



# Countryside Church

UNITARIAN UNIVERSALIST

In Person ~ 1025 N Smith Rd, Palatine IL

Online ~ <https://bit.ly/CCUUworshipSvc>

## Faith Development for Adults and Youth

Youth and Adults are welcome to attend any of these programs. For additional information, contact the facilitator listed or our volunteer AFD coordinators, Susan Auld and Jeannie Cormier Scown, [AFD@ccuu.org](mailto:AFD@ccuu.org). To register for any/all of the above offerings, use this QR Code, or go to <https://ccuu.breezechms.com/form/AFD2024-fall>



### Offerings for Fall 2024



**Braiding Sweetgrass: Sundays, Aug 25, Sept 22, Oct 27, Nov 17, Dec 8; 11:30 am – 1 pm. Facilitators: Victoria Hathaway, Leslie Peet, Bailey Pierce**

Join us for a series of five monthly discussions on Braiding Sweetgrass by Robin Wall Kimmerer, along with a companion workbook, Workbook for Braiding Sweetgrass by Legendary Reads. This discussion series will include opportunities for field experiences intended to amplify the ideas presented by Kimmerer.



**Tai Chi: Saturdays, 10 – 11 am; Oct 5 – Nov 23, 2024 & March 1 – June 30, 2025; will not meet the last Saturday of the month**

Tai Chi is an ancient practice which enhances health, concentration, and wellbeing. It can be practiced by people of all ages, sizes, shapes, and abilities. This class will focus on short movement sequences which will increase flexibility, strength, and balance. This class is open to beginners and to those with prior experience. Free YouTube videos will be available to enhance home practice. This class will be based on the modified Yang style of tai chi as taught by Master Moy Lin Shin.

*This will be taught by Melanie Terbovic, who is certified as a Tai Chi teacher in this tradition by Kevin Werre of Awareness Tai Chi based in Medicine Hat, Alberta, Canada.*



**Living the Pledge to End Racism. NOTE New Dates: Sundays, Jan 19, Feb 2, Feb 16; Noon – 4 pm. Max enrollment: 16. Facilitator: Mari Van Meter**

In a time when racial inequities are increasingly visible, the Living the Pledge to End Racism Workshop offers a chance to make a real difference. Originating over twenty-five years ago in Birmingham, Alabama, the Pledge to End Racism has grown into a global initiative committed to building a just and equitable society.

Our workshop consists of three 4-hour sessions, with a break after the second session to reflect on the material. This format helps participants gain knowledge & confidence and to challenge systemic racism in daily life. Whether you're deepening your anti-racism work or just starting, this workshop provides a supportive community and practical strategies to make a lasting impact. Ready to act? Join us and help create a just and inclusive world.



**Deepening Spiritual Practice: 1<sup>st</sup> Tuesdays at 7 pm, October through June.**

*Facilitators: Chris Smith and Carol Sweigert.* This is an exploration of the role of spiritual practice in our lives and how we can sustain it. It is an opportunity for participants to deepen their spiritual practice and to infuse spirit in their daily lives, in their relationship with the church, and in their work in the world. This series is rooted in two affirmations: 1) There is no one right way to do spiritual practices, and 2) Spiritual life is not always solitary – we need each other. Although Deepening Spiritual Practice is part of the Faith Forward Advanced Path, it is not necessary to have attended the previous class.



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**UU Theology: Sundays, Sept 22, Oct 20, Nov 17, Dec 15, Jan 19, 11:30am-1pm (6 sessions). Max enrollment: 15 people.** This is an introduction to theological concepts through a Unitarian Universalist lens. Each session addresses the question: What does our Unitarian Universalist tradition teach about this theological concept, and how does that help me clarify and act on my own beliefs? We will discuss questions such as: What are God and Spirit? What is our purpose? Who are we? What are our sources? and What saves us? This series is more than an intellectual discussion of theology. While the goal is for participants to understand the concepts, the larger purpose is to help participants connect the concept with their lived reality, or to put theology into action. *Facilitators: Lisa Christensen and Pat Wydell*

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**The Blue Zones: How Other Countries' Lifestyles offer us options for healthy living: 3rd Wednesdays starting Oct 16, 10 am - Noon**

The Blue Zones are six communities around the world where people routinely live past 100 years in good health. Beginning in October, the Senior Discussion Group will discuss the Blue Zones phenomenon and what we can learn from these communities. Although the initial publicity on the Blue Zones communities focused on diet, there is more to living longer in good health than food. Our discussion will start with a video and discussion of the most recent book on this topic. We will then look at other aspects influencing long life: purpose, self-care, and community.

