Preparing for the School and Church Year...  
*With the beginning of school and the end of summer, we are gearing up for a new church year, too.*

**Blessing of the Backpacks: Sun, Aug 11 @10 am**  
Please have your child or youth bring their backpack to church with them on August 11, when the congregation will offer a blessing and a small gift to remind them that they have our love and support during the school year. The congregation offers this blessing to show our children & youth that their well-being and school endeavors are important to us, their faith community, and so they may know that:
- We see each and every young person as a significant member of this congregation
- We surround them with love and the Spirit of Love is with them while attending private, public, or home school
- Their church cares about them, not just on Sunday morning but every day of their week

**Religious Education & Family Ministry Opportunities**  
See page 5 for information about opportunities in children’s religious education and family ministry, including helping in the classroom or with special projects, attending Teacher Orientation on Sept 7, and registering your children & youth for fall classes which will begin Sept 15.

**Small Group Ministry: Sign up by August 15**  
Be part of this vibrant, connected community! Soul Connections small group ministry offers yet another way to explore our monthly ministry themes and to make connections with others at the same time. 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. Friendship, deep connections, and insights ensue! Interested in joining? Want to sign up this month? If you are new to Soul Connections or have participated before, we need you to register by August 15 if you plan to participate this fall. Email Sue Montgomery, SoulConnections@ccuu.org. For further details, go to [http://ccuu.org/soulconnections/](http://ccuu.org/soulconnections/).

**Choir Kick-Off: Saturday, August 24**  
Want to sing with choir this year? Join us for our kick-off! We will begin at 10 am with brunch, provided by our music director. We will check in, revisit our covenant, set some goals for the year, and sing through some “coming attractions.” Can’t join us Aug 24? Thursday rehearsals begin Sept 5. Contact music director Alison Vernon, music.director@ccuu.org, for more info.

**2019-20 Monthly Themes – Help Wanted**  
**Do you like to decorate?** We are looking for people to "claim" a theme and decorate or make a display based on the theme for the church narthex. **Do you have original art, photos, poetry, short prose, sculpture** that you would be willing to display at our church? We would love to “highlight” the monthly themes with your creations. See page 2 for more details.

**Collect a Bit of Water for Sept 8 (and plan your potluck dish)**  
As you go about your summer activities, 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. Following the service, we will have a Congregational Potluck, hosted by the Board of Trustees; please plan to bring a dish to share.

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Minister’s Muse

Change. Change is the only constant, said Heraclitus. I have, as many in this congregation know, some fascination with bells. Quiet bells, loud bells, gongs.

The first time I went to a retreat with Zen Buddhist teacher, Thich Nhat Hanh, I did not know what to expect. We gathered in a large hall – a few hundred of us. I followed the example of others who seemed to know to set down their meditation cushions, gather themselves in, and settle down. Outwardly, at least, I got it. Mark and I planted ourselves and we waited. And then, one of the monks lifted a stick and struck it against the huge black temple bell that sat on the stage. Full, deep, resonant. The sound moved through me and captured my attention. I was, quite suddenly, present in the moment, in a very new way. The chatter paused – and I mean that it just paused – in my mind and I knew that I was not there for a quick dose of peace – to have the noise of all that is superficial, false, coercive in the world – stop – so that I could reclaim some balance, some wisdom, some self-knowledge, and a deeper, wider view.

The chatter is a powerful force in our world and our lives. The cacophonies of punditry and stupidity resound around us. It works its way deep into us. Confusion, anxiety, opinions, agendas. We need clarity more than ever. We need spiritual communities that call us – like bells – out of the chatter, into a deeper, more authentic life – both inner and outer.

Of course, the bell – the invitation – is only the start – the rest is deep work. So, the role of the spiritual community is not to pass a nice hour on Sunday morning, not to tickle the intellect, but to help us find the space, support, and courage, to do the deep work. To call us back and help us find that place without chatter – of focus, peace, purpose, balance, and confidence.

Churches have called people to worship with bells for ages. The power of the bell to clear the mind and bring us back to some center is well known. But, often, bells have called people to hear a doctrine to replace critical thought, independent ideas, spiritual insight. Here, our purpose is to provide a framework of compassion and critical thinking, then to call ourselves, not to some doctrine or grand framework, but to allow ourselves the space and support to approach our world in a way that will be life-affirming for ourselves and our world.

We surely need it. I can’t scroll through my newsfeeds, turn on the TV or radio without the Fibber McGee’s closet (look it up if you don’t know – my dad told me about it) threatening to bury me. But I call myself back – sometimes by turning off the data flood, sometimes using techniques of breath or sound, or remembering that deep life depends upon my returning from the noise into a place of centering and grounding.

