**Important Invitation**

**Lifespan Religious Education Start-Up!**

Everyone with an interest in our Lifespan Faith Development program is invited to join us on **Sat., Oct 12, 9:30 am – 1:30 pm; lunch included.**

Nancy Combs-Morgan from the MidAmerica Region of the UUA will facilitate our Start Up in partnership with Dr. Mary Lamb Shelden, our Director of Lifespan Religious Education. This Start Up will guide Countryside Church in uniting as a congregation and moving forward as we embrace faith formation through a multi-generational lens. During our Start Up, we will explore the topics of:

- CCUU’s heritage: Identifying, holding closer and letting go
- Beginnings: where are we now and who we are today
- Vision of Unitarian Universalist faith development in CCUU’s lifespan religious education
- The connection Lifespan Faith Development has to the greater vision and ministries at CCUU

We hope you’ll join us!

If you plan to, please RSVP here: [https://ccuu.breezechms.com/form/LREstart-up](https://ccuu.breezechms.com/form/LREstart-up)

In faith and love,
Rev. Hilary and Mary

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**Time & Talent Auction 2019**

**Sat, Oct 26 ~ Make Your Reservation Now**

Be sure to make your reservation by Oct 20 for our largest fundraiser for our Outreach Service Partners! See p. 11 for more details.

Reservations are being taken at church on Sundays or by contacting Peggy Graves, 847-726-7559. 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. Hope to see you there!

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**Intro to CCUU ~ 1st 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.
Minister’s Muse

One of the greatest gifts that we can give one another is the simple gift of presence. I learned that, certainly, during my clinical pastoral education, when I served as a chaplain at Rush hospital. We often want to fix things with words – that’s certainly one of my weaknesses – but in so many profound human crises there is no fix and words cannot express what the heart needs to hear. It can be easier with family. I saw that with my Aunt JoAnn this past week as I held her hand and she held mine tightly. And the smiles and simple expressions of love were all that could serve.

This is something that we all know – I think – but it is hard to remember in the moment, when we want to “fix” or “help.” Sometimes people avoid reaching out to those who are in crisis because of the anxiety about not having the right thing to say. Sometimes people avoid reaching out to those who are in crisis because of the anxiety about not being able to do the right thing. I had some worries that I wouldn’t be able to, because of my back surgery, lift my aunt and help in that way. But there were people to do that, and what I could do was much more important.

First, the most important thing is being willing to simply be present. Don’t overthink it – just do it. Focus on your love for that person or your own compassion or your own friendship and reach out, go over, hold hands, visit for a short time, smile, and simply express your love, friendship, respect. It can be hard just to sit there. Get over it (and I mean that in the most loving way possible, knowing that it’s not easy). It’s harder to be on the other end – the person suffering and/or facing death.

Second, if you want to help out in some way, just think about all the things a person and their household need on a regular basis and offer something specific. Pick up prescriptions, pick up groceries, take out garbage, run a vacuum, get a gift certificate for a favorite restaurant and cover the delivery, coordinate the schedule of people who want to help.

Third, offer to sit with the person so that family members can get a little respite. No matter how much you love someone, round the clock care is hard. The willingness to spend a few hours with someone is a great blessing.

Here at Countryside Church Unitarian Universalist, we have a marvelous Lay Ministry team. They go to visit people, call everyone in the congregation at least once a year, send cards, and inform the minister – me – whenever they hear about important things that are happening in the lives of members of the congregation, just in case I haven’t heard already. They keep their eyes and ears and, most of all, their hearts open to the congregation. So, fourth, you can call on members of our Lay Ministry team. They can also connect you with our Care Ministry – which helps to coordinate casseroles, periodic transportation, and other kinds of concrete support.

And, of course, not finally, I hope that you will call on me. One of my key roles is to provide support. Certainly, it is one of the things that motivated me to go into the ministry in the first place. To be with one another in times of crisis is to meet one another on the ground of our deepest humanity. I always want to be present to the congregation, to each person in the congregation, on that ground.

