From Your Board of Trustees (BOT)

Thank you to all who attended our Annual Meeting on May 19. For those who were unable to attend the Annual Meeting, we voted to approve the leadership slate and proposed budget for 2019, including the Reinstatement List of delayed expenses. With your continued generosity, we hope and plan to pay as many items on the Reinstatement List as possible. Additionally, we voted to approve a By-Law change to amend the number of members of the Nominating Committee, and discussed a proposed change to the By-Laws to lower the age of membership. While a vote was not taken on the By-Law regarding membership age, we appreciate your thoughtful comments and will take them into account as we propose a revised draft for consideration and vote in Fall 2019.

Additionally, we provided information on the status of a possible partnership with Interfaith Community for Detained Immigrants to use the North Property as housing for its asylum-seeking clients. As mentioned, we are considering ways to embark on this partnership with minimal impact on our budget, and we are pleased to announce that we recently were awarded a grant from the Fund for UU Social Responsibility. We will continue to update you with further developments.

Minutes of the Annual Meeting will be available on the website at the end of the month, once approved by the Board.

For the upcoming year, the Board plans to focus on the following goals:
- Making social action and community engagement part of the individual spiritual journey.
- Becoming a transformational source of spiritual, personal, and intellectual growth for members of all ages.
- Increasing opportunities for and encouraging personal engagement with church activities.

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

Other priorities include: (1) fair compensation of staff; (2) being poised for growth; and (3) living out our values in a meaningful way. This year we are offering health benefits to our staff, including offering to pay for 80% of the premiums for our three full-time staff positions. Our top priority on the Reinstatement List for the 2019-20 budget is also increasing the Cost of Living Adjustment from 1% to 2.8% as suggested by the UUA. We will also continue to assess ways that we can be a fair compensation congregation.

We also want to stay poised for growth, as well. As such, we will strive to increase visibility in the larger community and enhance connections within CCUU, among members and guests.

Additionally, we strive to live out our values in a meaningful way. This impacts us in many ways, from the eco-friendly options available for capital improvements to our potential use of the North Property in a misssional way.

As a reminder, while Rev. Hilary Krivichenia is away on medical leave this summer, the board is always available to assist in any ongoing or additional needs. We wish Rev. Hilary peace and healing as she recovers. You can reach out to any of the board members or through the email provided below.

Finally, we will close out our church year at the end of June. If you have not yet fulfilled your 2018-19 pledge, please do so as soon as possible.

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

Christine Organ, Board President

Inside This Edition...

Minister’s Muse and Update from the Minister… Honoring Kathy Underwood… Intro to CCUU… Path to Belonging…

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Upcoming Worship Services…

Gratitude… Church Calendar: June into July

What does it Mean to be a People of Beauty…. Sign up now for Fall Soul Connections Groups… 2019-20 Themes… Full Week Faith: Beauty and our third principle… Let music lead you into this month’s theme… Calling All Creative People…

Watch G.A. from Anywhere… Social Action News: share-the-plate nominations, monthly fair trade on June 9, Fair Trade Service on June 16… Transitions: June 20… New AFD Offerings in the Fall…

Yoga… Journaling Circle… 20-30 Somethings… 40-50 Somethings… Open Forum Discussion… Last Mon- days Book Discussion… Book Circle… Atheist-Humanist-Agnostic Discus- sion… Drum Circle…

Reminder: Fiscal Year ends June 30—how to check your contributions… Methods of donating to CCUU… Wellness House Offerings at CCUU… Used Bookshelf… No Photo List… Recycling@CCUU… UU Summer Camp… UU Weekends for Singles…

Walks in the Woods & Prairie…

Focus Deadlines…

Summer RE begins Jun 16

Passport to Spirituality

Sign up to help out!

We will explore the spiritual practices of religions around the world and how they connect to UUsim. We need volun- teers; sign up at https://www.signupgenius.com/go/30e0b45cadaa2aaaf6-summer1. 

You’re sure to learn something new!
Minister’s Muse

I’ve been reading Ivan Doig’s books lately. Loving them. Mark, my spouse, and I read The Bartender’s Tale aloud together, and when we finished the book, I missed the characters, like they were people I’d actually spent time with and gotten to know. Of course, this happens in the work of some other writers, but there’s a depth, affection, and a merciful appreciation for every character that moved me. Not because they’re all good people, but because there’s a wholeness in the way that he introduces them to you, so that you see them not as words on the page for a moment, nor as foils for the story line, but as whole persons whose lives you’ve been allowed to glimpse for a moment. The bar counter that they’re swabbing to a gleam, they continue to swab as you turn the page and long after you’ve closed the book.