Our principles call us to noble aspirations, and between us and those aspirations is all that noise – inside and out, fear, falsehood, habit, fear. At this time, for the well-being of our individual and collective lives, let us answer the bell. Let this community be, for you, that bell calling us to hear through and beyond the noise and into life-affirming and life-restoring thought, spirit, love, and action. There’s a hymn in the grey hymnal – Ring Out, Wild Bells – it’s a New Year’s hymn. It’s archaic and all the words don’t fit for every thing, but I often think of it. In one verse it says

Ring in the love of truth and right,
Ring in the common love of god.

There are many verses to this hymn, which is from a poem by Alfred Lord Tennyson, but whatever the words, I always hear it as an invitation to awaken and live life anew.

Try a meditation bell, breathe with its ringing, let the sound clear your mind and heart. And, when you enter the doors at CCUU – let the opening of the doors be as a bell calling to you, to us. I look forward to my return in September and all that we will shape and shake and move and do to make our home and our world ring true – from heart to heart.

Reflection on Soul Connections

Soul Connections groups will start up again in the fall, and the time to register is now. This is a key, connection-making, spirit-deepening, community-building small group program here at CCUU. The groups create a warm and supportive space in which you can meet new people and explore the themes that we share as a congregation. 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. Consider participating this year. If you’ve participated before, consider becoming a facilitator; orientation & support for group facilitators will be available. See the info elsewhere in this newsletter, and please contact Sue Montgomery, SoulConnections@ccuu.org.

A Farewell and a Welcome

The week of July 21, we said ‘farewell’ to Kathy Underwood, our Interim Director of Lifespan Religious Education, and ‘welcome’ to Dr. Mary Lamb Shelden, our newly settled Director of Lifespan Religious Education. In this newsletter, you’ll find Kathy’s final newsletter column and Mary’s first. Please be aware that while Mary is hard at work, primarily off-site, she is only half-time until Sept 1.

2019-20 Monthly Themes Help Wanted

Do you like to decorate?
We are looking for people/small groups/committees to "claim" a theme and decorate or make a display based on the theme for the church narthex. We have a whole closet full of supplies to help you with your creations.

Do you have original art, photos, poetry, short prose, sculpture…

that fit the themes and that you would be willing to display at our church? We would love to "highlight" the monthly themes with your creations.

Please check out the themes info on the next page.

You will see that this year, Soul Matters has added sacred words & a guiding path/question to the themed worship materials, to enrich how we think about & engage with the themes. Contact Lois Phillips or Alison Vernon, Music, Director@ccuu.org, to let us know which month(s) you are interested in helping with—by decorating or by submitting art.
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/

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.
Rev. Aaseng is the Exec Director of UU Advocacy Network of Illinois (UUANI).

Sept 1  Changing Your Minds  Rev. Dr. C. Scot Giles
Young people attend worship with their families; Nursery & Chalice Children classes will be available for infants & preschoolers.
We all have two minds within our cranium—a conscious mind and a subconscious one. There may even be a third mind, a superconscious mind, that we share as part of our common humanity. The problem is that we can find ourselves limited by what we consciously think. Breaking out of this self-imposed limit will be the focus of Dr. Giles’s sermon.
The Rev. Dr. C. Scot Giles is our Community Minister and is a Board Certified Chaplain with the Association of Professional Chaplains. He specializes in working with persons who have life-changing medical problems and helps them using an advanced form of medical hypnosis.

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.

Sept 15  Great Expectations  Rev. Hilary L. Krivchenia
Young people begin in the Sanctuary with their families and will be sung out to the first day of this school year’s religious education classes.

2019-20 Themes
We explore the themes during worship and religious education, in Journaling Circle and Soul Connections groups. In addition, our worship ministry welcomes your help in setting up a monthly display and/or displaying original artwork related to the themes (see previous page for more details).

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<td>Myth</td>
<td>The path of shaping our reality with the stories we tell. Can our stories be re-written? Are we puppets or playwrights?</td>
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From Your Board President

I hope that you have been enjoying your summer (remember to collect some water for our Ingathering service on September 8!) and have been able to participate in some or all of the excellent summer worship services that have been held thus far. We are fortunate to have so many lay people who are willing to share their spiritual reflections and experiences with us.

