

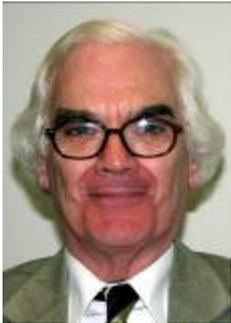


What's with UUS

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



Minister's Message



It's a sad commentary on religion throughout the ages that it has contributed as much to human suffering as it has relieved it. Set against the many works of compassion and mercy throughout religious history, there have been too many wars and persecutions for which religion has been partly or directly responsible. There were the wars of religion, which followed the Protestant reformation at the beginning of modern times. There were persecutions committed by Catholics against Protestants and vice versa. Earlier, of course, there had been the many crusades and battles between the forces of Christianity and Islam. Catholic versus Protestant is wool and wool of the conflict in Northern Ireland—a conflict not yet completely resolved. The list of these betrayals of faith goes on and on. It's pretty awful.

Yet, set against the grievances against religion is the fact that religion has given meaning and substance to the lives of people, rich and poor, throughout the centuries. Religion lay behind the founding of hospitals and universities. There have been religious orders consecrated to serving and caring for the poor. There have been good Christians, Jews, Mohammedans, Hindus, and Buddhists who have been exemplary in their lives of genuine piety, learning, and social compassion.

In our day and age, it is important to take the best of what the various world religions have to give in the light of the sense of meaning and purpose they lend to people's lives. Whatever different
(Continued on page 2)

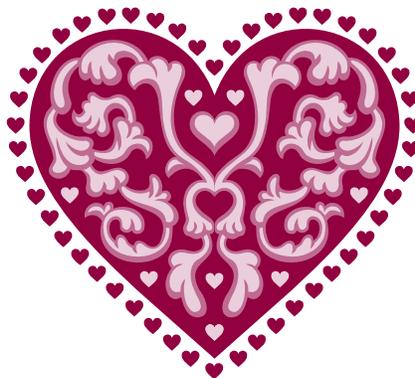
President's Message



The wheel continues to turn, and the ancient Celtic season of Imbolc is upon us. Imbolc marks the turning point in winter when we begin to look for signs of the coming spring. Although the bitter cold is very much part of February, signs of spring do begin to appear: brave crocuses make their appearances, often while snow is still on the ground; fresh new blades of grass begin to appear amid the dry brown grasses from last year; birds return to build their nests and to enchant us with their songs; and in the farming communities, livestock begin to bear their young.

And for UUS, this is the time of year we begin to prepare for our annual Canvass. March 10, 2007, is the date of this year's Canvass Kick-Off dinner, so mark your calendars and plan to be there. Good food, fun music, delightful conversations, laughter, nostalgia, and an overview of the past, present, and future of UUS are hallmarks of past Canvass dinners, so you won't want to miss it!

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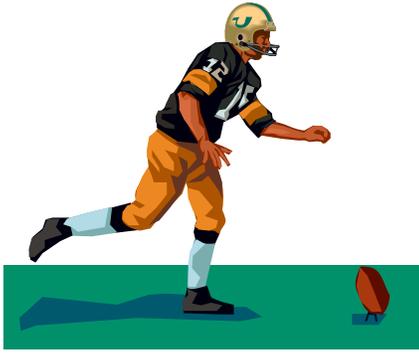
Worship Calendar

February 4 "Time and Eternity, Illusion and Reality in Hinduism," by Rev. Matthew Hindu thought has very special understandings of the meaning of time and eternity and how they are to be understood and how they affect our understanding of reality. The Hindu also poses the question, "What is real?" Is reality just another kind of illusion? I think that Hinduism has an obvious affinity with the theory of relativity, but what stories are taught to children in Hindu "Sunday School?"

February 11 Youth Service/ Valentines for Vets Sunday, by the Youth Group with the assistance of Paul and Stephanie Roche, will help us celebrate the Ides of February a little early.

February 18 "Buddhism, Suffering, and Self-Awareness," by Rev. Matthew To me, as a Westerner, Buddhism's great gift is the centrality of self-awareness as the key to the human realities of suffering and enlightenment. It is not the task of the individual "to be saved," but to be radically enlightened. Ancient Buddhism has more in common with modern psychology than does traditional Christianity or Judaism, which Buddhists might judge to be psychologically naive! (For information about the tenets of Buddhism, please see member Antonio Delgado's article, "To Be Aware: The Buddhist Point of View," on pages 5 and 6 of this newsletter.)

