

October 2024 Volume 42, Issue 10

Crossroads



Did you notice this table decoration at the Ingathering potluck on September 8? Our Fellowship Committee chair, Mary, is a creative wizard...



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The monthly BRUU Newsletter



October Sermon Descriptions

October 6—Finding our Own Path (Michelle Luman)

The Worship Committee's theme this year is "Finding Our Own Path." Find out why we chose this theme and how we hope to support you individually and as a congregation in your (and our) spiritual journeys.

October 13—From Anger to Activism (Friction Farm)

The level of anger among so many people seems to be on the rise. We know it's unhealthy, but how do we set it aside? Perhaps by finding the root cause and replacing the anger with positive action.

October 20—*It's Bats! The Power of Listening* (Worship Committee)
Bats interact with the world through a variety of senses, including sonar. Learn about bats and how their power of listening can enrich our lives.

October 27—Samhain and the magic of Guising (CUUPS of the Crossroads) Description: Before trick-or-treating there was Mumming and Guising. The liminal time of Halloween and Samhain is perfect for stepping away from the characters we play in our mundane lives and stepping into new energies and characteristics we would like to bring forth. Slip on a mask, a hat or even an entire costume, bring something small to have blessed, and participate in a ritual to help you embody a new aspect of yourself in the coming year.

From the President's Desk

Angie Carrera, President, Board of Directors

On September 8th, we hit a major milestone in our history: Our 25th year at the corner of Church and Main. Looking back on both the amazing people who formed Bull Run Unitarian Universalists as a congregation, and the leaders who made an incredible leap of faith in 1999 by purchasing this building as our home. I had to reflect on the attributes of past and current members in meeting the many challenges that have occurred since our inception as a faith community and nonprofit organization. This is especially noteworthy as we consider stewardship of this beloved community and the generosity that is critical to our endurance and success as a safe community for seeking and service.

Each year, members renew their pledge to BRUU through a commitment of time, talent and treasure. To many, this promise of "time and talent" could simply described as "volunteering." However, at BRUU it's more than that. From our members, it comes from deep within, a CALL TO ACTION, the need to make change in the world around us. The "treasure" is insufficient. For our member it might be better described as a fundamental philanthropic partnership with BRUU that makes our hopes and dreams for a better world more than just a possibility. Our initial individual reasons for joining in membership and for remaining in covenant and engagement are now settled in a commitment to deepen our spiritual lives, to ensure a place to support all our children's religious education with open minds and hearts, to create welcoming ways to socialize beyond our usual orbits, and possibly to realize our commitment to make the world around us a better place for all.

I've always volunteered for causes but it was not until my late 40s that I began small contributions to those and other causes important to my sense of justice. It was also my way of saying thank you for the gifts I have been given in life. As my life improved, so did my opportunities to give. Finally, I was in a position to form a scholarship in my family name, and over the past 15 years of funding it, it still give me great joy. But my largest commitment to date is my

From the President's Desk, Continued

BRUU pledge because this is the place that makes my heart sing, where my soul feels connected, and where I can most clearly see the good being done.

You may not think of yourself as a philanthropist. For a long time, I didn't. But over time, I came to realize that my financial commitment is an expression of my values. It brings into reality my aspirations for a full life and a frutiful spiritual journey. Frankly, I love watching our congregants (adults and children) grow and thrive, laugh and place, reflect and share our lives. BRUU feeds me. And come to think of it, the act of giving feeds me too! And I am glad to have you in partnership for BRUU in all these ways that feed us all.

Soon you'll be asked to provide input to some form of a congregational survey. I ask you to join me in sharing your thoughts on what BRUU has done, is doing and could or should do. Please respond because we need your brainpower and heart! We want to "hear" your honest and authentic take on things and your dreams as well.

Over then next few months, I will be asking for your thoughts on a number of initiates or gatherings in conversation about our individual hopes for the future and our roles as philanthropists.

In the meantime, please check out Board Matters article for the decisions by the Board at the September Board Meeting. I look forward to seeing you at AUCTION this year so be sure to respond pay attention to AUCTION postings, whether it is to share your items, volunteer in some way, and mark your calendar. You won't want to miss one of the best gatherings here at BRUU!

We remain together for BRUU,

Angie Carrera President, BRUU Board of Directors

Board Matters

The August 2024 Board Meeting was held on August 15 at 7:00 p.m. in the BRUU Conference Room and is available on Zoom, except for a Closed Executive Session.