At our July Board of Trustees meeting, we discussed 2 pieces of very good news. First of all, we ended the 2018-19 fiscal year approximately $23,000 ahead in terms of income vs. expenses. Some of this was from people who paid us some outstanding pledges; we also had a $2000 "angel donor" (thanks to whoever you are!), and we brought in almost $900 more in facility rental than we expected. There were also several areas in which our expenses were not as much as we originally budgeted for. The upshot is that we are able to fund all of the items on our 2018-19 reinstatement list which includes the following items:

- $1,000 in a reserve account for a future ministerial intern
- $1,000 toward staffing needs (in this case for expenses that Alison Vernon had paid out of her own pocket in order for her to fulfill the requirements to obtain her UU Music Leadership Certification)
- the balance of our 2018-19 UUA dues ($9,910)
- $8,850 into capital reserves
- $2,630 into operating reserves (part to go toward onboarding expenses for our new DLRE)

Our other good news is that on July 30 – Aug 1, much of our indoor and outdoor lighting fixtures were retrofitted and replaced with energy-efficient LED fixtures at a significantly reduced price, due to a wonderful opportunity offered to not-for-profit programs by ComEd, which our volunteer facilities chair, Steve Black, found. The Board has had their eyes set toward this goal for quite some time, thanks to CCUU member Jeff Phillips, who had done a tremendous amount of research the past few years into how to make our lighting system more green, but we were unsure how we would be able to afford it. This program through Com Ed is the answer to that - - I wish you could have seen the look on our faces when we saw what extensive savings this program offers us! In addition, we have been told that we will see a real difference in our electric bills, so we are saving in more ways than one, and continuing our congregation’s commitment to “spread green values to all aspects of church life.”

Our exploration of the possibility of using our home on the North Property to house an immigrant family (in coordination with one of our outreach service partners, the Interfaith Committee for Detained Immigrants) is ongoing. Nothing has been decided yet, as there is still more we need to know in order to make an informed decision. We will certainly keep you updated. For those of you who have expressed an interest in working on this project, there will be a meeting at the church at 7:00 pm on Tuesday evening, August 13, so please join us! Always feel free to contact me at prez@ccuu.org with any questions, comments, or concerns,

...duRee Bryant

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Farwell from Kathy

Saying good-bye is always bittersweet to me. Although it was known that I would only be serving as an interim person for a year, now that the time is here, it I, understandably, have mixed feelings.

I have grown to admire and love Countryside as a whole, but even more so for those who have touched my life while here. First there was Jules, who if not for her, I would not have had the opportunity to be on staff. Next, there is Rev. Hilary, who took a chance on hiring me in the first place. I was not Jules’s twin – although Hilary jokingly complained that I was another blonde on staff – but I think she grew to appreciate me on my own, faults and all. Hilary has been a wonderful and supportive supervisor and has helped me grow further in this work. It is less common for us religious educators to have a true collegial relationship with the ministers we work for than one might believe. I can honestly say that Hilary and I have had such a working relationship, and for that I am most grateful.

And then there’s the magnificent, magical administrator, Laurie! She is the historic memory of Countryside – especially as it relates to RE. Plus, she knows her way around electronics like the best of them. And she likes this all from the generosity of her heart – which is way bigger than the Grinch’s. In all seriousness, she is a god/goddess-send, and I will miss her.

Of course, I couldn’t forget Alison, the most awesome music director ever! It has been a joy to work with her in designing worship services. She is always willing to entertain my ideas and does so without looking at me funny. She has an incomparable breadth of musical knowledge. She will consider all genres in worship and isn’t wedded to just one or two. The adult and children’s choirs she directs put their heart into worship with their voices, making it a spiritual experience. I will miss Alison and all of your voices.

I am also grateful for the many – about 55 – people who came together this past year to help create a religious education program that was meaningful and piqued the curiosity of our youngest through our oldest. Aida Acuario has been a consistent presence in the nursery, caring for the littlest members of Countryside. Cara Duffy, with much help from Natalie and Sarah Gerson, has passionately prepared materials for the preschoolers and have been a constant presence as well. Our RE Coordinators, Jen Rotchford, Chris Smith, Kim Tillford, and Leslie Vaughn, were invaluable in ensuring that volunteers were in place each week. We also had a great Coming of Age program this year, with mentors Linda Berry, Traci Boland, Laura Corrigan, Mike Corrigan, John Evans, Kathi Hillyer, Laurie Lantz, George Motto, Natalie Silk, and Chris Smith, who committed to spending time with our youth learning more about our faith. Our Family Ministry Team coordinated several successful events, such as Cupcake Wars and a Selfie Scavenger Hunt; a huge “thank you” to Ann Blymoire, Jen Alton, Crystina Smith, and Leslie Vaughan for their energy and efforts.

As part of my departure, I will follow UUA guidelines, which means I will “unfriend” CCUU members on social media and email that are not connected through professional organizations. It is nothing personal – I wish I could keep in touch with you all. This will allow some space for you to get to know Mary and for her to get settled here.

