



# What's with UUS

Newsletter of the Unitarian Universalists of Sterling  
A Welcoming Congregation  
Sterling, Virginia



## Minister's Message



### Spring Cleaning and Summer Reading

**Rev. Anya  
Sammler-Michael**

Spring comes and I have an overwhelming desire to throw things out! I just pitched the clock in the UUS office. It was a good clock except for the fact that it was right a mere half of the time. When it failed, office staff or visiting volunteers would take it down and do their best to fix it. It would work wonderfully for a week and then fail... I am a thrifty person and I sense that many in our congregation are as well, but there comes a time when trashing an inaccurate clock that you have looked at again and again in confusion seems like the only sensible thing to do!

... and right when I did, Linda our DRE shared that she has a clock at home that clashes terribly with her décor, "Should I bring it in?" she asked.

Isn't it nice when life works out that way ... out with the old, in with the new – make a space, and fill it with an opportunity.

Spring is a time for cleaning – a time for making room. What needs cleaning in your life? I plan to wash all our windows. I want the spring sunbeams to be unhindered when they enter our home. I also plan to clean out an old trunk and then fill it with all our summer fun gear: Frisbees, soft balls and gloves, bike helmets. I want it to be just as easy to pick up a softball as it is to turn on my computer!

Maybe it is time for you to dust off an old phone book and reconnect with long-

*(Continued on page 2)*

## President's Message



### Join in the Fun!

**Dave Miller**

Spring arrived last month, and this month the days are growing longer and more pleasant, flowers are starting to sprout, and trees and plants are starting to bud. The doldrums of winter are behind us, tax time will soon be over, and now we can start doing more with our lives.

This month is also a time when you can start to invigorate your church lives. A Volunteer Fest is planned for April 19 and May 3. After the morning services on these dates, the committees and small groups in our congregation will be on display. You will have an opportunity to see what they are, what they do, and how you can participate in their activities. With our congregation's large number of groups and wide-ranging field of activities, there is bound to be something that you will be interested in and whose time commitments fit in your schedule.

I have to admit that for much of my life I have not been inclined to join in many groups. But after joining UUS, I volunteered to join the Membership Committee and maintain the church's database of members and friends. I had worked with databases previously and it was a relatively small task, but being on the Membership Committee turned out to be a very rewarding experience. I met new people, learned much more about our church, started to develop a far richer spiritual life, and had a lot of fun. Since then I have been a volunteer for other committees, activities, and the Board of Trustees.

*(Continued on page 2)*

## Worship Calendar

**April's Liturgical Theme:  
Resurrection**

**April 5th – "Transformed and Transforming Faith"** Rev. Anya Sammler-Michael provides our service based on the theme designated by Bryan George. Bryan purchased the sermon at the auction in November of 2008. We will peer deeply into the nature of the Unitarian Universalist faith asking ourselves, "Will this faith be here in 25 years, and if so, what will it look like?" A hymn sing will begin our service at 10:20 and an inquirer's class will follow at noon.

**April 12th – "Natural, Infinite, Yes"** Rev. Anya Sammler-Michael leads this all-ages Easter service. With the help of an EE Cummings poem, she will ask, "What is resurrection and who was Jesus of Nazareth?" And the UUS choir will perform!

**April 19th – "Will You be Passed Over?"** Rev. Anya Sammler-Michael and the UUS choir provide this service. The season of Passover begins on April 9th and finishes on the 15th. The name of this ancient holiday recollects a divine promise to the Israelites. In this time of economic instability, will we be passed over or will we feel the wrath of hardship?

**April 26th – "Credo"** A credo is a belief statement that encompasses what a person values and how they find meaning. What do you believe? The Building your own Theology Class has entertained this very question since last autumn. On this Sunday they will share their journey and invite further reflections.

See page 7 notice for second UUS Fast Day to be held on April 16, 2009.

*(Minister, continued from page 1)*

lost friends or family. Or you might want to clean out your in-box (either in a productive way or by throwing the whole computer out the window!). Or you could go through your closets and empty out everything you haven't seen or touched in three years ... and put it all in a black bag marked *UUS Auction*.