At this meeting, the Board approved the Consent Agenda and reports from the President, Program Council, Staff, and Membership, Minutes of board meetings on August 15 and 25 (the latter to discuss vacancy in Vice President position).

Please see BRUUnet KnowledgeBase for Board Meeting minutes, as well as attachments in support of these reports (Proclamation, Schedules for Board and Congregation) and those provided to the Board in advance (the BRUU Strategic Plan, the CUUPS proposal and the Reinstatement of Membership draft) to support their work at this meeting.

- Status of member engagement: Leadership Development Funds have been approved by the funder for support of social and stewardship engagement
- Stewardship: Planning for a 7-month Stewardship process begins in October preparing for the Canvass Kick-off in February, with a Canvass celebration planned for May (perhaps following the May Town Hall). Contact Martha Muirhead if you're interested in sharing your ideas or time on this vital endeavor.
- Congregational Survey: Dianne Lane and Charlie Grymes have stepped up to
 develop various ways to survey the congregation as mentioned in the August
 Town Hall. Additionally, the completed survey may help with stewardship
 planning by providing the Board with info on congregational expectations about
 BRUU services and activities, as well as thoughts on a future ministerial search.
- BRUU Strategic Plan and Priorities, financial strategy, and Perpetual Calendar:
 Art reports that some committee reports are in and he will have the Program
 Council revisit the Strategic Plan and priorities. In discussion about board
 member responsibilities, the Board agrees that at-large member Michelle
 Feagas-Foster will liaison with Fellowship and (once elected) the incoming Vice

Board Matters, Continued

President may also help the President with the Perpetual Calendar update.

- Rotational Ministers at BRUU: Kristin reports that Worship Committee will begin using one per month beginning October 2024. Unused funds may be reallocated by the Board as needed.
- CUUPS Chapter AT BRUU: The Board has approved the inclusion of a chapter
 of Covenant of Unitarian Universalist Pagans in BRUU offerings to anyone
 interested. CUUPS is an organization dedicated to networking Pagan-identified
 Unitarian Universalists, educating people about Paganism, promoting interfaith
 dialogue, developing Pagan liturgies and theologies, and supporting Paganidentified UU religious professionals. Annaliess Trommatter will be the lead on
 this and will provide more information through our various communication
 resources.
- Camera/Internet project: John, Theo and Mike are still discussing this project, but the Camera portion is not moving forward until wiring for internet is completed as it's critical that the wiring be professionally done.
- Accessibility and safety; Pastoral Care is taking action to provide suitable
 seating for folks who need it during Coffee Hour. Membership will be asked if
 Greeters can learn how to operate the lift and assist folks with walkers, etc. up
 the steps. This will entail posting instructions for helpers, including who should
 be contacted if/when the lift is stuck.
- Elevator Issue: Since the cost of an elevator is not currently feasible, John suggests a chair lift. Considering this a temporary measure, an idea of costs is needed. John will ask Christine to get three estimates for the next Board meeting.
- UUA Relationship with BRUU: As mentioned at the May Town Hall, Angie will
 be arranging a zoom meeting with UUA contacts (CER Sana Saeed, Megan
 Foley) in October to discuss UUAs relationship with BRUU and respond to
 questions from the BRUU Board. Sandra Fox and Terry McClure have agreed to

Board Matters, Continued

attend as well. Former President ex-officio Rita Romano will be invited to attend.

- Annual Report: Angle is interested in utilizing the information to create a vibrant report for next year's Congregational Meeting. More discussion ahead.
- Ministerial Services Gap: This gap in ministerial services prompted us to ask
 who is best suited to counsel individuals experiencing grief/distress and to
 celebrate special life events, like weddings and memorials. Suggestions include
 paying ministers from nearby congregations and contracting with a professional
 for counselling services. Angie will talk to Pastoral Care about their needs and
 for suggestions.
- Update on Vice President Position: We expect to fill this position in the next few weeks, which can be approved by the Board per our Bylaws and will update the congregation in the Crossroads newsletter.

