This Sunday, September 8
All-Church Ingathering & Water Communion at 10:00 am
This is an All-Church service; young people attend worship with their families. Nursery & Chalice Children will be available for infants and preschoolers.
Bring a bit of water. Our mingling of water is symbolic of the places we learn & grow over the summer, from the garden hose to the ocean. Share the Plate: Half of the cash collected in the offering will be donated to the Minister’s Discretionary Fund, used to help those in need within our congregation.

Ingathering Potluck & Kickball-for-All at 11:00 am
To celebrate returning home to the church community that holds us, gives us hope, and inspires us, our Board of Trustees will host the first of our monthly Congregational Potluck lunches after the Ingathering service. Please bring a dish to share (please no nuts—see p. 9 or http://ccuu.org/peanut-treenut-practices/).
CCUU’s Intergenerational Events Planning Team will host Kickball-for-All, with special rules for different ages and abilities to help level the playing field. Our big game will happen across Smith Street at Sundling Field following the Ingathering potluck; and for a special treat for the day, too—a different sort of water communion that we think you’ll also like very much! Hope you can join us and bring your family of any size - singletons and everyone else are welcome to stay and play!

Religious Education Volunteer Orientation
This Saturday, Sept 7, 9 am—1 pm
For those who’ve signed up to teach (or are considering it), our Teacher Orientation will be held this Saturday and includes lunch & continental breakfast. 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. Please plan to arrive a bit early to get your coffee and pastry and get settled in the Sanctuary in time to start at 9AM.

Register Your Children for 2019-20 RE
Religious Education classes begin September 15. For safety and planning, it is important that all young people, infants through high school, be registered. Please use the online registration form, https://ccuu.breezechms.com/form/1920RERegistration. Contact Mary Shelden, DLRE@ccuu.org or 847-359-8440 x4, with any questions.

Meet Our Ministries Fair: Sept 29 ~ Learn How We Live Our UU Values
Make plans to join us in Atherton Hall on Sept 29, immediately following worship, to learn about opportunities for you to explore your interests and passions; share your talents; and more thoroughly enjoy your Countryside experience this church year. Representatives from many of our congregation's programs and committees will be available to fill you in on what they do and how that is connected to our UU values and principles. Come discover ways that you can find a smaller community and contribute to our CCUU community, while getting better acquainted with your fellow Countryside! See you on the 29th!
Minister’s Muse

Recovery from surgery is often more convoluted and complicated than you might think. Well, than I might’ve thought. Healing takes time and intention. Eating healthy foods, resting, focusing on positive aspects of life, watching old episodes of Bob Ross’s Joy of Painting program on YouTube – I certainly didn’t mean to include Bob Ross but, having done so, it seems right, after all.

What I used to love about Ross’s program was that it made something that seemed mysterious, complicated, and kind of magical seem possible and even simple. Not, mind you, that I ever picked up a pallet and oil paints after watching his program. But the way that he described painting, step-by-step, and in such a clear and relaxed way made it seem accessible. Granted, his paintings weren’t masterpieces of artistic expression but they were pretty and homey, balanced and colorful. And, when Bob Ross picked up a fan shaped brush and dabbed it diagonally down the side of a painting, a pine tree would magically appear.

So much of what we do in our bodies every day in every moment is pretty mysterious, complicated, and kind of magical. But our practice over time of standing and sitting, walking and running, of breathing and swallowing – makes these activities become things we take for granted – but they all took time and practice. Just so, when the doctor finished fusing my lower vertebrae – just L4 and L5 (I think) – I had to relearn standing and sitting, walking (forget running) – and, later in the summer even breathing.

I had been hobbling for a year or two because of discomfort and, as soon as the surgery was done, despite some pain because of an incision, that discomfort that had kept me hobbling, was gone and I had to begin to learn how to balance myself again and then to sit and then to walk. Many have had this experience of having a part of your body rebuilt in some way, and then having to re-learn how to use it or even learn how to use that part of your body in a new way.

