From Your Board President

My 2-year term as the President of your Board of Trustees begins on July 1, so I will now be the author of this column. Please bear with me, as you have been accustomed to Christine’s monthly words and she is a professional writer! I would like to take this additional opportunity to thank her, as well as our outgoing Board members Kristin Huston and Jeannie Michalac, for their service to the congregation during their time on the Board - - they will be missed! Welcome to their successors: CarolAnn Shindelar, Vince Unger, and Leslie Vaughn, who will be joining ongoing Board members Karen Epps, Kathi Hillyer, Chris Hitchcock, Joy Simon, and Marcus White. Knowing that I would be working with this group of dedicated leaders certainly made it easier for me to say “yes” when I was asked to assume the Presidency. We are extremely fortunate to have so many talented and committed volunteers and staff in every area of our congregational life - - a multitude of riches!

Several people have asked me, “Haven’t you been Board President before?” and indeed I have. I served the congregation as President the last year in our former building and the first 2 years in our current church home. While the members at our Brockway location were comfy and cozy in our little building and enjoyed the close relationships we were able to have as a smaller congregation, we didn’t want to keep Unitarian Universalism “to ourselves” and knew we would need a larger facility in order to “grow the faith.” Borrowing from the movie “Field of Dreams,” we built it and new members came - - to the point where, just a few years later, we needed to add an extension on the north side (our current Religious Education wing). All of us who are currently members of Countryside Church Unitarian Universalist are not only beneficiaries of these past decisions and actions, but are also decision-makers and activists ourselves as we take care of each other, welcome visitors and new members, and make a positive impact on our local and global community.

At the beginning of my first "stint" as Board President amid the transition to a brand-new and larger building, I recall well the excitement about all the possibilities that lay before us. 25 years later, many of those possibilities have come to fruition, thanks to the vision and hard work of Countryside members, staff, and volunteer leadership. And I find myself still excited about all the possibilities that continue to call to us for our attention and action. I can’t think of a better group to take this journey with!

Always feel free to contact me at prez@ccuu.org with any questions, comments, or concerns,

...duRee Bryant

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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.

Collect a Bit of Water
As you go about your summer activities, please remember to collect a bit of water for our Water Communion service on Sept 8. Our mingling of water is symbolic of the places we learn and grow over the summer, from the garden hose to the ocean.

Creative People
Calling All
Start thinking about the 2019-20 Themes (on p.2) 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.
Minister’s Muse

Change. Change is the only constant, said Heraclitus. That’s not just an abstract concept. We are evolving creatures, intimately interdependent with an evolving planet, living in bodies change constantly, and up to our next in social conditions that change, it seems, sometimes, from moment to moment. You would think that we’d feast on change, since we are – for all practical purposes – made of it. But it doesn’t seem to be all that easy for us. And there are times we just want to say “Enough!” Well, it doesn’t work that way. There’s no stop sign on change street. Even when the change can be positive. I have loved working with Kathy Underwood for the last year. It’s been wonderful. But I’m turned toward the future and the exciting possibilities that will come with our new Director of Lifespan Religious Education, Dr. Mary Shelden. I know that she’s not going to come in with rapid and sweeping changes and some overpowering agenda, she’s coming with an open heart and ears, ready to get to know us and ready to bring all of her energy, skills, and heart to us. I know that congregations, in general, get unsettled by change. It’s a well-researched fact. Staffing changes always result in people drifting away – only partly aware that it is change, itself, that has unmoored them.

Of course, it’s important to connect with staff and we’ve been very lucky to have had many creative, loving, and lovable staff over the years. And I’m grateful that we’re about to start a new relationship with a fabulous staff person, Mary.

But there is something even stronger at the heart of congregational life. It is the life, the spiritual and ethical core, purpose, work, mutual support, and love that makes a congregation stable, strong, and enduring. It is during a period of change that we most need to remember our commitments to that heart – and to stay connected. It is during a period of change – like this, that we need to show up, eat meals together, reach out to people we don’t yet know in the congregation and reaffirm our connections with people whom we do know. It is during a period of change – like this, that we need to be at worship together, have coffee or tea, get our kids together – both at and outside of CCUU. And, of course, it’s during a period of time – like this, that we need to volunteer – if at all possible – so that we all keep moving forward together and making the work and life of this congregation possible.

