From Your Board of Trustees

As the summer winds down, and we gather together again in a new church year, I’ve been reflecting on what it means to be part of this faith community. Earlier this week, a coworker asked me about what it means to be a Unitarian Universalist. I’m always eager to share my love of this faith and this congregation with others, but I kept coming back to one piece in particular.

It isn’t so much what we believe or what we don’t believe, as it is our shared faith in each other that holds us together.

We come from varied paths, and we are on separate journeys – with respect to our religious/spiritual beliefs as well as all of the other aspects of our lives. But regardless of where we are in our lives, we come together with a shared faith, regardless of our individual and diverse beliefs.

We share a faith in this community. We share a faith that we are better than the sum of our parts. We share a faith that together, we can do more and be more than we can be alone. We share a faith in each other.

And that, my friends, is a true gift.

Ultimately, as a faith community, we are just that – a community. We are a group of people, aligned in our shared vision and mission.

In other words, we are what we bring to this place. We get from this community what we put into it. We receive the gifts we give.

The upcoming church year is sure to be an exciting time for CCU. We are actively engaged in a search for a new DLRE, and the Search Committee will be seeking your input as part of that process.

The Board of Trustees is also continuing to look at ways to ensure our financial stability and wellbeing, which relies on the commitment and generosity of the entire congregation as well. As mentioned above, we have faith in this community and in all of you. So please stay tuned for more information in this regard.

We look forward to gathering together again as we embark on building the beloved community together.

In faith,

Christine Organ
President of the Board of Trustees

Meet Our Ministries Fair: Sept 23

Learn How We Live Our UU Values

Make plans to join us in Atherton Hall on Sept 23, immediately following worship, to learn about opportunities for you to explore your interests and passions; share your talents; and more thoroughly enjoy your Countryside experience this church year. Representatives from many of our congregation’s programs and committees will be available to fill you in on what they do and how that is connected to our UU values and principles. Come discover ways that you can contribute to our community, while getting better acquainted with your fellow Countrysiders! As our congregation President, Christine Organ, wrote in her column above, “We get from this community what we put into it. We receive the gifts we give.” See you on the 23rd!

Inside This Edition...

- Minister’s Muse... Participate in Beloved Conversations... Festival of Faiths: Advancing Justice in Our Communities... 2
- From Our Interim DLRE... The Magic Number... In Memoriam... In Sympathy... Intro to CCU & Path to Belonging... Transitions... 3
- Upcoming Worship Services... Join the Choir... Yoga... Sunday Volunteers Needed... 4
- From the Endowment Committee... Full Week Faith... Young Adult CON... Download the Breeze app... 5
- Monthly Theme: Vision... Join a Soul Connections Group... Calling All Creatives... 6-7
- Social Action News: monthly fair trade sale, Get Out the Vote effort... Green Sanctuary: Walk in the Woods & Prairie... Help the Community: Be a Poll Worker... 8
- 20-30 Somethings... 40-50 Somethings... AHA Discussion... Book Discussions... Drum Circle... Feminine Divine Women’s Group... Mary Oliver Poetry Series... Open Forum Discussion... Stoking Justice... 9
- From UU Bulletin... Wellness House Hypnosis Group & Reiki Sessions... UU Men’s Retreat... UU Buddhist Fellowship Convocation... Reminder: Nut-free Practices... 10
- Church Meetings/Events: Sept-Oct 11
- Focus Deadlines... 12

Register Your Children for 2018-19 R. E.

Religious Education classes begin September 16. For safety and planning, it is important that all young people, infants through high school, be registered. Please use the online registration form, https://ccuu.breezechms.com/form/7ce15d25.

Contact Kathy, DLRE@ccuu.org or 847-359-8440 x4, with any questions.

Register ONLINE
Minister’s Muse

You know, sometimes you just feel like you’re late to the party. The party where everything is happening – everything new – everything that’s going to change the face of fill–in–the–blank forever. Or maybe it’s just that the party really hasn’t started yet. Sometimes, maybe, you feel like you just don’t have IT. He does. She does. They do. But you just don’t.

I felt a little late to the party when I was talking with my grown stepson James this morning. James, a musician, spends lots of his life on the road, but some of the sustenance to his creative roots is in New York City. We were talking about that and he mentioned this notion of “scenius,” a word coined by musician and generally innovative thinker Brian Eno. Oddly, I’d never heard the word before – odd because it’s been around for at least 10 years – ergo – “late to the party.”

In an interview in Synthopia, in 2009, Eno wrote, I was an art student and, like all art students, I was encouraged to believe that there were a few great figures like Picasso and Kandinsky, Rembrandt and Giotto and so on who sort–of appeared out of nowhere and produced artistic revolution. As I looked at art more and more, I discovered that that wasn’t really a true picture. What really happened was that there were sometimes very fertile scenes involving lots of people – some of them artists, some of them collectors, some of them curators, thinkers, theorists, people who were fashionable and knew what the hip things were – all sorts of people who created a kind of ecology of talent. And out of that ecology arose some wonderful work.

