40-50 Somethings Game Night: Sat, April 6, 7 pm
Please bring a game you think the group would like to play and an snack or non-alcoholic beverage to share. As always, newcomers, latecomers, and non-members are welcome! An RSVP is not necessary.

Intro to CCUU
1st Sundays, 11 am
Newcomers are invited to attend a brief orientation to Unitarian Universalism & our church. Offered the 1st Sunday of each month after the worship service.

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Hospitality Needed
Welcome people to our spiritual home in the same way you would welcome them to your residence. Sign up online to help - http://www.signupgenius.com/go/70a044ea4a77fa13-sunday—or go to www.ccuu.org and click on the ‘opportunities to serve’ graphic. Contact the church office with questions. Thank you, all!

Current Issues Read with the Minister
1st Wednesdays, 7 pm
Join us on April 3 for the first of a 3-part discussion on American Immanence by Michael S. Hogue. Registration for Read with the Minister is not required, but those who register may receive resources related to the discussion. Online registration: https://ccuu.breezechms.com/form/ReadWithMinister.

Western Crescent Choir Concert
April 7 at 4 pm at Countryside UU
Our own Choir, in partnership with the Outreach Steering Committee, is very excited to host the 7th Annual Western Crescent Choral Festival here in our beautiful Sanctuary. The choirs of six UU congregations will sing, and the grand finale will be all the choirs—100+ voices—raised in glorious song!
A free will offering will benefit our Outreach Service Partners (Partners for Our Community (POC), Faith in Place, and Interfaith Community for Detained Immigrants).
We hope you and your friends & family will attend!

Journaling Circle
Writing Together for Self-Discovery
1st Thursdays (April 4), 10 am
Each gathering opens with a short meditation. We then free write and write from prompts related to our monthly themes. Through sharing our writings, we also share life’s journey and deepen relationships within our community. Bring a notebook/journal and a pen and your desire for personal exploration and growth.

Yoga
1st & 3rd Thursdays, 6-7 pm
Join us in the Spirit Play Room (rm 9/10) for this all-levels class, which focuses on stretches and poses that calm the mind while increasing balance, range of motion, and core strength.

Monthly Fair Trade Sale
April 7
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 coffee, chocolate, and other products purchased, 20 cents goes to the UU Service Committee’s Small Farmer Fund, https://www.uusc.org/uusc-fair-trade-project/
Minister’s Muse

The theme for the month of April is wholeness.

I have two different ways that I’ve looked at wholeness in my life. When I studied and practiced bodywork – massage, touch for health, acupressure, and a number of other modalities – I began to understand wholeness as being integrated in body, mind, emotions. At one. I noticed how people’s lives were not terribly whole. But the first place that I really noticed that lack of wholeness was between people’s minds and bodies. I grew up around people who were very alive from the neck up. Intellectually alive, culturally awake, politically active. Some I found, were also somewhat alive emotionally but had a fear or at least a mild anxiety about what might happen if their emotions were to overtake their intellects or if their bodies were celebrated as well as their minds. Western culture, as a whole (so to speak) has put a fairly sharp emphasis on keeping our minds and emotions and bodies quite separate.

The soul, in the religious language of some contexts, is only loosely connected to matter, not quite of this world, not sullied by it. Our bodies, on the other hand, are very much of this world and, often, husks to be left behind. As I pursued bodywork, I found the people had a longing to be whole in their bodies and minds and hearts. To feel some sense of congruence between their thoughts and their actions, and, even more, not to feel as though their bodies we’re simply stick figures which dutifully carried around their heads and brains as long as those stick figures might last.

With growing emphasis on massage, on exercise, on holistic kinds of healing, it seems clear that our Western society is longing for greater wholeness – even though it continues to elude us. It eludes us, in part, because of the focus on our bodies as beautiful or ugly – according to some standards set not by the heart or the eye, but, for the most part, by fashion designers and the magazine publishers and Hollywood.

One of the key goals of any religion worth the paper it writes itself on or the stories it carries from generation to generation should be to bring wholeness to people’s lives; to help people live at peace and in well-being in their bodies as well as their spirits, minds, emotions; at peace with life as a whole.

Springtime is a time in which we see things bursting into life, looking vibrant, and it’s easy at this time of the year to see life in greater wholeness. However, even when life is hidden in the ground in winter, obscured by snow, waiting in bulb and branch, it is still whole. It’s just displaying a different face of wholeness.