The strength of the congregation is magic – but it is practical magic – we make it together, you make it together every time you show up.

I am home, still healing, walking, recovering from back surgery and a subsequent and mild pulmonary embolism, and able to think, a little hazily, but with a little less fatigue every day. And what I find myself thinking about most often, is that, in this case – change is my best friend. And I find myself thinking ahead to what will be possible for me in the future. Already, I can walk more than I have been able to walk in years.

And that reminds me that, as we navigate a period of transition, we are moving toward something new, sweet, rich, invigorating, creative, and joyful. I have a crystal ball in my office – notoriously poor at forecasting the future. Beyond my office, I see the strength and beauty of this congregation, the wisdom and leadership of our Board, DLRE Transition Team, and our fabulous staff and we will all be bringing new fabulousness to light in the years to come.

We are made of and for change. And our greatest strength – in both the long and the short term of change – is remembering that we can create a kind of magical constant together. The constant of religious community – covenanted, centered, caring, evolving, and enduring.

Reflection on Soul Connections

Soul Connections groups will start up again in the fall. Soul Connections is a key, connection-making, spirit-deepening, community-building small group program here at CCUU. In the fall, groups are formed that will last the year. The groups create a warm and supportive space in which people in the congregation can meet new people, explore the themes that we share as a congregation, and share some of the joys and challenges of their lives. The groups are key to the health and well-being of our faith community—because they move us beyond the chatter of “coffee hour” to getting to know one another. When you nurture your own life in a soul connections group, you strengthen the congregation as a whole.

These groups help people find their niche, move beyond small talk, and reach out in a safe space. They strengthen our ties as a whole community. Consider participating this year. If you’ve participated before, consider becoming a facilitator; orientation & support for group facilitators will be available.

See the info below, and please contact Sue Montgomery, SoulConnections@ccuu.org.

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

We explore the themes during worship and religious education, in journaling circle and Soul Connections groups.
From Our Interim Director of Lifespan Religious Education (DLRE)

By now, you probably know that a new DLRE has been hired. Mary Selden will join the staff the last week of July, but will be working off-site while Rev. Hilary continues her recovery from surgery. Mary will physically arrive on September 1, and be here for Ingathering on September 8. I’m sure you will all be here then to welcome her to Countryside!

Although there will be a good-bye celebration on June 30 (as of this writing), I will actually be working through the third week of July, so my last official Sunday will be July 21. For my last week, I plan to offer two of my favorite things:

- a campfire and s’mores evening on July 19, and
- an ice cream sundae bar on July 21 after worship.

I hope you will join me for one or both of these events!

The summer program is up and running, and the young people seem to be really enjoying it. We are “traveling” to different countries around the world, learning about their primary religion and a spiritual practice that is done there. Each person decorated a shoe box to be their “suitcase,” in which they will collect a small souvenir each week. They also have a passport that gets stamped for each country they visit.

So far, we have visited Japan and learned about Shintoism, where cleaning is an important spiritual practice. They believe that by cleaning and purifying their spaces, the evil spirits will stay away. Next, we visited Saudi Arabia to learn about Islam. We learned about the Five Pillars, one of which is a pilgrimage to Mecca. The young people then considered where they would like to take a pilgrimage in the future and made a booklet describing where they would go, who would travel with them, what they would do there, and how much they think it will cost. Of course, this last part gave us adults a chuckle! Apparently, it will only cost $100.30 to go to Tokyo, and $1,000,000.35 to go to London!