I did say that wasn’t final. I want to remind you that congregation is only as strong as the bonds of kinship that bind the members. Reaching out for support, reaching out to offer support, genuinely connecting with one another and building relationships is one of the key ways that we, as a congregation, put our covenant into action and invest our hearts in the thriving of this place.

Lay Ministry Calls

Each year, the Lay Ministry attempts to contact all members of Countryside in an effort to “stay in touch” with as many people as possible. We want to check in with you and hope you will take advantage of this opportunity to speak with a lay minister. Of course, as you probably already know, we are available at any time if you need to get in touch with us. Over the next couple of months, we look forward to having a conversation with you.


Current Issues Read with the Minister

1st Wednesdays (Oct 2, Nov 6), 7:00 pm
Radical Dharma by Angel Kyodo Williams

As UUism 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. Join us for a thought-provoking discussion. Please register online: https://ccuu.breezechms.com/form/ReadWithMinister

What Moves Us

A Faith Development Offering for youth & adults
1st & 3rd Sundays, 12 – 1:30 pm, begins Oct 6

This course is an exploration of spiritual and theological roots in Unitarian Universalism. It will provide an opportunity to learn more about our faith and discover ways it resonates with you and encourages your growth. Registration is encouraged—https://ccuu.breezechms.com/form/WhatMovesUs. Attendance at every session is not required for participation.

Wise Words on Belonging

from Soul Matters Sharing Circle resources

I didn’t climb the tree because I [was] angry at the corporations and the government. I climbed the tree because when I fell in love with the redwoods, I fell in love with the world. My feeling of ‘connection’ is what drives me, instead of my anger and feeling of being disconnected.

~ Julia ‘Butterfly’ Hill, on her 738-day vigil to protect redwoods from logging
From Our Director of Lifespan Religious Education
It's been so great this month to come on board full-time and begin to meet you all – parents and teachers and elders and young adults and youth and children. Thank you for your patience as I begin to put names and faces together. It may be some time before I'm getting this right with some consistency. Thank you, too, for the generous spirit of welcome I've been seeing in your eyes and faces. It has been heartening, to say the least, and I thank you for it. Indeed, I begin to have a sense that I may belong here.

I've been doing some thinking over recent days of when it was that I first had a true sense of belonging at church, other than the sense of belonging to my family, whom I attended with. I wish that I could say it was as a young person. I did have some very positive experiences at church, and I cherish those memories. But it wasn't until I brought my daughter to church in the late eighties that I really had that sense of being an integral part of things. In part, I think this is not unusual – that UUs find their way to belonging in adulthood. But I also know that it wasn't this way for my daughter - that her sense of belonging in the church, her very own self, started much earlier in her life. She knew where she belonged and why, and she could say so to the people she spoke with. This is what I earnestly wish for our young people.

I've been speaking with many of you about hopes and wishes and also concerns you have about Religious Education here at Countryside, especially for the children & youth RE program, and I thank you for these conversations. Mostly I have been reaching out to folks as we get our RE rosters staffed, but some of you have reached out to me as well. One thread that has surfaced more than once is a concern that our children haven't been learning enough about other religions in their RE classes. My sense is that learning about other religions is proposed as the solution to several identified problems:

That our kiddos don’t know what other children are talking about when they describe their religious affiliation or experience;

That our children need a “meatier” RE curriculum in order to be engaged during RE sessions, and learning about other religions can offer that meat;

That the Soul Matters curriculum is too lean in talking about other religions.