Sometimes, when things break in our hearts, and our lives, in our world, sometimes we seek the same wholeness that used to exist – a person, agility of body, a sense of community, the presence of justice and compassion. Too often, our longing for that which used to make our lives feel whole, prevents us from achieving a new wholeness. The time of grief and sorrow and longing is terrible and inevitable, but when we begin to see that there is a new wholeness possible; that there is healing, empowerment, and real hope that are possible, too. This is as true in and lives and in our earth, as it is in governments and political systems. Attached to the past that seems whole and familiar, we can lose sight of what is possible, what is truly achievable in the present and future.

What makes our lives truly whole? What would restore some wholeness to our earth? What would be healing for our lives? What would be healing for our earth?

April, with this theme of wholeness, surely asks these questions of me, and I hope you will let April ask those questions of you as well.

Are you in Recovery?
Would you like support in your Recovery?

Recovery from addiction to or dependency on alcohol is a lifelong process that tends to go better with regular support. We intend to begin a recovery support program group here at countryside Church Unitarian Universalist, that is not based in the strong theism, for example, of traditional 12 step groups. This group will be strictly confidential and will meet regularly. Over time, as the number of participants grows and the number of participants with long experience with sobriety and recovery support groups grows, the number of meetings will increase to meet the need of frequent and regular support. If you are interested in participating in such a group, please contact Rev. Hiliary and you will be added to the list.

If you have had long term sobriety, let Rev. Hiliary know and please consider adding this group to your list of support groups, so that you can support others in this congregation, in their recovery. We will decide upon meeting times once we have a good number of committed participants. We recognize that alcohol recovery support programs are neither magic nor do they guarantee success, however, support groups have been found to reinforce recovery for a significant number of people and we want to bring this support here to our congregation in a form that will be manageable for nontheistic or agnostic persons. Please contact Rev. Hiliary, minister@ccuu.org, or 847-359-8440 ext.2.

Resistance and Transformation
An Adult Faith Development Series
This series is grounded in Unitarian Universalist social history, theology, and current events. This series is facilitated by various members of the congregation. Sessions are held from 11:30 am to 1:30 pm; childcare is available. Please bring a sack lunch.

You do not need to attend every session. So that our facilitators can plan accordingly, please register by the Thursday prior to the session(s) you plan to attend:
https://ccuu.breezechms.com/form/Resistance-Transformation

Dates & topics for the upcoming sessions:
• Apr 14: Ecological Awareness, Pollution, and Climate Change as Justice Issues
• Apr 28: Immigration and Xenophobia
• May 12: What’s Next?
Note from Nominating Committee

Reprinted from March 20 e-update: Due to health issues and upcoming surgeries, Maryanne O'Dowd has resigned as President-Elect. duRee Bryant was nominated and accepted the position of President-Elect effective immediately. The Nominating Committee is still in the process of confirming a replacement for the Vice President position left vacant by duRee Bryant’s move to the new position.

The complete 2019-20 leadership slate will be announced by April 19, 30 days prior to our Annual Meeting, per our By-Laws.

From Your Board of Trustees

Our annual pledge drive has concluded, and we are preparing in earnest for the 2019-2020 church year. As indicated at last year’s annual meeting we are committed to providing just and competitive health benefits for our staff, and we are now putting that commitment into place. Beginning in 2019-2020, we will offer health benefits to all staff, with payment of 80% of the cost of premiums in a UUA health plan for full-time staff.

This is the first step in bridging the gap between what we have been providing and what we aim to provide, but it is an meaningful step nonetheless and a way for us to put our faith and values into practice right here at home in our own congregation. We are committed to offering health benefits – and paying for such benefits, as necessary – in a fiscally responsible way that doesn’t compromise the scope of our programming needs or CCUU’s financial health.

Additionally, we continue to assess the future of the North Property, and last fall a task force was created to answer some of the open questions regarding the status of the NP and our current and expected needs with respect to parking and space. The board is also actively exploring whether there is a possibility to partner with one of our service partners to use the North Property in a way that is aligned with our mission and vision. We look forward to providing more information as it becomes available.

Town Hall Meeting: April 14

Join the board after the service for information and answer to your questions on this year’s pledge drive, the budget process, and North Property status. We look forward to seeing you there!

Mark Your Calendar: Annual Meeting May 19

The Annual Meeting is when we, as a congregation, will vote on the 2019-2020 budget and leadership slate, among other important church business. Please plan to be there!

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

Christine Organ
President of the Board of Trustees

Don’t Miss the Passover Seder!

Fri, April 12, 6:00 pm
Register by April 7

We hope you will come to the annual Countryside Passover Seder, one of our major all-church annual events. Recommended donations are: $10 per adult, $5 per child or $30 per family. You are asked to bring a side dish or dessert to share that follows basic Jewish tradition (described below).