Adult Life Enrichment (ALE) Programs

ALE Mondays: Third Monday of each month, gather for a nourishing meal and conversation. Followed by stimulating choices of workshops including arts, spiritual practices, the science connection, local issues and more! Bring the family—offerings for all ages! [Dinner 6pm, Workshops 7 pm]

Ongoing Groups

Buddhist Meditation Practice: A meditation practice group gathers every Thursday at 7:00 PM in the BRUU Library. Contact Randy at trearlo607@gmail.com



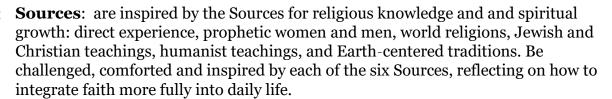
CUUPS (Covenant of Unitarian Universalist Pagans) at the Crossroads

For nature-based and pagan-curious persons, all who come to the crossroads with open hearts and open minds are welcome. No experience necessary. Facilitated by Annaliess Trommatter and Michelle Luman, CUUPS at the Crossroads offers learning experiences during the Monday night ALE sessions, and is forming a monthly meeting group as well as seasonal celebrations.

UU Wellspring

Spiritual deepening courses for Unitarian Universalists. A sustaining joy emerges while deepening commitment to making change in ourselves and in our world. Private groups form each Fall and meet twice a month, in person or on zoom.

Choose From:





Embrace UU Values and Covenants with **Love at the Center**, an in-depth exploration of our shared faith, within the context of our personal identities and experiences, diverse communities and the world. This new engaging program will provide a core foundation of spiritual deepening through deep listening, spiritual practice, study of UU theology and transformational self-awareness. Additionally, participants will experience personal storytelling and varied activities to deepen spiritual life.



Religious Education September 2024—May 2025

Room 108: "Explorers" Ages 5-7

Our youngest group will spend their year learning about the Values & Traditions that make us Unitarian Universalists, with activities ranging from studying creatures and systems of our Environment; hearing folk tales to encourage Stewardship of our planet; and Cooking up special dishes celebrated by the cultures of various faiths.

Room 305: "Questers" Ages 8-10

Our older elementary group will be up and moving in a treasure hunt like process exploring the "New" Values: Justice, Plurality, Equity, Transformation, Interdependence, and Generosity, centered in Love. When not on a team challenge, the Questers will dive into the Music of Social Justice.

Room 208: "Seekers" Ages 11-13

Our Middle School youth will dive into the cultures, traditions and history of faiths from Christianity to Sikhism. All faiths discussed include a visit to a local worship. Discussion will encourage developing one's place in a community as well as exploring what their own souls call for.

Room 304: Senior Youuth Ages 14-17

Our Senior High group is Youth Led! Activities may include service work, Senior Teas, current topics; all while creating a community of care and support.

Evensong



What: Evensong

Date: October 25th, 2024

Time: 7:00pm

Join the BRUU meditation group for an evening of choral music and meditation practices on the evening of **Friday, Oct. 25th @ 7pm**. Choral singers from Accotink UU will be joining us. Please contact music@bruu.org with any questions.

Announcing the Chrysalis Concert Series 24-25 Season

We are so excited to bring outstanding musicians to BRUU. They have heard about our series, and how nice we are, and they want to come perform for us. Please look over the concerts coming up and mark your calendars. This is a great way to hear wonderful music and share time with friends from BRUU and the community. It's also a wonderful opportunity to support the work of this beloved community.

Here (see image on next page) is the list of performers through October 2025, beginning with Friction Farm at BRUU on October 12th. Get your tickets now!

Please note: we have some complimentary tickets available, so please reach out to Janette if you'd really like to attend a concert and just can't afford it. We also offer complimentary childcare, as long as we know in advance of this need. So don't let children or finances be a barrier to enjoying a special night at BRUU listening to wonderful performers.

Contact: chrysalis@bruu.org

<u>Click here for tickets to the Oct. 12th Friction</u> <u>Farm concert</u>, or scan the QR code provided:

See the following pages for more information on Friction Farm or other upcoming Chrysalis concerts.





Chrysalis Concert Series

FRICTION FARM - 10/12/2024

Friction Farm combines storytelling, social commentary, and humor to create songs of everyday life, local heroes, and quirky observations.



NOTHIN' FANCY - 12/7/2024

After 30 years together, Nothin' Fancy continues to grow in popularity performing at festivals all across the United States, Canada, and Norway.



LARA HERSCOVITCH - 2/1/2025

Lara's songs are soulful, poetic treasure maps that point to the wisdom, grit and joy of underdogs & misfits, connection & courage, love & loss, hardship & hope, resilience & transformation.