February 25 "The Transcendentalists," by Rev. Amy DeBeck Come meet or re-acquaint yourself with Thoreau, Emerson, and Fuller, and evaluate their impact on us today.



Save the Date!

The UUS Canvass Kick-Off dinner will be held on Saturday, March 10, 2007!



UUS Fundraising Can Be Fun!

Raising badly needed funds for UUS is fun as well as rewarding. Nancy McCormick has been doing much of the organizing work and she is getting a bit tired! She is not retiring, she is just asking for help! We need one or more than one someones to find it in their hearts to help out!

Nancy already has a collection of items for the flea market and a separate box of goodies for the November Auction. Thus, much of the "work" is already done. Please be kind to Nancy and help her out!

UUS also needs help investigating ways to generate additional income. There are ideas galore out there, and we know that YOU know how to find them! Please contact Nancy McCormick and offer your aid!

(Minister, Continued from page 1)

theological answers are given, human beings have to answer four fundamental questions: "Who Am I?"; "Who Are You?"; "Where Do I Live?"; and "What's Around the Corner?"

For me, apart from Judaism, Christianity, and Islam, Hinduism and Buddhism hold the greatest spiritual interest. I plan my two sermons on the first and third Sundays of February on these two religions and what I believe they have to teach that is most distinctive and profound as men and women struggle to find a deeper meaning to life that neither politics nor economics can give. There is a spiritual quest going on in our culture, and UU'ism, I am convinced, has a useful and maybe a vital part to play.

Reverend Matthew

(President, Continued from page 1)

As you know, UUS does not use its weekly offertory to support the church, rather we split it between local charities and our building fund. So, the responsibility of supporting UUS falls primarily with the annual pledges of its members and friends. I firmly believe that while it is a responsibility, it is also an honor to support UUS, financially. And I do so gladly.

Take a few moments to think about the importance of UUS in your life. If you have children, think about the religious education they are receiving at UUS. If you participate in any of the small groups, think about how that involvement has enhanced your outlook on life. If you sing with the choir or make music at UUS in any capacity, think about how it has enriched your spirit. And then think about how much smaller your life would be if UUS didn't exist. If you're like me, you'll realize that involvement with UUS represents a big part of your life and your spiritual growth, and you will want to ensure that UUS maintains and expands its solid financial footing.

I look forward to seeing you on Sundays, and especially on Saturday, March 10 at the Canvass Kick-Off dinner!

Blessings,

Kim

Valentines for Vets

The elementary school age children will talk about Valentine's Day and will make valentines for veterans in their class on February 11.

Everyone is invited to stay after the service to make a few more valentines and enjoy lunch together. We plan to visit the U.S. Soldiers' and Airmen's Home in Washington, D.C. to deliver the valentines that afternoon.

Anyone over six years of age is welcome to go.

Hear a New Beat, Meet New People

Come hear Word-Beat, with world percussion master Tom Teasley and vocalist Charles Williams on Friday, March 16, 2007, 7:30 p.m. at UU Sterling.

Word-Beat brings together poetry, ancient rhythms, and melodies from around the globe, mixed with modern sounds in vibrant new musical combinations. Tom and Word-Beat are artists-in-residence at All Souls Unitarian Church in DC, where they draw on writings from people such as Dr. Martin Luther King, Jr. and Langston Hughes, and weave together rhythms and instruments from the Middle East, India, Africa, and the Americas.

UU Sterling is hosting this series with Tom and friends, who will present a different program on the third Friday of each month, starting in March. Tickets are \$10, available at the door. For more details or your own preview, sample clips and images at www.word-beat.com, www.tomteasley.com, or contact Scott Findley at UUS (SFind39@aol.com).

Meet Our Newest Members

The Thedes

The Thede family (Janice and Tony and their children, Ben and Libby) moved to Sterling in August 2006 after living at Fort Belvoir near Alexandria for four years where Tony had an intelligence assignment in the military. They are originally from western Washington state, where their entire extended family resides. Shortly after moving to Sterling, they visited UUS and immediately felt at home.