What is a Passover Seder?

It’s a ritual banquet which includes a retelling of the Exodus. ‘Seder’ refers to the order of the ritual. ‘Passover’ refers to the night that the angels of death passed over Jewish homes just before the Israelites won their freedom, fled after parting the Red Sea, and escaped from Egypt. The evening service includes wine (or grape juice) and special foods. There are readings in English and Hebrew and we even sing songs. Anyone who is willing can read. Once the ‘service’ portion is over, a meal is shared by those attending and then another short service follows to end the Seder. While the Seder takes a while, it is a family friendly event and is most often conducted in homes with children taking part in the reading or sharing of the story.

Why do Unitarian Universalists celebrate the Passover Seder?

As UUs we recognize, respect, and turn for wisdom to the traditions of other religions – like Christmas and Ramadan. In this case we are celebrating a sacred Jewish tradition. The main messages of the traditional Jewish Passover Seder are freedom and gratitude. We focus on these messages in our version of the Seder while retaining much of the traditions. Even today, we need to be grateful for our freedoms and continue to protect them.

What will it be like?

You’ll arrive by 6:00 PM and bring a dish to share. That dish should meet general Seder guidelines – no pork, dairy, bread, or yeast. We’ll then begin our service by following a book called the Haggadah which tells the story of the escape from Egypt. The word – Haggadah – means ‘the telling’. Our Haggadah includes an interesting Unitarian Universalist story as well. We’ll have some coloring to help occupy the children, but everyone is included in the evening.

Since we will not eat for almost an hour, you might give your kids a small snack beforehand (though getting hungry is part of the tradition for many folks). During the service we share food from the Seder plate which includes matzo, hard-boiled eggs and oranges. Bring the whole family and your friends.

At a break in the Seder, we’ll serve vegetarian matzo ball soup and share a meal. Baked chicken will be provided. Please bring a side dish or dessert to complete the meal (see guidelines above).

Once the meal is over, we’ll have a brief service to complete the Seder. There will be goodie bags for the kids and the exciting search for the Afikomen. If you don’t know what that is – join in and find out!

For Questions or to make reservations
Contact Carol Bobbe cabobbe@comcast.net or 224-636-3330.
Upcoming Worship Services

*Worship Services & Religious Education classes are on Sundays at 10:00 am.*

Young people attend the beginning of worship with their families unless otherwise indicated below.

**NOTE:** Announcements begin 5 minutes prior to the start of the worship service.

Worship descriptions are also on the church website: [http://ccuu.org/services/](http://ccuu.org/services/)

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**Apr 7**  Getting to Know Our Service Partners: Faith in Place  Dan Huntsha

This is the last in our series of services about our Service Partners.

**Apr 14**  All-Church Earth Day Service  Rev. Hilary L. Krivchenia

This is an All-Church Service; young people attend the entire service with their families.

We will do Child Dedications during this service; if you would like to be included, contact Rev. Hilary or Kathy Underwood by April 7.

Share the Plate: Citizens for Conservation, a local volunteer organization whose mission is to protect, educate, and restore natural areas. [www.CitizensForConservation.org](http://www.citizensforconservation.org)

**Apr 21**  Easter  Rev. Hilary L. Krivchenia

Share the Plate: Half the cash collected in the offering will be donated to the Minister’s Discretionary Fund, used to help those in need in the congregation.

**Apr 28**  UU Prison Ministry of Illinois (UUPMI)

Representatives from and congregation members affiliated with UUPMI will lead the service.

Share the Plate: In response to the terrorist attack at the mosques in New Zealand, to show our support for the Muslim community, and to make a difference close to home, we will share half the cash collected in the offering on April 28 with our neighbors at the Islamic Society of the Northwest Suburbs, for their facilities expansion.

**May 5**  Coming of Age Service

Our Coming of Age youth (grades 7-9) will present their credos or affirmations—their personal statement of beliefs—during this service.

This is an all-church service; young people in kindergarten and above attend the entire worship service with their families; nursery and chalice children will be available for infants and toddlers.

Share the Plate: Half the cash collected in the offering will be donated to Revolution Workshop.

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**Children Dedications: April 14**

Child dedications are a rite of passage offered as a celebration of all children in our congregation. On Sunday, April 14, we will offer child dedications during the worship service for any child (infant—age 12) who has either recently joined our congregation or who has not yet had the opportunity to be dedicated. The children will be given the blessing and support of the congregation and receive a special gift.