So let me just respond here to this idea in the way that I have responded to others in conversation. First, I was glad to see that the Chalice Children and Spirit Play curricula used here frequently offer information about other religions, and that our summer RE curriculum was also something of a tour of other faiths for younger children. Also, I was keen to rev up the Crossing Paths curriculum – the Soul Matters version of the Neighboring Faiths and Building Bridges curricula, where our young people visit other congregations – that have been truly a premiere learning experience for UU junior high youth in this country for many decades. Let me also say that my experience elsewhere isn’t so much that our kids struggle with knowing enough about other faiths. They tend to, in my experience, approach those conversations with respect, curiosity, and thoughtfulness, which in my view is a great deal of what is needed. What Soul Matters offers, both in the Crossing Paths series and in its regular lifespan curricula, is a stronger grounding in what it means to be a Unitarian Universalist. And my perception is that it is here that our kids feel least prepared for schoolyard conversations. There are many reasons for this, some of which I’ll be talking about in future posts here. I will say here that part of what is needed to create a sense of belonging is a sense of mission or collective purpose. For this, for myself, I lead with the first and last principles. I say we have seven principles that guide us, such as respect for the inherent worth and dignity of all people, and for the planet we’re all part of. I say that our views about God or the afterlife are quite diverse, and that our shared principles hold us together. Of course, our kiddos also need to learn for themselves what to say in these schoolyard conversations. And I believe that Soul Matters has a better sense of helping them to think about this question than many of our past curricula. In addition to Crossing Paths, Soul Matters also now has a Coming-of-Age curriculum, which I hope to see us implement next year. For folks who have concerns about the “meatiness” of Soul Matters, let me just say: I think its substance resides mostly in how it helps us to consider what it means to be us, to be UUs.

I also know that part of how our young people learn about UU identity is from their own families, at home. This was certainly true for me. Mostly where I learned our UU values was in family conversation at the dinner table – a space that I understand no longer exists for many families. As our beautiful new traveling chalice altar commences its journey this week, visiting at the home of Lisa and Mike Gilley, I am heartened at the idea that it will help to foster a conversation about how, in these changing times, we may still integrate daily conversation and/or spiritual practice into our lives in a way that fosters and nurtures a sense of what it means to be UU. I look forward to learning about how it goes for all of you, and I send my blessings and good wishes to all of us on this journey. May we all, at every age, come to have a sense that we belong here at Countryside, and that we are connected to a community of purpose in the world. Salaam, Shalom, Amen, Blessed Be.

...Mary

Mark Your Calendars
Chalice Painting: Sat, Nov 2, 1—3 pm
All are invited to join Family Ministry for this opportunity to paint a chalice for your home. Join us in the classroom wing on November 2, when staff from Thrown Elements Pottery will be here to guide us & provide all the supplies needed.

Journeys Adult Faith Development Retreat: April 24-25
We have space reserved at University of St Mary of the Lake in Mundelein for our annual adult faith development retreat. The theme of the weekend is as yet undecided. Please mark your calendar & stay tuned for future details. If you have ideas or would like to be part of a planning team, please contact Mary Shelden, DLRE@ccuu.org or 847-359-8440 ext 4.
From Your Board President

Well, the new church year has certainly gotten off to a good start! It was wonderful to see so many of you at the Ingathering service and our first potluck of the year, hosted by your Board of Trustees. Having a chance to catch up after the summer and get to know each other better filled me up as much as the delicious food did! Our next potluck is scheduled for October 20 and will be hosted by the 40/50s group, so be sure to mark your calendar. I hope many of you were able to attend the Ministry Fair on September 29 and found some areas that you think would be a good fit for your interests and talents. As I’ve mentioned before, getting involved and engaged in one or more groups will definitely go a long way to you feeling more of a connection at Countryside - exciting things are happening here! Speaking of exciting, make a plan to come to our annual Time and Talent Auction on Saturday evening, October 26 - it is always a great time! Read the details in this newsletter and help us in our outreach to our 3 community service partners, while having an enjoyable evening at the same time.