The idea of scenius excited me immediately, because that’s how I think about human creativity and the best of human life, in general. Scenius is how I know there is no Steve Jobs or Bill Gates or any geniuses who arise on their own. The genius they bring arises as a result of “scene” – atmosphere, creative exchange, right moment, the coming together of a score of elements.

We aren’t really creatures of solo genius – not even the Mozarts among us, though there are precious few of those anyway. We are social creatures who need a magical balance of sound and silence, companionship and solitude, dialogue and introspection, action and reflection, structure and permission. And just as “the greatest of these is love,” the greatest of these is the discovery of an environment in which true creativity is cultivated in us, meets creativity around us, changes it and is changed by it.

It can’t all be helter-skelter, of course, because then things are destroyed as soon as they’re formed. Can’t all be lockstep, because then things are destroyed even before they’re formed.

I’ve seen scenius in congregational life (in board meetings, worship meetings, staff meetings) when people engage not from the ego, a rigid agenda, or “the way it’s always been done” but from the heart and from a sense of possibility, multiplicity, openness, willingness to accept mistakes, and knowing that we’re making something only the spirit can make possible. In those conditions, the shy

continued...

Festival of Faiths: Sept 15, 4:30 pm

Advancing Justice in Our Communities

The Chicago Interfaith Council invites you to attend this exploration of the ways in which the faiths represented serve the cause of justice in their theologies and principles as well as their actions and commitments. Each panelist (one of which will be our own Rev. Hilary Krivchenia) will speak for a short time, after which all attendees will divide into small groups for dialogue, to explore ideas, and to inspire one another to take those ideas back to their home congregations and perhaps to discover ways that our faith communities might combine efforts.

The event is being hosted by the Sikh Gurdwara in Palatine. The program will be followed by Langar—a complimentary vegetarian meal.

Sikh Religious Society Open House Sept 15, 3:30-4:30

Prior to the Chicago Interfaith Council program, you are invited to attend an open house at the Sikh Religious Society, 1280 Winnetka St, Palatine. Tea and snacks will be served.

Participate in Beloved Conversations

The Beloved Conversations program pressure tests our commitment to the inherent worth and dignity of every person. It explores racism in society and culture and much more. It brings into sharp relief deeply guarded biases, personal blind spots, and obstacles that keep us from living this most important UU principle - always.

Maryanne O'Dowd, 2017-18 Beloved Conversations

Sign Up Now

There is still space in the CCUU cohort participating in 2018-19 Beloved Conversations – perhaps you? This special program begins with a retreat at Unity Temple UU in Oak Park on Fri eve-Sat, Nov 16-17. From there, CCUU participants will meet for 8 sessions, with the group determining the dates for these gatherings. To participate in this powerful and much-needed conversation, email Kathy Underwood, DLRE@ccuu.org.

Minister’s Muse, cont’d

creature of human creativity gingerly emerges from the undergrowth, joins the scene, and encounters – at just the right moment (the moment that its appearance and the appearance of all the others have made possible), the other shy creatures, and something new comes into being out of that creative interchange, dance, dialogue, multitude, ineffable magic, and active hope – out of that scene.

The idea of scenius excited me because, in my heart of hearts, that’s my vision of what a congregation can make possible. Congregation can make it possible because there is an overarching sense of purpose – the transformation of the world in line with a vision of principles – and a scene, a gathering of people, each drawn to a portion of that vision in such a way that, as their work comes together the vision becomes real. ...Hilary
From Our Interim Director of Lifespan Religious Education (DLRE)

**Vision**

This word has so many connotations and possibilities. Vision is our theme for this month – the start of a new church year in many ways. Many of you have a vision of what this church year will look and feel like. I also have visions on what the religious education program will look and feel like, and I'm sure many of our young people do as well.

However we envision life at Countryside Church, I believe the bottom line is that we want to feel that we are home – not the place we live, of course, but the feeling of security, family, respect, and opportunity. In Helen Keller's words, *The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart.*

One of the challenges is that we all have a slightly different idea of what that looks like: our visions are not all the same. What looks and feels right to one person does not to another. And yet if we all had the same vision, life would be pretty boring! Without trying to see another's vision or perspective, we lose a part of our peripheral vision in a way. Our combined visions give us a more expansive picture of the world and our place within it.

Another challenge is how we deal with our perception of failing to capture our vision and make it a reality. We often do this as adults in regards to our careers, and as children with our school work or sports. We envision a certain success and set a goal to achieve it, but then fall short – or in some cases, extremely short! We tend to focus our lens on our short-comings rather than our successes. We need to celebrate the small steps we take more often. And when these short-comings are multiplied by the involvement of a larger group, it can feel overwhelming to say the least.

As we move into the start of a new church year, let us remember that we all want Countryside to feel like home. Let us remember that we all have a vision of what will make this happen and how to go about it. Let us respect each other as we navigate through the more difficult passages. And let us remember to celebrate our accomplishments no matter how big or small.