If you are interested in being part of this dedication, please contact Kathy Underwood, DLRE@ccuu.org, by April 7. We look forward to celebrating this special day with you!

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**Earth Day Work Day & Celebration for the Whole Family**

**April 13, 9 am – 3 pm**

Join Countryside’s Green Sanctuary committee and numerous other local organizations for ecological restoration, educational tours, demos, activities, and free lunch for all participants. Bring your spring cleaning spirit, your reusable water bottle, and wear sturdy shoes and long pants.

More info: [www.sierraclub.org/nwcook](http://www.sierraclub.org/nwcook)

RSVP: bit.ly/2019EarthDayWorkday

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...You know that the antidote to exhaustion is not necessarily rest? The antidote to exhaustion is whole-heartedness. . . .

Come to church, where we do this crazy thing of sitting with one another for an hour in a sanctuary. (The) sermon may be the least important part of our shared Sabbath experience when it compares to being together in moments of silence, recalling together our deepest values, singing and celebrating and lamenting and just being.

So, may our prayer be that we accompany and encourage one another in the practice of saying no to half-hearted, Energizer Bunny living.

May we choose instead – over and over again – to wade into that water of whole-hearted, life-giving energy that will lift us into the lives we are called to create. May it be so.

~ Rev. Emily Wright-Magoon from Sabbath as Whole-Heartedness [http://www.uumidland.org/blog/2017/10/05/sabbath-as-whole-heartedness/](http://www.uumidland.org/blog/2017/10/05/sabbath-as-whole-heartedness/)

From Soul Matters resources
From Our Interim Director of Lifespan Religious Education (DLRE)

It seems appropriate that last month’s theme, journey, is followed by April’s theme of wholeness. It suggests that there is a way or process to become whole, and that if we find the right path, we will get there eventually. My question then is, “How do we know if/when we have reached wholeness?”

I am always intrigued to hear other’s stories about how they got to where they are now – especially how they made their decisions and choices along the way. Perhaps that is my mindset and why I studied psychology in college. Perhaps I’m just nosy.

I have been a UU my entire life, a religious educator for almost 23 years, and your interim DLRE for 9 months. When I began in July, my focus was on keeping things that Jules had set in place, and to get programs up and running “as usual”. By August, it became apparent that not everything was going to work out as Jules had set them out to be, and so I had to come up with Plan B and sometimes Plan C. No worries, though, I’m used to changing course and going with the flow!

But sometime around the new year, things shifted a bit. I felt an urgency to begin the work of an interim. This involves looking at the big picture a bit, and inviting others to share their perspectives of, and journeys at, Country-side. How did you come to find your spiritual home? Where did the journey as a seeker begin, and what stops did you make along the way?

My journey here has now taken me to the next path – that of finding out what you want and need, both individually and collectively, and looking at what is happening in our denomination and the greater society. Do our worship and educational offerings encourage us, as well as newcomers, to find a spiritual home here? How do we help each other find the wholeness and acceptance we all seek? Are we willing to take some risks and try new approaches that resonate with younger generations?

A few weeks ago, some parents and I gathered to talk about some of these things, and had a wonderful conversation. Coming up on April 28, I will be sharing this same conversation with our RE volunteers. On May 23, I will meet with the Transitions group to share with the older members of our community and hear their stories. My plan is to do the same with our youth and young adults as well.

My journey at Countryside will take another path in late spring, as my contract will end on June 30th. The plan right now is to transition to a new DLRE, who will guide you on the next leg of your journey. From there, who knows where you’ll go? I’m sure that it will be an adventure, no matter where that is!

In Faith,
Kathy

Pancake Brunch Fundraiser: April 14

Our Coming of Age youth are hosting a fabulous pancake brunch to raise funds for their trip this summer to learn more about our UU history and social justice work. $8/person or $25/family will get you three buttermilk pancakes and toppings, two sausage/veggie links, juice, and/or milk. Yum!

Full Week Faith

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

Chalice Lighting

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

All of You is Holy
by Anonymous

Forget about enlightenment,

Sit down wherever you are,

and listen to the wind that is singing in your veins.

Feel the longing, the fear, the love in your bones.

Open your heart to who you are, right now,

not who you’d like to be,

not the saint you’re striving to become,

but the being right here before you, inside you...

All of you is holy.

You’re already more and less

Than whatever you can know.

Breathe out,

Look in,

Let go.

Connecting with Our UU Faith

Each month, we connect our monthly theme to one of our Principles or Sources. This month, we explore our sixth Source: Spiritual teachings of Earth-centered traditions which celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature. Each week try doing any of the following either alone, or with a friend, partner, or as a family:

- In what space or place do you feel most whole? How often do you spend time there? If you feel that it isn’t as much as you’d like, then come up with a plan to change that, and then carry it out.