Thanks to the Chalice House team for holding a town hall meeting on September 22 to update everyone on the progress being made on this project. It was especially nice to have Melanie Schikore, the Executive Director of the Interfaith Committee for Detained Immigrants and fellow Countrysider, present to answer questions and give examples of how other housing situations have worked. The Board and the Chalice House team are committed to keeping you informed and to gathering information to address concerns. Recent instances of the latter are the inspection of the rental house that was done last month (many thanks to Jeff Phillips, Alan Johnson, and former member Paul Sneddon for this!) and legal questions that are being investigated through another CCUU member, attorney Matt Myren. We are fortunate to have so many skilled and interested folks stepping up to help us out with our exploration of this mission possibility - stay tuned!

At our September Board meeting, Yvette Johnson reported back to us on the Community Renewal Society, a faith-based organization in the Chicago area since 1882 which works to eliminate race and class barriers in Chicago, Cook County, and throughout the State of Illinois. CRS is organized in geographic clusters of churches and religious organizations. The Board voted unanimously for Countryside to join the Northwest Suburban Cluster. While we will be the only UU congregation in our particular cluster, we will now be one of 7 other UU congregations who are members of CRS. Yvette has volunteered to oversee Countryside’s participation in this organization and will be keeping us informed of activities and events that they sponsor, such as their Legislative Day trip to Springfield and their annual assembly on MLK Jr Day - thanks, Yvette!

As always, feel free to contact me at prez@ccuu.org.

-Chalice House Update

We recently held a town hall meeting to share developments and details on potentially 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; we refer to it as the North Property. 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 ICIDI. ICIDI 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 currently reaching out to 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.

Social Action News

Monthly Fair Trade Sale: Oct 13

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/.

Monthly PADS Meals begin Oct 23

Our congregation is responsible for providing dinner for the PADS shelter at Presbyterian Church of Palatine on the 4th Wednesday of the month, October through April. If you would like to provide part of this month’s meal, please sign up online, https://www.signgenius.com/go/70A044EA4A72FAA13-october5. Meal items need to be delivered to Presbyterian Church of Palatine between 10 am and 4 pm on the day of the meal. If you have questions, contact Leslie Luther, bauwdirector@gmail.com or 847-702-4717.

Green Sanctuary News

Walk in the Woods & Prairie with Interfaith Green Partners: Oct 20, 2—3:30 pm

Experience fall as it returns to the prairie by joining us for our final walk of the season at Deer Grove East: Off Dundee Rd, West of Hicks Rd. Bear left at fork in the road. Meet at end of road. 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/.
# 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/](http://ccuu.org/services/)

<table>
<thead>
<tr>
<th>Date</th>
<th>Service Title</th>
<th>Presenter</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct 6</td>
<td>Yom Kippur: Who is Beyond the Pale?</td>
<td>Rev. Hilary L. Krivchenia</td>
<td>Young people begin in the Sanctuary with their families and will be sung out to their religious education classes.</td>
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<td>Oct 13</td>
<td>Connected by Water: Clean Water Acts and Acts for Clean Water</td>
<td>Rev. Hilary L. Krivchenia</td>
<td>Young people begin in the Sanctuary with their families and will be sung out to their religious education classes.</td>
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<td>Oct 20</td>
<td>All-Church Service: Oneness—Heart, Mind, World</td>
<td>Rev. Hilary Krivchenia &amp; Dr. Mary Shelden</td>
<td>This is an All-Church Service; young people attend worship with their families.</td>
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<td>Oct 27</td>
<td>At One Ment—What does Atonement mean for UUs?</td>
<td>The Rev. Kevin DeBeck, pulpit guest</td>
<td>Young people begin in the Sanctuary with their families and will be sung out to their religious education classes.</td>
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<td>Nov 3</td>
<td>Attention to Remembering</td>
<td>Rev. Hilary L. Krivchenia</td>
<td>This will be a respectful recognition of the traditional Mexican observance, El Dia de los Muertos. We invite all to bring photos of loved ones who have died to place on the ofrendas.</td>
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<tr>
<td>Nov 10</td>
<td>Spiritual Journeys</td>
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<td>Young people begin in the Sanctuary with their families and will be sung out to their religious education classes.</td>
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<td></td>
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<td></td>
<td>Spiritual Journeys services are offered periodically throughout the year and are a time when church members share stories of their faith journey.</td>
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**Be Part of Worship: Light the Chalice and/or Sponsor Worship Flowers**