Spring is a time for renewal, but just as a new clock won't be offered until the old one is in the bin, renewal won't arrive until you provide it with the space - unless you do some spring cleaning.

And when all the cobwebs are dusted off your shelves, you might make room for some summer reading! Many folks ask me where to find information on Unitarian Universalism. The UUA bookstore has an astounding collection - from history, to theology, to UU parenting, to Social Justice, etc. For a sampling, browse our bookstore at UUS. For the whole catalog, just go to [www.uua.org/bookstore](http://www.uua.org/bookstore)

Happy cleaning and reading, but most importantly, have a glorious spring!

Yours in faith,

Rev. Anya

## Clergy Call for Justice and Equality

May 4 and 5, 2009

Calvary Baptist Church

Washington, DC

*Rev. Anya will be there. You can attend the worship service as well!*

The Human Rights Campaign Religion and Faith Program is issuing the annual Clergy Call for Justice and Equality. This year will focus exclusively on transgender issues, in both worship celebration and legislative advocacy. On Monday, May 4, from 7:00 - 9:00 PM, there will be a vibrant interfaith worship service at Calvary Baptist Church in Washington, DC. On Tuesday, May 5, interfaith teams will go to Capitol Hill to lobby for a trans-inclusive anti-discrimination bill, the Employment Non-Discrimination Act or ENDA. For more information, and to register, go to [www.hrc.org/clergycall](http://www.hrc.org/clergycall).

*(President, continued from page 1)*

It is still fun, I am still learning about our church and our denomination, and it continues to lead to a sense of fulfillment and a deeper spiritual life. So, for your own sake, plan to attend the Volunteer Fair. It can change your life!

- Dave

## 2009 Joseph Priestley District Spring Conference

**"Navigating Changing Times"**

April 24-25, 2009

DoubleTree Hotel Downtown

700 N. King Street, Wilmington, DE 19801

The JPD conference is a gathering for lay and professional leaders from UU congregations in PA, DE, MD, VA, and DC. There will be worship, workshops, and theme talks. There are programs for youth and children as well as adults. See this web page to download a brochure and/or register: <http://www.jpduua.org/pages/jpd-conference.php> (Even if you don't think you can go, download a brochure to see what UUs across our district are doing!)

### Sunday Add-On

**"Social Transformation Education"**

April 26, 2009: 9:00 AM to 4:00 PM

Registration for this event is separate from the JPD Spring Conference. The cost is \$25 for Spring Conference registrants; \$30 for all others. Register online at <http://www.jpduua.org/pages/jpd-conference.php>. From Rev. Dr. Om Prakash John Gilmore, Director of Racial and Social Justice, of the JPD, of the Unitarian Universalist Association:

Imagine having members of your congregation trained to help you move forward as a congregation, doing the work of social justice within your community and within the greater world. Imagine being able to link together in your region with other UU congregational Social Justice

representatives in order to further the reach of the social justice issues particular to your region. Imagine being able to send a regional representative to a District Social Justice Committee that can help share the resources and information from each region with the whole district. This does not have to be something that you imagine; we can make it real.

## JPD Social Justice Committee

The Joseph Priestley District is working to create a new District Social Justice Committee that works on all three levels. To start we are requesting that every congregation elect and designate two people, a representative and an alternate, to become a representative on a regional level and to take part in a Social Justice Empowerment Program.

The first training will take place as an add-on at the Spring Conference Sunday morning April 26, 2009, from 9:00 AM - 12:30 PM. We will have the ingathering and registration at 8:00; the program will begin promptly at 9:00.

The break-even cost is of this event is only \$20 per person.

## Volunteer Fest!

Rev. Anya Sammler-Michael

April 19 and May 3

11:45 AM- 1:00 PM

What does the Committee on Ministry do? How do I become a religious exploration leader? I am organized and detail oriented; how can I contribute to the Unitarian Universalists of Sterling?

All these questions and more will be answered at the Volunteer Fest. The event will be held twice - April 19 and May 3 after the 10:30 service, during fellowship hour. UUS committees and groups will set up displays and share information. All are invited to wander and learn. No RSVPs are necessary. Adults and children are welcome.