This ability to evoke a con artist, a twelve-year-old boy, or a quirky, sheepherder with evident love and tender insight hit me like a kyosaku, the flat stick that Zen masters sometimes strike students with if concentration seems to be wandering. The kyosaku is roughly translated as the wake-up stick. Reading Doig’s descriptions of his characters is more like a wake-up stroke. Pay attention! Here, you will find humanity! Pay attention! … truth! …quirks! Attention! Here, you will see yourself!

Doig takes time unfolding characters and landscapes, and he once said in an interview with the Writers Workshop, “Christ, you can edit Faulkner and Conrad and Shakespeare and everybody else down to a third their length and pretty much preserve what ostensibly happens. What you’d lose is the richness in life, and the richness in life is what I’m trying to get at. If a reader or reviewer is bothered by that, he’s got the greatest fast forward ever invented—the human eye. Just flip ahead in the pages.”

That’s often a habit, isn’t it? Busy lives, attention pulled in countless directions, so many people in a day, that we just might flip – or leap – ahead, forming conclusions and forgetting the depth and complexity of the people we’re actually encountering. Without that richness, our lives fade into sepia tones, lack nuance, lack humor, lack honesty.

In Doig’s last book, Last Bus To Wisdom, the protagonist – a boy named Donal, in an imaginative and mordacious mood, tells a fellow traveler on the bus that his father is a digester – someone who condenses books so that they can be reproduced in places like the Readers Digest. The man says, "Condensation is only fog on the windshield for me. What I write, man, is as long as this highway." While that bus rider is said to be Jack Kerouac, that sentiment is the voice of the author, Ivan Doig.

We can opt to move through life like fast cars collecting dew in the early morning in our encounters with other people. But we have the option to move like writers on the greyhound bus, appreciating the landscape and the people in greater depth, attention, fullness. Like main characters in their own novels as we are in our own, like characters with the power to change our own story. Most of us would prefer to be met and seen that way.

We’re given the opportunity in every moment, whenever we meet another person, to see the world in awe, wonder, and deep attention – in fact, in love. To have the meeting itself be a soundless, painless, kyosaku. Certainly, this takes time, but time invested this way gives rise to relationships that are stronger and richer, communities that are tighter and yet more welcoming, and nations that can be creative and healing.

If we could tenderly encounter one another with the eye and heart of a novelist or a curious reader, it would signal that we’re more awake – no need for the stick. In our first principle, we recognize the inherent worth and dignity of every person; this quality of attention seems key to living that principle most truly.

An update:

I so much appreciated all of the well wishes from so many people at CCEUU. It was fortifying as I went to have surgery. I’m truly grateful. I’m on the other side of the surgery, now. It went very well. One week out, I’m still a little cloudy, I know that there’ll be some twisting roads ahead, but we got the best possible outcome, as far as I can tell. My mother-in-law, Megan Krivchenia, whom many of you have met, is here for a couple of weeks and is a source of great support. I feel optimistic about the next couple of months and a full recovery.

Our lay ministry team is on call – as always. You can reach them through Ken Bobbe or our administrator, Laurie Lantz. If something critical arises, they will be able to reach me. I feel tremendous gratitude for the wisdom, warmth, and creativity of this congregation, and I look forward to my return in September.

Honoring Kathy Underwood
Sunday, June 30

Please join us in thanking Kathy Underwood for her gracious and loving leadership as she served as our Interim DRE this past year. We will celebrate Kathy and thank her for her gifts to our community after service on Sunday, June 30. Join us for refreshments in Atherton Hall and wish Kathy well on her next chapter!

Intro to CCEUU ~ 1st Sundays

Newcomers are invited to attend a brief orientation to Countryside Church and Unitarian Universalism. It is offered the 1st Sunday of each month following either worship service.

Path to Belonging
June 2 & 9, 11:15 am -1:30 pm

These classes are an opportunity to learn more about CCEUU 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 CCEUU 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. If you’re not available now, the classes will be offered again in the fall; stay tuned for announcement of the exact dates.Sign up at the greater window or email Tom MacTavish, Membership@ccuu.org.
From Our Interim Director of Lifespan Religious Education (DLRE)

Congratulations to Countryside on your successful search for a new Director of Lifespan Religious Education! It was a pleasant surprise to hear that Mary Shelden will be joining the staff. I have known Mary for roughly 25 years, and her daughter grew up in the religious education program at my former congregation. The RE world is a small one at times!

During my last two months, I will be in communication with Mary about where things stand with the program, and generally getting things set up for her arrival. I've been creating a cheat-sheet of sorts for her as well, so that she knows all of the passwords to various sites, who to contact for things, where to find things, and miscellaneous things. I hope I don't overwhelm her though!

I am also getting the summer program materials ready to go, and starting the calendar for the first half of the next church year pending Mary's feedback on a few things. It should be a pretty smooth transition – you won’t notice a difference!