It was a kind of gift to become aware of my walking again. To be mindful of my muscles fatiguing and then growing stronger and still gaining strength. Of one of the most complicated forms of meditation for me, is walking meditation. Always has been. There is something about slowing down my walking, step by mindful step. I feel like I’m teetering, almost like I’m walking on a tight rope instead of flat and even ground. My mind can’t wander because my attention is so focused on each step. I know I look awkward when I’m doing walking meditation – maybe even a little tipsy. But my mind is clear because all of the chattering – grocery lists, things to do, things undone, things I wish I’d never done – is quiet. All I can think is ‘balance on one foot and step with the other, now balance on the other foot and step with the first, and reverse’ – periodically interrupted by the hope that I won’t fall over.

Learning how to walk again and how to sit deliver me to a sense of awe and celebration for the complex gift that is this human body.

I don’t recommend surgery as a means of gaining awe or appreciating one’s body – but I do recommend finding ways of being aware of it.

It reminds me of the suggestions that the Rev. Scot Giles made on Sunday September 1st – that it takes practice and time to become happier. To become happier takes turning your attention – not away from the world as it is – but also and consciously seeing all that is good and nourishing and life affirming. It is how we can regain our balance in the world -- in “our little world” as Bob Ross would say. That enables us to not only to walk more mindfully on the earth but also to make the world more beautiful, fair, and just. Learning how to walk again, learning how to walk our talk, learning how to live. Brush stroke by brush stroke. Act by act: Step by step.

Current Issues Read with the Minister

October 2, 7:00 pm

Radical Dharma by Angel Kyodo Williams

As Unitarian Universalism works to be relevant and to respond to the challenge of our time, the work of Rev. Angel Kyodo Williams is timely, profound, and useful. Rev. Angel writes at the intersection of racial justice and Buddhist thought and is teaching new generations of spiritually grounded activists. Read the book and join us for a thought-provoking discussion.

What Moves Us: A Faith Development Offering

1st & 3rd Sundays, 12 – 1:30 pm, begins Oct 6

Our Unitarian Universalist Inquiry, Navigation, and Growth Series, which started with "Resistance and Transformation" last year, continues with "What Moves Us," an Adult and Youth exploration of spiritual and theological roots in Unitarian Universalism. This course will provide an opportunity for participants to learn more about our faith and discover ways it resonates with them and encourages their growth. Registration is encouraged; attendance at every session is not a requirement for participation.

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, 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.
From Your Board President

Although the seasonal and school calendars do not agree with me, I have always experienced Summer as beginning Memorial Day weekend and concluding at the end of Labor Day weekend (I'm sure there are plenty of students who wish this was the case!) However you look at it, our new church year, worship-wise, is beginning with our annual Ingathering service on September 8, and I am looking forward to seeing you there!

Just as this is a time when we re-congregate from our various summer adventures and journeys, it is also a good time to reconnect ourselves to how we might best contribute our time and talents to Countryside. There are multitudes of opportunities, from short time commitments to longer ones - definitely something for everyone! You'll see information in this edition of the Focus about the Ministry Fair to be held following worship on September 29, when you'll have a chance to learn about many of the offerings available for you.

You certainly don't need to wait until then to wade (or jump) into one or more of the activities here at CCUU - this newsletter alone will give you info about ways to both give and receive: ushering or greeting for a Sunday service, singing in the choir, teaching in religious education, decorating for a monthly theme, helping with the Time and Talent Auction, attending the UU Prison Ministry Workshop on September 28, walking in the Deer Grove Forest Preserve with the Interfaith Green Partners, participating in a book group, doing some weeding on our church grounds, the list could go on and on!! I can guarantee you that getting engaged in one or more ways here at Countryside will deepen and add to your Sunday morning experience - and what you bring to us is greatly needed.

Your Board of Trustees is hosting our first potluck of this church year, to be held immediately following worship on September 8. Please plan to join us, and bring one of your family's favorite dishes to contribute to our meal - we will share both hearty food and good conversation with each other while we celebrate being back together!