In faith, Kathy

---

The Magic Number

8...the # of hours of sleep you need each day
8...the # of hours a person typically works each day
8...the # of hours you decide how to spend each day
8...the # of hours CCUU families are asked to volunteer each YEAR

Imagine what our religious education program could do if every adult gave 8 hours of their passion, energy, or expertise?! Field trips, social gatherings, social action projects, mission trips… the list of possibilities is endless!

We need you to be a helper on Sundays - just click here to help in a classroom. If you'd rather be an occasional "floater," then sign up here. If you'd like to help plan family events, then email Kathy at dire@ccuu.org. Thank you for making a difference!

---

In Memoriam

The sympathy of the congregation is extended to the family of Win Culkin. Visitation will be on Sept 8, 2-3 pm, at Matz Funeral Home on Rand Road in Mount Prospect. A memorial service, officiated by Rev. Hilary Krivchenia, is scheduled at 3:00 at the funeral home.

The sympathy of the congregation is extended to the family of Suzanne Smith, a member of this congregation since 1991.

In Sympathy

The sympathy of the congregation is extended to Terry and Larry Frank and family on the recent death of Larry’s father

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**

Have you already attended an Intro to CCUU session? Ready to learn more about what it means to be part of the CCUU community? Path to Belonging 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.

Transitions

**The mission of the Transitions group is to provide a forum for adults to explore life transitions with a supportive community during daytime hours.**

**Monthly Program & Lunch: 4th Thurs, 10 am**

Join us on September 27 when George Motto, M.D., CCUU member, and member of the Arlington Heights Senior Citizens Commission will discuss the work he is doing to implement The Arlington Heights AARP Livable Community for All Ages Initiative, a nationwide network of age-friendly communities designed to evaluate/work within 8 domains of livability with an eye toward helping that they become great for not only seniors but for people of all ages.

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
September 6, 2018

Worship Services & Religious Education classes are on Sundays at 10:00 am.
Unless otherwise noted below, young people attend the beginning of worship with their families.
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/

Ingathering & Water Communion: Sept 9 at 10 am
Ingathering is an All-Church service; young people attend worship with their families. Nursery & Chalice Children will be available for infants and preschoolers.
Joining Sunday: We will formally welcome those who joined the congregation in June. We will also recognize the 25th Anniversary of the congregation’s move into this building.
Share the Plate: Half of the cash collected in the offering will be donated to the Minister’s Discretionary Fund, used to help those in need within our congregation.
Bring a Bit of Water: Please remember to bring a bit of water for our All-Ages Ingathering Water Communion service. Our mingling of water is symbolic of the places we learn & grow over the summer, from the garden hose to the ocean.
Bring Your Nature Print: If you made a nature print with the photosensitive paper that was distributed in June, please bring it this Sunday so we can share and talk about them during the potluck.
Teacher Dedication: A teacher takes a hand, opens a mind, and touches a heart. This Sunday during worship, we will recognize and dedicate our volunteer teachers and advisors for the 2018-19 year. We will honor and offer them our blessing as they prepare to begin their ministry with children and youth.
Ingathering Potluck: To celebrate returning home to the church community that holds us, gives us hope, and inspires us, we are holding a Potluck Lunch after the Ingathering service. Please bring a side dish to share (please note our nut-free practices—see p.9), and sign up online to be part of the set-up or clean-up team: https://www.signupgenius.com/go/70a044ea4a72fa13-monthly.

Sept 16  Matt Meyer, guest worship leader
We welcome the return of Matt Meyer, musician, community organizer, and educator. Matt has led music and worship for hundreds of services in congregations all over the U.S. and Canada, as well as for national gatherings of UU religious educators, musicians, and ministers and at the last twelve UUA general assemblies.
Today is the first day of fall religious education classes; young people begin in the Sanctuary with their families and will be sung out to class.

Share-the-Plate: Half of the non-pledge income collected in the offering will be donated to the UU Prison Ministry of Illinois.
Join us in Atherton Hall after the service for Meet Our Ministries Fair (see p.3)

Sept 30  Getting Real: How to face the mess we’re in without going crazier  Rev. Krivchenia
Oct 7  Bandaids  Rev. Hilary Landau Krivchenia
Share-the-Plate: Half of the non-pledge income collected in the offering will be donated to Black Lives of UU: The Promise and Practice campaign.
Join us following the worship for a potluck lunch; bring a dish to share.

Choir Rehearsals & Yoga Begin Sept 6
Yoga: 1st & 3rd Thursdays, 6-7 pm
Note new start time! A gentle yoga class is held on the first and third Thursdays of the month in the Spirit Play room (rm 9/10) from 6:00 - 7:00 pm. This all-levels class focuses on stretches and poses that calm the mind while increasing balance, range of motion, and core strength. Email Laura.Mandell@comcast.net with questions.
You are Invited to Join the Choir
Do you enjoy singing? Then perhaps you would enjoy singing with our choir. We rehearse on Thursday evenings at 7:15-9:15 beginning Sept 6. Just come on in. We'll be saving a seat for you! Childcare is provided during rehearsals. For more info, contact Alison Vernon, Music.Director@ccuu.org or 847-359-8440 ext. 5.