Aside from this, I’d like to summarize my participation in the Transitions Group’s gathering on May 23. They are a wonderful group, to say the least! I presented some information on current trends in religious education, such as:

- Lower attendance in RE, but steady in worship
- General decline in volunteerism due to Baby Boomers aging out, stressors on parents, children’s activities
- Few young people attend CCUU more than 25% of the time
- Adult programs in Study Ministry have low participation rates too – the highest at 22%

This led to a conversation about Family Ministry as a model of “doing church.” What does this mean? Family ministry aims to support families of all configurations by modeling how to bring our faith home. It’s about churches intentionally influencing parents to be the spiritual leader for their kids, with support from the whole congregation. This isn’t solely about nurturing the faith formation of our young people; rather, it is about nurturing the faith formation for all, at each stage and age of life. We need to nurture ourselves in order to do so for our children and youth. Think of the analogy when flying in an airplane and the oxygen mask comes down – we are instructed to put on our own mask first, so that we can help the children and others.

I then shared some ways of strengthening the Family Ministry Model:

- Provide opportunities for all ages/stages to form relationships
- Give parents the power, permission, and resources to be their children’s primary religious educator
- Foster deeper Adult Faith Formation – teach what it means to be a UU, not what it doesn’t mean
- Provide more worship and social action experiences that involve all ages – children learn by doing, so why not have them learn what it means to worship and serve others?

- Provide ways for youth, young adults, and parents to connect to the congregation and the larger UU world

The group had a lively debate on words such as “faith” and “worship,” but there isn’t enough space in this column to get into it! My hope is that these conversations will continue in other groups within Countryside.

In Faith,
Kathy

We Need You...

To Help with the Summer Program

The program is Passport to Spirituality, which explores the spiritual practices of religions around the world and how they connect to Unitarian Universalism. If this interests you, then consider being a helper on a Sunday morning. I guarantee that you will learn something new! You can sign up at https://www.signupgenius.com/go/30e0b45acaa2aaaf6b6-summer1

To join a 2019-2020 Teaching Team!

Why? Because your guidance and support are essential to our children and youth's spiritual and intellectual faith development, and it supports your own adult faith development. Not to mention that we have loads of FUN!

Young People's Religious Education classes begin September 16. Sign up for the age group you prefer at https://www.signupgenius.com/go/70a044ea4a72fa13-revolute

We care deeply for the safety of children, youth, and adults; therefore, we require a current criminal background check for any volunteers working with our young people. We also ask that all teacher volunteers be actively engaged within our church community for at least a year prior to teaching, but do not worry if you are new to CCUU – there are many ways you can support our RE program. Contact the RE program at dlre@ccuu.org for volunteer opportunities or for further information.

Sunday Volunteers Needed

In addition to R.E. teachers, we need folks on Sunday morning to greet, usher, help with AV, and host fellowship. Sign up online - http://www.signupgenius.com/go/70a044ea4a72fa13-sunday—or go to www.ccuu.org and click on the ‘opportunities to serve’ graphic. The schedule has been posted through December. Contact the church office with questions. Thank you, all!

Easy Way to Find the Sign-up Lists

All of the CCUU sign-ups, including the Religious Education opportunities noted above as well as Sunday morning volunteering and Potluck sign-ups and PADS Meals, can be accessed by clicking the ‘Opportunities to Serve’ icon on the front page of the church website, www.ccuu.org. Clicking on that icon takes you to our SignUpGenius page, where you can search for the opportunity of your choice.
Upcoming Worship Services

Worship Services are on Sundays at 10:00 am.
NOTE: Announcements begin 5 minutes prior to the start of the worship service.
Worship descriptions are also on the church website: [http://ccuu.org/services/](http://ccuu.org/services/)

June 9  Beloved Conversations
This service will be led by the Board and others in the congregation who participated in Beloved Conversations this year. Young people attend worship with their families; nursery & Chalice Children classes will be available for infants & preschoolers.
Share the Plate: Half the cash collected in the offering will be donated to Youth Outlook.

June 16  A Celebration of Fair Trade
Yvette Johnson & Social Action Ctte
Summer Religious Education begins; young people begin in the Sanctuary and will be sung out to their classrooms.
Did you know that Chicago is the largest fair trade coalition city in the US? Meet Katherine Bissell Cordova, Ex.Dir. of Chicago Fair Trade, who will discuss this global movement for economic justice. Our second pulpit guest is Karen Torres, Owner/Curator of Tulia’s Artisan Gallery, who will share her work with indigenous artisans from Colombia. After service, you will have the opportunity to browse through unique fair trade items made by the artisans for both Tulia’s Artisan Gallery and SUSU Accessories. In honor of Father’s Day, we will hand out fairly-traded mini-chocolate bars. Share the Plate: Half the cash collected in the offering will be donated to Maach Den Foundation, a non-profit set-up by Wounaan internally displaced in Bogota. Their projects include artisan workshops, planting chunga palm trees, and preserving traditional medicines – especially in midwifery.