Going forward, my hope is that you continue to grow in your UU faith by challenging yourselves to delve more deeply in racial justice and white privilege, learning about our UU history and herstory, and to take action, however small or large, to make this world a better place.

Blessed Be, Kathy
Hello from Mary

Hello Countryside! So glad to find myself among you — again.

I say again because, as you may have heard, my life as a UU, starting at age zero, began when my parents moved to Illinois from Kansas, established a home in Hoffman Estates, and started to attend the Palatine church fifty-five years ago. It brings me joy to consider that there may be members now who were here then. Maybe a current member cared for me in the nursery, or was my first Sunday school teacher. You’ll forgive me, I hope, if I don’t remember you. I was Mary Turner then, and my parents were Sara and Josiah. The minister was Ruppert Lovely, and you didn’t yet have this beautiful church home. Honestly, I don’t remember much about church in those days, other than the doughnuts we religiously got afterward. I find I can still get a chocolate LongJohn in the neighborhood, and this also brings me joy.

So this is a homecoming of sorts for me, and this should bring us all joy, in a way. As a denomination, keeping our young people in the faith into adulthood has sadly not been one of our strengths. My calling, in part, is to help us get better at this. But clearly, something this community did all those years ago was enough to hold my parents – one raised a Presbyterian, the other an Agnostic and seeker – in their UU identity all the years of my upbringing, even after they moved away when I was five years old. Five years was all you had us – but it was enough to fix their identities as UUs for the rest of their lives. After we moved to Libertyville, my parents were members at the Deerfield Church, though they were not as happy with the minister there, and they attended sporadically. I did not attend church regularly again until I was old enough to drive myself there. But there was no question about who we were – it was more than just what we wrote under “religious affiliation” on the forms. It regularly helped shape our dinner table conversations. It sank into me as part of my identity. And when it came time to raise my own child, I knew how I wanted her to be raised.

As I begin to meet with people about what’s needed for lifespan RE, and what their hearts’ desires are, I bear this experience in mind. It’s not the only way to raise life-long UUs – likely not the best way, really. But something you all did here back then was somehow enough, literally, for us to sustain the faith. I am excited to explore with all of you what a lifelong, life-sustaining faith is made of. I have my own ideas, and I am eager – indeed, hungry -- to hear yours.

I started first by reaching out to the team who hired me, have begun meeting with each of them in turn, including Rev. Hilary, and I thank them for their warm welcome and for opening their generous hearts to me. Soon I will be reaching out to lead teachers in children’s and adult RE and intergenerational programs. After that, I will find my way – maybe to you. But if you know already you’d like to talk with me, please let me know (dlre@ccuu.org) – I’d be delighted to make an appointment. I’ll be full-time beginning Sept 1, and am looking forward to Teacher Orientation on Sat, Sept 7, 9am-1pm.

In the meantime, thank you, Countryside, for bringing me back to you. Let’s imagine together now how to build a faith that sustains, and a movement that lasts.

RE and Family Ministry Opportunities

It’s the launch of a new church year – and to get us started, here are some opportunities coming up in Children’s Religious Education and Family Ministry:

- Our new DLRE, Dr. Mary Shelden, is on the lookout for strong teachers – and there are so many good reasons to teach! Many folks who are relatively new to Unitarian Universalism teach in order to familiarize themselves with the faith tradition and history and to deepen their sense of UU identity. Many, regardless of the length of their membership, do it out of their strength of commitment to community or their sense of mission for helping young people to develop a faith that can sustain them throughout their lives. Some teach out of an understanding that it will help them to create a sense of connection and belonging, for themselves and for the children and families they serve. And many just do it to catch a charge of abundant youth energy or experiential awe and wonder. If you feel called to working with young people, Mary (dlre@ccuu.org, 847/359-6440) would like to connect with you and talk through needs and opportunities.

- For those who’ve signed up to teach (or are considering it), our Teacher Orientation for the coming year will be held Sat Sept 7, 9AM-1PM (with lunch at the end for roughly the last hour). We’ll be getting to know each other, covering some topics helpful and important for RE teachers (classroom management, supporting children with special needs, managing tough topics), and envisioning our year to come. We’ll have coffee and continental breakfast offerings available at the start to bring in with you to orientation – so please plan to arrive a bit early to get your coffee and pastry and get settled in time to start at 9AM. Looking forward to it!