Sunday 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? Helping on Sunday morning 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/70a044ea4a72fa13-sunday. If you have questions about what is involved, please contact the church office. Thank you, all!
From the Endowment Committee

If you can think of a “drier” topic for discussion than an Endowment fund, I’ll be very happy to hear from you. However, I am going to attempt to actually get you excited about the CCUU Endowment Fund! Why? Because our endowment fund is so important to the future of our church community and its continued mission of being a beacon of liberal religion in our northwest suburbs, that’s why.

First of all, what is an endowment fund? An endowment fund is an invested account with the sole purpose (at first) of growing in value. Why? Because, when the fund reaches a specified amount, we will be able to draw off interest to relieve some of the burden from the Operating Budget that will make it easier to fund activities, projects, and services that would otherwise go by the wayside.

Wait a minute, I can feel your eyeballs rolling! Not exciting enough?

What if I told you that ANY gift, in ANY amount, would live on - giving new life as it grew? Got ya now? Well, that is what happens when you give to our Endowment fund! Bit by bit, dollar by dollar, our Endowment fund grows, and as it does, it is creating opportunities to do great things, both large and small.

Who wouldn’t want to see the beautiful smile of great satisfaction on their child’s face when they are able to give a small amount of money in memory of a grandparent or even a pet! You can do that by simply writing a check noting “Endowment” and your reason “In Memory of Mimi,” and you can do it more than once. What better way to teach giving and remembering than to explain that the $2 your child gave might help one day to buy new supplies or books for a classroom or to send a young person to a UU Youth Leadership Camp? Wouldn’t that make them, and you, happy?

Still not exciting enough? What else could you imagine our Endowment fund doing? Let me know!

This article has been full of questions, with a few answers, so far. In future installments (can’t get away from such exciting financial terms!), we’ll be letting you know more about how easy it is to give, why it is important, and how much impact ANY amount can have. Important note: A Will is not the Only Way!

Lois Phillips, Chair
Endowment Team: Laura Corrigan, Chris Hitchcock, Tony Pretto, Bridget Toth

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.

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...

The Vision Must Grow

by the Soul Matters Team

We light this flame to remember that every vision wants to grow.

It has its own heat; its own hunger.

It arrives wanting more and wanting us to become more.

It has us; we don’t have it.

We are continually drawn forward by its pull.

May today help lure us toward its larger call.

Spiritual Reflections and Connections

Connecting with Our 7 Principles and 6 Sources

Each month, we will connect our monthly theme to one of our Principles or Sources. This month, we explore our third principle: Acceptance of one another and encouragement to spiritual growth.

Each week try doing one of these practices either alone, or with a friend, partner, or as a family:

- Write or draw your own vision of what you want your life to be. Would you feel comfortable sharing it with others? Does the fear of not being validated and accepted stop you from being vulnerable with others?
- Watch the movie Field of Dreams. Have you experienced having a vision of something that others just couldn’t see? How did it feel? How did you handle it? Were you able to accept the other person’s vision, or lack of vision? Did you then encourage them to pursue their vision, or did they encourage yours?
- Have a conversation in your family or with friends about your vision for that group. Invite everyone to share theirs too. What do they have in common? How are they different? Can each person accept the others’ point of view?
- Explore organizations that help people on their spiritual path or in a spiritual practice. Is there one that peaks your interest? If so, contact them and try to take part in an activity or volunteer opportunity.

UU Young Adult CON: Oct 12-14

Are you a UU-minded individual age 18-35? Are you looking to engage with a community of active, welcoming peers? Join us at CON Solo: UUs The Force for a weekend of connection, empowerment, and rejuvenation! This year's UUYA Fall Con will be hosted October 12-14 at Unitarian Universalist Congregation of Columbus, IN.

Monthly Ministry Themes
Our monthly themes, which we share with other UU congregations as part of the Soul Matters Sharing Circle, celebrate that we are bound by our unity as much as our diversity—that our faith tradition is more than just a “we-get-to-believe-whatever-we-want” religion. Over time, Unitarian Universalism has passionately and bravely witnessed to and called its members to a distinct cluster of core values. In other words, it has called us to be a certain kind of people.

Each month, we will look at a different one of these core values and wrestle with how our particular lives are calling us to embody that value in a particular way. Opportunities to consider the themes are during worship services which reflect on the themes, as an individual by creating artwork to express what the theme means to you or by considering the questions published in this newsletter and posted in the hallways of the church building, in a group setting through participation in Soul Connections small group ministry and/or attending Movies with Meaning. Our young people in grades 2-12 will be considering the monthly themes in their religious education classes.