You can do both together at the same service or split them. You can sign up more than once/year. When you light the chalice – as an individual, couple, family, friends, you will receive the words to speak days before the service or you can choose to simply light the chalice without speaking, as the minister or someone else reads – your choice. When you sponsor flowers for the service, you can dedicate them in honor of memory of a person or an occasion. **Participate in our worship. Make our worship even more alive in your life.** Sign up online: [https://www.signupgenius.com/go/70a044ea4a72fa13-worship](https://www.signupgenius.com/go/70a044ea4a72fa13-worship)

**Sing with Choir**

Do you enjoy singing? Then perhaps you would enjoy singing with our choir. We rehearse on Thursday evenings at 7:15-9:15. Just come on in. We'll be saving a seat for you! Childcare is provided during rehearsals. For more info, contact Alison Vernon, 847-359-8440 ext. 5 or Music.Director@ccuu.org.

**Children’s Choir**

Young people in 1st thru 8th grades are invited to meet in the Music Rehearsal Room after Sunday School, about 11:15, for a 20-minute fun rehearsal. For more info, contact Alison Vernon.

**Sunday Volunteers Needed**

In addition to R.E. teachers, we need folks on Sunday morning to greet, usher, help with AV, and host coffee/fellowship. Sign up online - [http://www.signupgenius.com/go/70a044ea4a72fa13-sunday](http://www.signupgenius.com/go/70a044ea4a72fa13-sunday) or go to [www.ccuu.org](http://www.ccuu.org) and click on the 'opportunities to serve' graphic. 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](http://www.ccuu.org). Clicking on that icon takes you to our SignUpGenius page, where you will be asked to provide the sign up creator’s email—ccuu@ccuu.org. You can then select the opportunity of your choice.
What does it mean to be a People of Belonging?

You hardly knew how hungry you were to be gathered in, to receive the welcome that invited you to enter entirely...

Tentative steps became settling in...

You began to breathe again...

You learned to sing.

But the deal with this blessing is that it will not leave you alone, will not let you linger... this blessing will ask you to leave, not because it has tired of you but because it desires for you to become the sanctuary that you have found...

— Jan Richardson

Jan Richardson starts off her poem by mentioning hunger. It’s also a perfect way to begin framing this month’s theme of belonging. We’ve all felt it. Just saying the word “belonging” conjures it up: The hunger to be included; the longing to be let in. No one likes standing outside the circle. No one likes leaning against the locked door listening to everyone laughing inside. From the time we are little, belonging is the thing we seek. It’s the hoped for Holy Grail at the end of our journeys.

Or is it just the beginning of our journey? You have to love the way Richardson surprises us with that twist. One minute she’s wrapping us in comforting words about settling into belonging and the next she’s shaking us awake and telling us to get up and go. And maybe what she’s really waking us up to is the fact that there are two types of belonging, only one of which is a blessing.

To use her language, if you find yourself being invited to linger rather than leave, warning bells should go off. Be weary of those who welcome you with a club jacket and soft couch. They may have let you in, but soon they will enlist you to help with the work of keeping others out.

Instead, as all the true sages and sacred traditions tell us, the true blessing of belonging isn’t that you get to come inside the circle; it’s that you get to participate in expanding it.

Which means maybe our question this month is different than one we might expect. Instead of “Where can I find belonging?” maybe it’s “How can I become belonging for others?”

May that be the question and the type of belonging this month that - to use Richardson’s words - “will not leave any of us alone.”