The books for this session are: *The Blue Zones Secrets for Living Longer* by Dan Buettner, published 2023; *Ikigai: The Japanese Secret to a Long and Happy Life* by Héctor García and Francesc Miralles; *The Little Book of Hygge* by Meik Wiking; and *Lagom: The Swedish Art of Balanced Living* by Linnea Dunne. We have reached out to the publishers of these books to request group and non-profit discounts.

*Facilitators: Leslie Peet and Barbara Walter-Reindl*

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**UU History 101 continues September through December, 11:30 am – 12:30 pm on Sundays listed below.** *You do not need to have attended the previous sessions to participate this fall.* If you have not previously registered for UU History 101, do so here: <https://ccuu.org/2024/02/faith-development-offering-uu-history-101/>

Part of our Faith Forward Path, UU History 101 is an introduction to concepts and people from our history. In this series, we approach history from the starting point of compelling stories and personalities. We will explore the questions those people faced, and make connections with our own lives and the world around us today. The overarching question is: how can history be translated into our religious life and practice? In addition to learning about history, we hope you will learn about yourselves.

*Facilitators: Siri Laurin & Tom MacTavish.*

- Sept 15: A Question of Experience – Ralph Waldo Emerson and the Transcendentalists
  - Oct 13: A Question of Resilience & Courage – Olympia Brown and Theodore Parker
  - Nov 10: A Question of Identity – the Merger of Unitarianism and Universalism
  - Dec 8: A Question of Calling – Lucile Schuck Longview and Bill Sinkford
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**Turning Points in UU History will be held 4<sup>th</sup> Sundays, 11:30 am – 12:45 pm, January through June 2025 (6 sessions).** Facilitators: Siri Laurin & Tom MacTavish.

This is a six-session exploration of turning points and controversies in our history. You will delve into the complexities of these historical moments through primary texts and learn about how they shaped Unitarian Universalism and relate to our faith today. Each session reflects on the sides involved in the controversy, inviting you to put yourself in the shoes of those who lived through it and to consider the various perspectives.

*Turning Points in UU History is part of the Faith Forward Advanced Path, and is designed for those who have attended some or all of the Faith Forward Core Path offerings (UU History 101, Spiritual Practices, UU Elevator Speech).*

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## Regularly Occurring Groups

*In addition to the above opportunities, all are welcome to participate in the following groups; registration is not needed. See the Focus and E-news for details - <https://ccuu.org/newsletters/>*



### Soul Connections



Soul Connections is an opportunity to get to know a small group of fellow Countrysiders well, using exercises and readings focused on a monthly theme. Groups meet monthly virtually or in person starting in September and running through June.

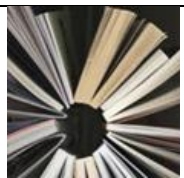
*This year, in addition to the typical Soul Matters curriculum, we are also offering Creativity Matters, which engages participants in the theme through artistic expression – no technical expertise or honed artistic skill required!*

**Register by August 15, 2024.** 2024-25 groups have not yet been formed. They will begin meeting in September. Contact Rick Rayborn, [RCRayborn@gmail.com](mailto:RCRayborn@gmail.com), with questions. Register using this QR code or URL <https://ccuu.breezechms.com/form/SoulConnections2425>



### Atheist, Humanist, Agnostic Discussion, 2nd Tuesdays at 7 pm

We discuss issues related to Atheists, Agnostics, and Humanists. Often videos are watched and discussed in the group. Examples of past meeting topics include: the Reason Rally, an annual Atheist gathering on the Mall @ Wash DC, and videos featuring the ideas of Hitchens, Dawkins, Sam Harris and Daniel Dennett. Contact: Andrew Cranberg, [Andrew@cranberg.net](mailto:Andrew@cranberg.net)