The themes for 2018-19 are:
- September: Vision
- October: Sanctuary
- November: Memory
- December: Mystery
- January: Possibility
- February: Trust
- March: Journey
- April: Wholeness
- May: Curiosity
- June: Beauty

Join a Soul Connections Group!
Soul Connections is a distinctive small group program at Countryside Church UU whose central goal is to foster circles of trust and deep listening. A group of 8 to 10 people regularly meet for two hours once/month for 10 months. Working with material provided by a moderator, participants explore our ministry themes (see above) in more depth.

Our monthly themes are more than interesting topics. They focus us on a spiritual value that our UU faith has honored and calls us to embody in our daily lives. At each meeting, we are reminded that our faith promotes a preferred way for us to be in the world. This is why each monthly theme asks, “What does it mean to be a people of...?”

Soul Connections is an opportunity to get to know others and better know yourself while building deep, meaningful, soul connections. All are welcome to join!

Soul Connections is forming new groups for 2018-19. Groups meet the 3rd week of each month with your choice of:
- Tues morning, 10 am to Noon
- Tues eve, 7 to 9 pm
- Thurs eve, 7 to 9 pm
- Fri eve, 7 to 9 pm

Your group will meet beginning the week of Sept 16 and will continue monthly through June 2019. For more info and to reserve your spot in a group, email Don Bussey, SoulConnections@ccuu.org.

Calling All Creatives
If you have original artwork such as paintings, pottery, photography, sculpture, writing, etc. that convey our Soul Matters monthly themes for this coming year, and would be willing to display your work at our church during the theme month, please submit your pieces to Lois Phillips or Alison Vernon before the first of each month. See the list of themes above.

What does it mean to be a People of Vision?
There’s one quote we all need to remember this month. The author is unknown, but they’ve given us a great gift. Here it is: “What will mess you up most in life is the picture in your head of how it is supposed to be.”

It’s not the place one usually starts when it comes to the topic of vision. Most often, conversations about vision tell us to hold on tightly to our pictures of how it is supposed to be, not be suspicious of them. We’re encouraged to “stay true to your vision.” We’re told, “Without vision, the people perish.” We’re warned that without a clear vision, we’re vulnerable to whatever winds blow. And let’s be clear: all of that is true. A clear vision anchors us. It gives us direction and hope. It is, indeed, a precious thing to which we should hold fast.

But as our quote of the month makes clear, all that holding fast is also dangerous. In short, no vision is perfect. They are all flawed and limited. Every vision distorts even as it clarifies. On top of that, life changes. Some doors close, new ones open. If you stay true to the vision of what’s behind that closed door, you’ll just end up spending your life banging your head against the wall. And as Unitarian Universalists, we also know that one vision isn’t enough. As clear as our perspectives may be, we all know by now that none is complete. To see the entire view, we need everyone’s vantage point.

So clearly being a people of vision is hard work. Knowing when to stay true to your vision and when to let go is a very tricky task. Figuring out when to keep your vision front and center and when to de-center it and make room for others intimidates the best of us.

Yet, here’s the thing. If danger and hard work dominate the tone of this month, we will have done ourselves a disservice. Besides being dangerous, holding tightly to one single vision is also just no fun! We don’t just have to see things from others’ points of view; we get to see things from others’ points of view! Learning about the visions of others isn’t just a way of making up for your flawed perspective. It’s also an invitation to see the world anew! And while having to let go of precious visions and dreams is painful, it’s also exhilarating to evolve and grow.

And maybe that’s the most important vision of all this month. Not that of a stern-faced people sticking to their single vision through thick and thin. But that of a playful people exchanging visions and helping each other encounter new and larger worlds. A people who don’t just ask each other “Are you staying true to your vision?” but who also say with a smile, “What new vision is calling to you?”
Speech Questions to Consider

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

1. What vision has been with you since you were a child? How has it both changed and remained the same?
2. Who are your vision mentors? What poet, preacher, spiritual teacher, artist, activist or musician helps you hold on to your vision of the possible and the good? What practice do you use to keep their guidance and inspiration in front of you?
3. What vision do you want to pass on to your kids, grandkids or those who look to you for guidance?
4. How is the season of fall a time of vision for you? How does this season of harvest and turning of leaves allow you to “see” differently?
5. How might it be a gift to lean into your near-sightedness? How might vision be calling you to take a break from the long view and gratefully gaze at the treasure right in front of you?
6. What might it mean to use a new form of perception to connect with the sacred? Many of us lean on our visual sight and analytical thinking to perceive and engage the holy. But how might listening or touch open an entirely new door? What about allowing your intuition to help you “see”? Or letting the muse of creative expression open up a new horizon? Many also suggest that vision is clearest when we look out with a “beginner’s mind.” What new form of “vision” is calling to you?
7. You see the beauty around you, but are you taking it in?