Questions for Considering Belonging

As always, don’t treat these questions like “homework” or try to answer every single one. Instead, make time to meditate 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? Which one contains “your work”? And what is that question trying to get you to notice or acknowledge?

And don’t forget, often 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. How would your days and heart change if you told yourself (and really believed): “I’m already home. I’ve already arrived”?  
2. For you, what is the opposite of belonging?  
3. We all have experiences of self-doubt. We all wrestle with “imposter syndrome” and the voice in our heads that says, “I don’t really belong here and will soon be found out.” Who was the first person that met you in that place of doubt and helped you get out?  
4. What if you haven’t really just been exiled or kicked out of the group, but instead put on a path to true belonging?  
5. Who is sitting just outside your circle and needs welcomed in?  
6. Does your “belonging work” lie in making room for your grief?  
7. Have you ever had to sacrifice belonging for integrity? How about right now? Is your current source of belonging asking you to compromise your integrity?  
8. Is it time to shift the question from “Who am I?” to “Whose am I?” How would your living and loving be different (and better) if it was a bit less about becoming and a bit more about belonging? What if “Am I succeeding?” was replaced with “Who needs me” “Who loves me? With whose life is my own bound up?”  
9. Have you ever found belonging in silence?  
10. Have you ever found your better self in the middle of a forest?  
11. Who taught you that it is safe to show your whole self? That every part of you belongs?  
12. Did you find your place of belonging or create it?  
13. What if belonging happens when you finally say to yourself “I’m enough”? What if belonging isn’t the moment you find your people but instead the moment you stop trying to prove yourself? What if the whole game is about finally belonging to yourself?

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| Get daily inspiration on the monthly theme by liking the CCUU Facebook page: https://www.facebook.com/pages/Countryside-Church-Unitarian-Universalist/218478024683750 |
| 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 |
Emerging Young Adults Group
2nd & 4th Sundays, 6 pm
Those who are 18-30 years of age, whether newly out of school or attending college or working, are invited to join us in classroom 4 on the 2nd & 4th Sundays of the month for conversation and community.

20-30 Somethings
1st Sundays, 11:20 am
If you are in your 20s or 30s, please join us on the 1st Sundays of the month after worship in classroom 4. Childcare is available during our meetings. We also plan service projects and social outings for other times during the month. For more info or to be added to our email list, email 2030s@ccuu.org.

40-50 Somethings
Game Night: Oct 19, 7:30 pm
Join us in Atherton Hall for a Games Night. You are welcome, though not required, to bring a snack to share and a game. *The ages included in the title of our group are not intended to be restrictive; all are welcome to join us!* If you have an idea for an activity 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 daytime hours.

Monthly Program & Lunch: Oct 24, 10 am
Join us for our monthly program on the 4th Thursday of the month in Atherton Hall. This month, we will discover the benefits of journaling as a spiritual practice for self-discovery. Susan Auld will discuss the use of journaling as a means of being present with ourselves for reflecting, listening, learning, creating, exploring, dreaming, questioning,… Please bring paper and pen, pencil, or whatever your writing preference.

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

Masculinities Group Forming
Thurs evens beginning Oct 10, 5:30 – 9:30 pm, in classroom 6
A group is forming to explore through and beyond masculinity to what is truly human. How does gender both limit and liberate us? What is masculinity, beyond what has been handed to us? What characteristics are attached to maleness, and how does this vary from person to person? Can gender be a source of play and delight, rather than mere constriction? How do you see yourself? How does the world see you? Who do you want to become? What we call ourselves and what specific issues we explore will come in part from who shows up to be part of the conversation.

Need a Service Project?
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! Contact Judy Miller for more information. Thank you.