As always, I may be contacted at prez@ccuu.org if you have questions, comments, or concerns. ...duRee

Chalice House Update

If you were at the annual meeting, you heard about the newly-formed team looking into the possibility of converting the North Property into transitional housing for immigrants seeking asylum.

Countryside currently owns the 4-bedroom, 2-bathroom house that is adjacent to our main church building. It is currently leased to a long-term tenant. Converting the home into post-detention housing would be a shared project with our service partner, Interfaith Community for Detained Immigrants, or ICID. ICID is a local, faith-based organization that provides housing and other services to immigrants released from ICE detention while they await court dates.

A project of this nature obviously requires significant financial and volunteer commitments to launch and maintain. The Chalice House team is thoroughly exploring all aspects of a change as important as this. Subteams are being formed to gather more information around timing, finances, community partners, repairs & maintenance needs, home prep, and hospitality responsibilities.

In particular, we are gathering the names of potential social services organizations or religious institutions in the area who might want to partner with us. If you know of any potential partners, if you want to be part of the Chalice House team, or if you have any questions, please contact one of the co-chairs, Christine Organ or Laura Mandell, or email ChaliceHouse@ccuu.org.

From Our Director of Lifespan Religious Education

For the first time in many a year, the summer weather has felt like it did in my childhood: the days are warm, but mostly not so warm, and the evenings have been cool, so much so that we’ve been opening the windows, hearing the singing insects, seeing the fireflies. It has felt like a time of mitzvah, of blessing, to be settling in to our townhouse in Cary Woods – our new home. It has been a good time to be learning the new paths: to the farmers markets and flea markets, to the prairies and forest preserves, and to church to be among you, the new people of my heart’s calling. You have been welcoming me so beautifully, and I thank you sincerely for it.

And now it is time for Ingathering – time to be gathered in from the many paths of summer to the shared path of our church year. We’ve been planning for our return – meeting to share our hopes and aspirations, choosing our curricula, our paths of learning, laying out our calendars of celebration, planning our ceremonies. Ingathering evokes a harvest time, where we are the harvest – we are the goodness and plenty that are gathered in together, we are what we are setting in store, we are the squash and dried beans and fruit preserves. Again, this is a mitzvah time, a time of joy and plenty, and I am grateful.

And yet, and yet, blessed as I know myself to be, blessed as I feel my family and our community to be in this season, I cannot close my eyes to what it’s been for others – not in my immediate line of sight, but near enough, near enough. My cable news, my social media feed, bring me daily intelligence of what this season has been like for others not so far away – a time of fire, or flood, or hurricane. A time of separation, detention, deporation. A time literally under fire. Even as we have settled into our peaceable new home, we have made time to protest and to prepare for change. Even as I have begun to learn the beautiful names and faces and places of my new church community, I have begun to plan for our shoulder-to-shoulder work in struggle. And it is heartening – very much so – to learn that others here have been planning and preparing for this, too. That maybe even my presence here is part of that plan.

“This is no time to go it alone,” says our UUA president, Rev. Susan Frederick-Gray – and she’s right. It’s not wrong for us to feel the pull of nostalgia as we gather in. Come, come, wherever you are. It is good to hear the clink of a charm as we shoulder our packs. It is good to plan for kickball and sno-cones. It is good to bring the blessed water from our paths of peace. But let us not mistake the seriousness of this moment. Our work together this year will help ready us for the work we – each of us and together – must do in this world we find ourselves in. Where there is hatred, we will sow love. Where there is doubt, faith. Where there is despair, hope. This is the work we are called together again to do, and to teach our children to do. May we take up our packs and feel the blessing it is to be prepared. May it be so, may it be so, may we make it so. Amen. ...Mary
Upcoming Worship Services

Worship Services & Religious Education Classes 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/

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.

Sept 22  Faith Without Expectation  Rev. Hilary L. Krivchenia
Young people begin in the Sanctuary with their families and will be sung out to their religious education classes.