8. Wayne Dyer writes, “If you change the way you look at things, the things you look at change.” What in your life needs another look? What if you started with the things you are most sure about?
9. Is your vision of how your life is “supposed to be” in your way? Could clear vision require letting go of the visions to which you currently cling?
10. Have you ever had a “vision”? A spiritual revelation, mystical experience or premonition? Have you shared it easily? Or kept it to yourself?
11. “Once there were three bricklayers. Each one of them was asked what they were doing. The first man answered gruffly, ‘I’m laying bricks.’ The second man replied, ‘I’m putting up a wall.’ But the third man said enthusiastically and with pride, ‘I’m building a cathedral.’” Are you sure you are just laying bricks? What “brick” or “wall” is asking you to see a “cathedral” in it?
12. What if you made room for one long, uninterrupted stare at a beautiful thing?
13. Loren Eiseley reminds us, “It is a commonplace of all religious thought, even the most primitive, that the [person] seeking visions and insight must go apart from [their] fellows and live for a time in the wilderness.” What might “stepping apart and going into the wilderness” look like in your life?
14. Rose Nguyen writes, “I sometimes get so caught up with my big dreams… that I forget to recognize all the little dreams I’ve made come true!... We can get so caught up looking at where we should be, where we aren’t, and where others are in comparison that we forget to appreciate where we’ve been and where we’ve come from.” How might looking back on how far you’ve come be a blessing to you this month?
15. Is the speed and pace of your daily routine blurring your vision? Could the secret to finding clear sight be slowing down?

© 2018-19 Soul Matters ALL RIGHTS RESERVED. For use by member congregations of the Soul Matters Sharing Circle.

Your vision will become clear only when you look into your heart.
Who looks outside, dreams.
Who looks inside, awakens.
Carl Jung
Social Action News

Monthly Fair Trade Sale: Oct 14
Once/month we offer fair trade chocolate, coffee, tea, cocoa, olive oil, and snacks for sale during our coffee-fellowship time. For each pound of foods purchased, 20 cents goes to the UUSC’s Small Farmer Fund.

Get Out the Vote—Vote by Mail
Sept 16 or 30
The mid-term elections are November 6, and Countryside’s Get out the Vote team wants to be sure your vote counts! Stop by the table in Atherton Hall on Sept 16 or 30 to apply to get your ballot by mail this year. Voting by mail is easy and convenient. If you decide you want to go to the polls, you can! Just take your mail-in ballot with you.

Get Out the Vote—Voting Our Values
Deputy registrars from Countryside Church have been busy registering voters and promoting mail-in ballots in advance of the November mid-term election at key sites in the northwest and northern suburbs.

More than 30 people from Countryside were trained as deputy registrars earlier this summer. The church’s Get Out The Vote effort, led by Susan Auld and Maryanne O’Dowd, continues with more activities and information sharing in the coming weeks. Look for updates in Sunday inserts, weekly e-blasts, and in Atherton Hall after Labor Day.

Driving voter engagement is a priority for many UUs across Illinois and nationally. Here’s a message from Rev/ Scott Aaseng, executive director of the Unitarian Universalist Advocacy Network of Illinois, about voting and our faith:
Voting Our Values - I’d like to challenge each UU in Illinois to proactively affirm and promote our 5th Principle – the right of conscience and the use of the democratic process – by taking the UUANI Voting Our Values pledge and encouraging others to do the same, with the goal of 100% participation. Visit UUANI.org to read more about what congregations around the state are doing to get out the vote.

Green Sanctuary News

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. Walks are guided by stewards and naturalists who know how to find those treasures.
- Sept 16: Camp Alphonse (off Dundee Rd, go to the end of the road)
- Oct 21: Deer Grove East (DGE Parking—off Dundee Road, left where road divides, meet at end of road).
See the map below, or 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.

Map for Walks in Woods & Prairie

Help the Community—Be a Poll Worker
Another way to live out our 5th Principle would be to work as a poll worker for the upcoming election. There is a shortage of them in our area. Election judges make $190, and equipment managers make $340. Plus, HandsOn Suburban Chicago will receive $25 for every worker we recruit; these funds will be used to support our school programs, which benefit low-income and academically at-risk students in the area.

Adults and high school students are invited to apply. Position details and the form for determining one’s eligibility can be found here: https://www.handsonsofsuburbanchicago.org/electionday.
Those that apply will receive an official application via email. This is a one-of-a-kind opportunity to get engaged in the election process; strengthen local democracy; get paid to assist fellow citizens in having their voices heard; and raise funds for area children in need!
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, Sept 8, 7:30 pm
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!) We generally meet the 1st Saturday evening of the month.

Join us this Saturday for a Games Night in Atherton Hall. Bring your favorite game and a snack to share. No RSVP needed. Newcomers, latecomers, and non-members are welcome. Email 4050s@ccuu.org with questions.

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 September 28 will be Art Peterson, a retired furniture merchant who, after four children, picked up where a 7th grade English teacher left off. 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.

