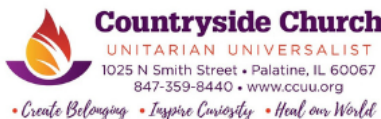


**NO Worship Service on June 7  
No Open Forum Discussion on June 7**



**Day of Service Sunday  
NO Worship on June 7**

Instead, go out into the world and offer it your embodied love.  
Participate in or attend the Buffalo Grove Pride Parade.  
Write postcards to elected officials. Weed the church grounds.  
Find a way to make the world a little better and offer your love.



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*Last page: Focus Deadlines & CCUU Covenant, Mission, & Vision*

**Buffalo Grove Pride Parade: June 7 at 11 am**

CCUU will be represented by marching in the 8th Annual [Buffalo Grove Pride Parade](#) on Sunday, June 7, at 11 am. Those marching plan to arrive at our designated site about an hour beforehand. The theme this year is *Flower Power: Let Pride Bloom*. CCUU has been in the parade for the past 7 years, and we look forward to our largest turnout at the 8th Annual Buffalo Grove Pride Parade yet.

All are invited to attend to cheer them on. The parade path is just under one mile beginning near Buffalo Grove and La Salle and ending on Deerfield Parkway at the

fitness center that shares the parking lot with Mike Rylko Park.

Countrysiders will gather at the Pride Picnic at Mike Rylko Park, 1000 N Buffalo Grove Rd.

**Young Adults (18-35ish)**

**Game Night & Potluck: June 7, 6:30 pm**

The Young Adults (18-35ish) are combining June's Board Game Night with a Potluck including special guests Rev Pam and Rev Karen! Bring your favorite games and some food to share as we bid farewell to the Reverends with some fun and good eats!



**Spiritual Discussion: June 21, 6:30 pm**

Join us in classroom 6 to talk about a range of subjects that fall under the scope of being human - morality, ethics, life, death, spirituality, and whatever else speaks to us in the moment. Come with an open heart and mind and any discussion topics you may wish to pose to the group! We hold our Spiritual Discussions on the 3rd Sunday of even-numbered months.

## From Our Ministers

### *Halfway through the Woods*

*Sometimes people leave you,  
halfway through the wood...<sup>1</sup>*

We met for a moment, halfway through the wood; only temporarily walking together, brief traveling companions finding our way through the dark of these current times. There have been challenges all around us, yet we still found our way through.

I've been focusing on the good things. The rich relationships. The accomplishments. All the extraordinary ways this congregation has welcomed Rev Karen and me in and allowed us to do the multilayered work of ministry with you over these two years. It has been good, and we will carry warm memories with us long into our retirement years.

But there is sadness too. Now comes the bittersweet tang of having to let go of connections and watch CCUU disappear from the rear-view mirror. It's one of the hardest parts of ministry. Ministers walk with, but never entirely 'be' within a community.

And - we have loved our time here; loved imagining new paths, loved watching you step into new roles, loved seeing some tiny bit of order form for just a moment (because that's all we really ever get.)

I've loved working with the creative folks on the worship team, coming up with new ways of approaching topics and issues; loved the compassion and wisdom of the lay ministers. I've enjoyed experiencing the board taking ownership for steering the church. Cheered as the front grounds evolved into native plantings. Applauded efforts which brought together a prairie burn – so awesome!

We've observed dedicated folks putting sweat and patience, and inspiration into reconfiguring the Justice Matters area of the church. And celebrated all those who dug deep and wrestled with taxonomy and a changing societal vocabulary to come up with a refigured organizational chart to help newcomers and your new minister find their way. Truly holy work.

Rev Karen thrilled as folks gathered round to make sure our kids were seen, supported, encouraged, and inspired through fun and connection. We celebrated three babies and a toddler in your nursery as a lovely omen for the future of this community. Cheered for OWL and Faith in Action Sundays. Embraced senior high youth finding their way and truly growing together. Embraced so many from the young adults group find roles in the larger church.

There are so many things to celebrate about this community that I could go on for pages and pages. Each of you knows how much there is available, how many ways to connect, which spaces exist for growing your spirits and strengthening your hearts.

But now our time together is winding down. It's time to say goodbye and wish each other well ~ remembering that each time we leave a place we can't help but leave a bit of ourselves behind. I'll be lurking along those never-ending hallways, peeking from behind the branches in the Atherton Hall tree. Rev Karen's laugh will echo along the RE wing as children find ever new ways to delight in this particular confluence of life.

And we will carry you along on our future journeys; your generosity & welcome, your kindness, your commitment to making the world just a little bit better place.