- Beyond teaching, there are many ways to contribute to Children’s Religious Education and Family Ministry at Countryside. You might sign on to lead or assist with a special activity or field trip, you might volunteer your talent for a song or skit during worship, you might serve as greeter in the north wing or the Narthex, you might have a special holiday or event or project you’d like to see us celebrate and help with developing ideas for a new tradition. Let’s talk about what you want for our community! Enthusiasm more important than experience – ideas welcome.

- Ingathering will be an intergenerational service, as usual, and our regular Religious Education year will launch the week following on Sun Sep 15. Planning is underway, and we are looking forward to a wonderful year together. Bring your kiddos to find the fun and caring community they seek – register here: https://ccuu.breezechms.com/form/1920RERegistration

Looking forward to a wonderful year of community!
Time & Talent Auction 2019

Save the Date: Saturday, October 26!

The Hatter has gone absolutely MAD with visions of a more caring and compassionate world. He invites you to join him in Atherton Wonderland on Saturday, October 26 for an evening full of fun and festivities, food and friends, and, best of all, fabulous fundraising for our Service Partners!

No Hatter party could be complete without a HAT CONTEST, so start working on your most creative creation and take home a prize! Now is also the time to start thinking about your own Time and Talent Donation. Are you a craftsperson with an item to auction? An artist with a skill to share? Own (or know someone with) a business with a donateable service? Have knowledge you’d like to impart to others? Willing to host a dinner or give a ride? The possibilities are endless! We also always need volunteers! Please direct any questions to Mari Peckham, CCUU.Time.Talent@gmail.com

Tickets will be available for purchase starting Sept 22! Your $30 donation will give you entrance to an evening of magical fun, including dinner, dessert, and coffee (and tea!) service fit for the Hatter himself! A cash bar will also be available. Be sure this event is on your calendar!

Green Sanctuary News

CCUU Hosts Faith in Place Eco-Ambassadors

Faith in Place, an interfaith environmental organization, is one of our outreach service partners. In July, we provided space for their N&W Eco-Ambassadors Youth Program, and due to the financial support provided by our Time & Talent Auction, they were able to grow the program this year to hire twice the number of eco-ambassadors and to extend their time. Read more: https://www.faithinplace.org/news/meet-2019-nw-suburbs-eco-ambassadors

Walk in the Woods & Prairie with Interfaith Green Partners: 3rd Sundays, 2—3:30 pm

All are welcome to explore the treasures of our local Deer Grove Forest Preserve with Interfaith Green Partners, of which CCUU is a founding member. Enjoy the beauty of the native prairie in August. In September, go for an early fall walk. Finally, in October, experience fall as it returns to the prairie. Walks are guided by stewards and naturalists who know how to find these treasures. Flyers which include a map are available on the kiosk in the narthex at church.


Social Action News

Monthly Fair Trade Sale: 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 of Equal Exchange food purchased, 20 cents goes to the UUSC's Small Farmer Fund, https://www.uusc.org/uusc-fair-trade-project/

UU Prison Ministry of Illinois Workshop

Prison Industrial Complex (PIC) 101

At CCUU on Sept 28, 10 am – 2:30 pm

- It’s easy to feel helpless in the face of the racial and economic injustice in our society. This is an opportunity to learn and reflect on what we can do to change it. This workshop is intended to challenge participants towards growth and inspire ongoing work and action.
- During this five-hour workshop, participants will have the opportunity to:
  - Examine the roots of the prison industrial complex (PIC), its reach and impact on our lives, as well as our ability to transform it.
  - Connect Unitarian Universalist (UU) values to the work to divest from retaliatory justice and invest in building new systems of safety, healing, and accountability.
  - Begin to build with local/statewide organizations engaged in prisoner solidarity, organizing to end racist police violence, legislative challenges to the system, and restorative justice work.
  - Learn about the UU Prison Ministry and how your congregation can support our work.
- PIC 101 is required for all UUPMI Pen Pals, Circle Members, and In Prison Volunteers.

Register with UUPMI by Sept 14: http://www.uupmi.org/registration.html

Be a friend to Chicago Fair Trade community

When Katherine Bissell Cordova, Executive Director of Chicago Fair Trade (CFT), spoke from the CCUU pulpit on June 16, she talked about how important WBEZ’s radio program “Worldview” is to CFT’s mission. She told us that Worldview might be cancelled and urged us to sign a paper petition to keep it on the air. Subsequently, she has created a digital petition which she would prefer that we sign—even if you signed the paper petition earlier. It’s easy to do! Here is the link: www.saveworldview.org

Thank you!

UUs for Social Justice: Aug 25, 2 pm

Join UUSJ for their summer quarter meeting at DuPage UU Church in Naperville and a program titled Medicare for All: Many Options. Bill Bianchi, Board Member with the Illinois Single Payer Coalition, will be the main presenter, while Allan Lindrup, UUSJ’s current Chair, will be the respondent. Following there will be about a half hour for questions and comments from the audience.
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. DRUMMING EXPERIENCE IS NOT NECESSARY! Please bring your drums, rattles, digeridoo, 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.