Sept 29  Rosh Hashanah: Beginner’s Mind  Rev. Hilary L. Krivchenia
Young people begin in the Sanctuary with their families and will be sung out to their religious education classes.

Young people begin in the Sanctuary with their families and will be sung out to their religious education classes.

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.

<table>
<thead>
<tr>
<th>Month</th>
<th>Core Theme</th>
<th>Sacred Word</th>
<th>Path Description/Guiding Question</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept</td>
<td>Expectation</td>
<td>Faith</td>
<td>The path of hopeful expectation. In what do I trust?</td>
</tr>
<tr>
<td>Oct</td>
<td>Belonging</td>
<td>Mysticism</td>
<td>The path of belonging to something larger than ourselves. Does who I am end at the barrier of my skin?</td>
</tr>
<tr>
<td>Nov</td>
<td>Attention</td>
<td>Prayer</td>
<td>The path of turning our attention to what matters most. What is my life trying to say to me?</td>
</tr>
<tr>
<td>Dec</td>
<td>Awe</td>
<td>Reverence</td>
<td>The path of traveling through the world with amazement. What is sacred?</td>
</tr>
<tr>
<td>Jan</td>
<td>Integrity</td>
<td>Soul</td>
<td>The path of living from the inside out. What is my path?</td>
</tr>
<tr>
<td>Feb</td>
<td>Resilience</td>
<td>Grace</td>
<td>The path of trusting in a love that will not let you go. Do I have to make it through on my own? Is it all up to me?</td>
</tr>
<tr>
<td>March</td>
<td>Wisdom</td>
<td>Awakening</td>
<td>The path of untangling yourself from what you’ve been taught. Is this all there is?</td>
</tr>
<tr>
<td>Apr</td>
<td>Liberation</td>
<td>Surrender</td>
<td>The path of saving yourself by giving yourself away. How do I escape my ego and small self?</td>
</tr>
<tr>
<td>May</td>
<td>Thresholds</td>
<td>Blessing</td>
<td>The path of making visible and calling forth the gifts that get us through. Where do I find the courage to step into the new?</td>
</tr>
<tr>
<td>June</td>
<td>Play</td>
<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>
</tr>
</tbody>
</table>
What does it mean to be a People of Expectation?

God give us rain when we expect sun.
Give us music when we expect trouble.
Give us tears when we expect breakfast.
Give us dreams when we expect a storm.
Give us a stray dog when we expect congratulations.
God play with us, turn us sideways and around.

— Michael Leunig

We’ve all heard the line: “You get what you expect.” It’s very UU. Liberal religion has always emphasized the tremendous power human beings have to shape their reality. And not just with our actions, but also with our expectations. We know that if you expect people to be good, they will likely rise to the task. If you have faith in your plans, opportunities will likely appear.

And yet shaping reality and trusting reality are two very different things.

Sometimes we UUs become so focused on taking hold of life that we lose the spiritual skill of allowing life to hold us. And there’s a lot at stake in being able to do both. We human beings weren’t just made to manifest our power; we were born to learn we are part of a greater whole. Yes, we are strong, but we also tire. And so the question at the core of our souls is not just “Can I expect to make an imprint on life?” but “Can I trust life to carry me if I let go and rest?”

Philip Booth puts us in touch with this deep part of ourselves with his poem called First Lesson. In it, he tells his daughter,

Daughter, believe
me, when you tire on the long trash
to your island,...
remember... what I told you:
ilie gently and wide to the light-year
stars, lie back, and the sea will hold you.

So how about you? What are your expectations of this sacred but stormy sea in which we all swim? Do you have faith that this wildly unpredictable life of ours won’t lead you astray? When your expectations get turned on their head, do you see that as a threat or are you willing to lean in? Are you willing to let life’s currents lead you where they will?

And notice, this isn’t just about whether or not we trust life; it’s also about how willing we are to loosen our grip and let our preferred expectations go.