Mixing musicals, I'll finish with another favorite. I don't know if we've been changed for the better – but because we've known you, we have been changed for good. Many blessings and Godspeed.

~ Revs Pam & Karen



## From Lay Ministry Team

Let the Lay Pastoral Ministry Team know your joys, concerns, and gratitude: <https://ccuu.org/ joys-concerns-gratitudes/>.

Remember that we have votives in the back of the sanctuary that you may wish to light on Sunday morning with a prayer regarding a hardship in your life or that of a loved one.



## Board of Trustees Meetings

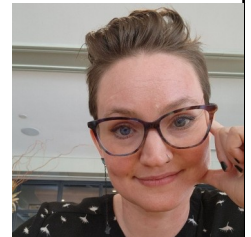
**3rd Weds—June 17 at 7 pm**

Board of Trustees meetings are open to the congregation for people who want to observe. To be on the agenda, contact the Board President at least one week in advance. If you plan to attend, contact the Board President, [prez@ccuu.org](mailto:prez@ccuu.org), for the meeting information.

## The Ordination of Dr. Emma Farrell

You are cordially invited to the ordination of our incoming minister, Dr. Emma Farrell, at Unity Temple on June 13, 2:30pm. We would love to see you there! Please RSVP here:

<https://partiful.com/e/DOknxls60cg9vzlxIEWo>



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Subscribe to an email list: <https://www.uua.org/about/stay-in-touch>

## MidAmerica UUA Newsletter

Subscribe here: <https://www.uua.org/midamerica/news>

## From Our President

Dear Fellow Countryside Members and Friends –

As we enter the last month of the church year, I'd like to recap some of the highlights of what the Board and the congregation has accomplished this past year.



In early January, Rev Pam and Rev Karen announced their retirement effective at the end of the church year – June 30, 2026. The timing was such that the Board was able to quickly approve a search for a new contract minister and concurrently approve a contract search team consisting of Board members, Pat Wydell and Elizabeth Van Orden, along with congregants Judy Ball, Michael Lunter and Amy Zukoski. Pat agreed to be the head of the team, which got to work immediately and by the February 15th deadline, had prepared a congregational record and had gathered all other necessary documentation for the UUA's ministerial search system. The search team's concentrated efforts paid off, and the Board was able to reach an agreement with Dr. Emma Farrell to be our next contract minister effective August 1, 2026. Thank you to the contract search team for their hard work under such a tight deadline.

Also in January, the Board approved the purchase and installation of second array of solar panels for the church. This was the result of the tireless efforts of our Treasurer, Rick Rayborn, and the ad hoc capital projects team he assembled (Steve Black, Mike Calwas, Mike Gilley and me). To refresh your memory, early last year, the Board was approached by a non-member donor, who made a very generous offer to fund the second array of solar panels for the church. Rick worked with the donor and in January was able to secure his generous donation, allowing the Board to approve the solar panel project, which included enhancements to the roof area that will support the solar panels. While there have been some delays and sidetracks along the way, we are expecting that the new solar panels will be installed by late June or July.

Then in Late April, the Board approved the hiring of Dr. Mary Lamb Shelden to serve as our new Director of Religious Exploration, effective June 1. This will allow Mary to work with Rev. Karen for several weeks to facilitate a smooth transition. Rev. Karen has brought new life and vigor to the Religious Exploration program over the past two years, and the transition period with Mary should ensure that the RE program remains vibrant, relevant and continues to grow, after Rev. Karen retires.

Also, during our April 26 service, we welcomed 9 new members to the CCUU community. That is wonderful news! I'm grateful that CCUU continues to attract people who value an open-minded, welcoming community, with which to share their spiritual journeys.

In addition, our new Senior Minister, Dr. Emma Farrell will be ordained on Saturday, June 13, at Unity Temple in Oak Park. The ceremony will take place at 2:30 pm CDT, with former UUA president Rev Susan Frederick-Gray giving the sermon. A reception will follow. It

*continued...*

## UUA General Assembly 2026

### Public Video—No Registration Required

*General Assembly (GA) is the annual gathering of Unitarian Universalists for conducting business of the Association, exploring the theological underpinnings of our faith, and leaning fully into our mission and principles.*

**No registration is required** to watch video from the following public events.

To view them, go to <https://www.uua.org/ga/off-site/2026>

at the stated time.