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!

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

Path to Belonging
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 greeter window or email Tom MacTavish, Member-ship@ccuu.org.

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.

Outing: Renaissance Faire on August 24
Attention all ye fine lords and fair ladies! The CCUU 20/30 somethings shall be gathering together for mischief and merriment at the Bristol Renaissance Faire on August 24 at 11 am. This is a family friendly event. Please RSVP via email, 2030s@ccuu.org, or on our Facebook page to let us know you are coming.
Every Faire day recreates a time when knights were noble, maids were merry and turkey legs were titanic. Once you enter the portal gates, you travel back in time to the year 1574, and you’ve walked right into an exciting village festival day. All entertainment is included in the price of admission. Nearly 200 artisans display their wares in the Bristol Faire Marketplace. Check out their website for more info: http://renfair.com/bristol/tickets/.
Tickets are $26 for adults, $12 for children 5-11, and under 4 is free at the gate. You can also get discounted tickets at Menards, or print coupons from their website to discount tickets purchased at the gate. Also please remember to bring money for food. They do not allow outside food or drinks at the Ren Faire. There is a $5 charge for parking.

40-50 Somethings
Music at Twin Lakes ~ Fri, Aug 9, 6:30 pm
We will start at the home of Leslie & John Vaughn at 6:30 pm or so, where we’ll have snacks and beer and wine. The music starts at Twin Lakes at 7:30, so we can all mosey over to Twin Lakes when we feel like it. It’s about a 5-minute walk.
Thinks to bring: Blanket and/or lawn chairs, a sweater or throw (it can get cool by the lake when the sun goes down), bug spray, money to purchase drinks or concessions if so desired when you get to Twin Lakes (it is not permitted to bring alcohol into the park), snacks to share at the house or at the park. No RSVP required, but it would help us to know if you are coming and whether you prefer beer or wine so we can make sure we have enough at the house. Hope you’ll be there! Let us know via email to 4050s@ccuu.org.
To be on our email list for future notifications, go to http://ccuu.org/mailman/listinfo/4050slist_ccuu.org

Easy Way to Find the Sign-up Lists
All of the CCUU sign-ups, including the Religious Education opportunities, Potluck sign-ups, PADS Meals, and Sunday morning volunteering, 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.

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: Aug 22, 10 am
Join us for our monthly program on the 4th Thursday of the month in Atherton Hall. For this month’s program, Jim Simmons will lead an in-depth DVD presentation & discussion on a very current topic, What is Social Democracy and how it is done in Europe?
Potluck lunch will follow; bring a dish to share or your own individual lunch. All are welcome; invite a friend!
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 (never required) material are listed below. Future topics are tentative; the ones scheduled for the upcoming two Sundays are the least likely to change, but current events developments, or other factors, sometimes inspire us to switch, late.

- Aug 18: Status Quo Rationalization
- Aug 25: Are Race Relations Better or Worse Now than in the 60s?
- Sept 1: Discussion of a Current Events Topic; the opportunity to suggest topics for Sept 1 begins Aug 4. In the weeks leading up to the discussion date, participants send Vid their suggestions for what we will discuss that's been the subject of recent news headlines. If Vid receives no suggestions, he picks one.
- Sept 8: Dialogue and Disagreement in 2019
- Sept 15: Ubuntu Masculinity in Our Culture

Journaling Circle ~ Sept 5, 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.

Upcoming Book Discussions
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!

Last Mondays Book Group: August 26
All are invited to join us at 7 pm in the Stokes Room to discuss Where the Crawdads Sing by Delia Owens.

Great Books Group begins again Sept 25
We will begin our new book, Sound Bites: Big Ideas in Popular Music, on Sept 25—this is a great time for newcomers to join us! We meet the 2nd and 4th Wednesdays of the month at 10 am in the Stokes Room. If you would like to order a copy of the book, email Krista MacTavish, KJMacTavish@aol.com, by Aug 15; include ‘Book Order’ in the subject line of your email. The book costs $19.95 plus minimal shipping.

Atheist, Humanist, Agnostic (AHA)
Discussion ~ 2nd Tuesdays, 7 pm
All are welcome to join us in classroom 4 on August 13, when we will explore some of the different branches of humanism—Unitarian Humanism, Secular Humanism, Christian Humanism, Buddhist Humanism, and others.