Which isn’t easy for any of us!

It’s why, ultimately, we need prayers like Michael Leunig’s as much as we need poems like Philip Booth’s. We need life to upend us as much as we need it to hold and carry us. Those holy disruptions force our hand. They break our grip. Only then do we fall. And discover we can count on being caught.

So bring on those unruly dogs and unpredictable tears. Let the rain disrupt our forecasts of sun. May Life indeed turn us sideways and around and lead us unexpectedly but safely home!

Questions for Considering Expectation

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 or remember?

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. Who taught you the most about defying expectations? How did their courageous living spill over into your own?
2. Has life ever blessed you by upending your expectations?
3. As you’ve gotten older, do you expect more of life or less of life? How about people? Has age convinced you to expect the best or the worst in them?
4. Do you expect life to give you what you deserve? Is that belief one that gets in your way or helps you make your way?
5. What if the betrayals of the past aren’t a good predictor of the present?
6. Do you live in the world as it should be or in the world as it is?
7. Who helps you remember that people really can change?
8. Whose belief in you helped you expect more of yourself and become more?
9. Do you know what your fellow black and brown UUs expect of you? Do you know if you’ve met their expectations? (Brittany Packnett)
10. Do you have a spiritual practice that helps you lean into life’s unexpected twists and turns? Is it time to get one?
11. What if God doesn’t reside in life’s dependable patterns but instead lives in the disruptions?
12. What’s something you know now about expectation that you didn’t know when you were 18 years old?
13. Is today the day you put down all the expectations and just lie back and float?
14. Why not make today the day you tell yourself, “I am enough”?

© 2019-20 Soul Matters ALL RIGHTS RESERVED. For use by member congregations of the Soul Matters Sharing Circle.

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

• Get daily inspiration on the monthly theme by liking the Soul Matters Facebook inspiration page: https://www.facebook.com/soulmatterssharingcircle/

• Find musical inspiration on each theme by following the monthly Spotify Lists: https://www.soulmatterssharingcircle.com/spotify-lists.html

• Find support for bringing the monthly themes into your family life with Soulful Home: A Guide for Families: www.soulmatterssharingcircle.com/soulful-home.html
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sept 8</strong></td>
<td>9 am Open Forum</td>
<td>10 am All-Church Ingathering &amp; Water Communion Service</td>
<td>11 am Ingathering Potluck</td>
<td>11:30 am Green Sanctuary Mtg</td>
<td>11:30 am Buddhist Study Grp</td>
<td>6:00 pm Young Adults Group</td>
</tr>
<tr>
<td>9</td>
<td>7 pm Outreach Steering Council</td>
<td>10</td>
<td>7 pm AHA Discussion</td>
<td>11</td>
<td>7 pm Finance Ctte Mtg</td>
<td>12</td>
</tr>
<tr>
<td>16</td>
<td>7 pm Stoking Justice: The Rights of Man</td>
<td>17</td>
<td>10 am Soul Connections-Tues AM grp</td>
<td>18</td>
<td>7 pm Board of Trustees Mtg</td>
<td>19</td>
</tr>
<tr>
<td>23</td>
<td>7 pm Stoking Justice</td>
<td>24</td>
<td>10 am Focus deadline</td>
<td>25</td>
<td>10 am Transitions</td>
<td>26</td>
</tr>
<tr>
<td>28</td>
<td>9-11 am Grounds Volunteering</td>
<td>9-11 am Grounds Volunteering</td>
<td>9:30 am Feminine Divine Women’s Grp</td>
<td>10 am UUPMI workshop @CCUU Circle Suppers</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Be Sure These 2019-20 CCUU Events are on Your Calendar

- Sept 15: Religious Education for Children & Youth school-year program begins
- Sept 29: Ministry Fair
- Oct 6: Time & Talent Auction
- Nov 10: Indoor Farmers Market
- Nov 24: Fair Trade Bazaar (note: this is a date change from previous publication)
- Dec 6: Carol Sing & Crafts
- March 7: Music with a Mission
- April 10: Seder