- Find a place outdoors in nature that you feel relaxed and comfortable in, and spend at least 15 minutes there without any diversions – electronic or otherwise. What do you notice with your senses? How do you feel at the end of this time? Say a short blessing for the beauty of the Earth. Try doing this more often, and increase the time you spend there.

- Read from authors such as Thoreau, Native American Linda Hogan, Emerson, Rachel Carson, John Muir, Annie Dillard, Terry Tempest Williams, Susan Fenimore Cooper, Gretel Ehrlich, Camille Dungy. Can nature help you find wholeness?

- How do you/family “live in harmony with the rhythms of nature”? Take some time over a meal to share ways that you can improve in this area. Possibilities are: reduce and reuse items more; eat less meat or consider a vegetarian diet; provide food, water, and shelter for other animals in your yard; go walking at a park or forest preserve; or go star-gazing.

- Find out what Native American tribes lived where you live now. Explore their culture, traditions, rituals, language, and celebrations. Is there any evidence of their existence in your neighborhood, such as the names of streets, parks, nature preserves?

(continued on next page...)
This Month’s Ministry Theme: Wholeness

March 6, 2019

Full Week Faith (continued from page 5)

Books/Stories for Young People

- The Big Umbrella by Amy June Bates
- I Am Enough by Grace Byers
- Incredible You! 10 Ways to let your greatness shine through by Dr. Wayne W. Dyer
- Lovely by Jess Hong
- Pete’s a Pizza by William Steig

For Adults and Parents

- The Cross and the Lynching Tree by James H. Cone
- Podcast: On the Cross & a Heart Broken Open to Take in the Wholeness of the World (http://www.couragerenewal.org/podcast/) by Parker Palmer
- The Bridge of Well-Being: The Journey from Suffering to Wholeness (https://marknepo.com/books_miracle.php) by Mark Nepo
- Article: https://onbeing.org/blog/the-bridge-of-well-being-the-journey-from-suffering-to-wholeness/

What does it mean to be a People of Wholeness?

Let’s just say that we’re skeptical about rushing in to fix things. We Unitarian Universalists understand the urge to restore what once was. Nothing is more human. Who doesn’t want to reverse the damage? Who doesn’t hold on to the humpty dumpty hope that all can be put back together again? But our faith teaches us that this is just not how the world works. Transition and change rule the flow of life. There is no going back. The current of time is just too strong.

And so the wholeness offered us is not that returning our lives to their original state but working with what remains to make something new. The shards are not pieces of a puzzle that needs put perfectly back together, but building blocks waiting to be molded into a yet to be imagined form. To be made whole again is to be reorganized, not restored.

Another way to put this is to say that there is freedom in the breaking. The cracks make room for creativity. That’s not to minimize the pain. And it’s certainly not a way of justifying tragedy as “part of God’s plan.” Rather, it’s a call for us to perceive the broken pieces of our lives as more than just a pile of worthless and ruined rubble. “Look closer,” says our faith, “that ash, if worked with, can give birth to a Phoenix.”

So, what piles of rubble in your life need revisited? What longing for what was needs let go so a new wholeness can emerge?

And how might you break open even further? Because that’s part of this too, isn’t it? “Your broken pieces are more than rubble” is not the only counterintuitive thing our faith tells us about wholeness. It also urges us to “Crack wider!”

As odd as it sounds, we were meant to be broken, broken open to be exact. Over and over again, our faith reminds us that protecting our personal wholeness is only half the game. The equally important part of life’s journey is about letting in the wholeness of world!

It’s about cultivating cracks on purpose. It’s about becoming intentionally exposed. As Leonard Cohen famously put it “Cracks are how the light gets in.”

Broken hearts hurt but they also let in and allow us to connect with the pain of others. Protected hearts may seem safe, but our armor only ends up being a prison. It’s one of the most important but paradoxical spiritual truths there is: Broken people end up bigger people.

So, in the end, maybe that’s our most important “wholeness question”: How are your cracks inviting you to become larger? What cracks do you need to cultivate on purpose?

Wholeness Questions to Consider

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 wholeness means for you and your daily living.