JILLIAN MATUNDAN - 3/15/2025

Jillian Matundan is a unique singer-songwriter and multi-instrumentalist who continues to win over audiences with her warm, resonant vocals. Her songs tell stories that are relatable, while her unique guitar-style, and inviting stage presence draws her audience into every performance





KRAY VAN KIRK - 4/26/2025

A fine finger-style guitarist with a precise baritone, Kray Van Kirk has a Ph.D. from the University of Alaska, but he set science aside to write songs, tell stories and summon heroes.

KIYA HEARTWOOD - 6/28/2025

Kiya Heartwood is a modern-day American troubadour. She scours the nooks and crannies of history to find interesting tales of romance, injustice, danger and death. It's a simple show but it packs a powerful punch.





SAM ROBBINS - 10/17/2025

Often described as an "old soul singer songwriter,"
Sam is a Boston-based musician whose music evokes
classic 70's singer songwriters like James Taylor and
Neil Young, adding a modern, upbeat edge to the
storyteller troubadour persona.



CHRYSALIS CONCERT SERIES FRICTION FARM SATURDAY **OCTOBER 12, 2024** 7:30 PM COMBINING STORYTELLING, SOCIAL COMMENTARY, AND **HUMOR TO CREATE SONGS** OF EVERYDAY LIFE, LOCAL HEROES, AND QUIRKY **OBSERVATIONS.** For ticket information, scan here: **BULL RUN UU** ADVANCE TICKETS: 9350 MAIN STREET MANASSAS, VA 20110 \$20.00

BRUU's 2024 Annual Auction: "The Power of Showing Up"

BRUU's 2024 Annual Auction web-page is open for business. It is time to get your auction donations entered into Auctria. Our goal is to have all of the Auction Items entered and categorized by 10 October (Rapidly Approaching) so that we can start bidding for On-Line items by 15 October!

The Auction provides us with opportunities to share our talents and strengthen our community. The top of the page has tabs to assist with navigating in Auctria. Select a tab to: Donate Auction Items, RSVP for the "Live Auction" on 2 Nov, Sign-Up to Volunteer, view FAQs, the Calendar and the Catalog. **Click on the link to participate and get involved:** https://auctria.events/BRUUAuction2024

Notes & Key Dates:

- 10 September: Auctria Opens
 - RSVP to Attend the Live Event
 - Submit your Auction Items via Auctria
 - Sign Up to Volunteer
- **15 October:** Start bidding for On-Line Auction Items
- 2 November: Live Auction at BRUU
- 10 November: Close Online Bidding

Ideas for Auction Items:

- Offer time at a vacation property
- Provide a Service (Handyman)
- Host a Dinner or Themed Party
- Activities for Kids
- Arts & Crafts (For Sale or Host a "How To" Class)
- Provide transportation / tickets to an event

Now is a great time to get your items entered and secure a day on the calendar for hosted events. Please review the calendar tab to pick your date and avoid scheduling conflicts. If you are hosting an event for a group of people, it is strongly recommended to specify a date when you enter your event ... everyone has busy schedules and coordinating a date with 5 or 6 people after the Auction can be challenging.

Auction Up-Dates will be posted on Crossroads, Round-Up and Facebook.

Please contact <u>auction@bruu.org</u> or stop by the Auction table during coffee hour if you have questions.

First Friday & Marshmallow Communion



BRUUers congregate outside the front of church for September First Friday (C. Sunda, Baldr, M. Crim, (hidden person) DJ DeeJaye, M. Kadlubowski, N. Giffen

In August BRUU put out a poster advertising SASS. A passerby was interested and joined the group.
The scheduled Drumming Circle and marshmallow roast was canceled due to heat.

September's First Friday was a success. After a summer of difficult heat, the coolth returned. Cathy Ring and Charlie Grymes provided seats and popcorn for the first hour. Actually the weather was so nice that they stayed for two.

The bubble machine creates fun visibility. Not only does First Friday provide an opportunity for a casual BRUUer stop-by, but is an outreach opportunity. We share

our values to invite like-minded individuals to join us. In that light we put out a poster for the food pantry, advertised the next Chrysalis Concert (Oct 12 – Friction Farm) and put out our new solar phone charger for use. John Sunda provided huge bubble fun to the delight of children. Way to walk the walk!