June 23  Video of UUA General Assembly Service
Join your Countryside friends & family to view the previously-recorded UUA GA Service of the Living Tradition, during which our own Alison Vernon will be recognized for completing her UU music leader credentialing.
Summer Religious Education meets during the worship service; young people begin in the classrooms.
Share the Plate: Half the cash collected in the offering will be donated to the organization selected by the UUA.

June 30  American Music
This is an all-ages service; young people attend the worship service with their families.

July 7  Pride Service
Dan Yokas
Summer Religious Education meets during the worship service; young people begin in the classrooms.

July 14  Buddhist Study Group will lead this service
Mark Huston
Summer Religious Education meets during the worship service; young people begin in the classrooms.

July 21  to be announced
Mark Huston
Summer Religious Education meets during the worship service; young people begin in the classrooms.
Mark will present another of his portrayals of a figure from UU history.

July 28  Spiritual Practice of Living Sustainably
Green Sanctuary Committee
Summer Religious Education meets during the worship service; young people begin in the classrooms.

Aug 4  All-Church Blessing of the Animals Service
Rev. Scott Aaseng
This is an All-Church Service; young people attend worship with their families (and their pets). Feel free to bring well-behaved leashed, crated or caged pets. You are also invited to bring photos of pets that have passed away for our memorial table in the back of the sanctuary.

Aug 11  Women Explain Things to Me
Feminine Divine Women’s Group
Rev. Dr. C. Scot Giles
Young people begin in the Sanctuary for a special Backpack Blessing and will be sung out to the last day of Summer Religious Education.

Aug 18  All-Church Spiritual Journeys Service
Rev. Hilary L. Krivchenia
This is an All-Church Service; young people attend worship with their families. Nursery & Chalice Children classes will be available for infants & preschoolers.
Spiritual Journeys are offered periodically throughout the year and are a time when church members share stories of their faith journey. This service will include the spiritual journeys of Sarah Mikulski and Hal Snyder.

Aug 25  to be announced
Rev. Scott Aaseng
Young people attend worship with their families; nursery & Chalice Children classes will be available for infants & preschoolers.

Sept 1  to be announced
Rev. Dr. C. Scot Giles
Young people attend worship with their families; nursery & Chalice Children classes will be available for infants & preschoolers.

Sept 8  All-Church Ingathering & Water Communion
Rev. Hilary L. Krivchenia
Young people attend worship with their families; nursery & Chalice Children classes will be available for infants & preschoolers.
Upcoming Church Meetings & Events: June-July

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| June 19-23: UUA General Assembly in Spokane WA | |

I started to create a list of all the people who have volunteered in the past year on Sunday mornings to make Countryside Church Unitarian Universalist the creating, sustaining, and transforming place that it is—the greeters, ushers, vergers, choir members, Sunday school teachers, AV assistants, coffee hosts and potluck helpers, lay worship leaders... You can see that it would have been a lengthy list. Then I worried that I would omit someone, because always there are people who step in at the last minute but didn’t sign up, so I might not have their name on a list somewhere. Then I thought about all the people who lead on days other than Sunday, who lead adult faith development groups and kinship groups, who chair committees, and who do all the various tasks that make our building & grounds look more beautiful. And of course, there’s the Board. It’s just not possible to name everyone, so I refer you to the “Song for the Unsung” that is published in the Annual Report.

And on behalf of the staff, I say THANK YOU to all of you—you know who you are—who show up to make a difference, to make connections, to help us keep this place going. We are a small staff, and we couldn’t do it without you.

...Your Congregational Administrator
What does it mean to be a People of Beauty?

Where do you look for beauty?

There is universal agreement that we all must make time to visit museums and sit before stunning sunsets. But seeking beauty there is not enough. Every religion agrees: The secret to encountering spiritual beauty is to visit and observe the unlikely places. Indeed, one could argue that this is the job of religion. It exists to teach us and to help us observe beauty in the less noticed places. Just think of all the seemingly odd advice that religion sends our way:

“Notice your feet!”

There’s a beloved poem by Chilean poet Pablo Neruda about a pair of his socks. In this and other poems, he brings the ordinary things around us to life, helping us see how they so clearly carry the memories and meanings of our lives. Religion does the same. It tells us that these ordinary objects are not just background but beautiful partners. They don’t just enhance our relationship with the world and each other; they are among the most important relationships we have. They are fellow travellers in and of themselves.

“Notice what’s at the front of the protest march!”

UU minister Sean Parker Dennison writes, “The ability to see beauty is the beginning of our moral sensibility. What we believe is beautiful we will not wantonly destroy.” With this we are reminded that beauty does more than soothe and heal. It demands. It calls. It creates commitment. It doesn’t just say “Love and appreciate me.” It says “Protect me! Fight for me!” It’s steps out in front of us and points to a precious world that needs our help. It paints a picture of new ways of living and declares, “Follow me there!” It’s not just the thing that nurtures our activist efforts. It is the reason we take to the streets.