1. When were you first invited into a circle that helped you feel whole? How does that story still direct you today?
2. Is wholeness for you a solitary or relational journey?
3. When did you first discover that repairing the world is one of the best ways to put yourself back together?
4. In what space or place do you feel most whole? How often do you spend time there?
5. Who taught you that wholeness does not mean perfection? Who helped you with the work of embracing brokenness, rather than trying to fix or hide it? How have you passed on that lesson? Does someone in your life need that lesson now?
6. How has your understanding of wholeness changed with age?
7. What was your proudest moment of maintaining and standing up for your wholeness?
8. What part of yourself hasn’t been let out in a while?
9. Masks hide our wholeness but sometimes they keep it safe. Has that ever been true for you?
10. Was it ever easier for you to live through someone else than to become complete yourself?
11. Can you name the three most prominent aspects of your shadow side? What are you learning about accepting and embracing them? If your child or a significant young person in your life asked you about facing their shadow, what advice would you give?
12. When was the last time you felt “most me”? Did you promise yourself anything in that moment? Did you tell yourself something to never forget?
13. Has empathy ever been a doorway to wholeness for you?
14. What if it’s about belonging not becoming? What if wholeness is a matter of noticing we’ve already arrived?

Our Soul Connections small ministry groups discuss the monthly themes, questions, and activities each month. For further info regarding the Soul Connections program, email Don Bussey, SoulConnections@ccuu.org

- Get daily inspiration on the monthly theme by liking the Soul Matters Facebook inspiration page: https://www.facebook.com/soulmatterssharingcircle/
- Find musical inspiration on each theme by following the monthly Spotify Lists: https://www.soulmatterssharingcircle.com/spotify-lists.html
- Find support for bringing the monthly themes into your family life with Soulful Home: A Guide for Families: www.soulmatterssharingcircle.com/soulful-home.html

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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. For more info or to be added to our email list, email 2030s@ccuu.org.

Buddhist Study Group
2nd Sundays, 11:30 am
The Buddhist Study Group meets the 2nd Sunday of the month. We read selected Buddhist texts, discuss them, and try to apply the principles and techniques to our everyday lives. We practice mindful breathing, walking meditation, stress management, and cultivate the capacities to be kind and compassionate and to bring joy into our lives.

Do you enjoy singing?
Then perhaps you would enjoy singing with our choir. For more info, contact Alison Vernon, Music Director at ccuu.org or 847-359-8440 ext. 5.

Adult Choir ~ Thursdays, 7:15 pm
Just come on in. We’ll be saving a seat for you! Childcare is provided.

Children’s Choir ~ Sundays, 11:15 am
Young people in 1st thru 4th grades are invited to meet in the Music Rehearsal Room after Sunday School for a short, fun rehearsal.

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. For more info and/or to join the Forum email list, email vidaxel@axeldesigns.com. Upcoming topics:

- Apr 7: a once-per-month discussion of two recent, current events topics. Deadline to suggest first topic is Mar 24; deadline to suggest topic 2: Apr 3. Please send your suggestions to Vid at the email above.
- Apr 14: Unchecked Tribal Psychology: Does it Pollute Politics, Science, and Everything?
- Apr 21: Should We Bring Extinct Creatures Back to Life?
- Apr 28: Are Liberals to Blame for the Rise of Populism?
- May 5: Discussion of Two, Current Events Topics; deadline to suggest Topic 1: Apr 14; deadline to suggest Topic 2: May 1

Feminine Divine Women’s Group
Last Saturdays, 9:30 am
Join us in classroom 6. This year, we are reading some books with a feminine divine or feminine historical theme; We have been discussing Men Explain Things to Me by Rebecca Solnit.

Social Action News
Monthly Meetings ~ 4th Sundays
Our meetings convene at 11:30 am in Classroom #2. Grab a cup of coffee in Atherton Hall and join us. Send agenda items to SocialActionChair@ccuu.org.

Help Provide PADS Meal on April 24
Our congregation provides the dinner for the PADS shelter at the Presbyterian Church of Palatine on the 4th Wednesday of the month, October through April. Sign up online if you can provide part of the meal: go to www.ccuu.org & click on ‘Opportunities to Serve’. Meal items need to be delivered to Presbyterian Church between 10 am and 4 pm on the day of the meal.

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

Monthly Program & Lunch: April 25, 10 am
Join us for our monthly program in Atherton Hall; this month, CCUU member Jeanmarie Dwyer-Wrigley, an accomplished author, actress, and historical dramatist will perform for us her one-woman show depicting Carrie Nation (1846-1911), an activist for prohibition & temperance and women’s rights (who often wielded a hatchet!). Potluck lunch will follow; bring a dish to share or your own individual lunch. All are welcome; invite a friend!