# UUS Needs YOU

Linda Weaver

We hear over and over that families have come to UUS looking for a deep and meaningful religious education program for their children. To make this possible and to build a strong community at UUS now and for the future we need YOU! There are many volunteer opportunities in children's Religious Exploration (RE) and most require no experience, just concern for children and a motivation to learn.

For those who have no children in the program, helping in RE is a great way to get to know the families better and to find out more about Unitarian Universalism. The focus next year will be on world religions and cultures, so working in RE will also give you the opportunity to develop a better understanding of our global community. The additional rewards are numerous. You will receive smiles, witness the creativity and wisdom of the amazing kids at UUS, and experience the wonder and awe of a child. You will also be recognized and greeted by children and their families during fellowship time and church events.



## Religious Exploration News



### Parents and Guardians

Linda Weaver

We expect those without children to volunteer in RE and we greatly appreciate this commitment to UUS and the future. However, we also realize that the richly significant program we would like can only be offered if parents volunteer to work with the children in RE at least once a month. The size and age range of the classes next year will be determined by the number and ages of children registered and the number of adults who sign up to lead and assist in classes. If more volunteers sign up this spring, it will be possible to have smaller classes with narrower age ranges next year. So make sure to register your children and sign up soon to help in the 2009-2010 church year.

### Roving Reporter

Susan Rose

What signs of spring have you been seeing?

**Nick** (10) A change in the weather!

**Makayla** (8) Flowers (daffodils)!

**Noah** (12) A few purple flowers in our backyard!

**Julia** (8) St. Patrick's Day is coming!

**Matthew** (14) It was really hot out a couple of days ago!

**Molly** (9) I've seen buds on the trees!

**Maddie** (8) I've heard birds chirping!

**Rachel** (17) Spring sports have started at our school!

**Maddie** (17) I've seen robins everywhere!

### What YOU Can Do!

RE registration and volunteer sign up for 2009-2010 will begin during the Volunteer Fest on April 19. There are many opportunities to serve your congregation and contribute to the ministry of children's RE. Consider what you can do to ensure a meaningful program for the children and help build the multi-age community at UUS. These are a few of the possibilities:

**RE Committee Member** – The committee meets once a month to plan and implement the work necessary to make the congregation's vision for religious exploration a reality. Anyone interested in RE at UUS is welcome. Especially needed are people with skills in organization, group facilitation, writing, creating and maintaining web pages, or planning events, and people who enjoy interacting with and contacting other people.

**Summer RE Leader or Assistant** – Lead or assist one or more Sundays during the summer. Leaders will receive lesson plans with all of the information necessary to lead the class. Assistants just need to show up on Sunday morning and help watch the children. One leader and one assistant are needed for each of 12 summer sessions beginning on June 21st and ending on September 6th.

**Leaders for 2009-2010** – Lead a class at least once a month in September through June. Lesson plans are provided and the DRE is available if you have questions, need help getting resources, or would like additional ideas. Children benefit from consistency, so consider leading more than once a month!

**Assistants for 2009-2010** – Assist in a class once a month in September through June or a few Sundays throughout the year. You will help with setup and cleanup before and after the class and help supervise children during the class. Simply being present during the class is the most crucial part of this job.

**Nursery Assistants** – Help watch children during the service once a month.

Other opportunities include substituting in children's RE or the nursery, helping arrange child care for special events, planning or helping with children's activities during special events, driving on field trips, or sharing your knowledge about or interest in a religion, culture, or holiday. To find out more about the RE program at UUS and the volunteer opportunities in RE, contact Linda Weaver at [re-director@uusterling.org](mailto:re-director@uusterling.org).

# Religious Exploration Schedule

Linda Weaver

## Kindergarten—4th Grade:

April 5 – Our Planet

April 12 – No RE – Intergenerational Service

April 19 – Plants and Recycling

April 26 – Animals and Interconnectedness

May 3 – Needing and Helping Others

May 10 – No RE – Intergenerational Service

May 17 – Thinking for Ourselves

May 24 – Celebration

May 31 – RE Rehearsal

## 5th—8th Grade:

April 5 – No Fate But What We Make

April 12 – No RE – Intergenerational Service

April 19 – The Devil Made Them Do It

April 26 – Going to Extremes

May 3 – Do No Harm

May 10 – No RE – Intergenerational Service

May 17 – What Do We Have Faith In?