- **General Sessions.** The business of the Unitarian Universalist Association (UUA) is conducted during General Sessions; refer to the [GA Business Agenda](#) for details.
  - Sunday, June 14: 3:30 – 5 pm
  - Monday, June 15: 11 am – 2 pm, 4-5:30 pm
  - Tuesday, June 16: 11 am – 2 pm, 4-5:30 pm
- **Sunday Morning Worship** (1.5 hours) Sunday, June 21, 10 am CT. Join GA Sunday worship for a powerful and communal experience – the largest annual gathering of Unitarian Universalists in worship. The livestream will be on this page and open to the public—no registration required. A recording of the service will also be available on demand via YouTube shortly after the live broadcast (within a few minutes or even seconds). We are delighted to share that [Rev. Jen Youngsun Ryu](#) will lead Sunday Morning Worship at GA 2026.

### Register to Get More

Full online registration includes on-demand programming, featured speakers, and major worship services: Service of the Living Tradition, Synergy Bridging, Ware Lecture, and much more. Find details at <https://www.uua.org/ga/registration>



### From Our President, cont'd

would be wonderful if we had a large contingent from CCUU in attendance to show Dr. Emma our support as she begins the next phase of her ministry. You can RSVP online: <https://partiful.com/e/DOknxls60cg9vzlxIEWo>.

Finally, Sunday June 14 will Rev. Pam and Rev. Karen's last Sunday with us. We will celebrate their ministry at CCUU with a potluck after the service, so please be sure to attend!

All in all, things are looking up for the CCUU community. We will end the current church year with a new Director of Religious Exploration, many new members, and we will begin the next church year with new solar panels and, most importantly, with a new Senior Minister. That's very desirable position to be in. I can't wait to see how the church grows and evolves during the upcoming year.

Thank you,  
Gary LaBedz, Board President

Worship descriptions are included below and are also on the church website: <https://ccuu.org/services/>

Join us Sunday mornings in the Sanctuary or online—<https://bit.ly/CCUUworshipSvc>

Join us Sunday evenings on the 2nd & 4th Sundays in Atherton Hall.

Religious Exploration classes for Children & Youth are held Sundays at 10 am.

### June 7: NO Worship Service—Buffalo Grove Pride Parade, Day of Service

### June 14 at 10 am: Beginning a New Chapter & Flower Communion Rev. Pam & Rev. Karen

Bring a flower (or a few) to share for our flower communion. Congregational Potluck follows the service.

### June 14 at 5 pm Tending the Spark: Engaging Your Full Self

Join us for a gentle, restorative time of movement and connection led by Mari Van Meter. With simple guidance and music to follow, you'll be invited to engage your whole self - body, mind, and spirit. This intentional gathering remembers the ancient ways of ancestors who circled and sang under the night sky. Come as you are, ready to rest, remember, and be renewed. Remember to bring FINGER FOOD to share!

### June 21 at 10 am Four Seasons: Summer

Join the choir and the strings for the final of our four tributes to Vivaldi's *Four Seasons*.

### June 28 at 10 am Pride Service

### July 5 at 10 am American Music Service Tom Dempsey & Countryside Band

## Congregational Potlucks

*Final Potluck of this church year: June 14—mark your calendars*



June 14 is Revs. Pam and Karen's last worship service with us, and we will follow it with a potluck. If you or your group would like to help, please sign up here: [https://docs.google.com/spreadsheets/d/11QAcoAw5YVyCCTPfc5IWG\\_EaZoEmHAJA-yWoyDy8\\_Kk/edit?usp=sharing](https://docs.google.com/spreadsheets/d/11QAcoAw5YVyCCTPfc5IWG_EaZoEmHAJA-yWoyDy8_Kk/edit?usp=sharing)

## Fair Trade Monthly Sale

**June 28**

Please stop by our table in Atherton Hall after worship to purchase fairly-traded coffee, tea, chocolate, nuts, olive oil from Equal Exchange.

**Three Cheers for "Equal Exchange" at CCUU**

Once again for the year 2025, Countryside Church made the Equal Exchange Cooperative's list of the top 100 congregations that purchase their products for resale to congregants. It's a meaningful figure because EE sells their products to over 2,500 U.S. congregations of all denominations! Your CCUU Fair Trade Team is grateful for your enthusiastic purchasing. Besides being wholly organic, all products are ethically sourced from farmer cooperatives around the world. READ HERE or go to <https://shop.equalexchange.coop/pages/about-us> to learn more about the uniqueness of the Equal Exchange Cooperative headquartered in Massachusetts.

Know that the small profits that we make in re-selling to you, go directly to support CCUU's budget. A win-win for all!