Just after 7 pm John lit the fire, and we had a moderate attendance of 17-20. Marshmallows and hot dogs were roasted with vegan options available as well. The last wood was



J. Sunda blowing bubbles on a street. Children love to pop the giant bubbles.

added at 8:30 and the fire doused at 9 pm as usual. Stop by October 4th, or for our final date for the year on November 1st.

-Fellowship@bruu.org

News from the Food Pantry

It's been awhile since you have heard from BRUU's food pantry and I apologize for that.

It is a mission here at BRUU that is dear to my heart and continues to evolve since I came on as food pantry manager during the height of the pandemic.

The food pantry exists and continues to serve clients thanks to many kind people both who are BRUU'ers and who do not attend our church. These wonderful people help with set up, deliveries, picking up food, distribution, ordering, going out to farms to pick produce, registering our clients, keeping records and of course financial contributions.

With Terrie McClure's help and vision the 2 different food pantries BRUU used to operate have now merged into one.

Effectively, we have moved food and re designed our system once again since the height of the pandemic and have claimed new storage areas in the church to facilitate the process of serving our families and not over working our volunteers.

Until recently we were operating out of 4 different areas in the church and going up and down alot of stairs. I am happy to report that all of our activities and storage are now on one floor.

From serving up to 120 families twice a month during COVID, our numbers fluctuated and stabilized to approximately 50-60 families in the past few months however at our last distribution we served 87 families.

With winter coming and the price of food high, I don't expect our numbers to decrease.

Many of our congregants used to give regularly and generously to support the food pantry budget and during COVID we received contributions from other churches, our own Bull Run Investment Club and community organizations. Our budget was healthy and our community assistance program was in need of funds to help clients with basics such as paying rent and utilities.

Food Pantry, Continued

BRUU'ers who gave regularly to the food pantry were asked to switch their contributions to BRUU's community assistance budget and split the plate was

designated for community assistance. Three years later our food pantry budget
needs replenishing and I hope you will consider giving to this worthy cause. Any
and every financial contribution from you to the food pantry is most greatly
appreciated! We also gladly receive food donations from you and are happy to let
you know what we are in need of. Please, reach out if you would like to volunteer as
well.
Our email is <u>foodpantry@bruu.org</u>
Thank you,
Laura Crowne, Food Pantry manager

Events At & Around BRUU

BRUU Midweek Coffee Hour - 10am Wednesdays

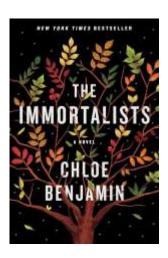
- Visit with old friends and make new ones
- Share your joys, concerns and insights
- Discuss serious topics and not so serious ones.
- Start your day off with a smile and a laugh or two!

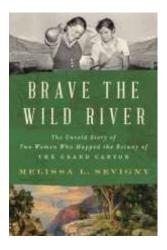
10am-11:30am every Wednesday on Zoom. Feel free to drop in at any time. Contact Gordon Ward for links at wardge@icloud.com.



Join the BRUU Book Group!

Our next book club meeting will be on Monday, October 21 at 3:30. We will be discussing "The Immortalists" by Chloe Benjamin and "Brave the Wild River," the untold story of two women who mapped the botany of the Grand Canyon.





New members welcome, including people who are not members of BRUU. To get the Zoom invitation, contact us at bookgroup@bruu.org.

Buddhist Meditation Practice



A meditation practice group gathers every Thursday at 7:00 PM in the BRUU Library. The focus is to practice meditation for longer periods of time in community.

For addition information, contact Randy at trearlo607@gmail.com

See Something? Report It!

Notice anything in or around the BRUU building that needs maintenance or repair? Please report it by using this link:

www.bruu.org/www2/building-repair-request-form

This will provide a quick opportunity for you to contact the Building & Grounds folks and alert them to the situation that needs attention.

It takes a village (aka congregation)!

Pastoral Care

One of our strengths as a congregation is how we care for one another.

Please reach out to us at pastoralcare@bruu.org and let us know if there is a need within our community, so that we may coordinate with caring volunteers within BRUU.



