education classes will be held; young people begin in the classrooms.

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

Aug 19 at 10 am       Tai Chi as Spiritual Practice  Leslie Peet, Melanie Terbovic, Bob Dow
Last week of Summer Religious Education classes; young people begin in the classrooms.

Aug 26 at 10 am       Sabbath Rest  Rev. Rudra Dundzila
Our pulpit guest this morning serves as Associate Pastor for Community Ministry at Peoples Church of Chicago and as 
Professor of Comparative Religion and Humanities at Harry S. Truman College.
Young people attend worship; Nursery and Chalice Children will be available for infants and preschoolers.

Sept 2 at 10 am       Traveling in Circles with a Purpose  Rev. Dr. C. Scot Giles
Rev. Giles’s service will be about compassion and the importance of self-compassion.
Young people attend worship; Nursery and Chalice Children will be available for infants and preschoolers.

Sept 9 at 10 am       All-Church Ingathering and Water Communion Service
Young people attend worship; Nursery and Chalice Children will be available for infants and preschoolers.

Summer Volunteers Needed
Think about when you first came to Countryside Church. Who welcomed you (or didn’t)? Can you make others who arrive on Sunday morning feel as welcome as you felt – or more so? Being part of CCUU’s hospitality is a way to get to know other church members while making newcomers feel welcome. The more people who participate, the less frequently any one person has to show up.

Please remember to sign up online to help - http://www.signupgenius.com/go/70a044ea44a72fa13-sunday. If you have questions about what is involved, please contact the church office. Thank you, all!

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 August 23 to experience China through Dayle Roberts’s eyes. Dayle traveled to China in March 2016 for 2 ½ weeks. She will be sharing a multi-media presentation of her trip. The trip involved 7 flights, two river cruises and lots of stairs! Highlights include: Beijing, Great Wall of China, Terra Cotta Army, Yangtze River Cruise, Three Gorges Dam, a visit to a local school, Shanghai, Gillian and Hong Kong. Please plan to attend – you might even learn a few words of Chinese!

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.
Monthly Fair Trade Sale: Aug 12

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.

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.

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

GOTV Activities Scheduled:
- Voter Registration table at Partners for Our Community’s (POC) Better Together Picnic at Falcon Park on Aug 10 from 4pm-6m.
- Voter Registration tables at POC on August 22, 23, and 24.
  The GOTV Task Force will meet on August 7 to plan additional GOTV events and will communicate those to the congregation as they are developed. For more info, email Maryanne O’Dowd, mod763@gmail.com or Susan Auld, susanbauld92@gmail.com.

2018-19 Share-the-Plate Organizations

The Social Action Committee and the Outreach Steering Committee together oversee this program. Recommendations come from the congregation. Through Share-the-plate, half of the cash collected in the offering is given to a charitable, non-profit organization.

The following schedule has been set for 2018-19; descriptions of the organizations are available in a share-the-plate brochure on the Service Ministry table in Atherton Hall.

<table>
<thead>
<tr>
<th>Date</th>
<th>Organization</th>
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<tbody>
<tr>
<td>July 29 (Blessing of Animals)</td>
<td>Young at Heart Pet Rescue</td>
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<td>Sept 2</td>
<td>ACLU Foundation</td>
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<td>Sept 9</td>
<td>Minister’s Discretionary Fund</td>
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<td>Sept 23</td>
<td>UU Prison Ministry of IL</td>
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<td>Oct 4</td>
<td>Black Lives of UU (BLUU)</td>
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<td>Oct 21</td>
<td>Mano a Mano</td>
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<td>Nov 4</td>
<td>UU Advocacy Network of IL (UUANI)</td>
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<td>Nov 18</td>
<td>2 Li’l Fishes</td>
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<td>Dec 2</td>
<td>New Poor People’s Campaign</td>
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<td>Dec 16</td>
<td>UU Musicians Network</td>
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<td>Jan 20</td>
<td>Lawndale Christian Legal Center</td>
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<td>Jan 27</td>
<td>UU Society for Community Ministry</td>
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<tr>
<td>Feb 10</td>
<td>The Citizens Foundation USA (TCF-USA)</td>
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<td>Feb 24</td>
<td>Gender Cool Project</td>
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<td>Mar 3</td>
<td>Clearbrook</td>
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<td>Mar 17</td>
<td>The Build Team</td>
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<td>Mar 31</td>
<td>Palatine Township Senior Center</td>
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<tr>
<td>Apr 21 (Easter)</td>
<td>Minister’s Discretionary Fund</td>
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<td>Apr 28 (Earth Day Svc)</td>
<td>Citizens for Conservation</td>
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<td>May 5</td>
<td>Revolution Workshop</td>
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<td>May 26</td>
<td>NAMI Northwest Suburban</td>
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<td>June 2</td>
<td>UU Trauma Response Ministry</td>
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<td>June 9</td>
<td>Youth Outlook</td>
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<tr>
<td>June 23 (GA worship live stream)</td>
<td>the charity selected by UUA as recipient of General Assembly worship offering</td>
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We’ve had inquiries about a share-the-plate for the victims of the fire in Prospect Heights. We don’t have anything planned; the village has announced that the best way to help is by donating to the Red Cross. Other initiatives include:
- High School District 214 has partnered with Wheeling High School to create a website to raise money for the 14 WHS students and their families displaced by the fire: http://give.livingtree.com/c/help-whs-students-displaced-by-fire
- School District 21 is accepting donations for at least 26 students who attend Frost Elementary and Holmes Middle schools through its Katie Samsel Foundation, ccsd21.org/katiesamselfund.
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: Fri, Aug 3
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!)