## Did you miss a Worship Service?

View them:

- on our website, <https://ccuu.org/past-services/> (just click on the service you'd like to view; if there's a video available, you'll see it on that service's page)
- on our YouTube channel, <https://bit.ly/CCUUyoutube>.

## Be the First Smile They See!

One of the most powerful ministries at CCUU happens before the worship service even begins. A warm smile at the door. A friendly "we're so glad you're here." A helping hand for someone who's new, uncertain, or just had a tough week.. Sign up online using the QR code or go to [https://www.signupgenius.com/go/70a044ea4a72fa13-sunday2#/#/](https://www.signupgenius.com/go/70a044ea4a72fa13-sunday2#/).

For more info, contact Nancy Frenk. Thank you.



## Earth Rhythms Sound Journey



**Fri, June 12, 7 pm**

Join Nancy Frenk & Cindy Thornton in the Sanctuary for a sound journey as we meditate with the gentle frequencies of crystal singing bowls, chimes and additional calming instruments. These sessions provide relaxation, restore mindfulness, and promote overall wellbeing in a tranquil environment. Participants are encouraged to bring a yoga mat or sit/recline on sanctuary chairs. No registration is required for participation. A suggested donation of \$20 is encouraged with a portion being donated to CCUU.



## Justice Matters

The Justice Matters Committee wants everyone to know about opportunities for participation in training, conferences, and events to attend. Please also take a few minutes to help create a better world

by following up on our recommended actions for the week. These suggested action items are not the official position of Countryside Church Unitarian Universalist. We share these action items to keep our congregation informed of events occurring in our local community and around the country that each individual may or may not wish to take action on. Any actions or views taken as a result of the Justice Matters Committee are the actions and views of each individual alone

Please see the JUSTICE MATTERS calendar of events at <https://ccuu.org/justice-ministries-overview/>. If you use Google Calendar, there's a link at the bottom of the to subscribe to our JUSTICE MATTERS calendars for: Democracy Action, Immigration Action, LGBTQ Action, and/or Climate Action.

Want more information or to get involved in one of our Action Teams? Email [justicematters@ccuu.org](mailto:justicematters@ccuu.org)

## School Supplies Drive for ICDI

During the month of June, we will be collecting school supplies for families served by Illinois Community for Displaced Immigrants (ICDI). Stay tuned for announcement of what supplies are needed.

## Green Sanctuary Meeting

2nd Sundays—June 14, 11:30 am



GREEN  
SANCTUARY

All are welcome to join us for our monthly meetings. *The Green Sanctuary Committee encourages 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.*

## Tai Chi

Saturdays, 10:30-11:30 am

Tai Chi is an ancient practice that enhances health, concentration, and wellbeing. This class focuses on short movement sequences that increase flexibility, strength, and balance. The class is open to beginners and to those with prior experience. Instructor: Melanie Terbovic, a certified Tai Chi teacher



## PADS Meals Thank You

Thank you very much for supporting our monthly dinners at Journeys this last year. The Journeys and PADS sites served thousands of people during the October to April time frame, 7 days per week. Church-based PADS sites are now closed until October. However, Journeys provides shelter and 3 meals to 45 people every day of the year. During the months of May through September, those without shelter utilize their cars and tents/sleeping bags distributed to them by PADS sites.

Rachel DeHoff, Lillian Schnitzler, Barb Perry, and Patti Janda have participated in serving our meals at Journeys and can tell you how much the overnight guests appreciate and enjoy the home-cooked dinners. Rachel's and Lillian's teens have also actively participated in serving our meal to the overnight guests at Journeys.

If you are interested in supporting CCUU's Journeys Meal program beginning again in the fall, please contact Karen Epps. I'd like to have a meeting soon to talk about the future of CCUU's monthly Journeys/PADs meal. It would be an opportunity to learn more about those we serve and to discuss how we might do things differently and/or more effectively. If you are interested in this conversation, please contact Karen Epps.

### How to Help During Summer

At a recent meeting, the PADS site manager we work with at St. John UCC (Arlington Heights) shared the following ways that we could support the mission during the summer months:

- People encountered on the street are helped by handing them a bottle of water and/or gift cards to McDonalds or Dunkin Donuts
- Donate/drop off at the Journeys Center, 1140 E Northwest Highway:
  - Gallon of milk, breakfast cereal, pop tarts
  - Extra chargers – both cords and cubes (guests are frequently in need of chargers)
  - Gently used jackets, sweatshirts and long-sleeved t-shirts

Many thanks, Karen Epps

## Rx Drug Bottle Reuse Program

CCUU is partnering with Southminster Presbyterian Church to collect empty Rx bottles. The bottles will be cleaned and reused to serve low-income families, helping with Rx costs. A Creation Care Team Member from Southminster Presbyterian Church will pick up our donations, so it's an easy way for us to help out, both for our neighbors and for our environment.