“Notice yourself!”

Again beautiful things are not just objects to be appreciated and adored. They are not pretty things we purchase and possess. They possess us. They are containers for pieces and parts of ourselves. We don’t just observe them; we pour ourselves into them. They don’t just sit there; they open themselves up and invite us to spill our longings, memories, hopes and hurts into their care. When we observe them, we observe and re-member ourselves.

“Notice what’s behind it all!”

Our own Ralph Waldo Emerson writes, “The world is not painted or adorned, but is from the beginning beautiful; and God has not made some beautiful things, but Beauty is the creator of the universe.” The Quaker theologian Rufus Jones writes, “Beauty has no function, no utility... It greases no wheels, it bakes no puddings. It is a gift of sheer grace, a gratuitous largesse. It must imply behind things a Spirit that enjoys beauty for its own sake and that floods the world everywhere with it... Our joy in it shows that we are in some sense kindred to the giver and revealer of it.”

Here we are reminded that beauty is not just an elegantly painted portrait. It is also the artistic force of the universe that is constantly painting us. Pulling out the elegance in each of us and the world around us to create the portrait that is life.

So, yes, friends, by all means, get yourselves to the museum this month. Make time to gaze at the color-laced sky on your evening walks in the woods. But let’s not forget to also visit the unlikely places and the beauty that awaits us there.

Questions for Considering Beauty

As always, don’t treat these questions like “homework” or try to answer every single one. Instead, make time to reflect on the list and then pick the one question that speaks to you most. The goal is to figure out which question is “yours.” Which question captures the call of your inner voice and what is it trying to get you to notice? Which one contains “your work”? Sometimes it helps to read the list to a friend or loved one and ask them which one they think is the question you need to wrestle with!

1. When were you first healed by beauty?
2. When were you first protected by beauty?
3. When did beauty first teach you something?
4. When was beauty a doorway to the divine?
5. What makes a beautiful soul? What do you do to beautify your own soul?
6. What’s the most beautiful thing you’ve ever seen?
7. What did your family of origin teach you about what it means “to be beautiful”?
8. What parts of life have grown more beautiful as you’ve aged?
9. What’s something you know now about beauty that you didn’t know when you were 16 years old?
10. Is beauty a private thing for you? Or do you need to share it with someone for the experience to be complete?
11. What if beauty isn’t something we encounter but something we become?
12. Who in your life needs told they are a beautiful soul?
13. Have you ever experienced a “beautiful goodbye”?

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2019-20 Soul Connections

Sign Up Now!

New Groups start in September

You’re invited to become a part of this vibrant, connected community! Soul Connections small group ministry offers yet another way to explore Countryside’s monthly ministry themes. Each month, participants use fun exercises and thought starters to delve deeply into the theme. Then we gather and share thoughts and insights with fellow group members. Friendships, deep connections, and insights ensue!

Interested in joining? Want to sign up again?

Send your contact information to Sue Montgomery,
SoulConnections@ccuu.org.

For further details about Soul Connections, go to http://ccuu.org/soulconnections/

2019-20 Themes

What does it mean to be a people of...

- Expectation (Sept)  
- Belonging (Oct)  
- Attention (Nov)  
- Awe (Dec)  
- Integrity (Jan)  
- Resilience (Feb)  
- Wisdom (March)  
- Liberation (April)  
- Thresholds (May)  
- Play (June)

We explore the themes during worship and religious education, in Journaling Circle and Soul Connections groups.
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…

The Beauty Woven Fine
As we celebrate life’s beauty may we never forget that we are part of it. It is woven not only around us but through us.
We are here to notice those elegant strands - The way they call to us, hold us, and connect us.
May today enable that beauty to shine.

by Soul Matters team

Spiritual Reflections & Connections
Connecting with Our UU Faith

Each month, we connect our monthly theme to one of our Principles or Sources. This month, we explore our theme of beauty with the third principle: Humanist Acceptance of one another and encouragement to spiritual growth in our congregations.
Each week try doing any of the following either alone, with a friend or partner, or as a family:

- In what way does beauty relate to our third Principle for you? Journal your thoughts or share them with another.
- We tend to think of beauty in visual terms. How does this change for you when you think of it in terms of sound? Touch? Smell? Create some form of art that expresses one of these.
- Beauty is often expressed and thought of in nature – majestic mountains, azure waters, crimson flowers… Go out in nature and observe the beauty she beholds. Try a silent walk and listen for as many sounds as you can, and notice the different scents along the way.
- Show your acceptance of someone you know by sharing what you find beautiful about them. How can you encourage their spiritual growth at this point in their life?