• Sep 9: Learning from WWI to help in the 21st Century, part 2: Proposals at the UN—Foreordained Failures?
• Sep 16: Learning from WWI to help in the 21st Century, part 3: Reinvigorating Debate about Collective Security
• Sep 23: Near future damage to voting integrity
• Sep 30: Amazon World Revisited: Corporate vs. Government Power on the Global Stage, Now and in the Future
• Oct 7: Data Mining 2018—where are we now? Where are we going?
• Oct 14: When They discuss their disagreements, why are people so unpersuasive? Inspired by this article

Stoking Justice
Mondays, 7 pm, beginning Sept 17
This is Rem Stokes’s Monday evening adult faith development class, humorously called “Monday School.” It aims to help us become better informed change agents for social justice. It presents DVDs on subjects requested by the class ranging from history, economics, politics, philosophy, and psychology for the purpose of stimulating discussion and increasing understanding.

It runs for 12 evenings in the fall and 12 evenings in the spring. We meet in classroom #1 from 7 to 9 pm. The fall session will review Alexis Tocqueville’s classic Democracy in America. The spring session will review Capitalism vs Socialism. The fall session begins on Sept 17.

Atheist, Humanist, Agnostic (AHA) Discussion
2nd Tuesdays, 7 pm
All are welcome to join us in classroom 4. On September 11, we will finish viewing and discussing 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.

Book Discussions
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.

Last Mondays Book Group: Sept 24
Join us at 7 pm in the Stokes Room. We had to cancel the August discussion, so on Sept 24, we will discuss Eleanor Oliphant is Completely Fine by Gail Honeyman. We will discuss Exit West by Mohsin Hamid on October 29.

Feminine Divine Women’s Group
4th Saturdays, 9:30 am
Join us in classroom 6. This year, we plan to read some novels with a feminine divine or feminine historical theme; we are hoping to read & discuss 3 or 4 books over the course of the year.

Drum Circle ~ Nov 24
Effective 2019, we will only have 4 drum circles, 1 for each season and we are moving away from meeting once a month. There is only one more drum circle to close out 2018—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
From the UU Bulletin

The Unitarian Universalist (UU) Bulletin is a monthly email newsletter from the Unitarian Universalist Association (UUA) that highlights announcements and updates from the various staff groups and committees of the UUA, the Church of the Larger Fellowship, and the Unitarian Universalist College of Social Justice. The UU Bulletin is one of the best ways to keep track of upcoming events, programs, resources, and important information. Sign up for the UUA News Updates: https://www.uua.org/connect/updates

Make Voting Accessible to All

The UUA and UU Justice Florida have joined the Second Chances Campaign to get Amendment 4 passed this fall to make nearly 1.4 million people eligible to vote who are currently excluded because of past convictions. Florida is one of four states with a lifetime ban on voting stemming from Jim Crow-era voting restrictions.

UU's across the country will join two phone banking days on Tuesday, Sept 11 and Tuesday, Oct 9 from 5:30 - 8:30 pm ET/2:30 - 5:30 pm PT to urge Florida voters to Vote Yes on Amendment 4. Join us! Once you sign up you will receive a link to a 15-minute webinar and instructions.

Immersion Learning for Congregations and Communities

Immersion learning is what happens when we step outside our comfort zones and allow the world to speak to us; it’s that sudden awakening we feel when we cross boundaries of language or culture with open minds and hearts. Learn more about these opportunities and see how you can get your community involved by downloading the Unitarian Universalist College of Social Justice starter pack.

What is LeaderLab?

LeaderLab is a set of online resources representing a range of perspectives in leadership development and congregational life. Find articles, videos, webinars, tips, tools, tutorials, and other online resources. Share them with your board and staff members and consider learning together as a group.

Go deeper by taking an online course through Unitarian Universalist Leadership Institute or register to participate in an in-person Leadership School.

UU Faith and Timely Topics Every Week

The VUU is a Unitarian Universalist talk show that brings UU and multi-faith leaders together to discuss today’s topics from an anti-racist, anti-oppressive, and multi-cultural perspective. Hosted by Aisha Hauser, Christina Rivera, Meg Riley, and Michael Tino, it streams live on Facebook every Thursday at 11 am ET/8 am PT. The VUU is a production of the Church of the Larger Fellowship.

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.

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. 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.