**Bottles must be empty, with labels removed as well as possible, and with lids still attached.** There is a box in Atherton Hall for your bottles to be deposited. Questions? Contact a member of the Green Sanctuary Committee. *Thank you!*



## Daytime Book Group for Fiction Lovers

**1st Wednesdays at 1 pm**

All are welcome to join us in the Stokes Room for our discussions:

- June 3: *Hard Rain Falling* by Don Carpenter
- July: we will not formally meet
- August 5: *Far from the Madding Crowd* by Thomas Hardy



## Online Journaling Circle

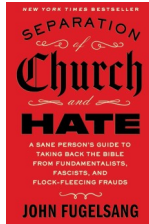
**1st Thurs—June 4, 9:30 am**

Each gathering opens with a short meditation. We then free write and write from prompts related to our monthly themes. Have your notebook or journal ready & join us online for personal exploration and growth. For more info, contact Juli Cicarelli. We meet on Zoom: meeting id 998 3055 0153 and passcode 1025.

## Book Circle

**June 7 at 6:15 pm**

All are welcome to join our discussion of *Separation of Church and Hate, A Sane Person's Guide to Taking Back the Bible from Fundamentalists, Fascists, and Flock-Fleeing Frauds* by John Fugelsang. We gather in classroom 2 at 6:15 and begin discussion at 6:30. Newcomers are always welcome!



## Open Forum Discussion

**Sundays, 9 am—In person or Online**

In the Open Forum, we agree to discuss the issues of the day honestly and respectfully, welcoming the diversity of views that may be expressed on any given topic. All are welcome to join us in classroom 2 or on zoom; meeting id 974 5981 3107 and passcode 1025.

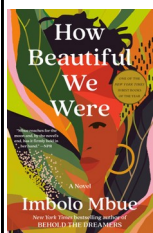
## Reading Roundtable

**2nd & 4th Weds—June 10 & 24, at 10 am**

This month, we'll discuss the final selections from *2006 Best American Short Stories* edited by Ann Patchett.

In July, we'll begin a new book—*The Oxford Book of American Short Stories, 2nd edition*, edited by Joyce Carol Oates—July will be a great time for newcomers to join us!

All are welcome! For more info, contact Barbara Griggs.



## Last Mondays Book Discussion

**June 29 at 7:00 pm**

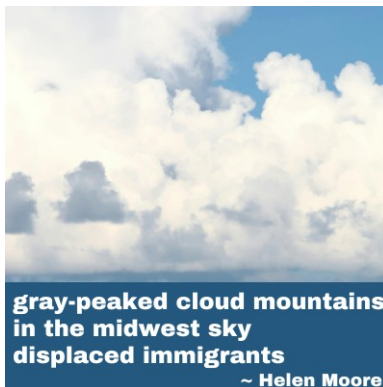
All are welcome to join us in the Stokes Room for our discussion of *How Beautiful We Were* by Imbolo Mbue.

## Haiku Garden

### Online Workshop

**June 11, 10 am**

Want to write haiku for our garden? All are welcome to join us on the 2nd Thursday of the month to learn & work on modern Haiku for the church's seasonal Haiku garden.



We meet on zoom. Go to [www.zoom.us](http://www.zoom.us) and use meeting id 947 7524 4603 and passcode 262695.



## Atheist, Humanist, Agnostic Discussion

**2nd Tuesdays—June 9 at 7 pm**

This month's topic: *universal consciousness - what is it, is it real, and if so, how could it be demonstrated?* Ed Maryon will present.

We will meet in person at church in classroom 6.



## Buddhist Study Group

**June 14, 11:30 am**

We read selected Buddhist texts, discuss them, and try to apply the principles and techniques to our everyday lives. All are welcome!

For more info, contact Melanie Terbovic.



## Transitions

**June 25, 10 am, at Citizens Park**

Please join us on Thursday, June 25, 10 am to Noon, when Tom McTavish will guide us on a hike (there are two trails to choose from) at Citizens Park, 511 N Lake Zurich Rd in Barrington. The park is located just past the Barrington Library. We'll meet in the parking lot at 10 am. Please bring food and drink for our usual potluck lunch after we walk.



## Feminine Divine Women's Group

**Last Saturdays—June 27, 10 am**

New women are always welcome. Join us the last Saturday of the month in classroom 6. For more info, contact Barbara Griggs.