Books/Stories for Young People


- Miss Rumphius by Barbara Cooney
- Dog Eared by Amanda Harvey

For Adults and Parents

- Video: What is One Thing You Want to Change About Your Body?, https://www.youtube.com/watch?v=f0tEcxlLDDd4&amp;desktop

Books & Articles:
- Embracing a Beautiful God (Patricia Adams Farmer)
- The Body Is Not an Apology: The Power of Radical Self-Love (Sonya Renee Taylor)
- Abundant Love (KC Slack) https://unexpecteddivinity.wordpress.com/2015/04/06/abundant-love/?fbclid=IwAR1OLBM2zCGLhqH8o27P9k29u3OgNzSg73cd7cvqTdx9COlEo3QENqts5E
- Ugly: How Beauty was Built upon White Supremacy (Vanessa Rochelle Lewis) https://wearyourvoicemag.com/body-politics/bopoincolor/ugly-white-supremacy-beauty
- 4 Ways Our Socially Accepted Beauty Ideals Are Racist (Rachel Kuo) https://everydayfeminism.com/2017/05/beauty-ideals-racist/
- On Beauty and Being Just (Elaine Scarry)

Movies:
- This Beautiful Fantastic (PG)
- A Beautiful Planet (G)

Let music lead you into this month’s theme…

Check out this month’s Spotify Playlist for Beauty! Go to Spotify and search for Soul Matters-Beauty. No need to purchase a subscription to Spotify to listen. There is a free version available, but you will need to log in with your email or Facebook.

Calling All Creative People

Start thinking about the 2019-20 Themes and use them to inspire your creativity. 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.
Social Action News

Submit Nominations for Share-the-Plate
Would you like your favorite non-profit organization to benefit? Submit a nomination for a 501(c)3 organization that you would like to see receive monies from CCUU’s Share-the-Plate program. In this program, half the cash collected in the Offering is given to a charitable, non-profit organization. This program is overseen by both the Social Action Committee and the Outreach Steering Committee. Please email nominations or questions to Mari Peckham, CCUUShares@gmail.com

Monthly Fair Trade Sale: June 9
Once/month, we offer fair trade chocolate, coffee, tea, cocoa, olive oil, and snacks for sale during our coffee-fellowship time. For each pound purchased, 20 cents goes to the UU Service Committee's Small Farmer Fund, https://www.uusc.org/uusc-fair-trade-project/.

June 16 Service about Fair Trade
Did you know that Chicago is the largest fair trade coalition city in the US? Come to the June 16 worship service and meet Katherine Bissell Cordova, Exec.Director of Chicago Fair Trade, who will discuss this global movement for economic justice. Our second pulpit guest will be Karen Torres, Owner/Curator of Tula’s Artisan Gallery, who will share her work with indigenous artisans from Colombia. After service, you will have the opportunity to browse through unique fair trade items made by the artisans.

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

Monthly Program & Lunch: June 20, 10 am
Join us for our monthly program in Atherton Hall. This month, we are meeting the 3rd Thursday. Our program will be about Music Therapy, given by Mary Ellen Heelan, a CCUU member and Board-Certified and Neurologic Music Therapist whose private practice specializes in providing services to hospice patients and their families, geriatric clients, and those with rehabilitation and psychiatric needs. Her program will focus on Wellness and will include live music with several of the musical instruments she uses in her work.

Potluck lunch will follow; bring a dish to share or your own individual lunch. All are welcome; invite a friend!

New Fall Adult Faith Development Offerings
- Women 60+ Building a Village begins 2nd Thurs in Sept, 10 am
- Stoking Justice: The Rights of Man begins Sept 16, 7 pm

Mark your calendar & read further details in the July Focus.

Watching GA from Anywhere
General Assembly (GA) is the annual meeting of our Unitarian Universalist Association (UUA). Attendees worship, witness, learn, connect, and make policy for the Association through democratic process. General Assembly 2019 will take place June 19-23 in Spokane WA and online. Attending from Countryside Church UU will be staff members Alison Vernon and Laurie Lantz.

A copy of the 2019 GA Program Book, including descriptions of the workshop offerings and the business agenda, is available on the Kinship Ministry tab – take a look!

The following events will be streamed live for everyone and posted for viewing afterwards; registration is not required to view them. Go to https://www.uua.org/ga/offsite2019 to view.

Times listed below are Central Daylight Time.