2024 Parks, Culture & Recreation SUMMER AT THE HARRIS PAVILION www.manassasva.gov/harrispavilion



ACOUSTIC TUESDAY CONCERTS

@7PM

May 7 - Shane Gamble Duo

May 14 - Jason Teach

May 21 - Grayson Moon

May 28 - Patty Reese

June 4 - Chris Compton

June 11 - Chesapeake Sons

June 18 - Jason Masi

June 25 - Shane Gamble

July 2 - Joe Downer

July 9 - Timmie Metz Duo

July 16 - Travis Tucker

July 23 - Scott Kurt

July 30 - Shane Gamble

August 6 - Garrett Mabe Duo

August 13 - Kimberly Burke

August 20 - Mackenzie Ryan Duo

August 27 - Rook Richards

September 3 - Shane Gamble

FRESH MUSIC FRIDAYS

@ 7 PM

June 21 - The Still Runners

June 28 - The Twangtown Paramours

July 12 - Jon Mitchem

July 19 - Bad Press Band

July 26 - Speakeasy

August 9 - Nitehawks

August 23 - Blue Bottleneck Band

Current as of February 1

Scan the QR code for the most up to date schedule!

Dates are subject to change due to unforeseen circumstances.



SATURDAY NIGHT CONCERT SERIES

@ 7 PM

June 8 - Earls of Kent

June 22 - Beatlegacy

August 3 - Special Occasions

August 10 - Mike Parker

September 14 - Silver Tones Swing Band

SUMMER SOUNDS CONCERT SERIES

Brought to you by ARTfactory

@ 6:30 PM

July 13 - TBA

July 20 - TBA

August 17 - TBA

August 24 - TBA

SUNDAY FUNDAY CONCERTS

@3PM

June 23 - Community Band Festival

July 7 - Navy Band Country Currents

July 14 - Carleigh Jane

July 21 - Kings Park Concert Band

July 28 - Navy Band Commodores

August 4 - Prince William Community Band

August 18 - Manassas Balalaika Society

August 25 - Manassas Symphony Orchestra

OTHER FUN EVENTS

June 14 (Friday) - Fools! Improv Comedy 7 pm June 26 (Wednesday) - Reptile Show 1 pm July 10 (Wednesday) - 257th Army Band 7 pm

PARKS, CULTURE & RECREATION

703-368-1873

Deadlines



To better serve the BRUU community, late submissions for BRUU publications will not be accepted, except in extreme circumstances. Please note the following deadlines for BRUU publications:

Round-Up: midnight on Tuesday night

Crossroads: midnight on the 24th of the month (so, by the 25th)

Order of Service items: midnight on Wednesday night

Items received after these deadlines **will not be included**, except in extreme circumstances. Also, if submissions are incomplete or require extensive follow-up or editing that delays a final version beyond the deadline, such items **will be counted as late** and may not be included.

Early submissions are always welcome. If you are unsure about any details or your item has specific needs, please consider submitting your article or other content early, and/or contacting the Office for clarification.

Please contact <u>office@bruu.org</u> or <u>president@bruu.org</u> with any concerns. Thank you for your understanding and cooperation in this matter.

From the Treasurer's Office

Links for donating to BRUU



BRUU can receive online charitable donations via Zelle, Stripe or Paypal. You can use these services for your pledge payment (supporting our operational expenses), food pantry or community assistance donations, capital fund contributions, Sunday and split-the-plate, or any of our special collections and fundraisers. When donating online, you may use the comments section to specify your designation.

If you have questions or concerns just send us a note. Thanks!

Terrie McClure, Treasurer,

treasurer@bruu.org

Robin Fegeas et al, Bookkeepers,

bookkeeper@bruu.org

BRUU

9350 Main Street Manassas, VA 20110-5150 703-361-6269

BRUU Board of Directors

President

Angie Carrera-Earl (2023-25) president@bruu.org

Secretary

Sandra Fox (2024-26) secretary@bruu.org

Treasurer

Terrie McClure treasurer@bruu.org

Directors at Large

Allan Curlee (2024-26) Michelle Fegeas-Foster (2024-26) John Sunda (2023-25) director@bruu.org

Youth Director

Sashka Visnevski (2025) director@bruu.org

Program Council

Art Muirhead (2023-25) programcouncil@bruu.org

Director of Lifespan Religious Education

Kristin Worthington dre@bruu.org

Director of Music

David Maley music@bruu.org

Office Administrator

Taylor Johnson office@bruu.org

Sexton

George Monroe sexton@bruu.org

BRUU OFFICE HOURS

M-F 10:00 am - 2:00 pm