May 24 – Movin' On

May 31 – RE Rehearsal

To find the names of the leaders and assistants for each session, go to the calendar at <http://www.uusterling.org/>. Find the correct month, and then click on the RE class session you would like to view.

## Adult Education

### “Unitarian Universalist Beginnings”

Rev. Anya Sammler-Michael

Saturdays: April 4, 18; May 2

12:30 PM— 2:30 PM

Bring your own brown-bag-lunch and share in a discussion of Unitarian Universalist history with Rev. Anya. This class is especially geared to newcomers, but anyone with an interest in UU beginnings is welcome.

To RSVP for any adult education program contact Rev. Anya Sammler-Michael: [minister@uusterling.org](mailto:minister@uusterling.org) / 703-406-3068.

## Lifespan Faith Development

Linda Weaver

The Unitarian Universalists of Sterling view religious development as a lifelong process. To better support all ages on their journey of growth and learning, we are moving toward Lifespan Faith Development. The Religious Exploration Committee is looking for an Adult RE Coordinator and a Youth Group Liaison to join the committee next year and help in this transformation.

## A Springtime Riddle!



If April showers bring May flowers, what do Mayflowers bring? They bring Pilgrims!



## Artist of the Month

Judy Gruner

Shari MacFarlane, a longtime member of UUCF, is sharing her brightly colored intuitive paintings with us from April 1 through May 22. She is an award-winning artist who currently has her art displayed in the Art Bin Gallery at the Torpedo Factory in Alexandria and several other local galleries.

All are invited to her Monday, April 13, 2009, reception here at UUS from 6:00 PM to 8:00 PM. For more information please visit [sharimacfarlane.com](http://sharimacfarlane.com).

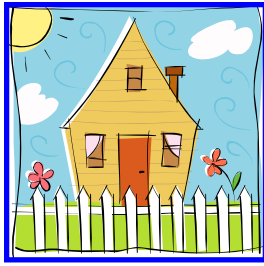


## Save the Date! Annual UUS Family Picnic

Terri Dick

Bring your hula-hoops and Frisbees. Come one, come all, to the picnic at Claude Moore Regional Park on Sunday, June 14, from noon to whenever. Bring your own hot dogs or burgers and a side dish or dessert to share. The Membership Committee will get the coals hot and the lemonade cold. Details to follow.





## You Can Make a Difference

### Rebuilding Together

**Linda Reeder**

National Rebuilding Day is an annual event organized by Rebuilding Together (formerly called Christmas in April). Volunteers across the country work in teams to rehabilitate the homes of low-income homeowners in their communities.

This year's date is Saturday, April 25, and the need in our area is great.

As a faith community, this provides us with a way to express our collective concern for social justice and focus our individual energy outward to the larger community. It is also a great chance to get out in the fresh air and work with your hands. You will have fun while addressing a real need in a very tangible way!

Ken Ward has graciously offered to lead a UUS work crew again this year. We would like to sponsor an entire house, but need to know in advance that we have enough volunteers to make it possible. If you can participate, please contact Linda Reeder at [mlreeder@gmail.com](mailto:mlreeder@gmail.com) or 571-451-9276. No experience is required. Youth ages 16 and older are particularly welcome!



## Strategic Plan Update

**Paul Roche, Co-Treasurer**

The Cottage Conversation sessions (small group meetings to discuss the future of UUS) are complete. All the data have been collected. Everyone who wanted to has had a chance to provide input and ideas. Now what?

Well now the work of the Strategic Planning Task Force is sifting through all of the data looking for themes, threats, opportunities, needs, and desires. Out of this process will come strategies to address the will of the congregation. The task force will write up its recommendations and provide them to the UUS Board of Trustees for review. The goal is for a draft plan to be presented to the congregation at the UUS annual business meeting in May. Once the plan is finalized, the Congregation will be asked to vote on the results. Once approved, individual task leaders will be recruited to implement the plan.