Wednesday, June 19
- 9:00 – 10:30 pm ~ Welcoming Celebration

Thursday, June 20
- 10:30 – 11:30 am ~ Worship, Opening, Framing
- 9:00 – 10:30 pm ~ Service of the Living Tradition: this service honors fellowshipped and credentialled religious leaders—remembering those who have died, recognizing those who have completed active service, and welcoming those who have received fellowship or credentialled status in the past year (including our own Alison Vernon)

Friday, June 21
- 10:30 – 11:00 am ~ Worshipful Start
- 11:00 am – 2:00 pm ~ General Session I
- 6:30 – 8:00 pm ~ Synergy Bridging Worship: be inspired and illuminated by a celebration of treasured worship elements, rites of passage, and brilliant contemporary musical performances.
- 9:30—10:30 pm ~ Ware Lecture by Richard Blanco

Saturday, June 22
- 10:30 – 11:00 am ~ Worshipful Start
- 6:30 – 7:30 pm ~ General Session II
- 9:00 – 10:30 pm ~ Closing Ceremonies

Sunday, June 23
- 10:00 am at Countryside Church UU: come to view the Service of the Living Tradition, during which we’ll see our own Alison Vernon honored for having received her music leader credentialing
- 12:00 – 1:30 pm ~ GA Sunday Morning Worship
20-30 Somethings
We ordinarily meet on the 1st & 3rd Sundays of the month, but June’s schedule will be different. A few notes about upcoming events:

- On June 2, CCUU is having a potluck and Family Fun Day after services. In lieu of our regular meeting, our group will attend the festivities with the rest of the church.
- June 15, 4:30 pm: Game Night & Grilling at Kim Cavill’s. We will be grilling out! Meat will be provided. Please bring a dish to pass.
- June 23, 11 am: Camping Planning Meeting. With summer coming, our Annual Camping Trip is just two months away! In lieu of meeting on Father’s Day (our regular 3rd Sunday), we will hold a meeting on June 23 to plan the camping trip. Please let us know if you plan to come on the camping trip, and please attend this meeting if at all possible so that we can get all the details planned out.

If you are in your 20s or 30s, please join us. Childcare is available during our meetings. For more info or to be added to our email list, email 2030s@ccuu.org

40-50 Somethings ~ Sat, June 8
We will meet at 5:30 pm at Lynfred Winery in Roselle. We will taste wine for an hour or two and then walk to a restaurant in downtown Roselle for dinner. Price: $11 for 7 pouts / 7 different wines OR $14 for 7 pours plus 1 premium wine pour. The winery is flexible: if you only like reds, all 7 of your pouts/tastings can be red wine. Same goes for whites or fruity wines, and you can purchase a glass of your favorite for an additional $11. Food is not included in the price, but snacks are available for purchase. The parking lot may be full; free parking can be found at Roselle’s village lot 1/2 block away from the winery or on the side streets.

RSVP - Lynfred Winery does not accept reservations, but please RSVP to 4050s@ccuu.org if you think you’ll attend, so we can look for you! To be on our email list to receive notification of upcoming events, go to http://ccuu.org/mailman/listinfo/4050slist_ccuu.org

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:

- June 9: Trial by Jury in the 21st Century—robust justice or anachronistic catastrophe?
- June 16: Sanctuary Cities and Trump’s Threat: What Would Happen If Trump Sent Immigrants to Those Cities?
- June 23: Is Death a Grey Area?
- June 30: Speculating about Prehistoric Species
- July 7: Discussion of Two, Current Events Topics; Deadline to suggest Topic 1: June 23; Deadline to suggest Topic 2: July 3
- July 14: Harvard’s Harvey Weinstein Mess

Journaling Circle: June 6, 10 am
Writing Together for Self-Discovery
We gather on the 1st Thursday of each month. 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
Yoga will continue through the summer but we will not meet the 1st Thursday in July (July 4).
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.

Book Circle: June 9
All are welcome to join the Book Circle to discuss Spiritual Ecology: The Cry of the Earth (second edition), edited by Llewellyn Vaughan-Lee. Bringing together voices from Buddhism, Sufism, Christianity, and Native American traditions, as well as from physics, deep psychology, and other environmental disciplines, this book calls on us to reassess our underlying attitudes and beliefs about the Earth and wake up to our spiritual as well as physical responsibilities toward the planet. Includes readings from Thich Nhat Hanh, Wendell Berry, Brian Swimme, Joanna Macy, and many others. We gather in classroom 6 at 6:15, discussion begins at 6:30 pm.—please join us!

Atheist, Humanist, Agnostic (AHA) Discussion ~ 2nd Tuesdays, 7 pm
All are welcome to join us in classroom 4. On June 11, we will go around the room and each of us spend a few minutes discussing how they arrived at their moral outlook/compass and what moral guideposts they follow if any.

Last Mondays Book Group: June 24
All are invited to join us at 7 pm in the Stokes Room to discuss Small Island by Andrea Levy.

Drum Circle ~ June 22, 7 pm
Adults & teens are invited to join us in Atheron Hall for free-style drumming in a low key, loving, peaceful, welcoming environment. NO DRUMMING EXPERIENCE IS NECESSARY! Please bring your drums, rattles, didgeridoo, and other instruments to join in on the jam; if you don’t have your own, we will have some limited hand percussion available to share. Dancing and chanting are encouraged. For more information, visit www.PalatineDrumCircle.com
Reminder: Fiscal Year Ends June 30
As we reach the end of the church fiscal year (June 30), you have made arrangements to complete your 2018-19 operating pledge payments? You can make a donation online by clicking the Donate Now button on the front page of www.ccuu.org.