## The Columbarium Project

Recently, there has been some interest in providing Countryside UU members and their families the opportunity to establish a place to respectfully house and display human cremated remains. One of the options that many individuals and families have considered is a Columbarium. A columbarium is a structure made up of individual compartments, known as niches, where urns containing cremated remains are placed. These niches are often found in cemeteries, memorial parks, churches, or other places of worship.

The terms “mausoleum” and “columbarium” are frequently used interchangeably. Although they are both stately structures that serve as final resting places, they each have a very distinct purpose.

Mausoleums are designed to hold caskets. Columbarium, on the other hand, are much smaller and solely intended to store and protect ashes.

Columbarium provide a centralized and accessible location for family visitation and reflection in a space that has meaning for you. Unlike scattered ashes, a niche provides a specific, permanent, and accessible location for family members to reflect, pray, or meditate in a peaceful landscape surrounding.

One proposed site for the Countryside UU Columbarium is a quiet and ‘out-of-public view’ area in the back of the church. A landscaped Memorial Garden would be established to house the Columbarium and could also include a seating area (bench) and ambient lighting.



Another significant benefit of a Columbarium is the lower cost compared to a full-casket burial. Choosing a Columbarium niche is more economical, avoiding expenses like burial plots, headstones, and expensive caskets.

The cost of the purchase and installation of the Columbarium would not impact the church budget. Member subscriptions would fund this project. The one-time purchase of a niche would represent the total cost to the individual member or family. The cost of a niche would depend on which size the purchaser requests. There will be some niches that can accommodate more than one urn if couples wish to be interred together.

We anticipate that the single individual niche would be in the range of \$800 to \$1,000 dollars. We will have specific cost figures once we have orders for the first ten niches.

If you would like to move forward with reserving a niche in the Countryside UU Memorial Columbarium, please fill out this form—<https://forms.gle/Ct5jwcJYtFdeeE9> or contact Peggy Simonsen with questions.

## Join Countryside’s Community Paint-A-Thon Team

The 39th Annual Community Paint-A-Thon is coming, and we need your help for this rewarding community event. CCUU is developing a Volunteer Paint Team under the Team Leadership of Jeanne Scown. We will need a Team of at least 20 painters with a sign-up deadline of June 30. Paint Day will be held on September 12. There is a possibility we may be able to paint Challice House through the program. Contact Jeannie Scown to register as a volunteer. Over the past 38 years, 938 homes have been painted by 17,990 volunteers, valuing over \$1 million in volunteer time and goods and services.

Do you know someone who needs to have their homes painted at no charge? Applications are now available through the July 1 deadline. To qualify, homes must be owned and occupied by adults ages 60 and better, people with disabilities, or veterans of any age. There are income and asset limits, but all are encouraged to apply. Once a home is determined eligible, volunteer teams are matched to do the scraping, priming and painting of the outside of the applicant’s home the weekend before paint day. There is no cost to the homeowner. Sherman Williams donates the paint. For more information, contact Nancy Frenk.



Campfire Stories is a documentary film series that features people who are trying to belong to the earth and each other in new and transformative ways. One of their films features a man named Adam Wilson. He runs a community farm that is also an experiment in non-commercial food systems, sustainable living, alternative economies and what Adam calls “radical neighboring.” As they film, Adam tells this story:

*Back in my early 20s, I heard a story. It sounded a bit like a fairy tale back then.*

*It was about a farm that began with three farmers, longing to grow food for their neighbors in a place where that had largely become impossible due to rising land prices. And so, they approached a group of interested neighbors with a plan, or at least a proposal or a plea, for the possibility of local food again in that place. This plan included a budget for what it would cost them to undertake a year growing a year's worth of vegetables for 30 households. Vegetables as well as milk and meat.*

*The farmers gathered the interested folks in a circle. They asked if they could go around the circle and have people pledge different amounts of money until the budget was covered, and it took a couple of rounds, but they did it.*

*A few years into the project, a woman came to one of the farmers, and she said, “You know, my husband and I love being a part of this farm and community, but we're gonna have to drop out of the farm because we've both lost our jobs.”*

*The farmer then said to her, “You know, I think you could do us, as the farmers and the membership as a whole, a real service, if you came to the meeting, and you pledged zero.”*

*And by golly, she had the courage to do just that.*

*Then the farmer told me that what happened next was that there wasn't a dry eye in the room.*

*So, there you got a bunch of middle class folks weeping in a way that usually would have been downright embarrassing in public.*