Tony is now a "civilian" and works as a government contractor for Calnet. Janice has her BA in Elementary Education, but currently maintains a career as a stay-at-home-mom. Ben, 7, and Libby, 5, attend Potowmack Elementary in the Cascades area of Sterling.

Tony enjoys watching football, looking at old cars, and reading. Janice is also an avid reader, loves plants and animals, and knits in her spare time. Libby loves to read, play board games, and paint. Ben will talk about Star Wars with anyone who is willing, collects transformers, and enjoys having friends over to play. After being tossed around in the military, they are happy to finally land in a family like UUS and are looking forward to being active members.

We extend a warm welcome to Tony, Janice, Libby and Ben! We are glad to have you among us.

Religious Exploration

An exciting aspect of Unitarian Universalism is the recognition that learning and the search for truth are lifelong processes. The children of UUS are just beginning this amazing journey and we can all gain a fresh perspective by listening to them and watching them grow. Religious Exploration (RE) is an important part of their learning experience, and on January 17, several members gathered to discuss the RE program. The focus was on the children's program, but as you reflect on the groups' thoughts, you may notice that they are applicable to your own life and the adult experience at UUS.

According to the group, children in the RE program should gain a broad knowledge of world religions, with emphasis on understanding and respect. Older children should be able to identify and use religious texts to aid in their search for answers. Children should learn to be compassionate and to care about the world. They should learn about Unitarian Universalism and be able to explain what it is. Finally, they should develop an understanding of their own beliefs and the realization that it is an ongoing search. This should all take place in an environment that encourages curiosity, a search for answers, a sense of awe, and community building.

The existing UUS philosophy of Religious Growth and Learning (<http://www.uusterling.org/education/regal.htm>) and the current RE program encompass these goals. However, the

church cannot meet these goals without each of us being involved in the development of the children at UUS. Contact Linda Weaver at 703-481-5415 or weaver.linda@verizon.net to find out how you can help.

Youth Group Service

The Youth Group has worked hard to create a unique service. Make sure to attend on February 11 to support the youth and their dedicated advisors, Paul and Stephanie Roche.

Roving Reporter

By Susan Rose

What is your favorite holiday? (I think mine is Valentine's Day because it is a harbinger of spring.) And what is your favorite food?

Holly (8) My favorite holiday would have to be my birthday (April 7)! My favorite food is cherries!

Joanna (8) Christmas, because I get to have presents! My favorite food is candy!

John (11) Definitely Christmas, mainly because of the presents! I like a lot of different foods, but my favorite is lasagna!

Noah (10) I go with Halloween! I have a couple of favorite foods: cheeseburgers and hot dogs!

Anna (6) Christmas! Corn dogs!

Molly (6) My birthday (February 21)! I like broccoli, strawberries, and ice cream!

Religious Exploration Schedule

Date	Topic	Leader	Helper	Nursery Adult
February 4	Chinese Dragon Celebration	Rothman	George	James
February 11	Valentines for Vets/Youth Group Service	Connors	Confoy	Lum
February 18	Mardi Gras	Connors	Chandler	James
February 22	Powamu	George	Ward	Burns
March 4	Africa Day	Scher	George	Lum
March 11	St. Patrick's Day	Scher	Confoy	Need help
March 18	No Ruz	Rothman	Chandler	Need help
March 22	Maulid al Nabi	Rothman	Ward	Need help

Small Group Ministry

How did it get to be February? If your year is starting off busier and crazier than last, remember that UUS small groups can keep you grounded and provide a welcome respite. Small group ministry provides a way for members and friends to keep in touch during the week, and this contact can be just what you need, especially if you can't make every Sunday service. More information on all small groups is available on our website (www.uusterling.org). Watch for announcements from these groups. UUS small groups are always open to new members.

Choir The choir rehearses each Thursday evening and Sunday mornings when we sing. We plan on singing at two services each month. New voices are always welcome. See our music director, Dan Boothe, or any choir member if you are interested.