Our itinerary for the rest of the summer will be:

- July 7: India to learn about Jainism and meditation
- July 14: Pakistan to learn about Sikhism and make a gratitude journal
- July 21: China to learn about Taoism and read/write poetry
- July 28: Iran to learn about Baha’i and the meaning of fasting
- August 11: Boston, USA to learn about Unitarian Universalism and social justice

While we’re looking ahead, August 4 will be the animal blessing worship service for all ages, and August 11 will be the backpack blessing before religious education. The last two Sundays will be a break in RE to prepare for the fall. The program will resume with Mary in command on September 15.

In Faith,
Kathy

We Need You...

- Help is still needed for the summer program, 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/30e0b45acaa2aaabf6-summer](https://www.signupgenius.com/go/30e0b45acaa2aaabf6-summer)
- What better way to welcome your new DLRE, Mary, than to have all RE volunteer opportunities filled?! No experience, you say? Then be a helper a few Sundays this year, and you’ll not only see what our young people are learning and doing, but you will learn and do new things too. Talk to Kathy or email her at dlre@ccuu.org with your questions. Or be adventurous and sign up at [https://www.signupgenius.com/go/70a044ea4a72fa13-revolute](https://www.signupgenius.com/go/70a044ea4a72fa13-revolute). Volunteer Orientation and Training will be September 7 at 9 am.

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](http://www.signupgenius.com/go/70a044ea4a72fa13-sunday) or go to [www.ccuu.org](http://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.

20-30 Somethings

If you are in your 20s or 30s, please join us on the 1st & 3rd Sundays of the month after worship. Childcare is available during our meetings. For more info or to be added to our email list, email 2030s@ccuu.org.

40-50 Somethings

**Game Night ~ Sun, July 14, 4-8 pm**

Join us for a Game Night at the home of Mary Beth and Theo Van Wijk. We'll meet at 4:00 pm and try to end by 8:00 pm. Mary Beth and Theo will provide drinks and appetizers. If you would like to bring something to share you may, but it's not a requirement. As always, newcomers, latecomers, and non-members are welcome! Please RSVP via email to 4050s@ccuu.org if you plan to attend.

To be on our email list, go to [http://ccuu.org/mailman/listinfo/4050slist_ccuu](http://ccuu.org/mailman/listinfo/4050slist_ccuu)
## 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/)

### July 7
**Pride Service: Stonewall Then & Now**
*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**
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**
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
**I’m Glad You Brought This Up**
Feminine Divine Women’s Group
Young people begin in the Sanctuary for a special Backpack Blessing and will be sung out to the last day of Summer Religious Education. This service will be led by the Feminine Divine Women’s Group based on their study this year of the book *Men Explain Things to Me* by Rebecca Solnit.

### Aug 18
**All-Church Spiritual Journeys Service**
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.

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### 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: July 25, 10 am**

Join us for our monthly program on the 4th Thursday of the month in Atherton Hall. Our program will be a presentation by Kathy and George Motto of their trip experiences, photos, and research on the topic “Mongolia—Genghis Khan to Today: A Nomadic Culture Struggles with the Modern Age.”

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

### Path to Belonging

**Oct 6 & 13, 11:30 am -1:30 pm**

These classes are an opportunity to learn more about CCUU and more about the meaning of membership and to get to know others. Our minister, staff, and lay leaders provide exercises and opportunities to explore what you are seeking at CCUU and to discover the freedom and diversity of our faith.

It’s helpful to take both classes in the same session, but you can take one in one session and one in another. If you’re not available now, the classes will be offered again in February 9–16 and May 31–June 7. Sign up at the greater window or email Tom MacTavish, Membership@ccuu.org.

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We move mountains, one stone at a time; as Unitarian Universalists, our journey is to transform the big and the small, to transform ourselves, and to transform the world. Universalism means no one is outside of the circle of love, and no one is disposable. We stubbornly seek out the spark of the divine in each other, no matter what. Interdependence means none of us is truly free until we are all free, and our thriving is bound up in the earth’s thriving. We struggle for liberation from the violence of white supremacy, sexism, ableism, classism, and heterosexism. Our covenants mean we make promises to our communities to honor love and justice above all else.