### Book Circle (Sunday eves, approx. every 6 wks)

Book Circle discussions are informal and open, and are centered on topical nonfiction books about issues that impact our lives and our society. All are welcome! Contact: Gail Wisniewski at [BookCircle@ccuu.org](mailto:BookCircle@ccuu.org)



### Buddhist Study Group (2nd Sundays, 11:30 am)

We read selected Buddhist texts, discuss them, and try to apply the principles and techniques to our everyday lives. We practice various forms of meditation and try to cultivate the capacities to be kind and offer happiness, to be compassionate, and to bring joy into our lives, appreciating every breath and every moment. Contact: Melanie Terbovic, [terbovicm@yahoo.com](mailto:terbovicm@yahoo.com)



**Earth Rhythms Drum Circle (quarterly on the 2nd Friday at 7 pm; next: Oct 11, 2024)**

All are welcome to join us for our quarterly drum circle! Experience the many proven benefits of drumming and the shared energy of the music. No musical background is needed, only the desire to have fun. Contact Nancy Frenk, [drumnsistah@yahoo.com](mailto:drumnsistah@yahoo.com), or Cindy Thornton, [cynthiamthornton@yahoo.com](mailto:cynthiamthornton@yahoo.com)

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**Feminine Divine Group (last Saturdays, 9:30 am)**

This group provides a welcoming sacred space for women to form a bond with each other and with the feminine divine. At our September meeting, we typically select a book with a feminine divine or feminine historical theme to study & discuss over the course of the year. Contact Barbara Griggs, [bjgriggs@comcast.net](mailto:bjgriggs@comcast.net)

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**Green Sanctuary Committee (2nd Sundays, 11:30 am)**

We encourage awareness, appreciation and action in support of the environment on which we all depend. We promote worship that deepens our connection to the natural world, educational programs for all ages, and service projects that benefit our local area and beyond. Contact Victoria Hathaway, [GreenSanctuaryCommittee@ccuu.org](mailto:GreenSanctuaryCommittee@ccuu.org)

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**Haiku Workshop (3rd Thursdays, 10 am)**

We meet monthly to learn and to work on modern haiku for the seasonal Haiku Garden on the church grounds. We are currently meeting in person at the church in the Stokes conference room. Contact Susan Auld, [susanbauld92@gmail.com](mailto:susanbauld92@gmail.com)

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**Journaling Circle (1st Thurs, 10 am)**

Each gathering opens with a short meditation. We then free write and write from prompts related to our monthly themes. All are welcome to join us online for personal exploration and growth. For more info, contact Juli Cicarelli, [cicjimjuli@gmail.com](mailto:cicjimjuli@gmail.com)

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**Last Mondays Book Group (Last Mon, 7 pm)**

We meet monthly and discuss primarily fiction titles selected by the group. Newcomers are always welcome! No need to register – just show up for a discussion (you don't even have to have finished the book!). All are welcome! Contact Barb Braje, [barb.braje@gmail.com](mailto:barb.braje@gmail.com).

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**Open Forum Discussion (Sundays, 9 am)**

Our moderated discussions focus on topics of interest to our participants, including current events and social issues. We agree to discuss such issues in a spirit of authentic self-expression, while honoring the CCUU covenant and welcoming a diversity of views. Contact: Vid Axel, [vidaxel@axeldesigns.com](mailto:vidaxel@axeldesigns.com)

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**Reading Roundtable (2<sup>nd</sup> & 4<sup>th</sup> Weds, 10 am)**

We are beginning a new book in August 2024. It's from the Great Books Foundation and is called *Counterparts*. It features pairings of texts that complement or play off of one another in interesting ways. The readings are across genres and time periods on topics such as love, art, science, war, gender, authorship, and others. For more information, contact Barbara Griggs, [ReadingRoundtable@ccuu.org](mailto:ReadingRoundtable@ccuu.org).

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**Transitions (10 am on the 4th Thurs, in Nov & Dec on 3rd Thurs)**

Our mission is to provide a forum for adults to explore life transitions with a supportive community during daytime hours. Program topics are chosen based on participant interests. We also enjoy pre-program coffee and post-program potluck. All are welcome; please invite a friend! Contact Kathy & George Motto, [george1m@aol.com](mailto:george1m@aol.com)

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Stay tuned for information about other events and programs  
in *Focus* and weekly newsletters and e-blasts