**Congregational Potlucks**

- Oct 20 (hosted by 4050 Somethings)
- Nov 17 (hosted by Transitions & Fem. Divine groups)
- Jan 12 or 19 (hosting group helps decide)
- Feb 2 (possibly Souper Bowl fundraiser)
- March 15
- April 19 (hosted by Green Sanctuary Ctte)
- June 7

If your group can help host a potluck, sign up online: [www.signupgenius.com/go/70a044ea4a72fa13-monthly](http://www.signupgenius.com/go/70a044ea4a72fa13-monthly)
Time & Talent Auction 2019

Save the Date: Saturday, October 26!

It’s our largest fundraiser for our Outreach Service Partners. This year, we enter the wonderland of the Mad Hatter and his Hope for Humanity! Start thinking about what service or talent you might donate (lead a workshop, teach a class, host a dinner, offer your finest handicrafts, …) and start planning your most fabulous hat for our hat contest! Questions or would like to be on the team? Contact 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!

Social Action News

Monthly Fair Trade Sale: Sept 15

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

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 divert from retaliatory justice and invest in building new systems of safety, healing, 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

Intro to CCUU

First Sundays

Newcomers are invited to attend a brief orientation to Countryside Church and Unitarian Universalism any 1st Sunday of the month following worship.

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 Membership@ccuu.org.

Green Sanctuary News

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 and on the church website, http://ccuu.org/green-sanctuary/.

- Sept 15: Camp Alphonsa. Off Dundee Rd, between NW Highway & Quentin Rd. Meet at end of road.

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.

Interfaith Potluck for Peace ~ Sept 22

Share a meal and strengthen interfaith dialogue on Sept 22, 5—7 pm, at St Viator High School in Arlington Heights. Register: http://bit.ly/coacregister. Please bring a dish to share from your culture or faith tradition. Please no pork or shellfish.
20-30 Somethings
*Sept 15 & 1st Sundays, 11:20 am*

We will meet on Sept 15, and then starting in October, we will change our meeting schedule to meet only on the 1st Sunday of each month.

If you are in your 20s or 30s, please join us Sept 15 and on the 1st 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

This group is for those too old for the 20-30s group but not yet ready to retire and attend Transitions. We plan monthly social gatherings, sometimes at the church and sometimes elsewhere. If you have an idea for a social outing for the group, email 4050s@ccuu.org. To join our email list for future notifications, go to http://ccuu.org/mailman/listinfo/4050slist_ccuu.org

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: Sept 26, 10 am*

Join us for our monthly program on the 4th Thursday of the month in Atherton Hall. For this month’s program, Rem Stokes and Tom MacTavish on A Brief History of Glass. Glass was first discovered as an artifact produced by nature in the Libyan Desert 27,000 years ago. Since humans learned to manufacture glass, it has become a staple of every day life. Come to learn about the many forms of glass, from science to art, that have shaped our civilization and improved our lives.

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. Email vidaxel@axeldesigns.com for more info and/or to join the Forum email list. 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.

- Sept 8: Dialogue and Disagreement in 2019
- Sept 15: Ubuntu Masculinity in Our Culture
- Sept 22: Free Will, Determinism, and Compatibilism
- Sept 29: CRISPR Genetic Editing: Ethical Questions
- Oct 6: Discussion of a Recent Current Events Topic; send suggestions to Vid of something from recent news headlines. If Vid receives no suggestions, he will pick one.

Circle Suppers: It’s what’s for dinner!

*Sign up by Sept 15*

Host once, be a guest three times. Couples and singles welcome. Interesting conversation, fabulous food, get to know your fellow Countryside Church Unitarian Universalists better. Sign up in Atherton Hall on Sept 8 & 15 or by contacting Jeanie & Karl Michalec, 847-975-8464 or Jeanie.michalec@gmail.com.