New Adult Faith Development Offerings
Women 60+ Building a Village begins Sept 12
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, reinvent 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 Jeannmarie 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!
Does Your Group Need a Service Project?
Please consider helping with the weeding! Individuals, families, and groups are invited to be part of our volunteer weed pulling team. Meet in front of the church on Saturdays at 9 am. Bring your gardening gloves, dandelion digger or trowel, and a desire to help make our grounds look their best. We’ll keep at it every Saturday till things are more under control, so if you can’t make it this week, come next week! Thank you.

Yoga ~ 1st & 3rd Thursdays, 6-7 pm
Yoga continues through the summer. 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.
### Upcoming Church Meetings & Events: Aug-Sept

**Aug 7**  Focus publication

**Aug 11**
- 9 am Open Forum
- 10 am Worship, Backpack Blessing, and Summer R.E.
- 11 am monthly Fair Trade & Fellowship
- 6:15 pm Book Circle

**Aug 18**
- 9 am Open Forum
- 10 am Worship, Nursery & Chalice Children
- 11 am Fellowship
- 11:20 am 20-30 Somethings
- 2 pm Walk in the Woods

**Aug 25**
- 9 am Open Forum
- 10 am Worship & Relig.Educ.
- 11 am Fellowship

**Sept 1**
- 9 am Open Forum
- 10 am Worship, Nursery & Chalice Children
- 11 am Fellowship
- 11 am Intro to CCUU
- 11:20 am 20-30 Somethings

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### Congregational Potlucks
- Sept 8 (hosted by the Board of Trustees)
- Oct 20 (hosted by 4050 Somethings)
- Nov 24
- Jan 12 or 19 (hosting group helps decide)
- Feb 2
- March 15
- April 19 (hosted by Green Sanctuary Ctte)
- June 7

If your group would like to help host a potluck, sign up online: [www.signupgenius.com/go/70a044ea4a72fa13-monthly](http://www.signupgenius.com/go/70a044ea4a72fa13-monthly)
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!
- 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. For more info and to register for any of the trips listed below, go to https://uupcc.org/pilgrimages/pilgrimage-opportunities
- NE India and Khasi Hills: March 12 - 22, 2020. Experience first-hand this unique outpost of Unitarianism and enjoy the gracious hospitality of the Khasi people.
- Roots 2020: July 13 - 20, 2020. This amazing experience brings together members from Unitarian churches in Transylvania with North American UUs to explore our shared religious heritage through activities and discussions.
- Wales (Inaugural Trip!): July 30 - August 8, 2020. Connect with Welsh Unitarians and together explore significant Unitarian churches and landmarks.
- Transylvania Thanksgiving: September 21 - October 3, 2020. A year-round favorite. Begin in Kolozsvár/Cluj visiting Unitarian Church Headquarters and the region’s most significant Unitarian holy places then experience a Transylvanian Thanksgiving celebration in a partner village as you connect with partners in faith.

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, call 630-654-5197 or email kmitchell@wellnesshouse.org.

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/.

Interfaith Potluck for Peace
Sept 22
This event is organized in solidarity with the International Interfaith March for Peace and Justice & the Children of Abraham Coalition, www.COACPeace.org. Please bring a dish to share from your culture or faith tradition. Please no pork or shellfish.
Donate to CCUU Anytime
You can donate anytime toward your operating pledge or for our share-the-plate organizations, even if you are unable to attend the Sunday service. Use the ‘donate now’ button on the front page of our website, www.ccuu.org, or text ‘X SHARE’ to 847-973-7344 with X being the amount you would like to contribute to share the plate. In the same manner, you can donate toward your pledge—use the ‘donate now’ button on the front page of the website or text ‘X PLEDGE’ to 847-973-7344 with X being the amount you want applied to your pledge.

Reminder: Nut-free Practices
As you plan your potluck dishes, please remember the restrictions around peanuts and tree nuts in our building. This practice reflects our desire to be a welcoming and safe congregation for members, friends, and visitors who have potentially life threatening allergies to peanuts or tree nuts.
- Please do not bring any food item that contains nuts or has allergen warnings that it may contain nuts. If you are unsure, do not bring it to church.
- Check and recheck labels on all food.
- Bring snack foods that ARE peanut & tree nut safe.
  We ask that everyone work together to remind each other not to bring or serve anything with peanuts or tree nuts. If a snack or food item has nuts, we will ask that it be removed and returned to your car. If we do not know who brought the nut item, we will place the item in a labeled Ziploc bag and if no one retrieves the item, it will be discarded.
  Empathy and compassion are key to understanding the reason behind these practices. Thank you for assisting to make Countryside Church a more welcoming and even safer place for everyone who walks through our doors. Further details are posted in the kitchen and at [http://ccuu.org/peanut-treenut-practices/](http://ccuu.org/peanut-treenut-practices/).