The Strategic Planning Task Force would like to thank all who have participated in the process up to this point. We hope to provide a plan reflecting the will of the congregation that is challenging and worthy of this vibrant community.



## Stewardship Campaign Update

**Paul Roche, Co-Treasurer**

As you read this, the 2009—2010 Stewardship Drive should be wrapping up. The Stewardship Committee would like to thank everyone who participated in this year's drive. From the Leadership Donor dinner, the Kick-off/UUS birthday party, the 10 Stewardship Visitors, to the final collection of financial commitments for next year, we had a lot of fun and success! This congregation has shown the willingness to talk frankly about money and more importantly to act on the needs of the Congregation by making significant financial commitments – even in these tough economic times. As we write this we do not have the final tally of commitments, but we are confident that UUS members and friends have given as they are able.

If you have any questions or advice about the process, please contact Bonnie Lepoff and/or Paul Roche.



## UUS Book Club

We had our first UUS Book Club meeting on March 17, 2009. Seven of us shared our reactions to Geography of the Heart by Fenton Johnson. (One member liked it so much she's reading another book by this author, Keeping Faith: A Skeptic's Journey.) We started a sign-up sheet for who will select the book for each month for the next year. The club will either purchase books in advance to have them available for everyone to buy or get them through the library program. We have copies of next month's book, Manic by Terri Cheney, available for purchase for \$11.25 by contacting Joan Johnson or Janice Thede. Please join us Monday, April 20, at 7:00 PM at the church for discussion and dessert!





## UUA Elections

### Bonnie Lepoff

The Unitarian Universalist Association holds elections every four years for two positions: UUA President (currently Rev. William Sinkford) and UUS Moderator (currently Gini Courter). Rev. Sinkford is completing his second term and cannot, according to UUA by-laws, run again. Gini is eligible to run for a second term; she is currently unopposed.

The election will be held at General Assembly this June in Salt Lake City. We cannot vote as individuals, but we can, as a congregation, instruct our delegates how to vote. We will send two voting delegates to GA.

Two candidates are running for the office of UUA President: the Rev. Dr. Laurel Hallman and Rev. Peter Morales. They both have many years of active participation in our denomination at the local, regional, and national levels. They are both passionate about the need for growing Unitarian Universalism, in the need for that growth to come from expanding our congregations, and in a renewed partnership with the UUSC and an increase in our social activism. There are differences in their approaches. This election will make a difference in the future of our denomination; the approach of the UUA President will guide us for the next four years. Where do you want UUs to be, and how do you want us to grow over the next four years?

In keeping with our fifth principle, promoting the use of the democratic process, we should be informed about the positions of the two candidates. Information on both is available on a display table at church. You can also check our their websites: [www.hallmanforuuapresident.com](http://www.hallmanforuuapresident.com) and [www.moralesforuuapresident.org](http://www.moralesforuuapresident.org).

Next month this column will discuss their positions.

## UUS Board Meeting Minutes

March 4, 2009

### Attendees:

President: Dave Miller

Vice President: Bonnie Lepoff

Secretary: (Jeff Chandler)

Co-Treasurers: (Paul Roche and Alyssa Lum)

At-large: Belinda Bullock, Ken Ward, Linda Reeder, Scott Findley

Director of Religious Exploration: Linda Weaver

Minister: Rev Anya

Former President: Bryan George

**Old Business:** Additional Space: Dave has received a proposal from our landlord for the new space. It is a little higher than we were hoping for, but manageable. There is still negotiation for the build-out.

Long-Range Plan Update: All cottage conversations have been held. The Strategic Planning Committee will meet on March 19 to review the results and discuss the form they wish the final report to take. A draft will be prepared for the May 17 annual meeting.

Stewardship Campaign Status: Stewardship Visitor training was held on February 21. Planning for Leadership Dinner and Congregation Kick-off Party on track. Funds would be available for three paid child-care workers.

AAFCJ tenant issues: Dave and Rev. Anya held a meeting last week with their pastor. Linda said the conditions were better this past week. Dave wants to give them a note each week with our evaluation: the good and bad news. ESL classes are going well. We have a lot of volunteers and they have a lot of interest. They will be conducting Spanish classes for UUSers who wish to attend.