Atheist, Humanist, Agnostic (AHA) Discussion ~ 2nd Tuesdays, 7 pm
All are welcome to join us in classroom 4. On April 9, we will discuss “How Does Humanism & Democracy Inform Your Morality.” Paul Whittington will walk us through a series of thought-provoking slides that touches on the phenomenon of where people derive their morality from and discuss what platform (Humanism? Democracy? Unitarian Guiding Principals? Common law?) carries more weight as a source of one’s obtainment of their morality.

Book Circle: April 14
All are welcome to join the Book Circle to discuss The Invention of Nature: Alexander Von Humboldt's New World by Andrea Wulf. Humboldt invented the concept of the interconnected web of life, and in 1800 he was the first scientist to talk about human-induced climate change. He influenced Darwin, Jefferson, Thoreau, Wordsworth, and others. We gather at 6:15, discussion begins at 6:30 pm. — please join us!

Last Mondays Book Group: April 29
Join us at 7 pm in the Stokes Room to discuss The Widows of Malabar Hill by Sujata Massey.

NOTE: In May, we will meet on the 3rd Monday to avoid meeting on Memorial Day, and we will discuss The Kitchen Boy by Robert Alexander.
Wellness House Offerings at CCUU
Held here at CCUU the 1st Saturday of the month, an Hypnosis Group & Reiki Sessions are open to anyone in our geographical area who has or had cancer of any kind. The These are free; registration is required. To register, email kmitchell@wellnesshouse.org or call 630-654-5197.

Calling All Creative People
If you have original artwork such as paintings, pottery, photography, sculpture, writing, etc. that convey our monthly themes and would be willing to display your work at our church, please submit your pieces to Lois Phillips or Alison Vernon before the first of each month. Upcoming themes: April-Wholeness, May-Curiosity, June-Beauty.

Church Year Highlights to Come
Mark Your Calendar
April ~ Theme: Wholeness
   - 5-7 MidAmerica UU Regional Assembly in St Louis
   - 7 Western Crescent Choral Fest at CCUU
   - 12 Passover Seder (see p.XX for details)
   - 14 All-Church Earth Day worship service; Child Dedication
   - 21 Easter
May ~ Theme: Curiosity
   - 5 All-Church Coming of Age Service
   - 19 Congregational Annual Meeting
June ~ Theme: Beauty
   - 2 All-Church Flower Communion
   - 9 All-Church Pride Service
   - 21 Summer Solstice Service
   - 19-23: UU General Assembly in Spokane WA

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.

Annual Giving Statements
2018 annual giving statements were emailed to donors on January 8. If you need it for your taxes, please check your email (including spam/junk). If you can’t find it, you can download & print your own giving statement using the CCUU Breeze user flyer available on the website: http://ccuu.org/ccuu-breeze-user-flyer/

Go to UUA General Assembly!
June 19-23 in Spokane WA ~ Registration Open
General Assembly is the annual meeting of our Unitarian Universalist Association. Attendees worship, witness, learn, connect, and make policy for the Association through democratic process. Anyone may attend; congregations must certify annually to send voting delegates.

The Power of We
What do we want Unitarian Universalism to be? It is a time when we are asking big questions in our faith, and GA 2019 will focus on digging into those questions together. It is a critical chance for congregational leaders and passionate UUs to set new goals and aspirations for our religious community. Help begin to reshape our Association and our congregations in new and powerful ways.

This year’s theme is about collective power, as well as the possibility, the purpose, the struggle and the joy of what it means to be together in faithful community. In the past two years, UUism has recommitted to the work of liberation inside and outside our faith community. The antidote to a time of dangerous dehumanization is a love that connects us to our deeper humanity. Come to Spokane to experience what our shared faith can become when we embrace the Power of We.

Some financial assistance is available from the UUA through volunteering, and some may be available from Rev. Hilary. GA Registration and the GA Housing Reservation System opened March 1 at www.uua.org/ga

Summer Camps & Weekends for Single Adults
Join Adult Midwest UU Singles Enrichment (AMUUSE) for a vacation that is more than just a vacation. AMUUSE offers affordable camps with music & dancing, camp shows, personal growth, conversations, outdoor activities, making new friends—and fun!
- May 3-5: Tower Hill Spring Weekend, Sawyer MI
- July 14-20: Camp Gatherings, Tustin MI
- Aug 11-17: Camp High Spirits, Sawyer MI
- Nov 8-10: Tower Hill Fall Weekend, Sawyer MI
Visit www.AMUUSE.org for more information & to register.