Covenant Groups Covenant Groups meet once a month to discuss a topic related to spiritual growth. There are three groups meeting once a month on Monday, Tuesday and Wednesday evenings. If you would like to join one of them, send an email to shelleytam@aol.com or check our website and pull down the menu bar under 'Ministry' for more information.

Elder Care Support Group The Elder Care Support Group meets for breakfast at 8:30 am the second Sunday of each month at the Virginia Kitchen in Herndon to discuss issues related to caring for our parents. The coffee is always ready for us. If you would like to join this support group, contact Mike Berger or just show up.

Men's Spirituality Group The Men's Spirituality Group meets at the church on the second Friday of the month from 8-11 pm. If you are interested in joining this friendly game of poker, contact Dave Scher at david_scher@yahoo.com.

Women's Earth-Based Spirituality Group (WEBS) In this circle of UUS women, we explore the UUA sixth source of wisdom - "Spiritual teachings of earth-centered traditions which celebrate the sacred circle of life and instruct us to live in harmony with the

rhythms of nature." The UUS WEBS Group usually meets the fourth Friday of every month. Watch for the announcements. For more information contact Becky Fockler at bfockler@verizon.net.

Imbolc Ritual at Next WEBS Meeting

The next meeting of the UUS Women's Earth-Based Spirituality (WEBS) group will be Friday, January 26 at 7:00 pm at the UUS Church.

The meeting will celebrate the annual Imbolc Ritual. We will honor the triple Goddess, Bride (also known as Brigid). We will also dedicate time to our own souls as we look at last year and prepare for the next annual cycle.

Please bring a journal or notebook to help capture your thoughts. A traditional WEBS feast will follow. Please bring something to share. Blessed Be and Aho!

Sustainable Alternatives

UUSJ Green Buying Project

What if we could do the right thing and save money? As more Unitarian Universalists considered ways to make our sanctuaries greener, we began bumping into each other as we duplicated efforts from one congregation to the next. It became obvious that there was enough interest to unify our efforts so that transitioning to green products would not be significantly more expensive and, perhaps, could even be cost saving.

The Unitarian Universalists for Social Justice (UUSJ) Green Buying Project kicked off in January. This voluntary program provides a more cost-effective means for congregations to purchase ecologically sustainable products. The idea is that the combined purchasing power of congregations in the Baltimore/DC area allows UUSJ to negotiate bulk pricing from local companies that specialize in sustainable products.

The first company that UUSJ checked out and completed negotiations with is

GreenLine Paper in York, PA. The company information and product line can be viewed at their website: www.greenlinepaper.com.

Here's how the program works:

1. A congregation sets up their account with GreenLine Paper as a participant in the UUSJ program.
2. The congregation receives a UUSJ buying code to use when placing orders by fax, phone, or online.
3. All orders placed using the UUSJ code receive a 5% discount.
4. Congregations can purchase as much or as little as they deem feasible.
5. Each account is independently managed by each congregation.

When the combined purchasing of congregations participating in this program can fill a delivery truck, the company will deliver products for free. In addition, the UUSJ Green Buying discount will increase to 10% when our combined purchasing reaches this or another critical amount.

Stephen Baker, president of GreenLine Paper, will be at the March 3rd Regional Green Sanctuary Workshop at Mt. Vernon UU. He will bring samples and be able answer participants' questions. Further information is available at the UUSJ website: www.uusj.org. Other sustainable purchasing opportunities and companies are already being evaluated for inclusion in the project. For more information, contact Terri Glass at terriglass@comcast.net.

Rebuilding Together

Mark your calendars for April 28, 2007! Then sign up to help us rehabilitate a home in Loudoun County that otherwise might fall into such disrepair that the owner could no longer safely reside in it. The sign-up sheet is at church, or contact Terri Glass at terriglass@comcast.net.

Rebuilding Together, formerly Christmas in April, matches volunteers with homes in need of repair. Qualifying homeowners must be financially unable to make the needed repairs themselves and be elderly, physically disabled, or a family with children. To find out more about the program, visit their website at www.rebuildingtogether.org.

To Be Aware

A BUDDHIST POINT OF VIEW

Happiness, happiness where are you? I can't find you? Am I looking for you in the correct place?