Space rental by girls' chorus: Summer camp is set for two weeks this summer. We need more information to evaluate the request for Monday sessions beginning in the fall. Lori will contact the woman requesting our space.

**New Business:** Board members need to read their emails each day. To make it easier to know which ones require

action, "Action Required" will be included in the subject line. "Urgent" will indicate email that should be read but may not require a response.

JPD Conference: Scheduled for April 24-26 in Wilmington. Dave and Susan Miller and Paul Roche are going. The Sunday workshop on Social Justice will be attended by Cathy Tucker. It would be good to have another member attend.

Audio system issues: Some Sundays cables are unplugged and settings on the mixer have been changed. The cables are a mess; the area needs to be re-configured to be neater and easier to troubleshoot. Cables should be labeled and a diagram of the settings should be included in the new users' guide. Scott will work with Bryan to write a users' guide for setup and troubleshooting. It will include instructions for podcasting.

The new space should have sound in the nursery. If possible, the wires (ours and our tenants) should be run through the walls.

Annual meeting: Annual meeting is May 17. Board member and committee reports to be submitted to Jeff by April 1. A by-law change for the committee on ministry selection process will be submitted.

Social Action: The Rebuilding Together organization has selected April 25 for this year's activity. Ken Ward is the lead. Linda Reeder will contact Leesburg and Accotink to see if they would like to team with us on a house.

Summer Intern: Katrina Thralls will work approximately 5 hours/week this summer helping Rev. Anya and seeing what the work of ministry is all about. The board will provide \$500 to further her UU education; attending GA would qualify.

Thank-you notes: To those who came February 28 to clean the RE space and the storage room: Bob Shoppet, Shelley Tamres, Michelle James, Clarice Douoguih, Belinda Bullock, and Bill Painter.

**Next Board Meeting** is April 1, 2009.

### Board Host Schedule:

April 5 – Belinda Bullock

April 12 – Ken Ward

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<div> <b>April 2009</b> </div>			<b>1</b> 12:00 New art in foyer 7:30 PM Board of Trustees meeting	<b>2</b> 7:30 Choir rehearsal	<b>3</b> 6:00 PM Parents' Night Out	<b>4</b> 12:30 PM UU Beginnings
<b>5</b> 10:30 AM RE 10:30 AM Sunday Worship Service 12:00 Inquirer's Class	<b>6</b> 7:00 PM Rose Covenant Group	<b>7</b> 12:00 Chandler Covenant Group	<b>8</b>	<b>9</b> 7:30 Choir rehearsal	<b>10</b>	<b>11</b> 6:00 AM AAFCJ
<b>12</b> 10:30 AM RE 10:30 AM Sunday Worship Service	<b>13</b> 6:00 PM Wine and cheese reception 7:00 PM Rose Covenant Group	<b>14</b> 7:00 PM Berger Covenant Group	<b>15</b> 7:00 PM The Spirituality of Food	<b>16</b> 7:30 Choir rehearsal	<b>17</b>	<b>18</b> 10:00 AM Living by Heart 12:30 PM UU Beginnings
<b>19</b> 10:30 AM RE 10:30 AM Sunday Worship Service 11:45 AM Volunteer Fest 1:30 PM Spanish class 2:30 ESL class	<b>20</b> 7:00 PM UUS Book Club	<b>21</b>	<b>22</b>	<b>23</b> 7:00 PM Six Voices, Six Faiths 7:30 Choir rehearsal	<b>24</b> JPD Spring Conference	<b>25</b> 8:00 AM National Rebuilding Day JPD Spring Conference
<b>26</b> 10:30 AM RE 10:30 AM Sunday Worship Service 1:30 PM Spanish class 2:30 ESL class JPD Spring Conference	<b>27</b> 7:00 PM Membership Committee Meeting	<b>28</b>	<b>29</b>	<b>30</b> 7:00 PM Six Voices, Six Faiths 7:30 Choir rehearsal	<b>Please visit <a href="http://uusterling.org">uusterling.org</a> for current and additional calendar information.</b>	

## UU Fast Day

**Thursday April 16, 2009**  
**Vespers Service at 6:30**  
**Potluck of Soup and Bread to Follow**

In the early 17th-century, the Puritan ancestors of the Unitarians and Universalists would observe days of thanksgiving to God whenever a remarkably good thing happened. Whenever a remarkably bad thing happened, the Puritans saw God as punishing them for their wickedness, and therefore called for a day of fasting, prayer, and penitence. By the 18th century, Fast Day and Thanksgiving had emerged as regular, state-sponsored religious holidays across New England.