*So what happened there? Why were they weeping?*

*Well, we could tell a story that says they were weeping out of pity, that they pitied the poor woman and her family. But that might be a little bit too easy of a story to tell.*

*Maybe instead, in that moment, they had a felt sense of themselves as people who had the capacity to carry their neighbors. Which also means that they realized they lived among people who had the capacity to carry them on the day that they might need to pledge zero.*

So friends, maybe the invitation this month is to pay attention to when you feel like weeping. A theme like flourishing carries the connotation of blooming, as if this month is solely about helping each other blossom brightly into the fullness of all we can be. But maybe it's also about softening. About waking up to the reality that our culturally-encouraged pursuits of independence haven't made us safe; they've only made us brittle. Maybe what this month wants most for us is a retrieval of tenderness. A reconnection to that part of us that longs to be vulnera-

ble, that hungers to stop pretending we're stronger than we are, that understands that flourishing also involves unfolding our ability to say, “I hurt,” “I'm scared,” and “I need help.” Who wouldn't weep if they discovered that there really was a world like that out there?

### Questions for Flourishing Together

*This list of questions is an aid for deep reflection. How you answer them is often less important than the journey they take you on. So, read through the list of questions 2-3 times until **one question** sticks out for you and captures your attention, or as some faith traditions say, until one of the questions “shimmers.” Or as we like to say, “Read over them until one of the questions **picks you**.” Once you've identified it, go deeper by asking yourself:*

- *What might my inner wisdom be trying to say to me through this question?*
  - *How might this question be trying to wake me up or get me to realize something through this question?*
1. What circle of care and support helped you discover your unique brand of flourishing? i.e. what circle helped you know yourself in a way you couldn't have on your own?
  2. You may have heard that we get by with a little help from our friends. What's one thing you might do this month to keep your friendships flourishing?
  3. What if the flourishing of your friend groups and family depends, not on you being strong, but being vulnerable instead? Not just you supporting them when they are hurting or scared, but you being brave enough to say I'm hurting or I'm scared?
  4. Has your flourishing ever been made possible by a stranger?
  5. Who taught you to trust in the kindness of strangers?
  6. What do you need to do to regain your faith in a future where we will all flourish together?
  7. Is avoiding a tough conversation causing one of your precious relationships to wither on the vine?
  8. Is it possible that our culture has tricked you into trying to flourish alone without you realizing it? Where in your life are you building walls of independence without realizing it?
  9. At what stage of life were you best at noticing others in need?
  10. How has age caused you to change your mind about flourishing?
  11. What if this year is the year of you paying it forward?

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### Monthly Theme Exploration


We explore the monthly themes during worship & RE, through our narthex table display, in CCUU's Journaling Circle and Soul Matters small groups.

Find musical inspiration on each theme:

- Spotify: <https://www.soulmatterssharingcircle.com/spotify-lists.html>
- YouTube: [https://www.youtube.com/channel/UCL\\_fSD0\\_Ps01IGauCVL\\_mKQ/playlists](https://www.youtube.com/channel/UCL_fSD0_Ps01IGauCVL_mKQ/playlists)