Upcoming Congregational Events
Mark Your Calendar
- Oct 20: Congregational Potluck
- Nov 1: Chalice Painting Event
- Nov 17: Congregational Potluck
- Nov 22: Friendsgiving
- Nov 24: Fair Trade Bazaar
- Dec 6: Carol Sing & Crafts
- Jan 11: Book Drive & Volunteering at Bernie’s Book Bank
- Feb 15: Cupcake Wars
- March 7: Music with a Mission
- March 14 (3.14): Pi Day Party
- April 10: Seder
- April 24-25: Journeys Adult Faith Development Retreat
- Jan 12 or 19: Congregational Potluck (hosting group helps decide)
- Feb 2: Congregational Potluck or Souper Bowl fundraiser
- March 15: Congregational Potluck
- April 18: Selfie Scavenger Hunt
- April 19: Congregational Potluck
- May 16: Kindness Rock Geocaching Hike
- May 17: Congregational Annual Meeting
- June 7: Family Fun Day & Congregational Potluck Picnic

Wise Words on Belonging
from Soul Matters Sharing Circle
We belong to every part of our lives and every part of our lives belongs to us. Even the failures. The cruelty. The betrayals. The addictions. The cowardice. Until we embrace those scared and tender parts with the kindness and forgiveness we so generously give to others, we will never be whole. We will never be home.  
~ Rev. Scott Taylor

Our songs sing back to us something of our essence, something of our truth, something of our uniqueness. When our songs are sung back to us, it is not about approval, but about recognizing our being and our belonging in the human family…

~ Rev. David S Blanchard, Listening for Our Song, full piece at https://www.uua.org/worship/words/meditation/listening-to-our-song
Journaling Circle ~ Oct 3, 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.

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
All are welcome to join us in classroom 4 on October 8, when we will watch and discuss two half hour segments from “The Atheism Tapes.” This is a set of two DVDs and consists of six segments; each segment is 29 minutes long and is a different person being interviewed by Jonathan Miller. On Oct 8, we will watch the Richard Dawkins segment and the Denys Turner segment. Turner is a theologian who says that to become an atheist, atheism is something you have to practice and work at.

Stoking Justice: The Rights of Man
Mondays at 7 pm through
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. All are welcome to join us in classroom 1 on any Monday evening!

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.

Drum Circle ~ Nov 23, 7 pm
Adults & teens are invited to join us in Atherton 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

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

Great Books Group: 2nd & 4th Weds, 10 am
We began our new book, Sound Bites: Big Ideas in Popular Music, in September—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
Countryside is offering women 60 years and older a place where we can build our own village. We are reading and discussing 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 from 10-11:30am. Susan Auld and Jeanmarie Dwyer co-facilitate our discussions. Feel free to bring a beverage.

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.
- 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.
- Oct 13: Amazon’s helping police build a surveillance network with ring doorbells
- Oct 20: Why set up a “Heterodox University”?
- Oct 27: U.S. Treatment of Puerto Rico after the Recent Hurricane
- Nov 3: 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.
- Nov 10: How do people choose a mate?
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This calendar shows upcoming Church meetings & events. All meetings and events held in the building are listed on the church website, under Programs & Events - http://ccuu.org/calendar/. If your meeting or event is not listed, please submit a room reservation form (available in the office or on the website with the calendar) to the office.
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.

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.

- **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 or talk to CCUU member Kim Tiford.

- **Citizens’ Climate Lobby, Chicago Northwest Suburbs Chapter** meets here 2nd Saturdays. For info, go to https://citizensclimatelobby.org/chapters/IL_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-subscription@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 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.