There always would be a fast on a Thursday in April and a thanksgiving on a Thursday in November. These dates corresponded with the local agricultural year. Farmers in effect were asking God's forgiveness and blessing before they planted and giving God thanks after the harvest. People generally behaved in a subdued manner on Fast Days and refrained from work, but their fasting was not severe. They abstained from food until evening, when they would eat a simple, usually cold, meal. During the day, they would attend one or more religious services. Ministers would preach special Fast Day sermons of admonition and reconciliation (in contrast to the celebratory ones they preached on Thanksgiving). Fast Day was the only occasion when congregations expected their minister to

speak on the sins of the nation; some famous political sermons were preached on Fast Days.

This will be the second annual Fast Day at UU Sterling. All are invited to participate and use the day for reflection – to consider the state of the nation and specifically the wars in Iraq and Afghanistan or the strain and suffering of individuals and families due to the present economic crisis. The day is also a revival of an ancient church practice and a time for spiritual renewal.

All are welcome – adults, children, families, UUSterling participants, and members of the wider community. As you are able, consider bringing either a crock of soup or some bread to share. Contact – Rev. Anya with questions: [minister@uusterling.org](mailto:minister@uusterling.org)



## Unitarian Universalists of Sterling

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Office hours are:  
Monday, Wednesday, & Thursday  
10:00 AM—4:30 PM



### ***Your Church Leadership***

**Minister:** Rev. Anya Sammler-Michael

**Director of Religious Exploration:** Linda Weaver; **Music Director:** Kris Rector

**Board of Trustees:** President - Dave Miller; Vice President - Bonnie Lepoff; Secretary - Jeff Chandler;  
Co-Treasurers - Alyssa Lum and Paul Roche; At-large - Scott Findley, Ken Ward, Linda Reeder, Belinda Bullock

### ***UUS Mission Covenant Statement***

The Unitarian Universalists of Sterling offer a place where reason and spirituality converge. We welcome members of the community who are seeking such a religious home.

Our mission is to make the community a better place to live by promoting a variety of religious expressions, working toward social justice, and fostering diversity. In order to carry out this mission, we covenant to listen to each other, encourage the exchange of creative thought, and respect our differences.

### ***UUS Sunday Services 10:30 AM***

**Unitarian Universalists of Sterling** meets at the Sterling Oaks Commerce Center Sterling, a handicapped-accessible 24-7 facility, located on 22135 Davis Drive near Route 28 and Church Road in Sterling, Virginia. Child care and children's religious education are both provided during worship services. Dress is casual. Children are encouraged to wear play clothes.

From Northbound Route 28: Take Route 28 North exit from the Dulles Toll Road. Turn right at Church Road. Turn right on Davis Drive. Go about one block and turn right into the parking lot.

From Southbound Route 28: Take Route 28 south from Route 7. Head east on Church Road. Turn right on Davis Drive. Go about one block and turn right into the parking lot.

From Westbound Route 7: Turn left at Sterling Boulevard. Turn right at Church Road. Go three miles. Turn left on Davis Drive. Go about one block and turn right into the parking lot.

### ***What's with UUS***

**Communications Committee Chair:** Susan Miller

**Editor:** Bob Brown

**Media Relations:** Terry Dick

**Production:** Jeff Chandler, Susan Miller

**Board Liaison:** Jeff Chandler

To submit material for publication, send by email to [newsletter@uusterling.org](mailto:newsletter@uusterling.org)

#### **Submission Deadlines**

4/17 for May  
5/22 for June  
6/19 for July/August