~ The Rev. Elizabeth Nguyen, “Moving Mountains One Stone at a Time” in *UU World* Summer 2019 issue
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...

Wind, Water, Sun by Rev. Seth Carrier-Ladd
Wind that whispers through the willow trees
Sun that sustains us
Water that washes over willling earth and weathered stones
A smile shared and savored
A child’s squeal of delight as she dances in the daisies and daffodils
The quiet joy of gathered community
This, this is the spirit of life and love that we call forth now into this gathering
May this spirit infuse our hearts, fill our souls, and carry us forward like a wave on the ocean as we enter now into this sacred time and space.
Come, let us worship together.

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

- The Rainbow Fish – Marcus Pfister
- You Are Oh So Horribly Handsome! – Eva Dax
- Beautiful – Stacy McNulty
- Spectacularly Beautiful – Lisa Lucas
- Bristly Hair and I Don’t Care! – Nadia Budde

For Older Children/Youth

- Smile – Raina Telgemeier
- Revenge of the Girl with the Great Personality – Eliza-

beth Eulberg
- Beastly – Alex Flinn
- Prettiest Doll – Gina Willner-Pardo
- The Other Half of My Heart – Sundee Tucker Frazier

For Adults and Parents

- Old in Art School: A Memoir of Starting Over by Nell Irvin Painter; https://www.amazon.com/Old-Art-School-Memoir-Starting-ebook/dp/B0771HQPNX/ref=pd_sim_351_4?_encoding=UTF8&pd_rd_i=B0771HQPNX&pd_rd_r=bdb3678a-2ae1-11e9-9464-d972d800d7c3&pd_rd_w=5UUVB&pd_rd_wg=o44Mg&pf_rd_p=90485860-83e9-4fd9-b838-b28a9b7da30&pf_rd_r=JMHTPPQVEEMY4PF4GH8&psc=1&refRID=JMHTPPQVEEMY4PF4GH8
- Video and spoken meditation - There is Beauty in Not Knowing - Richard Feynman; http://www.karmatube.org/videos.php?id=2688

Movies:

- Maleficent (PG)
- Beauty and the Beast (G)

Journaling Circle ~ August 1, 10 am

Writing Together for Self-Discovery

We gather on the 1st Thursday of each month, but we are skipping the 4th of July!

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 on July 4th. 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.
March in Arl Hts  4th of July Parade
Join Interfaith Green Partners, of which CCUU is a founding member, and Faith in Place, one of our Service Partners, to march in the Arlington Heights 4th of July Parade. Have fun and build community while you take environmental action! We march at the end of the parade and collect recyclables from the crowd. For more info, contact Dan Huntsha, Dan@FaithInPlace.org, and sign up on the Faith in Place website: www.faithinplace.org/events/nw-4th-july-parade-arlington-hts.

Do You know a Youth who would like to be an Eco-Ambassador?
There are 2-3 spaces left in Faith in Place’s N&W Youth Eco-Ambassador Program. Youth learn about current climate issues, sustainable land practices, and how youth can and are part of the solution. More info here: https://www.faithinplace.org/events/nw-youth-eco-ambassadors-program

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 through October, 2:00 - 3:30 pm

July 21  Deer Grove East
Off Dundee Rd, West of Hicks Rd. Bear left at fork. Meet at 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.

Map of Deer Grove Forest Preserve:
Social Action News

Monthly Fair Trade Sale:
July 14 & Aug 11
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 UUSC's Small Farmer Fund, https://www.uusc.org/uusc-fair-trade-project/.