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. Sign up soon, as this 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/.
**Upcoming Church Meetings & Events: Sept-Oct**  

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>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.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Sept 6**  
Focus publication  
6pm Yoga  
7:15pm Choir Rehearsal

**Sept 9**  
9 am Open Forum  
10am All-Church Ingathering & Water Communion Service  
11am Potluck Lunch-Fellowship  
11:30am Green Sanctuary Mtg

**Sept 16**  
9 am Open Forum  
10am Worship & Relig.Education  
11am Fellowship & DLRE Search Focus Groups  
11:20am 20-30 Somethings  
2pm Walk in the Woods & Prairie  
6:15pm Book Circle: Enlightenment Now

**Sept 23**  
9 am Open Forum  
10am Worship & Relig. Education  
11am Fellowship & Ministry Fair  
11:30am Social Action Mtg

**Sept 30**  
9 am Open Forum  
10am Worship & Relig. Education  
11am Fellowship & DLRE Search Focus Groups  
11:30am Path to Belonging

**Oct 1**  
10am Focus deadline  
7pm Stoking Justice  
7pm Last Mondays Book Discussion

**Oct 2**  
7pm Stoking Justice

**Oct 3**  
Focus publication

**Oct 4**  
6pm Yoga  
7:15pm Choir Rehearsal

**Oct 5**  
| 12 | 10am Memoir Makers  
| 7pm Movies with Meaning |

**Oct 6**  
10am Wellness House Hypnosis Group & Reiki Sessions  
7pm 40-50 Somethings Gathering (tba)

**Oct 7**  
9 am Open Forum  
10am Worship & Relig. Education  
11am Potluck Lunch-Fellowship  
11am Intro to CCUU  
11:20am 20-30 Somethings  
11:30am Path to Belonging

**Oct 14**  
9 am Open Forum  
10am Worship & Relig. Education  
11am Outreach Service Partner Expo, Fellowship, & Monthly Fair  
11:30am Green Sanctuary Mtg

<table>
<thead>
<tr>
<th>15</th>
<th>16</th>
<th>17</th>
<th>18</th>
<th>19</th>
<th>20</th>
</tr>
</thead>
</table>
| 7pm Stoking Justice  
7pm Outreach Steering Council Mtg |
| 10am Soul Connections daytime grp  
7pm Soul Connections Tues eve grp |
| 7pm Board of Trustees Mtg |
| 6pm Yoga  
7pm Soul Connections Thurs grp  
7:15pm Choir Rehearsal |
| 7pm Soul Connections Fri grp |
| 7pm Peter Mayer Concert @ Tree of Life UU in McHenry |
Focus
Published by Countryside Church UU
1025 N Smith Rd · Palatine IL 60067
847-359-8440 · ccuu@ccuu.org · www.ccuu.org

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.
- 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.

Music Director Emeritus
John Denny
Congregational Administrator
ccuu@ccuu.org
Religious Education Assistant
(in search)

Church Office Hours: Mon-Thurs 10am-4pm; Fri 9am-Noon
Minister Rev. Hilary L. Krivchenia
Interim Director of Lifespan Kathy Underwood
Religious Education DLRE@ccuu.org
Community Minister Rev. Dr. C. Scot Giles
Music Director Alison Vernon
Music Director Emeritus John Denny
Congregational Laurie Lantz
Administrator ccuu@ccuu.org
Religious Education Assistant (in search)

Church Office Hours: Mon-Thurs 10am-4pm; Fri 9am-Noon
Minister Rev. Hilary L. Krivchenia
Interim Director of Lifespan Kathy Underwood
Religious Education DLRE@ccuu.org
Community Minister Rev. Dr. C. Scot Giles
Music Director Alison Vernon
Music Director Emeritus John Denny
Congregational Laurie Lantz
Administrator ccuu@ccuu.org
Religious Education Assistant (in search)

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.

Music Director Emeritus
John Denny
Congregational Administrator
ccuu@ccuu.org
Religious Education Assistant
(in search)

Church Office Hours: Mon-Thurs 10am-4pm; Fri 9am-Noon
Minister Rev. Hilary L. Krivchenia
Interim Director of Lifespan Kathy Underwood
Religious Education DLRE@ccuu.org
Community Minister Rev. Dr. C. Scot Giles
Music Director Alison Vernon
Music Director Emeritus John Denny
Congregational Laurie Lantz
Administrator ccuu@ccuu.org
Religious Education Assistant (in search)

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.

Music Director Emeritus
John Denny
Congregational Administrator
ccuu@ccuu.org
Religious Education Assistant
(in search)

Church Office Hours: Mon-Thurs 10am-4pm; Fri 9am-Noon
Minister Rev. Hilary L. Krivchenia
Interim Director of Lifespan Kathy Underwood
Religious Education DLRE@ccuu.org
Community Minister Rev. Dr. C. Scot Giles
Music Director Alison Vernon
Music Director Emeritus John Denny
Congregational Laurie Lantz
Administrator ccuu@ccuu.org
Religious Education Assistant (in search)

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.

Music Director Emeritus
John Denny
Congregational Administrator
ccuu@ccuu.org
Religious Education Assistant
(in search)

Church Office Hours: Mon-Thurs 10am-4pm; Fri 9am-Noon
Minister Rev. Hilary L. Krivchenia
Interim Director of Lifespan Kathy Underwood
Religious Education DLRE@ccuu.org
Community Minister Rev. Dr. C. Scot Giles
Music Director Alison Vernon
Music Director Emeritus John Denny
Congregational Laurie Lantz
Administrator ccuu@ccuu.org
Religious Education Assistant (in search)

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.