We tend to look for happiness outside of our selves. Mattheiu Rickard, Buddhist monk, says "People never think of happiness as a way of being because they are thinking of pleasure, which depends on circumstances." We spend almost all our time adjusting the external world, trying to make it conform to our wishes, and also we try to adjust our lives, thoughts, and feelings to the external world. Throughout history, human beings have sought to improve their external situation, but, despite all our effort, we are not happier.

We know so many things we did not know before and can do things we never even dreamed of. Superficially, it looks as if our world is improving, but if we look a little more deeply, we shall see that there are now many problems that never existed before. Even simple pleasures, like eating or lying in the sun, are becoming more dangerous. The result of unbridled pursuit of happiness from external sources is that our planet is being destroyed and our lives are becoming more complicated and dissatisfying.

Happiness is a state of mind, so the real source of happiness must lie within the mind, not in external conditions. We could change our houses or our partners countless times, but until we change our restless, discontented minds, we shall never experience true happiness.

"Calm in quietude is not real calm. When you can be calm in the midst of activity, this is the true state of nature.

Happiness in comfort is not real happiness. When you can be happy in the midst of hardship, then you see the true potential of the mind."

- Huanchu Daoren

The real treasures of life are those qualities that enhance our actions in daily life, giving us the wisdom, courage, and confidence to win over any circumstance.

The foundation of human happiness begins in the inner realm and is not dependent, transient, or circumstantial.

Daisaku Ikeda has written: "*True happiness is not absence of suffering.*"

You can not have clear skies day after day. True happiness lies in building a self that stands dignified and indomitable. Happiness doesn't mean having a life free from all difficulties, but that, whatever difficulties arise, you can summon up the unflinching courage and conviction to fight and overcome them without being shaken in the least.

If we live with purpose and deep meaning, we can build a strong and consistent life. Let's talk about one of the things that everybody needs: love. We are looking for it all the time, mostly in our thoughts and actions. We have the purpose to find it, but where can we find it? Who can give it to us? People ... people like us.

The world is a connection. The Universe is a connection...interdependence. When our connection or relationship with others, and also with ourselves, is good, we feel good. But what do we do in order to obtain "love"? We buy nice clothes, jewelry, nice or expensive cars. Paradoxically, we use material and temporary things to obtain permanent values. Let's start to identify true values, permanent values, rather than the circumstantial or temporal satisfactions.

Contemporary researchers in the field of psychology tell us that to be happy one must: (1) have self-esteem, (2) feel in control of one's life, (3) have an optimistic outlook, and (4) be committed to a noble purpose.

THE FOUR NOBLE TRUTHS

According to Buddhist teachings, we have a path in order to reach total happiness. The Four Noble Truths were delivered to the five ascetics at the Deer Park near Benares, India. Literally translated, they are as follows:

Truth of suffering
Truth of cause of suffering
Truth of cessation of suffering
Truth of the path

These can be applied to daily life in the following way.

1. Life is challenging - for everyone. Our physical bodies, our relationships, all our life circumstances are fragile and subject to change. We are always accommodating this change.
2. The cause of suffering is the mind

struggling in response to these challenges.

3. The end of suffering—a nonstruggling, peaceful mind—is possible.

4. The program to end suffering is called the Eightfold Path. It consists of right view, right resolve, right speech, right action, right livelihood, right effort, right mindfulness, and right concentration.

For the Buddhist, life is not suffering. Human beings cause their own suffering. The end of suffering is the goal of Buddhist practice, as well as that of other faiths. It is a practical problem-solving approach, the way a doctor approaches an illness or a mechanic a faulty engine. You identify a problem and look for its cause. You then put an end to the problem by eliminating the cause.

By the time of Buddha, the ancient science of medicine in India had a certain degree of development. One of the fundamental formulas evolved by practitioners of medicine was the fourfold scheme of disease, diagnosis, treatment, and cure. These four stages in the practice of medicine correspond very closely to the formula of the Four Noble Truths.

Suffering corresponds to the first element of disease. Cause corresponds to the element of diagnosis. Cessation corresponds to the achievement of a cure. True of path corresponds to the course of treatment of a disease.

The central concept behind the formula of the Four Noble Truths is the importance of the relationship between cause and effect. If you look more closely you will see that they divide into two groups.