2018-19 Share-the-Plate
During the past fiscal year (July 2018 thru June 2019), we contributed a total of $10,801 through our share-the-plate program to the following organizations:
- Young at Heart Pet Rescue
- ACLU Foundation
- Minister's Discretionary Fund (Ingathering, C'mas Eve, Easter)
- UU Prison Ministry of IL
- Black Lives of UU (BLUU)
- Mano a Mano
- UU Advocacy Network of Illinois (UUANI)
- 2 Li'l Fishes
- New Poor People's Campaign
- UUA Disaster Relief Fund for California fires assistance
- UU Musicians Network
- UUSC Guest at Your Table (special collection coordinated by Study Ministry)
- Lawndale Christian Legal Center
- UU Society of Community Ministries
- The Citizens Foundation USA
- Gender Cool
- Clearbrook
- The Build Team
- Palatine Senior Center
- Citizens for Conservation
- Islamic Society of NW Suburbs
- Revolution Workshop
- NAMI Northwest Suburban
- UU Trauma Response Ministry
- Youth Outlook
- Maach Den Foundation (Fumaachden)
- UUA Living Tradition Fund

Thank you for our generosity! Our share-the-plate program is overseen by both the Social Action Committee and the Outreach Steering Committee.

Atheist, Humanist, Agnostic (AHA)
Discussion ~ 2nd Tuesdays, 7 pm
All are welcome to join us in classroom 4 on July 9, when we will explore the following notion... Most of us in AHA tend not to believe in the afterlife but rather a state of nothingness when we are gone. In light of that, do atheists-humanists-agnostics have a harder time dealing and coping with death? How does an AHA person cope with parting with oneself and loss of our consciousness and accepting the nothingness after our lives end?

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 and some gently recommended material (never required):
- July 7: The June 26 & 27 Democratic Presidential Candidates/Debates
- July 21: Can we move beyond the Cycle of Hatred? Part 2: Spring Cleaning of the Mind (inspired by our May 19 discussion and by Rev. Hilary’s May 19 sermon)
- July 28: Even as we disagree, must we recognize one another’s humanity?
- Aug 4: discussion of one current events topic (deadline to suggest: July 21)

New Adult Faith Development
Offerings This Fall
Women 60+ Building a Village
2nd Thursdays beginning Sept 12 at 10 am
Women 60+ need a Village... We are living longer, facing challenges and crises we never had to cope with before. What used to work for us no longer does. We read that we must reframe our lives, love a different way, re-invent ourselves, find new purposes, and keep growing spiritually, emotionally, intellectually and socially. But, HOW do we do this?
Countryside is offering women 60 years and older a place where we can build our own village. We’ll begin by exploring and developing our purposes, sharing our insights, and supporting each other as we reframe our lives and meet our challenges. We are in this together!
As a frame of reference for discussions, we’ll read Women Rowing North by Mary Pipher. This book is about older women and their challenges and the tools needed to overcome them. In short, this book is about women, who, in their unique ways, build themselves a personal village.
Please join us on the second Thursday of each month beginning Sept 12 from 10-11:30am. Susan Auld and Jeanmarie Dwyer will co-facilitate our discussions. Feel free to bring a beverage.

Stoking Justice: The Rights of Man
Mondays beginning Sept 16 at 7 pm
The fall session of Stoking Justice will review the Rights of Man, a study of the slow social evolutionary understanding of how we should relate to each other. This is not to be confused with the U.S. Bill of Rights. Each session is independent, runs for two hours, and includes DVDs and discussion. There will be 12 sessions, starting on Sept. 16 in Classroom 1. All are welcome!
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. These are free; registration is required. To register, email kmitchell@wellnesshouse.org or call 630-654-5197.

**Drum Circle ~ Aug 24, 7 pm**

Adults & teens are invited to join us in Atherton 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

**UU Living Legacy Pilgrimage October 19-26**

This eight-day journey through Alabama and Mississippi offers participants an opportunity to discover the history, courage, and commitment of the struggle for civil rights in this country. This Pilgrimage is a sacred journey, unlike any other. Not only will you visit the historic sites of the Civil Rights Movement, but you will also meet some of the very people who risked their lives to secure everyone’s rights and those who carry on the story today. These foot soldiers of the Movement have not stopped working for justice, and they will inspire you with their courage, their resilience, and their persistence throughout all these many years. It is an experience you will not forget. To learn more, go to http://www.uulivinglegacy.org/

Upcoming Book Discussions

**Last Mondays Book Group: July 29**

All are invited to join us at 7 pm in the Stokes Room to discuss Murder on the Orient Express by Agatha Christie.