Circle Suppers are a chance to meet with 6 or 7ish CCUU members over a potluck dinner. There are 4 monthly dinners over four months. You’ll attend as a guest for three dinners and host for one dinner. If you can’t host, sign up anyway as a possible substitute. Someone said that our Circle Suppers are like Salons. I think of them as wonderful family dinners with new family members.

Our Circle Supper dates for Fall 2019 are: Sept 28, Oct 12, Nov 9, Dec 14. Don’t worry if you can’t attend every dinner; two or three fabulous dinners are better than no dinners.

If you are a host, your duties are: 1) call the guests listed for your table and invite them to dinner (about two weeks in advance is usually right); 2) ask each couple or single to bring an appetizer, salad, dessert, or other contribution; and 3) tell them what time to come. As a courtesy, you may allow two singles to bring one dish. You fix the main meal (folksy to fancy, you decide) and whatever else you plan to serve. Please note that a single on the list may have a partner or significant other. The skilled host will invite that person as well, even though it may mean having more than eight at the table.

If any of your guests are unable to attend or if your list asks you to invite additional guests, feel free to invite other church members and visitors, especially those whom you would like to know better. Circle Suppers is an activity of the Membership Committee for this reason—so that new members, long-time members, and interested visitors can get to know one another.

If for any reason you cannot host on the planned date, please make every effort to reschedule on a date that suits you and the majority of your guests. If Saturdays prove difficult, you may try a Friday, a Sunday, or make another arrangement. Your guests are looking forward to it!

If you are a guest and know that you will be unable to attend one of the Circle Suppers, please call your hosts as soon as possible to let them know. This gives your hosts time to find additional guests. Also, if you are a guest and the Circle Supper date is fast approaching without a call from your hosts, please CALL your hosts and inquire. If the supper is one week away and you have not heard from your host, it is not too early to call to inquire.

Bon Appetit!

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 area who has or had cancer of any kind. Free and registration is required; call 630-654-5197 or email kmitchell@wellnesshouse.org.
Drum Circle ~ Nov 23, 7 pm
Adults & teens are invited to join us in Athen-ton Hall for free-style drumming in a low key, welcoming environment. Drumming experience is not necessary! Please bring your instrument(s); some limited hand percussion available. www.PalatineDrumCircle.com

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

Atheist, Humanist, Agnostic (AHA) Discussion ~ 2nd Tuesdays, 7 pm
The Ten Commandments are a set of biblical principles relating to ethics and worship, which play a fundamental role in the Abrahamic Religions. Is it necessary to believe in God in order to have as human beings, a principled existence? All are welcome to join us in classroom 4 on Sept 10, when we will watch a 50 min video of a very persuasive speaker, Dennis Prager, who argues it IS necessary to believe in God in order to live a principled life. Discussion to follow.

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!

Buddhist Study Group
2nd Sundays, 11:30 am
All are welcome to join us as we discuss selected Buddhist texts and try to apply the principles and techniques to our everyday lives. We practice mindful breathing, walking meditation, stress management, and cultivate the capacities to be kind and compassionate and to bring joy into our lives.

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, a pen, & your desire for personal exploration and growth.

Upcoming Book Discussions
Book Circle: October 6
All are welcome to join us to discuss The Mosquito: A Human History of Our Deadliest Predator by Timothy Wineard. “A pioneering and groundbreaking work of narrative nonfiction that offers a dramatic new perspective on the history of humankind.” We gather at 6:15 pm in classroom 6, discussion begins at 6:30 pm.—please join us!

Last Mondays Book Group: Sept 30
All are invited to join us at 7 pm in the Stokes Room for any of our upcoming discussions:
- Sept 30: Beloved by Toni Morrison
- Oct 28: The Library Book by Susan Orlean
- Nov 25: Educated by Tara Westover

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.

Women 60+ Building a Village
2nd Thursdays, 10 am, beginning Sept 12
Countryside is offering women 60 years and older a place where we can build our own village. 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.

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/.
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.