The first two, suffering and its cause, belong to the realm of birth and death. Symbolically, they can be pictured in the form of a circle, because they operate in a circular manner: the causes of suffering produce suffering, and suffering, in turn, produces the cause of suffering. This is the circle, the birth and death, or *samsara*.

The third and fourth truths, cessation of suffering and the path, do not belong to the realm of birth and death. They can be represented figuratively through the

(Continued on page 6)

UUS Board

Meeting Highlights

January 3, 2006

Attendees: Kim Fitzgerald, Scott Findley, Linda Weaver, Bryan George, Shelly Tamres, Judy Gruner, Art Rose

Ministerial Search Committee As of December 30, 2006, the Committee has completed the Congregational Packet and has begun the process of exchanging packets with ministerial candidates. A copy of the UUS packet will be available for viewing at church from now on.

The committee is now actively planning the next steps in the search process, including telephone interviews and checking references. This is also the time in the process when confidentiality is crucial; they will therefore not be telling anyone the names of candidates or any specific details of their contacts with them. However, the congregation will continue to be informed regularly of major steps or milestones in the process as they occur.

Treasurer's Report We are now 50 percent of the way through the 2006-07 fiscal year. We have collected \$79,744, which is 60 percent of the total budgeted income. Year-to-date expenses are \$66,334 or about 43.8 percent of the budgeted amount.

In our general bank account, \$28,320 is available for general operations; \$3,719 in other funds is allocated to the remaining Chalice Lighter Grant, House Pins, Free Trade Coffee, Music, Youth Group, and Social Action accounts. In our reserve accounts, \$14,426 is available for general operations and \$32,916 is in the Building Reserve fund.

Religious Exploration Report Recruiting adults to provide nursery care continues. Six middle school students and two parents went to Our Lady of Hope Catholic church on December 17. "Guest at Your Table" continues through January 7, 2007.

Social Action A Social Action worship service was conducted on December 10. Linda Reeder coordinated the gift collection for the Holiday Coalition. Linda Reeder and Belinda Bullock

coordinated the Mitten Tree collection. Terri Glass and Scott Findley attended a meeting of the LCCSS (Loudoun County Committee for a Sustainable Society). Scott has joined a subcommittee for environmental programs. Terri Glass is working with the UUSJ to obtain green office supplies as part of a group purchase with other area congregations. A letter with the finalized details is expected this week.

Small Groups The WEBS Winter Solstice service was held December 21. Regular Friday meetings resume on January 26, 2007. Covenant Groups: The Ashburn group has switched from third Thursdays to second Wednesdays. Elder Care held their monthly meeting.

Worship Associate Report for January Board Meeting Dee Idnani has accepted our invitation to speak about the Partner Church Program in India on May 13, 2007.

OLD BUSINESS New Board member biographies have all been submitted for the Web site.

Press Release Policy Any church activity of interest to the broader community should be forwarded to the Communications Committee email list, uus-comm@yahogroups.com, at least two weeks before the date of the activity. Any person, whether a member or not, can forward publicity items to the list so long as the item is about a project or action specific to UUS.

NEW BUSINESS Music Series Scott Findley has been in communication with percussionist Tom Teasley and reported to the Board the status of his communications and the prospects of having a concert series at UUS featuring Tom Teasley and fellow musicians.

Scott has committed to present to the Board for review: a draft of a written agreement for the concert series, additional pertinent information, and a reference for the Teasleys. The concert series is tentatively scheduled to be held on the third Friday of each month for March, April, and May of 2007.

Request to Use UUS Facility for Gay Men's AA Meetings This item was discussed by the Board and was generally favored. Further details will be considered at a later date.

Canvass Preparation and Schedule The canvass kick-off dinner will be held on March 10. Speaker testimonials are scheduled to be given on Sundays, from January 28 through March 4. Various tasks were assigned to Board members and committees.

The Board held an executive session at the end of the meeting.

Board Host Schedule:

January 7: Judy Gruner

January 14: Bill Roman

January 21: Shelley Tamres

January 28: Bryan George

February 4: Scott Findley

February 11: Shelley Tamres

February 18: Kim Fitzgerald

February 25: Bryan George

Upcoming regular Board meetings are held at 7:00 pm at UUS:

Wednesday, February 7 and

Wednesday, March 7.