Usher in August with a night of socializing and live music on Friday, August 3; we’ll meet at Leslie and John Vaughan's home, 102 S Winston Dr in Palatine, at 6:30 pm and leave from there about 7:30 to walk to Twin Lakes for live music on the deck, 7:30-9:30. You are NOT allowed to bring alcohol into the park but drinks are available for purchase. We can bring snacks. Please bring your own blankets or lawn chairs. Feel free to bring snacks. Most importantly, bring bug spray! No RSVP needed, but if you RSVP, we will wait for you. Newcomers, latecomers, and non-members are welcome. Email 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 August 24 will be Gail Goepfert; her poetry echoes her photographic eye, honing in on the natural world & the world of image...at once bold and beautiful. 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 vidxel@axeldesigns.com.

• Aug 5: Replace the Electoral College?
• Aug 12: Beyond MAD—Planning Better to Prevent Even Deadlier Nuclear Conflict
• Aug 19: Arbitration Clauses and the Right to use the Courts
• Aug 26: Disruptive Technology, Privacy, and Ethics
• Sep 2: Learning from WWI to help in the 21st Century, part 1: Global Security vs. Principles, Anxieties, Realities
• Sep 9: Learning from WWI to help in the 21st Century, part 2: Proposals at the UN—Foreordained Failures?

Summer Yoga Fundamentals
August 2, 6-7 pm
Join Laura for the last of this summer series, which 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. In August and September, we will watch Judgment Day: Intelligent Design on Trial, a documentary on the case of Kitzmiller v. Dover Area School District, which concentrated on the question of whether or not intelligent design could be viewed as science and taught in school science class. We will watch and discuss the first hour of the video on Aug 14 and finish on Sept 11.

Book Discussions
Last Mondays Book Group: August 27
Join us at 7 pm in the Stokes Room to discuss Eleanor Oliphant is Completely Fine by Gail Honeyman. In Sept, we will discuss Exit West by Mohsin Hamid.

Book Circle: Sept 16
All are welcome to join us in classroom 6 to discuss Enlightenment Now: The Case for Reason, Science Humanism, and Progress by Stephen Pinker. We gather at 6:15 pm, discussion begins at 6:30 pm.

Common Read 2018-19
The UUA announced this year’s 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. Stay tuned for info about discussion of the book at CCUU, as well as opportunity to purchase at a discount.

Drum Circle: Aug 25, 7 pm
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

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.
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 Unitarian 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!

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.

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.

WINGS Stores need Men’s Clothing
They are in need of suits, shirts, pants, and shoes. Drop off your donations at any of their stores. For more info, go to www.wingsprogram.com. The mission of WINGS Program is to provide housing, integrated services, education, and advocacy to end domestic violence.

UU Men’s Retreat
Jan 25-27, 2019
Join other UU men from Oak Park, Evanston, Naperville, and the Chicago area. The retreat will begin at 7:30 pm on Friday and end about Noon on Sunday. The program is still being refined, but the title will be something like Sharing Our Stories, the healing power of storytelling. We will help each other to tell stories from our past and find meaning for us now. Cost: about $200-$250, including meals. Scholarships are available. This is a great way for UU men to get to know self and each other and to develop some significant relationships. Mark your calendar and watch for more info to come in the fall.

UU Buddhist Fellowship Convocation
Apr 25-28, 2019 ~ Registration Now Open
Making the Invisible, Visible: A Multimedia Exploration of Race & Racism in the US through a Buddhist Lens will be led by Dr. Jan Willis, Professor Emerita of Religion at Wesleyan University and now Visiting Professor of Religion at Agnes Scott College. She has studied with Tibetan Buddhists in India, Nepal, Switzerland, and the U.S. for five decades and has taught courses in Buddhism for over forty years.
Sign up soon, as this will be advertised in the UU World and is likely to fill up considering the timeliness of the topic. Go to http://uubf.org/wp/uubf-convocation-2019/ for more info and to register.

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-treenut-practices/.
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/](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>Aug 5</td>
<td>9 am Open Forum</td>
<td>10 am Worship Service &amp; Summer Religious Education</td>
<td>11 am Intro to CCUU &amp; Fellowship</td>
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Aug 17-19: Countryside & Evanston UU Camping Trip
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.

Follow us on Facebook
https://www.facebook.com/pages/Countryside-Church