# Upcoming Church Events

June 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
*REMINDER* - This calendar does not reflect outside groups' use of CCUU space. To avoid conflicts, please schedule all events with the church office – email ccuu@ccuu.org or call 847-359-8440 x 1			<b>June 3</b> <i>Focus publication</i>  <b>1pm</b> Fiction Lovers Book Group	<b>June 4</b> <b>10am</b> online Journaling Circle	<b>June 5</b>	<b>June 6</b> Wellness House Offerings <b>9am</b> RE Council Retreat <b>10:30am</b> Tai Chi
<b>June 7</b> <b>NO Worship Service</b> <b>Day of Service</b> <b>Buffalo Grove Pride Parade</b>  <b>6:15pm</b> Book Circle <b>6:30pm</b> Young Adult Game Night & Potluck	<b>8</b>	<b>9</b> <b>7pm</b> AHA Discussion	<b>10</b> <b>10am</b> Reading Roundtable	<b>11</b> <b>10am</b> Haiku Garden workshop	<b>12</b> 7pm Earth Rhythms Sound Journey	<b>13</b>  <b>10:30am</b> Tai Chi  Ordination of Dr. Emma Farrell
<b>June 14</b> <b>9 am</b> Open Forum Discussion <b>10am</b> Worship Service (Revs. Pam & Karen's final service) <b>11am</b> Congregational Potluck <b>11:30am</b> Buddhist Study Group <b>11:30am</b> Green Sanctuary Mtg <b>5pm</b> Tending the Spark	<b>15</b> <b>7pm</b> Democracy Action Team	<b>16</b>	<b>17</b> <b>10am</b> Living Well  <b>7pm</b> Board of Trustees meeting	<b>18</b>	<b>19</b>	<b>20</b>  <b>10:30</b> Tai Chi
<b>June 21</b> <b>9 am</b> Open Forum Discussion <b>10am</b> Worship Service <b>11am</b> Fellowship <b>6:30pm</b> YA Spiritual Discussion Night	<b>22</b>	<b>23</b>	<b>24</b> <i>Focus deadline</i>  <b>10am</b> Reading Roundtable	<b>25</b> <b>10am</b> Transitions	<b>26</b>	<b>27</b> <b>10am</b> Fem. Divine Women's Group <b>10:30</b> Tai Chi
<b>June 28</b> <b>9 am</b> Open Forum Discussion <b>10am</b> Worship Service <b>11am</b> Fellowship	<b>29</b> <b>7pm</b> Last Mondays Book Discussion	<b>30</b>	<b>July 1</b> <i>Focus publication</i>  <b>1pm</b> Fiction Lovers Book Group	<b>July 2</b> <b>10am</b> online Journaling Circle	<b>July 3</b>	
<b>July 5</b> <b>9 am</b> Open Forum Discussion <b>10 am</b> Worship Service <b>11 am</b> Fellowship <b>6:30 pm</b> Young Adult Game Night	<b>July 6</b>	<b>July 7</b>	<b>July 8</b> <b>10am</b> Reading Roundtable	<b>July 9</b> <b>10am</b> Haiku Garden workshop	<b>July 10</b> 7pm Earth Rhythms Drum Circle	<b>July 11</b>
<b>July 12</b> <b>9 am</b> Open Forum Discussion <b>10 am</b> Worship Service <b>11 am</b> Fellowship <b>11:30am</b> Green Sanctuary Mtg <b>11:30am</b> Buddhist Study Group	<b>13</b>	<b>14</b> <b>7pm</b> AHA Discussion	<b>15</b> <b>10am</b> Living Well  <b>7pm</b> Board of Trustees meeting	<b>16</b>	<b>17</b>	<b>18</b>

## Wellness House Offerings at CCUU

### Hypnosis Group & Reiki Sessions

Held 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, registration is required*; email jchipman@wellnesshouse.org or call 630-654-5116

## Earth Rhythms Drum Circle

### Fri, July 10, 7 pm

All are welcome to join this inclusive organic gathering where participants are empowered by the creation of rhythms, dancing, celebration and community. No musical background is needed, only the desire to have fun. For more info, contact Nancy Frenk or Cindy Thornton.



# focus

Published by Countryside Church UU

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Co-Ministers	Rev. Pam Rumancik RevPam@ccuu.org Rev. Karen Mooney RevKaren@ccuu.org
Community Minister	Rev. Dr. C. Scot Giles
Director of Relig. Exploration	Mary Shelden DRE@ccuu.org
Volunteer Coord. Faith Dev. for Youth & Adults	Susan Auld & Pat Wydell AFD@ccuu.org
Music Director	Alison Vernon Music.Director@ccuu.org
Congregational Administrator	Laurie Lantz ccuu@ccuu.org
Technology Coordinator	Luis Diaz Tech-Coord@ccuu.org
Volunteer Grounds Coord. Volunteer Kitchen Staff	Siri Laurin David Williams

### Lay Ministers

Ellen Vinzani, Coordinator

Lisa Christensen	Mary Johnson	Ken Sepos
Bob Doto	Helen Moore	Joy Simon
Barbara Griggs		

For assistance from Lay or Care Ministry, please contact Ellen Vinzani or Rev. Pam.

### 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

In pursuit of Beloved Community, we welcome ALL to Create Belonging, Inspire Curiosity, Heal our World.

### Our Vision

We envision a Beloved Community that is a dynamic community, ever widening the circle to be inclusive of everyone and where diversity can flourish. We envision and realize an interdependent relationship of love and mutual respect for each other and our environment, and a place where we can also learn from each other while we honor an all-encompassing free and responsible search for meaning and truth in this world.

### Upcoming Focus Deadlines

Submit all articles to [ccuu@ccuu.org](mailto:ccuu@ccuu.org)

- Weds, June 24 (publ. July 1)
- Weds, July 29 (publ. Aug 5)

Between *Focus* issues, see announcements in the E-News on Wednesdays. Deadline for e-updates is Weds at 9 am.

Return Service Requested  
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