CCUU No Photo List
We maintain a No Photo List of people who want to opt out of having their image used by and for the benefit of CCUU in internal and external publications including print, digital, and social media. Parents, when completing R.E. registration, can instruct us about restrictions for their children & youth. Any person may instruct CCUU to place their name on our No Photo List by advising the Congregational Administrator in writing, ccuu@ccuu.org.

Outside Groups Held at & Open to CCUU
Several outside groups use space at Countryside Church UU and are in alignment with our UU Principles and open to participation by all. There may be a participation fee or other requirements set by the group and which apply to all participants, regardless of CCUU affiliation.
- **Great Plains Zen Center (GPZC)** sits meditation on Sundays at 7 pm and offers monthly Intro to Zen workshops. For more info about GPZC’s programs, refer to “Other Religious Voices” bulletin board across from the church office or go to [www.greatplainszen.org](http://www.greatplainszen.org).
- **Transcend** is a program of Youth Outlook which meets here every Wednesday evening. It is a support group focusing on gender identity and is geared towards Trans youth. It is suggested for 14-20 yr olds. For more info, go to [www.youth-outlook.org](http://www.youth-outlook.org) or talk to CCUU member Kim Tilford.
- **Citizens’ Climate Lobby, Chicago Northwest Suburbs Chapter** meets here 2nd Saturdays. For info, go to [https://citizensclimatelobby.org/chapters/Illinois_Chicago_Northwest_Suburbs/](https://citizensclimatelobby.org/chapters/Illinois_Chicago_Northwest_Suburbs/).
- **Journey Transgender Support Group** is for anyone transgender, gender queer, androgynous, or gender questioning; meets the 2nd and 4th Sundays at 2:30 pm in classroom 5. Meetings are limited to people 18 or over, unless accompanied by a parent. transgender_journey-subscribe@yahoo.com
- **Agape: A Community of New Hope** holds worship in our Sanctuary on Saturday evenings. We are happy to help an emerging faith community that, although a different denomination, is welcoming of all and aligns with UUism on social justice issues.
  - **AA**: Men’s Meeting: Saturdays, 9-10 am; Women’s Meeting: Fridays, 7:30 pm
  - **Job Search Circle (JSC)** meets in Atherton Hall on Wednesdays, 9-11am. $5/meeting. Dress code is business casual. For more info, go to [www.jobsearchcircle.org](http://www.jobsearchcircle.org) or email JSC founder Rosemary Monahan, Rmonahan@jobsearchcircle.org.
- **Career Communicators** is a Toastmasters International Club dedicated to professional speaking. Meets in Atherton Hall the 1st & 3rd Tuesday of the month, 7-9 pm. More info: [www.careercommunicators.com](http://www.careercommunicators.com).
  - **St Hubert Job Ministry** Events are nondenominational, free, open to all occupations, and held at various member churches. Upcoming event listings are posted on the Community bulletin board across form the church office or go to [http://www.sainthubert.org/ministries/job.html](http://www.sainthubert.org/ministries/job.html)

We are engaged in a fallible, human enterprise, but it is one that simultaneously transcends our finitude. Amid the uncertainty, amid the risk of failure, can we remember why we stepped forward?
To make a difference in someone’s life.
To help build and create healthy community.
To share our gifts and talents with the world around us.
To be the best we can be, and bring out the best in others.

Grounded in these intentions, it’s never possible to fail. The world needs every bit of good that each of us has to offer. Do what you can. Trust that gifts offered in love will be received in the spirit of love. Trust that what we are contributing to is far greater than any one of us. Trust that even when we fall short, the good that we are able to do matters. Greatly.

From *Facing Fear, Trusting Love* by Manish Mishra-Marzetti, published in *Bless the Imperfect* [https://www.uuabookstore.org/Bless-the-Imperfect-P17371.aspx](https://www.uuabookstore.org/Bless-the-Imperfect-P17371.aspx)
**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

- Aug 28 (publ. Sept 5)
- Sept 25 (publ. Oct 2)
- Oct 30 (publ. Nov 6)

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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**Minister**

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Minister@ccuu.org

**Director of Lifespan**

Dr. Mary Lamb Shelden
DLRE@ccuu.org

**Community Minister**

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**Lay Ministers**

Ken Bobbe, Coordinator
Karen Greenland
Joy Simon
Barbara Griggs
Chris Smith

**Religious Education Assistant**

Marisol Vazquez
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For assistance from Lay or Care Ministry, please call Ken or Rev. Hilary.