(Buddhist, Continued from page 5)

image of a spiral in which the movement is no longer merely circular, but is now directly upward, toward another plane of experience.

The only way to attain happiness is to walk the path. Nobody can walk it for us; we must do it ourselves. How? Knowing the path, avoiding ignorance, meditation. In Tibetan, meditation means learning new habits that help us to reach a peaceful mind. And, finally, practicing generosity and compassion.

Comments? Questions? Contact Antonio Delgado at to_be_aware@hotmail.com.

Sources:

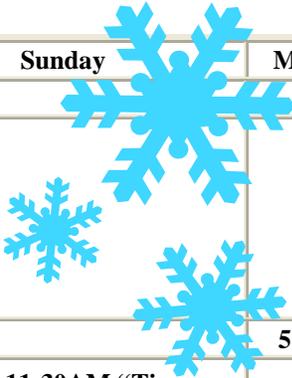
Eight Steps to Happiness by Geshe Kelsang Gyatso

Pay Attention, For Goodness' Sake by Sylvia Gorstein

The Tree of Enlightenment by Peter Della Santina

February 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				7:30PM-9:00PM Choir Rehearsal - Shelley Tamres		5:00PM-10:00PM AAFCJ - Antonio Delgado
4	5	6	7	8	9	10
10:30AM-11:30AM "Time and Eternity, Illusion and Reality in Hinduism," by Rev. Matthew; Children : Chinese Dragon Celebration (Rothman, George); Nursery: James 3:30PM-10:00PM AAFCJ - Antonio Delgado			7:00PM-9:30PM Board Meeting - Kim Fitzgerald	7:30PM-9:00PM Choir Rehearsal - Shelley Tamres		5:00PM-10:00PM AAFCJ - Antonio Delgado
11	12	13	14	15	16	17
8:30AM - Elder Care Breakfast @ Virginia Kitchen in Herndon - Mike Berger 10:30AM-11:30AM Youth Service/ Valentines for Vets Sunday, by the Youth Group; Children : Youth Service / Valentines for Vets (Connors, Confoy); Nursery: Lum 3:30PM-10:00PM AAFCJ - Antonio Delgado	Monday Night Covenant Group - Vienna	Tuesday Night Covenant Group - Sterling	Wednesday Night Covenant Group - Ashburn	7:30PM-9:00PM Choir Rehearsal - Shelley Tamres	March Newsletter Deadline	5:00PM-10:00PM AAFCJ - Antonio Delgado
18	19	20	21	22	23	24
10:30AM-11:30AM "Buddhism, Suffering, and Self-Awareness," by Rev. Matthew; Children : Mardi Gras (Scher, Chandler); Nursery: James 3:30PM-10:00PM AAFCJ - Antonio Delgado				7:30PM-9:00PM Choir Rehearsal - Shelley Tamres	7:00PM-10:00PM Women's Spirituality - Becky Fockler	5:00PM-10:00PM AAFCJ - Antonio Delgado
25	26	27	28			
10:30AM-11:30AM Worship Service "The Transcendentalists," by Rev. Amy DeBeck; Children : Powamu (Connors, Ward); Nursery: Burns 3:30PM-10:00PM AAFCJ - Antonio Delgado		7:00PM-10:00PM Church space reserved for HOA meeting	7:00PM-9:00PM Membership Committee - Mike Masiak			



Unitarian Universalists of Sterling
PO Box 1632
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(703) 406-3068
<http://www.uusterling.org>



Your Church Leadership

Interim Minister: Rev. Matthew McNaught ; **Director of Religious Exploration:** Linda Weaver

Music Director: Daniel Boothe

Board of Trustees: *President* - Kim Fitzgerald; *Vice President* - Bryan George; *Secretary* - Scott Findley;
Treasurer - Art Rose; *At-large* - Terri Glass, Judy Gruner, Bill Roman, Shelley Tamres

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. Turn left at 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: Terry Dick; **Editor:** Linda Reeder

Production: Jeff Chandler, Susan Miller

Board Liaison: Terry Dick

To submit material for publication send by email to uus-newsletter@yahoo.com

Submission Deadlines

02/16/07 for March

03/16/07 for April

04/20/07 for May