UU Summer Camp: June 30-July 6
Consider joining fellow UUs this summer at the annual Midwest Unitarian Universalist Summer Assembly (MUUSA). The weeklong camp offers many workshops and activities for families, couples, and singles of all ages. This year, Reverend Karen Mooney and Reverend Pam Rumancik will lead the dail morning celebration service on this year’s theme, The Story of Us.
Come gather in the beautiful forests and rolling hills of the Missouri Ozarks at YMCA Trout Lodge, where you can connect with old friends, make new ones, and participate in a wide variety of activities. Get all the details at muusa.org—or see the flyer on the “Our Denomination” bulletin board across from the church office.
### April-May Meetings & Events

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<td>Focus publication</td>
<td>10am Journaling Circle</td>
<td>10am Wellness House Hypnosis Group &amp; Reiki Sessions</td>
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<td>7pm Current Issues Read with the Minister</td>
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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.

#### Apr 7
- **9 am Open Forum**
- **10am Worship & Relig.Educ.**
- **11am Intro to CCUU**
- **11:15am Children’s Choir**
- **11:20am 20-30 Somethings**
- **11:30am COA Mtg (youth-mentors)**
- **4pm Western Crescent ChoralFest ChoralFest at CCUU**

#### Apr 8
- **8:00pm Stoking Justice**
- **7pm Out-reach Steering Council Meeting**
- **9:00pm Atheist-Humanist-Agnostic Discussion**
- **10:00pm Great Books Group**
- **7:00pm Finance Ctte Mtg**

#### Apr 9
- **10:00pm Seder set-up**
- **7:00pm Soul Connections Thurs grp**
- **7:15pm Choir Rehearsal**

#### Apr 14
- **9 am Open Forum**
- **10am All-Church Earth Day Worship Service**
- **11am Pancake Brunch & Town Hall Mtg**
- **11:30am Resistance & Transformation**
- **11:30am Green Sanctuary Mtg**
- **11:30am Buddhist Study Group**
- **6:15pm Book Circle**

#### Apr 15
- **7:00pm Stoking Justice**
- **7:00pm Soul Connections Tues grp**
- **7:00pm Board of Trustees Mtg**

#### Apr 16
- **6:00pm Yoga**
- **7:15pm Choir Rehearsal**

#### Apr 17
- **6:00pm Jazz Night**
- **7:15pm Choir Rehearsal**

#### Apr 21 EASTER
- **9 am Open Forum**
- **10am Worship & Relig.Educ.**
- **11am Fellowship**
- **11:15am R.E. Volunteer Lunch**
- **11:20am 20-30 Somethings**

#### Apr 22
- **10am Focus deadline**
- **7:00pm Stoking Justice**

#### Apr 23
- **24:00pm Great Books Grp**
- **10am-4pm PADS Meal Delivery**

#### Apr 24
- **10am Transitions**
- **7:15pm Choir Rehearsal**

#### Apr 28
- **9 am Open Forum**
- **10am Worship & Relig.Educ.**
- **11:15am Children’s Choir**
- **11:30am Social Action Mtg**
- **11:40am Resistance & Transformation**
- **1:00pm UC Prison Ministry Workshop @ CCUU**

#### Apr 29
- **7:00pm Stoking Justice**
- **7:00pm Last Mondays Book Discussion**

#### Apr 30
- **May 1 Focus publication**
- **7pm Current Issues Read with the Minister**

#### May 1
- **7pm UUANI Environmental Justice Advocacy Day in Springfield**
- **7pm Soul Connections Thurs grp**
- **7:15pm Choir Rehearsal**

#### May 5
- **9 am Open Forum**
- **10am All-Church Worship**
- **11am Intro to CCUU**
- **11:15am Children’s Choir**
- **11:20am 20-30 Somethings**

#### May 6
- **6:00pm Ramadan Begins**
- **7:00pm Stoking Justice**

#### May 7
- **8:00pm Great Books Group**
- **7:00pm Finance Ctte Mtg**

#### May 8
- **9:00pm UUANI Environmental Justice Advocacy Day in Springfield**
- **7pm Soul Connections Thurs grp**
- **7:15pm Choir Rehearsal**

#### May 9
- **10am Memorial Makers**
- **6pm Seder**

#### May 10
- **9:30am Feminine Divine Women’s Group**

#### May 11
- **9:30am Feminine Divine Women’s Group**

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**Apr 5-7:** MidAmerica UU Regional Assembly in St Louis
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
Apr 22 (publ. May 1) May 28 (publ. June 5) Jun 24 (publ. July 3)
Between Focus issues, written communication is via E-Updates & the Sunday Times insert to the Order of Worship. Deadline for e-updates & Sunday Times is Weds at 9 am.