- **St Hubert Job Ministry** Events are non-denominational, free, open to all occupations, and held at various member churches. Upcoming event listings are posted on the Community bulletin board across from the church office or go to http://www.sainthubert.org/ministries/job.htm

UU Women’s Retreat
Oct 11-13
DeKoven Center, Racine
The theme of the weekend is Connection and Healing. We will celebrate the direction North, and the element Earth. Our Keynote is Kellianna, an American pagan singer, songwriter and author. Plan on a fun weekend filled with music and activity! More info and to register: https://www.uuwomensconnection.org/retreats/register-now

UU Men’s Retreat
Jan 24-26, 2020
All men are welcome to join those from Unity Temple UUC, Unitarian Church of Evanston, and DuPage UU Church at Cabrini Retreat Center in Des Plaines for a retreat on the theme of *Connection with Self and Other Men*. More details and information about how to register can be found on the form on the bulletin board across from the church office (the one headed ‘Our Denomination’).

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/.
2019 Time and Talent Auction

Mad Hatter’s Hope for Humanity
Saturday, October 26, 6 pm, in Atherton Hall
Make your reservation by October 20

Here at CCUU, we are bonkers in all the best ways and mad enough to change the world! Join the Hatter in his hope for creating a better world!
Ticket Price $30
Wear your finest or most creative hat to participate in our Hat Contest!!

Who benefits from the Time and Talent Auction fundraiser?
- Interfaith Committee for Detained Immigrants (ICDI) is a non-profit, faith-based organization of staff and volunteers called to respond to the suffering of adults and children affected by our broken and inhumane immigration system and to advocate for change.
- Faith in Place empowers Illinois people of all faiths to be leaders in caring for the Earth, providing resources to educate, connect, and advocate for healthier communities.
- Partners for Our Community (POC) works to connect underserved residents in the Palatine area to services and resources to build a community of empowered people, healthy families, and vibrant neighbors.
- Countryside Church Unitarian Universalist (CCUU) also benefits through proceeds of the ticket sales, as well as a Raise the Paddle item offered during the Live Auction.

Can’t attend but still want to show your support?
- Special ‘Raise the Paddle’ opportunities will be advertised as part of the Live Auction. You can contribute to those items until Sunday, November 3.
- Check Atherton Hall on Sunday, Oct 27 for class signups that may still have openings!
- You can purchase Split the Pot raffle tickets ($5 each or 6/$25); you need not be present to win the raffle.

What do you get for the price of your ticket?
Your ticket is your gateway into a Wonderland where you can support the Hatter’s hope for humanity! Your adventure includes a feast fit for a Hatter, coffee and dessert, a HAT CONTEST (show off your creative style for prizes!), Wonderland selfie opportunities, a bevy of entertainment, friendly fellowship, and more! Child-care will be available if requested when you register.

Time and Talent Reservation Form
All Countryside members and friends are welcome!
Make your reservation by Sunday, October 20

Complete this form and deposit it along with your check (payable to CCUU) in the registration box at the church.

Name(s): ____________________________________________________________

Number of adults @ $30 _____ Total $__________

Split the Pot Raffle: $5 each or 6/$25. Raffle tickets are available at church. You need not be present to win.

# of Raffle Tickets: _____ Total $ for raffle: $__________

Total Check Amount: $____________

Phone #________________ Email_______________________________________________
Countryside Church
Unitarian Universalist
1025 N Smith Rd, Palatine, IL 60067
847-359-8440 - ccuu@ccuu.org - www.ccuu.org

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.

Follow us on Facebook
https://www.facebook.com/Pages/Countryside-Church

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Rev. Hilary L. Krivchenia
Minister@ccuu.org
Director of Lifespan
Dr. Mary Lamb Shelden
Religious Education
DLRE@ccuu.org
Community Minister
Rev. Dr. C. Scot Giles
Music Director
Alison Vernon
Music.Director@ccuu.org
Music Director Emeritus
John Denny
Congregational
Laurie Lantz
Administrator
ccuu@ccuu.org
Religious Education
Marisol Vazquez
Assistant
RE.Assistant@ccuu.org
Lay Ministers
Ken Bobbe, Coordinator
Karen Greenland  Joy Simon
Barbara Griggs  Chris Smith
For assistance from Lay or Care Ministry, please call Ken or Rev. Hilary.

Published by Countryside Church UU
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