**Book Circle: Aug 11 ~ The World in a Grain**

All are welcome to join us to discuss The World in a Grain: The Story of Sand and How It Transformed Civilization by Vince Beiser. We gather at 6:15 pm in classroom 6, discussion begins at 6:30 pm—please join us!

*First of all -- who even thought about sand??* What an unexpected and yet essential thing to dig into (sorry). *Second, the book is not only fascinating - covering sand as used in concrete, glass, technology, beach reclamation, exploring the environmental, social, economic, political impacts of this under-appreciated resource -- it’s also a surprisingly fun read. The writing is engaging and crisp, and fun little interstitial factoids (how many grains of sand ARE there?) provide a nice counter-point to the well-researched longer chapters. Sand mafias? Who knew?? It's full of insightful, well analyzed, and unexpected ways we depend on what turns out to be a limited resource. Read this book and you’ll... find yourself thinking more about how little things matter, and more deeply about how we live in the world. ~ K. Shilling

**Great Books Group begins again Sept 25**

The Great Books Discussion Group is an offshoot of Transitions. We meet the 2nd and 4th Wednesdays of the month at 10 am in the Stokes Room. We are not meeting over the summer, and we will begin our new book on Sept 25. This is a great time for newcomers to join us! We will be discussing *Sound Bites: Big Ideas in Popular Music* by Krista MacTavish will order the books in late August to have them in early September; the book costs $19.95 plus minimal shipping. If you would like Krista to order a copy for you, send an email to kjmacTavish@aol.com with ‘Book Order’ in the subject line.

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 International Pilgrimages

The UU Partner Church Council sponsors pilgrimages for UUs to engage globally with our siblings and to deepen your faith. There are trips planned to India, Transylvania, and Wales in 2020. For more info go to https://uupcc.org/pilgrimages/pilgrimage-opportunities

UU-United Nations Office

**Seeking Youth & Adult Leaders who are Passionate about Climate Justice**

Are you passionate about creating an inclusive learning environment and working for peace and justice on a worldwide scale? The UU United Nations Office invites Youth and Adults to apply to join the leadership team for the 2020 Intergenerational Seminar, which will be held April 15-18, 2020, in New York, NY, and will focus on the issue of climate justice.

The UU-UNO is accepting applications for Youth Deans (2-year position) and Adult Deans (1-year position) as well as Youth and Adult Chaplains and members of the 2020 Planning Committee. For more info: https://www.uua.org/international-justice/un/spring-seminar
### Upcoming Church Meetings & Events: July-Aug

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<td>6 pm Yoga</td>
<td>6 pm Campfire &amp; Smores w/Kathy U.</td>
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<td>11 am Fellowship</td>
<td>4 pm 40-50s Gathering (off-site)</td>
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<td><strong>July 24-28</strong>: Assn of UU Music Ministries conference, Denver</td>
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### Mark Your Calendar Now for These 2019-20 CCUU Events

- Sept 8: Ingathering & Water Communion and Congregational Potluck
- Sept 15: Religious Education for Children & Youth school-year program begins
- Sept 29: Ministry Fair
- Oct 26: Time & Talent Auction (*note: it’s a month earlier this year!*)
- Nov 10: Indoor Farmers Auction
- Dec 6: Carol Sing & Crafts
- Dec 8: Fair Trade Bazaar
- March 7: Music with a Mission
- April 10: Seder

### Congregational Potlucks
- Sept 8 (hosted by the Board of Trustees)
- Oct 20
- Nov 24
- Jan 12 or 19 (hosting group helps decide)
- Feb 2
- March 15
- April 19
- June 7

If your group would like to help host one of these, sign up online: [www.signupgenius.com/go/70a044ea4a72fa13-monthly](http://www.signupgenius.com/go/70a044ea4a72fa13-monthly)
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.

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