



# Countryside Church

UNITARIAN UNIVERSALIST

1025 N Smith Street • Palatine, IL 60067

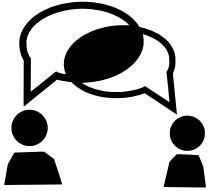
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• *Create Belonging* • *Inspire Curiosity* • *Heal our World*

## Adult Faith Development Winter-Spring 2026 Flyer

Register online at <https://ccuu.breezechms.com/form/AFD2026-winter>

### Crucial Conversations: A 3-Session Skill-Building Series; Sundays in January, 11:30–1 pm. 1/11, 1/18, 1/25.



Let's face it: things can sometimes get tense with family members, friends, neighbors, co-workers, teammates, even between members of our congregation—occasionally leading to avoidance of key conversations, simmering resentments, or even dissolution of a relationship. In this interactive three-session course, participants will explore key concepts from the book *Crucial Conversations: Tools for Talking When Stakes Are High (Third Edition)* by Grenny, Patterson, McMillan, Switzler, and Gregory. Join us to learn practical strategies for navigating high-stakes, emotionally charged, or tough conversations with greater clarity, confidence, and effectiveness. Through guided activities, real-world scenarios, and structured practice, the series equips participants with tools to identify the true root of conflicts, improve dialogue, strengthen relationships, foster trust, and reduce conflict. The book may be obtained from public libraries or through your favorite bookstore. Come learn skills needed to talk openly and safely about tough issues so that everyone feels heard, relationships are honored and deepened, and effective decisions can be made. Lay leaders in the congregation are among those encouraged to sign up for this course. *Facilitators: duRee Bryant, Karolina Kozakiewicz, Matt Myren. Minimum class size: 10; Maximum class size: 24.*

### Building the World We Dream About: A 90-Minute Journey Toward Racial Justice: Sunday 2/8/2026, 11:30-1pm.



Early 2026 brings a brand-new anti-racism workshop especially for our UU community. Blending UU spirituality with hands-on exercises, the workshop peels back the layers of systemic racism, implicit bias, and privilege that shape our daily lives. Expect energizing activities, brave conversation, and take-home tools that deepen our shared covenant and help to widen the circle of belonging. This workshop is open to everyone 14+ (youth should attend with a parent/guardian). As Unitarian Universalists, we strive for equity and justice in our world, and this is a way to build on that work. We encourage everyone to sign up! *Facilitator: Mari Van Meter*

### The Shared Pulpit Worship Class: Sundays, 11:30–1 pm. 2/15, 2/22, 3/15, 3/22, 4/19, 4/26.



This class is designed to introduce or strengthen sermon writing skills and prepare for presentation on Sunday mornings. Anyone is welcome to attend – especially folks considering joining the worship team in the future. There will be four sessions exploring the work of creating reflective, passionate and theologically grounded sermons and homilies. The class will finish with each participant presenting a sermon they have written over the final two dates. We will read from *The Shared Pulpit* by Erika Hewitt and *Thematic Preaching: An Introduction* by Jane Rzepka and Ken Sawyer (books will be available for purchase from the church office). Gather at 11:30 for nosh; class begins at 11:45. *Facilitator: Rev. Pam Rumancik.*

### UU Elevator Speech: Saturdays, 10-11 am; 3/7, 3/14, 3/21.



Need a way to quickly and succinctly describe where you go on Sunday morning for your spiritual participation or when someone says, “Never heard of Unitarian Universalists, what is it?” Join this 1-hour class that meets 3 consecutive Saturdays from 10 to 11 am. Excellent for newer UUs, and also good for longer-term members who would like to finetune their explanations. Interactive participation will encourage confidence in responding to curiosity and questions. *Facilitator: Denise Sepos*

## Continuing in the Spring:

*New participants are welcome to join us for the spring session. If you registered for the fall session, you do not need to re-register.*

**Biblical Literacy for UUs: Sundays, 11:30 am–1:00 pm; 3/8, 3/29, 4/12, 5/3, 5/24, 5/31.** The Bible has inspired movements for liberation and legitimized horrific injustices. Its language and stories resonate through the literature and art of the Western world. How do we, as liberal seekers, skeptics, and UUs, understand it? This course will explore the Bible in historical context and reflect on some of its stories from a UU perspective. Topics in March through May will include the parables of Jesus, creation stories, the prophets, Paul's letters, Revelation, and the Psalms. *New participants are welcome at any time. Facilitators: Pat Wydell and Jeannie Scown*



## Ongoing:

*New participants are welcome to join these ongoing classes/groups. If you are already registered for these, you do not need to re-register.*

**Telling Our Stories: 1st Wednesdays, 10 am–12 noon, Oct. 1 through May 6.** Come and join this group of mature adults as we utilize a variety of materials as food for discussion about our lives today, aging, encounters with loss, grief, and end of life issues in a supportive and caring environment. We have finished reading *Being Mortal* and plan to focus next on legacy writing with online Zoom sessions in January/February. New participants are welcome to register at any time. *Facilitators: Becky Serpe, Lisa Christensen*



**Living Well: 3<sup>rd</sup> Wednesdays, 10 am–12 noon [ongoing].** Living Well is a discussion group that draws inspiration from the Blue Zones program. We meet monthly in Atherton Hall and explore living in ways that support engagement with others, exercise, a spiritual life, healthy eating, finding a purpose, and taking time to relax. We are currently reading *When Things Fall Apart: Heart Advice for Difficult Times* by Pema Chödrön; the book is a collection of essays on facing difficulties in life based on Buddhist teachings. *Facilitators: Karolina Kozakiewicz and Leslie Peet*



**Tai Chi – *New Days & Times*: Saturdays, 10:30–11:30 am & Thursdays, 5:45–6:45 pm. Weekly January–March.** Tai Chi is an ancient practice that 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 that increase flexibility, strength, and balance. The class is open to beginners and to those with prior experience. Free YouTube videos will be available to enhance home practice. The class is based on the modified Yang style of tai chi as taught by Master Moy Lin Shin. *Instructor: Melanie Terbovic, a certified Tai Chi teacher*