To check your contributions-to-date:
- go to https://ccuu.breezechms.com/
  - if you have already created an account, log in with your user name & password
  - if you have not created an account, click on "Create Account" under Sign In
- Once logged in, click on 'My Profile.' Click on 'Giving' to view your pledge and contribution history and to download it if you want a printed statement.

If you have not yet submitted a pledge for the 2019-2020 fiscal year and wish to do so, you can
- submit a pledge online at https://ccuu.breezechms.com/form/1920PledgeForm or
- download a pledge form from the church website, http://ccuu.org/stewardship/, or pick one up in the church office. Completed forms should be submitted to the church office or put in the offering plate.

Methods of Donating to CCUU
If you prefer credit card or online giving to writing a check, there are a couple of options for giving to CCUU:
- Countryside Express: To make regular payments via credit card or automatic withdrawal from your bank account, a form is available on the church website or in the church office. Submit the completed form to the congregational administrator for processing.
- Giving online allows you to make one-time or recurring contributions and to view your complete online giving history from anywhere you have access to the Internet. Visit the church website; click Donate Now button; click Create Profile; then follow the onscreen instructions.

Give by Text: text $XX to 847-973-7344, where XX is the amount you would like to contribute. Within a few minutes, you'll be sent a text with a link to register.

UU 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!
- 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, Rev. Karen Mooney and Rev. Pam Rumanick will lead the daily 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.

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 had cancer of any kind. These are free; registration is required. To register, email kmitchell@wellnesshouse.org or call 630-654-5197.

Important Information about Recycling at CCUU
We recently incurred a contamination fee for having garbage in our recycling dumpster. Please help us prevent this. First, note that we have two dumpsters; the larger is for garbage, the smaller for recycling. Second, please follow these recycling dos and don'ts from our waste & recycling service:
- DO recycle all empty plastic bottles, cans, paper and cardboard.
- DO keep foods and liquids out of recycling.
- DO keep plastic bags out of recycling.
- DON'T bag your recyclables - plastic bags and film get tangled in the machinery.
- DON'T include food-soiled items - they can turn an entire load of recycling into trash.
- DON'T add sharp or dangerous materials like needles and electronics - they can cause injury to our workers.
- DON'T toss in “tanglers” like rubber hoses and wires - they can shut down an entire recycling center!
- DON'T include bulky items like propane

Thank you!
Countryside Church UU is a founding member of IGP

Interfaith Green Partners

Walks in the Woods and Prairie

Explore the treasures of our local Deer Grove Forest Preserve. Find spring ephemerals in May and June. Enjoy the beauty of the native prairie in July and August. In September go for an early fall walk. Finally in October experience fall as it returns to the prairie. Walks will be guided by stewards and naturalists who know how to find these treasures. For more information contact Gail at gwisniewski@sbcglobal.net

All are welcome!

3rd Sundays, May – October, 2:00 - 3:30 pm

- June 16: Deer Grove West – Grove 5 West side of Quentin Rd. Bear right at fork. Meet on right, before end of road.
- August 18: Deer Grove East Off Dundee Rd, West of Hicks Rd. Bear left at fork. Meet at end of road.
- September 15: Camp Alphonse Off Dundee Rd, between NW Highway & Quentin Rd. Meet at end of road.
- October 20: Deer Grove East Off Dundee Rd, West of Hicks Rd. Bear left at fork in the road. Meet at end of road.

Deer Grove Forest Preserve, Palatine IL
Our Covenant
We unite to strengthen the bonds of kinship among all persons, to promote human dignity, and to increase reverence for life’s creating, sustaining, and transforming power through worship, study, and service.

Our Mission
We are a spiritual community actively answering the call for love, compassion, reason, and justice.

Our Vision
Countryside is committed to being a voice of and active presence for liberal religion in the northwest suburbs. Empowered by our Mission Statement, we endeavor to:
• Create a welcoming place of connectedness, compassion, and respect for people of all ages. • Advance inclusivity and diversity within our congregation and community. • Care for each other in times of joy, sorrow, and transition. • Provide for spiritual and intellectual growth and inspire lifelong learning. • Promote a sustainable future for our community and world by acting with a social, environmental, and global conscience. • Communicate and spread the message of Unitarian Universalism within and beyond our community. • Promote peace and justice in our congregation, communities, and the world. • Engage in thoughtful stewardship of our resources to achieve our mission and carry out our vision.

Upcoming Focus Deadlines
Submit all articles by 10 am to ccuu@ccuu.org
Between Focus issues, written communication is via E-Updates & the Sunday Times insert to the Order of Worship. Deadline for e-updates & Sunday Times is Weds at 10 am.

Time-dated Material—Prompt Delivery Requested
Return Service Requested